

Working with MS Support Group

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

May 08, 2016

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	Roll over MS! Sleep is that golden chain that ties health and our bodies together. – Thomas Dekker
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Sleep Disturbance and Multiple Sclerosis (Abbey J. Hughes, PhD; report)

http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Sleep_Hughes_2016.pdf (report)

Hitting the Mattress: Getting a good night’s sleep is hard enough. Don’t let multiple sclerosis turn your bed into the enemy. (Amy Paturel, M.S., M.P.H., Neurology Now, January/February 2009)

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

Getting a Good Night's Sleep with MS - National MS Society (video)

<https://www.youtube.com/watch?v=q-gtd12wkGg>

Researchers find possible link between sleep and multiple sclerosis: Discoveries (Brie Zeltner, The Plain Dealer, September 06, 2013)

http://www.cleveland.com/healthfit/index.ssf/2013/09/researchers_find_possible_link.html

Coping With Excessive Sleepiness: What Lack of Sleep Does to Your Mind (Camille Peri, WebMD 2010)

<https://drive.google.com/file/d/0B5wV6aESepCOcjIxZkVvc3FLVVU/view?usp=sharing>

Sleep deprivation: Impact on cognitive performance (Neuropsychiatr Dis Treat. 2007 Oct; Medical research article)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2656292/>

Additional information relevant to last month’s meeting – Diet & MS (NMSS report)

<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Diet-and-Multiple-Sclerosis-Bhargava-06-26-15.pdf>

Corrected link! 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
and then click “Join” (gray box on the left)

Next/Upcoming Meetings:

June 12th – Meeting

July 11th – Meeting

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