

August 2008

MS Quality of Life Project

Advocacy

- National Health Insurance?
- CA Budget Cuts and the MS Community
- Mental Health Support
- MSQLP's Advocacy
- Advocacy in Action
- The Power in Advocating for the Disabled

BOARD OF DIRECTORS

Donna Krasnow
Chairman
Paul Englund
Treasurer
Gene Harter
Secretary
Ron Gaasch
Marilyn Howell, LMFT
Susan Lewis, LCSW
Lynn Herbert, PT
Mary Lou Schaeffer, RN
Mary Wessling, PhD
Richard Howell

ADVISORS

Ron Grubman, PhD
Dr. Michael Berly
Charles Horowitz, PhD
Dr. Alejandro Centurion
Ted Nash
Wes Johnson
Mark Clements
Cynthia Nelson
Ame Wells, RN
MaryLee Johnson
Marie Swank
Newsletter Editor

STAFF

Lisa Yocum, MSW
Case Manager
Andrea Dowdall, MSW, MEd
Special Projects
Victoria Scaccia
Outreach Assistant
Narit Gessler
Outreach Coordinator
Kim King
Office Manager/
Development

BOARD MEMBERS

EMERITUS
Dr. Gerard Lehrer
Lotte Marcus, PhD

501 (c)(3) Non Profit Public Benefit Corporation

Advocacy

**By Donna Krasnow,
MSQLP Board Chair**

Do you remember actor Peter Finch, as Howard Beale in the 1976 movie *Network*, exhorting his television audience, "I want you to get up right now and go to the window, open it, and stick your head out and yell, 'I'm mad as hell, and I'm not going to take this any more!'" That was quite a moment in movie history. Well, we hope you might get "mad as hell" about one of the issues discussed in this newsletter and join us in advocating for positive change.

Advocacy is a powerful word. When you advocate you *actively* support an idea or cause. You may plead or argue, write or march, sign petitions or speak at a town meeting – anything that may get results that support your belief.

We at MSQLP advocate for the local MS community every day. It may be phone calls on your behalf, attendance at workshops that make us more effective as advocates or developing programs that address unmet client needs. But what about the world beyond our local community? What issues affect us? Can they be addressed in ways that better meet our needs? If so, how should we advocate and to whom?

In this issue we describe several

current conditions in healthcare and identify ways in which you might help advocate for positive change. Of course, "positive" is relative – YOU have to decide what is the positive change you want to see implemented. YOU have to decide which methods of advocacy to use. To get started, join us on Thursday, October 23, from 11 - 1 (lunch included), at our office in Monterey for our first Advocacy Workshop. We will learn how to be more effective in getting people in power to listen to what we want. California, get ready for some proactive MSers!

National Health Insurance?

**By Jane R. Brown with the help
of Natasha Doner**

Fourteen years ago I received a major blow. I learned I had MS. Adding insult to injury, I also learned I was no longer eligible for private health insurance; I had a *pre-existing condition*. This prompted me to learn about health insurance options and to get vocal about my thoughts.

THE MESS WE'RE IN

The U.S. spends \$2 trillion on health care annually and this is expected to double in the next 10 years. In the last six years, the increase in the cost of premiums has exceeded salary increases by a ratio of four-to-one.

Forty-seven million Americans are uninsured, including seven million Californians. Even with insurance, out-of-pocket costs are skyrocketing. Two million Americans have declared bankruptcy due to medical bills; 75% of them had health insurance.

The United States is the only industrialized nation in the world without universal health coverage. Americans spend \$6,402 per person per year on health care compared to \$2358 in Japan and \$4,504 in England. (from NPR.org)

U.S. employers have traditionally paid the lion's share of health insurance premiums for their employees. Currently, large businesses are complaining that this weakens their competitive edge and small businesses complain that they lack the leverage to negotiate low premiums. Many are passing on most or all of the cost to their employees; three million fewer people receive health coverage through work now than did five years ago.

WHY SO EXPENSIVE?

In the U.S., insurance companies' primary purpose is to maximize profits, not to pay for health care. They do this by refusing coverage to potentially "expensive" consumers, reducing payments to providers and requiring the insured to pay higher premiums, deductibles and co-payments.

Administrative costs for U.S. health insurance amount to 25-30% of premiums, which include multimillion-dollar CEO salaries, and lobbyists' salaries. By comparison, Medicare's overhead is 5%.

A very small group of very large companies dominates the insurance market, thus there is no true competition in the health insurance industry.

Finally, there is no real regulation of the insurance industry, in large part because insurers are big donors to our elected representatives and their lobbyists prevent regulation by State Assemblies, Congress, etc.

PROPOSED OPTIONS

All other industrialized countries have some form of government-sponsored universal health coverage. In all of these, premiums are grouped into pools from which individuals draw benefits as needed.

Nationally, Obama has proposed that individuals and companies should be able to choose public or private insurance voluntarily, promoting competition and encouraging lower premiums. He would also create a *National Health Insurance Exchange* to regulate the industry, make public comparisons between health plans and invest in research to evaluate the effectiveness of services.

McCain does not propose institutional change in health insurance per se. Instead, he advocates tax relief (to \$2500 per year) for the purchase of private health insurance, and he would allow individuals to purchase insurance "across state borders."

In California, State Senator Sheila Kuehl has advocated a single payer system (SB840). This would create a state run health insurance program paid for by taxes and employer contributions. All California residents would be eligible.

All three proposals would forbid the denial of health benefits to people with *pre-existing* conditions.

WHAT CAN YOU DO?

Make your voice heard. Write to your state and federal representatives and let them know your experiences and thoughts about health care. People to write include: Congressman Sam Farr, State representatives John Laird and Anna Caballero and Senators Barbara Boxer and Diane Feinstein. For more information, check one of these web sites: barackobama.com/issues/health, healthcareforall.org. (Statistics cited in this article come from these two sites.)

California Budget Cuts and the MS Community

MaryLee Johnson
*President, Monterey chapter of
Californians for Disability Rights
(CDR)*

California's budget is in trouble. Even before forest fires broke out around the State, our 2008-2009 budget showed a \$15 billion gap between projected income and expenses. How might the governor's proposals to address this gap affect the Tri-Counties?

If you are one of the 5,300 Tri-County residents who currently qualify for IHSS (In-Home Supportive Services) you may face reductions in the number of caregiving hours you currently receive. IHSS provides funds for people with disabilities (65 or older, unable to live safely at home without help) to hire caregivers. The governor has proposed an 18% cut in this service. Recipients would lose hours of help with meal preparation, clean up, housekeeping, laundry, and food shopping - all of which make it possible for them to avoid or delay costly and unnecessary institutional care.

In addition, most Tri-County residents who qualify for IHSS also rely on federal funds called Supplemental Security Income (SSI), which helps low-income seniors and people with disabilities meet basic living expenses. Although the governor's proposal does not reduce the current SSI levels, he has proposed suspension of the 2008 and 2009 cost-of-living adjustments (COLAs). These adjustments increase

payments by the current rate of inflation. This would eliminate \$328.9 million in payments to 1.3 million vulnerable Californians, including almost 16,500 Tri-County residents who presently receive SSI.

Cuts in a third social service, Medi-Cal, may affect almost 120,000 Tri-County residents. The governor has proposed a 10% across the board cut. Medi-Cal will reinstate quarterly status reports and eliminate adult dental benefits. Presently, recipients have to verify income yearly. Now it will be every quarter. The savings would be realized because the state knows many recipients will not return paperwork in time and will fall off the rolls, in spite of being eligible. State officials said this would save \$83.5 million. The elimination of adult dental benefits would save the state \$114.9 million. In addition, payments to health care providers who supply service to Medi-Cal recipients will be reduced. This means that more health-care providers will opt out of providing Medi-Cal service.

In addition the State proposes taking \$78.8 million in federal dollars from public hospitals and implementing a 10% reduction in what the State pays private hospitals. Programs such as Adult Protective Services and Adult Day Healthcare Programs will also face funding cuts.

Each of these cuts is significant by itself but the fact that ALL of them may affect Tri-County residents with MS shows how vulnerable populations (the disabled, the elderly, the poor) are especially targeted by these cuts. They hurt those most who have the least.

Are the cuts at least fiscally sound? Not necessarily. The proposed cut in IHSS caregiving hours is a case in point. If these cuts mean that many low-income disabled Californians can

Assumes
responsibility

Determined

Voice that speaks
on your behalf

Oversees

Compassionate

Anticipates

Competent

You are lucky to
have someone
with these
qualities in your
life

By Victoria Scaccia,
Volunteer and
Outreach Assistant

no longer live safely in their homes, they will have to be moved into nursing homes. What will this cost the state? The Legislative Analyst estimated that, in past years, the average annual IHSS cost per person was a little under \$10,000. However, the average annual cost of nursing home care was about \$60,000. In other words, California saved a little over \$50,000 per year per IHSS client who did not need to be institutionalized. It appears that IHSS cuts may be very shortsighted.

What about those who may not be directly affected by the health care budget cuts? Will they be affected indirectly? Absolutely. Waiting times in ERs will increase as people who no longer qualify for social service programs use the ER for their primary care. All other hospital services will be affected by the reduction in their state funding. Hospitals will have less money but will be asked to provide more. This will affect all of us.

If you are concerned about any of these budget proposals, please contact your government representatives. Advocate for yourself and for others in our MS community. In addition, consider joining CDR (Californians for Disability Rights). It is the oldest and largest statewide organization fighting for the rights of the disabled. The MSQLP office has brochures with information about joining.

Mental Health Support

By Donna Krasnow, Board Chair

What makes me “mad as hell and I won’t take it anymore” is the difficulty our clients have trying to get mental health care. I suspect that everyone reading this knows that MS and depression (and anxiety) often go hand in hand. It is not surprising. The very nature of this disease – its uncertainty - makes depression understandable. One study in the Journal of Neurology stated that symptoms of depression severe enough to require medical intervention affect up to half of all people with MS at some point during their illness.

There are many reasons given for the relationship between depression and MS: stress, MS destroying the insulating myelin that surrounds nerves that transmit signals affecting mood, side effects of some drugs used to treat

MS, etc, but the end result is the same. Depression can destroy quality of life. Now the good news – in many cases, it can be alleviated with treatment. Studies have shown that antidepressant drugs are most effective when used in conjunction with psychotherapy – talking with mental health professionals. But, it can’t be helped if our clients can’t see these mental health professionals.

Why aren’t our clients getting this care?

1. Many insurance companies won’t cover therapy sessions.
2. Many local social workers, psychologists and therapists do not have fully accessible offices.
3. More medical professionals are opting out of providing services for persons with Medicare. They believe they do not receive adequate compensation from the Medicare system.
4. People with Medi-Cal are supposed to be served by County Mental Health Services. This agency has had to deal with so many cutbacks that, as stated on their web site, they now only provide assistance to “individuals who have a chronic persistent mental illness . . . that includes those people with schizophrenia, bipolar disorder and atypical psychosis.” Depression related to MS doesn’t fit this description so none of our clients on Medi-Cal have any access to mental health therapy.

What happens if depression is so severe that you end up in a hospital emergency room (ER)? It’s not good. Dr. David Mendelson completed a recent nation-wide study (April 08) on the level of patient care of those coming to ERs for mental health needs. He found that the wait time is longer for those with mental health issues than for those who have other medical needs. It is not that those with mental health needs are triaged at a lower level than others but that hospitals do not have the staff (or beds) to deal with mental health issues. As hospitals have had their resources squeezed, they have reduced mental health staffing. His study showed patients sometimes having to wait several days to be seen in the ER. You can imagine how that would affect someone with mental health needs.

There seems to be a belief that if depression is related to a person's MS and MS can't be cured, then the depression can't really be cured because the disease will still exist. This is an erroneous belief. It can be helped. It can be alleviated. But it can't if our clients can't see mental health care professionals.

We are so frustrated by this situation that MSQLP has developed a supportive therapy program that will begin this September. It is, however, a very small start for a very big problem. If depression is part of your life, please, please consider joining one of our therapy groups. Our office is accessible. However, this one program is not the solution. We must demand better care for all people struggling with mental health issues.

MSQLP's Advocacy

Lisa Yocum, MSW, MSQLP Case Manager

Edward Everett Hale once said, "I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything I will not refuse to do the something I can do."

Advocacy is when a person pleads on someone else's behalf. During the past six months in my role as the case manager for MSQLP I have experienced first hand what it means to be an advocate. It is my privilege and honor to support our clients and caregivers in every way possible. Whether it is making a phone call, tackling insurance struggles, social security benefits, medication inquiries, housing issues or equipment needs, my goal is to provide the most professional and personal touch to rectify and resolve each and every concern. At MSQLP we pride ourselves in seeing a client's goals through to completion. Every day, I continue to be amazed by the barriers and challenges our clients and caregivers face trying to navigate the systems to access services so desperately needed. It is my promise to continue to act on your behalf with encouragement and advocacy to solve unmet needs and provide support, caring, guidance, and direction during the struggle of your MS journey.

You are invited to join me during Talk-n-Roll. Stop by just to chat or share a need or concern. I keep office hours Tuesday afternoons from 1-3pm.

Advocacy in Action

If you want to change the system, how do you start? How do you persuade decision-makers to enforce changes you think best address issues? What medium do you use for your persuasion? The California Endowment, a private health foundation that provides grants to community-based organizations (including MSQLP) throughout California has developed many materials about effective advocacy. Their *Advocating for Change* handbooks identify the following steps in successful advocacy:

1. Get your facts.
2. Create a clear and compelling story of what is wrong and what should be done.
3. Figure out who the decision-makers are that control what you want changed.
4. Determine the most effective way to communicate your clear and compelling story to these decision makers.
5. Deliver your message.
6. Keep up the pressure!

No matter which position you support, keep in mind that you need to convince decision-makers of the following:

1. The position for which you are advocating is a serious public health problem.
2. The decision-maker is responsible for addressing this problem.
3. The decision-maker has the power to take the actions you are requesting.
4. The actions you are requesting are feasible and meaningful.
5. There is public support for the actions you are seeking.
6. The arguments (if any) against the requested actions should be rejected.
7. The decision-maker must act and follow through on any promises made to address the problem.

Once you know the message, you need to decide which medium you will use to communicate your message. Will you send email or letters to decision makers? Write a letter to a newspaper editor or submit an opinion piece? Attend and speak at a town, county or state meeting?

March in support of your issue or vote for a candidate who agrees with your position?

If you want to write letters or send email to your government representatives, we have compiled an address list of all our local, state and federal representatives.

Go to our website, www.msqplp.org, click on [Newsletters](#) and then scroll to [August 2008: Advocacy](#), then click on – [List of Contacts](#).

If you are interested in developing your advocacy skills please join us for our **first Advocacy Workshop at our office on Thursday Oct 23 from 11 - 1.**

We are going to develop advocacy strategies and draft sample letters to newspapers/government representatives. Bring your ideas and, together, we can start movements for change. Call the office for more details. (831) 333-9091

Please Note

Margarite Alvarez, a local advocate for State changes to home health and nursing home care, will contribute her final installment in our next issue.

MSQLP Symposium

2008 Educational Speakers Series

On July 26 Dr Jeffrey Dunn from Stanford University's MS Center spoke at St. John's Church Parish Hall in Monterey. The major topic was the use of the drug Tysabri. He also described the evolution of Stanford's MS Center and answered general questions about MS. He was an effective speaker who related well to the audience. We thank Biogen, producer of Tysabri, for sponsoring this symposium. Come by the office if you wish a copy of Biogen's materials about Tysabri.



Walk-n-Roll

Saturday, September 27, 2008 is our Second Annual Walk-n-Roll! Please join in the fun. This walkathon/rollathon is a major fundraiser for MSQLP's free local programs.

Last year was our first walkathon to raise funds. Boy were we surprised by how well it worked - **you raised \$12,000 dollars!** But even more importantly, you walked the whole course and enjoyed the companionship and camaraderie of the local MS Community. This year is starting out to be even better and **we now can accept donations online through our website: www.msqplp.org** Yea!

Shared Adventures'

Day on the Beach

By Ron Scaccia

On July 19 I accompanied my wife, Victoria, and her friend, Carrieanna, to Cowell's Beach in Santa Cruz (the beach just north of the Boardwalk) for Shared Adventures' 16th *Annual Day on the Beach*. The weather was perfect – not too hot. The beach was easily accessible – Shared Adventures created a walkway right to the water by covering a stretch of sand with sheets of plywood. The bands played great music. There were lots of people with a range of disabilities. I looked around amazed – some were blind, some were missing limbs, some were in wheel chairs. What did they all have in common? They were out for a good time.

The staff and volunteers of Shared Adventures made everything easy. There were tables where you signed up for activities – did you want to learn how to SCUBA? Go kayaking? Ride in an outrigger canoe? Participate in beach wheelchair races? Victoria and Carrieanna decided to ride the outrigger canoes. When their names were called, volunteers helped them into the canoes and then it was off for a 20-30 minute ride in the ocean. They both had a great time.

We can't wait for next year's event. We learned, however, that earlier is better. We got there too late for the free lunch and would have liked to do more activities. We made up for the missed lunch by going to lunch on the wharf. Not a bad alternative. When they announce the date for the summer of 2009 event, put it on your calendar. Anyone can attend – no disability is too much for this event.

Statistics from this year's event:

More than 250 people with special needs (both children and adults) participated

More than 1000 people attended (the 750 family members, caregivers and friends of the 250 participants)

300 volunteers gave their time to make this event successful.

If you want to see photos, go to

<http://www.sharedadventures.org/DotB.htm>.



Monterey Blues Festival

By Sylvia Smith

I attended the Saturday afternoon session (June 28) of the Monterey Bay Blues Festival at the Fairgrounds. I am not sure what it is about the Blues but there is nothing quite like them to pick you up when you are feeling a little bit down! I saw Teeny Tucker, Joe Bonamassa and, my favorite, Keb' Mo' & Band. Keb' Mo's sound is straight from the Mississippi Delta and he was absolutely amazing. I can easily understand why he has won several Grammys. The crowd was as awed as I was.

If you have never attended an event at the Fairgrounds, it was easy to do. I live in Carmel Valley and walk with a cane. I called RIDES but they were so busy with requests that particular day that I decided to take the regular fixed bus route instead. The great thing about using the fixed route bus is that it is free to the disabled (I would have had to pay \$5 for the roundtrip if I had used RIDES). Every bus is fully accessible

and equipped with a wheel chair lift. I got on at the bus stop nearest to my house and was let off right below the Fairgrounds. I then had to walk a short distance to the ticket office. The staff at the Fairgrounds was very accommodating to those of us who needed extra help. They let me in a little early so I could use the restroom.

I stayed for about 3 hours. It was very hot, but I enjoyed coping with some ice cream and lemonade. I wasn't in the mood for ribs but others were certainly enjoying them. The restrooms are accessible and nicely decorated – they remind me of the restrooms at Nepenthe. The Turf Room is great if you need to sit down and rest – it is cool inside. Again, I cannot state strongly enough, if you need assistance, just ask. Everyone was helpful and supportive. I had a wonderful afternoon and encourage all of you to get out and enjoy events at the Monterey Fairgrounds.

If you have never used the regular fixed route bus system, you need to register with RIDES, then call them to request a pass. They will send it to you. Then, show it to the driver and your ride is free.

The Power in Advocating for the Disabled

By Richard Mayne

Richard saw the movie *The Music Within* and urges us all to see it. It has won countless awards from numerous international film festivals and it is easy to see why. Based on a true story, *The Music Within* chronicles Richard Pimental's journey from being a Vietnam veteran to becoming the prime advocate for Americans with disabilities. Upon returning from the Vietnam War completely deaf, Pimental is faced with a discriminatory society where jobs are unavailable for the disabled and service is refused at restaurants. Confronted with the public fear of people that appear different, Pimental and his friend, Art, who has cerebral palsy, set out to change the way that people view disability.

The movie wonderfully portrays a wide range of the daily struggles people living with a disability

endure, but the majority of society does not see, like from using kitchen utensils to trying to figure out how to get up a staircase in a wheelchair. Thanks to the determination and righteousness of these pioneers, the needs of the disabled population were brought to the attention of society. Pimental's perseverance led to the creation and adoption of the Americans with Disabilities Act (ADA), which has greatly improved the present day quality of life for persons living with disabilities. If you have ever wondered how the ADA came into effect, this is the movie for you!

The Music Within is a reminder that advocacy comes in different shapes and forms, and anyone can be an advocate. One person truly can make a difference in the lives of others.

NEW! **Equipment Clinic**

Do you have any questions about your **wheelchair**? Does it need repair? Are you interested in learning about other equipment that might address your needs? Don Jones, ATS, from American Medical & Equipment Supply in San Jose will run a **free Equipment Clinic at our office every fourth Monday of the month, from 10 am - 2 pm starting September 22, 2008**. If your wheelchair repairs are minor, he may be able to fix it right on the spot. If not, he can assess what needs to be done to get it functioning properly. He is qualified to assist both Medicare and Medi-Cal insurance holders.

You can either make an appointment (preferred) or drop in to discuss your concerns with Don. Call his office at (408) 559-5800, ex 114 to set up an appointment at the **September 22** clinic. If problems develop after this meeting, additional clinics will be offered **October 27 and November 24**.

NEW! **Workshop for the Newly Diagnosed**

If you, or someone you know, has recently been given a diagnosis of multiple sclerosis, you probably have a lot of questions and concerns. Or, you may be feeling so overwhelmed by the diagnosis that you aren't sure what kinds of questions to ask. MSQLP is offering a two-hour seminar to discuss MS basics and give you the information and support you need to live comfortably and confidently with this change in your life. Professionals who work with people with MS, as well as people who have been living with MS, will be in attendance to lead the discussion and answer your questions. This workshop will be scheduled the third Saturday of each month. **Registration is required. Upcoming dates are: Sept. 20th, October 18, and November 15**. Each workshop will run from 1-3 at the MSQLP office. Please call 831-333-9091 to register for this free program.

NEW! **Get Out of the House!**

Does your MS present in ways that make it hard to find the motivation to get up, get dressed, and out of the house even though you know, once you are out, your day is actually better? This workshop (two-hour sessions from 1 - 3 pm on October 21, 28 and November 4) is designed to address the issue of isolation and the barriers that help create it. We will explore ways to break these barriers. Discover new ways to bring more happiness and peace into your life so that you feel less isolated from those around you. If interested, call the office to reserve a place in this workshop.


Yoga Classes in Santa Cruz

Yoga Classes for people living with MS at the Pacific Cultural Center (rear of the parking lot, in the studio), Sundays 3:30-5:00pm. Call Annica Rose at 423-9642 for information.

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.

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

Sex and the City

Having never seen this series on HBO, I went into the movie clueless about the story line but ended up having a good time. It is light and enjoyable. Yes it is a chick-flick but I'm sure there are a few things guys would learn about women.

Batman, the Dark Knight

I went into this movie with great expectations. Having read and heard all the hype about Heath Ledger, I am more than happy to report that it is everything that they say it is. Some will find it dark, but in the true comic book genre, it does not fail.

WALL-E

Yes, it was written for children, but it is quite endearing and enjoyable for adults as well. The message is to take care of the earth that we have inherited and I think it comes across well.

Hancock

I'm sorry to say I did not love this movie the way the media did. It may have been the mood I was in when I saw it. As I've previously stated this can make a big difference in enjoying a movie. Maybe it's because I don't particularly care about watching people put down others even if it's a down-and-out superhero in a comic book story.

Mamma Mia

I'm old enough to have enjoyed listening to the singing group ABBA way back when. So seeing a movie that was written around their popular songs was enjoyable. I'm sure you will be surprised at how good Meryl Streep's singing voice is although I could do without that of Pierce Brosnan. It is definitely a good old fashioned musical in that it has lots of songs, dance, and a story line that stretches credibility – but it works and is fun. The Greek scenery is gorgeous. A lot of fun.

Movies I intend to see (so watch for the reviews in the November newsletter): **Bustin' Down the Door** (the well reviewed surfer movie), **Swing Vote** (a comedy and farce about the process of electing a president, starring Kevin Costner. I will gladly sit through two hours of a movie watching him), **Journey to the Center of the Earth** (looks intriguing – but if I don't have time, I'll rent it later as it has gotten good reviews). Although **Tell No One** (a murder mystery that takes place in France) has received really good reviews, it is in French with English subtitles. Subtitles are hard for me. Again, if I have the time I will try it. Two movies I do not intend to see are **The Mummy**; and **Hellboy II: Golden Army**. Both are part of a comic book series that hold no interest for me.

Note from MSQLP: We asked Terri to identify favorites since starting the reviews in May 08. As she reviews more movies we'll see if these change.

Terri's Favorite Movie of All Time: *Babe*
Terri's Favorite Since Starting these Reviews: *Batman, the Dark Knight*
Most Disappointing Since Starting these Reviews: *Forgetting Sarah Marshall*

New Sharps Disposal Regulation

National MS Society's latest newsletter included an article about new regulations related to the disposal of sharps waste (used needles, syringes, hypodermics). After September 2008 California requires that all sharps waste must be stored in approved containers and disposed at approved sharps consolidation sites.

To help you learn about your local disposal program, go to our website www.msqlip.org. Click on Newsletters, and then scroll to August 2008. Click on Sharps Disposal. This will take you to information about sharps disposal in the Tri-Counties.

It is very important to store your sharps in approved containers and dispose of them legally.

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 41st Ave. Capitola
3rd Saturday of each month
10:30 am to 12:30 pm
Call Ada Shannon at 440-1211

Water Aerobics is Back!

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

MS Lunch

The next MS Lunch, on September 4th, will be at the MSQLP Office at 519B Hartnell Street in Monterey, 12:30pm. Bring your own bag lunch or you can get a take out burger next door at RG Burgers or something healthy at Trader Joe's. Come join us, YUM!

Volunteer Gardeners

We have many wonderful MSQLP volunteers. Some have MS; others want to help those with MS. Would you like to join this group? Do you like to garden? Or do you have gardening tools you could donate to MSQLP?

We need a few volunteers to help spruce up some client gardens. They have patio gardens of potted plants that need some tender loving care. Or they have a small front yard that needs some refurbishing. Or they would like a window box outside their room so they can look at flowers from their bed. Would you like to help?

We also need some tools. Can you donate any of the following to MSQLP: Wood (bamboo) rake, trowel, clippers, Shovel, or hoe.

Finally, does someone have a weed-whacker or rototiller and the skill to use them? A client has a garden that needs rototilling and weed-whacking desperately.

Call our office (831 333-9091) to volunteer or donate tools/gardening service.

We have 2 tickets for the Symphony!

Kindness of a friend of MSQLP, we have two tickets (excellent seats) at the Sunday, September 28, 2008 performance of the Symphony Silicon Valley in San Jose. Performance time: 2:30. The symphony program is a sampling of dance music from three 20th century masters – Serge Prokofiev, Alberto Ginastera and Duke Ellington. Leslie Dunner, Music Director of Joffrey Ballet, conducts.

If you are interested, call the office. (831) 333-9091

Calendar

August

- 26 Talk-n-Roll
- 27 Support Group NMSS, CHOMP
- 27 Water Aerobics, Monterey

September

- 2 Talk-n-Roll
- 3 Water Aerobics, Monterey
- 4 MS Lunch
- 9 Talk-n-Roll
- 10 Water Aerobics, Monterey
- 11 Support Group, SC Skilled Nursing Center
- 13 Support Group, Oldemeyer
- 16 Talk-n-Roll
- 17 Water Aerobics, Monterey
- 19 Support Group, SVMH, Salinas
- 20 Newly Diagnosed Workshop
- 20 Support Group, NMSS, SCruz
- 22 Equipment Clinic
- 23 Talk-n-Roll
- 24 Water Aerobics, Monterey
- 24 Support Group NMSS, CHOMP
- 27 **The 2nd Annual Walk-n-Roll!**
- 30 Talk-n-Roll

October

- 1 Water Aerobics, Monterey
- 2 MS Lunch, Brown Bag at MSQLP Office

Development!

We would also like to thank our donors. Since our last newsletter we have received donations from:

- Jeffrey Adams, PhD, RN, honoring Mike Miller
- Dr. Laura Banks and Dr. Christopher Johnson
- Daniel Bassi
- Lisa Bennett, The Cornerstone Group
- Central Coast Senior Services, Inc
- Helen Chow and Richard Higgins
- The Rudy E. Futer Fund for Human and Humane Needs of the Community Foundation for Monterey County
- Community Hospital of the Monterey Peninsula (CHOMP)
- Richard and Lynda Cornell
- Nancy Deliantoni
- Andrea Dowdall
- EMD Serono
- Paul Englund
- EOS Foundation
- Esteban Flores

- 7 Talk-n-Roll
- 8 Water Aerobics, Monterey
- 9 Support Group, SC Skilled Nursing Center
- 11 Support Group, Oldemeyer
- 14 Talk-n-Roll
- 15 Water Aerobics, Monterey
- 17 Support Group, SVMH, Salinas
- 18 Support Group, NMSS, SCruz
- 18 Newly Diagnosed Workshop
- 21 Talk-n-Roll
- 21 Get out of the House, Workshop, Session 1
- 22 Water Aerobics, Monterey
- 23 Advocacy Workshop
- 27 Equipment Clinic
- 28 Talk-n-Roll
- 28 Get out of the House, Workshop, Session 2
- 29 Water Aerobics, Monterey
- 29 Support Group NMSS, CHOMP

November

- 4 Talk-n-Roll
- 4 Election Day, **VOTE!**
- 4 Get out of the House, Workshop, Session 3
- 5 Water Aerobics, Monterey

- 6 MS Lunch
- 8 Support Group, Oldemeyer
- 11 Veteran's Day, Holiday Office Closed
- 12 Water Aerobics, Monterey
- 13 Support Group, SC Skilled Nursing Center
- 15 Newly Diagnosed Workshop
- 15 Support Group, NMSS, SCruz
- 18 Talk-n-Roll
- 19 Water Aerobics, Monterey
- 21 Support Group, SVMH, Salinas
- 24 Equipment Clinic
- 25 Talk-n-Roll
- 26 Water Aerobics, Monterey
- 26 Support Group NMSS, CHOMP

Thanks to the Mayne and Smith Families we have wonderful **100% organic cotton tote bags** for sale!



"This is getting on my nerves Supporting MSQLP"

- Ron and Margaret Gaasch
- Winifred and Lester Gorn
- Ron Grubman and Joan Sheldon
- Gene and Deborah Harter
- Richard Hess
- Robert and Linda Holub
- Charles Horowitz, PhD
- Edith and Leonard Hoskins
- Marilyn and Richard Howell
- MaryLee and Wes Johnson
- Mike Johnson
- Dr. Edwin Kingsley, Orthopedic Surgery
- Max Kirkeberg
- Norma Kyle
- Dr. Jerry Lehrer
- Marsha Lubow
- Alan and Lotte Marcus
- Janice Maroot
- Leo and Rosalie McCormick
- MS Foundation
- Ted Nash
- Kent Newbold

- Dawn Pencovic
- Robert and Donna Pesce
- Valentia Piccinini
- Victoria and Woodrow Reynolds
- Daniel Robbins, PhD
- Mary Lou Schaeffer
- Larry and Marie Swank
- Magda and James Walsh
- Dave Warden, Software Essentials
- Joan and Robert Wellington
- Mimi and Ritchie Wessling

We have recently been given a challenge grant for \$7,000! This is a chance to double your impact! Any donations will be matched dollar for dollar!

**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

We're on the Web!

See us at:
www.msqlp.org

Final Word

“Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

Join us at our Advocacy Workshop on Thursday, October 23, 11-1pm, to investigate ways we can effectively work for positive change in the field of health care. If we stand and speak (or sit and write!), the message gets out. The more we speak, the louder the message gets. Together we can advocate for change that will improve the quality of life of our MS community.

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.