

Working with MS Support Group

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

June 10, 2018

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in
3:20pm	Fatigue? “There are days when I should be writing, and I am so tired that I can't. And the fatigue also affects my emotions, making me not even care about writing. There are days when I wake up so angry I can barely speak, and also days when I am so sad” Nicola Griffith (Author of <i>Hild</i> , an autobiographical novel of a woman who has multiple sclerosis) “Great is the power of habit. It teaches us to bear fatigue and to despise wounds and pain” Marcus Tullius Cicero (Marcus Tullius Cicero was a Roman politician and lawyer, who served as consul in the year 63 BC)
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Tired of Being Tired? A Power Point Presentation: Practical Techniques for Managing Fatigue by
Jullian Hanson-Zlatev, OTR, Angela Dillbeck, OTD, OTR

http://www.mscenter.org/images/stories/Powerpoint_Presentations/Fatigue%20lecture%202.ppt

MS and Fatigue: Tired of Being Tired - November 2015 (VIDEO; Ben Thrower, M.D.; Multiple Sclerosis Foundation) <https://www.youtube.com/watch?v=s2hxb5vCN74>

Some guidelines on saving energy: For people with multiple sclerosis (Booklet; NMSS of Canada-Quebec Division, 2005)

<https://mssociety.ca/library/document/wWmeNE1o0OUyRlgBFxkiZ28A73vb4rfL/original.pdf>

Feeling It: Tips for Talking to Others About MS Fatigue

February 12, 2018, by Mike Night in Social Clips

<https://multiplesclerosisnewstoday.com/2018/02/12/feeling-it-tips-for-talking-to-others-about-ms-fatigue>

Online Fatigue Management Feasible, Effective for Multiple Sclerosis

Investigators designed a parallel-group, 2-arm, randomized controlled trial to evaluate ELEVIDA, an online fatigue management program based on cognitive behavioral therapy and other therapy-based strategies. Sunali Wadehra, MD Neurology Advisor May 08, 2018

[Online Fatigue Management Feasible, Effective for Multiple Sclerosis](#)

Next/Upcoming Meetings:

July 8th – Meeting

August – NO MEETING – Take a break from the heat & have fun!

September 9th – Meeting