

Working with MS Support Group

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

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

October 21, 2012

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:20pm	The ABC's of MS and Zzzz
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & "News You Can Use":

Managing Pain & Sleep Issues in MS (paper NMSS booklet that will be handed out and video to be shown at meeting)

The "MS Sleep"

<http://www.everydayhealth.com/blog/trevis-life-with-multiple-sclerosis-ms/the-ms-sleep/>

MS & Sleep

<http://www.webmd.com/multiple-sclerosis/guide/taking-control-sleep>

You Can...Get the Sleep You Need

<http://www.nationalmssociety.org/living-with-multiple-sclerosis/you-can/get-sleep-you-need/index.aspx>

Sleep and MS

http://ms.about.com/od/livingwellwithms/a/sleep_ms.htm

Hitting the Mattress: Getting a good night's sleep is hard enough. Don't let multiple sclerosis turn your bed into the enemy.

http://www.amypaturel.com/articles/article_pdf_98.pdf

Next/Upcoming Meetings:

November 11th – Meeting & holiday party planning

December 9th – Holiday Party & NMSS brings "gifts"