



MSA
Newsletter

April 2019

HOPE. HEALTH. INDEPENDENCE.

IN THIS ISSUE

Community Spotlight

Every Christmas, for the past seven years, you can find members of the Multiple Sclerosis Alliance of Southern Colorado enjoying delicious food, a cozy atmosphere, great company and good cheer at the Annual Christmas Luncheon hosted by the Fraternal Order of Eagles #143. We would like to take this opportunity to recognize Cindy who has been an integral part in helping the MSA be one of the organizations that is able to participate in the Christmas Luncheons hosted by the FOE. Cindy's role with the FOE has changed over the 15 years that she has been a member to include holding office at one point. Cindy is an active member of our community and is ever so humble in accepting gratitude and thanks for her hard work and dedication. She shared some history of the FOE and noted that the luncheons began with the Women's Auxiliary of the FOE in 1962.

These women often knitted items to be sold to raise money for the luncheons and would begin knitting the very next day after the luncheon to get started for the next year. The MSA is thankful for this tradition of generosity of the FOE #143 and for Cindy's kindness, commitment and dedication.



The Positive Impact of Your Dollars

Your donations have positively impacted the lives of so many of our clients! Let us share with you how!

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Member Highlight

We would like to highlight our member, Carol in this quarter's issues.

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A few more Christmas pictures...

The Positive Impact of Your Dollars

By: Amy Husted

The Multiple Sclerosis Alliance of Southern Colorado has been helping those in our community with MS for 54 years thanks in part to the support from individual donors like you. The MSA is able to provide programs and services to clients at little or no cost to them due to your generosity. Often times those with MS are unable to work due to the effects of the disease which makes affording things like co-pays for doctor's visits or medications, necessary home modifications, exercise groups or therapy seem out of reach. Thanks to your donations we were able to provide weekly Therapeutic Processing Support Groups for 53 individuals; weekly Strength & Conditioning Exercise classes for 12 individuals; the installation of safety bars, railings and ramps; medical co-pays; speakers on Cognitive Issues, Nutrition, and Balance and Falling that reached over 100 individuals; emergency funds for families in need; and Christmas gifts for families and individuals that would otherwise not have had a Christmas. We are incredibly grateful for our amazing donors who support our

mission to deliver hope, health and independence to our clients while increasing their quality of life. Our vision and reach continue to grow, and we look forward to expanding our programs and services with your help!

"The help and understanding that they can give anyone who suffers with this Chronic Illness. We truly have a lot of fun each week with our groups and we are a big family. I never thought that a group like this was going to fulfill my heart so much."

"...There's people out there who have MS and are fine. There's people that are not. It's confusing and frustrating. Guess what there is all different kinds of MS patients. I CRY myself to sleep this is not the life I wanted. I tried to pretend it wasn't real. That it is just in my head. Lol that only goes so far. I needed answers. I need friends that understand, that get it. This organization showed me so much. WOW. My Christmas wouldn't have been one!!! I got a gift card so I could get food, or gifts for my kids. BUT they got my kids gifts they wanted and were perfect. I got a card on my package at my door and said blessing Fein Jesus. AMEN! I CRIED!! It was so heart felt. I really needed that. I'm a giver I'm not use to getting. I'm very proudly, God knew and so did MS alliance. THANK YOU, THANK YOU."

MEMBER HIGHLIGHT



Left: Carol, Right: Nikki Pfeiffer, Executive Director

Carol has been a member of the Multiple Sclerosis Alliance since 2016. You will always find Carol with a smile on her face and a caring word for others.



Front: Carol, From left: Paula, Elaine, Marquel, Rita

She enjoys attending Adaptive Yoga and Women's Social Group. We are so grateful for you Carol!!

Upcoming Events

For

April - July 2019



Your MS Fingerprint

Join us at The Antlers Hotel on April 13th to learn more about Your MS Fingerprint from guest speaker, Ron Murray, M.D. A light lunch will be served. Please RSVP by calling 719.633.4603.



Lucky Penny Drive

You can never be too lucky! Show your support for MSA and purchase one of our signature lucky MS pennies.



Balance Basics

Join us for this 3-part series on Balance Basics on April 4th, 11th & 18th from 10:30am – 11:30am. RSVP @ 719.633.4603.



Ol'Geezer Hockey

Join us for our Annual Ol'Geezer Hockey Tournament June 8th. You don't want to miss this!



Save the Date!

Painting with a Twist for MS! Mark your calendar for Sunday July 14th from 2pm – 4pm. More details to come!

Stay Connected!

You can keep up to date on all of the happenings at the MSA by visiting our website at msasoco.org or follow us on Facebook and Instagram.



Front: Nikki Pfeiffer, Executive Director, From Left: Carol, Suzan & Ashley

Annual Christmas Luncheon

Thanks to the help of Suzan, Carol, Ashley who put together gift bags and the ASJ Knitting Club that knitted over 100 hats and scarves for the MSA the Annual Christmas Luncheon's gifts for clients were amazing once again.



Ol'Geezer Hockey Tournament

This annual event is a crowd pleaser! We are so grateful to have such a wonderful and enthusiastic group of supporters!

A Year in Review

By: Amy Husted

We at the Multiple Sclerosis Alliance of Southern Colorado work ever so diligently to bring those we serve greater hope, health and independence. Some of the ways we do this is through special events, connecting with other nonprofit organizations and fundraisers. As a local agency we are able to ensure all donations stay local, so it is important to us to not only provide our clients with great programs and services but to help them stay engaged with the community. We wanted to take this opportunity to share with you some of the highlights of our year. In March, we were grateful to be able to host another Painting with A Twist fundraiser; in May, the Leadership Pikes Peak group planned and organized a Women's Day Out event for our ladies; June saw the Annual Ol'Geezer Hockey tournament fundraiser; August bore witness to our first ever Benefit Show; October we hosted our Multiple Sclerosis & Disabilities Expo at Rezac & Associates Physical Therapy; Get Ugly for MS was hosted at the Rocky Mountain Brewery as our IndyGive! Campaign Event in December as well as our Annual Christmas Luncheon hosted by the Fraternal Order of Eagles #143. We are so thankful for all of our clients, donors, volunteers, supporters and community partners. As we welcome in 2019, we look forward to the opportunity to expand our services and programs as we continue to serve those with MS in our community.



Painting with a Twist

Painting for a purpose! Painting with A Twist graciously hosted this FUNdraiser for the MSA with great success!



Multiple Sclerosis & Disabilities Expo 2018

Held at Rezac & Associates

Getting to Know Us

Multiple Sclerosis Alliance Staff

Executive Director

~ Nikki Pfeiffer

Office Administrator

~ Melanie Keas

Program Coordinator

~ Clare Jaramillo

Development Coordinator

~ Amy Husted

Support Group Facilitator

~Christy Clay, M.A., LMFT

Support Group Facilitator

~ Darlene Avery, LCSW

Support Group Facilitator

~Jan Deboer, LCSW

Yoga Instructor

~Brian Kleiner

We would also like to welcome our two new Advisory Board Members

~ Christy Clay, M.A., LMFT

~ Alan Lynch, Westpeak Mobility

MSA Newsletter

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