

## Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-810  
Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850  
February 11, 2018

### Agenda

3:00pm	Welcome back!
	Brief Introductions/Member Check-ins
3:20pm	<b>NMSS &amp; You: The evolution of NMSS and the Greater DC-MD Chapter – Meet Joanne Maldonado, Program Manager of Self-Help Groups</b> “Change is the law of life. And those who look only to the past or present are certain to miss the future.” John F. Kennedy
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Greater DC-MD Chapter (MDM)

<https://www.nationalmssociety.org/Chapters/MDM> (Chapter & Resources website)

<https://www.nationalmssociety.org/Chapters/MDM/About-this-Chapter/Staff> (MDM Staff Contacts Listing)

NMSS Resources & Support

<https://www.nationalmssociety.org/Resources-Support>

NMSS -- Ask an MS Navigator

<https://www.nationalmssociety.org/Resources-Support/Find-Support/Ask-an-MS-Navigator>

### Next/Upcoming Meetings:

Mar 11<sup>th</sup> – Meeting REMINDER: Daylight Saving Time begins today – set your clocks *forward* by 1 hour.

Apr 8<sup>th</sup> – Meeting

May 13<sup>th</sup> – Meeting Happy Mother’s Day! **DO WE WANT TO RESCHEDULE THIS MEETING?**