

November 2007

# MS Quality of Life Project

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- Employment and MS
- Technology - Nourishment or Frustration?
- Berly/Okuda Talk

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## Nourishment

We chose *Nourishment* as the focus of this issue because we wanted a topic that was a little more inclusive than nutrition – one that addressed sustaining more facets of our lives than just food. However, we have definitely not forgotten food. In addition to articles that discuss characteristics of food and how they may relate to MS, we have sprinkled enticing recipes throughout the newsletter. We asked for recipes that were easy and nutritious- and we thank everyone who sent us one. We hope you enjoy trying some of them.

Autumn has been quite nourishing for MSQLP. Our first (annual) Walk-n-Roll walkathon was a tremendous success. Over 75 people walked and rolled with us around Lake El Estero. Our two educational forums were well attended and well received. The first discussed management of MS and areas of new research. Our second was on issues surrounding MS and employment. Both are summarized in this issue.

Our staff continues to grow, as do our number of clients and volunteers. Our next *Have Lunch With Your Honey* is approaching – and the winter holidays will soon be

upon us.

It was one year ago that we began to organize our newsletters around themes. Last November, it was *Gratitude*, in February, *Relationships*, in May, *Travel* and in July, *Exercise*. We have enjoyed constructing our newsletters in this manner and appreciate your comments about them. We wish you all an autumn and winter filled with blessings.

### A Warm Autumn Treat

By Donna Krasnow

1 acorn squash  
1 cup of applesauce  
Cinnamon/raisins (optional)

1. Cut the acorn squash in half. Remove seeds and place halves on microwave dish. Cover loosely and cook until done - 8 to 10 minutes.
2. Add one half cup of applesauce into each half of the squash centers and heat for 30 seconds.
3. Sprinkle a little cinnamon or add some raisins if you wish.

Have a cup of hot cider and call it a day!

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## Food 101

**N**ever go on a fad diet

**U**nderwear too tight?

**T**ake time to make a shopping list

**R**emember to plan your meals

**I**nvoke family and friends to join you

**T**ime to eat whole grains, fruits and veggies

**I**t's a weigh of life

**O**ff to the market

**N**ow you are ready to go

**By Victoria Scaccia,  
Volunteer and  
Outreach Assistant**

*Marie Swank, Editor and board member, summarizes an article from Corbet, B., Dobbs, J., & Bonin, B., Editors. (2002) in Spinal Network: The Total Wheelchair Resource Book, third edition. Horsham, PA. We have a copy of this book in our Resource Library. Call us if you want to borrow it.*

We've all heard it - *You are what you eat.* It's true- the foods on your plate determine, in large part, how your body functions and how you feel. A nutritious diet can forestall many problems - from bowel disorders to heart disease – and can help you heal and fight infection.

For those in wheelchairs, obesity can lead to severe skin sores and impaired mobility. Generally, it's important to maintain body weight slightly below the weight of non-disabled counterparts. The number of **calories** needed varies according to age, gender and habit. Remember that, as you age, your metabolism slows. You burn (and, therefore, need) fewer calories.

How do you reduce calories? Watch portion sizes and avoid empty calories - foods that provide no essential nutrients. You know what they are – pastries, potato chips and sugared sodas to name a few. Consume them judiciously.

Although experts disagree about many nutritional issues, most chant one refrain: high-fiber, low fat. **Fiber** refers to the parts of plant foods (vegetables, fruits, grains)

that aren't digested by our gastrointestinal system. They absorb water and push food through our intestines. They relieve constipation and ensure that stools are soft and bulky. They also inhibit absorption of fats. This keeps cholesterol levels down and helps reduce the risk of heart disease. They are credited with helping to prevent colon cancer and reduce blood pressure.

Unfortunately fiber deficiencies are common in our society. Wheelchair - users especially need lots of fiber to stave off bowel dysfunction. Experts recommend at least 25 grams, but preferably 50 grams, daily. What does that mean in laymen terms? At least two servings of fruit, two servings of vegetables, and a cereal or wholegrain bread in your daily food intake.

**Fats** are both our friends and foes. Fats produce energy and store and transport other substances. They break down to form fatty acids, essential for the functioning of our nervous system. But, when consumed in excess, fats - particularly saturated animal fats - can slow circulation. What is the right amount of fats? Experts disagree – some say as low as 10% of our daily intake of food, others say as much as 30%. Although experts disagree, most insist that in Western societies, fat deficiencies are as rare as calorie-free desserts!

Be aware that low fat diets have drawbacks. Some people experience a loss of energy, dry skin and hair. To guard against this, consider adding unsaturated fatty acids to the diet - sunflower oil, corn oil, olive oil,

sesame seed oil and peanut oil.

We need a daily dose of **protein** to provide the eight amino acids essential for maintaining healthy tissue. Recommended daily intake depends on your size - the general rule is 1 gram of protein per kilogram (2.2 pounds) of body weight. Protein deficiencies are rare in Western diets. Most Americans consume more than enough of fish, eggs, poultry, beans, peanuts and dairy products. Although excess protein is not typically deemed detrimental, it can add to weight problems. The body doesn't store protein – it converts it into carbohydrates, which are then burned as energy or stored as fat. In addition, excess protein places an extra burden on the kidneys and liver.

**Carbohydrates** provide the body with energy. When the body digests carbohydrates, it breaks them down into glucose, much of which is stored in the liver. The rest is stored in the muscles as glycogen, which provides the fuel you need for exercising and sports. Any glucose that can't be stored as glycogen is turned into body fat.

Nutritionists recommend that at least half the calories in your diet come from carbohydrates, more if you are especially active. The primary sources of carbohydrates include sugars, grains, pasta, rice, breads, fruits and vegetables.

We hope this gives you an overview of a balanced diet. You have now completed *Food 101*.

## **ENERGY PIE**

*by Andrea Dowdall*

Fatigue is, perhaps, the most common symptom of MS. When we are tired, it may be hard to feel enthusiastic about engaging in activities that nourish us. It may be fatiguing to even explain our exhaustion to others.

Some of you reading this may have already heard my analogy of comparing MS fatigue with the fatigue experienced by people who do not have MS. But, I think this is a good way to explain MS fatigue to family members,

caregivers, co-workers, etc.

We all start the day with a pie complete with all its pieces. During the day, we take out/use up pieces of pie to perform certain tasks, to exercise, to do our work, etc. If one does not have MS, it is possible to replace pieces of pie that have been already removed - by exercising, meditating, whatever we might do to de-stress, etc. And, we begin every day with a full complement of pie pieces.

If one has MS, it may take a bigger piece of pie to perform a certain task or activity. Also, MS fatigue may be brought on by outside factors, such as heat, stress, and over-doing things, using up more of the daily allotment of pie. And, most importantly, once the pie is depleted, it is very difficult to replace even crumbs of the pie during that day. In fact, if someone with MS over-exerts him or herself during a given day, he or she may not begin the next day with a full pie. It may take a day or two before one begins the day with a pie with all its pieces.

I hope this is a useful analogy, to those who have heard this before and to those reading about the "energy pie" for the first time. In a later edition, we will explore causes of MS fatigue.

### **Basil - Chili Stir Fry**

By John King

3 Chicken breasts halves (boneless, skinless) - chopped  
2 handfuls fresh basil- chopped  
3 Jalapeño Chili peppers - seeded, de-membrane and chopped  
3-4 green onions - chopped  
2 tablespoons peanut oil  
Soy sauce, Sesame oil  
Heat wok or frying pan  
Brown chicken in peanut oil, 5-10 minutes until cooked  
Add basil, peppers, and onions. Stir 5 min.  
Add soy sauce to taste (approximately 3 tablespoons)  
Add 2 tsp of sesame oil  
Serve over rice or noodles

## **Nourishment – A Nutritionist’s Perspective**

*In late October I spoke with **Sharon Heckert, DC** (Doctor of Chiropractic) and CCN (Certified Clinical Nutritionist) about the concept of nourishment. Much of what she said applies to all of us, MS-challenged or not. I wrote this article and Sharon reviewed it to make sure I correctly summarized what she said. Donna Krasnow (Board Chair)*

Sharon describes *nourishment* as honoring what you need in the moment. Think about this – honoring what you need in the moment. How do you know what you need? She says to trust yourself; to listen to what your body tells you – and then give it what it needs.

How does this work? Well, it’s autumn – perhaps the most beautiful season of the year. Sharon spent several years in New Hampshire so she knows spectacular autumns - but she also knows how lovely it is here in the Central Coast of California. You just have to pay attention - our seasons are subtle. Look around. Sense the rhythm of the season. The leaves are turning and the air is crisp. Even the poison oak is gorgeous - its red vines twine magnificently around the trees – but look from a distance!

How may autumn affect you? The days are getting shorter so it is especially important to get outside during part of each day. Given the reduced sunlight, consider adding a Vitamin D supplement to your daily regimen. For those who work, it may be more challenging to get outside but it is worth the effort. The energy gained from a 20-minute walk outdoors will bring more nourishment to your body than the same 20 minutes spent working out in front of your television.

Autumn is a time when people often turn inward. It is also the breathing space before the onslaught of the winter holidays so it is especially important to take time for yourself. Consider ways you might nourish yourself at this time of year - read a good book? Read it in front of the fire? Draw or paint?

Meditate? Give yourself permission to take care of yourself and then do it.

What about food? So many messages bombard us about diet Low fat! No fat! Low Carbs! Go Vegetarian! Which dietary path should we follow to best nourish our bodies? Many of these diet plans include essential ideas that may have value but you need to avoid extremes. Take the essential idea but apply it with reason and awareness of how it may affect your own body. For example, if you are limited by what you can physically do, a decision to lower your fat-intake may be appropriate – but a no-fat diet is not. Your body needs some fats. However, you want to make choices about which fats you eat - because some are better than others. You want to avoid “trans-fats” (hydrogenated fats). The human body cannot properly digest them so they contribute to atherosclerosis (plaque in the arteries). Trans-fats are added to many snack and baked goods so check labels carefully.

Appropriate foods depend on many things – your age, your activity level, the climate you live in, even your genetic inheritance. If you come from a long line of red meat eaters, you may face challenges in trying to follow a purely vegetarian diet. You have to listen to your body.

We also need to avoid making value judgments about food. Individual foods are not morally good or morally bad – they are just food. Eat what is best for you and what your body wants. If your body wants ice cream, have some. It is probably best to eat it sparingly – not every day - but when you eat it, enjoy it. Select the highest quality ice cream you can afford. Avoid those with lots of additives and artificial ingredients. As toxicologists say, “It’s the dose that makes the poison!” Sharon’s personal favorite is chocolate cake. She doesn’t have it often but when she does, she savors each and every bite.

So what are appropriate foods in autumn? The warmer foods like soups, stews, and warm beverages. These are more nourishing at this time of year than are cold foods. It doesn't mean we need to eliminate sandwiches or salads – we just need to balance them with heated foods. Take time to eat. Enjoy the flavors and textures. Chew well. Be present.

Be careful about drinking ice water with meals. It chills your stomach and slows down your digestive process. Avoid drinking a lot of water with meals– it dilutes your digestive acids and, again, slows down digestion. It is very important to drink plenty of good quality spring or filtered water during the day, just not too much with meals.

Eating while stressed isn't good for you because your food won't do all that it could to provide nourishment. Stress moves your blood away from your digestive system toward your extremities to address the "fight-or-flight" response triggered by stress. If you are stressed, eat lightly. And, generally, regardless of mood, have your largest meal in the middle of the day or in the early afternoon – not in the evening. Your digestion and metabolism are more efficient earlier in the day. If you cannot eat your large meal then, have it at least 2 hours before going to bed.

To summarize, think about the French way of eating. Yes, they seem to have more courses, add sauces to everything and drink it all down with wine – so why are they more physically fit? Well, we know they walk a lot more than we do; they also take time to savor their meals. All those sauces and wine are part of 2 – 3 hour meals in which they enjoy discussing the taste and texture of each bite. They don't actually eat more than we do; they just seem to enjoy it more. They're on to something - we should follow their lead.

What other ways can we nourish our bodies? One is through movement. Sharon suggests that we turn on the music. Reggae or Classical? Jazz or Rock? Hip Hop or R&B? Choose the one that matches what your body wants at the moment. And then let your body dance. Don't worry about

how you look. Or, if you care, do it when you are alone. If you are in a wheelchair and have limited mobility, let your fingers dance. It feels good and nourishes your soul. If you are very limited physically, move your arms and legs when you are in bed. Feel the movement in your body. Feel it along your spine. Move those areas that need it most. Listen to what your body wants. And while you move, remember to breathe deeply. Breathe from your very core.

Enjoy this autumn. Savor warm foods and smell the crisp air. Get outside whenever you can. Dance. Listen to what your body wants – and then enjoy giving it what it needs.

### **Healthy Snacks**

from Mary Lou Schaeffer

1. Celery stuffed with 2 tablespoons peanut butter (190 calories)
2. One medium apple with the peel left on (80 calories)
3. Three ounces mini peeled carrots (40 calories)
4. 1/2 cup chopped (20 calories) or 1 Cup sliced (25 calories) sweet peppers (any color)
5. About 8 stalks of broccoli (2.9 oz) (35 calories)
6. Fresh cauliflower florets - 3 pieces (14 calories)
7. 1/4 cup dry roasted almonds (170 calories)
8. 1/4 cup dark chocolate covered raisins (190 calories)
9. 1/4 cup of walnut halves (160 calories)
10. Or mix the almonds, chocolate covered raisins, walnut halves, and pecans in a bowl. Makes 1/4 cup servings (about 175 calories)

## Employment and MS

For many Americans, job is identity. It nourishes our belief in ourselves. Think how often we ask someone, "What do you do?" and expect to hear something like, "Teacher" or "Realtor" or "Farm worker." So what happens when MS enters the picture? The mind begins to reel from the uncertainties. How will MS affect my job performance? When do I tell my boss I have MS? What are my legal rights and when do I use them?

These, and many other questions, were addressed in a program, sponsored by the National MS Society, on Saturday, Nov 3, 2007. We thank EMD Serono for funding our participation in the event. The speakers made their presentation in Los Angeles but we saw it, live, via a web cast, at the Hyatt Hotel in Monterey.

The main speaker was Michele DaRosa, a career counselor. She described how changes in the workplace over the past 30 years may make it easier for someone with MS to continue to work. Today, more companies than in the past, employ part-time workers, embrace telecommuting, and accept job sharing – all accommodations that may address needs of employees with MS. In fact, the only thing she thinks remains constant is change. We have to remain flexible and figure out how to use change to our advantage.

Her specific advice:

1. Build your competencies - keep up skills you have and cultivate new ones.
2. Focus on your strengths, not your disabilities.
3. Assess your *transferable* skills – those skills that can be used in other jobs.
4. Develop and sustain a network of professional colleagues – 75% of jobs are found through networking.
5. Document and track your accomplishments.
6. Request feedback from superiors and colleagues – it provides important

information on how you meet the requirements of your job and needs of your organization.

7. Update your resume

After Michele spoke, a panel of 4 persons with MS shared their thoughts about employment and MS. They added:

1. Investigate benefits so you know your company's policies. Use legal rights as a last resort - you get more support from working with the system than challenging it. However, if needed, seek legal advice for support of your rights.
2. Ask for schedule modifications such as an abbreviated work week or work day to address fatigue at work,
3. Assess your relationship with your boss before disclosing your MS. Some chose to prove they could continue to do their job before disclosing their MS. Others didn't have that luxury - their MS presented so dramatically it forced disclosure. They all believed that disclosing was ultimately helpful. It eliminated the stress of covering up and it precipitated discussions of accommodations and support.
4. Do not apologize when disclosing. Focus on your desire to remain productive and your belief you can do what is needed.

When the web cast ended, Dr. Elizabeth Crabtree-Hartman from UCSF's MS Clinic answered questions from our audience. She emphasized the importance of staying active – getting up each day and getting out of the house. She said that inactivity leads to atrophy in our muscles and brains. An important corollary, however, is to recognize our limits and don't be embarrassed about them. Rather, figure out coping methods to go under, over and around the limits.

When asked about fatigue – she urged the

audience to maximize non-pharmaceutical approaches so as to avoid the side effects of fatigue medications.

1. First, figure out the cause of your fatigue - is it directly caused by your MS or, for example, does your depression about MS play a role? If so, deal with the depression before taking fatigue medications.
2. Are you taking medications for other symptoms that may have side effects of fatigue? Discuss these medications with your physician.
3. Consider another method to deal with fatigue e.g. exercise. Try to exercise at least 3 times per week using whatever activity you enjoy – yoga, weight training, swimming, and walking. Start out at 5 minutes per session and work up to 20.
4. Consider alternative practices – acupuncture, stretching, yoga, etc.
5. If you decide to take traditional fatigue medications start with the weaker medicines so as to avoid the unwanted side effects of the stronger medicines.

When asked how to deal with cognitive issues, she agreed with the panelists – write EVERYTHING down – messages you receive, jobs that have to be done, phone calls to make, etc. Use whatever technology is best for you - a notebook, a computer, a PDA (Personal Digital Assistant like a BlackBerry).

She closed with the same nourishment advice stated by others, “Listen to your body and treat when needed.”

If you would like to listen to the full web cast, go to [www.msllines.com](http://www.msllines.com). Once on the site go to Programs, then Web Events, then Web Event Archives. However, it probably won't be listed until January 2008.

## **Technology – Nourishment or Frustration?**

Technology can make our life easier or complicate it. When it works, it's wonderful but when it doesn't - so frustrating! MSQLP is

working with the Pacific Grove Adult School to create classes to nourish your technology skills. Each class focuses on a specific topic and each is independent – only enroll for classes that address your needs. The cost per two-hour class is \$20. The classes will be held in the Mac Lab. If you have a PC, no problem – everything you learn can be used on your PC. The focus of the class is not the type of the computer used to teach it, but the information you will learn.

The classes are called First Thursdays. We planned it so you can attend the class from 10 a.m. until noon and then, if you wish, join the MSers who meet for lunch on the first Thursday of each month. Classes are held in the PG Adult School (1025 Lighthouse Avenue, Pacific Grove). You do not have to be a resident of Pacific Grove to enroll in classes – they are open to everyone. Call to register: (831) 646-6667

Session 1 – February 7, 2008 10 - noon  
The World Awaits You – Did you know you can download thousands of lectures and performances from universities across the nation? For example, you can go to Yale University's Oral History of American Music Project and listen to Aaron Copland reflect on his work – while listening to a Yale orchestra perform it. Or you can listen to lectures on the arts, sciences, business management, global affairs, and politics from UC Berkeley, Stanford or 30 other universities – and it is all free. There is so much available that expands our world – come explore the possibilities.

Session 2 – March 6, 2008 10 - noon  
Online Buying and Selling – what is going on with EBay? How can I make some money selling possessions I no longer cherish? Where can I find a Bakelite radio from the 1930s or out-of-print books I would love to reread? How can I make the financial transactions in a way that is safe? This class will explore the ins and outs of online buying and selling.

Session 3 – April 3, 2008 10 - noon  
Email for Beginners – It's time to get connected. Come see how easy it is.



By the end of class you will have your own email account and will have sent and received emails from your classmates.

**Session 4 – May 1, 2008 10 - noon**  
**Serious Internet Research –** What is the largest fungus in the world? What does the latest medical research say about possible causes of Multiple Sclerosis? What is Wikipedia and how can I add information to it? Perhaps most important - how do I evaluate the credibility of what is on the Internet? This session explores efficient ways to conduct Internet research and critically evaluate what you find on the web.

**Session 5 – June 5, 2008 10 - noon**  
**Organize Your Life –** You have plenty of documents and files in your life. Explore how you can use a computer to organize things from financial records and tax receipts to your Holiday card mailing list and photographs.

#### Special Note:

How good are you at using your cell phone? Do you know how to use all its features? Can you add appointments into your phone's calendar? Can you set the alarm to remind you to take your pills? Can you take photos of your grandchildren and transfer them to your computer? Bring your cell phones to a separate class (offered Jan. 15, March 11 and May 20 from 1 – 3 pm). These are not part of the First Thursday series but are just as valuable. Call PG Adult School to enroll in one of these classes.

### In Memoriam

Our sympathy is with the family and friends of **Pam Allwart and Lenora Bobbitt** who recently passed away. They will be missed, as their lives touched so many of us.

## Dr. Berlly and Dr. Okuda Speak to MS Group

Sponsored by EMD Serono, MSQLP held an educational event at the Monterey Hyatt Regency on September 15th.

Dr. Michael Berlly from the Santa Clara Valley Medical Center and Dr. Darin Okuda from University of California San Francisco spoke to a large crowd of MSQLP clients and caregivers.

Dr. Berlly gave an informative overview of managing MS, including medications and other treatments.

Dr. Okuda spoke from the perspective of a scientific researcher. He spoke about possible genetic factors in MS with slides of the brain to illustrate his points. He said that many symptoms that affect older people with MS are actually aging symptoms that also affect the rest of the population – we are not alone!

Both presentations were positively received. Many commented about the hopefulness of Dr. Okuda's message. It is good to hear hope and MS in the same sentence.

We thank Cynthia Bailey with EMD Serono who made this program possible.

### Turkey Boats

(Super easy)

By Marsha Doza

1 lb ground turkey

1/2 cup grated

carrots

1/2 cup chopped onions (if you don't like onions sub with green peppers)

1 cup chopped fresh mushrooms

1 pkg garlic/herb

Lipton mix

1/4 cup water

Mix all together, shape into large oblong patties. Put each patty in its own tin foil boat, seal. Cook at 325 for about 15-20 minutes, it does not take long-try not to overcook. I usually serve with roasted red potatoes, salad, and a bowl of fruit.

## MSQLP Office News

We have two wonderful additions to our MSQLP Staff:



### **Cathy Gable**

My name is Cathleen Gable. Since I've been at MSQLP I've been asked many times if I like to be called "Cathy" or "Cathleen". I've also been asked if I go by "Katie" or "Kate". All of the above are fine with me. I have been doing community service-related work in one way or another for the past 35 years. I currently teach Human Service classes at Monterey Peninsula College. I will be working part time for MSQLP to help address the counseling needs of our clients. I am new to MS, but have worked with people who have other types of challenges, such as cerebral palsy, muscular dystrophy, developmental disabilities and mental illness. I have worked or volunteered for many local agencies including Beacon House, Interim, Rape Crisis Center and Kinship Center. When I lived in Massachusetts, I worked for the Department of Mental Health with clients who had been living in large institutions and had been transitioned into community residences.

I am a simple and quiet person. I like to spend time walking, reading, watching TV, spinning yarn, hanging out with my cats and remembering my dog. I love and respect animals of all kinds and they have been some of my best role models. I not only love sunshine, I need it (Seasonal Affective Disorder). If you see me on a foggy day, I will probably look sleepy or be a bit forgetful. Speaking of forgetful, I almost forgot to tell you where I went to school: University of Massachusetts, Chapman College and Monterey Peninsula College. I have been enjoying getting to know the staff and clients of MSQLP. Thank you.



### **Narit Gessler**

My name is Narit (pronounced nuh-reet) Gessler and I am the new Outreach Assistant at MSQLP. I am a native of Monterey, but lived in NYC for a number of years, as well as the Czech Republic.

I have my BA from UC Berkeley and am currently working on a Masters at the Monterey Institute of International Studies, where my specialization is Human Rights. I have always been interested in helping people and have been a CASA (Court Appointed Special Advocate) volunteer for a number of years. During my free time, I love to do yoga, spend time with friends and family, and of course, play with my animals. What brought me here was MSQLP's dedication to helping people achieve their potential. While I speak to many people on the phone, I hope to, one day, meet everyone and finally put faces with names!

### **Smooooothie!** Brain-freeze delight!

*I have this for my breakfast almost every morning!* By Judy Semple

- Plain soy or non-fat yogurt
- Frozen banana (gives it a creamier texture. We freeze the bananas in their skins, the skins will turn black. Run water on the banana for 5 or 10 seconds, cut off each end, makes it easy to peel)
- Your choice, Unsweetened frozen raspberries, strawberries, mangoes, blueberries... etc.
- In the summertime we freeze fresh nectarines from the farmer's market! We freeze them so our taste-treat-delight will be very-very cold
- Juice...pineapple, orange are great or use a little water, to thin the mixture
- Put in a blender and whiz until smooth!
- To get that brain freeze, gulp, really, really fast, burr!!
- Or use a straw like me

(Being disabled can be fun!)

**MSQLP Workshop** **MS Support Groups****MS Support Groups**

Anyone dealing with MS on their life journey is welcome to attend, whether as one with MS, a family member, caregiver or friend.

**MSQLP sponsored groups:**

**Oldemeyer Center:** 986 Hilby Ave. Seaside  
Second Saturday of each month  
11:00 am to 1:00 pm

**Salinas Valley Memorial Hospital**  
Downing Resource Center  
Third Friday of each Month  
11:00 am to 1:00 pm

**Pleasant Care**

2990 Soquel Avenue, Santa Cruz  
Second Thursday of each month  
1:30 pm to 3:00 pm

*Times are subject to change, call the MSQLP Office at 333-9091 for current information.*

**National MS Society sponsored groups:****Monterey**

Community Hospital (CHOMP)  
Last Wednesday of each month  
7:00 to 8:30 pm  
Call Susan Jones at 659-1354

**Santa Cruz**

United Way, 1220 41<sup>st</sup> Ave. Capitola  
3<sup>rd</sup> Saturday of each month  
10:30 am to 12:30 pm  
Call Ada Shannon at 440-1211

**Monthly MS Lunch**

The first Thursday of each month a group of MSers meet for lunch. These informal gatherings are fun. Good food and friends! If you are interested just call the office for the month's location.

**Coping with the Holidays****December 5, 2007, 1 – 3 pm**

*The holidays are coming and we know it can be a challenging time of year. We are offering a 2-hour workshop on coping with the holidays. Call the office to register for this free workshop.*

*I'm unable to physically cook now, but I vicariously cook through others. I'm always perusing my collection of cookbooks, "Thought for food." My daughter calls me "The recipe".*

**Eating Well Recipe for Sweet Potato Custard**

By Judy Semple

Sweet potatoes and bananas combine in this flavorful low-fat custard made with evaporated skim milk.

1 C mashed cooked sweet potato  
1/2 C mashed banana (about 2 small)  
1 C evaporated skim milk  
2 Tbsp packed brown sugar  
2 beaten egg yolks (or 1/3 cup egg substitute)  
1/2 tsp salt  
nonstick cooking spray as needed  
1/4 C raisins  
1 Tbsp sugar  
1 tsp ground cinnamon

Stir together sweet potato and banana. Add milk, blending well. Add brown sugar, egg yolks, and salt, mixing thoroughly. Spray a 1-quart casserole with nonstick cooking spray. Transfer sweet potato mixture to casserole dish. Combine raisins, sugar, and cinnamon; sprinkle over top of sweet potato mixture. Bake in a preheated 325° F oven for 40-45 minutes or until a knife inserted near center comes out clean. Yield: 6 servings--Serving Size: 1/2 cup

\*If using egg substitutes, cholesterol will be lower.

## Calendar

Please join us for a **Holiday Party** at the December 8<sup>th</sup> Support Group meeting at the Oldemeyer Center, 986 Hilby Ave., Seaside.

*Support Group from 11-Noon, Party following*

*Families are welcome!  
Bring a treat to share.*

### November

- 16 Support Group, SVMH, Salinas
- 16 Water Aerobics, Monterey
- 17 Lunch with your Honey
- 17 Support Group, NMSS, SCruz
- 23 Water Aerobics, Monterey
- 28 Support Group NMSS, CHOMP
- 30 Water Aerobics, Monterey

### December

- 6 MS Lunch
- 7 Water Aerobics, Monterey
- 8 Support Group and **Holiday Party**, Oldemeyer
- 13 Support Group, Pleasant Care
- 14 Water Aerobics, Monterey
- 14 Support Group, SVMH, Salinas
- 17 Support Group, NMSS, SCruz
- 21 Water Aerobics, Monterey
- 26 Support Group NMSS, CHOMP
- 28 Water Aerobics, Monterey

### January

- 3 MS Lunch
- 4 Water Aerobics, Monterey
- 10 Support Group, Pleasant Care
- 11 Water Aerobics, Monterey
- 12 Support Group, Oldemeyer
- 18 Water Aerobics, Monterey
- 18 Support Group, SVMH, Salinas
- 19 Support Group, NMSS, SCruz
- 25 Water Aerobics, Monterey
- 30 Support Group NMSS, CHOMP

## Chicken Breasts in White Wine

By Mimi Wessling

6 skinned and boned chicken breast halves  
Mushrooms (optional)  
1/4 c, approximately, all-purpose flour for coating, salt, white pepper  
3 sprigs fresh rosemary (or thyme)  
1 ½ c chicken broth  
1/2 c dry white wine  
Unsalted butter or olive oil (not extra virgin; it will scorch)

1. If the chicken breasts are of uneven thickness, it's best to slice them into filets and pound to even thickness.
2. Mix the flour, a bit of salt, and a sprinkle of white pepper on a sheet of wax paper (easy cleanup)
3. Roll the chicken in the flour mixture
4. Heat oil or butter in a non-stick or cast iron pan
5. Brown chicken on both sides and remove to a plate
6. Add chicken broth and stir loosen browned bits in pan, cook down a bit and add wine; bring to a near boil; add herbs.
7. Add browned chicken breasts, turn to low and simmer long enough to cook through; remove to plate.
8. Remove the herbs and reduce the broth, then test for seasoning. Pour over chicken on serving plate
9. Brown the mushrooms (if you're using them) in a bit of oil or butter and add to serving plate.

I usually serve this with white rice, basmati is good.

## Development

Our Walk-n-Roll, October 20 was a huge success. I am so proud of our participants. We raised **\$11,348!** We may be small, but we are a mighty group. We had 2 complete centipedes - 200 "feet", door prizes, free backpacks, water bottles and MS wristbands for everyone. Great food too!

Our "centipedes?" In other events 50 participants may choose to run together and their combined 100 feet create what they call a centipede. We counted differently. If someone was in a wheelchair they got to count their 4 wheels as well. If someone pushed them, they got to add those 2 feet - and if their dog came, 4 more got added. We laughed a lot as the "feet" were counted off and the centipedes formed.

My family and I led the first centipede of walkers around lake El Estero. Donna and I had planned activities for the MSer's who would remain behind at the BBQ area while we walked. When I rounded the corner, completing the route, I was shocked that no one was at the BBQ area.

Everyone was behind me, everyone had walked or rolled, the entire route. I kept thinking "Right On!" And MaryLee Johnson's words were in my ears: "I believe anyone can do anything. You go girl!" And we did!

I am so looking forward to the next Walk-n-Roll that we have already set the date. Please join us September 27, 2008 and Walk-n-Roll for a second time with us. Check our website for pictures of our first event.

*Between our last newsletter and now we have received donations from*

Indira Aslan	Debbie and Jim Allen
Lynda Cornell	Patricia Cummings
Julie Matuszek Dalman	Donation Line, LLC
Stuart & Jayne Fisher	Ron Grubman

David and Marjorie Kanyer	Susan Lewis
Susan Gay Millette	Pony Monroe
MS Foundation	Bill Nicholson
Nicole Saad	RT Schonfelder
Judy Wong	Bill and Pat Wright

**MS QUALITY OF LIFE PROJECT  
519B HARTNELL STREET  
MONTEREY, CA 93940**



***Return Receipt  
Requested***

## **MSQLP**

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**We're on the Web!**

See us at:  
[www.msqlp.org](http://www.msqlp.org)

## **Final Word**

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Sustainability is a goal for ourselves, our communities, our nation and the world. One characteristic of sustainability is buying produce grown locally. If you are unable to attend our local Farmer's Markets, Meals-on-Wheels offers its own Produce Market at the Sally Griffen Center in Pacific Grove (700 Jewell Avenue) on Wednesdays from 11 – 12:00 noon. It is targeted toward the elderly and disabled. Prices are marked by the single item so you can get the benefit of wholesale prices when purchasing just a small amount. Check it out.

## **About MSQLP.....**

The Multiple Sclerosis Quality of Life Project (MSQLP) recognizes that people living with chronic illness have unmet needs. We are committed to filling these gaps by improving the quality of life of persons with MS in our local communities. We work with clients and their families to create comprehensive individual plans and programs that support client independence. Our services are free.