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## DECEMBER RECAP

**Last month**, 40 members joined us at the [Elements Conference Center](#) for a great presentation from Robert Glinski from HEARTH and Edward Jones.

Robert shared some great economic insights to help us be better prepared for all that's going on in the markets and the economy. Virtually everyone walked away with at least one good idea they could use.

We also conducted our [Gift of Hope](#) fundraiser with superb results! With your help, we were able to provide gifts for 5 families this year. Thanks to all who participated.

## Quick Links

[Our Website](#)

[MS News](#)

[What is MSLB?](#)

[Join MSLB](#)

## NEED A LITTLE HELP?

## JANUARY 2009

**Dear Christopher,**

I'm so proud to be celebrating this new year, the 7th for MSLB Cincinnati, with all of you, my friends.

Over the last few weeks, many of you helped us by completing an end of the year survey. In this newsletter, we're happy to share some of what you told us.

We're also taking some of your suggestions, and putting them into effect this very month. I hope these changes will help make MSLB an even better group for every one of you, and that you'll stay involved and invite your friends. Thank you for making the last 7 years so wonderful!

Sharon Roll  
MSLB Cincinnati Hostess & Founder

## JANUARY LUNCH!

Date: Thurs, Jan 22, 2009  
11:00 am to 1:00 pm  
(doors open at 10:40)

Location: Brazenhead Pub, Mason Ohio

Presentation: 'Quick & Easy' healthy eating in the New Year

# GOURMETBETTY

**Agenda:** You know you should be eating healthier; especially if you're dealing with a chronic illness like MS. With the new year, you've got a perfect reason to get started. But you're probably wondering how to pick the right foods, how to prepare them properly, and how to do it all "Quick & Easy."

Join us for some great tips from Betty Hakes at [GourmetBetty.com](#), a certified Gourmet Inspirations Instructor who was profiled this summer in *Design Homes & Gardens* magazine. Betty believes Good food and fun cooking doesn't have to take hours and be complicated.

**Food Options:** The Brazenhead Irish Pub will open at 10:30 and make their lunch menu available. You can purchase lunch if you wish. They offer a wide variety of pub fare including "healthy options" for under \$10. [Check out the menu here:](#)  
[http://www.thebrazenhead.com/lunch\\_print.pdf](http://www.thebrazenhead.com/lunch_print.pdf)

We've established partnerships with community organizations that can help people affected by MS to belong to MSLB and address other issues or problems in their lives.

If you, or someone you know, wants to belong to MSLB but can't afford membership dues can request a membership grant from our partners. [Just send a quick email.](#)

The staff has agreed to provide separate checks for everyone. There's no pressure, no mandatories, no minimums.

[REGISTER NOW ! >](#)

## END OF YEAR SURVEY

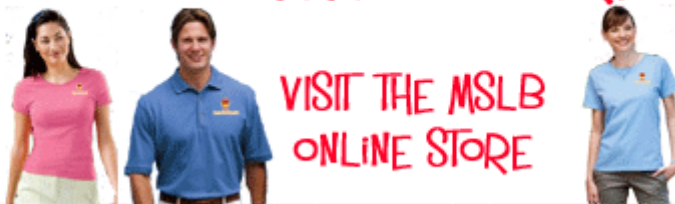
We asked and you told us:

- More than half of you have been members over 3 years, 82% for more than a year
- You joined as much for socializing with others affected by MS as you did to learn
- Most of you attended between 3 and 6 events last year
- You prefer to vary event locations from time to time, so we're starting that this month
- You prefer to have more food options (including the option to not eat), also put into effect starting this month
- Some of you want events to take place closer to home. Starting in February, we'll be conducting additional events in other places across Greater Cincinnati
- Some of you asked for events at times other than lunch. This will also happen in 2009
- Fewer than 10% of you indicated cost of participating was an issue
- 95% of you were satisfied with the content of programs
- 98% of you were satisfied with the mood of programs
- For more than 60% of you MSLB is your only MS-related group

If you've got additional feedback or a question, email us: [info@msslunchbunch.com](mailto:info@msslunchbunch.com).



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