

# *the* MS CHRONICLE®

Volume 22, Issue 2

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A Publication of Multiple Sclerosis Resources of Central New York, Inc.®

## Message from the Executive Director:

*Hi All!*

*The last 5 months have been quite difficult and taxing for all of us and our office as well. It has been a challenge, I hope that we will never have to face again, but we will triumph...as an office, a community and a nation!. As an office, we are working from the office and our homes. As usual, please feel free to call us or email us with any concerns you may have and we will do our best to assist you as we always have.*

*As you are all aware, most of our 2020 spring and summer events were cancelled and the same will hold true for our fall events. We do, however, have something in the pipelines for November that will be safe! We will keep you posted as things progress. We are planning for 2021 and we will have a full slate of programs and events.*

*This pandemic, has seen a surge in tele-medicine, but remember that this is not a substitute if you are ill or experiencing new MS related symptoms or a flare-up, you may need to be seen in person. Good thing Annette wrote about tele-medicine in the last issue of the newsletter.*

*Please stayed well and continue to follow the CDC guidelines.*



*Keep safe, keep washing your hands, keep cleaning all surfaces, doorknobs, telephones, etc. and keep wearing those masks in public!*

*Jessa*

Look inside for:

- ▶ Retreats Cancelled
- ▶ Support Groups Remain on Pause
- ▶ Clear Your Mind with Guided Meditation
- ▶ Annette's Corner
- ▶ Remembering Dr. Susan Bennett
- ▶ Amazon Smile!

## Men's Weekend Get-Away

After much deliberation and conversations with the medical professionals on our Board, it was decided to cancel the women's and men's weekends at White Eagle for 2020. We truly never thought in all our years that we would have to cancel this because of a virus, but our first priority is the safety and well being of all attendees & staff. We are, as disappointed as you are, but we are hopeful that 2021 will be held with no issues and be the best attended.

**SUPPORT GROUP MEETINGS  
ARE STILL ON PAUSE!  
JESSA IS LOOKING INTO ZOOM  
MEETINGS TO START IN  
OCTOBER.**

### MS Resources Support Group Information

Interested in sharing experiences about MS, come with family/friends to a meeting.

#### Syracuse Area-

2<sup>nd</sup> Tuesday of the month

Lincoln Middle School

1613 James St. Syracuse NY 13203

6:30PM-8:00PM School Cafeteria

Contact: Angela McBride- (315) 876-2614

#### Madison County Area-

1<sup>st</sup> Monday of the month

Onondaga Center, Russell Street,

Chittenango – Conference Room

2:00PM-4:00PM Contact: Donna Denison

for more info at (315) 655-3517

#### Auburn/Cayuga County Area-

4<sup>th</sup> Tuesday of the month

Finger Lakes Mall, Rts. 5 & 20

Auburn, Community Room

Enter at Mall Entrance by Penney's. 7PM

Contact: Susan Rusinko (315) 255-0982 or

Bernie Caruana at (315) 252-1183

#### Liverpool Group –

3<sup>rd</sup> Tuesday of the month

United Church of Christ (UCC) in

Bayberry, 215 Blackberry Rd. 6PM – 8 PM

in Fellowship Hall, follow the signs to the

meeting room. Contact: Carolyn Vickery –

(315) 409-9692

#### Broome County Group –

4<sup>th</sup> Thursday of the month

Dunkin Donuts on Reynolds Rd. Johnson

City in the Community Room 6:30PM –

8:00PM Contact: Steve Yeager – (607) 785-

7703 or Rick Fiori – (607) 321-1489

#### MS Breakfast Buddies –

Meeting in the Binghamton area:

Contact Sue Maston – (570) 623-2302 for

times and locations.

#### Fairmount/Camillus Area -

1<sup>st</sup> Tuesday of the month

Fairmount Community Library

Chapel Dr. Fairmount NY 13219

1:30PM – 3:00PM Community Room

Contact: Kim DeStefano –(315) 569-2636

#### Amazon.com Offers Incentives to Charity

For all of you who purchase items through Amazon.com, we have news for you.

**\*\*\*\*\*News Flash\*\*\*\*\***

**For a direct link to MS**

**Resources use:**

**[smile.amazon.com/ch/16-](https://smile.amazon.com/ch/16-1558498)**

**1558498**

We will receive .5% of your overall sales when you select us. Log onto the computer and remember MS Resources as you make your purchases, but it must be entered through Smile.Amazon.com. Questions, call Jessa at (315) 438-4790.

## Clear Your Mind with Guided Meditation

Finding yourself with a considerable amount of free time lately???? Feeling stressed, or overwhelmed or getting cabin fever....try meditation.

In addition to eating a healthy diet and taking prescribed medications, meditation is a research-proven way to help regulate blood pressure, breathing and heart rate and a great way to lower stress levels. Experts credit the effect to the combination of controlled breathing and the letting go of negative thoughts, emotions and distractions. If your healthcare provider gives you the green light, try some guided meditation which uses mental images to help relax the mind and body.

**Step 1: Get into a comfortable position, then:**

**\*Breathe in deeply and hold your breath in the center of your stomach for a few seconds. Slowly exhale.**

**\*\*Envision a relaxing environment, like the beach or a cabin in the woods.**

**\*\*\*Vividly imagine a scene, using all your senses. What can you see, smell, hear and feel?**

**\*\*\*\*Take a few minutes to immerse yourself in each sensory state.**

**\*\*\*\*\*When you are ready to return to the present, count back from ten and open your eyes slowly.**

**Repeat as needed.**

Summer 2020. Health Monitor Magazine.

## New Oral Medication

*This is an oral medication in capsule form.*  
Description: Zeposia® is a **sphingosine 1-phosphate receptor modulator, which is thought to act by retaining certain white blood cells (lymphocytes) in the lymph nodes, thereby preventing those cells from crossing the blood-brain barrier into the central nervous system (CNS). Preventing the entry of these cells into the CNS reduces inflammatory damage to nerve cells.**

**Zeposia was approved by the U.S. Food and Drug Administration (FDA) for treatment of relapsing forms of multiple sclerosis (MS), to include clinically isolated syndrome, relapsing-remitting disease, and active secondary progressive disease, in adults.**

For additional information, please contact the Office at (315) 345-4915.

## Remembering Dr. Susan Bennett

For the past 11 years, MS Resources marked the fall calendar with a client-talk presented by Dr. Sue Bennett from Buffalo NY. She was a PT and an MS Specialist. She, along with now Dr. Lacey Bromley, spoke on numerous topics from balance issues in MS, to what to eat and not to eat. She was a brilliant mind, a kind and gentle person and a woman who showed such compassion for those with MS. Sadly, in June Dr. Bennett passed away. We will never forget the great stories, videos and interactive discussions Dr. Bennett brought to us. She will be deeply missed but we feel so blessed to have had her wisdom shared with us. She was a remarkable woman and provider to those she treated. Rest in Peace Dr. Bennett.



## Annette's Corner

I wonder how many people, like me, used this "at home" time to begin home makeovers. In between checking the office messages and returning all phone calls, I noticed every little thing that normally would not have caused a second glance. It all started with the roof over my front porch. I noticed a small, and I mean small, quite possibly microscopic spot where I was convinced the roof was leaking through and over my front porch and undoubtedly was ready to collapse. Normally, which means, before the pandemic, I would not have even noticed. I called a contractor, hired him to replace the roof, raise the porch, replace the porch floor, re-point my front stairs, fix all railings and pillars and replace old gutters. All this to get rid of "the spot" which by the way is still there. From here I had my young cousin take all the metal out of my attic and scrap it. I removed furniture, clothing and shoes from closets that were in desperate need of purging and I painted window sills, porcelain sinks, a bedroom, cut 18 feet off a tree, and ordered new honeycomb shades for my first floor kitchen and a bedroom. Every time I began a new task, I could hear my sweet Grandmother's voice saying or rather screaming: "look the other way and you won't notice it". Well Gram, I cannot look the other way, these things need to be done. Did I mention I had to buy new porch furniture to go with the new porch and a new hose to boot! Was I lost somewhere in Bob Villa's world!!! I loved my contractor so much, I sent him to numerous friends and family members who were in the Home Improvement sit-com with me. Everyone tuned out Grandma's screams and picked up paint brushes, 2x4's and so much more. Then of course there was the "incident." The city came to

retrieve yard waste and cracked my 70+ year old sewer cap. The tears rolled gently down my cheek as I thought how my Grandfather kept it safe all these years and I'm home for a few months and boom, it gets broken and how do you replace it. The city does not help you out in this situation. You realize this was a home my Grandparents purchased in 1955 and I would stake my life on it, that that was the original sewer cap. My trouble started when I went to Lowe's and the salesman said that they come in a universal size. Ha, nothing universal about this house! I returned it because it was toooooo smallllll. He offered no suggestions so I traveled to Home Depot where an older man said try this one, it's universal with brackets and I might add, twice as expensive as the other. Tooooo Smallllll again. I tried hardware stores, plumbing stores and finally and I stress finally a store in back of a store, down an alley. I was desperate and determined. The man looked like he knew his stuff and he asked me to take a picture of it, so back to the house and I have a friend take pictures of me posing with my sewer. This is going on day 3 now in search of the elusive sewer cover. ( I will admit that I casually borrowed one from a vacant house on my street, but it was toooooo smallllll). I returned to my new friend with my lovely pictures and he says to me "Wow, that's a pinella sewer fixture." I didn't care if it was Barbra Streisand with a side of Tom Cruise, can you find me a cap to fit...He sure did, for even more money than the first two. Grandpa would be so proud or maybe not. I felt it was imperative for my well-being and the Annette budget to return to work at my office. Maybe tucked away at MS Resources I would not find any more home projects, but next year I will probably have a pool and a new deck, I will elaborate on that next time.

## Looking to Hire a Home-Care Agency

Located in Liverpool, NY, CareGivers is an agency with professionally trained care – givers to provide you or a loved one with everything from companion care to skilled care.

Since 1967, CareGivers has been providing quality, compassionate home care services. CareGivers is licensed by the New York State Department of Health, and is dedicated to providing the highest quality care to help you or a loved one remain in the comfort of home. Services allow families to offer love and support, without the overwhelming responsibility of providing full-time care for their loved ones. With more than 50 years of experience to rely on, CareGivers offers you peace of mind.

CareGivers has the right staff to meet any home care need, including Nurses, Home Health Aides, Personal Care Aides, Housekeepers, and Companions. All home care staff are thoroughly screened and supervised, as well as fully bonded and insured. And all staff members regularly participate in continuing education to keep their skills current. Each client's needs are different, so every care plan is tailored to the individual. Services may include: personal care/grooming, toileting, ambulation, light house cleaning, accompaniment to appts, shopping/errands, meal preparation, laundry, vital signs, medication reminders, companionship ...and more!

For more information, contact CareGivers in Liverpool at (315) 451-6886, or visit <https://caregivershomecare.com>

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Leta Angotti Administrator - Liverpool  
Office (315) 451-6886 fax(315) 451-1341  
email: [langotti@caregivershomecare.com](mailto:langotti@caregivershomecare.com)

## Digitally Connected

The pandemic made us realize that a great way to connect to so many of our clients would be through email. We have begun a collection of email addresses into a client only distribution list. If you would like to receive this newsletter via email rather than regular mail, please let us know. You can email us at [msrofcny@msrofcny.org](mailto:msrofcny@msrofcny.org) and simply state that you prefer your newsletter digital now and provide your name and email address.



Thanks so much, we want to stay connected to you and you to us!

## Transform Your Life

I recently received a flyer in the mail from the Arthritis Foundation and it had 27 Secrets to help you transform your life...end pain and help you feel your best! Here are a few secrets:

### Get joint Pain Relief from Apricots-

A nutrient in apricots called beta-cryptoxanthin may prevent osteoarthritis. Apricots also have high levels of magnesium, which may ease pain.

### Serenity Now –

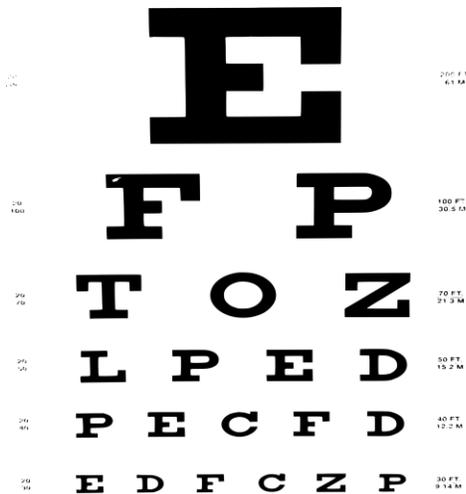
In a study, people who ate about an ounce (18 halves) of walnuts a day experienced a lower blood pressure response to a high-stress situation than people who did not eat the nuts. Walnuts are rich in inflammation fighting omega-3 fatty acids.

## Boost Your Happiness –

Sunlight stimulates the production of serotonin, which can make you happier and ease aches and pains. A study showed that back surgery patients in rooms on the sunny side of the hospital required less pain medication than those in dimly lit rooms. Pull back the curtains and let the sun shine in.



If you would like a copy of the entire 27 Secrets flyer, please contact the Office at (315) 438-4790.



## Vision Care: The Front-Line to the Whole Body

A routine eye exam can detect and diagnose more than 25 different medical conditions.

Annual eye exams are preventative health- Few people realize that a routine eye exam can detect and diagnose more than 25 different medical conditions- including those

that are most feared by Americans, such as stroke risk, Alzheimer disease, diabetes and heart disease, as well as MS. An eye exam often identifies the condition before the patient knows they have it.

A routine eye exam is non-invasive, takes about 60 minutes or less and be scheduled at times that are convenient for your schedule. Why not pick up the phone and call to make an appointment. Many persons with MS often present with their first set of symptoms being optic neuritis. I think it is one of the most important “health” related factors in our lives. Get those eyes checked, you have put it off long enough.

From the Managed Healthcare Executive: 2019. Kirk Rothrock, CEO Versant Health.

## What is Vocational Rehabilitation (VR) and how do I find out if I am eligible for this type of program?

The Rehabilitation Act of 1973 provides for services designed to enable people with disabilities to become or remain employed. Although this is a program mandated by federal law, it is carried out by individually created state agencies. Each state agency has its own name and slightly different program. Vocational Rehabilitation services are defined as an eligibility program rather than an entitlement program. This means that you must demonstrate eligibility by having a physical or mental impairment that results in a substantial handicap to employment. There must also be a reasonable expectation that VR services can help you to become more employable.

## Save Around Books Are Here!

Filled with great discounts and savings we are pleased to once again be selling the 2021 Save Around Books. The Book is \$25. We can mail it to you for an additional \$8 for shipping and handling or you can make arrangements to pick it up at our Office in E. Syracuse.

They make great gifts for family, friends, neighbors or yourself.

Call today and we will reserve one for you.

Newsletter is written and edited by:

**Annette Simiele**

Call (315) 438-4790/1-800-975-2404

Fax (315) 438-4704

E-mail [msrofcny@msrofcny.org](mailto:msrofcny@msrofcny.org)

Website - [www.msresources.org](http://www.msresources.org)

**Call us if you need us.....**

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