



A Gift of Independence....

Submitted by Kelly Moore, Community Foundation Volunteer

The ability to be independent and live a normal life... that's what having a scooter has given Ken Sangster. Ken received his motorized scooter from Alberta Easter Seals this past December, thanks to a grant from the *Community Foundation of Medicine Hat and Southeastern Alberta*. With the added mobility his scooter provides, Ken can now do the things we take for granted. Grocery Shop, attend Doctor's Appointments and go to the bank. After Living with Multiple Sclerosis for over 25 years Ken considers himself lucky to still be independent and says his scooter is a big reason why. Wheelchairs are great for short distances and close quarters but they can be hard on the body and actually increase your rate of physical deterioration. A Scooter allows Ken the freedom to enjoy his community and travel around the city without straining himself or using special transit.

An avid reader, you can often find Ken zipping down to the public library or used book stores and now he can make those trips on his own schedule. Being independent and having those freedoms reduces the stress that can come hand in hand with Multiple Sclerosis. And since stress can encourage exacerbations, Ken credits his scooter for his continuing independence and glass half full attitude. He is very grateful for all the support the community has provided and even with his everyday challenges considers himself fortunate. As he says - things could be worse ... there are a lot of people in our world who are still chasing their food with a stick.

The Community Foundation is pleased to be able to make a difference in the life of someone like Ken. To find out how you can help make a difference, please call the Community Foundation at 527-9038.