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NOVEMBER 2008

Dear Christopher,

The year is winding down, and soon we'll be singing "Auld Lang Syne." As I think about my upcoming family gathering for Thanksgiving and as we prepare to get together as an MSLB Family, I can't help but think of those who may be struggling now.

As many of you know, each year we conduct fundraising raffles to support our Gift of Hope which helps people affected by MS during the holidays. Last year we were able to buy a couple small gifts and provide cash assistance to 4 families, and what a difference it made! The families we helped were extremely grateful and it was personally very rewarding to be able to help them.

At the November and December events, we'll do Gift of Hope raffles. If you have something to offer for the raffle, bring it. If not, bring cash; lots of members have gone home with really great stuff. I look forward to seeing you.

Sharon Roll
MSLB Cincinnati Hostess & Founder

OCTOBER RECAP

Last month Over 35 members joined us at the Savannah Center for a presentation from [Susan G Komen for the Cure](#). Peggy Isenogle showed us a slide presentation and shared some information about breast cancer and the importance of early detection and screening.

Just because we're affected by MS doesn't mean other diseases can't creep into our lives also. So issues like breast cancer awareness are important to us. It was a great program and we enjoyed ourselves immensely.

Quick Links

[Our Website](#)
[MS News](#)
[What is MSLB?](#)
[Join MSLB](#)

GIFT OF HOPE RAFFLE

Don't forget to bring items for raffle and some cash to participate in the Gift of Hope raffle.



Gift of Hope

Remember that last year as a result of your efforts with the GOH, we helped four families have a memorable holiday season. We took suggestions from NMSS and a

NOVEMBER LUNCH!

Please Join Us!

On Thursday November 20th at 11 am for:

25 Ways To Simplify Holiday Events
from a host of talented event specialists

Agenda: With the upcoming holidays, the hustle and bustle can be fun, but stressful. And we all know that stress can be a major problem for people with MS. Finding ways to simplify hosting and attending holiday events can be a huge help. We've assembled a number of event specialists who'll share some secrets to keeping your stress level low during the holidays.

Event Fee: \$10 for members and guests;
simple lunch included

Location: Elements Conference & Event Centre
11974 Lebanon Road, Cincinnati, OH. 45241
Mason/Sharonville/US-42 exit off I-275

few of our physician friends as to who could use our help.

(513) 733-3536

www.elementseventcentre.com



Please dig in so we can make a difference in our MS Community this year. If you have items to raffle, please bring them to the Lunch! or email me at sharon.roll@msslunchbunch.com.

NEED A LITTLE HELP?

Through our partnerships with the Education Foundation, the MS Society and others, we've promised to try to help our members find assistance for issues or problems in their lives. For Example:

Anyone who wants to belong to MSLB but can't afford membership dues can request a membership grant from MSLBEF. [Just send a quick email.](#)

One of our very generous members has offered to help up to 10 members who would like to attend a MSLB Lunch! but can't afford the event fee (typically \$10). [Just send a quick email.](#)



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