

Working with MS Support Group


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

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

June 9, 2013

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:15pm	 alance “Finding my balance means caring for <i>all</i> of me – at home, at work, with my friends, with my doctors, and in those quiet moments of rest.” Anon
4:00pm	Member Sharings & Support
5:00pm	Adjourn “In spite of illness...one can remain alive long past the usual date of disintegration if one is unafraid of change, insatiable in intellectual curiosity, interested in big things, and happy in small ways.” Edith Wharton

Handouts & “News You Can Use”:

You can...improve your balance

<http://www.nationalmssociety.org/living-with-multiple-sclerosis/you-can/improve-your-balance/index.aspx#>

Loss of Proprioception in Multiple Sclerosis

<http://ms.about.com/od/signssymptoms/a/proprioception.htm>

Balance and Falls in MS

http://www.va.gov/MS/articles/Balance_and_Falls_in_MS.asp

MS Minute #4 - Balance, Falls, and Multiple Sclerosis

<http://www.youtube.com/watch?v=SOLDCZf-EOY>

MS Essentials: Balance and MS

[http://www.mssociety.org.uk/sites/default/files/Documents/Essentials/Balance%20and%20MS%20\(MS%20Essentials%2026\)%20ES26.0413-%20web.pdf](http://www.mssociety.org.uk/sites/default/files/Documents/Essentials/Balance%20and%20MS%20(MS%20Essentials%2026)%20ES26.0413-%20web.pdf)

5 Exercises to Improve Balance for Multiple Sclerosis Patients

<http://www.everydayhealth.com/multiple-sclerosis/exercises-to-improve-balance.aspx>

Balance exercises

http://www.mstrust.org.uk/information/exercises/index_balance.jsp

Balance Dogs for Multiple Sclerosis

http://ms.about.com/od/resources/a/balance_dogs.htm

Tai Chi for Beginners

<http://www.youtube.com/watch?v=nNWPk6tYoUM>

Follow Along Practice from Brookline Tai Chi

http://www.youtube.com/watch?v=PO5_o0wW9SE

Easy Tai Chi Lesson from Bill Douglas

<http://www.youtube.com/watch?feature=endscreen&NR=1&v=wGKfNx7e0Jk>

Next/Upcoming Meetings:

July 14th – Meeting

August 11th – SUMMER BREAK – no meeting

Sept 8th – Meeting