



HOPE • HEALTH • INDEPENDENCE

MSA Newsletter



October 2019

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Serving Those with MS for 40 Years

At the Multiple Sclerosis Alliance of Southern Colorado, it is our mission to help those with MS to increase their quality of life and well-being as well as achieve greater hope, health and independence. MS is a debilitating disease that affects every aspect of an individual's life. Outside of the physical and mental impact of this disease, the relational and social affects can be just as significant for the individual as for their family and friends. We focus on the individual as a whole which includes the well-being of their support system as well. It is our goal to provide services, support and resources that benefit the individual as well as their support system to ensure they experience a foundation of empowerment, compassion and dignity.

We provide services to over 500 clients with the MS. These services are offered in the following forms: support groups for men and women that provide support and a caring atmosphere where a variety of topics can be discussed including: coping strategies, building self-esteem, relationships, challenges, and how others live with MS; exercise/movement classes, drug and medical-related talks to keep clients abreast of the latest developments in the diagnosis, treatment and management of the disease.



What is MS?

Multiple Sclerosis, or MS, is an autoimmune disorder that affects the central nervous system (CNS), specifically the brain and spinal cord. Autoimmune means that the body's immune system mistakenly attacks its own tissue.

MS FAQs

- 1 in every 550 people in Colorado have MS.
- Women are 2 to 3 times more likely to get MS than men
- People of Caucasian and Northern European descent are more likely to get MS.
- 400,000 people in the United States have MS.
- 2.3 million people worldwide have MS.
- Having a close relative with MS increases a person's risk by 3-5%.

MSA Spotlight: Jessica McMillan

By: Amy Husted

We would like to take a moment to introduce and highlight our intern, Jessica McMillan. She is currently a graduate student in Social Work at the Colorado State University – Pueblo. With a passion for mental health her ultimate goal is to become a Licensed Clinical Social Worker.

Jessica graduated with her Bachelor of Social Work with a minor in Psychology from Colorado State University Pueblo in May of 2016. While in pursuit of her bachelor's degree she completed a four-month, full time internship with Parkview Medical Center on their adult/geriatric inpatient psychiatric unit. Upon graduation she accepted an offer to be a case manager at Health Solutions CARE Team. Jessica gained valuable experience there as part of an active community treatment team, working with a small caseload of severely ill clients with the goal of assisting these clients in building and maintaining community tenure. *"As you can see, mental health is my background. I come from a family with high mental illness rates, which is what drives my passion for the population"* Jessica shared.

Jessica has since moved into the role of full-time student in the "fast track" program at the Colorado State University –

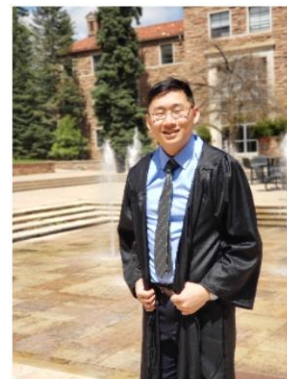
Pueblo to obtain her master's degree in Social Work. Her future is bright with opportunity. *"I have always wanted to work with children and families at St. Jude's hospital, I see this happening maybe 10-15 years down the line. That kind of work will be very emotionally challenging I think with more experience in the field I will be more successful"* she says.

Here are some Fun Facts about Jessica:

- She was born in Dallas, Texas, however moved to CO before her first birthday.
- She says, *"I am a Colorado girl to the core, the mountains are my peace and my happy place."*
- In the summertime, she loves to be outdoors exploring and camping and, in the winters, she enjoys making homemade soups and cuddling up with a soft blanket and a movie.
- She is a firm believer in adopting shelter pets and has a 14-month-old Pitbull rescue named "Pepper" that she adopted back in April.

Thank you for being a part of our team!

VOLUNTEER HIGHLIGHT



One of the best things about our organizations is the wonderful volunteers! We would like to take this opportunity to recognize one of these volunteers for all of the hard work he has done, David Huynh. David began volunteering for us when he was a freshman in college. David's interest in medicine and knowledge that Colorado has one of the highest rates of MS in the country led him to the Multiple Sclerosis Alliance. He studied neuroscience while attending CU Boulder where he recently graduated with his bachelor's degree. Before volunteering at the MS Alliance, David spent time volunteering at an alternative high school helping students through tutoring and encouraging socialization. David's passion for helping others definitely shines through and clients and staff are so grateful for his kind, compassionate nature and diligent work ethic. We are so thankful for you and all you do, David!

MSA Program Schedule

Support Groups

Colorado Springs – 7011 Campus Dr., Ste 110 Colorado Springs, CO 80920:

Facilitated Men's Group – Mondays 11:30am – 12:30pm

Facilitated Women's Group – Tuesdays 11am – 12pm

Women's Social Group – Tuesdays 11am – 12pm

Pueblo – Center for Disabilities 901 West 8th St., Pueblo, CO 81003

Facilitated Group – 1st & 3rd Wednesday of the month, 10:30am – 11:30am

Woodland Park – Woodland Park Library - Conference Room, 218 E. Midland Ave., Woodland Park, CO 80863

Facilitated Group – 3rd Thursday of each month 12pm – 1:30pm

Adaptive Yoga

Colorado Springs – 7011 Campus Dr. Ste 110, Colorado Springs, CO 80920– Mondays 1:00pm – 2:00pm

Pueblo – Wesley Methodist Church – 85 Stanford Ave., Pueblo, CO 81005:

Mondays 11am – 12pm

Exercise Class

Colorado Springs – UCHealth Physical Therapy & Rehabilitation Clinic – Powers 2999 New Center Pt. Colorado Springs, CO 80922

Tuesdays 12pm - 1pm

Upcoming Events



Give! Campaign 2019

November 1st – December 31st

The Multiple Sclerosis Alliance of Southern Colorado is part of the Give! Campaign 2019. You're support makes the difference! As a local agency, we can ensure that all funds raised stay here in Southern Colorado and go toward services, programs and resources for people living with MS. You can be an MS hero! Stay tuned for details of our Give! Campaign event!

Visit: <https://indygive.com/MSASC>



The MS Mindshift Presents: A Brain-Focused Event

Saturday, Nov. 2nd

Join us for a FREE live, educational event and get new information for a brain-first perspective on multiple sclerosis (MS)! Brain preservation starts with understanding the key role the brain plays when it comes to MS.

Time: Registration 9:30am

Location: Double Tree by Hilton Hotel Denver Tech Center 7801 E. Orchard Rd. Greenwood, CO 80111



Bristol Brewing Karma Hour

Tuesday, Nov. 12th

We are the featured nonprofit for this Karma Hour and Bristol will donate one dollar per pint sold between 6:00 and 8:00. So come in, buy a pint, and support the MS Alliance. Doing good never tasted better!

Time: 6pm – 8pm

Location: Bristol Brewing Company 1604 S. Cascade Ave. Colorado Springs, CO 80905

Getting to Know Us

Multiple Sclerosis Alliance Staff

Executive Director

~ Nikki Pfeiffer

Office Administrator

~ Melanie Keas

Client Services Coordinator

~ Jennifer Wheeler

Development Coordinator

~ Amy Husted

Support Group Facilitator

~ Darlene Avery, LCSW

Support Group Facilitator

~ Jan Deboer, LCSW

Social Work Counseling Intern

~ Jessica McMillan

Yoga Instructor

~ Brian Kleiner

We would also like to welcome our two new Advisory Board Members

~ Christy Clay, M.A., LMFT

~ Alan Lynch, Westpeak Mobility

MSA Newsletter

7011 Campus Dr. Ste 110
Colorado Springs, CO
80920

[Addressee]
[Street Address]
[City, ST ZIP Code]