

# @Momentum



## Good advice on wellness coaches

Thank you for the article “[Directing your life](#)” in the Summer 2020 issue. I have been thinking about getting a wellness coach, but really didn’t know what to look for or what questions to ask. I’ve had MS for 10 years, and I’m still trying to process this. I think a coach will help. I love how the article made what to look for simple. I know that I am the director of my life, but it’s good to have a partner as a coach who will hold you accountable. I have to be ready to accept the change, and I think that has been my problem over the years. I know that I need to set goals to get me through my milestones throughout this disease. This is great motivation, and I really appreciate **Momentum** sharing this information.

**Elisha Banks, California**

## Research and human interest

I always enjoy reading **Momentum**. Thank you for the scientifically in-depth research articles and inspirational human impact stories. Well done.

**Pam Lyons, Arizona**

## Let’s hear it! Share your thoughts and comments about this issue’s stories.

- Tag your thoughts on **Twitter** [@MSsociety](#) using #Momentum.
- Like and comment on our page on [Facebook](#).
- Email [editor@nmss.org](mailto:editor@nmss.org).

- Or send mail to **Momentum** Editor, National MS Society, 900 S. Broadway, Suite 200, Denver, Colorado, 80209. Letters to the editor must include your name and a way for our staff to contact you. Letters should be no more than 100 words and may be edited.

## Two great articles

Thank you for two great articles in the Fall 2020 issue. "[MS as a cure for mediocrity](#)" is quite inspiring and made me realize that I need to keep pursuing my first love, the piano. "[Jewelry with a hidden meaning](#)" was also excellent.

**Marie Powers, Illinois**

## Impossible to separate symptoms

The article "[When MS isn't your only disease](#)" (Fall 2020) hit home. In addition to my MS, I have rheumatoid arthritis, restless leg syndrome, shortness of breath, high blood pressure, high cholesterol and degenerative scoliosis (with two major back surgeries), to name a few. When I go to one of my specialists and they want to know how whatever they are treating me for is doing, I am at a loss how to answer. My symptoms are so intertwined. They are nearly impossible to separate.

**Donna Schneider, Washington**

## Physical therapy helps

I just sat down on my front porch to read my Fall 2020 issue of Momentum magazine. I've been reading it for 20 years and have never written but felt compelled to write today. In the article "[Moves you can use](#)," the question, "Have you tried physical therapy before turning to an assistive device?" really hit home. Until this summer, I'd never considered physical therapy, but my daughter-in-law suggested it after she heard I'd fallen six times in five weeks on the same silly step in our home. It took me weeks to find a PT who would serve me, as I am a part of a healthcare sharing ministry, but I found an excellent therapist. After only two sessions, I am more stable than I've been in a while. I still use my cane, but I'm steadier and using it more effectively, and I haven't fallen since I met with the PT. Best \$200 that I've spent in a while. Thank you, **Momentum**.

**Cindy Woodcock, Texas**

## Revelation

As a person with MS since 1985, I thought the account in the Fall 2020 issue about Ian Duncan, PhD, concerning his research into remyelination ("[Repair work](#)") was quite positive news.

**G. L. Welch, Georgia**

## A surprised poet

I totally agree with what Amy Black stated: "An incurable disease is a stellar excuse to craft a

mission statement and live it out" ("[MS as a cure for mediocrity](#)," Fall 2020). I have lived with MS for 50-plus years now. This year, I found I've become a poet. Who, me? I've penned more than 16 poems now; my first, "Chair on Wheels," was published in our local newspaper. I'm 72 and writing poems has totally surprised me. I even wrote a poem on becoming a poet, "Who me?"

**Sandy Crabtree, Idaho**

### **Research offers hope**

I have struggled with MS for 46 years. My first attack was thought to be a brain tumor. Thankfully, I recovered fully. One year later, I had my second exacerbation. I'm 76 and only recently have had to use a wheelchair or walker. I took Avonex once a week for 16 years until 2016, when my neurologist suggested I stop as I now have progressive MS. I am so happy to see that Ian Duncan, PhD, ("[Repair work](#)," Fall 2020) has used his talents on remyelination, as I feel this will change the future for people dealing with this disease. Hope is all that we have.

**Jim O'Brien, Rhode Island**

### **Bring problems to light**

I felt terrible for Lois Underwood, as I completely understand when things are not as accessible as they should be ("Not accessible," [@Momentum](#), Fall 2020). A while ago, my son played high school football at a stadium, and I (as well as others) could not get down the stairs of the stadium without something to hold onto, like a railing. I started writing letters to the city. Not just from a disgruntled mother, but for the disabled and elderly people of my city, too. I didn't say that I was the only one having the problem. I received a response within months. So, Lois, try writing letters to your city to get things changed, not just for you, but also for others in your community. Someone else is thinking the same way you are, and it only takes a couple of complaints to get the things we need done. I love your statement, "We are not dead!" This is true. Accessibility most times is a joke at a lot of places, but until it is brought to light by a few of us, nothing much will happen.

**Denise Hobbs, Washington**