

Working with MS Support Group

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

December 13, 2015

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	MS Toys- Happy Holidays! “Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.” Thomas Jefferson “Play is our brain's favorite way of learning” Anon
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Rubber Band Hand Exercises: Exercising Your Muscles

https://www.youtube.com/watch?v=WD_L2vA6txM

Finger Exercises – Putty and Rubber Band Strengthening

<http://www.mccn.edu/library/patienteducation/duplicatenetip/patienteducation/exerciseandreha/exercises/fingerexercises/FingerExercises-PuttyandRubberbandStrengthening.pdf>

Workout of the Week 36 - Balloon Games

<https://www.youtube.com/watch?v=UX2xbQgUbOs>

Balloon Cardio Part 1

<https://www.youtube.com/watch?v=OAB8wjmTij8>

Balloon Cardio Part 2 (more difficult!)

https://www.youtube.com/watch?v=99BR_gilQx0

Why and How We Program Breathing Exercises

<http://movement-as-medicine.com/why-and-how-we-program-breathing-exercises/>

Hardcore balloon breathing exercise

https://www.youtube.com/watch?v=Qy7_Hpiz1gw

Breathing for Relaxation: Straw breathing

<https://www.youtube.com/watch?v=ZlyWO5TpRLQ>

Next/Upcoming Meetings:

Jan. 10th – Meeting – Happy New Year!

Feb. 14th – Meeting – Happy Valentine's Day!

Mar. 13th – Meeting – Day Light Saving Time (set your clock ahead/forward one hour!)

A few gifts for you:

Join *AboveMS* and sign-up for the free “Fitness with Katrina: Fitness for People with MS” DVD (scroll to the bottom of the page, right-hand side to sign-up)

https://www.abovems.com/en_us/home/life/diet-exercise.html?cid=ppc-ggl-unbranded-lifestyle-na-2828-unbranded_lifestyle&&

Diet & Exercise Routines from *AboveMS.com*

https://www.abovems.com/en_us/home/life/diet-exercise.html

MySidekick™ App from *AboveMS.com* (MySidekick is a free app that enables you to record mood, energy level, activities, sensation, and memory to help keep track of your health (or the health of the person you care for).)

https://www.abovems.com/en_us/home/resources/ms-tools-services/mysidekick-app.html

Symptom Tracker App from *MS One to One* (Keep track of how you've been doing since your last visit with your healthcare team. Together, you can use it to evaluate your MS.)

My MS Manager™ from the *Multiple Sclerosis Association of America (MSAA)* (This HIPAA-compliant app is designed specifically for people living with MS, helping them track symptoms, medications, and side effects. It also helps them connect with their healthcare providers as well as get and store educational information about MS.)

<http://www.mymsaa.org/manage-your-ms/mobile/>

CareZone App (Offers everything from a sharable journal and Care Profile, a calendar to track appointments and reminders, to a medication tracker and to-do list that can be shared with others “helpers,” as well as a voice-recording *CareZone* broadcast.)

<https://carezone.com/home>

CaringBridge.org (place to share health updates, photos and videos with the people who care about you.)

<http://www.caringbridge.org/>

Exercising with MS - DVD from the MS Society with Sally Gunnell (from the *MS Society*)

<https://www.youtube.com/watch?v=SVOY8LC8Qg4>

Whole body workout, Move it for MS (Having a Party!) (from the *MS Trust UK*)

<https://www.youtube.com/watch?v=WsYjcT8XQH0>

Move it for MS YouTube Playlist (from the *MS Trust UK*)

<https://www.youtube.com/playlist?list=PL3ao8hKuf7Y6KnBIcz3Dhb16CP7zkEIIK>

Shift.MS (A social network for people with multiple sclerosis, created by people with MS. Their aim is to create a positive, enabling community which empowers MSers to acknowledge their MS, rethink how to achieve their ambitions and get on with their lives.)

<http://shift.ms/>

NTERACTIVE Adaptive Exercise for Multiple Sclerosis (from MSViewsandNews Learning Channel on YouTube)

<https://www.youtube.com/watch?v=zo26uozUi8c>

NB:

AboveMS is from Biogen

MS One to One is from Genzyme Corporation

Multiple Sclerosis Association of America is a national, nonprofit organization founded in 1970 and is one of the leading resources for the entire MS community, improving lives today through vital services and support.