

Working to create a world free of MS



Grand Rapids Multiple Sclerosis Group

APRIL 9, 2015

ATTENDEES: Pat Helms, Teri Smith, Emily Johnson, Jeff Christian, Sally Columbus, Betty Drenckhahn



TRUCKIN' TO STAMP OUT MS

Jeff talked about the upcoming Lifted Trucks Minnesota MS Benefit moving towards the final planning stages:

Saturday, June 6th held in the Civic Center Parking Lot from 10:00-2:00. LTM will be bringing in donations from all members (possibly up to 200 lifted trucks this year) showing their trucks. All donations will be forwarded to the MS Society. The rally is set up similar to a poker run where they each have a card with Grand Rapids' businesses to go to and have the business stamp the card. Upon completion they return to the Civic Center and pick up their free 'Truckin' to Stamp out MS' t-shirt. Vendors will be selling food and beverages.

The Grand Rapids MS Group will be selling waters, pop and hot dogs. Sally, Pat, Emily, Teri and myself have volunteered to help out at the booth and will meet prior to the event. If you are interested in helping out please let Sally or Betty know.



5-3 MS WALK-HEALTH EXPO

Goal this year is \$36,000 and we anticipate 300-350 walkers. Volunteers are always appreciated. Give Betty a call if you are interested. See you at the Civic Center from 11:00-1:00 registration, 1:00 1K, 2K or 5K walk begins at 1:00. Honoring our 2015 MS Ambassador, Larry Becker, the American Legion Color Guard will lead the walk out. Visit the Health Expo from 11:00-3:00. See you at the Civic Center Sunday, May 3rd! Go to www.grandrapidsms.weebly.com or WalkMS.org to register prior to the walk or register at the door from 11:00 - 1:00. 2015 MS WALK THEME is MY MS WISH IS.....

COME ROLL WITH US

Be a part of setting the Guinness Book of World Records with 194 wheelchairs/scooters in a continuous line for 1 minute. Start at the Civic Center - visit www.myrnaleemania.com for more information to sign up online. Event is Saturday, May 16th. More information at the MS Walk-Health Expo May 3rd.

MARK YOU CALENDARS:

- **Friday, July 17th** for the annual Christian's Pontoon Outing on Swan Lake! 11:00.

- **Thursday, August 20th** for the annual Let's Go Fishing Cruise. 12:30-2:30. Meet at Tioga Beach. Room for 10

MS NEWS FROM THE GROUP:

Jeff and Sally have both used the doTERRA 'Deep Blue' rub which they both highly recommend for muscle pain and stiffness. Jeff relays he has replaced his pain medication and Tylenol with this and recommends trying it. 2014 Robyn Argir (RN) talked to us about some of the essential oils she finds works for MS. Thanks for the heads up!

NEXT MEETING:

**Thursday, May 14th
11:00-12:30**

- How did the MS Walk go?
- **Tell us your MS story**, what works, what doesn't, your Doctor and what questions you have for the group. Each person to take 10 minutes. You may participate or not.

Sally Columbus: Group Leader
salcol17@paulbunyan.net

Iron Range/Itasca County website:
www.grandrapidsms.weebly.com

MS Society: 1-800-FIGHTMS or
www.mssociety.org

Join the movement!