

Working with MS Support Group

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

September 11, 2016

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:10pm	Passion & DreaMS – Make them work for you! “Dreams may end with MS, but don’t let MS end your dreams.” Kristie Salerno Kent “And the real truth is that you already enjoy something. You already enjoy many things. You’re just choosing to ignore them.” Mark Manson
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

DreaMS: My Journey with MS (Discussion Guide) – by Kristie Salerno Kent and Acorda Therapeutics
<http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/AMP-3485-DreamsDiscussionGuide-w-NMSS-url.pdf>

Passion 101: How to Discover Your Calling in Life – By Graham Young (December 3, 2014)
<http://www.liveinthegrey.com/passion-101-discover-your-passion-life/>

Passion 202: How to Identify Your Passion & Turn It into a Career – By Graham Young (January 23, 2015)
<http://www.liveinthegrey.com/passion-202-identify-your-passion-turn-into-career/>

The Flourish Factor - by Blended Learning Team, LLC
<https://drive.google.com/file/d/0B5wV6aESepCOQUdNNlo5R0xmYIE/view?usp=sharing> (worksheet)

Screw Finding Your Passion – by Marc Manson (October 22, 2015)
<https://markmanson.net/passion> (WARNING! This article contains a good deal of profanity.)

DreaMS: My Journey with MS (The Book) – by Kristie Salerno Kent
http://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Documents/Dreams-041015_1.pdf (ebook)

“One-Way Ticket” – by Kristie Salerno Kent
<https://youtu.be/f9ftNGRgX8g> (YouTube original song preformed by Kristie Salerno Kent)

Consider joining my DIY NMSS Fundraising Team “**Movin’ It Msers**” & help raise money or donate for the NMSS (click “Join” or “Donate” (gray box on the left) and STOP MS in its tracks!
http://main.nationalmssociety.org/site/TR?team_id=488298&fr_id=27904&pg=team

Next/Upcoming Meetings:

October 9th – Meeting

November 6th – **RESCHEDULED** Meeting!! Set clock back 1 hour this morning; Daylight Saving Time ends!

(No meeting on November 13th)

December 11th – Meeting