



National  
Multiple Sclerosis  
Society

# Support Volunteers Drop-In Call

September 10, 2020

Hosted by:



**Angela Corbin**

Manager

Implementation & Engagement

The screenshot shows the GoToMeeting interface. At the top, there is a 'GoToMeeting' logo, a 'REC' indicator, and window controls. Below this, it says 'SHGL Drop-in Calls' and 'View Who's Talking'. On the right side of the top bar, there are icons for participants (1), chat, settings, and a menu. An arrow points from the text 'Open Chat box' to the chat icon. Another arrow points from the text 'Camera and Audio settings' to the settings icon. In the center, there is a video thumbnail for 'WC' with the name 'Wenda Carlson' below it. At the bottom, there are four icons: 'Mic' (muted), 'Camera' (off), 'Screen' (off), and 'Leave'. An arrow points from the text 'Mute/Share webcam/Leave' to a bracket above these four icons.

Open Chat box

Camera and Audio settings

Audio options: **1)** Select 'Computer' to use computer mic, or headset with mic plugged into computer, or **2)** Select 'Phone' and dial number shown on screen with access code and audio pin

Mute/Share webcam/Leave

**Q&A:** There will be time for questions after presentation

- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:

<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

# Today's Time

- **NEWS:** Going digital through December 31<sup>st</sup>
- We are here to support you! - New support email: [peerconnections@nmss.org](mailto:peerconnections@nmss.org)
- Connection Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>



# Living with MS and Staying Active

Emily Reilly  
Certified Personal Trainer

# Agenda

- Personal Journey with MS
- Incorporating Exercise in other's lives
- Incorporating Exercise in my life
- Exercise and MS- what research says
- Time to get moving!
- Q & A

# Journey of Diagnosis



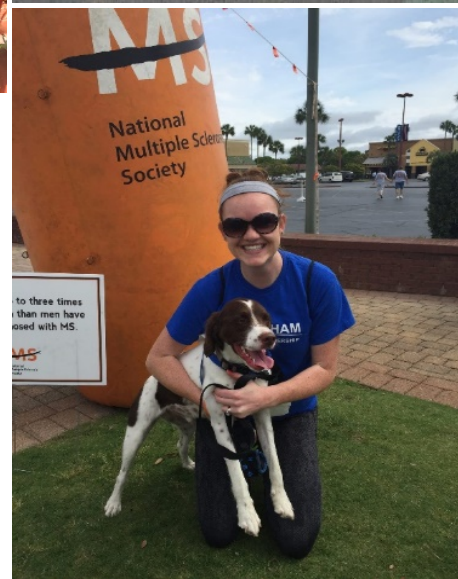
# Incorporating exercise in other's lives



No matter what  
your limitation  
you can keep  
moving!  
*#thisisms*



Incorporating  
exercise in my  
life as a person  
living with MS  
&  
How exercise  
has been  
beneficial to me



# Exercise and MS:

## *Lifestyle Physical Activity, Exercise & Rehab*

---

### *Lifestyle Physical Activity*

- Movement throughout the day: exercise, leisure, rehab and daily activities

### *Exercise*

- Purposeful/Structured to help you maintain or improve health and mobility
- Changes/evolves with abilities
- Individualized
- Consistent

### *Rehabilitation*

- Intermittent or ongoing
- Interdisciplinary strategies
- Definitive beginning and end
- Recovery or maintenance of function; compensating for lost function.
- Maintain or regain optimal physical



# Exercise and MS:

## *So what does research say*

- Research demonstrated that people with MS who engage in exercise and lifestyle physical activity experience benefits from immune cell through quality-of-life outcomes
- Exercise and lifestyle physical activity are safe for people with MS
- encourage  $\geq 150$  min/week of exercise and/or  $\geq 150$  min/week of lifestyle physical activity.

# Exercise and MS:

## *Recommendations*

Condition/abilities	Exercise Recommendation	Example	Physical activity example
People with mild impairment ( (may include symptoms of fatigue, imbalance, walking, strength, and memory)	Aerobic exercise→ Advanced aerobics→ Resistance exercise→ Flexibility exercise→ Neuromotor exercise→	Stationary bike, walking Running, road cycling Free weights, resistance band Yoga, <b>stretching</b> Tai chi, virtual reality	Active gaming
People with MS whose walking is limited (people who fall, require mobility aids or assistance with transfers)	<b>Breathing</b> → Flexibility→ Upper extremities→ Lower extremities→ Core→	Spirometer <b>Stretch</b> upper/lower joints Arm cycling, weights Standing, walking w/ walker Abdominal muscle exercises	Active weight shifting Seated dancing, yoga, boxing
People using wheelchairs	<b>Breathing</b> → Flexibility→ Upper extremities→ Lower extremities→ Core→	Spirometer <b>Stretch</b> upper/lower joints Arm cycling, weights Standing frame Abdominal muscle exercises	Active participation in activities of daily living as able, Pressure relief (press-ups)
People confined to bed or chair	<b>Breathing</b> → Flexibility→ FES→	Spirometer Range of motion for joints Electrical stimulation/muscle	Bed mobility with assistance, Activities of daily living (e.g., dental hygiene) with assistance

# How the NMSS is bringing this content to those living with MS

YouTube

Aerobic Exercise Tips for MS



Stretching Exercise Tips for MS



Breathing Exercise Tips for MS



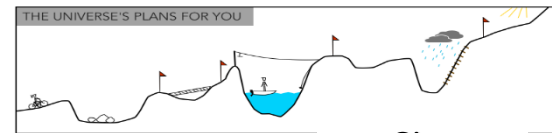
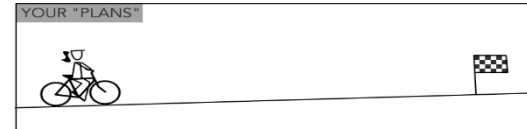
Gentle Yoga and Mindful Meditation this morning with these incredible #msactivist



# Tips on overcoming barriers



Together we are stronger



DOGHOUSE DIARIES

Give yourself grace!

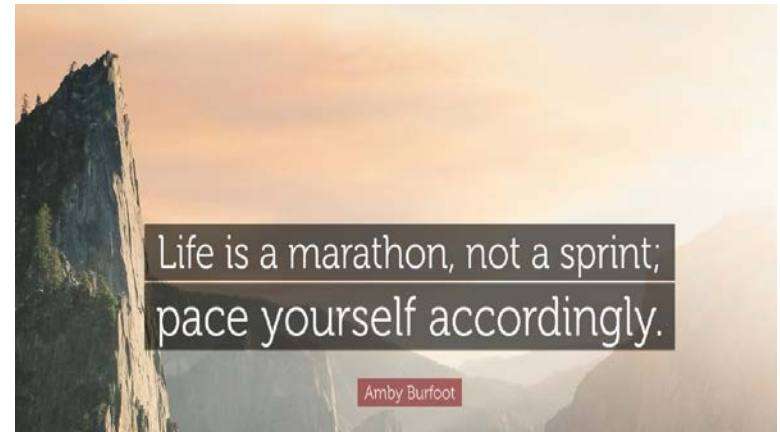
Celebrate  
— EVERY TINY —  
VICTORY



## IS MY GOAL S.M.A.R.T.?

Goal:

<b>Specific:</b> What EXACTLY do you want to achieve?	<b>Measurable:</b> How will you know when you've achieved it?	<b>Attainable:</b> Is it something you have control over?	<b>Relevant:</b> Why is this applicable to your life?	<b>Time-Based:</b> When do you want to achieve your goal?
---	---	---	---	---



# Virtual Training- Best Practices

**\*\*Before starting any new workout program- clear with physician/healthcare provider**

- Ensure workout space is free of tripping hazards
- Have water, towel & fan to keep cool
- Have another person available (especially if there are mobility issues and/or at risk of falling)
- Position camera for trainer/ self to see full body
- Try to use TV or a big screen to watch instructor
- For balance, have chair, counter or something stable to hang on to





# Additional Resources

- [National MS Society Exercise Demonstrations](#)
- [Keep Moving with Emily](#)
  - [Seated Classes](#)
  - [Modified HIIT classes](#)
  - [Exercise Demonstrations](#)
- [National MS society exercise resources](#)
  - [Exercise page](#)
  - [Exercise paper](#)
  - [Brochures](#)
  - [Exercise](#)

Let's Get Moving



**National  
Multiple Sclerosis  
Society**

**Society Resources  
We are Here**



# Support for Leaders and Groups

- **We are going digital through December 31<sup>st</sup>**
- **Ongoing Drop In Calls**
  - Thursdays at noon PST/3EST
  - September 17: MS Navigator Services
  - September 24: Nuts and Bolts of a Virtual Group Meeting
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**

# Addressing the Challenges of MS through Resilience



## **Dawn M. Ehde Ph.D.**

Clinical psychologist UW  
Medicine Division of Clinical  
and Neuropsychology and UW  
professor of Psychology and  
Rehabilitation Medicine. UW's  
Nancy & Buster Alvord  
Endowed Professorship in  
Multiple Sclerosis Research.



Black MS *Experience*  
Summit

September 22-24, 2020

2:00 p.m.-4:00 p.m. ET / 11:00 a.m.-1:00 p.m. PT

To learn more about this program,  
explore the agenda and register, please visit  
[nationalmssociety.org/BlackMSExperience](https://nationalmssociety.org/BlackMSExperience).

# Connection Volunteer Website

## For Connection Program Volunteers

Peer Connections:  
One-on-One

> For Connection  
Program Volunteers



SHARE

Like 2

Tweet

Share

11

### IN THIS ARTICLE

- > Resources for volunteers
- > Recorded All Society Leader Calls
- > MS 101 Webinars
- > Group meeting discussion guides and toolkits

# Emotional Support Resources

- [Happy the App](#)
- [Find Doctors and Resources Tool](#)
- [Facebook Group: National MS Society Community](#)
- [MS Navigator is available to help!](#)
- [HelpPRO](#)
  - Online search tool
- [Behavioral Health Treatment Services Locator](#)
  - Nationwide behavioral health services & resources
- [NeedyMeds.org](#)
  - Mental Health clinic locator

# Need Support Connecting Your Group?

## Resources are Available!

- ✓ Skype
- ✓ Zoom
- ✓ FaceTime
- ✓ Google Hangout
- ✓ Facebook Messenger
- ✓ Free Teleconference Tools
- ✓ Support Group finder on Society Website

***Connect with your Society Staff Partner  
to discuss your needs***

# ***SELF-HELP GROUP MEETING DISCLAIMER***

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at [nationalMSSociety.org](http://nationalMSSociety.org)

# CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders