



NATIONAL MS SOCIETY MID SOUTH CHAPTER

WEST TENNESSEE  
JANUARY 2009



National  
Multiple Sclerosis  
Society

2008 –2009 Annual Meeting  
and Brunch

Saturday, January 24th  
The Martin Center - Brentwood, TN  
8:30 a.m. - 12 noon

Dr. Sybil Wray with Hope Neurology in Knoxville and Dr. Harold Moses with the Vanderbilt MS Center, Nashville will share important information on treatment and research.

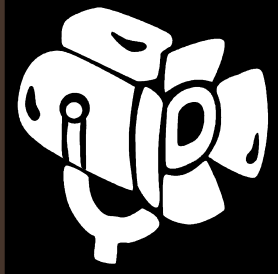
This is a great opportunity to meet other MS clients, Mid South Chapter Staff and current members of the Board of Trustees. Many exhibitor booths will also be available.

\$5.00 fee per person is requested. To register, call 1-800-269-9055, Press option #1.

*Please make your  
reservations early  
by calling  
(800) FIGHT MS*



National  
Multiple Sclerosis  
Society



## Spotlight on Alan Sanders - Self Help Group Leader, Memphis, TN

For nearly 10 years there has been a familiar face helping people with MS in the Memphis area - Alan Sanders. The National MS Society would like to extend a very special thank you to Alan for all of his hard work and dedication to the Memphis Self Help Group. Alan was diagnosed with MS 22 years ago. Alan spends many hours finding new and knowledgeable speakers to come to his meetings at Baptist Rehab every month. Alan supports all of the National MS Society events including the MS Walk, MS Bike and Women Against MS (WAMS) luncheons. Thank you Alan! The Memphis community would not be the same without you!

### **URGENT!!! We need your email address!!**

Beginning in 2009 the Mid South Chapter will begin emailing our Monthly Calendar. If you would like to be placed on our email list for calendars please send an email to: [Programs@msmidsouth.org](mailto:Programs@msmidsouth.org) or call (800) FIGHT MS and select option #1. Please add "Calendar mailing list" to the subject line when you email. Thank you!

### **Mid South Chapter's Wish List for Donations to the Society:**

Reams of Copy Paper (Legal and Regular) - Printing Services - Postage Stamps - Avery Mailing Labels - Full size refrigerator - Staples - Sharpie Markers - Wheelchairs - Walkers - Walking Canes - Shower Chairs - Transfer Benches - Electric Scooters - Power Wheelchairs. Donations are greatly appreciated and are tax deductible in accordance with IRS regulations.



## *Teleconference*

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

**January 13 at 6:30 p.m.**

Join us to learn about meal preparation, eating healthy to manage fatigue as well as nutrition facts that can affect MS. Speaker: Denise Nowack, Registered Dietician and Executive VP National MS Society, Southern California Chapter.

*To register for this call and receive supporting documents please call 1-800-269-9055, press option #1*



The National MS Society, Mid South Chapter will be closed for New Year's on January 1st.

The Memphis Office will be closed on January 23rd for our Annual Meeting.

### **\*\*SAVE THE DATE\*\***

National Multiple Sclerosis Society, Mid South Chapter will be hosting our Annual Discovery Day in Memphis on March 28th. Join us for a huge array of vendors and speakers. Watch next months calendar for more information!

*For more information on programs and services in the West TN area, contact Shala Starnes at (901) 755-4900 , press option #2, [Shala.Starnes@msmidsouth.org](mailto:Shala.Starnes@msmidsouth.org)*

6655 Quince Road, Suite 114  
Memphis, TN 38119

National  
Multiple Sclerosis  
Society



## Self Help Group Meetings

**Cordova, TN:** Call Karen: (901) 359-6265

**Jackson, TN:** Call Carol: (731) 423-1656

**Memphis, TN:** Call Alan: (901) 767-6175

**Memphis Young Adults with MS:**

Call Nicole: (901) 550-9242

**Oakland, TN:** Call Shelia: (901) 465-0050

