

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com

(301) 337-8106

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

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

November 08, 2020

Agenda (updated)

No Meetings in Person until 2021 or until further notice!

3:00pm	Welcome!
	Brief Introductions/Member Check-in & Gratitudes
3:10pm	Focus on Wellness Today: Coping with Stress in Times of Uncertainty “Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life ” Global Wellness Institute
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Focus on Wellness: Coping with Stress in Times of Uncertainty (2020 NARCOMS NOW vol.9 no. 2)

<https://drive.google.com/file/d/1Ttxt-omgVAJHfhYgkVChL6w8i46pQdNZZ/view?usp=sharing>

Burke Neurological Institute 12-Week Clinical Trail – home-based seated tele-exercise study, must be already exercising no more than 2x/wk>Contact Amy Bialek 1-914-597-2347 or via email:

amb3003@med.cornell.edu

<https://multiplesclerosisnewstoday.com/news-posts/2020/10/30/adults-with-ms-wanted-for-12-week-trial-assessing-health-benefits-of-seated-tele-exercise/>

Iona College Graduate Occupational Therapy - free group sessions will teach new skills and provide resources on topics like energy conservation, cognitive stimulation, productive use of time, and other areas that relate to the needs of people with MS.

<https://www.mshopeforacure.org/iona-college>

[complete this survey](#) to help the Iona OT students develop an online support program

Next/Upcoming Meetings:

December 13th – Meeting

January 10th – Meeting

February 14th – Meeting