

JOHN A. SCHAFER, MD MULTIPLE SCLEROSIS ACHIEVEMENT CENTER

Fall 2023 Newsletter, Volume 9 Issue 2

DIRECT FROM THE DIRECTOR

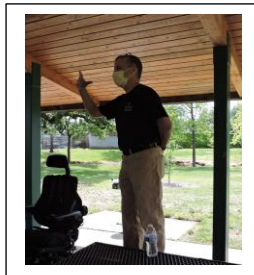
Change is an inevitable part of our lives. Some changes are welcome while others are not, and although change is inevitable, we often seek to limit changes. MS brings unwelcome changes that those who live with it day to day have to face. Our goal is to help those who are facing these changes and uncertainties with support and strategies to smooth the sometimes bumpy road.

Over the past ten years, we have certainly faced many changes as an organization. Some good, some not so good. Although the pandemic created multiple changes in how we were able to deliver our programs and services, we learned a lot and have chosen to stay with some of the changes imposed during the pandemic. The most prominent change was the development of our Virtual Education Series. Prior to the pandemic, we would conduct four to five 'Road Show' programs per year. The goal was to deliver wellness education to communities outside of Sacramento. We held programs in Stockton, Modesto and Santa Rosa, to name a few. Since the pandemic we have continued to offer these educational programs, but through a virtual platform. A positive change is that we have been able to offer these monthly, and they are accessible to people within and outside of Sacramento. In addition, we have been able to attract speakers from across the country!

Perhaps our biggest change has been our name. We are pleased and honored to be the **John A. Schafer, MD Multiple Sclerosis Achievement Center**. Dr. Schafer has been so influential to our establishment and growth over the past ten years, it was an inevitable, positive change in our evolution. Along with the name change we have been updating many things, including signage, logo and, importantly, our website. Please visit our newly renovated website at www.dignityhealth.org/msachievementcenter. What won't be changing is our commitment to continue offering our Empowered to Achieve and Achieving Wellness programs in-person. In addition, we are committed to providing fun adjunct recreational activities when all of our members can get together as a community. Our annual picnic, featured in this newsletter, is one of those fun events, but we pledge to offer more in 2024.

On behalf of the staff at the MSAC, thank you for making it a special place for us to come every day.

Brian



There is power in space, in a breath, in a pause before you respond. You get to choose. Hate or love. Anger or empathy. Frustration or opportunity. Lonely or together. Irritation or understanding. Be kind. Pause. ~Rachel Marie Martin

RENAMING CEREMONY

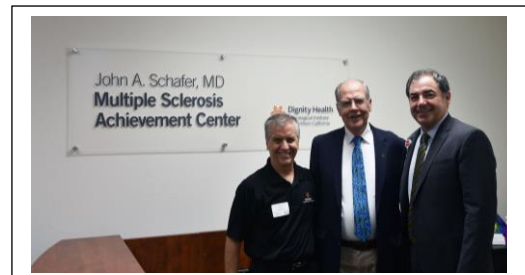
Over the past ten years, Dr. John A. Schafer has been a consistent and stabilizing presence in the Northern California MS community. His dedication towards his patients over his career has earned him many well-deserved accolades and honors.

On August 21, 2023, Mercy Foundation hosted a ceremony officially renaming the MS Achievement Center, which will now be known as the **John A. Schafer, MD Multiple Sclerosis Achievement Center (MSAC)**. Many supporters gathered to acknowledge and recognize Dr. Schafer's leadership and contributions, allowing the MSAC to become a reality. As part of the ceremony, Dr. Schafer was presented with a box of cards, completed by MSAC members, expressing their gratitude for his commitment to those living with MS in the community.

Dr. Schafer saw a need in the community for a facility which could deliver wellness programs complementing the medical care he was providing his MS patients. Part of that vision was to form the MSAC and in 2012, Dr. Schafer worked closely with Mercy Foundation to apply for a grant through the Conrad N. Hilton Foundation. The grant was approved in 2013 and the MSAC opened its doors on February 20, 2014.

Since its inception, Dr. Schafer has dedicated his time, energy and resources, assuring the successful growth of the MSAC and its programs.

With the name change and continued support of Dr. Schafer, the MSAC is poised to serve the MS community with life-enriching programs and services into the future.



JOHN A. SCHAFER, MD MULTIPLE SCLEROSIS ACHIEVEMENT CENTER

MSAC CELEBRATES 9TH ANNIVERSARY

Look how time flies- April 17, 2023 we celebrated our 9th Annual MSAC Picnic. Once again, the annual shindig was held under the covered picnic area at Rusch Park in Citrus Heights. This year's celebration had 63 people in attendance. A mix of old friends and new were there to celebrate the MSACs 9th year together. We would not be able to put on such a great event if it wasn't for our fantastic members that make what we do so rewarding. We would love to give a special thank you to our friends at Dignity Health Neurological Institute that help us each year. And an even bigger thank you to the Hoddick family who make events like this possible. You all are truly inspiring. See you in 2024 to celebrate 10 years!



Counterclockwise from top left:

A mix of old and new staff came together to celebrate 9 years!

We had a fantastic turnout with members from across all four program days.

Our Mercy family came to enjoy and support our special event.

Brian our 'Master of Ceremonies' kicking off our day.



PROGRAM OFFERINGS

For upcoming events please visit our website at dignityhealth.org/msachievementcenter

ADAPTIVE RECREATION

To move when your body is in pain or you only have enough energy reserve to open your eyes can make physical activity feel counterintuitive. The Mayo Clinic recommends 20- 30 minutes of exercise 3-5 days a week. To stay active during these times, look towards adapting activities. Exchange high intensity workouts for low-intensity ones. Short bursts of exercise can be a good way of avoiding fatigue and allow you to work towards increasing energy levels over time. If getting outside for a walk is not an option, do laps around your home, taking breaks when necessary.

While aerobic exercise is important, stretching and strengthening are equally meaningful. Stretching can help manage spasticity and the pain it causes. If getting down on the ground to stretch is not an option, consider seated stretches or yoga videos which are just as effective. If you are one that uses a yoga strap or block to stretch but do not have one at home, use a belt, scarf or blanket in place of the strap and a book or pillow in place of a yoga block.

Strength training does not require weights. Try using resistance bands, water bottles, or your own body weight to perform resistance exercises. For example, you could start by doing push-ups against the wall, then progress to doing them against the kitchen counter, the coffee table, and finally the floor. Another thing to remember is you may currently be doing more than you think. Do not dismiss some of the things you might already be doing (i.e. walking the dog, cleaning the house, grocery shopping, gardening). These are very physical activities, and they count.

Below are links to resources and articles for exercises, stretches and strength training.

- <https://overcomingms.org/recovery-program/ms-exercises/what-are-my-exercise-options>
- <https://www.nationalmssociety.org/NationalMSSociety/media/MSNationalFiles/Brochures/Stretching-With-a-Helper-for-People-with-MS.pdf>
- <https://californiamobility.com/21-chair-exercises-for-seniors-visual-guide/>
- <https://www.northernpaincentre.com.au/wellness/chronic-pain-movement/at-home-exercises-for-chronic-pain/>

Susan

FEATURED APP



Flush Toilet Finder is a quick and easy way to find a public restroom nearest you. There are over 200,000 restrooms in the database from around the world.

JOHN A. SCHAFER, MD MULTIPLE SCLEROSIS ACHIEVEMENT CENTER

PLANNING FOR THE NEXT 10 YEARS AND BEYOND

As the philanthropic partner of the John A. Schafer, MD Multiple Sclerosis Achievement Center (MSAC), Mercy Foundation is proud to provide support for the Center's life-affirming therapeutic and expert wellness care for its members, and their support partners and loved ones. Thanks to support from community donors, generous grants, and charitable contributions from corporate sponsors and other Sacramento area health providers, for ten years the MSAC has helped members benefit from the physical, emotional and social programs, and the important friendships it helps create.

Looking forward to the next ten years, Mercy Foundation has launched an Endowment Campaign to help assure that the MSAC continues to flourish and provide programs and services for those in our region with multiple sclerosis. Dr. Schafer has been instrumental in helping to grow this endowment to help secure the long-term sustainability and ensure the vital programs offered through the MSAC are available well into the future. He has partnered with Mercy Foundation and hopes you will consider joining him in this important endeavor.

To make a tax-deductible gift to support the MSAC, or to learn more about Mercy Foundation, please visit <https://supportmercyfoundation.org/msac> or contact Mercy Foundation Senior Philanthropy Officer, Kathy Lopez, at (916) 851-2011 or kathy.lopez@dignityhealth.org. One hundred percent of your gift to Mercy Foundation will support the work of the John A. Schafer, MD Multiple Sclerosis Achievement Center and make a positive impact in our community.



For nearly 70 years, Mercy Foundation has been partnering with the community to advance the mission of the Sisters of Mercy, who have served the Sacramento region since 1857. Together, we help feed the hungry, shelter the homeless, educate the underserved, and care for the sick at local Dignity Health hospitals and clinics.

Kathy

THANK YOU FOR YOUR GENEROUS SUPPORT

Kaiser Foundation Hospitals
Bristol Myers Squibb
The Sacramento Bee
Donald Jarrell and Jona Milo
Todd and Amy Hoddick
Brian and Jennifer Hutchinson
Kramer Family Foundation
Frank M. Booth
TG Therapeutics
EMD Serono, Inc.
Genentech
Rebecca Kleiner and Ed O'Connell
Anonymous



***Contributions reflect donations of \$2,000 or greater, received January 1, 2023 through June 30, 2023. A full list of donors is acknowledged through Mercy Foundation.*

If you would like to make a gift to support the John A. Schafer, MD Multiple Sclerosis Achievement Center please visit <https://supportmercyfoundation.org>

LIVE MINDFULLY

Do you feel in charge of your overall health and wellness? We have recently spent quite a bit of time discussing this question at the MSAC and have been exploring what helps us feel more in control versus what, or who, feels like it's more in charge. The important thing to remember is that the concept of 'feeling in charge' is not equivalent to you being in complete control over all parts of your life. When we do feel in charge, we are aware of our needs, are willing to ask questions, take responsibility for our choices, and are willing to make changes. When we recognize that those tools give us the strength and ability to focus on ourselves, we can also recognize their ability to fuel empowerment, confidence, and accountability, especially during periods of transition and change. Think about the areas of your life - what changes, if any, would you be willing to make to feel more in charge? Even if you anticipate barriers to making these changes, know that making change can be a collaborative effort with a trusted support system with you in control of the final decisions.



Tiffany

JOHN A. SCHAFER, MD

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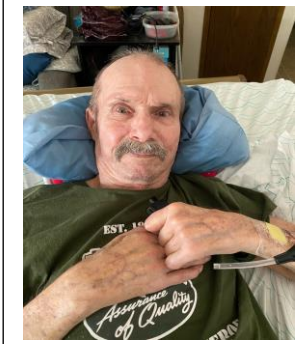


GLORIA SOMMERVOLD
06/29/1948 – 02/13/2023

Gloria was a part of our Tuesday program at the MSAC and participated regularly over the course of 7 years. Gloria was quiet, yet her impact spoke volumes! She had an incredibly sweet presence about her and she will be greatly missed.

STEVE KROOTZKO
05/29/1953 – 04/03/2023

Steve was a part of our Friday program at the MSAC, and though his time with us was short, he made it a memorable one. Steve was reserved and often spoke of his life living in Grass Valley. He will be greatly missed.



CHARLES 'DOUG' SMITH
05/14/1951 – 04/17/2023

Doug was a part of our Friday program at the MSAC and regularly attended over the course of 4 years. He made the long trek every week from Live Oak, but that just showed his commitment to being here. Doug was funny and kept us all laughing, even through the tougher times. He will be incredibly missed.



EDIE HAPPS
12/26/1951 – 07/20/2023

Eddie was such a special guest at the MSAC; she was a well-respected MS nurse with lots of experience across the Sacramento region. Even though she had retired, she made time to sit with our membership and answer all the hard questions they had on a quarterly basis. She played a pivotal role and will be greatly missed.

