



CHANGING LIVES THROUGH SERVICES

WHEN I FIRST GOT DIAGNOSED, FIRST THING I DID WAS GO TO THE M-S SOCIETY. IT'S DIFFERENT FROM ANY KIND OF HELP I COULD GET ANYWHERE ELSE AND I DON'T KNOW WHERE ELSE I COULD FIND THAT. TO ME THE SOCIETY IS, IT'S REALLY TACKLING THE PROBLEM OF M-S FROM MANY DIFFERENT LEVELS IN MANY DIFFERENT WAYS AND WITH MANY PEOPLE INVOLVED. OUR WORK IS TO TRY TO HELP PEOPLE LEARN STRATEGIES TO MANAGE THOSE DIFFERENT SYMPTOMS. THE M-S NAVIGATOR PROGRAM IS PROBABLY ONE OF THE STRONGEST PROGRAMS. HAVING AN OPPORTUNITY TO PARTNER SIDE-BY-SIDE SOMEONE WHO'S GONNA OWN YOUR ISSUES WITH YOU AND REALLY HELP YOU FROM START TO FINISH IS A SERVICE THAT NOT A LOT OF OTHER SOCIETIES OFFER. IT'S A COMPANION TO WALK THE PATH. THE M-S NAVIGATOR PROGRAM IS HELP FROM A PLACE, FROM PEOPLE WHO JUST GET US. I DON'T HAVE TO EXPLAIN TO THAT PERSON AT THE END OF THE PHONE WHAT IT'S LIKE TO LIVE WITH M-S. THERE IS NO JUDGMENT. THE ONLY THING HE WAS CONCERNED ABOUT WAS HELPING ME MOVE FORWARD AND HELPING ME ALONG THE PROCESS SO I GUESS NAVIGATOR IS A REALLY GOOD NAME FOR IT BECAUSE, ULTIMATELY, HE HELPED ME NAVIGATE A GREAT BIG PROBLEM. I SEE DOCTOR KITA TWICE A YEAR. HAVING SOMEBODY THAT UNDERSTANDS M-S AND KNOWS WHAT TO DO AND WHAT DRUGS ARE AVAILABLE, AND WHAT SYMPTOMS YOU HAVE AND WHAT PEOPLE HAVE TO WORRY ABOUT, THAT'S PRICELESS. YOU NEED TO HAVE SOMEONE THAT'S A SPECIALIST. THE M-S SOCIETY HAS HELPED A LOT. THEY ASK ALL THE QUESTIONS THAT I MAY FORGET TO ASK OR MENTION. THEY'RE LIKE, WHAT ABOUT THIS? I'M LIKE, OH YEAH, I FORGOT BECAUSE I WAS GOING TO ASK TO REFER MY BACK HOME. THEY HELP ME TO REMEMBER, RECALL DIFFERENT THINGS. AS BAD AS THE DISEASE IS, IT ALSO BRINGS OUT THE BEST IN PEOPLE. SOMETIMES THEY'VE COME MUCH CLOSER TO US AND YOU KNOW THAT'S SOME OF THE BEST THINGS ABOUT M-S IS IT BRINGS PEOPLE TOGETHER. I HAVE BEEN LEADING GROUPS FOR PROBABLY A TOTAL OF ABOUT TWENTY YEARS. WHEN I MEET PEOPLE WHO HAVE M-S, I USUALLY ENCOURAGE THEM TO GET INVOLVED WITH THE M-S SOCIETY. AND ALSO ENCOURAGE THEM TO GET WITH A GROUP. AND WHAT I THINK HAS BEEN LIFE-CHANGING FOR MANY PEOPLE IS THE FACT THAT NOW WE HAVE MEN'S GROUPS, WE HAVE