

Today there are ergonomically designed pillows, made of memory foam that are specifically designed for different positions, whether you prefer lying on your back, side, or stomach. An online search for "side sleeper pillow" will give you a host of options, including one a neurologist designed. If you experience pain or have other sleep disruption issues, always contact your health care professional before treating yourself.

Having limitations isn't easy even in the best bed or chair. When my husband is down in the basement, in the garage, or outside doing yard work, we use walkie-talkies or wireless intercoms to communicate. I feel safer and he doesn't worry about me.

Shelley Peterman Schwarz has accumulated many ideas about comfort and convenience since she was diagnosed over 20 years ago. See the second edition of her book, **Multiple Sclerosis: 300 Tips for Making Life Easier**, available for \$16.95 from demosmedpub.com.

Wristies: Wristies, Inc, Wannancit Mills, 650 Suffolk Street, Suite G-5, Lowell, MA 01854; 800-811-8290; wristies.com.

Chillow pillow: Support Plus, P.O. Box 500, 99 West Street, Medfield, MA 02052; 800-229-2910; supportplus.com; chillow.com.

Promoting excellence in long-term care

by Marcella Durand

A home care program, an adult day care program and a nursing home were recently designated **Centers for the Promotion of Excellence in Long-term Care** by the Society. This special designation was established to recognize community-based programs and nursing home communities that demonstrate an ongoing commitment to serving younger people with MS who have different needs and interests than the frail elderly population more commonly served by such programs.

The Independence Care System in New York City, the Fairview MS Achievement Center in St. Paul, Minn., and the Northwestern Healthcare Center in Berea, Ohio, join four other designated long-term care programs: The Boston Home, Cincinnati's Beechwood Home, Good Shepherd Long Term Care Facility Inc. of Allentown, Penn., and The Marilyn Hilton MS Achievement Center at University of California, Los Angeles.

To receive the designation, programs must serve a significant number of people with MS and demonstrate that addressing

their complex needs is an integral part of the mission. They are also expected to promote excellence in long-term care to others.

All nursing homes, adult day programs, assisted living or other community-based housing options, and home care services that specifically design

Long-term care can mean lively and empowering programs for people with severe MS. The Society honors some outstanding examples.



Beechwood Home CEO Patricia Clark talks with residents B.J. Carr (l.) and Robin Dicks.

their programs to maximize quality of life for people with MS are eligible to be considered for this special designation. The Society hopes these organizations will serve as beacons and models for others. ■