

Working with MS Support Group*

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

July 11, 2021

Agenda

3:00pm	Welcome!
	Brief Introductions/Member Check-in & Gratitudes
3:15pm	Creative Coping "My mother used to laugh so hard she cried in her pants." - Anonymous
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & "News You Can Use":

Living With Multiple Sclerosis By Julie Stachowiak, PhD (verywellHealth; June 28, 2021)

<https://www.verywellhealth.com/living-with-multiple-sclerosis-2440580>

Coping with Multiple Sclerosis (2019, Cleveland Clinic)

<https://my.clevelandclinic.org/ccf/media/files/Neurological-Institute/mellen-center/coping-with-ms.pdf>

8 Tips for Coping with MS Symptoms By Linda Wasmer Smith (July 9, 2021)

<https://www.healthgrades.com/right-care/multiple-sclerosis/8-tips-for-coping-with-ms-symptoms>

New Gifts & Lessons Inspired by My Beautiful, Altered Brain by Gretchen Miller, MA, ATR-BC

<https://gretchenmiller.wordpress.com/2016/01/13/new-gifts-lessons-inspired-by-my-beautiful-altered-brain/>

Multiple sclerosis: Coping with Art by Abby Mackey

<https://www.post-gazette.com/life/goodness/2021/03/28/Multiple-sclerosis-artist-Mary-Brubaker-Houston-Pa-goodness/stories/202103280006>

How humor may be beneficial by Paul P./Travel Fanatic (AboveMS.com)

https://www.abovems.com/en_us/home/ms-wellness/mental-emotional-health/humor-beneficial.html

Next/Upcoming Meetings:

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

Sept 12th – Meeting

Oct 11th – 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).