

# Working with MS Support Group

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

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## Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	<b>What's Your MS Vision?</b> Vision is the art of seeing what is invisible to others. Jonathan Swift Eyesight is useless if the insight is blind. Imam Ali
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & "News You Can Use":

Vision Problems in MS (NMSS pamphlet; 09/2015)

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Brochure-Vision-Problems.pdf>

optic neuritis (video) [https://youtu.be/4\\_A4ejMnbGY](https://youtu.be/4_A4ejMnbGY)

diplopia & nystagmus (video) <http://www.youtube.com/embed/0cGJiqBn2DM>

Multiple Sclerosis and Vision: Are You Ready for the Challenge? (Brad and Robynn Mann; blog 09/03/2013)

<http://www.everydayhealth.com/columns/brad-robynn-mann-sleeping-with-ms/multiple-sclerosis-related-vision-difficulties-are-you-ready-for-the-challenge/>

Colour vision loss may be an early sign of disability (Msology; 01/23/2014)

<http://msology.ca/colour-vision-loss-may-be-an-early-sign-of-disability>

Types of Nystagmus (Professor Yasser Metwally, <http://yassermetwally.com>, 2013)

[https://www.youtube.com/watch?v=Ef\\_RUYry\\_mo](https://www.youtube.com/watch?v=Ef_RUYry_mo)

Cawthorne-Cooksey Exercises (rough cut) (Randy Heeren of House Clinic, 2015; video)

<https://vimeo.com/120610194>

Exercises to Regain Balance (North Cumbria University Hospitals NHS Trust, UK; handout)

<http://www.ncuh.nhs.uk/for-gps/clinical-information/cawthorne.pdf>

Consider joining my DIY NMSS Fundraising Team "**Movin' It Msers**" & help raise money for the NMSS

[http://main.nationalmssociety.org/site/TR?team\\_id=488298&fr\\_id=27904&pg=team](http://main.nationalmssociety.org/site/TR?team_id=488298&fr_id=27904&pg=team)

and then click "Join" (gray box on the left)

### Next/Upcoming Meetings:

July 11<sup>th</sup> – Meeting (Hilary presenting an update on the ADAAA)

August – **NO MEETING**/Summer Break (escape the heat and have fun!)

Sept 11<sup>th</sup> – Meeting