

## Working with MS Support Group\*

[WorkingWithMS.DC.MD.VA@gmail.com](mailto:WorkingWithMS.DC.MD.VA@gmail.com)

(301) 337-8106

<https://sites.google.com/site/workingwithms/>

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

July 14, 2019

### Agenda

3:00pm	Welcome! (Remember – set clocks forward for Daylight Saving Time!)
	Brief Introductions/Member Check-in
3:15pm	<b>The Great MS Escape</b> “Travel and new experiences are important to your well-being and your quality of life.” - Debra Frankel, director of MS professional workforce development for the National Multiple Sclerosis Society
4:00pm	Member Sharings & Support
5:00pm	Adjourn

### Handouts & “News You Can Use”:

Brain Games for Brain Power (Readers Digest - The Genius Issue; September, 2018)

<https://www.rbdigital.com/reader.php#/reader/readsvg/392008/64>

Escape with Great Reads! (<https://www.goodreads.com> or your public library)

Fall Down Laughing: How Squiggy Caught Multiple Sclerosis and Didn't Tell Nobody by [David Lander](#)

Awkward Bitch: My Life with MS Paperback by Marlo Donato Parmelee

The Moment of Lift by Melinda Gates

Killers of the Flower Moon by David Grann

Mama's Last Hug by Frans de Waal

Born a Crime by Trevor Noah

Inside the O'Briens by Lisa Genova

Travelling the World with MS .....in a Wheelchair by Linda McGowan

Lincoln in the Bardo by George Saunders

The Challenges of Travel for People With MS (U.S. News & World Report, By Heidi Godman, Contributor AUG 18, 2017; and suggestions for safe and fun travel)

<https://health.usnews.com/health-care/patient-advice/articles/2017-08-18/the-challenges-of-travel-for-people-with-ms>

Crowdsource Ideas for the Perfect Vacation Getaway with Travelocity's Trips for Me Tool (July 13, 2018 /PRNewswire/)

<https://www.prnewswire.com/news-releases/crowdsource-ideas-for-the-perfect-vacation-getaway-with-travelocitys-trips-for-me-tool-300680378.html>

7 Tips for Traveling With Multiple Sclerosis: Reduce Stress and Symptom Flares (By [Julie Stachowiak, PhD](#) JUL 26, 2018)

<https://www.verywellhealth.com/air-travel-with-multiple-sclerosis-2440565>

TSA Cares (US TSA Passenger Support & information on traveling with medication and mobility aides)

<https://www.tsa.gov/travel/passenger-support>

Find a Park (US National Park Service; national parks and monuments)

<https://www.nps.gov/findapark/index.htm>

[https://www.nps.gov/planyourvisit/passes.htm#CP\\_JUMP\\_5088581](https://www.nps.gov/planyourvisit/passes.htm#CP_JUMP_5088581) (free “Access Pass” for persons with permanent disability)

<https://www.nps.gov/state/md/index.htm> (Maryland)

Maryland Park Service (Maryland Department of Natural Resources)

<http://dnr.maryland.gov/publiclands/Pages/default.aspx> (search for parks by location)

<http://dnr.maryland.gov/publiclands/Pages/udpexplanation.aspx> (Universal Disability Pass (UDP) is a free lifetime pass that does not require renewal.)

Montgomery County Parks & Trails (MoCo Parks, trails, and events)

<https://www.montgomeryparks.org/>

**Next/Upcoming Meetings:**

**August – NO MEETING**/Take a break from the summer heat and go do something fun; expand your brain!

September 8<sup>th</sup> – Meeting

October 13<sup>th</sup> – Meeting

- \* "Working with MS" is a group of persons with Multiple Sclerosis (MS) or its symptoms who seek to offer each other, and others with MS, support, encouragement, and ways to approach challenges to working with MS. We are NOT health care professionals, counselors, physicians, attorneys, employment counselors, or representatives of public service agencies. Information provided at this site is purely informational and does NOT represent a recommendation of any kind, nor medical, legal, or other professional advice, and should be used only after and/or in consultation with the appropriate provider(s) (e.g., physicians, counselors, lawyers). Any opinions expressed on these pages are purely the opinion of the person who has authored it and does not represent the opinion of "Working with MS" or its members or sponsor(s).