

MS CONNECTION

MOVING TOWARD A WORLD FREE OF MS | PROGRAM HAPPENINGS

MARK YOUR CALENDARS

LET'S TALK... AT-HOME TELECONFERENCE SERIES

Making MS Work for You: MS and Employment

*Wednesday, May 19
6:00-7:30pm*

- Employment protection laws for Americans with MS
- Reasonable accommodations in the workplace
- Resources to assist in entering, re-entering, or staying in the work force

Hiring In-Home Care

*Tuesday, June 15
5:00-6:30pm*

- Resources for hiring in-home care
- Certified nursing assistance vs. non-medical assistance and their relative costs
- Best practices in recruiting and working with the right care service for you

Sign up today! Pre-registration one week before each program is requested. To register, please call 1-800-344-4867 (FIGHT MS) and press '1'.



PROFESSIONALLY-LED SUPPORT GROUPS

"First Steps: Group for Newly Diagnosed"

*Every Tuesday
June 1 – July 20
6:30 – 8:00pm*

Costa Mesa & San Diego

Are you new to the world of MS? Join us in a safe environment for this 8-week group to talk about living with the disease and meet others with MS.

"When MS Progresses"

*Wednesdays
June 2-July 14 (no meeting on 6/30)
6:30 – 8:00pm*

This 6-week group is designed for individuals with MS whose symptoms are no longer minimal or invisible.

Please note that these groups are for persons with MS only.



DAY AT THE BAY

Saturday May 15

Experience a day of fun in the sun at the 9th Annual Day at the Bay. Join other families affected by MS to enjoy adaptive sailing, a fabulous luau and lunch, and other exciting entertainment.

For information, please call **1-800-344-4867** and press '1'.

REGISTER ONLINE

Visit MSpacific.org and select "Chapter Calendar" to see other events and to register online.

SELF-HELP GROUPS

ORANGE COUNTY

Anaheim

1st & 3rd Tuesday
12:30 - 2:30pm
Rosa Ferreras 714-758-0829

Anaheim: En Español

Familiares y
amigos bienvenidos
El segundo y cuarto martes
de cada mes
Anaheim Adventist Church
900 S. Sunkist St, 6 - 7:30pm
Rosa Ferreras 714-758-0829
Susana Pérez 714-235-7570

Brea: Family & Friends Welcome

2nd Monday & 4th Friday,
10am - 12pm
Kathy Kelby 714-525-0686
Rob Lammers 714-990-2933

Brea

As of May 7
1st Friday of the month,
10am - 12pm
Denise Kish 909-519-4410
Jim Langdon 714-392-2052

Costa Mesa: Man to Man

2nd & 4th Wednesday
1:30 - 3pm
Frank Austin 714-925-4100
Mike Milne 949-215-8502

Dana Point:

**Minimal Symptoms /
Newly Diagnosed**
4th Thursday, 10am - 12pm
Jerry Dowd 949-498-5955
Susan Watson 949-493-1299

Huntington Beach:

**Minimal Symptoms /
Newly Diagnosed**
2nd Wednesday, 10am - 12pm
Jeanne Archibald 714-842-7198
Priscilla Wolz 714-846-6526

Huntington Beach:

Working with MS
1st Tuesday, 6:30 - 8:30pm
Karen Patterson
714-377-4006
Laurie Cable 714-969-8298

Irvine: Mature Group

2nd & 4th Wednesday
10am - 12pm
Betty Brusco 949-481-0143
Jack Santos 949-786-9593

Irvine: Girl Talk

3rd Monday, 11am - 1:30pm
Tabitha Evans 714-669-5618

Laguna Hills

1st Tuesday, 10am - 12pm
Francine Grasso
949-278-6935
Karen Harlas 949-498-9583

Lake Forest: MS with Christ

3rd Monday, 6:30 - 8:30pm
Bill Bisch 949-218-5020
Cathy Varela 949-496-3810

Midway City

1st & 3rd Tuesdays
10am - 12pm
Pat Howard 714-968-0277
Linda Logan 714-374-0430

Mission Viejo:

Early-Retired with MS

1st Wednesday
11am - 1:30pm
Jude Kosins 949-498-4530
Celine Miller 949-361-0878

Mission Viejo:

Minimal Symptoms / Newly Diagnosed

2nd Wednesday, 6:30 - 8pm
Jerry Dowd 949-498-5955
Susan Watson 949-493-1299

Newport Beach

3rd Sunday, 2 - 4pm
Reverend Sellers
949-764-8358
Norma Mucia 714-641-9171

Newport Beach:

Minimal Symptoms / Newly Diagnosed

2nd Tuesday, 11am - 1pm
Debra Haynes 949-650-7659
Sherri Brash 714-846-2064

Orange

Last Thursday
10:30am - 12:30pm
Greg Hertzler 714-993-5988

MOREINFO

If you would like more information about support groups in your area, call 1-800-344-4867 press '1' or contact a leader listed above.



SAN DIEGO COUNTY

Cardiff by the Sea:

Women's Group

Future meetings put on hold
For more information, please
contact Jessica Goodrich
714-689-9602

Chula Vista: En Español

Llame para más información.
Fernando Palomino
619-691-7964

Chula Vista

St. Marks Lutheran Church
850 Hilltop Dr.
3rd Wednesday, 11am - 1pm
Susan Lipp 619-248-0669
Bonnie Kuhn 619-749-8806

Escondido

Joslyn Senior Center, Room 5
210 Park Avenue
3rd Wednesday, 1 - 3pm
Beth Bradsher 760-747-9096
Michele Easterling
760-805-6390

Escondido: Christian Group

3rd Friday, 1-3 pm
Calvary Chapel of Escondido
1675 Seven Oakes Rd, Room 4
Dawn Vallely 760-390-1777

Oceanside

Oceanside Library
3861 Mission Avenue
2nd Wednesday, 12 - 2pm
Juanita Hamilton 760-754-1911

Poway

Weingart Center
13094 Civic Centre Drive
1st Tuesday, 6:30pm
Peggy Green 858-748-4009

Ramona

2nd Tuesday, 11am - 12pm
Van Reeder 760-789-9129

**San Diego (Clairemont/
La Jolla)**

Denny's Restaurant
4280 Clairemont Mesa Blvd.
1st Thursday, 10am - 12pm
Denise Kish 909-519-4410

San Diego: Mens Group

Kaiser Education Center
San Diego
10990 San Diego
Mission Road
1st Tuesday, 6:30pm
Bill Homer 858-571-1867

San Diego (Mid-City)

Kaiser Education Center
San Diego
10990 San Diego Mission Rd
4th Monday, 2 - 4pm
Stephanie Russell
619-224-6156

Spring Valley

New Seasons Church
2300 Bancroft Drive
2nd Saturday, 12:30 - 2pm
Kris Hodge 619-933-2601
Debbie Centeno
619-460-4123



AQUATICS

Chula Vista: Outdoor

Loma Verde Pool
1420 Loma Lane
Tuesdays & Thursdays
12 - 1pm

El Cajon: Outdoor

St. Madeline Sophie's Center
2119 East Madison Avenue
Mondays, Wednesdays & Fridays
11:30am - 12:30pm

Fullerton: Indoor

North Orange County YMCA
2000 Youth Way
Mondays, Wednesdays & Fridays
9 - 10am
\$6 per session

Irvine: Indoor

Arthritis Foundation
Approved Class
Waterworks Aquatics
25 Waterworks Way
Tuesdays & Thursdays
10:30 - 11:30am

San Diego: Outdoor

Peninsula Family YMCA
4390 Valeta Street
Monday-Friday, 11am - 12pm
\$5 per session

San Diego: Indoor

Wave House Athletic Club
3115 Ocean Front Walk
Mondays, Wednesdays & Fridays
11am - 12pm

Vista: Indoor

Bally's Fitness Center
1932 Hacienda Drive
Tuesdays & Thursdays
11:45am - 12:45pm



BALANCE

La Jolla

Ability Rehab Specialists
737 Pearl St, #108
1st, 2nd, 3rd Tuesdays, 6 - 6:45pm

Mission Viejo

Balance Rehabilitation
25971 Pala, Suite 110
Tuesdays, 1 - 2pm

STRENGTH TRAINING

Costa Mesa

Healthy Balance
1599 Superior Avenue, Suite B
Thursdays, 10:45 - 11:45am

San Diego: MS F.I.T.T

Addie's Personal
Training Studio
4440 Ingraham St.
Saturdays, 11:30am - 12pm
\$5 per session

YOGA

Costa Mesa

Yoga Works
1835 Newport Blvd, #A208
Mondays, 10:45-11:45am

Dana Point

Dana Point Community Center
34052 Del Obispo Road
Wednesdays, 8 - 9:15am

Fullerton

St. Stephen's Lutheran Church
2311 E. Chapman Avenue
Wednesdays, 10:30 - 11:30am

Huntington Beach

Yoga Works
301 Main Street
Wednesdays, 1 - 2pm

La Jolla

Scripps Memorial Hospital
9888 Genesee Avenue
Thursdays, 9 - 10am
\$10 monthly fee
Cardiac Rehab 858-626-6493

Santa Ana

Goodwill Fitness Center
1601 E. St. Andrew Place
Fridays, 9:45-10:45am

San Diego

Addie's Personal Training Studio
4440 Ingraham St.
Sundays, 10-11am
\$5 per session

OTHER

San Marcos - Lebed Method

Meadow Lark Community Church
1918 Redwing St.
Diana Dean-Naú 760-809-9176
\$5 per class