



Mid America MS Achievement Center News

From the Participants

The MSAC has been providing services to people with progressive MS for almost 7 years. The first group of six participants started in August 1996, and 5 of the original 6 participants continue to be part of the Center. The group states that they have learned a lot over the years, but most of all they have learned to rely on each other. When asked “what have you learned since you started the Center?”, they responded with:

“Being with others that understand, is the key to coping with my illness”

“Sharing my goal, helps me stay focused on my goals”

“Others’ laughter helps me deal with my own disability”

“Learning to trust others helps me adjust to changes”

While this group has definitely learned to trust, share, and rely on each other, they also have learned other important things.



PHOTOS:
Shannon working with Steve (top);
Veronica working with Gary (above
left); Reta building strength and
coordination (bottom)

Some things they already knew, some needed reinforcement, and some things were new. When asked what other things they have learned, they responded with:

“Safety is the key to preventing falls and staying healthy”

“Stretching is important to maintain your health”

“It’s hard to teach new exercises to old people, but we can learn”

“Staying active keeps you from getting fatigued”

“Stay out of the heat or you will melt”

“Fatigue changes from day to day, so should your activity level”

This group continues to work hard to maintain their skills and provide support to one another. The MSAC continues to grow by adding new participants to the groups, to share information and increase support.

