MS SUPPORT FOUNDATION

Better Living with MS through new information and old tricks

November – 2026 **MS Support Foundation**

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.

Website: * Check regularly for upcoming events, community newsletters and calendars, photos and videos www.mssupportfoundation.org.

Letter from the President: Wende Carver

So, the holidays are beginning! As much fun as they are, they also bring a lot of stress. All the planning, cooking, shopping and parties can really affect the way you feel. I find that if I plan ahead of time and divide the tasks, it makes things go much smoother.

If you are cooking, it is always easier to make food ahead a little at a time the week before. I set the table a few days ahead and then that way I can enjoy the holiday too without being exhausted. It's also good to rely on others to help with the tasks and then you won't be so overwhelmed.

Those of you with small children are even more challenged and need to be able to rely on your support system. The easier you make things, the better time you will have and the less stress you will feel.

Enjoy the November Newsletter with a new recipe and much more!

Have a great Thanksgiving and stay well!
Wende

Executive Director's Report

Fundraising and Financial Support
Save the date:
MUSIC BINGO – Friday, February 5, 2027, 5:00pm
Berkshire Hills Country Club, 500 Benedict Rd, Pittsfield, MA

No Cost Educational Programs – 2027

Complimentary Dinner * Save the date and watch for future information to sign up.
Dr. Rachaele Carver-Morin – "Benefits of Good Nutrition for Individuals with MS"
January 14, 2027 – 5:30pm: Zucchini's Restaurant, 1331 North Street, Pittsfield, MA

Next Support Group Meeting
Thursday, November 19, 2026
5:30 PM to 6:30 PM
Please save the future dates below and join us whenever you can.

Current Support Group Schedule

- Thursday, November 19, 2026
- Thursday, December 17, 2026
- Thursday, January 21, 2027
- Thursday, February 18, 2027
- Thursday, March 18, 2027

Have you discovered ways to overcome barriers, manage symptoms, or find strength while living with MS? Your story could make a meaningful difference in someone else's life.

We invite you to share your experiences for inclusion in our newsletter and help inspire others within our community.

We also welcome your suggestions for future programs, event topics, guest speakers, and meeting schedules. Your feedback helps us create resources and opportunities that truly meet the needs of our MS family.

Tips for Fall and Winter: Some people with MS notice that symptoms, particularly spasticity, become worse in cold weather. It is generally recommended that people with MS who are sensitive to temperature try to avoid extremes of either heat or cold, and that people who are considering a move to a "better" climate try to visit first to see if climate change is, indeed, beneficial.

Wrap up warm! Extra layers, such as thermal underwear, can help keep the heat in. When out and about to keep your hands and feet warm with socks and gloves, wear a winter coat, hat and scarf.

Hot water bottles and portable heat pads can be useful for extra warmth – and if you’re going on a journey, bring a flask of hot drink.

Make sure you are eating and drinking properly, as this will keep your energy levels up and help your body to cope with colder temperatures. Eat hot meals and plenty of fruit and vegetables.

If you can, stay active – moving about will improve your circulation, generate heat and make you feel better.

November 2026

Recipe of the Month:
Pumpkin Oat Crumble

A healthier alternative to traditional pie.



Ingredients

- 1 can pumpkin puree
- 2 eggs
- ¼ cup maple syrup
- 1 tsp pumpkin pie spice
- 1 cup rolled oats
- ¼ cup chopped pecans

Instructions

1. Mix pumpkin, eggs, syrup, and spice.
2. Pour into baking dish.
3. Top with oats and pecans.
4. Bake at 350°F for 35-40 minutes.

MS-Friendly Holiday Cooking Tips

- Use olive oil instead of butter where possible.
- Including fatty fish (such as salmon) in other holiday meals for omega-3s.
- Stay hydrated throughout the day.
- Fill at least half the plate with colorful vegetables.
- Choose whole grains over refined starches.



We look forward to connecting with you for support, education, and conversation in a welcoming environment.

- **Please encourage anyone affected by MS to connect with us and be added to our member list with their personal email and contact information.**

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www.mssupportfoundation.org
MS Support Foundation is a 501(c)(3) not-for-profit organization.
Supporting Individuals and Families Living with Multiple Sclerosis