



Middle Tennessee Calendar

January 2009

NATIONAL MS SOCIETY MID SOUTH CHAPTER



2009 Annual Meeting

Saturday, January 24th
8:30 a.m. to 12:00 p.m.
The Martin Center
960 Heritage Way
Brentwood, TN 37027



Neurologists and keynote speakers Dr. Sibyl Wray of Hope Neurology in Knoxville and Dr. Harold Moses of the Vanderbilt MS Center will discuss current research in Tennessee as well as information from the 2008 ACTRIMS meeting in Montreal, Canada. Brunch will be provided. A \$5 donation to the chapter is requested by each attendee. To register, call 1-800-269-9055 and press option #1.



Teleconference

“Diet & MS: The Nutrition Connection”
Tuesday, January 13th, 6:30 p.m. C.S.T.

Learn more about meal preparation, eating healthy to manage fatigue as well as nutrition facts that can affect MS. Our speaker is Denise Nowack, Registered Dietician and Executive VP National MS Society, Southern California Chapter. To register and receive supportive handouts, please call 1-800-269-9055 and select option # 1.

Self Help Groups

Brentwood: 01/10 at **2 p.m.** at Brentwood United Methodist. Call Sandie (615) 376-5395.

Clarksville: 01/20 at **7 p.m.** at First Christian Church. Call Melba (931) 552-1486 or Mary Nell (931) 647-8904.

Columbia: 01/19 at **6:30 p.m.** at Senior Citizens Center. Call Darline (931) 363-1610.

Dickson: 01/08 at **6:30 p.m.** at Horizon Medical Center. Call Myra (615) 740-1255 or Viola (615) 763-0523.

Gallatin: 01/06 at **6:30 p.m.** at Sumner Regional Medical Center. Call Katie (615) 230-8758.

Lebanon: 01/13 at **6 p.m.** at UMC McFarland. Call Jodie (615) 443-4084.

McMinnville: 01/17 at **2 pm.** at River Park Hospital. Call Bettye (931) 473-5044.

Murfreesboro: 01/20 at **5:30 p.m.** at Murfreesboro Medical Center. Call Francois (615) 895-3755.

Portland: 01/12 at **6 p.m.** at First Baptist Church. Call Kathy (615) 325-2196.

Pulaski: 01/13 at **5:30 p.m.** at Pulaski Rec Center. Call Grefonda (931) 363-4723.

Tullahoma: 01/12 at **11 a.m.** at Western Sizzler. Call Kathy (931) 455-3568.

The Mid South Chapter offices will be closed on Thursday, January 1, 2009 and will re-open on Friday, January 2, 2009. If you experience a crisis during that time, please call the Crisis Hotline at (615) 244-7444.

Happy New Year!



Mid South Chapter News

If you have logged onto the Chapter website lately, you will have noticed some great changes! You can now view the monthly calendar online and look up events, programs and teleconferences scheduled for the month. Check it out at www.ms-mid-south.org.

\$\$\$ HELP US SAVE \$\$\$



If you would like to help us cut down costs this year, sign up to receive your monthly calendar by email.

Email

programs@ms-mid-south.org
and send us your current email address.



UPCOMING DATES TO REMEMBER!

- Friday, February 20th, Dinner of Champions honoring Dr. Joe Pedigo in Clarksville Thursday, February 26th, Women Against MS Luncheon, Nashville
- March 2nd-8th, MS Awareness Week
- Saturday, March 7th, Middle TN Discovery Day
- Thursday, March 26th, Dinner of Champions honoring Clay Walker, Nashville
- Friday, March 27th, World MS Day
- Saturday, April 4th, MS Walk in Murfreesboro
- Saturday, April 18th, MS Walk in Columbia & Nashville
- Saturday, April 25th, MS Walk in Clarksville, Cookeville & Gallatin



HAPPY NEW YEAR!



National MS Society
4219 Hillsboro Road, Suite 306
Nashville, TN 37215

National
Multiple Sclerosis
Society



Social Security Disability What You need to Know Before Filing



Join guest speakers Joe Dwyer, social security consultant, and Dr. Robert Fallis with Saint Thomas Neurology Group at the Murfreesboro Medical Clinic at 5:30 p.m. on Tuesday, January 20, 2009. Mr. Dwyer will go over social security disability and answer any questions that you might have about documentation, procedures and the filing process as Dr. Fallis explains the medical aspects. Family members are welcome to attend. Please call 1-800-269-9055 and press option #1 to register. Refreshments will be provided. Sponsored by Pfizer, Inc.