

Working with MS Support Group

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<https://sites.google.com/site/workingwithms/>

Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850

December 9, 2012

Agenda

Please join us for our annual (potluck) holiday celebration!

Bring:

- a celebratory spirit,
- a dish or treat to share,
- a list of the “gifts” you received this year (maybe a quiet success at work, a realization that you can do “it,” the strength to keep moving, the friend or family member who helps you do that one extra thing when you’re just too fatigued to do...), and
- a slip of paper with a gift wish written down to give to another member of the group (e.g., “I wish you the strength to wake every morning and get to work,” “I wish you joy in a job well done,” “I wish you the wisdom to know when to delegate”...)

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	Start the party!
3:20pm	A peek at the gifts under the tree: NMSS Programs & Services Guest speaker: Julie Humphrey Vallelunga, LICSW, LCSW, LCSW-C National MS Society/National Capital Chapter
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

NMSS National Capital Chapter: Programs & Services

<http://www.nationalmssociety.org/chapters/dcw/programs--services/index.aspx>

NMSS Employment Teleconference Series (NEW!)

<http://www.nationalmssociety.org/chapters/dcw/programs--services/employment/2013-employment-teleconference-series/index.aspx>

NMSS National Capital Chapter Financial Assistance Programs

<http://www.nationalmssociety.org/chapters/dcw/programs--services/direct-assistance/financial-assistance/index.aspx>

NMSS National Capital Chapter Financial Education Partners Program

<http://www.nationalmssociety.org/chapters/dcw/programs--services/information-and-referral/financial-planning/download.aspx?id=43026>

NMSS LINKS Teleconference Series: 9 Opportunities to Learn More about MS from the Comfort of Your Home

<http://www.nationalmssociety.org/chapters/vab/programs--services/2012-links-teleconference-series/index.aspx>

Next/Upcoming Meetings:

January 13th – Happy New Year! Meeting

February 10th -- Meeting