



# East Tennessee Calendar

## January 2009

NATIONAL MS SOCIETY MID SOUTH CHAPTER

### **. Dr. Sam Kabbani**

### **Thursday, January 15, 6:30 p.m. - Chattanooga**

### **MS UNPLUGGED**

Come join us for dinner and hear Dr. Kabbani, neurologist with East Tennessee Neurology Clinic, P.C., share important facts and information about MS.

Seating is limited and reservations must be made by January 12th by calling 1-800-269-9055 and press option #1.

Walden Club  
633 Chestnut Street, 21st Floor  
Chattanooga, TN 37450

### **Teleconference—January 13, 2009, 7:30 p.m. E.S.T.**

### **Diet and MS: The Nutrition Connection**

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.



***LAST CHANCE TO BUY  
TICKETS!***  
**FAMILY FUN NIGHT,  
FEBRUARY 6, 2009, 7:30 P.M.  
Knoxville Civic Coliseum**

Don't miss out on the Mid South Chapter's first ***Family Fun Night*** fundraiser event with the Knoxville Ice Bears. January is your last chance to buy tickets for this great event when the Ice Bears play against the Huntsville Havoc and the wiener dogs ice race for hot dogs! ***All unsold tickets must be returned to the Ice Bears on February 2nd.***

To purchase your tickets at the special pre-game day discounted price of \$12.00 per ticket go to **[www.msmidsouth.org](http://www.msmidsouth.org)** and click on Ice Bears or call 1-800-269-9055 and press option #2.

A portion of the proceeds from each consignment ticket sold by the Mid South Chapter goes to our client Emergency Financial Assistance fund. So we want to sell as many tickets as possible! We hope you will join us for our first Family Fun Night fundraiser!

## **2009 MID SOUTH CHAPTER ANNUAL MEETING**



**Saturday, January 24, 2009  
8:30 a.m. to 12:00 p.m.  
The Martin Center  
960 Heritage Way  
Brentwood, TN 37027**



Join the Mid South Chapter for our Annual Meeting and meet Chapter Board Members, hear key note speakers Dr. Sibyl Wray, Hope Neurology in Knoxville, and Dr. Harold Moses, Vanderbilt MS Center, discuss current research being conducted in Tennessee and MS information from ACTRIMS., Enjoy a delicious brunch! A \$5 donation to the chapter is requested for each attendee.

To RSVP call 1-800-269-9055 and press option #1.

# COOKING IN ATHENS

I was diagnosed at age 48 October, 2001 after going to the local hospital's Emergency Room for three consecutive days with no relief or diagnosis. There I was told to have my primary doctor conduct an MRI. The MRI revealed I had lesions and MS. Today, my most difficult symptom is fatigue. Before diagnosis, I thought my fatigue was due to my getting older! Now, I pace myself and use my energy wisely to be more productive.

Being an "A" type personality I like to take charge and get things done. For 16 years I've been the President of our Ladies Circle at Church. I am Chairman of the Annuity Committee and have served on the Pulpit Committee. I also do charitable work in our community. I love to cook for large dinners and enjoy cooking every day. In fact, I've entered the area's newspaper Christmas Cookbook Contest and won 3rd place this year and 1st place last year! I am married to a wonderful, supportive man (pictured here with me) who understands the disease. Sometimes he says he can't even tell I'm sick. I have a daughter, stepson, and two grandsons. My mother lives next door and is such great help to me.



In 2002, I joined the National MS Society and was recruited by the Mid South Chapter to organize a support group with Gwen McCowan. Today, I am the sole group leader of the McMinn, Meigs, and Monroe County Support Group which has grown to 30 members. We are a very active group and participate in the MS Walks, MS Bikes, and Discovery. Our group is like a family and are always willing to lend a hand and make life easier for others. Come visit and join our group!

*Amy Smith, Self Help Group Leader*

## SELF HELP GROUPS - CALL FOR MEETING DETAILS

**Bristol:** Sylvia (276) 466-9189

**Chattanooga Lunch Bunch:**

Sherry (423) 344-4040

**Chattanooga Dinner Club:**

Lynda (423) 877-1682

**Chattanooga Newly Dx:**

Dana (423) 903-6296

**Greenville:** Jan (423) 639-1904

**Johnson City:** Angie (423) 647-3329

**Kingsport:** Judy (423) 357-6087

**Knoxville:** Vicki (865) 357-6664

**Knoxville:** Judy (865) 922-2281 or

Sonja (865) 724-2224

**Knoxville Hope for the Future:**

Noga (865) 406-8155

**Knoxville Cole MS Support:**

A.D. (865) 544-6740

**Maryville:** Debby (865) 379-9545

**McMinn-Meigs:** Amy (423) 263-5721

**HAPPY NEW YEAR!**



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

National  
Multiple Sclerosis  
Society



**LUNCH & LEARN WITH DR. SAM KABBANI**  
**Friday, January 16, 11:30 a.m.**  
**Knoxville, TN**

Join the Knoxville Day Self Help Group for lunch and a round table discussion with Dr. Sam Kabbani, neurologist with East Tennessee Neurology Clinic, P.C., as he answers your questions about MS.

Space is limited so you must register for this lunch by January 13 by calling 1-800-269-9055 and select option # 1.

South Knoxville Church of God, 5623 Magazine Road, Knoxville, TN  
For directions call the church at 865-573-4141.