

Facing MS together • Every step matters

Tiree: proud to be Presenting Sponsor at Ottawa's 2010 MS Walk

As part of their continuing commitment to "give back" to the community, Tiree is the Presenting Sponsor at the MS Walk in Ottawa on April 25, 2010. The MS Walk is the Society's largest national pledge-based fundraiser and involves over 60,000 participants and volunteers in more than 160 communities across Canada.

Tiree's commitment to this event is twofold. Not only are they supporting the MS Society of Canada, the only national voluntary organization that provides services to people with MS and their families, but they are standing behind one of

their own employees, and her hope that a cure can be found.

Lisa Anderson, a Tiree employee since 2007, has been personally impacted by MS. Her father was diagnosed with this disease 38 years ago. Turning 60 this year, he remains restricted to a wheelchair dealing with secondary progressive MS. Lisa has participated on the MS Walk in previous years, and this year, Tiree and its team of over 60 professionals have enthusiastically rallied behind Lisa and this charity by commencing an ambitious campaign to collect pledges. They are looking forward to joining Lisa

at the Walk start line on April 25th.

Valerie Allen, Vice-President with Tiree, said, "When we initiated this campaign, we were fully aware of its importance to Lisa. What we didn't realize was how many of our other employees had friends and family members who were also impacted by MS. That, for us, made this initiative even more meaningful and important."

Headquartered in Canada's National Capital Region, Tiree is a strategic leader in facility consulting, and project management services. With a dynamic multi-disciplinary team of professional Archi-

tects, Engineers, Interior Designers and specialist consultants, Tiree provides leading edge real estate solutions to all levels of government and industry. They are a unique firm with expertise in providing workplace accommodation strategies utilizing the most advanced technology systems available. Providing innovative facility strategies,

Tiree delivers solutions that enable customers to achieve optimal functional workplace performance that meet their business objectives.


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Ottawa Chapter reaches out with bevy of client services



The MS Society of Canada, Client Services (CS) Department provides programs and services to those affected by Multiple Sclerosis. Through these programs, they help members achieve greater independence and safety, as well as improve their quality of life. These services include:

Funding programs

The department oversees a loan cupboard, containing donated and gently-used equipment and offers financial assistance to offset the cost of assistive devices. Limited financial assistance is provided to cover services that are not available through

any other government or community agency

Exercise programs

Staying active is important. Various exercise programs are offered across the city, including yoga and wheelchair exercise for those with limited mobility. Classes for those without mobility aids are coming soon.

Educational programs

The Ottawa Chapter provides information on all aspects of living well with MS.

Support programs

Self help groups meet

throughout the city on a monthly basis, allowing people to talk with others who truly understand.

The Summer Enrichment Program enables clients to access one-on-one assistance and participate in group outings.

MS 101 offers a safe environment in which to discuss coping strategies and topics including diagnosis, symptom management as well as various family issues.

For more information regarding other services offered by the Ottawa Chapter, visit www.mssociety.ca/ottawa and select Client Services.