Twenty years ago, Lisa Gerrol took on one of the most significant challenges of her life – developing a fledgling charity into a strong, effective organization capable of addressing the varied needs of people affected by multiple sclerosis. When Lisa joined the chapter in 1994, the charity struggled to raise $500,000 annually. Today the chapter raises $4 million annually. Under Lisa’s dedicated leadership, the chapter has spearheaded countless initiatives, including:

• Merging the former Greater Connecticut and Western Connecticut Chapters to a single entity in 2008, providing statewide consistency in programs and services.
• The establishment of the Joyce D. and Andrew J. Mandell Center for Comprehensive Multiple Sclerosis Care and Neuroscience Research in Hartford.
• The establishment of the Connecticut Home Care Program for Adults with Disabilities which provides state funding for adults with neurological degenerative diseases to receive vital home and community based services.
• Establishing Ojakian Commons, a 47-unit residence providing affordable and accessible housing for adults with disabilities.

Lisa continues to seek out new opportunities to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

On behalf of the Connecticut Chapter Board of Trustees and staff, I would like to congratulate Lisa Gerrol on 20 years of incredible success. I thank her for her dedication and her relentless efforts to improve the lives of people affected by multiple sclerosis. It has been and continues to be a pleasure working with such a strong and creative visionary.

Jack Betkoski, Chairman of the Board

CONGRATULATIONS
LISA GERROL
20 YEARS OF SERVICE TO THE MS COMMUNITY

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EVERY CONNECTION COUNTS
Get connected to the chapter online for the most up-to-date news, information and events.
You’ve heard us say it many times in the past, every connection counts. This year it was never more evident than in the advocacy efforts of our chapter.

Connecting with our state’s public officials, policy makers and community advocates, our MS Activists effected significant changes that will benefit the lives of families living with multiple sclerosis. In all they participated in 37 public hearings and forums to help provide access to quality care, long term services, and issues concerning disability rights.

One of our proudest moments came when, through the support of the Governor’s office and the Department of Social Services, the Connecticut Homecare Program for Adults with Disabilities took a huge step forward. Advocates lobbied to create this vital program in 2007, providing funding for necessary home care services to make it possible for people with MS and other disabilities to live at home rather than being prematurely placed in nursing homes. The program has been tremendously valuable and successful, but with a three year waiting list for the limited number of spots, there were challenges.

We are pleased and excited to announce that effective July 1, funding for this program increased and state assistance will provide benefits for 100 individuals. This doubles the access for people needing these services while at the same time, saving tax dollars with this lower cost option.

Another tremendous outcome was passage of Public Act 14-118, An Act Concerning Requirements for Insurers’ Use of Step Therapy. Step Therapy is the process insurance companies use to require patients to try and fail on less expensive medications before covering a more expensive one. Passage of this legislation means that, effective January 1, 2015, insurance companies must disclose that they provide a process for medical providers to request an override of the step therapy protocol when the provider believes it could be detrimental to the patient.

Joining with hundreds of disability rights advocates, MS Activists attended public forums about the proposed changes to Medicaid coverage for customized wheelchairs. This resulted in the formation of a consumer advisory council that will work together with state policy makers to guide the direction of new regulations.

Finally, without the support of Governor’s office, the Department of Economic and Community Development, the Department of Housing, and the Department of Social Services, the current construction of the affordable, accessible, supported housing facility in Simsbury for 47 people with disabilities would never have been possible.

We owe a big thank you to our advocates, to our state government officials, and to our donors and supporters for helping make a difference in the lives of so many. It’s true, every connection does count! We’ve accomplished so much on multiple fronts: in advocacy, through our research, and in our programs for families affected by MS but we have so much more to do. I encourage you to join with us to make your connections count.
For most, cycling is an individual sport, but for the Crebase family Bike MS is a true family affair.

Many years ago, Joyce and Philip Crebase settled in Wallingford, anticipating a quiet life in a peaceful town. In 1967, the couple was blessed with a daughter, Cheryl, and then along came Karen. Twins Patricia and Pamela were welcomed into the world in 1971, bringing the Crebase family count to an even six. As parents of four girls, Joyce and Philip knew they had their hands full, but the family could not foresee the challenges that lay ahead.

Growing up with supportive siblings was ideal for the girls, always having someone to play with or turn to. Eventually, one by one, they left for college. Cheryl studied at Gettysburg College in Pennsylvania before moving to Chicago. Karen headed north, landing at Maine’s Colby College before settling down as an Assistant Superintendent for the Nashua School District in New Hampshire. The twins took separate paths, Patricia traveling to Lancaster to study at Franklin and Marshall and Pam following Karen’s trail to Colby before returning home to Connecticut as a schoolteacher.

For years, the girls welcomed any excuse to travel home for the holidays. Then in 1997 they were heart-broken to learn that they might need to start coming home for something other than family vacations.

“Looking back, I think the first time multiple sclerosis showed itself to me was while I was on vacation with my family, and a friend showed up as a surprise,” said Patricia Crebase, who was 25 years old at the time. “I jumped up quickly, and my knee gave out. It wasn’t until the lower left part of my face dropped that I decided to go to the doctor. Within eight months, I was officially diagnosed with MS.”

More than 6,000 Connecticut residents are affected by multiple sclerosis, a potentially debilitating disease affecting the central nervous system. The cause is unknown and there is currently no cure for MS. Symptoms can include, among other things, numbness in the limbs, difficulties with vision and speech, stiffness, loss of mobility and, in some more severe cases, total paralysis. The progress, severity and specific symptoms of MS in any one person cannot be predicted.

For Patricia, MS progressed quickly. Within five years she was unable to walk, suffering from optic neuritis and battling terrible fatigue. Despite monthly doses of heavy steroids, Patricia’s severe symptoms forced her to take five months off work before returning to Cigna as a Senior Project Analyst.

Patricia Crebase Might Bear The Burden, But She’s Far From Facing The Challenge Alone

By Jacqueline Sembor, Communications Specialist
Joyce Crebase
Wallingford
Always a tight-knit group, the family responded with unstinting support. While Patricia would never allow anyone to feel bad for her, the sisters knew that they couldn’t sit by and do nothing.

“Ironically, I was already familiar with the National Multiple Sclerosis Society through participating in Walk MS with a friend,” remembered Pam, who now resides in Marlborough. “When we found out that multiple sclerosis was also what had been causing Patricia’s mysterious symptoms, we knew that the MS Society was where to turn for support.”

To get things in gear, in 1999 Pam and Karen established Team PAT, Pedaling Against The disease, and signed up for the National MS Society, Connecticut Chapter’s Fourth Annual MS Sights & Sounds Bike Tour. The two-day ride, which began and ended at Hammonasset State Park, was a perfect challenge for the athletic Pam and free-spirited Karen. On day one, the pair saddled up with other cyclists and followed a 55-mile route to a night of relaxation and fun at Sunrise Resort, in Moodus. The next day, the pair set out in the early morning for the 60-mile return trip.

“The bike tour was a great opportunity for Karen and me to show that we were engaged and determined to fight this with our sister,” said Pam. “The hard part was knowing that while we kept riding, Patricia was losing more and more mobility due to her MS. But instead of feeling defeated, we knew we had to keep pushing forward in search of a cure.”

In 2007, Karen convinced her mother, who had just retired as a substitute teacher at a middle school in Wallingford. “Karen lent me one of her extra bikes so I could start practicing around the neighborhood, and believe me, it was tough. For the first leg of training, she even jogged beside me to keep me going. Then, she would call me throughout the summer to check on me, making sure I had gone out for my daily training ride.”

In 2008 Team PAT welcomed its newest member and the trio of mother and daughters rode the first 25 miles together. The women worked hard, but most of all had a lot of fun and ultimately received the Best Team Spirit Award for the 2008 Bike MS ride.

“I hadn’t been training for very long before the ride, so I rode 25 miles the first day before my husband picked me up and brought me to camp for the night,” said Joyce. “Then, in the morning, I rode 25 more.”

Over the years, various friends and family joined the cause. In 2003, Team PAT was 22 riders strong. Cheryl even flew from Chicago to participate. When Patricia’s nieces and nephews were old enough to ride, they too donned the team jersey.

“Patricia has always been very independent and was optimistic when she received her diagnosis, despite some really tough exacerbations in the beginning,” said Karen, who plans on participating in Bike MS for many years to come. “While we all could look at this diagnosis as a black cloud hanging over our heads, instead we followed her lead and chose to use it as a rallying point for getting the whole family behind one cause. Together, we know we can make a difference.”

In 2011, the chapter listened to suggestions from Bike MS participants and the two-day tour shifted gears, becoming a single-day ride featuring new courses.

“The new one-day ride through Hartford is great for people like us who are looking to have a great time while raising awareness and funds for MS,” said Pam, who is now Director of Alumni Relations for the University of Connecticut’s College of Agriculture and Natural Resources. “It also got easier once we invested in road bikes instead of pulling out our mountain bikes each year. There are, of course, still a few hills along the way but that’s nothing that can’t be conquered with a little determination.”

In 2012, Patricia took a train from her home in Center City Philadelphia, Pa., to Connecticut to ride with her family.

“I was on the phone with my nephew Jonah talking about the upcoming ride when he asked me, ‘Are you going to ride with us, Auntie Patricia?’” shared Patricia, who remembered the conversation fondly. “Who could ever say no to that?”

Despite initially experiencing some debilitating exacerbations, Patricia had regained a lot of functionality and was working out at the gym regularly. She used a hand cycle provided by Connecticut Adaptive Cycling to join the family on the two-mile course.

“Knowing that my twin sister is disabled due to her MS is very emotional for me but she’s a fighter, so I have to be too,” said Pam.
Funds raised by the National Multiple Sclerosis Society, Connecticut Chapter, through events such as Bike MS ensure ongoing scientific research to find better treatments and a cure, as well as to provide vital programs and services offered by the chapter to those in the state living with multiple sclerosis. For more information on the 2014 Bike MS: Cardio Express Ride, presented by Cashman + Katz, or to donate, visit www.ctfightsMS.org.

“I am thankful that my children understand we’re not just riding when we sign up for Bike MS, we’re helping Auntie Patricia.”

Each year, leading up to the ride the family diligently raises funds for Team PAT, sending personal letters to friends and family announcing the upcoming ride.

“When my children write letters and see the responses that come back, they are learning that they too can make a difference and that little things can add up to affect change,” said Pam.

This year marks the sixth anniversary of the Bike MS: Cardio Express Ride. In the fall tour’s history, more than 2,000 cyclists have pedaled over 200,000 miles to raise more than $1 million to support local chapter programs and services as well as scientific research to find a cure for multiple sclerosis. This year, the National MS Society, Connecticut Chapter, hopes to raise $120,000.

To date, Team PAT has participated in every Hartford-based ride since 1999 and has raised more than $100,000. From 1999 to 2007, Team PAT consistently ranked within the top ten fundraising teams. Even more rewarding than the growing collection of Bike MS medals and awards, however, is knowing that their contributions have already paid off.

“Patricia used to take disease-modifying injections every week that gave her flu-like symptoms,” remembered Joyce. “But now she is on a new oral medication, and she never mentions any side effects. While she was never one to talk about the negative, we all can see that this is a big improvement. Without funding from the National MS Society, I know the new medication could not have happened.”

This year, Team PAT is once again saddling up for the Bike MS: Cardio Express Ride, presented by Cashman + Katz. The ride will be held on Saturday, Sept. 13, beginning at the historic Boathouse at Riverside Park in Hartford. The city to country ride, which includes 75-, 50- and 25-mile routes, will travel across three bridges, the Founders, Charter Oak and Arrigoni Bridges. While the terrain will include some challenging uphill climbs, overall the route is designed to be recreational, scenic and safe for all riders.

Finish line festivities will include a barbecue lunch, live band, local vendors offering product samples, free massage therapy and more.

“When I was first diagnosed, someone told me, ‘It may not be as good as you hope, but it probably won’t be as bad as you fear,’” said Patricia. “While my journey with MS has been a trying one, I have always been able to rely on my family for support and it really hasn’t been as bad as I once feared. I know we have made progress because of how much people, like my family, have done with the MS Society and all the advances it has made. And, I’m still stubbornly hopeful.”
Positive Results For Treatment of Relapsing-Remitting MS

In late March, Teva Pharmaceutical Industries Ltd. released positive results in a nine-month trial of generic glatiramer acetate, Synthon BV (GTR).

Glatiramer acetate is a synthetic compound that simulates myelin basic protein, a component of the myelin that insulates nerve fibers in the brain and spinal cord. This therapy seems to block myelin-damaging T-cells through a mechanism that is not completely understood. Currently glatiramer acetate is available under the brand name Copaxone and is approved by the FDA to reduce the frequency of relapses in patients with relapsing-remitting MS and for use in individuals who have experienced a first clinical episode and have MRI features that are consistent with MS.

In a study of 796 people living with relapsing-remitting MS across the globe, participants were randomly assigned injections of GTR, Copaxone or an inactive placebo. The generic drug reduced disease activity on MRI scans similarly to the company’s brand name treatment Copaxone.

The company has submitted an application to the FDA for approval of GTR to treat MS, and plans to submit an application to European regulatory authorities as well.

Clinical Trial Participants Needed

Investigators nationwide are recruiting 214 people for a study to determine the effectiveness of extended-release baclofen capsules in relieving spasticity and symptoms related to MS.

Spasticity is one of the more common and troublesome symptoms of MS. Baclofen acts on the central nervous system to relieve spasms, cramping and tightness of muscles caused by spasticity. This study is evaluating an extended-release form of the drug with the primary outcomes measured being the number of participants able to complete the study and the drug’s safety.

Participants should be at least 18 years old, have any form of MS and a known history of spasticity. Participants should be taking immediate-release baclofen at the same dose and the same schedule for the last 30 days. Trial sites in Connecticut include the Multiple Sclerosis Treatment Center in Derby and Coastal Connecticut Research, LLC, in New London.

Phase II Clinical Trial of Estriol In Women with MS Calls for Further Study

Early results from a Phase II clinical trial that tested the ability of the sex hormone estriol in combination with glatiramer acetate in women with relapsing-remitting MS offer valuable insights that invite further study of this hormone as a potential approach for treating women with multiple sclerosis.

Lead investigator Rhonda Voskuhl, M.D., of the University of California, Los Angeles, reported these findings in late April at the Annual Meeting of the American Academy of Neurology.

Estriol levels naturally rise significantly during later pregnancy, a time when many women’s MS disease activity declines. This led some to suspect that estriol may be responsible for this easing of symptoms during pregnancy. Voskuhl and others explored this lead in mice with an MS-like disease. Later, with National MS Society support, Voskuhl conducted an early-phase trial of estriol in 12 women with relapsing-remitting MS. Results suggested that estriol might decrease disease activity.

For the Phase II trial investigators recruited 164 women with relapsing-remitting MS between the ages of 18 and 50 at 16 sites across the U.S. All participants were on standard glatiramer acetate therapy and were randomly assigned to also take estriol in pill form, or an inactive placebo, for two years.

After the first year of the study those on the combined therapy had a significant reduction in relapse rates compared to those on glatiramer acetate plus a placebo, and secondary cognitive testing suggested possible benefit for those on the combined treatment. However, after the second year of the study, there was no statistical difference in relapse rates between those on glatiramer acetate combined with estriol versus those on glatiramer acetate combined with a placebo.

Funds provided by the National MS Society to support this Phase II study were a direct result of the society’s special five-year, $10 million research initiative to explore the importance of the meaning behind gender differences as they apply to the MS disease process. Larger Phase III studies are needed to confirm potential benefits and risks and to gain approval from drug regulators.
Experts Map Out Next Steps For Tracking MS Progression

The four-year, $3 million MS Outcome Assessments Consortium (MSOAC) is continuing to collect data from many MS clinical trials. The project, which is supported by the National MS Society, is a global effort aimed at developing a new tool to address the critical need for a more sensitive way to detect the benefits of potential treatments that slow or reverse the progression of disability in people living with MS.

To date, the team has collected data from 5,000 people living with MS who were previously enrolled in clinical trials with an additional 11,000 in progress. Ideally, the existing data may be sufficient to achieve the goals of MSOAC but some additional research may also be needed.

Data collected from the various clinical trials will be standardized and analyzed to identify optimal measures for inclusion in the new tool, which will then be submitted to the Food and Drug Administration and European Medicine Agency for regulatory approval. This approval would validate the tool’s acceptance for use as a primary outcome measure in clinical trials.

Society Researchers Push Technology Barriers to ID Novel Treatment Strategy

In a study reported online in the journal *Immunity*, Society-funded Harvard and University of California researchers combined drug screening with state-of-the-art techniques to identify three small molecules that improved symptoms in a mouse form of multiple sclerosis.

The three potential drug candidates, which were selected from a large library of screened chemicals, each weakened the response of Th17 cells, which play a role in the immune attacks against the brain and spinal cord in MS.

Researchers identified these molecules by looking at “transcription factors” that instruct the activity of genes and genome-wide screening techniques. This implies that new pharmaceuticals to fight autoimmune diseases, such as multiple sclerosis, may be identified more effectively by adding genome analysis to standard drug screening.

For more information on these research briefs, visit www.nationalMSsociety.org.

The National MS Society, Connecticut Chapter, invites you to

RESEARCH

NEW NOW LOCAL

Tuesday, September 30
6 to 9 p.m.
Crowne Plaza, Cromwell
Dinner 6 – 6:45 p.m.
Program begins at 6:45 p.m.

Daniel Pelletier, M.D., will moderate a panel of four local, society-funded researchers to speak about the Stop, Restore and End aspects of the National MS Society’s Research NOW campaign, as well as current opportunities for Connecticut residents. Pelletier is a Professor of Neurology and of Diagnostic Radiology, Chief of the Multiple Sclerosis Center, and Neuro-Immunology Division and Director of the Yale Clinical Neuroscience Imaging Center.

The program is free but requires pre-registration.
To register, visit www.ctfightsMS.org or contact the Connecticut Chapter at programs@ctfightsMS.org or call 1.800.344.4867.

If you have questions, contact Eric Szafran at programs@ctfightsMS.org.

A special thanks to the members of the chapter’s Research Advocacy Committee for their contributions to the planning of this program.
What do dietary salt, adult stem cells and immune cells have in common? They are among the leads being explored to move us closer to a world free of MS.

In April, the National Multiple Sclerosis Society provided $29 million to support 83 new MS research projects and training awards. These funds are part of a three-pronged comprehensive research strategy aimed at stopping MS, restoring lost function and ending the disease forever. Locally, of the $29 million, nearly $600,000 has been committed to researchers at Yale University.

This financial commitment is the latest in the Society’s relentless research efforts to move us closer to a world free of MS, with a goal to invest more than $50 million in 2014 to support over 380 new and ongoing studies around the world.

New research projects include:

- A study conducted at Yale by David Hafler, M.D., the Gilbert H. Glaser Professor and Chairman of the Department of Neurology at Yale School of Medicine and the Neurologist-in-Chief at Yale-New Haven Hospital, which tests the relationship between high-salt diets and gut bacteria to determine if it plays a role in developing or worsening symptoms of MS.

- A research program based in France looks at the potential of using a person’s own adult stem cells as ‘spare parts’ for repairing the brain.

- Ivan Mascanfroni, Ph.D., of Brigham and Women’s Hospital, in Boston, Mass., received a grant to test ways to control both helpful and harmful immune cells, seeking better treatments for MS.

One way the Society propels MS research is by funding high-risk, high-potential pilot projects to investigate ideas that have not yet been tested. Thirteen new pilot projects launched in April will allow researchers one year to gather data and determine if their ideas are worth further research.

Among the new recipients is Jaime Grutzendler, M.D., an Associate Professor of Neurology and Neurobiology and a Director at Yale Center for Experimental Neuroimaging (YCEN). Grutzendler has received a total of $39,999 in funding from the National MS Society for her pilot project titled, “CNS Repair.” Grutzendler’s focus is imaging myelin repair as it happens in mice for clues to MS repair strategies.

For this pilot project, Grutzendler developed a new microscopic technique that allows visualization of myelin sheaths in the brains of living mice. As such, she is able to track certain parts of the brain over days and even months. This imaging technique is unique in that it provides insight on how myelin and myelin-making cells are regenerated after damage. Not only is this essential in better understanding how MS affects the body but also in identifying ways to stimulate repair in the disease.

“In 2013, the society invested $47.6 million in over 350 new and ongoing projects,” noted Kara Preston, Vice President of Development and Strategic Partnerships. “With this newest round of funding, we will continue to see the fruits of previous investments and are committed to growing our research funding over time.”

The Society continues to pursue all promising paths that lead to solutions for those who have been affected by MS. Funding provided by the National MS Society has helped in the development of many available disease modifying and symptom management therapies.
Multiple sclerosis is not widely recognized as a childhood disorder. As pediatricians may not be familiar with MS, diagnosis is often missed or delayed. Studies suggest that two to five percent of all people with MS have a history of symptom onset before age 18. An estimated 10,000 children have MS in the United States, and another 15,000 experience other demyelinating disorders that may be related to MS.

One Yale researcher with a focus on pediatrics is shedding light on key environmental risk factors associated not only with multiple sclerosis, but also pediatric MS.

“I was inspired by my research mentor, Dr. Brenda Banwell, and her enthusiasm for studying multiple sclerosis in children,” said Naila Makhani, M.D., M.P.H., an Assistant Professor of Pediatrics and Neurology at the Yale University School of Medicine. “She was a pioneer in describing this disease in children. While I also have personal connections to MS, it was Dr. Banwell that helped me to see that children may hold the key to curing MS.”

In 2005, Makhani completed her Doctor of Medicine Degree at the University of British Columbia. She went on to earn her Master’s Degree in Public Health from Harvard University School of Public Health in 2011. Concurrently, she completed a two-year formal fellowship in pediatric multiple sclerosis and central nervous system inflammatory diseases, funded by the Canadian Network for MS Clinics at the Hospital for Sick Children in Toronto, Canada. In 2013, she received the Young Investigator Travel Award at the European Congress for Treatment and Research in Multiple Sclerosis (ECTRIMS) held in Copenhagen, Denmark.

“As an assistant professor at Yale, I am able to split my time evenly between researching and providing clinical care including my work at the MS Clinic at Yale’s North Haven MS Care Clinic,” said Makhani, whose husband, Nathan Martin, also works at Yale as a music theorist. “I find it very rewarding to see something occurring in a patient, ask myself, ‘Why is this happening?’ and then develop a study to try and find an answer.”

Makhani has focused on pediatric MS clinical care and projects looking at immune cells, MRI imaging features, and environmental exposures in children with MS. As the lead author of “Environmental Risk Factors for Pediatric Multiple Sclerosis,” she focused on four topics: geography, vitamin D deficiency, viral exposure and cigarette smoke. In the article, Makhani concluded that place of residence early in life might significantly influence future MS risk. According to one study, pediatric MS patients are more likely to report Caribbean or Asian ancestry compared to adult-onset MS patients. Along the same lines, pediatric-onset MS patients born in North America and those who spent some or all of their childhood in Canada show that place of residence in childhood is a profound determinant of MS risk.

The article went on to say that these geographical variations in MS prevalence may be explained by sunlight exposure and vitamin D status. In an experimental autoimmune mouse model of MS, an injection of vitamin D prior to disease induction proved to prevent the clinical manifestation of symptoms and the development of pathologic lesions. This may provide interesting insight to environmental exposures in relation to an increase in MS risk.

Makhani further deduced that studying viral exposures has led many to the discovery of a link between MS and infection, specifically with Epstein-Barr Virus (EBV). Testing positive for EBV appears to increase the risk for adult-onset MS. In childhood, case-control studies show that the virus is also more commonly detected in pediatric-onset patients than in healthy age- and regionally-matched children.

Lastly, Makhani looked at cigarette smoke in context with MS biology. Increased risk for adult-onset MS in individuals who have a history of smoking has been found in several case-control studies. Consistent with this research, studies show that children under the age of 16 diagnosed with MS were more likely to be exposed to parental smoking. However, there has not been an established link between childhood-onset MS and maternal smoking during pregnancy.

“Children with MS have a shorter window than adult patients between exposure to environmental triggers and clinical disease onset,” said Makhani. “That shows me that understanding environmental factors is vital to identifying and developing preventative strategies for multiple sclerosis.”

Makhani is currently taking new patients and can be reached at 203.785.4081. For more information on pediatric MS, please visit www.nationalMSsociety.org.
Many people with MS experience a temporary worsening of their symptoms when the weather is very hot or humid. These short-term changes can result from even a very slight elevation in core body temperature, as little as half a degree. But MS specialists have a few tips that might help keep you cool, even when it starts getting hot.

“The majority, but not all, of people living with multiple sclerosis can feel worsening symptoms when exposed to warm temperatures,” said Andrea Stewart, M.S.N., who has worked with the Neurological Group in New London since 2009. “MS patients are particularly susceptible as their demyelinated nerves already have slowed conduction. This means that becoming overheated can make preexisting symptoms worse in MS patients.”

Activities including sunbathing, overheating from exercising or taking very hot showers or baths can increase a person’s core temperature slightly, and may trigger MS-related symptoms.

In fact, for many years, doctors tested people for heat intolerance when testing for multiple sclerosis. Using the “hot bath” test, a person suspected of having MS was immersed in a hot tub of water. The appearance of neurological symptoms or their worsening was taken as evidence that the person had multiple sclerosis.

“I most frequently hear about dizziness, blurred vision in one eye, numbness and tingling, fatigue, and urinary urgency as symptoms when heat becomes a factor,” said Stewart. “Heat intolerance may also increase symptoms such as weakness, tremors and decreased cognitive function. This occurs because an elevated temperature impairs the ability of a demyelinated nerve to conduct electrical impulses.”

It is important to remember that heat generally produces only temporary worsening of symptoms. It does not cause more disease activity, such as further demyelination, and symptoms generally reverse quickly when the source of increased temperature is removed.

“If a heat-sensitive MS patient is considering a long-term stay or permanent move to a warmer climate I would recommend looking into houses and apartments with air conditioning,” said Stewart, whose mother was diagnosed with MS in 1987 followed by her father’s own diagnosis in 2007. “Ensuring that there is a space to cool down and sleep overnight can make a big difference. This is also extremely important in the work environment, as symptoms can greatly impair both comfort and productivity.”

Like MS in general, heat intolerance also differs for people in terms of threshold, severity and type of symptoms, and length of time required to recover. Some people can be just fine taking a brisk walk in 90-degree weather, as long as they avoid the sun and drink cold beverages. These people have a higher threshold for heat than others who start feeling symptoms at much lower temperatures and with much less activity. Once symptoms begin, they can range from annoying, such as tingling in the feet, to debilitating, such as crushing fatigue or severe weakness. And, while all symptoms that are results of heat intolerance should resolve once body temperature returns to normal, the process takes longer for some people than others.

“One of the best tactics is to take a break if and when symptoms present, as they should return to normal along with your temperature,” shared Stewart. “Keeping a fan, drinking cold water and wearing a cooling vest or headband can help prevent overheating during exercise. Many MS patients swim for exercise, which is a wonderful option along the Connecticut coast or in community YMCAs.”

### Strategies For Easing The Effects Of Heat

- Stay in an air-conditioned environment during periods of extreme heat and humidity. If an air conditioner is needed to help minimize the symptoms of MS, the cost of this equipment may be tax deductible if the physician has written a prescription for it.
- Use cooling products such as vests, neck wraps and bandannas, during exercise, outdoor activity or pre- and post-cool.
- Wear lightweight, loose, “breathable” clothing.
- Icy drinks or popsicles can provide temporary relief.
- Use an oscillating fan during indoor exercise.
- Exercise in a cool pool (less than 85 degrees).

For more information on heat intolerance, visit [www.nationalMSsociety.com/symptoms](http://www.nationalMSsociety.com/symptoms).
The Connecticut Chapter is pleased to present this year’s group of students receiving college scholarships. Of the 19 scholarships awarded, 17 are funded through the chapter’s Hayley’s Hope and Michaela’s Miracle MS Memorial Fund, including one scholarship renewal awarded to Sandra Medrano. The fund, started by the Petit family in July 2007, continues the work of Jennifer, Hayley and Michaela Petit. In addition to other vital family programs, the fund provides scholarships for college freshmen who either have multiple sclerosis or have a parent with MS.

One Jo-Ann Concilio MS Memorial Fund Scholarship was awarded; the Michael and Nancy Cummings Scholarship funded the final scholarship. Each of the students demonstrated courage, perseverance and academic prowess in the face of the many day-to-day challenges associated with having MS or having a loved one battling the unpredictable effects of MS, uniquely qualifying them to be named to this year’s MS Scholarship Program.

### 2014 Scholarship Recipients

#### David Anastasio
**Newington**
David’s father, Dario, was diagnosed with MS when David was 10 years old, but that didn’t stop him from signing David up for sports teams and supporting his athleticism. Most of the time, Dario’s symptoms kept him at home while his son played. Despite MS robbing Dario of much mobility, it couldn’t stop him from witnessing his son’s biggest game, Newington High’s senior football night. “It meant a lot to me knowing he was out there watching me that night,” said David. “It was the first time he’d watched me play football on Newington High’s home field.” David will attend the University of Connecticut, in Storrs, to pursue a degree in biology.

#### Rachel Andriunas
**Darien**
Rachel has always taken charge. “I am the one to get up first, feed the pets, make breakfast and make sure my brother gets out of bed,” she said. “I always made sure I made it to the neighbor’s house so I could ride with them to school and once I got home, I was at the bus stop to get my brother Matt off of the bus. My mom was home, but usually was in her room resting because her MS caused such great fatigue.” Andriunas, inspired by her teachers at Darien High School, will attend Sacred Heart University, in Fairfield, to pursue a degree in secondary education.

#### Adrian Caraballo
**Hartford**
Adrian’s interest in libraries was sparked when he signed up to complete community service hours at the Bolton High School library. “At first it was just a way to put some time on the clock, but as I continued to work and realized how involved the job really was, I saw that it could become a career,” said Adrian, who also spends a lot of time assisting his father with physical therapy exercises to combat his MS. With dreams of becoming a published author, Adrian will attend Capital Community College, in Hartford, to pursue an associate’s degree as a library technical assistant until he finishes his first novel.
Sean Larson
Fairfield
Last year, Sean broke his leg and needed to use crutches for 10 weeks. “It was extremely painful and not being able to walk on my own was annoying, but that accident made me realize how resilient my mother truly is,” he said. “She lives with MS every day, and that is a cast she will never be able to take off.” Sean, a golfer for 13 years and a cellist since the third grade, is now adding a new challenge to his plate. He wants to become a businessman, like his father, and will attend Fairfield University’s Dolan School of Business to pursue a degree in marketing.

Seth Guiliano
Berlin
When Seth was only nine years old, his mother, Annette, was diagnosed with multiple sclerosis. It was hard to take in all that was happening, but what did stick out was his mother’s positive attitude toward life. He took that to heart, and as he grew older, strived to maintain his status as an honors student, volunteered in the community and worked as a youth soccer coach. Now 17 and on his way to the Wentworth Institute of Technology, in Boston, Mass., Seth hopes he can use his interest in robotics to make a positive impact, just as his mother’s attitude did for him.

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Elizabeth Honsberger
Westbrook
At the age of four, it was difficult for Elizabeth to find the silver lining in her mother’s multiple sclerosis diagnosis. In addition to excelling in her classes and taking up skiing, Elizabeth had extra responsibilities at home cooking, cleaning and running errands. “I always try to help out, but I worry every time I go to school knowing that my mom is home alone,” shared Elizabeth. “But, my mom’s MS has helped me become a much more mature, independent young woman and I hope to use those skills in college.” Elizabeth plans to attend the University of Rhode Island, in Kingston, R.I., to pursue a degree in pharmacy.

Hayley’s Hope
& Michaela’s Miracle
MS Memorial Fund
Continuing the Work of the Petit Family

Nicole Djamjian
Ridgefield
When asked how MS has affected her, Nicole said, “Watching my father live with MS for so long has shown me that you always need to get back up, no matter what makes you fall.” That, in conjunction with her mother’s own ambition of entering the judicial system, has inspired Nicole to pursue her big dreams of becoming a prosecutor or district attorney before landing the ultimate job: serving as a law clerk for the Supreme Court. A graduate of Ridgefield High School, Nicole plans to attend Manhattanville College, in Purchase, N.Y., to pursue a degree in legal studies and psychology.

Brooke Ellis
Enfield
At Enrico Fermi High School, Brooke tried many new things while continuing with the activities she loves. She joined the field hockey team while continuing to play the flute. She continued taking dance classes as she has since she was three, and also joined the yearbook committee. At home, she continuously adjusted to her father's needs as MS robbed him of more and more independence, taking on the tasks of cooking dinner, mowing the lawn, fixing broken appliances and more. She became an active member of the MS Society in 2008, and is now setting her sights on a biology degree from the University of Connecticut, with dreams of pursuing a career as a medical researcher to help those living with MS.

Robert Koch
Trumbull
Robert played baseball and hockey while keeping his grades up in advanced placement and honors courses, eventually attaining a position in the National Honor Society. He worked a part-time job and still had time for friends on the weekends. And he did it all while helping his father. “When I was eight, my dad used to take me along to his job sites,” said Robert. “Then, things started to get harder for him and he began to depend on me and others for more and more mobility.” A graduate of Trumbull High School, Robert will attend Fordham University, in Bronx, N.Y., to pursue a degree in business.

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Danielle Letendre
Shelton
Danielle was a varsity letterman on both indoor and outdoor track and field. She discovered her dream job, however, following a soccer injury, which left doctors thinking she would never regain mobility in her ankle. “After two months of physical therapy, I achieved the unattainable: my ankle had full rotation and I could sprint,” said Danielle, who cited her mother, Laurie, who lives with MS, as her greatest inspiration. “I went on to intern at the same facility where I received my treatment. I can’t wait to be on the other end of the recovery process.” Danielle will attend Springfield College to pursue a degree in physical therapy.

Jonathan Markovics
Clinton
In addition to maintaining honors student status, Jonathan was a four-year member of the Interact Club and the Mock Trial club, with leadership positions in both activities. He has also dedicated time to the Clinton community as a four-year volunteer for the local Buddy Baseball program and is active within his local parish. Jonathan’s commitment to helping others also carries over to his home life, where he regularly works alongside his father in an exercise routine focusing on muscle repair in an effort to help his father regain strength in his legs, which were weakened by MS. Jonathan will attend the University of Connecticut, at Avery Point, to pursue a degree in economics.

Quinne Murphy
Ellington
Quinne, a three-year participant in the Aquaculture Career Development Event, has developed a passion for science. What started out as a love for animals and science-focused television shows quickly blossomed into a very specific career interest: exploring outer space for life on other planets. “If anything positive has come from my mother’s diagnosis, it would be that I learned you can never be ready for everything, there’s always something else out there.” Now a graduate of Rockville High School, Quinne will attend the University of Connecticut at Avery Point, in Groton, to pursue a degree in marine science with dreams of applying her knowledge to study Jupiter’s moon, Europa.

Katherine Roque
New Haven
Katherine attended Cooperative Arts and Humanities High School, taking on not just one instrument, but three. She was also able to manage her family responsibilities of aiding her mother in caring for her father, helping out with two younger sisters and honoring commitments to the Neighborhood Music School and Yale School of Music. Despite multiple relapses and progressive symptoms that had robbed him of much mobility, Katherine’s father refused to let his MS steal his dance with his daughter on her 16th birthday. Katherine will attend the University of Connecticut, in Storrs, to pursue a degree in music education.

Samantha Schwartz
Norwalk
Samantha has an innate desire to help others. Whether giving her time to her school’s community service organization, B.R.O.W.N. Club, Bears Reaching Out Within Norwalk, or on the home front, she was always there to lend a hand to those in need. “As an older sister, I have found that I need to help my younger brother deal with his emotions as he tries to comprehend the changes that come with having a parent living with MS,” she said. Recognizing her ability to always maintain a cool head in difficult situations as well as her caring nature, Samantha plans to attend Southern Connecticut State University to pursue a degree in social work.

Nicolas Silva
Bethel
Upon learning of his mother’s diagnosis with multiple sclerosis in 2011, Nicholas and his mom set a goal for two years down the road: walking together onto the football field for his senior night. “The true victory that night was not defeating our opponent, but being able to walk with my mom across the field,” said Nicholas. “At first it was really hard for me to come to terms with the diagnosis, but once I saw that she was not going to let it define her, I learned to roll with whatever life throws at you.” Nicholas will attend The University of Scranton, in Scranton, Penn., to pursue a degree in criminal justice.

Dashka Boursiquot
Stratford
**Scholarship funded by the Jo-Ann Concilio Memorial Fund**
During her high school career, Dashka participated in many extracurricular activities, but the crown jewel was a four-year run with Bunell High School’s indoor track team, culminating in a position as the team’s captain during her senior year. Unlike most industrious teenagers, however, Dashka did it all while living with multiple sclerosis. “Running is my passion, and it has taught me that I can continue to reach for my goals even when I’m in pain or feeling weak,” she said. She will attend Western New England College, in Springfield, Mass., to pursue a degree as a pre-physician’s assistant, which she hopes to use to help children who are sick.

Taliah Rivera
West Haven
**Scholarship funded by the Michael and Nancy Cunnings Scholarship**
Taliah’s story is very different from most other teens. As the elder of two children in a single-parent home, Taliah knows what it’s like to take on extra responsibilities, working two part-time jobs to help her mother pay the bills, maintaining the household and still finding time to enjoy life as a teenager. And she did it all while living with MS. In her senior civics class, she chose to do a social project on childhood MS, hoping to raise awareness for the disease she battles daily. Taliah plans to attend the University of Bridgeport to pursue a degree in human services.
The National MS Society is on track to scare up a cure for multiple sclerosis. With that in mind, the National MS Society, Connecticut Chapter, will host the third annual Run MS: A Spooktacular 5K, on Saturday, Oct. 25, at Rentschler Field in East Hartford.

The event features a 5K run for both the serious athlete and the not-so-competitive jogger, or even speed walker. Post-run activities include family-friendly Halloween-themed fun, games, music, face painting, prizes, light refreshments, a few surprises, and perhaps, a mild scare.

Dressed to surprise, Todd Piro, reporter and news anchor with NBC Connecticut, will serve as the run’s grand marshal.

Check-in for the 2014 Run MS: A Spooktacular 5K, begins at 3:30 p.m. The run starts at 4:30 p.m.
Cheshire residents Don and Jenifer Walsh hosted the ninth annual Team Jenifer Beer tasting on March 14, at Lane Construction Co., in Cheshire, to benefit the Team Jenifer Walk MS fundraising team. The event raised roughly $9,000. Over the past nine years, the event has raised more than $100,000 to support the fight against MS. Jenifer Walsh, who has been living with multiple sclerosis for 16 years, also hosted a Spinning For A Cure event on May 3, which raised an additional $2,500.

Robert Smith, of G & S Scrap Metal, in South Windsor, keeps an empty five-gallon water jug in his office to allow customers to donate to local charities. This year, he decided to donate to the National MS Society, Connecticut Chapter, in support of his close friends battling the disease. The final tally, ranging from $100 bills to pennies, rang in at $3,642.

In April, Lite 100.5 WRCH’s Mike Stacy hosted the first ever Girls Gone Bananas event at J Restaurant and Bar to benefit his Bike MS Banana Bike Team. The team has participated in the Connecticut Chapter’s Bike MS event for 25 years. The event raised more than $1,200. Stacy also hosted a Spinning With Cher event on May 3, which raised an additional $1,000.

The Mandell Center hosted its annual pizza party fundraiser, complete with specialty pizzas, drinks and desserts, on March 31 at the MS Center Neuro Rehab Gym. A donation of $5 got visitors all-you-could-eat food and drinks. The event raised more than $1,000.

The G Team, Good People, Doing Good Things, hosted its annual Shakin’ For A Cause Zumba event on Sunday, March 30, at Sazon Y Mambo, in Bridgeport. Captained by Cynthia Lucero in support of her husband, Eddie Gutierrez, who was diagnosed with MS in 2007, The G Team’s event raised $1,360. The team raised an additional $1,900 at its annual Comedy For A Cause event on May 16.

Judy Finch and family hosted a Trivia Night For MS event in April at the Rocky Hill Elks Club. The event raised $2,000 for the National MS Society, Connecticut Chapter. Finch’s son, Alex, is also captain of the Wethersfield Walkers Walk MS fundraising team.

The first ever Old Town Meatball Challenge was held on Feb. 23, at the Old Town Cafe, in Wethersfield. Event organizer Karen Guarnaccia was diagnosed with multiple sclerosis in 1994. The event raised $725.

Inspired by Janet Rathbun’s diagnosis with multiple sclerosis, Yankee Cloth continues to make its mark. The shop hosted its fourth annual Autumn Harvest Festival last October in Wallingford. The event raised $560 for the Connecticut Chapter.

The first ever Shred For MS benefit concert presented by Simple Machinery took place this May in Wallingford. More than $600 was raised and all proceeds were donated to the National Multiple Sclerosis Society.
Mandell Center Staff Gets Muddy For MS

On Sunday, April 27, the Mandell Center’s staff of nurses and doctors, who usually spend their days caring for hundreds of people living with MS across our state, left their scrubs at home and decided to get dirty for MS.

“It all started when Mary Osella, one of the center’s infusion nurses, shared with me that she wanted to do the MuckFest,” said Amy Neal, a certified Physician Assistant for the Mandell Center and captain of the Wade’s Warriors From Mandell Center For MS MuckFest MS fundraising team. “Both of us had participated in these types of obstacle course runs before, but neither of us had done one for MS. This gave us the opportunity to pair our own interests with our passion for fighting MS.”

MuckFest MS attracts the best mix of people: everyone from seasoned endurance athletes to brand new participants who are doing their very first mud and obstacle 5K. All that’s required for MuckFest MS is a desire to laugh and to have fun with friends, old and new.

“We started talking about it around the office to get people interested and were very excited when patients decided to get involved, too,” said Neal, who gathered a group of 20 people to participate in the event. “Mary started chatting it up in the infusion room and then our patients started getting each other excited about the event. About half of our team ended up being Mandell Center staff members and the other half was our patients.”

When co-captains Amy Neal and Avery Osella decided to name the team Wade’s Warriors From Mandell Center For MS, the center’s own medical director Dr. Peter Wade decided he should participate too.

“Going in to the event, I knew it was going to be a chilly Sunday morning, but it was a fun atmosphere to interact with the center’s staff and patients, all while raising money for MS,” said Wade, who himself is living with the disease. “I was prepared for the cold weather and obstacles, but I was really impressed by the team’s enthusiasm.”

Together, Wade’s Warriors ran, swung, sloshed and climbed their way through a 5K course of obstacles and muddy pits, trenches and craters. But the day wasn’t just about the fun. There was also a mission behind MuckFest MS: all proceeds benefited the National Multiple Sclerosis Society.
“We are very serious about MS comprehensive care... but are ready to shed our daily professionalism and get dirty in support of MS!”
As the nutrition and health expert for the “Today Show,” Joy Bauer, M.S., R.D., C.D.N., is one of the nation’s leading health authorities. She shares reliable, practical and straightforward advice that helps millions of Americans lead healthier, more fulfilling lives. This October, she will share her knowledge with hundreds of Connecticut women attending the 2014 Greater Hartford Women Against MS Luncheon.

Bauer received her bachelor’s degree in kinesiology from the University of Maryland and a master of science in nutrition from New York University. At the beginning of her career, Bauer completed a five-year post as Director of Nutrition and Fitness for the Heart-Smart Kids Program at The Mount Sinai Medical Center’s Department of Pediatric Cardiology in New York City.

Bauer went on to serve as Nutrition Consultant for the Columbia Presbyterian Medical Center. In addition, she was the Clinical Nutritionist with the neurosurgical team at The Mount Sinai Medical Center and taught anatomy, physiology and sports nutrition at New York University’s School of Continuing Education. She was also the exclusive nutritionist for New York University’s faculty, students and athletes as well as the New York City Ballet. As the founder and CEO of Joy Bauer Nutrition, Bauer headed one of the largest nutrition centers in the country for close to two decades.

Passionate about delivering scientifically sound health information, Bauer received the 2010 National Media Excellence Award from the Academy of Nutrition and Dietetics, as well as the 2012 American Society of Nutrition’s Nutrition Science Media Award.

Today, Bauer is host of both the Joy Fit Club television series and RLTV’s Good Food, Good Deeds, AOL and Everyday Health’s nutrition expert, and creator of JoyBauer.com. Her other ongoing series include Joy’s Diet SOS, Joy’s Healthy Food Finds, and Too Good to be Healthy. She is also a monthly columnist for Women’s Day magazine and has authored several New York Times bestselling books including, “The Joy Fit Club: Cookbook,” “Diet Plan & Inspiration,” “Slim & Scrumptious,” and “Joy Bauer’s Food Cures: Completely Revised & Updated.”

While there is not a special diet to help people living with MS, maintaining good health is very important for people with any chronic disorder. Research does suggest that vitamin D may have important effects on the immune system and may help regulate cell growth and differentiation associated with MS. Specialists in the field recommend that people with MS adhere to the same low-fat, high-fiber diet that is recommended for the general population. One thing is for certain: what and how a person eats can also make a difference in energy level, bladder and bowel function, and overall health.

The 2014 Greater Hartford Women Against MS Luncheon will take place at the Marriott Hartford Downtown on Friday, Oct. 17, from 11 a.m. to 2 p.m. Guests are encouraged to invite co-workers, friends and family to the fight against MS. Women Against MS is a nationwide fundraising event that helps to increase public awareness of MS and the National MS Society. Statistics reveal women are two to three times more likely to be diagnosed with MS than men. Funds raised through National MS Society events, such as WAMS luncheons, ensure ongoing scientific research to find better treatments and a cure as well as the continuation of local programs and services offered by the Connecticut Chapter to those it serves.

Her mission is to improve the health of our nation; she believes it’s never too late or too early to reap the benefits of healthy living.
It's quick. It's easy. And all you need is a pen. Every year, over 1.5 million public and private sector employees designate their charitable contributions to non-profit organizations nationwide through employee giving campaigns. And, it adds up! In 2014, the chapter will receive more than $200,000 through charitable giving campaigns.

If you are a federal government employee or your employer offers a charitable giving campaign, you can help move us closer to a world free of MS by designating your contribution to the National MS Society.

Many national and local corporations offer their employees an opportunity to make a charitable donation through payroll deductions. If your employer partners with Community Health Charities (CHC), look for the National MS Society listing under CHC. If your employer offers an independent campaign, ask your program administrator how to designate your gift to the National MS Society. Your employer may also match your contribution.

To learn more about how your gift can make a difference in the lives of those living with multiple sclerosis, please contact Kara Preston at 860.913.2550, ext. 52533, or visit us online at www.ctfightsMS.org.
## SUPPORT GROUPS

Please verify group meetings with leaders prior to attending as dates and times are subject to change and meetings may be moved due to holidays. The contact information provided should not be used for solicitation purposes. Additional support can be found online at www.msconnection.org.

### BRANFORD
- **3rd Wednesday, 5:30 p.m.**
  - James Blackstone Memorial Library, 758 Main Street
  - Cheryl at 203.535.3053

### COLCHESTER
- **2nd Saturday, 10:30 a.m. to noon**
  - 59 Harrington Court
  - Peggie at 860.267.9759

### DANBURY
- **2nd Wednesday, 7 to 8:30 p.m.**
  - Main Street Rehab Center, 235 Main Street
  - Eric Szafran at 800.344.4867
  - Professionally facilitated

### DANBURY Caregivers
- **2nd Wednesday, 7 to 8:30 p.m.**
  - Main Street Rehab Center, 235 Main Street
  - Joe at 203.264.2252

### DERBY
- **3rd Wednesday, 4:30 to 5:30 p.m.**
  - Griffin Hospital, 130 Division Street
  - Lisa at 203.231.4716

### GRANBY
- **2nd & 4th Monday, 1 p.m.**
  - Salmon Brook Apartments, 287 Salmon Brook Street
  - Jane at 860.653.2436

### HAMDEN
- **3rd Saturday, 11 a.m.**
  - The Playwright, 1232 Whitney Avenue
  - Paul at 203.213.5466

### HARTFORD
- **4th Wednesday, 6 to 7:30 p.m.**
  - Ready Set Prep, 384-386 Woodland Street
  - Lurrann at 860.707.0755

### MANCHESTER
- **1st Monday, 10 a.m.**
  - Presbyterian Church of Manchester, 394 Lydall Street
  - Nancy at 860.742.5155 or Karen at 860.746.4247

### MIDDLETOWN
- **2nd Saturday, 1 p.m.**
  - Wadsworth Glen, 30 Boston Road
  - Mary at 860.828.5240

### MILFORD
- **2nd Saturday, 1:30 p.m.**
  - Milford Hospital, 300 Seaside Avenue
  - Debbie at 203.878.6661 or John at 203.874.1225

### NEWINGTON
- **2nd Thursday, 12 to 2 p.m.**
  - Newington Senior and Disabled Center, 120 Cedar Street
  - Charlie at 860.667.1314 or Tom at 860.236.2751

### NEW HAVEN
- **2nd Monday, 6:30 to 7:30 p.m.**
  - Wexler-Grant School, 55 Foote Street
  - Loren at 203.773.0878

### NEW LONDON
- **4th Wednesday, 6:30 p.m.**
  - Lawrence & Memorial Hospital, 365 Montauk Avenue
  - Jane at 860.442.0711, ext. 4990
  - Professionally facilitated

### NEWINGTON Caregivers
- **2nd Wednesday, 7 to 8:30 p.m.**
  - Main Street Rehab Center, 235 Main Street
  - Joe at 203.264.2252

### NEW LONDON Caregivers
- **4th Wednesday, 6:30 p.m.**
  - Lawrence & Memorial Hospital, 365 Montauk Avenue
  - Jane at 860.442.0711, ext. 4990
  - Professionally facilitated

### NEWTON
- **2nd Thursday, 12 to 2 p.m.**
  - Newington Senior and Disabled Center, 120 Cedar Street
  - Charlie at 860.667.1314 or Tom at 860.236.2751

### NEWTON
- **2nd Monday, 6:30 to 7:30 p.m.**
  - Wexler-Grant School, 55 Foote Street
  - Loren at 203.773.0878

### NORWALK
- **1st Friday, 1 to 3 p.m.**
  - South Norwalk Library, 10 Washington Street
  - Erica at 203.840.0104

### NORWALK
- **2nd Tuesday, 1 to 3 p.m.**
  - Triangle Community Center, 618 West Avenue
  - Ed Lent at 203.807.0194
  - Group for LGBT people and their allies with MS

### PLAINVILLE
- **3rd Monday, 7 to 9 p.m.**
  - Wheeler Clinic, 91 Northwest Drive
  - June at 860.747.0564

### PUTNAM
- **3rd Tuesday, 7 to 8:30 p.m.**
  - Day Kimball Hospital, 320 Pomfret Street
  - Danielle at 860.963.0582

### SHELFORD
- **2nd Monday, 2 to 3:30 p.m.**
  - Plumb Library, 65 Wooster Street
  - Eric Szafran at 800.344.4867

### STORRS
- **2nd Tuesday, 7 p.m.**
  - Mansfield Senior Center, 303 Maple Road
  - Joan at 860.429.7271 or Jennifer at 860.450.0530

### WATERBURY
- **3rd Wednesday, 5:30 p.m.**
  - VNS of Connecticut, 62 Commercial Blvd.
  - Eric Szafran at 800.344.4867
  - Professionally facilitated

### WATERBURY
- **3rd Monday, 6 p.m.**
  - Village at East Farms, 180 Scott Road
  - Jackie at 203.753.2708

### WEST HAVEN
- **Every Thursday, 11:15 a.m.**
  - West Haven VA Hospital, Building 2, 3rd floor
  - 950 Campbell Avenue
  - Mary Lou at 203.932.5711, ext. 2276
  - Open to veterans only. Professionally facilitated.

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Be sure to visit www.ctfightsMS.org and click on the “Find Resources and Support” button to find out the most up-to-date information on the vital programs and services offered by the Connecticut Chapter.
Call For Computer Volunteers

The National MS Society’s Computer Outreach Program is in need of volunteers. The program provides computers to people with multiple sclerosis who are restricted to their homes or live in a long-term care facility. The Connecticut Chapter is looking for volunteers who are willing to take on the role of refurbishing donated computers and loading software and assistive/adaptive technology. Volunteers would then help train people on the new technology and media. Volunteers should have knowledge of Windows 7, troubleshooting, social media including Facebook, Twitter and YouTube, and adaptive/assistive software such as Dragon Speech, Zoom Text and Skype. Volunteers should also be willing to follow-up with computer recipients on a regular basis.

For more information about this program, please contact Eric Szafran at 800.344.4867 or by email at eric.szafran@nmss.org.

UPCOMING PROGRAMS

Wednesday, August 6
North Haven
Yale Educational Series
5:30 – 7 p.m.

Sat. Aug. 16 & Sun. August 17
Stamford Hilton
Couples Retreat Weekend

Tuesday, September 30
Crowne Plaza, Cromwell
Research NOW
6 – 9 p.m.

NATIONALLY OFFERED PROGRAM

Keep S’Myelin – Keep S’myelin is a colorful, engaging, informative and reassuring newsletter to help children and their parents talk and learn about MS together. Each issue is filled with stories, interviews, games and activities that highlight a specific topic related to MS, as well as a special section just for parents. To receive your free subscription to Keep S’myelin, contact an MS Navigator at contactusNMSS@nmss.org or call 1-800-344-4867.

MS Friends: Peer Telephone Support
Call the MS Friends helpline at 1-866-673-7436 between 8 a.m. and 11 p.m. every day. All conversations are confidential to the peer relationship.

THISability – A support group for LGBT people and their allies living with multiple sclerosis or other physical disabilities meets on the second Tuesday of each month from 1 to 3 p.m. at Triangle Community Center, located at 618 West Ave in Norwalk. Contact Ed Lent at (203) 807-0194 or edwardlent@icloud.com.

On The Move
On The Move is a social group for people with MS in their 20s and 30s living with MS. Groups meet every month in Norwalk, Windsor and West Haven. If you are interested in attending please contact Amy Watkins at amy.watkins@nmss.org.

Caregivers’ Meeting
Caregivers and family members are invited to come together to talk about the impact of MS on their lives. For information on the next meeting, call Amy Watkins at 800.344.4867.

Infoline 24-hour counseling dial 211

Learn
Learn from people living with MS, those who care about them and MS experts on a wide range of topics.

Share
Sharing your story connects you to the community and gives strength and hope to others.

Connect
Join discussions and groups to connect with people like you, share your experiences and get support.

Connect now at MSconnection.org
we thank our generous sponsors
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Thanks to the sponsors of the Tenth Annual MS Golf Classic

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Saint Francis Care
Dr. Peter Wade
Questcor Pharmaceuticals

Our thanks for making the 2014 Luncheon a success
Liliane and Christian Haub
XL Group
Genzyme, a Sanofi Company
Teva Pharmaceuticals
Wilton Re
Leslee Rogath
Questcor Pharmaceuticals

and guest speaker
Elizabeth Smart
The National MS Society, Connecticut Chapter, would like to extend special thanks to all of the dedicated volunteers who make our fundraising events possible. From helping our staff prepare Walk MS materials in the office to ensuring that all of our cyclists return safely from their ride, it is the Connecticut Chapter’s active volunteer force that makes each event a success.

If you are interested in volunteering with the chapter, ask Community Outreach Coordinator Kate Moore about upcoming opportunities, including the 2014 Cardio Express Bike MS ride on Saturday, Sept. 13, by calling 860.913.2550 or emailing kate.moore@nmss.org!
CALENDAR OF EVENTS
FRIDAY, SEPT. 5 – SUNDAY, SEPT. 7
Challenge Walk MS
Cape Cod, Mass.
SATURDAY, SEPT. 13
Bike MS: Cardio Express Ride
Riverside Park
Hartford
TUESDAY, SEPT. 16
Connecticut Executive Choice Awards
Aqua Turf Club
Plantsville
SATURDAY, OCT. 25
Run MS
Rentschler Field
East Hartford
FRIDAY, OCT. 17
Greater Hartford Women Against MS Luncheon
Hartford Marriott Downtown
Hartford
FRIDAY, NOV. 14
MS Dinner of Champions
Hyatt Regency
Old Greenwich
*For chapter programs, please refer to page 23.
For more information on these and other events, visit ctfightsms.org.

CLASSIFIEDS
FOR SALE
Brand new, never used Hoveround Chair. Must Sell! Grey with brand-new batteries and charger. Extremely comfortable with extra thick padding. Special wide and extra strength, foldable three-panel Hoveround wheelchair ramp. Still in the plastic. Manual wheelchair and rollator with hand brakes also available. Call or leave message for Lyn Marie at 203.753.1882.
FOR SALE
FOR SALE
FOR SALE
2012 Toyota Sienna with side discharge ramp. Sunroof and leather upholstery. Under 20,000 and only one previous driver. Call Charlie at 860.667.1314 or email cy36@att.net.
HOUSE FOR SALE – Wheelchair-adapted by the Veterans Administration, five bedroom, two full baths, one half bath, eight room colonial on five and one half acres of land located near the University Connecticut and Eastern Connecticut State University. Call 860.949.9028.

NEW ITEMS
IN THE RAYMOND P. HOWELL LIBRARY

BOOKS
THE GIFT OF CAREGIVING
Written and published by Beverly Kidder, 2013
262 pages

KNOW YOUR RIGHTS: A HANDBOOK FOR PATIENTS WITH CHRONIC ILLNESS 2012 Edition
Written by Jennifer Jaffe, Esq. Published by Advocacy for Patients with Chronic Illness, Inc., 2012
106 pages plus numerous appendices

DVD
MY MS YOGA WITH BARON BAPTISTE AND DR. ELLIOT FROHMAN
Yoga for people with MS
Produced by Biogen Idec, 2010

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• Free in-home evaluation
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• Senior Citizen discount
• Made in USA
• Lifetime power train warranty
• Stair lifts, new and used are available for rent with an option to buy

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PYNE-DAVIDSON AD
Four years later, Erica and her mother, Jan Basoli, join the Litchfield Walk MS site planning committee, spearheading the local campaign. 

National MS Society Connecticut Chapter 

Walk MS in Connecticut continues to grow, and in 2014, raised $1.3 million dollars for the fight against MS.

Erica Basoli organizes the Tina’s Troopers Walk MS fundraising team in support of her cousin, Tina, who is living with MS. The team has continued walking every year since its beginning nine years ago.

MS VOLUNTEER CONNECTION > At the National MS Society, volunteers are integral partners in our efforts to serve the more than 6,000 people in Connecticut living with MS and their families. Your time, talent, knowledge and skill move us forward in the quest to create a world free of MS. We depend upon a large network of volunteers – volunteers excited about making a difference. Opportunities are available to support fundraising events, help people living with MS, contribute professional skills and much more. For more information on volunteer opportunities, please e-mail Kate Moore, Community Outreach Coordinator, at kate.moore@nmss.org or call 860.913.2550, ext. 52546.

MS KILLS CONNECTION > CONNECTION KILLS MS