

ADVOCATE.

# GIVE. ADVOCATE. VOLUNTEER. LIVE UNITED



It's been a year since Monica was diagnosed with relapsing remitting Multiple Sclerosis. Over time, it got more and more difficult to do it all – work an 8-hour day, take care of the house and be a single mom. Without family in the area, she had little support. So she called the MS Society a United Way-funded agency for help. And she started

going out to lunch – to a local monthly MS luncheon where she found empathetic friends and support. Monica learned strategies to manage her time and symptoms. Most of all, she learned how to accept her diagnosis. She realized she could continue her daily life and her job with some small modifications. Her social worker and employer teamed with Monica to make working easier, like working from home a couple of days a week. With new confidence, Monica is now a peer support volunteer – helping others newly diagnosed to go forward, just like her.

**When we all work together, we can make change happen.  
Together, when we LIVE UNITED, we can make a real difference.**

To give contact United Way of Ontario County, Inc. 585.394.6550

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