A Slippery Slope

On March 22, more than 100 people discovered that charity is a slippery slope: they brought their skis and snowboards to Sierra Summit Resort to participate in Ski Awareness for MS.

While swishing down the slopes, they engaged in a mountainside scavenger hunt and a Sierra-style poker run. They also enjoyed donated meals, raffle prizes, and an apres-ski wine party.

We’re still digging out from under that blizzard of donations, but the event has already accumulated over $15,000 for local programs and MS research. We extend our thanks to all our powder-loving participants!

Chapter Leadership

Co-Chairs: David Korn & John Schafer, MD
Treasurer: Maureen Lucey Mihelich
Secretary: Marc Stolman
Programs Committee Chair: Paul Lauricella
Chapter President: Julie E. Thomas
Director of Communications: Terence Keane

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National Multiple Sclerosis Society
Northern California Chapter

Three offices to serve you:

Chapter Headquarters
150 Grand Ave.
Oakland, CA 94612
Phone: (510) 268-0572
Fax: (510) 268-0575

Central Valley Office
1320 E. Shaw Ave. #103
Fresno, CA 93710
Phone: (559) 224-5350
Fax: (559) 224-5340

Sacramento Office
4225 Northgate Blvd. #4
Sacramento, CA 95834
Phone: (916) 927-8000
Fax: (916) 927-9190

1-800-FIGHT MS
info@msconnection.org
www.msconnection.org

MS Connection is the quarterly newsletter of the Northern California Chapter of the National Multiple Sclerosis Society. It is mailed free of charge to Chapter members.

The National MS Society is proud to be a source of information about MS. Our comments are based on professional advice, published experience, and expert opinion but do not represent therapeutic recommendation or prescription. For specific information and advice, consult your physician.

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FUNDRAISING

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Help Us Help You

Dear Friends,

All of us experience situations which we cannot control, but there are some things in life we can affect. When we invest our time and energy in things we can influence, our actions are likely to result in positive outcomes.

We know that MS impacts your life in many ways. Although we cannot provide for all your needs, we strive to partner with you in your quest for wellness. We want to help you help yourself by providing up-to-date information, education about managing MS, sensitive emotional support, material assistance for crisis situations, and physical and social activities.

We ultimately hope that this support assists you to reach beyond your apparent limitations, to discover your inherent strengths, and to utilize all the resources available to you. As for your half of the partnership, we hope that you will help us help you:

- **Review** our monthly calendar, and use it to register for programs in your area. This publication helps us reduce costs, as we don’t have to print and mail flyers for every program.
- **Share** your favorite referral resources so others with MS can take advantage of them (page 16).
- **Create** a new program for your community (page 4).
- **Contact** your legislators about MS issues (page 12).
- **Participate** in one of our events (page 8).
- **Volunteer** with the National MS Society (page 10).

Finally, you can tell us how we’re doing or let us know what programs you want. Please feel free to contact me at 1-800-FIGHT MS or robin.rose@can.nmss.org.

Best regards,

Robin Rose
Vice President of Programs
Living in a less populated area has many benefits: fresh air, clean water, beautiful scenery, safety, and tranquility. Sometimes, however, it may seem that the Chapter’s services and offices are less accessible. To meet the needs of our outlying communities, we’ve created Grants for Area Programs (GAP). You know what activities are needed in your town: help us fill that need!

**Fort Bragg Falls into the GAP**

A great example of the GAP comes from Elaine Ball in Fort Bragg, a quaint coastal town in Mendocino County. Elaine discovered Feldenkrais, a gentle exercise that helps people move with minimum effort and maximum efficiency. Finding it beneficial for her multiple sclerosis, she and her instructor thought it would be great to start a group class so more people with MS could benefit.

Elaine decided to contact the Chapter, and spoke with Linda Zukowski. Linda manages our wellness programs, as well as the GAP application process.

“The process was easy,” Elaine recalls. “Linda mailed me application materials, and told me what I needed to do to get the program started. The plan was executed quite quickly, because of her good directions.”

To apply, there were three questions Elaine had to answer:

- **Is there a need?** To start a program in her community, Elaine had to find at least four other people with MS who were interested in participating. She decided to place an ad in a local newspaper, and quickly found five others who wanted to try Feldenkrais for their MS.

- **Is there a qualified leader?** The next step was to find a professional to lead the group. Elaine was lucky, as she was already connected to a Feldenkrais practitioner in her town — but don’t be discouraged if you don’t know an expert in the topic of your choice. Our staff can provide tips on finding the right professional for your program.

- **Is there an accessible site?** The third requirement was to identify a meeting space in the community. The space has to be wheelchair-accessible, so that anyone with MS can participate. “Finding a place to hold the class was easy,” Elaine remarks. “My church has a room that’s accessible. They let us use it free because I’m a church member. In some communities, you might have to work a little to find a place that’s wheelchair-accessible — especially if you want to get the room for free. But this allows you to put more money toward the professional fees, so your class can be held over a longer period of time.”
After Elaine answered the key questions, she completed the application and returned it to Linda. It was reviewed and approved by the volunteers on our Chapter Programs Committee, and so began Fort Bragg’s first MS Feldenkrais class.

“We had a wonderful six weeks of classes,” Elaine remembers. “Exercising alongside others with MS was very beneficial, and I made some good friends. The teacher was so understanding. We all loved the experience.”

**Create for Your Community**
Many other programs have been successfully funded through the GAP, including activities in Arcata, Clear Lake, and McKinleyville. In fact, a yoga class in McKinleyville proved so popular, we now fund it regularly! And, since our chapter has expanded, many more communities are eligible for these grants.

An individual with MS or a self-help group may apply for GAP funding. Up to $500 is awarded for the planning and implementation of a program in one of the Chapter’s outlying communities. It doesn’t have to be an exercise class, but to qualify the program must address quality of life in one or more of the following areas: physical or emotional health; family or social support; accessibility; employment; independent living; long-term services; or knowledge of MS for people with MS, their family members, health professionals, or the general public.

Would you like to start a program in your community? Apply for the GAP! It may seem daunting to locate a site, to find a professional to lead the program, or even to fill out the application — but our staff will assist you in this process. We can act as a sounding board for your ideas, offer tips on how to find what you need in your community, and answer questions regarding the application process. Help us bridge the GAP; help us bring programs for people with MS to your community! ■

**To learn more about the GAP, call Linda at 1-800-FIGHT MS.**
You are the Key to MS Research

“Hundreds of MS research projects are underway all over the globe,” says Terri Lawson, a chapter member in Modesto. “I was thrilled to find quite a few at my back door.”

The National MS Society is the world’s largest private funder of MS research, and the University of California at San Francisco receives more of our support than any other institution worldwide. Important research takes place every day at the university’s MS Center, and people with MS around the globe watch Northern California, hoping for a breakthrough. Would you, like Terri, consider volunteering for a study?

Stay Home & Help!
Three studies, currently open to people with MS throughout our chapter area, require only a few phone calls or a trip to a nearby doctor:

- **Depression:** Do you experience depression? This study examines the effectiveness of two telephone counseling methods for people with MS.
- **Genetics:** Which genes make people more susceptible to MS? Every day we draw closer to answering this question, merely by collecting blood samples from people with MS and their relatives. Blood from African Americans and Asian Americans is particularly valuable to help determine why different populations develop MS at different rates.
- **Injection Anxiety:** How can you overcome a fear of needles? People taking Avonex who experience injection anxiety are needed to study two potential treatments for this phobia.

Can You Travel to Take Part?
Seven other studies that are recruiting volunteers require at least one visit to the MS Center in San Francisco. “Travelling from Modesto was definitely worth it,” Terri recalls. “I felt lucky to have the attention of this team of fabulous people.”

Two such studies welcome anyone in our area who has MS:

- **Cognitive Function:** Can a quick, 15-item questionnaire identify cognitive impairment associated with MS? People who have experienced cognitive changes and those who have not can help with two brief visits.
- **Diagnosis & Prognosis:** Can blood tests, magnetic resonance imaging (MRI), or measures of cerebrospinal fluid...
definitively diagnose MS or predict its course? People with MS and their relatives are invited to donate blood samples to help find out.

Three additional studies are seeking people with relapsing-remitting MS. Each requires travel to the MS Center, and eligibility criteria vary.

- **Avonex & Drug Response**: Does an individual’s biochemistry influence drug efficacy in a way that can be measured?
- **High-Dose Betaseron**: Is this medication more effective at twice the standard dose?
- **Oral Interferon**: Will a new type of interferon work if taken orally?

Finally, two studies are open to people who have symptoms of MS but have not received a definitive diagnosis. One tracks volunteers with regular MRIs to improve our understanding of how the disease develops. The other evaluates whether drugs called statins can forestall development of MS.

### You Hold the Key

“Volunteering for a research project let me use my disease for something positive,” Terri asserts. “It enabled me to help myself, and I hope the information will help others too.” Consider following in Terri’s footsteps. For more information, visit the website for the MS Center at [www.ucsf.edu/msc](http://www.ucsf.edu/msc) and click on “Current Research” — or call Carolyn Woo at (415) 514-2467.

### MS Advances

Here’s the latest news from MS labs around the world. For a free copy of one of these bulletins, note the “RP” number below and call 1-800-FIGHT MS. To receive new research bulletins regularly, send an e-mail which reads “Subscribe e-news” to mercedes.aguirre-sullivan@can.nmss.org.

- **Interferons Questioned**: Reviewing the data on interferons and MS, Italian scientists verified efficacy of these drugs over one year, but questioned their long-term benefit. They — and the National MS Society — recommend further study. (RP 12-03)
- **Breast-Feeding with MS**: Avonex, Betaseron, Copaxone, and Rebif are not approved for use by nursing mothers. A new mother who took one of these therapies before pregnancy, should consult with her physician to decide when to resume treatment. (RP 11-03)
- **Advisory on Enbrel**: The National MS Society advises people with MS to avoid this medication used to treat rheumatoid arthritis. (RP 10-03)
- **News on Novantrone**: Scientists have published the data that led to approval of this treatment for secondary progressive MS and worsening cases of relapsing-remitting MS. (RP 9-03)
- **Antegren Shows Promise**: In a small study, this antibody demonstrated promise against secondary progressive and relapsing-remitting MS. (RP 8-03)
My Three-Day Journey to Healing
by Pearl Werfel, PhD

The onset of my MS was so rapid that, when he diagnosed me in 1985, my neurologist predicted I would be unable to walk within months. He also warned that I could lose the ability to breathe on my own, requiring residential nursing care.

He was wrong — but, for almost 17 years, I lived in fear. I worried that, if I pushed myself too hard or didn’t get enough sleep, my next relapse wouldn’t remit. Then, last year, my life changed.

A Challenge to Heal
In 2002, the National MS Society decided to debut the MS Challenge Walk in Northern California. In this ambitious event, participants are challenged to walk 50 miles in only three days, from the East Bay all the way to San Francisco. I decided that if I could walk the 50 miles, MS would never again stop me from doing anything.

For me, part of accepting this challenge was facing my fear of relapse from overexertion. Another challenge was announcing, in my fundraising letter to colleagues and acquaintances, that I have MS.

I diligently trained for seven months, gradually increasing my mileage. During the training, I became healthier and stronger and many of my symptoms diminished. For the first time in my life, I actually felt like an athlete. Additionally, the response to my letter was so supportive that I easily raised $4,000!

That June, along with 300 of the most loving and courageous people I have ever met, I walked every step of every mile of the 50-mile course — and I did so after sleeping much less than my usual nine hours each night. I had an amazing time, felt great, and continued to feel great for weeks afterward. Along with 300 others, I faced my fears, and I was healed at a very deep level.

Three Days Together
On Day One, I spent the hours walking and talking with different groups of people. Everyone was very friendly, and our volunteer crew — along with chapter staff — was always there to guide us, feed us, and cheer us on.
On Day Two, I was engulfed in a bubble of love and support. I shared the same two goals with hundreds of companions — to have a great time and to help everyone reach the finish line in as little pain as possible.

I formed strong bonds with three women who walked because their mothers have MS. We shared stories about how the disease had touched our lives. We sang, laughed, and cried together. Their love made the walk a more magical experience. That day, on my shirt, I wore an answer to the neurologist that diagnosed me: “Still Walking After 16 Years!”

On Day Three, we boarded a ferry that carried us from Alameda to Pacific Bell Park. On the way across the Bay, a group of us gathered on the top deck, singing and savoring our last day.

Together, we walked the last mile. Walkers with MS were given red shirts, while the others wore blue. Along with Mary on her scooter and Bob in his wheelchair, those of us with MS led the walkers into Crissy Field.

The way was lined with throngs of cheering family and friends. I had worked so hard for so many years to hide my MS, and there I was wearing my red shirt. I had a huge smile on my face, tears in my eyes, and pride in my heart. At the finish line, my new-found friends joined me. We held each other tight, not quite ready to separate.

**Hundreds of Stories**

For me, the MS Challenge Walk embodied living with MS:

- It was about a woman with the disease whose sisters never left her side, walking together for three days.
- It was about a man striding beside his girlfriend, because her mother has MS and he wanted to honor her.
- It was about nearly giving up, like the woman terrified to cross a footbridge who decided if her mom could live with MS, she could face her fear.
- It was about those just starting to learn about the disease, like the man who cut sprigs of lavender for us as we passed his front yard.
- It was about the wellness messages from others with MS that I wore like prayer flags on my shirt.
- It was about all of us who think we can’t go further, but do so anyway.

It was only three days, but I was transformed. I still don’t know what my future will bring, but now I face it without fear. The MS Challenge Walk returns in June, and this year I’m going to repay the support I received by volunteering. I encourage you to participate. Whether you choose to walk or to join me as a volunteer, it will be a life-changing experience.

**Dr. Pearl Werfel of San Francisco is facilitating upcoming wellness workshops for the Chapter.**
Volunteers Provide Our Vitality

A sense of community and a connection with others are critical to our well-being. We feel better when we have people in our lives to share our experiences — and that helps us face life’s daily challenges. By becoming part of the Chapter’s community of volunteers, you can help others and strengthen your own support system at the same time.

Our goal is to match your interests, experience, and skills with the right volunteer position for you. Whether you want to volunteer from the comfort of your home or get out in the community, we need you. Whether you want to help for one day or on an ongoing basis, we need you. Whether you want to share your brainpower or get physical, we need you.

There are countless volunteer opportunities. If the ones here don’t catch your eye, contact us at 1-800-FIGHT MS or volunteer@msconnection.org.

Volunteers Deliver Programs
Many people call the Chapter and share feelings of loneliness and isolation. We’ve responded to this need by creating emotional support programs that help people connect with their peers and with the local community. The success and effectiveness of these programs is due to the work of our dedicated volunteers. We are now recruiting new volunteers for two such programs:

- **Nursing-Home Visitors**: Do you have good listening and communication skills? Do you like to socialize with others? Do you have an hour each week to connect with someone in the community? Our Nursing-Home Visitors bring smiles and conversation to people with MS in care facilities, because they are often younger and more alert than their fellow residents and yearn for visits from people other than their relatives.

- **Phone Buddies**: Do you have good listening and communication skills? Do you like helping others explore new ways of coping? Would you like to help without leaving home, by offering only two hours each week? Our Phone Buddy program matches a volunteer to a person with MS for a weekly talk. The purpose of the call is to provide support and to explore alternate ways of dealing with MS. The goal is to help people access resources and continue to build their support systems.

Our Programs Department is also seeking a **graphic designer**, or anyone familiar with PageMaker, to help expand our exercise and wellness directories. If you’re feeling creative, please consider donating your time and talents to this project.
Volunteers Raise Funds
To keep our costs low and ensure that donations are used for their intended purpose, our fundraising events also rely on volunteers. From start to finish — from marking the route ahead of time to cleaning up afterward — volunteers make the difference. They serve meals and run rest stops, ensure safety and offer entertainment. We invite you to lend a hand at one of our upcoming events:

• **MS Challenge Walk:** This June, hundreds of our neighbors will walk 50 miles from the East Bay to San Francisco, a three-day journey bringing us closer to a cure. But they can’t do it alone! The Chapter needs dozens of volunteers to help smooth their path. We especially need volunteers who want to flex their muscles by lifting and carrying supplies. (For more on this event, see page 8.)

• **Top Hat Classic:** Every April, thousands of people sit on their butts in Pleasanton — but they’re doing it for a good cause. At the Top Hat Classic, your neighbors get out their bicycles, sit on their butts, and pedal to fight MS. But they need your help. The Chapter still needs volunteers for this exciting event on Saturday, April 26.

We extend our thanks to all the volunteers who do an extraordinary job helping us serve the MS community. To learn more about volunteering, contact Megan Kavanagh at 1-800-FIGHT MS or volunteer@msconnection.org.

**Why volunteer?**

- Satisfaction of helping others
- Opportunity to make friends
- Valuable new experience
- Free training

Visit Our Website: [www.msconnection.org](http://www.msconnection.org)
State Budget Crisis Impacts MS

Each January, California’s governor releases a budget proposal for the fiscal year that begins in July. Due to an unprecedented budget gap of approximately $34 billion, the state eagerly awaited Governor Davis’ budget for fiscal year 2003-2004.

The Governor’s solutions to this crisis are wide-ranging. They include deep reductions in spending for most state programs, different ways of administering many health and social services, and tax increases. This article summarizes four ways that this budget would affect the MS community.

**SSI & SSP**

Supplemental Security Income (SSI), a federal program, provides a monthly cash benefit to certain people due to age or disability. In California, the SSI payment is increased with a State Supplementary Payment (SSP). Many people with MS are unable to work and rely on these cash grants to pay for basic needs such as food, clothing, and shelter.

- **Budget Proposal:** The Governor proposes reducing monthly SSI/SSP grants, beginning on July 1, from $757 to $708 for individuals and from $1,344 to $1,225 for couples.
- **Impact on People with MS:** If approved, this would significantly reduce the income of many people with MS or other disabilities.

**Medi-Cal Benefits**

Federal law requires Medi-Cal to provide basic health services, such as doctor visits, hospital care, laboratory tests, X-rays, and skilled nursing care. There are 34 other services, optional under federal law, that California has provided in the past.

- **Budget Proposal:** The Governor proposes eliminating 18 optional Medi-Cal benefits: acupuncture, adult dental care, chiropractic, durable medical equipment, hearing aids, hospice, independent rehabilitation centers, medical supplies, non-emergency medical transportation, occupational therapy, opticians, optometry, orthotics, physical therapy, podiatry, prosthetics, psychology, and speech therapy/audiology.
- **Impact on People with MS:** For low-income individuals with MS, quality care means access to the full scope of services through Medi-Cal. Eliminating optional benefits — specifically durable medical equipment, occupational and physical therapy, and speech therapy — would limit access to treatments and equipment that are critical for people with MS.
Provider Rate Reduction
Medi-Cal rates for many essential office services are currently 54% of Medicare reimbursements. Studies show that extremely low rates affect a doctor’s ability to accept Medi-Cal patients.

• Budget Proposal: The Governor proposes a 15% reduction in provider rates. Only hospital services, federally qualified clinics, and rural clinics would be exempt.

• Impact on People with MS: If approved, this rate reduction would result in fewer physicians serving people with MS who rely on Medi-Cal. Patients may have greater difficulty accessing specialists, need to travel long distances for care, or wait months for appointments.

In-Home Supportive Services
The state’s In-Home Supportive Services program (IHSS) helps people who cannot remain safely in their homes without assistance. IHHS pays for help with daily activities such as personal hygiene and house cleaning, eating and taking medication, and transportation. Qualified people with MS can also receive reimbursement if relatives act as caregivers, and many depend on IHSS to avoid institutional care.

• Budget Proposal: As part of his plan to shift responsibility for many programs from the state to the counties, the Governor proposes that counties take over administration of IHSS. Funding would come from tax increases that have yet to be approved by the legislature.

• Impact on People with MS: If this occurs, it’s unclear if counties would change eligibility rules or other IHSS requirements. If they were to do so, it could significantly affect people with MS.

How Can I Help?

2. Understand the Issues: For more information on budget issues that affect people with MS, contact our MS California Action Network at (916) 442-3520 or hmasac@aol.com.

3. Voice Your Concerns: Inform your elected officials how budget reductions will impact our community. Write, call, or visit your local officials, such as city council members and supervisors, and state legislators. To find your legislators, go to www.leginfo.ca.gov and click on “Your Legislature.”

What’s Next?
As the legislature considers the Governor’s proposal, debate will most likely focus on service reductions and tax increases. In long and controversial negotiations, Democrats are expected to try to limit program cuts, while Republicans hold firm against increased taxes. Either way, to address the large budget gap, many programs will face reduced funding, including programs that impact the MS community.

Visit Our Website: www.msconnection.org
The Northern California Chapter sponsors the following self-help groups for people with MS and their loved ones. The groups meet regularly for emotional support and educational purposes. For information on a specific group, call the contact person listed here. To learn about the many other emotional support options available through the National MS Society, call the Chapter at 1-800-FIGHT MS.

**LOCAL PROGRAMS**

**209 Area Code**

**Angels Camp:** third Tuesday, 1:00 PM; call Pat 736-4777

**Jackson:** quarterly, 7:30 PM; call Gary 274-2305 or Jackie 223-5106

**Merced—MS Challengers:** first Saturday, 10:00 AM; call Susan 384-6533

**Modesto:** third Saturday, 10:00 AM; call Dr. Ezane Crumb 463-1317 or Pati 524-8329

**Stockton:** second Tuesday, 6:30 PM; call Jan 478-7340 or Brenda 957-9444

**Stockton:** second Saturday, 10:00 AM; call Dr. Ezane Crumb 463-1317 or Fran 477-4067

**Tracy:** first Monday, 6:30 PM; call Elaine 833-7169

**Turlock:** fourth Saturday, 10:00 AM; call Bill 664-1427 or Frances 667-2184

**415 Area Code**

**Bayview-Hunters Point:** fourth Saturday, 10:30 AM; call Gayle 642-1961

**Corte Madera:** third Tuesday, 7:00 PM; call Verita 927-9053

**Point Reyes:** second and fourth Thursdays, 2:00 PM; call Carole 663-8231

**San Francisco:** second Thursday, 7:00 PM; call Shirley 346-2404 or Dolores 467-6186

**San Francisco—Potluck Luncheon:** periodically; call Karen 584-6115

**San Francisco—Sunset District:** second Saturday, 12:00 PM; call Tania 665-1178

**510 Area Code**

**East Bay Lesbians:** third Saturday, 10:00 AM; call Theresa 741-8126

**Fremont:** second Saturday, 12:00 PM; call Kim 793-0765

**North Oakland:** second Tuesday, 6:30 PM; call Barbara 482-0266

**Oakland—African-Americans:** third Saturday, 12:00 PM; call RoseMarie 268-0572 x125 or (415) 336-4200

**Oakland—Family, Friends & Loved Ones:** second Saturday, 10:30 AM; call Suzanne 581-3239

**Oakland—For Those Who’ve Had MS Several Years:** first Thursday, 4:30 PM; call Gaby 436-0265

**Oakland—Latinos:** fourth Thursday, 6:30 PM; call Lorraine 268-0572 x114

**Oakland—Multiple Strengths:** third Monday, 6:30 PM; call Rick 521-2436

**Oakland—Teen Group:** second Sunday, 3:00 PM; call Katie 268-0572 x121

**Classified ads are now online at**

www.msconnection.org/ads.htm
530 Area Code
Auburn: second Thursday, 6:30 PM; call Ruth 888-8388
Butte County: first and third Mondays; call Pat 891-4369 or Nikki 533-5666
Davis: third Saturday, 12:00 PM; call Kathi 297-1514
Grass Valley: third Tuesday, 12:00 PM; call Phyllis 292-9310 or Helen 272-3120
Marysville: second Thursday, 7:00 PM; call George 742-7254 or Ray 673-6554
Placerville: second Saturday, 1:00 PM; call Pat 676-1828
Redding: fourth Wednesday, 4:00 PM; call Lisa 246-2840

559 Area Code
Fresno: first Monday, 7:00 PM; call Karen 431-4570 or Carole 435-3480
Fresno: third Thursday, 9:30 AM; call Doris 299-2072 or Frank 291-7088
Visalia: second and fourth Saturdays, 10:00 AM; call Mark 636-1099 or Dennis 635-2609

650 Area Code
San Mateo: second and fourth Tuesdays, 7:00 PM; call Robin 355-8878

707 Area Code
Crescent City: periodically on Saturdays, 10:00 AM; call Kay 464-2640
Eureka: last Saturday, 10:00 AM; call Ann Louise 839-0177
McKinleyville: second Monday, 6:30 PM; call Diane 822-4710
Napa: first Sunday every other month, 1:00 PM; call Neil 255-8235

Rohnert Park: second Saturday, 1:00 PM; call Dara 664-1586
Santa Rosa: fourth Saturday, 1:00 PM; call Carol 837-8046
Sonoma—Women’s Group: periodically on Saturdays, 1:30 PM; call Susan 939-8132
Ukiah: second Tuesday, 7:00 PM; call Warren 462-1834
Vacaville: second Saturday, 10:00 AM; call Dacia 678-6131 or Deborah 447-9603 (before 7:00 PM)
Vallejo: second Tuesday, 6:30 PM; call Marian 745-9333 or Pam 745-3704
Willits: periodically; call Ken 456-9608

916 Area Code
Elk Grove: second Friday, 10:00 AM; call Dorothy 684-6849 or Willie 684-1677
Roseville: last Tuesday, 7:00 PM; call Stacey 727-1278
Sacramento: second Monday, 7:00 PM; call Merle or Donne 381-4721
Sacramento—Moving on With MS: second Saturday, 10:00 AM; call Irene 536-9116 or Barbara 332-8557
Sacramento—Newly Diagnosed: second Tuesday, 7:00 PM; call Denise 927-8000
South Sacramento: second Tuesday, 2:00 PM; call Edie 688-2674

925 Area Code
Brentwood: second Wednesday, 1:00 PM; call Tom 516-9647
Concord: second Saturday, 1:00 PM; call John 372-0859 or Shirley 685-0961
Danville: fourth Saturday, 10:00 AM; call Bea 556-9947
Pleasanton: second Saturday, 10:00 AM; call Mary Beth 829-0832
Know a Good Doctor?

Have you had a great experience with a local health professional or a community service provider? Please pass that information on to us, so we can pass it on to others with MS!

People with MS call us to request referrals for everything from neurologists to therapists to yoga instructors. We’re always expanding our resources to better serve our members, and you can help. There are three ways to share this information with us:

• Fill out the form at right and return it in the postage-paid envelope at the center of this newsletter.
• Call 1-800-FIGHT MS and share your referral with Meche.
• Send referrals to mercedes.aguirre-sullivan@can.nmss.org.

May I recommend...

Your name: _________________________
Your phone: ( _____ ) ________________

I would recommend the following healthcare professional or service provider to others with MS:

Name: _____________________________
City: _______________________________
Phone: ( _______ ) ___________________
Services provided: __________________ 
_________________________________________________________________
Comments: _________________________
_________________________________________________________________
_________________________________________________________________

Northern California Chapter
150 Grand Avenue
Oakland, CA 94612