

May 2008

# MS Quality of Life Project

## **Anxiety**

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## **Anxiety**

*Anxiety* – just reading the word may make you nervous. 74% of our clients state they are troubled by anxiety. If you experience anxiety, how do you deal with it? Do you take medication? Have you tried meditation? Do you see a therapist? This last option may not be possible unless you have private insurance and even then you may have to pay part of the cost of each visit. But 54% of our clients are considered low income – partial payments may not be possible. And what if you don't have private insurance? We know that our clients with Medicare have had trouble finding local therapists who accept Medicare. Those with Medical have another challenge – they have to deal with our County Mental Health system that is swamped with cases demanding their attention. It is hard, if not impossible, to get an appointment unless you have very serious mental health challenges. And this was before our latest budget crisis and the new rounds of slashes in spending. The result is that many who need help may not receive it because there is simply not enough funding.

For us, one of our most frustrating experiences was trying to persuade a local hospital to admit a client who had attempted suicide to their psychiatric ward. They released him when they

considered him stable. He was sent home with no mental health support.

Even if you can afford a therapist, there may be one additional hurdle – accessibility. Unless a therapist's office is in a hospital or large professional building there may be problems. We called local psychologists and social workers to ask about accessibility and more than 50% did not have fully accessible offices. They might have a ramp or elevator but office areas weren't big enough for wheelchairs. Here was a typical response, "Yes, we have a ramp but our corridor isn't wide enough for someone in a wheelchair to make the turn into the treatment room. If they can leave their wheelchairs in the corridor it would work." Well, maybe – but what if you can't get up and walk? How ironic that it is stressful (and therefore anxiety-producing) to get help for anxiety!

MSQLP is trying to address this gap in our health care system. Once we receive funding from granting organizations we will begin our own supportive therapy program. Our Marriage and Family Therapist (MFT) board member, Marilyn Howell, and our social worker (either Andrea Dowdall or Lisa Yocum) will run supportive therapy groups that include mini-workshops (3 sessions

each on such topics as Newly Diagnosed, Advanced Care Planning, When a Family Member has MS), education based counseling groups (8 sessions each, will explore issues commonly experienced by our clients like anxiety and depression), and Group Therapy Sessions (8 sessions each, the structure will facilitate client-led discussions). We hope that those of you who are unable to get help from outside professionals will consider joining one of our groups. We know that anxiety can be crippling and we want to help you help yourselves.

Finally, please consider a simple act – stop by the office on Tuesday afternoons from 1 – 3 pm. The office is open for any client who wants to visit. There is no agenda, no expectations – just a chance to get out of your house and visit with others who understand what it is like to have MS. Share a favorite book or movie, your thoughts, your frustrations, and our cookies! We also have started a book exchange – drop off any books you no longer want or look through the books others have donated to see if there is one you'd like to read. Remember, the weekly Farmer's Market starts at 4 pm and is just down the street from our office – so bring a bag to buy some veggies. It is a lot of fun.

We thank Marilyn Howell, Margarite Alvarez, Terri Nash and Victoria Scaccia for the articles they submitted to this issue. And Marie Swank, thank you for your editing –there is no one better at trimming our overly-wordy articles.

## **Anxiety**

***By Marilyn Howell MFT,  
MSQLP Board Member***

Anxiety is just a fancy name for fear and it can manifest itself in many ways. Which have you experienced? A sinking feeling in your stomach?

Palpitations? Cold hands? Inability to focus on current tasks at hand? A feeling of impending doom not necessarily connected to reality? Helplessness? Trouble sleeping? Trembling? Sweating? Stomachache? Unsteadiness? Lightheadedness? A combination of the above?

My anxiety started when I was 53, and began to suspect that I might have MS. I was falling, couldn't walk a straight line, and had poor balance. The day I got my diagnosis I literally cried all night. I knew so little about the disease – which made everything worse. I didn't understand that I was experiencing a flare-up. I thought my condition would never improve, I was going to deteriorate, and I was going to die early. My future - all my dreams and plans - was not going to happen as I had hoped. And so I cried. The next day I went to work and tried to pretend that nothing was wrong. I couldn't mess this up – never before had I so needed the job and the medical insurance it provided.

I didn't get better for a while. Instead I got worse and missed more work. I learned through my husband's online research (I wasn't able to read easily at this time) that it was important to reduce stress and get good sleep. My response? I felt like someone had pointed a gun at me and then told me to relax. I also learned, however, that some of what I was experiencing was not MS, but fear – or anxiety. This also upset me. I am a mental health professional. I expected I would handle it better. To say I did not handle it well is putting it mildly. I would describe myself as a basket case. I felt like I was a nut. I judged myself and found myself wanting.

## **Causes of Anxiety**

Why is there so much anxiety related to MS? Well, let's start with the absolute unpredictability of this disease. You never know what is waiting around the corner. What will it be like when I wake up tomorrow? Will my symptoms ease up or will they worsen? Will additional symptoms

**A**nxious

**N**ervous

e**X**treme panic

**I**nsecure

**E**mpiness

**T**errified

**Y**ou can get help

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

appear? Will I have enough energy to accomplish what I hope to get done?

In addition there are so MANY symptoms. Has MS affected your vision? Your mobility? Your hands? Your speech? Your cognition? This multiplicity of symptoms fosters anxiety. At first every little thing freaked me out. Now, with wisdom gained from years of experience, when something new appears I am more inclined to think, "This too shall pass".

The other major anxiety producer is lack of knowledge. I think about the day of my diagnosis. Once I heard the words *Multiple Sclerosis* I really wasn't tracking what else my neurologist said. He gave me pamphlets and brochures but I wasn't ready to read, much less absorb, the information. I walked out with incomplete information and my mind filled the gaps with incorrect beliefs – and my anxiety grew.

### **Actions to Take**

So what does one do about anxiety?

**1. Get information** – I wasn't computer savvy but my husband was. He found information for me and, even though I couldn't take it all in when I was first diagnosed, I was better able to understand it in during the weeks and months that followed. It really helps. Even bad news is better than not knowing.

Be proactive about information. I went to a second neurologist who believed in more aggressive treatment than the neurologist who diagnosed my MS. At that time, many neurologists were nervous about the new MS drugs but this second doctor thought it was

appropriate for me and prescribed it. I am glad he did.

Be proactive about your own drugs. If one has a side effect that affects your quality of life, get back to your doctor to discuss other possibilities.

**2. Talk to someone.** Remember what we learned as Brownies? *Make new friends but keep the old.* Talk with your friends. For me, those who were most caring were supportive even though they didn't know anything about MS. Looking back, I wish they hadn't argued with me about how I couldn't possibly have MS but I realize they did it because they cared. I thought I might lose some friends – some were uncomfortable about my disease. They were both sad and scared. Would I change? They pulled away, so I had to chase after them. "Come over and have coffee with me and you'll see I am still me." In most cases, it worked.

When I was first diagnosed, local support groups were an hour away and met during working hours. Someone told me about a group in Monterey - also an hour away - but it met on Saturdays. I went and was finally able to express my feelings to people who understood. Some had much more serious disabilities than I had - it made me hesitant to complain. I also met people like me who "looked good" - we had less obvious symptoms. That was also comforting. The support group became a haven. I used tools from my mental health work that I knew were effective. At the beginning, I journaled daily. It helped me to write things down. I also talked to other mental health colleagues and I went to a therapist. I knew, from my training that I was having grief reaction. I knew I had to grieve the former direction of my life.

### **In Memoriam**

Our sympathy is with the families and friends of **Sylvia Lindahl and Martha Williams** who recently passed away. They will be missed, as their lives touched so many of us.

**3. Get outside yourself.** It's hard at first – you are consumed with how you physically feel, the possible implications of the diagnosis, and the uncertainty of the future. But getting outside yourself can help. I had a private practice and a half-time position at County Mental Health. I worked with people with histories of trauma or addictions and did some relationship counseling. I would wake up in the morning with double vision and vertigo. When I bumped into walls or tripped I would think, “How can I possibly get to work and help others?” But I found that if I got there and got involved with my clients, it was suddenly lunch and I was okay. I had made it through the morning. When I focused on my clients and the help they needed, I wasn't thinking about me. I still might lean on the wall to get down the hallway to the bathroom but I wasn't thinking about MS. I realized I could still do a good job. I could be empathetic and involved. MS hadn't taken away my brain, my education, my skills or my abilities to help others.

In those early years I didn't have my work with MSQLP. Today I enjoy interacting with our clients. I have learned the value of being with others who have MS – you learn different ways to live with this disease.

I have also learned from presentations I have attended – again, getting outside myself. For example, I attended a presentation about accommodations – figuring out how to do things you want to do even when you have a disability. As a result, my husband and I learned to make modifications. For example, when we travel we agree to stop whenever I get tired. We use back roads. We don't have to see the whole museum or even an entire exhibit. We take it slower and plan more carefully before we leave. I have also learned to ask for help when needed. People are often happy to help and support others in need.

**4. Stay in the Moment.** It is so easy to get wrapped up in worry. “What about this?” “What about that?” “How will I cope with such and such?” Instead, try to focus on living your life the way it is at this moment in time. Think about your present quality of life. What can you do today to make it better? How can you add more joy or fun into your life? Then make

it work.

Yes, MS makes life seem more unpredictable. In reality, however, life IS unpredictable. We had September 11th, we have school shootings, we have economic downturns. Life can change in an instant - so very much is out of our control. Everyone struggles with something. We are not alone. When I look back on the difference between November 9<sup>th</sup> and November 10<sup>th</sup> - the day I learned of my MS diagnosis - I realize that the only real difference is that on November 10<sup>th</sup> I had new information. Yes, I have MS but MS does not have me. I believe it is the same for you.

## **Dealing with Anxiety in India – a little humor**

***By Donna Krasnow, Board Chair***

I spent 10 weeks in India this past winter volunteering at an orphanage in the foothills of the Himalayas. It was an extraordinary experience and was often stressful. I had never lived in a developing country before and there were MANY cultural differences. I thought meditation might help me deal with the stress. It was so cold (remember, I was near the Himalayas) that it was impossible to meditate in my room – all I could think about was how cold the floor felt on my rear end! But during the day it was warm so I tried meditating while sitting out in the sun. Nope, it didn't work either – but for a very different reason. Monkeys who lived in the jungle across the road often visited the ashram where I lived - they came to raid the vegetable gardens. They would leap over the walls and scamper into the fields – and then the ashram dogs would give chase. And then the men who were supposed to guard the fields gave chase to make sure the monkeys left the grounds. What a parade it was. The monkeys would skip ahead of the dogs and wait until the very last second to hop back over the walls. How could I concentrate when so much chattering, barking, whistling and running was going on all around me? It was impossible. It was much more satisfying to just sit in the sun and watch the activity and wonder when, once I was home in California, I would ever have to worry about monkey attacks again!

## **Anxiety and MSQLP Services**

Can we help you with your anxiety? MSQLP has several ways to address Marilyn's suggestions on actions to take when feeling anxious:

### **Suggestion #1 Get information**

1. MSQLP has a resource library with materials about MS. Come in and check them out. You can keep them for as long as needed.
2. In addition, we host one or two education events each year. In mid 2007 Dr. Okuda spoke about his own MS research and that of others at UCSF's MS Center. In late 2007 Dr. Crabtree, also from UCSF, spoke about MS and employment. Last month, Dr. Tariq Bhatti from Duke University spoke about the latest research on MS and the eye. He focused on vision complications related to MS and the medications and treatments for these challenges. We are currently planning another event for July 26<sup>th</sup> with Dr. Dunn, from Stanford University. We will send out flyers when we have all the information. Please call the office if you are interested and have not received a flyer by early July.

### **Suggestions #2 Talk to Someone**

1. We have 3 support groups that meet monthly. You won't believe how much better you may feel when you can talk with others who understand what you are going through. They have been down the path you are following. One group meets in Seaside (the second Saturday of the month from 11 – 1 at Oldemeyer Center), one meets in Salinas (the third Friday of the month at Salinas Valley Memorial Hospital from 11 – 1) and the third meets in Santa Cruz (the second Thursday of the month, from 1:30-3, at Santa Cruz Skilled Nursing Center (formerly known as Pleasant Care). Newcomers are always welcome. If you want, call the office and we can put you in contact with the peer leader for the location that best meets your needs. But such contact is not required. You can just

show up – and will be most welcome.

2. We hold an open session every Tuesday afternoon at our office from 1 – 3 pm. We call it "Talk and Roll". We have a conference room that will hold a lot of people. Come join us. There is no agenda – just cookies and punch and conversation with anyone else who shows up. The weekly Monterey Farmer's Market is just down the street and starts at 4 pm – so bring a bag if you want to end your afternoon by doing a little shopping.

### **Suggestion #3 Get Outside Yourself**

1. Get in the pool! Join us each Wednesdays, from noon – 1 pm, at the Sport Center for our water aerobic exercise program. A trainer is in the pool with us giving instructions and providing support. Bring a towel. Call the office before your first visit so we can give you directions and other pertinent information.
2. Go to your local Farmer's Market – it is good to be outside. Enjoy checking out the wholesome produce. Even better, meet a friend and go with him or her.
3. Go to the library – there are so many wonderful offerings at all of our local libraries – not just books, but also large-print books, audio books, videos and CDs. Sometimes you can even borrow paintings for your walls. It is also a great place to find announcements of local events – speakers, movies, events.
4. PLAN AHEAD – July 19, 2008, Shared Adventures holds their Day on the Beach at Cowell's Beach in Santa Cruz. Here is their own description of the event (from their website at [www.sharedadventures.org](http://www.sharedadventures.org)): The highlight of each year is our Annual Day on the Beach event, where people with special

needs and volunteers team up to share a full day of kayaking, outrigger canoeing, SCUBA diving, motorized beach wheelchair, sandcastle building, live music, and life-changing memories. Day on the Beach has given participants and volunteers an unforgettable experience of breaking through barriers and seeing dreams become reality. We lay down over 160 pieces of plywood to create our own city on the beach, with live music, free food and much more. Participants represent a diverse range of ages (4 to 83 years old), and come from across the state and even the country to attend.

By the way, they need volunteers. So, go to their website and get the information you need for participation as either a volunteer or participant.

## **HIDDEN RISKS IN HOME CARE: Part 2**

*By Margarite Alvarez*

***CEO Choice Home Health Care and Community Caregivers***

*We know that caregiving issues may cause anxiety. This is the second of 3 installments about home care.*

There is an important though little known distinction between agencies that provide home care assisted living and those that provide skilled nursing and therapy services. *Home Care* and *Home Health Care* are not the same. A *Home Health Care* agency identifies a state licensed agency operating under strict state government guidelines. Often these agencies will have taken the extra step to become Medicare Certified by meeting federal guidelines for billing Medicare and Medicaid. These agencies provide skilled nurses and therapists for people recuperating at home and in need of intermittent nursing care or therapy services. A *home health care* agency may or may not offer private caregiver services.

*Home Care* service denotes an agency that provides caregiver services only. In California these agencies have no licensing requirements. The caregiver services of *home care* do not require that the agency or the caregiver meet any requirements except to get a business license. Unfortunately, this distinction is not enforced and there is misuse of the terms in agency ads. Many

*home care* agencies say that they provide home healthcare services.

But this is no small distinction because the lack of understanding by the consumer can lead to fiscal and physical abuse of patients by unscrupulous agency owners. An unlicensed home care agency cannot legally provide ANY type of professional nursing or rehabilitation therapy services. This is absolute even if the agency is owned, operated or has licensed skilled nurses on staff. The nurse, even as owner, cannot provide her clinical skills to clients of a non-licensed agency. A skilled nurse in a non-licensed agency cannot do medical assessments or train a caregiver of the agency to do a skilled procedure. When you are looking for a caregiver through an agency and you have very specific medical needs to be performed, be sure that the agency you use is legally able to provide those services, i.e. is state licensed.

Unfortunately, we, as consumers are putting ourselves and our loved ones at risk by expecting or allowing untrained caregivers to perform nursing tasks. Their cost may be lower and the convenience greater. I have many caregivers who are capable of measuring out medications or doing an injection but I have many more that are not. And this is true of all home care agencies even if they have training programs. Nurses are licensed for a reason. Medical procedures that may seem as simple as measuring out medications are more complex today because of all the advances we have made in medicine. In reality, there is no caregiving work that does not involve hands-on care of patients. Every client we have has a need for some type of medical assistance and, as they grow older, the need for caregivers to provide more difficult care tasks becomes more evident. Caregivers are, by necessity, going to have to get formal training and certification in various procedures, but until that happens we must not jeopardize

ourselves or our loved ones by allowing non-skilled personnel to perform tasks outside of their ability and licensing.

If you hire independently, you can take risks but be aware of the limitations of agencies that are providing caregivers. If they say that their caregivers can perform nursing or physical therapy they may be acting illegally and jeopardizing the welfare of their patients as well as charging for skills that the caregiver is prohibited from performing. In such cases, you should immediately report the agency to local law enforcement. If a nurse is involved in the agency in some capacity that connects to the caregiver's actions, you should also report the agency to the Board of Registered Nurses. The caregiver may only be following instructions and may not know that what is being asked is outside of her legal capacity to provide. In this case it is the agency that is committing fraud and malpractice.

Another little known California labor law has led to what I term "legal financial abuse" of the elderly or disabled. This is the California live-in law. Many people look for those rare but wonderful caregivers who will live-in and be a constant companion/caregiver at a salaried rate rather than hourly. Almost every client we have who has need of continual help over the course of the day will request a live-in caregiver. We must explain to them that California has a separate law for live-in caregivers that make them inappropriate for someone with more than companionship needs.

The California live-in law states several specifics for live-in but it boils down to this: a live-in cannot work more than nine (9) hours per day and must have two consecutive days off each week where they are not required to be on premises. They must have their own room and are required to be paid minimum wage. Room and board is calculated at the labor law rate, not your own determination, as part of compensation. This law has been on the books for as long as I have been in business, which is around 25 years. Up until about 5 or 6 years ago, it was ignored by both consumers and live-ins. As caregivers have become more knowledgeable about labor law, the "legal abuse" has become more frequent.

The scenario is something like this. A caregiver

takes a private position as a live-in and works for several months to several years for a client. She has her own room but is responsible for Mrs. Jones on a 24-hour basis, even if she is not providing direct care each hour. The caregiver documents all her on time, which is technically 24/7 less some days the family gives her for a vacation or time off for respite. Mrs. Jones dies and the caregiver goes to the labor board and requests overtime and double-time for all the hours worked over and above what the live-in law states. The family brings in a contract that was agreed to and signed by the caregiver at her hiring in which she agreed to the pay and hours as stipulated. The judgment, even with such a contract, is for the caregiver and Mrs. Jones' estate pays a heavy price for her live-in caregiver. Age, infirmity, need or ignorance of the law does not count as a defense.

These are just two of the legal issues around caregiving and agencies that have been "on the books" but largely ignored over the past few decades. As our need for caregivers grows, so must our knowledge of how the industry operates.

The 3<sup>rd</sup> and final part of this series will outline my thoughts about how we should address the issue of licensing agencies, certifying home caregivers, and providing more protection against physical, mental and financial abuse of seniors and the disabled.

## **New in the News!**

Are You interested in subsidized housing?

**Section 8 housing** in Monterey County is opening up this summer!

Call the office if you are interested.

Beginning on September 1, 2008, State law makes it illegal to dispose of **sharps waste** in the trash or recycling containers, and requires that all sharps waste be transported to a collection center in an approved sharps container. Call the office for further information.

## **Water Aerobics is Back!**

Classes start back up June 4 at the Monterey Sports Center, Wednesdays from 12-1. Free to MSer's and their caregivers. Get Wet!

## **MS 101**

Here are some of the most frequently asked questions about MS – do you know the answers?

### ***Who gets MS?***

Anyone can get it but there are some patterns. It affects twice as many women as men and most commonly affects people with northern European ancestry. However, people of Hispanic, African and Asian backgrounds do get it - but at a much lower rate.

### ***What are the most common symptoms of MS?***

Symptoms vary from person to person. Our clients report fatigue, weakness and numbness as common symptoms as well as visual problems and anxiety/depression.

### ***Is MS contagious or inherited?***

No, it is not contagious and is not directly inherited. However, genetic factors may make some people more susceptible to the disease.

### ***Can you die from MS?***

Not usually. MS affects the quality of your life, not the length of it. However, having said that, some people die from what is called "complications related to MS" like pneumonia.

### ***Can MS be cured?***

Not yet. One of the most encouraging things we have heard this year was in Dr Okuda's presentation when he stated that he chose to do his research in MS because he believed it would be cured in his lifetime. Let's hope so.

### ***Does MS always cause paralysis?***

Absolutely not. Most people with MS do not become severely disabled. Two-thirds of people with MS remain able to walk, although many will need an aid (cane, walker, wheelchair) because of fatigue, balance problems or to assist with conserving energy.

## **Terri's Tinsel Town Talk**

**By Terry Nash**

*One of our clients, Terri Nash, is an avid moviegoer. She, along with her service dog, Mabel, sees about 8 movies a month. She has agreed to write a new feature for our newsletter – Terri's Tinsel Town Talk.*

Before I start reviewing movies, I want to share some of my thoughts with you. There are many more than 8 movies released each month so I have to pick which to view. What affects my choices? Let me be upfront. I tend to avoid movies with Cameron Diaz, Steve Martin, or Owen Wilson. I tend toward dramas, action films and blockbusters. My favorites are those I can "take home" and think about for days afterwards. Even though I generally veer away from light comedies, sometimes one intrigues me and I take a chance and a good kid's movie can easily draw me in. After all, Babe is my all-time favorite movie.

I know that my frame of mind can affect my response to a film. For example, if I am not in a good mood, slapstick may come across as stupid, but if I am feeling happy, it can be hysterical. Same movie, different responses. When I see a movie I don't enjoy to the degree I thought I would, I wonder if my mood has tainted my perception of it. Please keep these caveats in mind when you read my reviews.



I use a motorized wheelchair and that affects a cinema experience. My viewing preference is in the back – but that is not always where theaters place wheelchair seating. I have learned that you have to be flexible. Older theaters with upstairs screens often do not have elevator access. If that describes theaters near you, you need to check the location of the movie before you leave home. Some good news - did you know that the elevator at the Century (in Monterey's Del Monte Shopping Center) gets you to upstairs seating in the two large theaters.


For local folks – the Lighthouse Cinema in Pacific Grove reopens this month. If we want it to stay, we have to support it. The newest Indiana Jones will be showing there starting May 22nd. And, the new Imax Theater has opened and has access both upstairs and downstairs. Don't worry about using the special glasses – they easily fit over any glasses you now use. And, just like the new theater in Pacific Grove, we need to support it.


Overall, I love going to the movies. I love sitting in the dark in a wide-open space, experiencing great sound effects that enhance what I see and getting lost in a good story. I would love to hear what you think. Do you agree with my views or do you want to take me on? Email me at [msqlp@sbcglobal.com](mailto:msqlp@sbcglobal.com).




Rating: 1 to 4 paws      
(in honor of Mabel)




### **Current movies**

**21**   Fun and fast moving film about gambling. Kevin Spacey, as always, is good. He uses his mathematical genius to teach kids the art of playing 21- but for his own gain.





**Forgetting Sarah Marshall**  For me, a regrettably well-reviewed comedy. Everyone else loved it but I thought it was silly and trite.

**Horton Hears a Who**  The animated cartoon, – I went to it because of my love of Dr Seuss books. I was disappointed. I thought the story was stretched way too thin.

**Iron Man**    I liked it a lot. I'm not a comic book aficionado but did enjoy it. I came out singing the theme song, just like Indiana Jones. Not realistic but it's a good time.

**Married Life**    Not bad for an old-fashioned story (takes place in the 1950s) about testing the waters of adultery. I found it poignant.




**Nims Island**   Fun, fanciful children's movie about a father-daughter relationship on their very own island. Beautiful photography.



**Under the Same Moon**      
Endearing story of how a young boy from Mexico struggled to reach America to meet up with his "illegal" mother who had been working

to support him for the past five years.

**Young at Heart**    Delightful, comical story about a handful of members of a senior chorus (all from 70 – 92 years old). I enjoyed seeing them share their joy of singing. It was sweet.

### **New DVD Releases**

**I'm Not There**    Interesting. Because several actors played Bob Dylan, it wasn't easy to wrap my brain around the fact that they were all playing the same person, but it worked for me. I liked it. The music was great (they used Dylan's music in the background) and it reminded me of my past.

**P.S. I Love You**   The comedies I do like are fanciful romps – and this was one of those. I enjoyed it. The husband who knew he was dying wrote letters in advance to his wife. Each included instructions on how to deal with his absence once he was gone. It wasn't a great movie, but it was worth my time.

### **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

**Lorna Wheatley Memorial Support Group at Salinas Valley Memorial Hospital**

Downing Resource Center  
Third Friday of each Month  
11:00 am to 1:00 pm

**Santa Cruz Skilled Nursing Center (formerly known as Pleasant Care)**  
2990 Soquel Avenue, Santa Cruz  
Second Thursday of each month  
1:30 pm to 3:00 pm

*Times and locations are subject to change, please 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

**Development**

April 26 was our 1<sup>st</sup> **Appraisal Faire Charity Fundraiser**. We had a beautiful spring day at St. John's Church. The sun was shining, the flowers were incredible: fragrant and blooming roses, wisteria, and lilacs. Our appraisers were fantastic! They volunteered their time and expertise to support MSQLP! Over 150 treasures were appraised. One woman was thrilled that a pair of lamps she inherited from her husband's great aunt were worthless. She could now throw them out! Another woman's inherited jewelry was worth thousands. We had a lot of fun, we had lots of great advertising, lots of goodwill and we raised over \$2,200 for MSQLP! But we could have not done it without our incredible VOLUNTEERS and SPONSORS!

Our next fundraiser will be in September, Our 2<sup>nd</sup> Annual Walk-n-Roll.

***Thank You's***

***Contributors to our Appraisal Faire include***

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Anthony Della Sala  
William and Heather Deming  
Charlotte Evans  
Jeanne Howard  
Emilie Huth

Yvonne Jemison  
Patricia Landee  
Susan Lewis  
Sue McFaddan  
Betsy Malone  
Joanne Mattison  
Charolotte Martin  
Maureen Minnes  
Leslie McClure  
Melba Piper  
Jill M. Russell  
Mary Lou Schaeffer  
Nancy Sigmund  
Strategies for Success  
Marilyn Wheeler

**Our Fabulous Appraisers:**

**Clay Couri**

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(831) 375-4463

**George Saad**

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Scotts Valley, CA 95066  
(831) 440-0801

**Terry Trotter**

Art, General Antiques  
Trotter Galleries  
Paseo San Carlos Court  
Carlos near 7<sup>th</sup> Street, Carmel  
(831) 625-3246 and  
301 Forest Avenue, Pacific Grove  
(831) 649-3246

**Joe Rousso**

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**Marla Gilroy**

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**John Green**

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**Ali Rahmati**

Pamir Rugs and Kilims  
237 Lighthouse Avenue  
Monterey, CA 93940  
(831) 647-9965

*Special thanks to the MSQLP Board, Volunteers, and Wendy Brickman!*

# Calendar

## June

- 3 Talk-n-Roll
- 4 Water Aerobics, Monterey
- 5 MS Lunch, Turtle Bay, Monterey
- 10 Talk-n-Roll
- 11 Water Aerobics, Monterey
- 14 Support Group, Oldemeyer
- 17 Talk-n-Roll
- 18 Water Aerobics, Monterey
- 19 Support Group, SC Skilled Nursing Center (formerly known as Pleasant Care)
- 20 Support Group, SVMH, Salinas
- 21 Support Group, NMSS, SCruz
- 24 Talk-n-Roll
- 25 Water Aerobics, Monterey
- 25 Support Group NMSS, CHOMP

## July

- 1 Talk-n-Roll
- 2 Water Aerobics, Monterey
- 3 MS Lunch
- 4 Holiday, Office Closed
- 8 Talk-n-Roll
- 9 Water Aerobics, Monterey
- 10 Support Group, SC Skilled Nursing Center (formerly known as Pleasant Care)
- 12 Support Group, Oldemeyer
- 15 Talk-n-Roll
- 16 Water Aerobics, Monterey
- 18 Support Group, SVMH, Salinas \*\*At Cancer Resource Ctr, RmC
- 19 Support Group, NMSS, SCruz
- 22 Talk-n-Roll
- 23 Water Aerobics, Monterey
- 26 **Speakers Event, Dr. Dunn, from Stanford University, information to come!**
- 29 Talk-n-Roll

- 30 Support Group NMSS, CHOMP
- 30 Water Aerobics, Monterey

## August

- 5 Talk-n-Roll
- 6 Water Aerobics, Monterey
- 7 MS Lunch
- 9 Support Group, Oldemeyer
- 12 Talk-n-Roll
- 13 Water Aerobics, Monterey
- 14 Support Group, SC Skilled Nursing Center (formerly known as Pleasant Care)
- 15 Support Group, SVMH, Salinas  
\*At Downing Resource Center Rm C
- 16 Support Group, NMSS, SCruz
- 19 Talk-n-Roll
- 20 Water Aerobics, Monterey
- 26 Talk-n-Roll
- 27 Support Group NMSS, CHOMP
- 27 Water Aerobics, Monterey

**Coming in late September  
The 2<sup>nd</sup> Annual  
Walk-n-Roll!**

## More Development!

Thanks to the Mayne and Smith Families we have wonderful **100% organic cotton tote bags** for sale! At \$10 dollars each they are a great buy!



**"This is getting on my nerves.....  
Supporting MSQLP- Multiple Sclerosis Quality  
of Life Project"**

***We would also like to thank our donors,  
because together we create programs  
that help others. Since our last  
newsletter we have received donations  
from:***

- Richard and Lynda Cornell
- Jana and Leon Davis
- Nancy Deliantoni
- Michael and Ilene Forman
- Ron and Margaret Gaasch
- Lynn Herbert, Optimum Balance
- Edith Hoskins
- Norma Kyle
- Dr. Jerry Lehrer
- David Mayne
- Multiple Sclerosis Foundation
- Kent Newbold
- Mary Lou Schaeffer
- EMD Serono
- Jay and Carole Stone
- Connie Ward

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



***Return Service  
Requested***

## **MSQLP**

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

PHONE:  
(831) 333-9091

FAX:  
(831) 333-9092

E-MAIL:  
msqlp@sbcglobal.net

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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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### ***By Kim King, Office Manager – Development***

Depression and anxiety are part of life. Once you experience a sudden loss, it is hard to relax about what lies around the next bend in the road. For me what works is movement: physically, spiritually or mentally, I just move. I move physically by either taking a walk, turning off the TV, getting off the couch, moving to the phone and calling a friend, moving my fingers and writing down what's bothering me, or just moving to the bed to get a good night's sleep. (Sometimes it just feels better in the morning.) I move spiritually with prayer, it is a great anxiety reducer. And I move mentally by being mindful of my attitude and visualizing a nice place or a great experience I once had. I'll try to re-visit and remember it in every detail. And I always remember to try to "keep my jubilee where I can reach it"!

## **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.