

Couples Workshop in Lynchburg

Couples Workshop Agenda

Friday, December 5, 2008

(Overnight accommodations are available.)

5:30pm-8:30pm

- Couples Introductions
- Dinner
- What is a Healthy Relationship?
- Introduction to the Relationship Tool-Kit

Saturday, December 6, 2008

(Breakfast will not be served.)

9:30am-2:30pm

- Identifying Relationship Challenges
- Group Activity
- Blocks to Communication and Communication Danger Signs
- Group Activity
- Lunch
- Discussion: Talking with your Partner about Relationship Challenges

Contact the chapter office at 1-800-344-4867 or vab@nmss.org for more details and to register.

Overnight accommodations are available.

8 Hours to a Lifetime of Relationship Satisfaction

On December 5-6, 2008, the Blue Ridge Chapter will be hosting a two-day couples workshop, **8 Hours to a Lifetime of Relationship Satisfaction**. The facilitator for this valuable program will be Doyle Gentry, PhD. Dr. Gentry is a clinical psychologist who has an extensive background in the field. He is the author of *When Someone You Love is Angry*, *Happiness for Dummies*, and many others.

The workshop will be held at:

Kirkley Hotel and Conference Center

2900 Candler's Mountain Road
Lynchburg, VA 24502

Cost: \$15 per couple

\$35 per couple with overnight accommodations

Contact the chapter office to request financial assistance with the registration fees.

Pre-registration is required and space is limited.

Registration deadline is November 25, 2008.





College Scholarship Applications Now Available

MS shouldn't stand in the way of an education. This is why the National MS Society's scholarship program exists — to help highly qualified students who have been diagnosed with MS or who have a parent with MS achieve their dreams of going to college. Applications for college scholarships are available now and may be submitted from October 15, 2008 through January 15, 2009. Go online to www.nationalmssociety.org/scholarship for an application or for more information.

Real Talk, Real Answers. Living with MS in Your 20s and 30s

If you're in your 20s or 30s and living with MS, please join us on **Tuesday, November 18 at 8:00 pm** for a candid conversation about the topics that matter to you. We'll cover lots of real issues including communicating with family and friends about your MS, finding meaningful ways to get involved in support networks, learning to be your own best advocate, personal planning, and more. You will be able to participate LIVE from wherever you are — virtually! Access the live Web cast events at www.RealTalkRealAnswers.com. Visit the site today to register.

Real Talk. Real Answers. Living with MS in Your 20s and 30s is brought to you by the National Multiple Sclerosis Society and MS LifeLines®, a free resource sponsored by EMD Serono and Pfizer.

Multiple sclerosis has been awarded a new \$5 million research program within the Congressionally Directed Medical Research Programs (CDMRP)!

The movement to get this legislation passed, which started only 2 years ago, was fueled by the energy of a massive grassroots movement. It began in earnest in the fall of 2006 when MS activists went door to door and engaged online tools to collect more than 100,000 signatures supporting a research program for MS within the CDMRP.

Since that time National MS Society chapters and MS activists have been fully engaged in this effort at every turn. It is important to note that this legislation is still pending a final vote by the Senate and a signature by the President. While we do not anticipate a problem at either of those stages the formality of each approval is necessary and still pending.

This movement is an example of the power of advocacy and the influence of a grassroots campaign.

**Get involved and make a difference today!
Call 1-800-344-4867.**

November is caregiver's month

New Initiative Helps to Assist and Identify Individuals Who Care For Medicare Beneficiaries as Caregivers

The Centers for Medicare & Medicaid Services (CMS) have recently launched [Ask Medicare](#), a new initiative to help family caregivers—those who are family members or friends who help people with Medicare—access and use valuable healthcare information, services and resources.

More than 44 million Americans, more than one in five adults, provide care to a loved one, friend or neighbor, valued in economic terms at \$350 billion annually, according to a recent report by AARP. The new initiative will provide a one-stop Web page for caregivers that provides easy access to useful information about Medicare and other essential resources to help with caregiving.

For more information about Medicare's new caregiver initiative, please visit:

www.medicare.gov/caregivers

November 2008 Important Dates

November 18, 2008

Real Talk, Real Answers webcast
www.RealTalkRealAnswers.com

SAVE THE DATE

December 5-6, 2008

Couples Workshop in Lynchburg
Registration is now open!

Remember, **November is Caregivers Month.**
Visit www.medicare.gov/caregivers to learn
about Medicare's new caregiver initiative.

Self Help Groups

Groups meet once each month.
Call the chapter for times & directions.

November 7, 2008

Winchester

November 3, 2008

Augusta Day Meeting

November 4, 2008

Harrisonburg
New River Valley

November 10, 2008

PALS of Harrisonburg **NEW GROUP!**

November 12, 2008

Charlottesville Partners
Lynchburg Strictly and Only Support

November 11, 2008

Augusta County
Charlottesville MS Options

November 19, 2008

Bedford

November 20, 2008

Alleghany Highlands, Danville
Farmville, Glade Spring
Lynchburg Plaintalk

November 24, 2008

Lynchburg Caregiver

November 25, 2008

Bristol

Blue Ridge Chapter Programs & Services

The National MS Society addresses the challenges of each person whose life is affected by MS and helps them stay connected to the great big moving world.

What We Offer

Advocacy
Community Resource & Medical Referrals
Educational Workshops
Employment Resources
Exercise Programs
Family & Social Programs
Financial Assistance
Free Information about MS
Lending Library
Newly Diagnosed Services
Self-Help Groups & Peer Supporters
Volunteer Opportunities
Walk MS & Bike MS

Contact the Blue Ridge Chapter
today to learn more about all of our
programs and services!

1 800 FIGHT MS
vab@nmss.org

www.nationalmssociety.org/vab



And as we let our own light shine, we
unconsciously give other people
permission to do the same.

-Nelson Mandela