

June 2026

Letter from the President:

With June here, summer is quickly approaching. It is important to begin preparing for heat-related issues, as many people living with MS find warm weather particularly challenging. There are various aids available to help, ranging from fans to cooling vests. You can find a comprehensive list of these resources on the National MS Society website.

We recently hosted a very successful program titled "Sound Bath and Light Healing." Attendees enjoyed the experience, felt completely relaxed, and participated in a discussion over light refreshments. Additionally, on May 23rd, Judy and Cheryl represented our group at a wellness fair in North Adams, where they distributed pamphlets, cooling scarves, and other samples.

Finally, our annual walk will be held on August 22nd at Joe Wolfe Field in North Adams. We are always looking for people to join us, and you can stop by anytime between 9:00 AM and 12:00 PM.

Best regards,

Wende Carver

Tip: As those of you living with MS know, summer can be a particularly tough time of year. Overheating is a real issue. One item that some have tried to help stay cool are the "cooling towels." There is a variety to choose from and are very convenient to take with you.

Recipe of the Month:

Mediterranean Chicken Taco



Cook Time: 15 Minutes

Servings: 4

Ingredients:

- 1 small rotisserie chicken
- 3 cloves of fresh garlic (grated with a micro-plane)
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- Pinch chili flakes (optional)
- ½ cup extra virgin olive oil
- Juice of half a lemon
- Zest of 1 lemon
- 1 English cucumber (diced)
- ½ red onion (diced)
- 2 tablespoons red wine vinegar
- ½ cup Greek yogurt
- Salt and pepper to taste
- 8 flour tortillas (6-inch)

Directions:

1. Pull the meat off the chicken and shred into a large bowl.
2. In a medium sauté pan, heat the olive oil over medium heat. Check the heat by putting one piece of the diced onion into the pan. It should sizzle immediately upon hitting the oil.
3. Once the oil is at the correct temperature, turn off the heat, and add the garlic, oregano, cumin and chili flakes. Stir the oil for one minute or until the pan stops sizzling.
4. Add this oil mixture (reserving 3 tablespoons) along with the lemon juice to the shredded chicken. Season with salt and pepper to taste.
5. In a separate bowl, add diced cucumber, diced red onion, reserved olive oil, chopped dill, red wine vinegar, and salt and pepper to taste.
6. In a separate bowl, add Greek yogurt, lemon zest, and salt and pepper to taste.
7. In a small sauté pan, toast flour tortillas.
8. To assemble, spread one side of tortilla with the yogurt mixture. Top with chicken and the cucumber “salsa.”

For the leftovers, consider adding shredded mozzarella and making a Greek chicken quesadilla served with lemon yogurt and cucumber salsa.



Executive Director's Report - June 2026

Fundraising and Financial Support

- **November 21, 2025 – Heather Carver: Marathon Running for MS Support** Heather's dedication and athletic commitment brought visibility and financial support to our mission.
- **January 9, 2026 – Music Bingo at The Goat Sports Bar & Grill** A lively evening of music, community, and generosity helped raise funds for our programs.
- **April 2026 – Donation from Robin McGraw** We extend our gratitude to Robin and his wife for his thoughtful contribution to our work.
- **June 2026 – Annual Appeal** Our Annual Appeal is underway. Community support remains essential to sustaining our programs and expanding our reach.

Recent Free Educational Programs – 2026

May 23, 2026 – Veteran's Wellness Event

Cheryl and Judy proudly represented our organization at the Annual Wellness Event held at the North Adams American Legion. They shared our information — and a little “CANDY” encouragement — with attendees throughout the day.

Nearly 100 community members attended, eager to learn about local educational and support resources. With multiple organizations gathered in one place, individuals and families were able to connect with the services they need. Our presence was warmly received and appreciated.

May 21, 2026 – Reiki Sound Bath with Sacred Light Healing

Sarah and Sonia Cohen created a deeply supportive evening for individuals living with MS and the caregivers who stand beside them. Their program offered a gentle, restorative space where participants could breathe, receive, and feel held in community.

This relaxing session blended vibrational sound therapy with light-based energy healing to promote physical, emotional, and spiritual well-being. The event was held at the MS Resource – Berkshire Plaza, 37 Main Street, Suite 225, North Adams, MA. A light appetizer dinner was provided for the 13 attendees.

Participant evaluations were overwhelmingly positive, with many requesting additional programs of this nature.

Upcoming Educational Programs and Events – 2026

This June 2026 Newsletter is designed to keep our community informed, connected, and empowered. As a member-driven organization, we believe that staying engaged with one another strengthens the support network so many individuals and families rely on.

Our Support Group Meetings continue to offer a welcoming space led by people who understand the challenges of living with MS firsthand. These gatherings foster shared experience, compassion, and practical guidance. Above all, our goal is to nurture a sense of belonging and reduce the isolation that can accompany an MS diagnosis.

Next Support Group Meeting: June 18, 2026, | 5:30–6:30 PM Save the date — more details will be shared next week.

Upcoming Fundraising Events

MS Walk – “Wende’s Warriors” Supporting the National MS Foundation

Saturday, August 22, 2026, | 9:00 AM – 12:00 PM Joe Wolfe Field, North Adams A check representing collected sponsor donations will be sent to the National MS Foundation following the event.

Seventeenth Annual Gala & Fundraiser

Friday, September 25, 2026, Country Club of Pittsfield Preparations are underway, and we will soon be seeking Silent Auction donations. Letters are also being prepared to secure table sponsors.

We are grateful for the continued generosity of **Donald C. McGraw**, the **Black Rock Foundation**, and **Robert and Elizabeth McGraw**, who remain major sponsors of our work.

This year, **Victoria Tarsa** will receive the **Robert L. W. McGraw Award** in recognition of her dedication and outstanding contributions to the MS community.

Ongoing Community Support

We continue to meet the needs of individuals with MS who contact or visit our office, as well as those we meet throughout the community. Information about our Foundation and services is mailed regularly to individuals seeking support.

Please encourage anyone affected by MS to connect with us and be added to our member list. Additional information is always available on our website.

37 Main Street Suite 210, North Adams, MA 01247; (413) 664-2011

www.mssupportfoundation.org

MS Support Foundation is a 501(c)(3) not-for-profit organization.