

October 2026

Letter from the President:

Fall is definitely here, and the colors are beautiful! This year we just had our annual gala, and it was a wonderful time, everyone there loved the fireside chat that we had. It's always a special thing to hear people talking about their lives.

This time of year, is very welcome. For people with MS the weather is not too hot and it's not too cold. You can feel free being outside walking around and that's exactly what we should all do. Exercise is always good for us, and winter is coming.

Some exciting news. We have three new board members coming on board. It's always good to have new life on board. We're going to start doing some exciting things that you'll hear about next month. Until then, enjoy the fall and try some of our fall recipes that follow.

Best Regards,

Wende Carver

Tip:

"Listen to your body, enjoy the cooler weather, and pace yourself. Fall is a wonderful time to stay active while taking advantage of more comfortable temperatures."