

Onward & Upward Relief & Support (OURS)

OURS: A support group for those with brain-related disabilities meets every Wed. at 5:30 p.m. (except the 1st Wed. of the month when the group goes out to eat.) Everyday Joe's, 144 S. Mason, FC. Info: (970) 224-5147 or (970) 412-0088.

Food Bank Donations

Zac Williamson, shown below, next to the food donations that he and the CNS staff collected for the food bank in October-November 2006. Zac collected 273 pounds of food! A great success!



CNS is an affiliate clinic of the National MS Society.

Letter to Stroke

The following creative letter was written by a graduate of CNS and is a letter written to her stroke.

Dear Bleed,

How dare you intrude into my life, my plans, my security. How dare you take away my confidence and cause me self doubt. How dare you screw up my schedule, my hopes, my dreams.

How could you just wait there all these years, then choose now to strike? Right when all the pieces were falling into place. Just as Tom and I were getting things in order, where they were supposed to be.

You had to choose now? When I finally had the right job? Right when I'm starting to "get it" at work? No, you couldn't surface when my life was already in turmoil. You couldn't show your face when I had nothing better to do than work on getting better. You had to mess up my schedule.

Bleed, now that I see what you really

are, now that I'm getting to know you I realize you are not stronger than I. If you were, then I wouldn't be here. You are not as *BIG* and *BAD* as you let on. I'm bigger and I'm stronger than you.

Yup, you messed up my schedule. You know what I'm going to do about it? RE-SCHEDULE!

Guess what?

I'm smiling now. Top that!

— Graduate from CNS Stroke Specialty Clinic, 2006

CNS offers specialty treatment for those recovering from stroke. Evidence indicates that a comprehensive team is necessary for maximizing recovery.

CNS offers a convenient team approach while featuring advanced treatment and biotechnology for stroke rehabilitation and recovery.

Don't Give Up Hope *by Denise Kocol*

Happy Anniversary! It's been 10 years since I was diagnosed with MS. I was really scared when I was first diagnosed. So many questions, but the only definite answer was that nobody knew. Nobody knew how or why people get MS, nobody knew the course of the disease, and nobody could give answers on the symptoms. This wasn't very comforting for a 28-year-old with a newborn daughter. I really didn't want to know all the possible bad outcomes though. I just wanted to be able to walk and carry my baby safely without numb feet and legs or losing my balance. I did read various books, but one book written by a woman who had MS gave me some options instead saying this was the only thing you should do. It gave information she'd gathered through the years as well as many alternative things

she had tried or had heard of. In the beginning alternative medicines and treatments did help. Acupuncture and Chinese herbs got rid of my numbness and I wasn't stumbling anymore. I went this way for about 3 years, but finally decided to begin taking Copaxone. A new lesion had appeared in my brain. That's when I decided I needed to be on some kind of approved therapy, not only for myself, but for my family too. This disease affects all of us. I have recently switched to Avonex. Since nobody has any answers to so many questions, all I can say is just do something about the disease. Whatever you choose, whether it be alternative medicine or approved therapies, I feel it has to help some part in some way. Don't give up hope, keep the stress at bay, and take care the best you can!

Wild West MS Walkabout (WWMSW)

Proceeds from the 1st WWMSW totaled \$80,000!

The event takes place over a period of 3 days. Walkers have a great experience over 50 miles of Fort Collins trails.

We are looking for volunteers, walkers and fund raisers for the 2nd annual walk, scheduled to take place August 24-26, 2007.

Thanks to WWMSW, there are funds available for people living with MS.

Visit, www.wildwestmswalkabout.org for an application, to register or for information.



Quilt Raffle

Our CNS friend, Elaine B. has crafted and donated a quilt that will be raffled off at the Wild West MS Walkabout finish line. All raffle proceeds will go to help people with MS through the Wild West

MS Walkabout. Raffle tickets are available at CNS prior to the walkabout.



CSUnity Offers a Hand at CNS

On April 14, 2007 a group of 1,400 students from Colorado State University volunteered their time to help out in the community in an event called "CSUnity." The students completed a total of 158 community projects and over 5,600 hours of community service in Fort Collins, Larimer County and beyond. The purpose of this activity is to provide students with an opportunity to actively contribute to the community. Organizers hope that CSUnity will spark long-term involvement among students.

The Center for Neurorehabilitation Services was fortunate to have a group of students from Parmalee Hall volunteer throughout the day. The students completed several projects at CNS including indoor and outdoor cleanup and painting.

"The students brought such positive energy and a helping spirit," Christy Dittmar, CNS Program Coordinator, said.

During the day the students also got the opportunity to learn about the dif-

ferent services that are offered at CNS. They left with a greater understanding of how people with disabilities return to daily life. Several students showed an interest in the CNS volunteer program and are eager to stay involved in the future.

CSUnity is an amazing opportunity for students to understand that they are a valuable part of the community. The event also allows students to feel the positive rewards of being civically engaged. The day was a huge success and CNS is extremely grateful for the student's time and contributions.



Transportation/Mobility Clinic

Watch for upcoming details about our transportation/mobility clinic to feature options for mobility equipment, adaptive equipment for vehicles, ramps, lifts. Call to get on our mailing list.

CSUnity Volunteers