

MS[®]

National
Multiple Sclerosis
Society

75
YEARS OF **PROGRESS**

Group Leadership Call: November 18, 2021 3PM EST



Hosted By:
Mollie Burns
Manager, Community Engagement
Philadelphia, PA

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YEARS OF **PROGRESS**

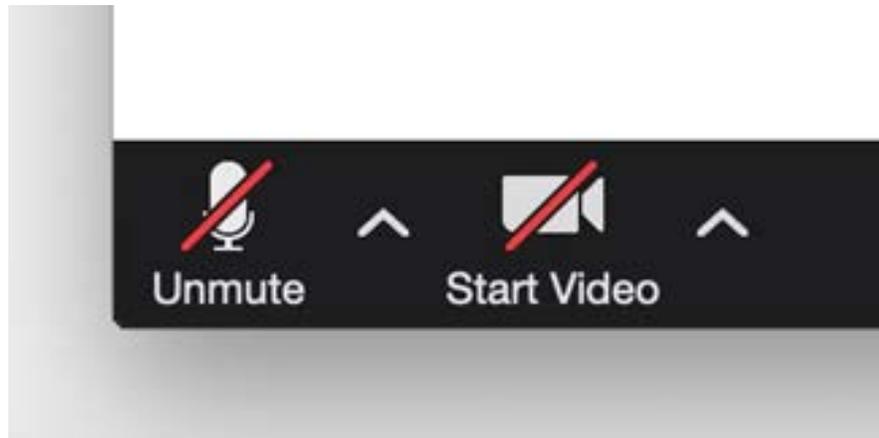
Group Leadership Call: November 18, 2021 7PM EST



Hosted By:
Sue Pandya
Manager, Community Engagement
Phoenix, AZ

Zoom Tips: Microphone and Camera

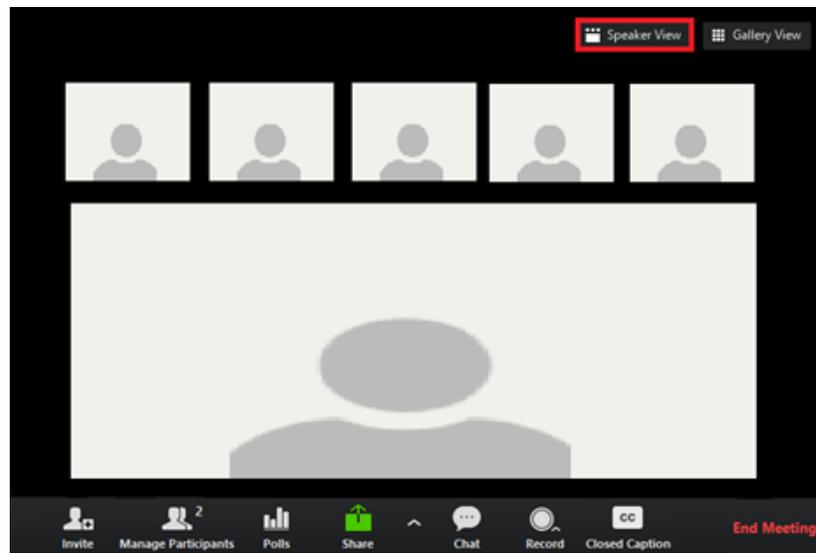
Click the microphone icon to unmute yourself and click the video icon to share your video



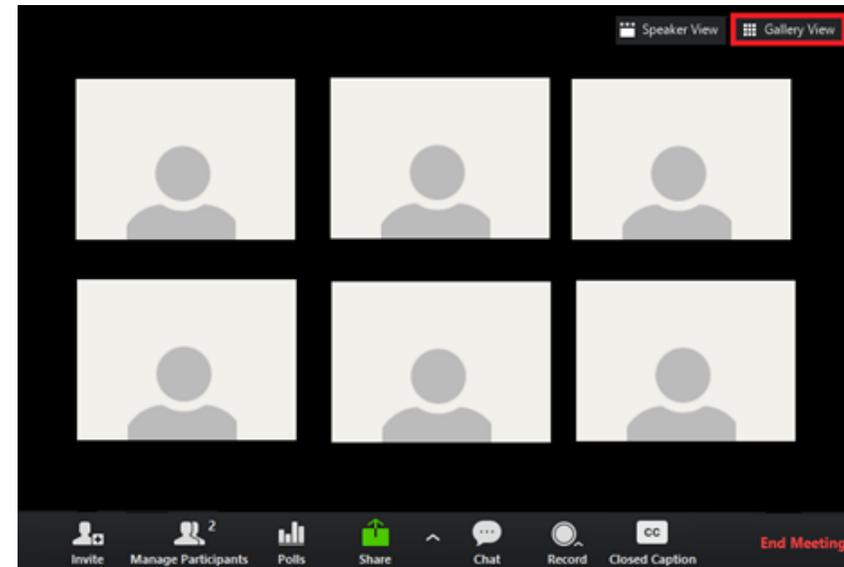
Zoom Tips: Viewing Options

Choose what works best for you using the button in the top right corner of your screen

Speaker View



Gallery View



Today's Call

- Program Announcements & Reminders
- Presentation: Self Care for Group Leaders
- Society and Leader Resources
- Questions, Feedback, and Discussion

Diversity, Equity & Inclusion Statement

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

Our voices and actions reflect diversity, equity, and inclusion.

We welcome and value diverse perspectives.

We actively seek out and embrace differences.

We want everyone to feel respected and be empowered to bring their whole selves to ensure we make the best decisions to achieve our mission.

New to MS: Navigating Your Journey



- Program for people New to MS
- Every 2nd Thursday of the month, 8pm ET
- Virtual program (Zoom)
- Program content is the same each month
- Educational and engaging
- Register and learn more at NationalMSSociety.org/NewToMS

Ask an MS Expert Program Series

- Weekly on Fridays from 1-1:30pm ET in English
- The 3rd Wednesday of each month from 7-8pm ET in Spanish
- Quarterly for Veterans

November 19 - Updates to MRI Recommendations – Part II
Join us and Dr. Scott Newsome from Johns Hopkins as we continue our conversation about the updated international MRI recommendations for people living with MS. We will talk about recommendations for monitoring treatment effectiveness in MS, and considerations for special populations like pediatric MS and MS during pregnancy.

www.nationalmssociety.org/MSExpert



Mary Gossett, MSW, LGSW
Manager, MS Navigator Service Delivery

YOU ARE WORTH IT!

Evidence Based Strategies to show care to yourself

Mary Gossett, MSW, LGSW
Manager, MS Navigator Service Delivery

What you hear:

"Am I losing my mind? Is this a normal thing with MS?"

"Anybody has stabbing or burning in soles of your feet?"

"Does anyone know a good disability lawyer?"

"my most recent MRI showed signs of breakthrough disease"

"perhaps I'm just plain crazy."

"Today is already starting off rough the pain is horrible"

"I'm worried sick!"

"Today is my birthday and I feel alone."

"First injection of Kesempta didn't go good defective pen try again tomorrow anxiety to bad and I shake to much to give it to myself."

"The feeling of wanting to run and deny you have something like MS is real. "

"It's tough settling in to a m.s. lifestyle of being on disability and home sitting in a chair all day."

"How do you handle this being on immune suppressing medication?"

"Does anybody's knees lock as you walk?"

"sounds like vertigo"

"Feeling really frustrated and looking for some advice."

"I recently was forced to look for a new job, but, every time I go to apply, I constantly think to myself, 'why even try, you're probably gonna have to go back on disability anyway'"

"Some days I wake up thinking I am good, and then I shower and dress and that's it. I am done for the day."

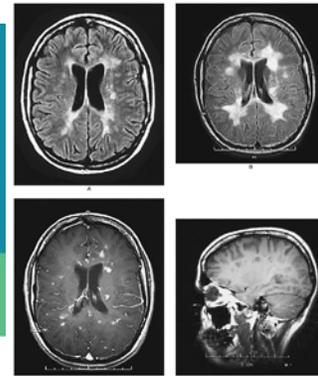
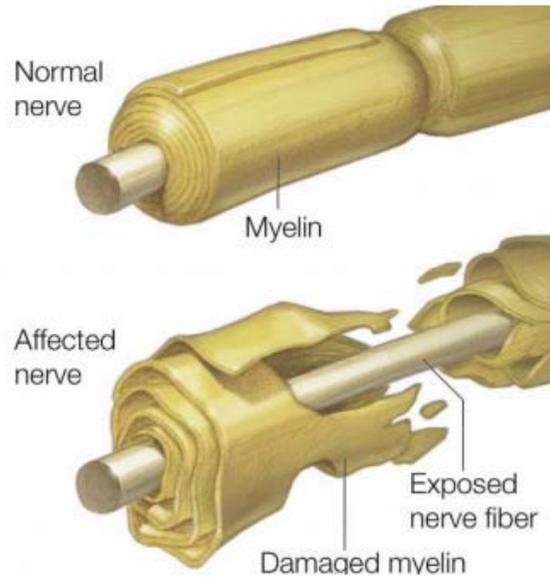
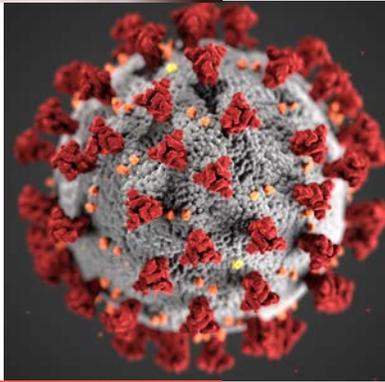
"I keep staying strong, but it is a losing battle"

"For me, MS fatigue is not because I didn't get enough sleep, it's from the constant battle with my muscles trying to get them do what they are supposed to do."

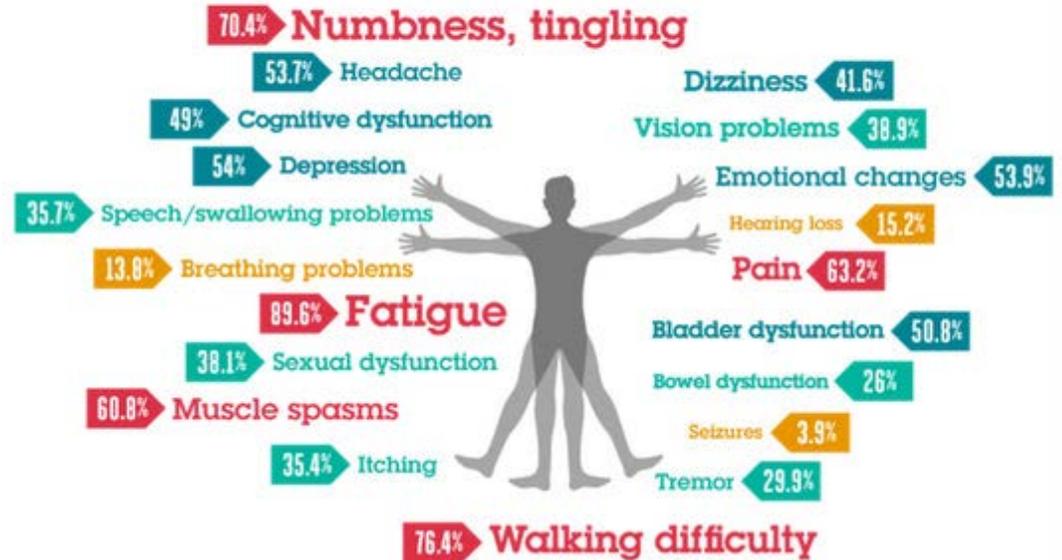
"I think I'm somewhat in denial but it's starting to sink in."

"I passed out for a moment at work from heat exhaustion"

What you've seen:



MS Symptoms



What do you feel in your body?



How do you feel emotionally?

Overwhelmed? Hopeless?
Depressed? Anxious?
Exhausted? Resentful?
Angry? Defeated? Rage?
Numb? Helpless? Bitter?
Alone? Misunderstood?



What thoughts are you having?

"I've said that before..."

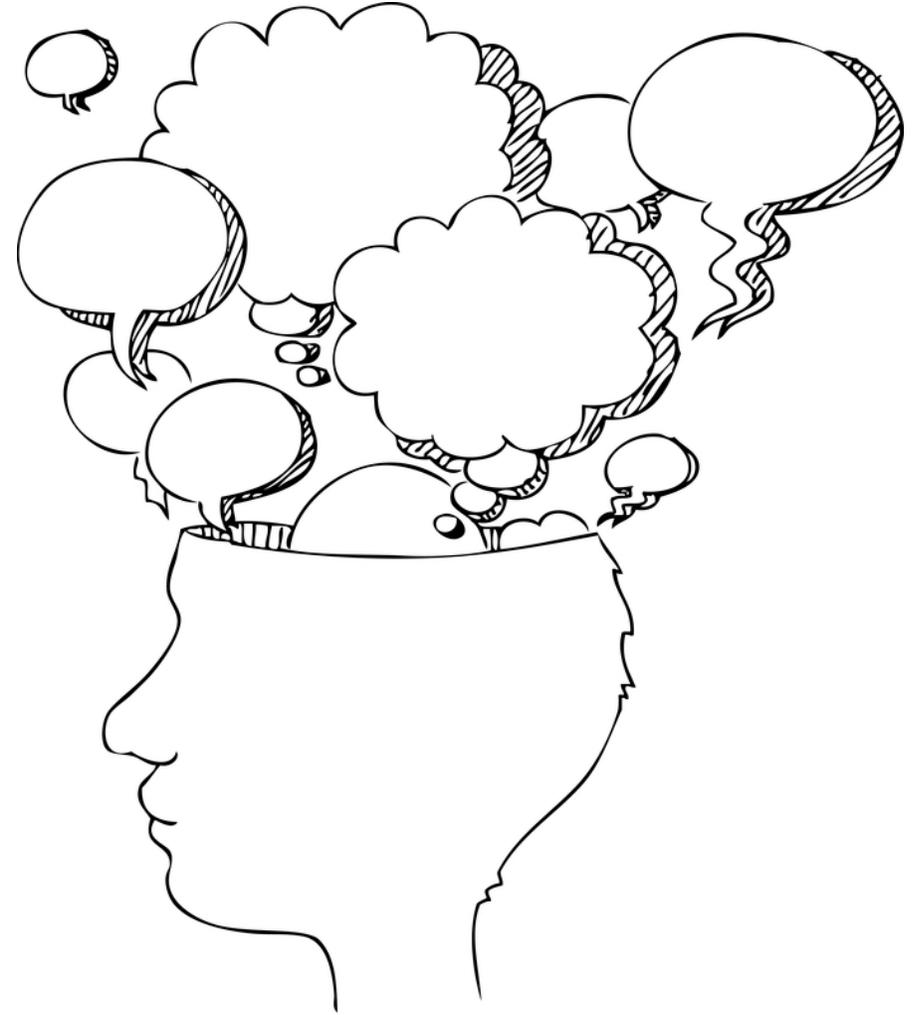
"I've felt that way..."

"Could this happen to me?"

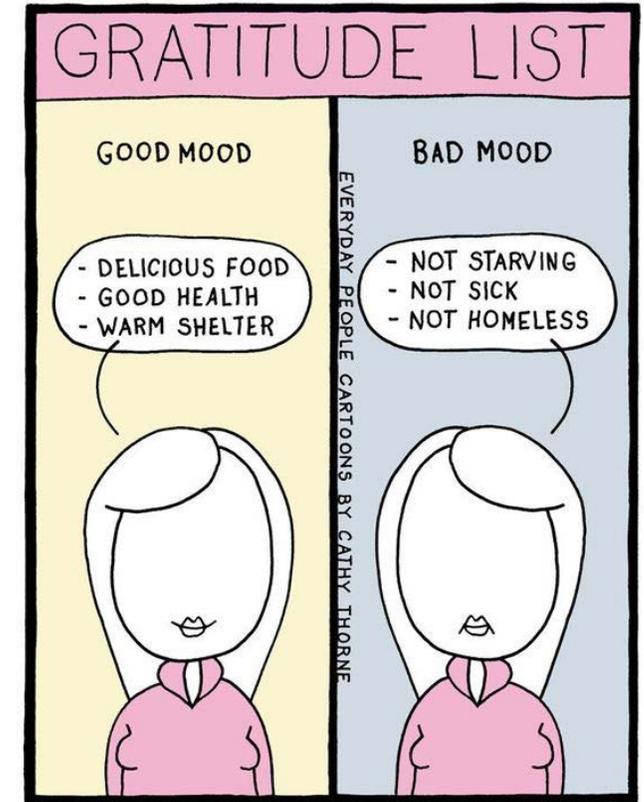
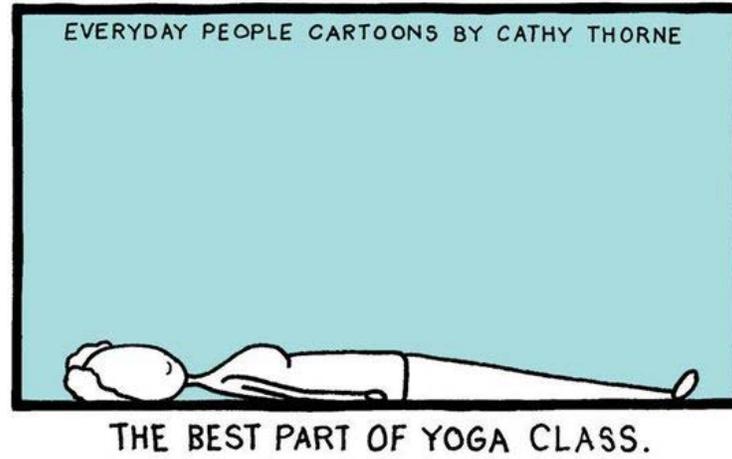
"I don't know what to say..."

"They have it worse than me."

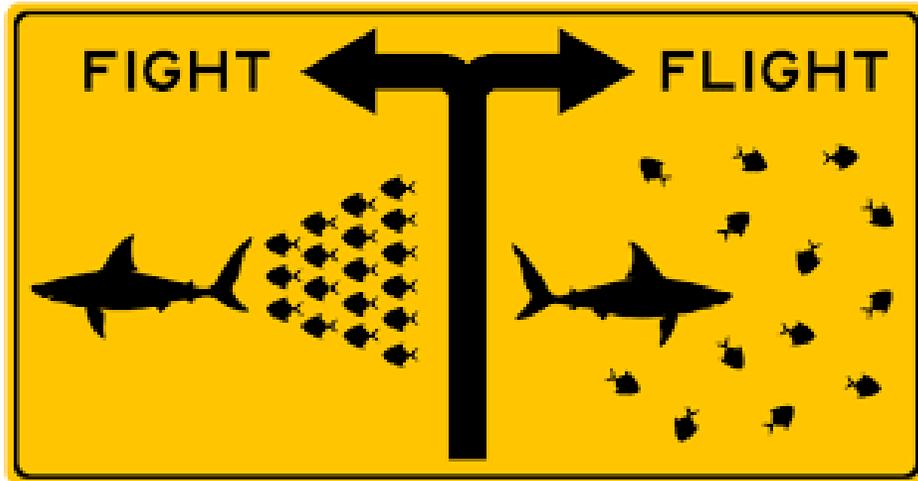
"My situation is worse."

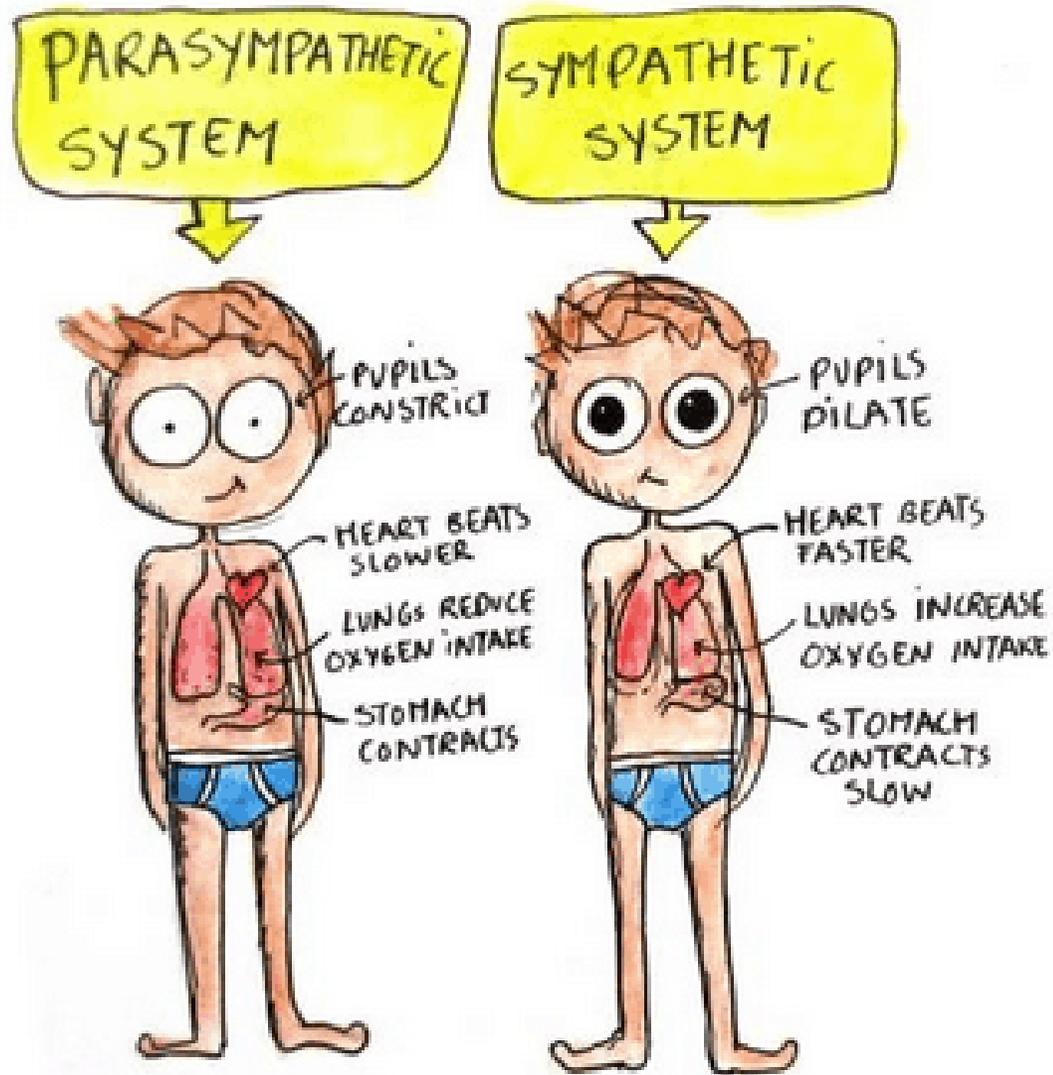


Self Care?

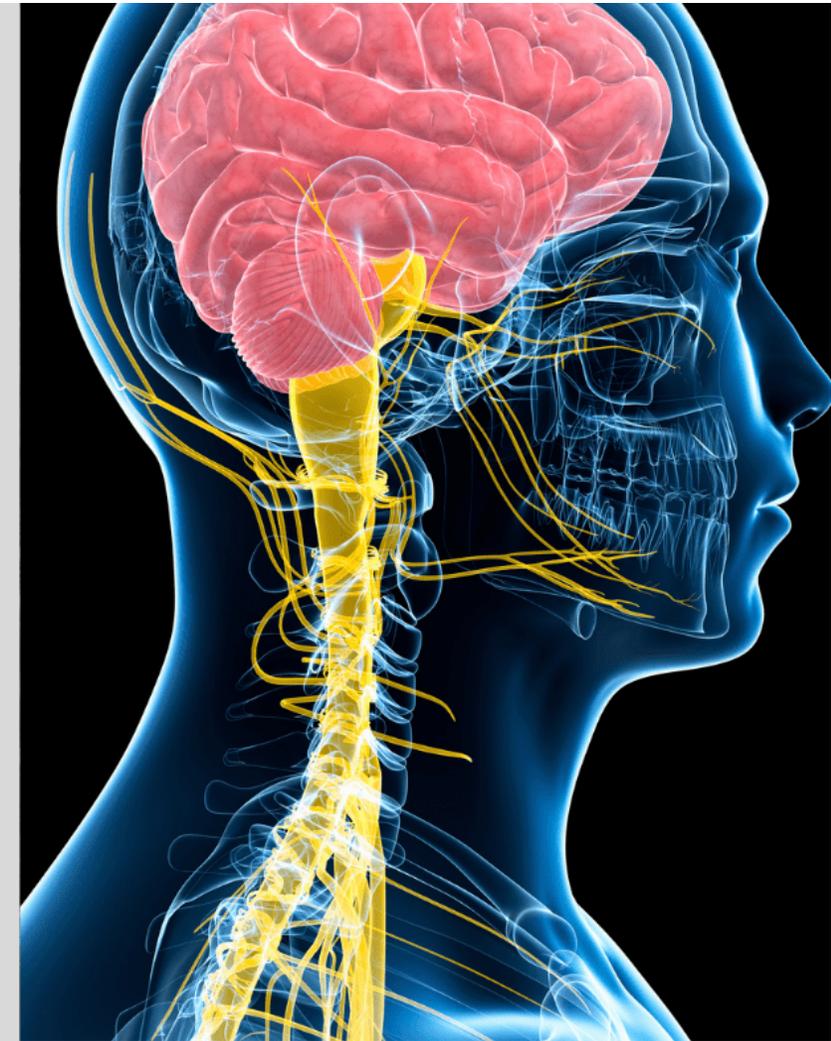


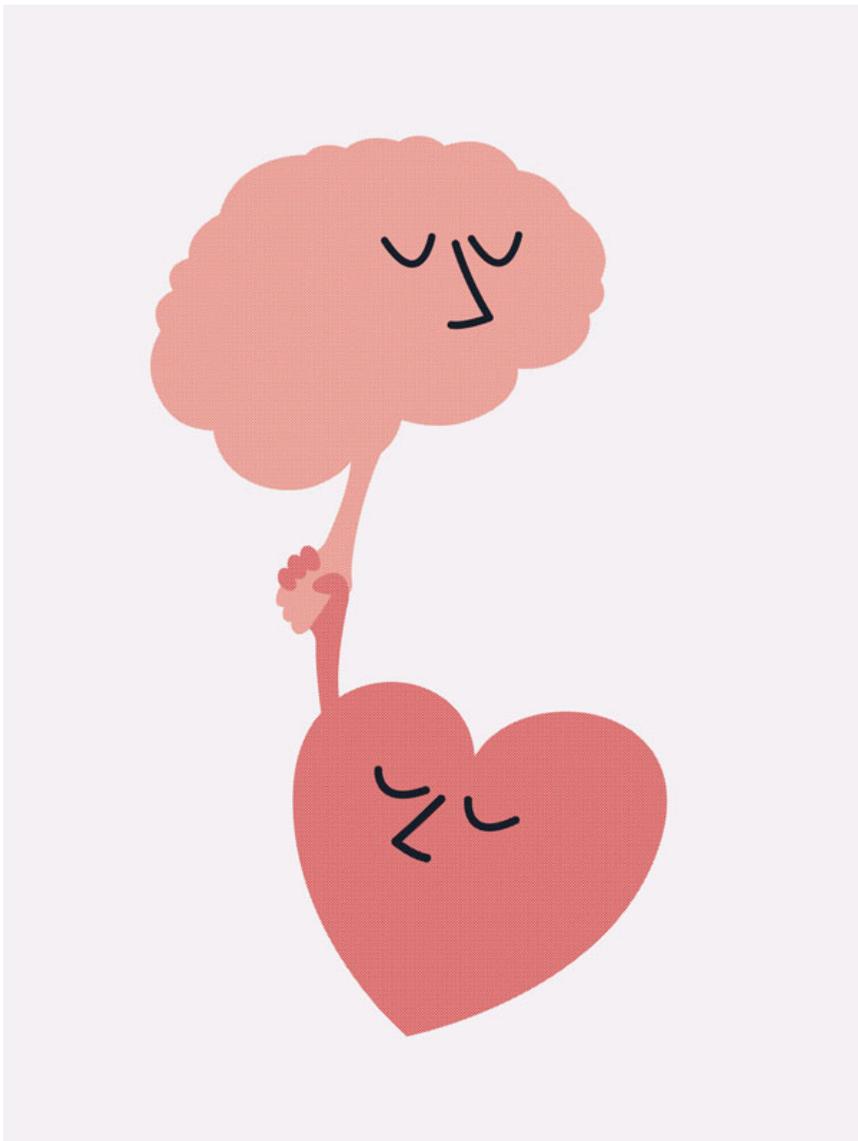
Stress Response





The VAGUS NERVE

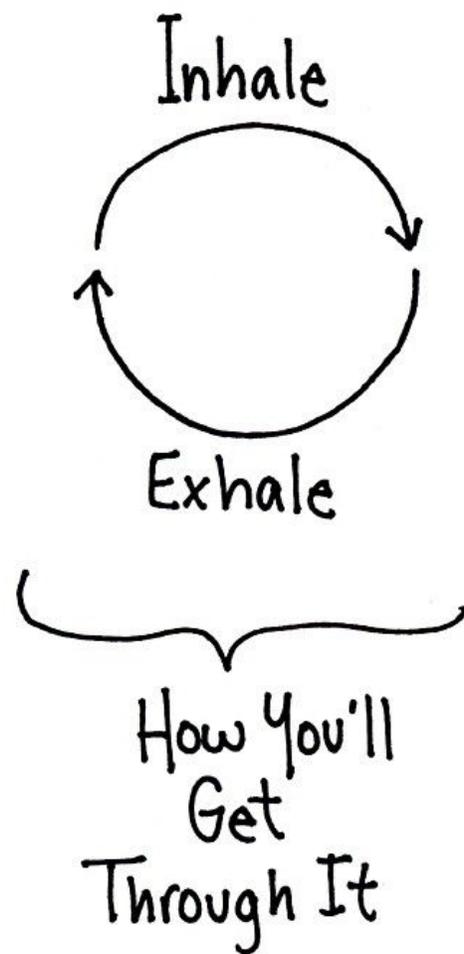




5 Practices

- Deep Breathing
- Meditation
- Pause
- Movement
- Awareness

Deep Breathing



Meditation



MEDITATION

**Because punching people in
the face is not allowed.**

Pause



Movement



Awareness



THANK YOU!

Questions?

Comments?



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Society & Leader Resources

Resources for November Group Meetings

Caregiver Month



National MS Society
Phone: 800-344-4867
Website: nationalmssociety.org/Living-Well-With-MS/Relationships/Family-Matters/Carepartners

One-on-One Peer Connections

Description: The MSFriends program connects you with volunteers affected by MS. Connect with a peer support volunteer who has "been there" and can provide you with helpful tips, suggestions and emotional support via phone or email.

Website: nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One

Care.com

Services: Offers referrals to care providers and a library of articles about care & caregiving.

- Care for Seniors: Search for assisted living, home care, adult day health, independent living, and transportation needs.
- Care for Pets: Search for pet sitting, walking, day care, boarding/kenneling, training and grooming.
- Care for Your Home: Search for a personal assistant, housekeeper, or house cleaner.

Description: Care.com's mission is to improve the lives of families and caregivers by helping them to connect in a reliable and easy way. Care.com's solutions help families make informed decisions in one of the most important and highly considered aspects of their family life: finding and managing quality care for their loved ones. Articles are available for free on the site; however, use of the "find care" tool requires a paid membership. Monthly and annual subscriptions available.

Phone: 877-227-3115

Website: care.com

Caregiver Action Network

Services: Caregiving advice, support, and information; includes forums, e-newsletters, and a network of volunteers.

Description: The Caregiver Action Network (CAN) is a leading non-profit family caregiver organization that works to improve the quality of life for the more than 90 million Americans who care for loved ones with chronic conditions, disabilities, disease, or advancing age. CAN provides education, peer support, and resources to family caregivers across the country free of charge. Visit the site to [join CAN for free](#), view the [Family Caregiver Toolbox](#), or view [additional caregiver resources \(by topic\)](#).

Phone: 202-454-3970

Website: caregiveraction.org

Caregiver.com / Today's Caregiver Magazine

Services: Provides information, support, and services referrals. Also offers a magazine, newsletters, and online forums.

Description: Caregiver Media Group is a provider of information, support, and guidance for family and professional caregivers. Caregiver Media Group publishes [Today's Caregiver](#), a national magazine dedicated

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Veterans Recognition



Resources for Veterans with Multiple Sclerosis

<https://www.nationalmssociety.org/Veterans>

[Ask the MS Expert: Military Veterans Living with MS: What You Should Know](#)

US Air Force Veteran Karla Clay, who shared her story of experiencing symptoms of MS while on active duty and being diagnosed after leaving the military. Maggie Kazmierski, LCSW, social worker at the Baltimore MS Center of Excellence, highlighted services available to Veterans living with MS and how to connect to those services within the VA system.

The Elite Warrior Project Podcast

Join Ashley, a veteran with MS and a Certified High Performance coach, as she shares real stories and experiences from fellow veterans, resources from experts, tips and strategies to help navigate the unique challenges that veterans face when living with MS. Available on [Spotify](#) or [Apple](#).

[Real Talk MS Podcast](#)

Joining host Jon Strum on the podcast is Karla Clay, an Air Force veteran, and a National Veterans Wheelchair Games multiple medal winner.

[Services for Veterans with MS](#)

The National MS Society partners with the VA MS Centers of Excellence to offer a multitude of resources to veterans including: MS Navigator services that offer personalized information, including connection to VA services, educational webinars, comprehensive information about MS and treatment, and current information about Society programs.

[At the Front Momentum Magazine](#)

In this article learn more about veterans facing multiple sclerosis as they share their path to diagnosis, treatment and living with MS.

Resources from the VA MS Centers of Excellence

[Overview of Multiple Sclerosis for Veterans](#)

Overview of resources and strategies for living with MS

[VA MS Centers of Excellence Veterans with MS Newsletter](#)

nationalmssociety.org/MSNavigator | 1-800-344-4867

Caregiver Group Recognition

Care Partners- North Metro Group (Cedar, MN)- Sandee
Perham Care Partner Group (Perham, MN)- Colleen
Virtual Care Partners Group (CT/NY)- Paul & Patricia
Coping with MS (Bronx, NY)- Patricia
Family Members Group (Carle Place, NY)- Vicki
Caregivers Group (Garden City, NJ)- Lucia
Friends & Family MS Care Giver Group (Arlington, TX)- Teresa
Carepartners Group (Cincinnati, OH)- Susan
Strongsville MS Connection Group (Parma, OH)- Debbie
Virtual MS Care Partners Group (Mansfield, MA)- Wendy
Algonquin Care Partners (Lake in the Hills, IL)- Jan
MS Caregiver Support Group (Seattle, WA)- John
Tacoma Self-Help Group (Tacoma, WA)- Jeff
MS Care Partners (Spokane, WA)- Leslee
Columbia Self-Help & Supportive Partners Group (Columbia, MD)- David & Joanne
Virtual Caregiver Support Group (Washington DC)- Kevin



Peer-to-Peer Connection Opportunities



Join the Peer Connections Volunteers Facebook Group

Connect. Support. Encourage. Relate.



[Click Here](#)

A place for National MS Society volunteers to interact with other Self-Help Group leaders, MS Friends, and Peer-to-Peer volunteers. This group provides access to valuable resources and offers a safe environment for collaboration and idea-sharing so you can best support your group members and fellow MS community.

***MS Warrior Leaders
A Support Group for
NMSS Group Leaders***



***Join us on Zoom
3rd Thursday of the month at 4pm EST
Meeting ID 84207053474
Passcode- Warrior***

**Contact Monica at
MSWarriorLeader@gmail.com**

In Person Meeting Guidelines

Resources for Meeting in Person

For Peer Connections Volunteers

- › Resources for Peer Connections Volunteers
- › Group Leadership Call Recordings
- › Educational Resources & Toolkits
- › Resources for Meeting in Person



SHARE

Like 11

Tweet

Share

Like the rest of the world, the National MS Society is navigating how best to ramp back up and move through our transition to normalcy. These resources are intended for self-help groups who want to meet in person. By implementing guidelines consistently across the country, we hope to advance Society priorities, increase connection opportunities, and bring groups back together safely.

For questions about bringing your group together in-person or any of the resources listed below, please reach out to your staff partner or peerconnections@nmss.org.

- › June 17, 2021 (In-Person Meeting Training & Society Guidelines) [call recording](#) and [slides](#)
- › [Volunteer In-Person Meeting Guidelines \(PDF\)](#)
- › [FAQ Resource Document \(PDF\)](#)
- › [National MS Society Self-Help Group Safety Flyer \(PDF\)](#)
- › [Self-Help Group Meeting Disclaimer- IN PERSON \(PDF\)](#)
- › [CDC prevention recommendations](#)
- › [MS and COVID-19](#)

Connect with the National MS Society



facebook.com/nationalMSsociety



instagram.com/MSsociety



twitter.com/MSsociety



youtube.com/nationalMSsociety



[linkedin.com/company/
national-MS-society](https://linkedin.com/company/national-MS-society)

Upcoming Group Leadership Call Dates

Next call: December 16, 2021

Quarterly in 2022:

January 20, April 21, July 21, October 20

2 sessions to pick from:

3pm ET/2pm CT/1pm MT/12pm PT

7pm ET/6pm CT/5pm MT/4pm PT

