



Mid America MS Achievement Center News

Reception for Volunteers & Donors

On Friday April 23, 2004 a reception was held to honor those individuals, groups & businesses who volunteered their time & talents or donated money to the **Music for Movement** concert & the **Race to Nowhere**.

The event took place in the lobby of The Rehabilitation Institute of Kansas City. Food & beverages were provided & the event was catered by Norma Padley.

Special awards were presented to Mike Dugger & Freddy & the Doo-Wops for their support & dedication to the **Music for Movement** concert & the **Mid-America MS Achievement Center**.



Even More Success

The **Mid America MS Achievement Center** has a mission to enhance the body and minds of people living with Multiple Sclerosis. Providing group sessions in physical therapy, occupational therapy, recreational therapy and psychologist-led support groups fulfills this mission. While the participants gain skills in each group they also set individual goals for themselves.

Recently the participants were asked to complete an anonymous satisfaction survey to ensure that they were achieving their goals and to make sure that the MSAC was meeting their needs. The results of that survey proved that the participants truly are satisfied with the program. Of the participants that completed the survey, 100% ranked the program as good or very good and 91% stated that they performed the skills and activities they learn during their group sessions into their routine at home during the week. Another exciting outcome is that 100% of the participants felt that their health has improved by attending the program once a week.

Any time a person dedicates time and energy into a program, it is important to know if that program is truly doing what is supposed to do. The comments by the participants show that the MSAC is achieving its mission.

Some of the comments:

“Great program. Look forward to it every week. Has taught me to appreciate what I still can do and the importance of keeping a positive attitude.”

“Keep up the good work”

“Participating in the Achievement Center makes me feel better overall.”

“The best thing about the program is that it keeps me moving and motivated to try my best to keep my health as good as it can be.”

“I really think this program is keeping us stronger in many ways. From all the work to help each person and the great support to each other.”