

HOSTESS MESSAGE

Over the last 6 years, we've seen that MSLB makes a difference for our Members and our Community.

We know that our strength lies not just in the lunches, speakers, or information they share, but also in your active participation and commitment to our mission. We've asked, and you've told us, that you believe through MSLB, you can do good not just for yourself, but for others with MS.

That's why we're thrilled to have the opportunity to work with wonderful partners like the MS Society, Dayton Foundation, MSLB Education Foundation, CareSource Foundation and many others to bring the magic of MSLB to more people in different places.

As we continue to grow, in Cincinnati and elsewhere, I hope--like me--you'll continue to participate in all our events and activities because you want to connect with other wonderful people and make a difference.

Sharon Roll
MSLB Cincinnati
Founder & Hostess

LAST EVENT RECAP

On September 18th, 35 members and guests gathered for a fun and informative lunch in West Chester. Marnie Renda, founder of [Destination Home LLC](#) which provides home safety solutions for elders and persons with disabilities, spoke about tools and trends available to make living independently easier for people with disabilities. In addition to providing occupational therapist home assessments, consultations and home modification recommendations, Marnie works with a group of professionals called HEARTH that helps meet the growing needs of people seeking to live independently. HEARTH draws its members from professions such as law, personal finance, occupational therapy, healthcare and home construction. For more information about Destination Home or HEARTH, contact Marnie Renda at (513) 276-0515.



We're grateful to our friends at HEARTH Professionals For Independent Living who sponsored Marnie's talk.

JOIN US FOR LUNCH!

Date Thursday October 23rd
Time 11:00 am to 1:00 pm

Location



[Savannah Center, West Chester Ohio](#)

Presentation

In 1982, Nancy Brinker promised her dying sister, Susan G. Komen, that she would do everything in her power to end breast cancer forever. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all and energize science to find the cures. Komen for the Cure believes in empowering women by providing reliable breast health information so they can take charge of their health. Jennifer Berigan, is a Community Outreach and Education specialist with Komen. In honor of National Breast Cancer Awareness Month, Jennifer will share a wide range of breast cancer and breast health issues, including the importance of breast self-examination techniques.

Presented By



With Support From



National Multiple Sclerosis Society
Ohio Valley Chapter

Cost \$10 for all members and guests
pay online in advance or at the door

Maximum Attendance limited to first 60 people

Reservations



Starting with the October Lunch! we'll be conducting the Gift of Hope raffle to raise funds to help families touched by MS who need help over The Holidays.



Gift of Hope

So, bring some cash to buy raffle tickets and win some great stuff to help a worthy cause. If you've got something to donate that we can raffle, bring it to the lunch. All contributions to [MSLB Education Foundation](#) for this purpose are tax deductible.

The use of Functional Electrical Stimulation (FES) has increased recently with devices utilized to assist people experiencing foot drop. There has been an increase in the public's awareness of these devices and their use in people living with multiple sclerosis. Brian Hutchinson, Physical Therapist at The Heuga Center for Multiple Sclerosis helps [separate fact from fiction](#). Thanks to United Spinal Association

In August, our Hostess, Sharon Roll was recognized by 55KRC and IGA as a Hometown Hero for her role in founding the MSLB Cincinnati. [Check out the photos here!](#)



Many people with MS have balance issues, and frequently, that can lead to falls and injury. The [Hamilton County Fall Task Force](#) provides some great background and guidance for fall prevention. While much of their work focuses on the elderly, there are many components that overlap with MS and can be useful for people like us.

HOW TO CONTACT US

MS Lunch Bunch

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OUR MISSION



We help members find information and motivation to make continuous small changes to better their lives.

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