TEAM GARTNER READY TO SADDLE UP
SUMMER 2013
Don’t just ride, Bike MS!

Two Rides. One destination. A world free of MS.

Windsor: Sunday, June 2, 2013
Westport: Sunday, June 9, 2013
**CHAIRPERSON’S MESSAGE**

Unite Passion With Commitment

It was exhilarating to see so many people step out last month in support of the 2013 Walk MS, presented by Travelers. Thousands of people rallied to raise awareness and funds, supporting loved ones, neighbors, co-workers and friends battling the potentially debilitating effects of multiple sclerosis. As many of you may know, my sister lived with multiple sclerosis. It means so much to me, and everyone else touched by MS, to know our communities are engaged in the fight, willing to do something about MS NOW.

Although fundraising for Walk MS continues, there are many other exciting events on the horizon. The National MS Society, Connecticut Chapter, works diligently to offer events where participants can unite their passions with their determination to make a difference in the lives of people with MS.

The 2013 Fairfield County Women Against MS Luncheon will take place Thursday, May 2, at the Hyatt Regency in Old Greenwich. The luncheon, which will offer boutique shopping before and after the program, will feature keynote speaker Ronda Giangreco, author of “The Gathering Table.” Kendra Farn, former CBS News correspondent will serve as this year’s mistress of ceremonies. Recipients of the 2013 Georgina B. Davids Award include, Cheryl Jones, Pam Lind and Amy Lynn. These three Fairfield County women have raised more than $92,500 for MS through their popular event, Cocktails & Crooning For A Cure. This year’s luncheon is expected to raise $120,000 to support vital programs and services provided by the chapter to those in our state living with MS. And, yes, these funds will help to move science closer to a cure.

It’s also time to saddle up for Bike MS: Red Thread+Steelcase Ride, presented by Louis Dreyfus Commodities. In 2012 the ride attracted more than 950 cyclists and raised more than $500,000. This year, the chapter goal is to raise $539,000. Once again the ride offers two locations – Windsor, on June 2, and Westport, on June 9. If you love to cycle then this ride is for you. Routes range from two to 80 plus miles. There’s something for everyone in the family. In this issue, you will meet cyclists from Team Gartner (page 4). Co-captained by Lew Schwartz and Brian Firstbrook, this dynamic team has raised more than $45,000 in two years, earning them top 10 fundraiser status.

Our chapter is also hard at work supporting and assisting those who depend on us most – the 6,000 Connecticut residents living with MS and their families. The chapter will host its annual MS Community Day, with the New Britain Rock Cats on Friday, May 17, and June 9 through June 14 MS Vacation Week will be in full swing at Easter Seal’s Camp Hemlocks, in Hebron. Special designed for accessibility, this facility provides a unique environment for our members. MS Community Day is made possible through the Hayley’s Hope and Michaela’s Miracle MS Memorial Fund. For more information on these special programs and others, visit www.ctfightsMS.org or call 800 FIGHT MS (800-344-4867).

The calendar is full and so is our enthusiasm and determination. The Chapter is relentless in our pursuit of a cure. Thank you for all you do to support the National MS Society and our quest to create a world free of MS. I’ll see you on the battlefield!

Jack
Chairperson, Board of Trustees
Gartner Gets In Gear for MS

By Jacqueline Sembor, Communications Specialist

When Lew Schwartz was just six weeks old, his mother was diagnosed with multiple sclerosis. As an infant, Schwartz wouldn’t know the long, winding road that lay ahead. More than 62 years later, Schwartz is still traveling the highway that one day may lead to a cure—now with a dedicated team riding with him.

Deeda Schatz Edelson, Schwartz’s mother, lived in the Hartford area most of her life. She was a strong woman, whom Schwartz described as independent and successful despite her illness. One of two female graduates in her class at the University of Connecticut School of Law, Schatz fought through her MS while studying. After graduation, she began working at a law firm in Hartford. Schatz was a long-time member of both the National MS Society and her local chapter. She lived to see age 70 before passing away in December 1994.
“Bike MS is the positive intersection of my personal struggle for the cause and my love of physical fitness.”

— Lew Schwartz, senior vice president and general counsel of Gartner, Inc.
“My mom lived with multiple sclerosis—it was just part of our lives,” Schwartz recollected. “She never let her symptoms control our lives or hers.”

Through his personal experience, Schwartz realized the search for a cure was painstakingly slow. He decided to honor his mother by doing his part for the MS cause. Schwartz, now senior vice president and general counsel of Gartner, Inc., a Connecticut-based global business, turned to the National MS Society, just as his mother had. Then, Schwartz teamed up with the Bike MS community for the first time in 2006.

“Bike MS is the positive intersection of my personal struggle for the cause and my love of physical fitness,” shared Schwartz, a self-declared avid cyclist who lives in Stamford. “The Bike MS ride is the perfect combination of these two things, and the ride quickly became something with which I wanted to spend a lot of time.”

When Schwartz first began riding in the Bike MS event in Westport, he and roughly half a dozen others formed his team.

“For the first few years we were a small team,” continued Schwartz, as he reminisced about the early years of Team Gartner. “It wasn’t until I met Brian Firstbrook, account manager for IBM at Gartner, that our team really took off on a corporate scale. The smartest thing I ever did was bring him on board. We would never be where we are today without his leadership.”

Firstbrook, 51, of Ridgefield, is an active member of two cycling clubs in addition to riding with Gartner—the Sound Cyclists and the Ridgefield Bike Club. Because he is such a passionate cyclist, the Connecticut Chapter has enlisted Firstbrook to help map out the Bike MS course, providing a rider’s point-of-view to the course design team.

“I like to set goals that will challenge me both as a cyclist as well as a fund raiser,” shared Firstbrook. “Gartner is a great organization that has worked hard to help us get more people involved in giving back to the community.”

Last year, Team Gartner was made up of 40 cyclists consisting of employees, friends and family. Stamford-based Gartner, Inc., the world’s leading information technology research and advisory company, raised $28,221 for the Bike MS: Red Thread+Steelcase Ride, and hopes to exceed that as the team continues to grow. This year, the co-captains hope to reach a roster of 60 and have set a goal of $30,000.

“What is one of the most rewarding parts of creating this team is getting to know other people in the organization and their personal connections to MS,” confided Schwartz. “I don’t hide the fact that my mother lived with MS when I am fundraising, but it is not something that comes up regularly. Bike MS has been a very effective rally cry. It is an incredibly important cause, and our participation is a win-win-win: people who have no connection to MS are educated about the disease and what
the National MS Society is doing, people with a connection are able to team up with others, and people living with MS are comforted by our efforts.”

To help with the team’s fundraising, the company provides team jerseys and uses them as incentives to encourage participants to raise more than the minimum amount required to participate as a cyclist.

“Gartner has a very active charitable match program,” explained Schwartz. “But what we really like to see, as a company, is that people have skin in the game. We want to develop passion and commitment for the cause.”

The 32nd annual Bike MS: Red Thread+Steelcase Ride, presented by Louis Dreyfus Commodities, will be held Sunday, June 2, in Windsor and Sunday, June 9, in Westport. Team Gartner will ride in Westport, as it has since the team’s inception.

Last year, Bike MS attracted more than 950 cyclists and raised more than $500,000 for the National Multiple Sclerosis Society, Connecticut Chapter. This year, the chapter hopes to raise $539,000.

Finish line festivities include a barbeque lunch, live entertainment, local vendors offering product samples, free massage therapy and more. Team Gartner will have a tent in Tent Village in Westport serving as a home base for cyclists.

“We love that we can go to an event like this and really look like a corporation that is dedicated to the cause,” said Firstbrook. “Everyone is invested in the ride and it is a great feeling to have the opportunity to be a part of it. Bike MS is truly our focus. Everything else the bike club at Gartner does revolves around that one day in June.”

Darren Kramer, evening news anchor for WTNH News 8, will for a seventh year serve as the grand marshal of Bike MS: Red Thread+Steelcase Ride.

The registration fee for this year’s ride is $35. The minimum fundraising amount per registered rider is $125.

Community partners include WTNH News 8, The Fox 95.9 and WRCH Lite 100.5, which has supported and promoted the ride for more than 26 years.

More than 6,000 Connecticut residents are affected by multiple sclerosis, a potentially debilitating disease. The cause is unknown and there is currently no cure for MS. Symptoms can include 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.

“What is happening at Gartner is fabulous,” enthused Schwartz. “It is important to me that our company has gathered a critical mass of people who are so excited about getting involved in something that is so dear to me. The outpouring of support I have witnessed and the amount of increased awareness means that more people are searching for a cure.”

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 help to provide vital programs and services offered by the chapter to those in the state living with multiple sclerosis.

For more information on Bike MS: Red Thread+Steelcase Ride, presented by Louis Dreyfus Commodities, visit www.bikeMSct.org. To donate to Team Gartner, please visit www.ctfightsMS.org.
National MS Society Commits $3 Million To Connecticut Research Projects

By Kara Preston, Associate Vice President, Strategic Partnerships

The National MS Society continues to keep research moving forward, tenaciously responding to its three primary research goals: stopping disease progression, restoring lost function and ending MS forever. In 2012, the National MS Society provided $44 million to support 350 new and ongoing projects. Locally, the Society has invested more than $3 million in seven research initiatives currently being conducted at the University of Connecticut Health Center and Yale University.

The Collaborative MS Research Center Award

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, has received the first National Multiple Sclerosis Society Collaborative MS Research Center Award for tackling the MS genetic effort. Recognized as one of the world’s top experts on MS, Dr. Hafler will use the five-year grant of $742,500 to apply novel technologies to better understand how newly identified MS risk genes may alter biological mechanisms that lead to susceptibility to the disease.

Remyelination Grant

Jeffery Kocsis, Ph.D., serves as the Professor of Neurology and of Neurobiology; the Director of Postdoctoral Studies; and Associate Director at the Yale Center for Neuroscience and Regeneration Research. Dr. Kocsis received $585,327 in funding to study the potential benefits of transplanting a naturally occurring cell into a demyelinated spinal cord.

Demyelination, or the destruction of myelin, the material that surrounds and protects nerve fibers in the brain and spinal cord, leads to the disruption of nerve signals in MS. In MS, oligodendrocytes, the cells that manufacture and maintain myelin, are also destroyed. The brain possesses potential replacement cells, called oligodendrocyte precursor cells (OPCs), which to some degree can repair damaged myelin. However, oligodendrocytes generally don’t do a good job keeping up with MS damage. Dr. Kocsis is assessing the ability of OPCs, derived from stem cells implanted into the spinal cords of animal models, to repair myelin damage.

The OPCs Dr. Kocsis is using have been approved by the FDA for clinical trials in human spinal cord damage. Dr. Kocsis is evaluating the amount of myelin repair with both microscopic studies of the spinal cord and with clinical studies to see whether myelin repair restores functional ability. Dr. Kocsis and colleagues will also calculate the safety of the implants.

This research will show whether implanted OPCs have the potential to repair myelin damage, detect any obvious safety issues, and could lead to clinical trials for repair of myelin damage in MS.

Progressive MS Research Grant

Joel Pachter, Ph.D., Professor of Cell Biology at the University of Connecticut Health Center, is receiving concurrent funding for two research projects, totaling $912,134. The first project is focused on understanding the functions of a molecule and its potential as a target for therapy in progressive MS. The molecule CCL2 plays a critical role in EAE, an animal model of MS, and it has also been linked to progressive MS in humans. CCL2 is produced at several sites within the body, both in and outside the central nervous system. And while it is generally thought to make the disease worse, it remains possible that CCL2 mediates both good and bad effects during MS. Dr. Pachter and colleagues are performing studies to understand how the CCL2 produced at different sites affects the development and severity of EAE.

It will be important to understand all the different possible actions of CCL2 in the body, so that only actions that worsen the disease course are targeted for suppression during drug therapy. This research will help pave the way for determining whether CCL2 is a good candidate for developing a new therapy to treat MS, possibly including progressive forms of the disease for which there is now little relief. In addition, Dr. Pachter is looking at the choroid plexus and autoimmune demyelination, investigating the earliest stages of the immune attack for clues to preventing them in MS.
Advance Imaging Techniques Grant

David Pitt, M.D., is an Assistant Professor of Neurology at the Yale University School of Medicine. Dr. Pitt’s $459,905 research grant will investigate the use of an advanced MRI technique to measure immune system activity in MS lesions. In MS, immune system cells damage tissues in the brain and spinal cord.

While standard magnetic resonance imaging (MRI) techniques can reveal inflammation associated with blood brain barrier leakage (the lining of cells that protects the brain), they are insensitive to inflammatory activity behind a closed blood-brain barrier.

An imaging technique that reveals inflammation more accurately would be very useful for assessing the inflammatory status of patients and for evaluating potential treatments for MS. In this research project Dr. Pitt is investigating an advanced MRI technique called gradient-echo phase imaging (GRE), which can detect iron in MS brain lesions (areas of damage). Large amounts of iron are present in some of the immune system cells that cause tissue damage. Dr. Pitt and colleagues are using a number of different approaches including examination of human autopsy material, laboratory models of MS as well as GRE phase imaging of patients in different stages of MS to obtain a clearer picture of the ability of iron-sensitive imaging to visualize MS immune activity. The results of this research could lead to a new way to rapidly measure the effects of potential treatments against the inflammation that damages myelin, aiding the development of new therapies for MS.

Disease Process Grant

Nada Zecevic, M.D., Ph.D., Assistant Professor of Neuroscience at University of Connecticut Health Center, received funding of $335,723 in a project studying the growth processes of cells that make nerve-insulating myelin for possible clues to what goes wrong in MS.

Sylvia Lawry Physician Fellowship

In addition to funding basic science and research, the National MS Society seeks to attract and train promising young investigators and doctors into the field of MS by supporting the training of postdoctoral fellows in studies related to MS. The Society supports fundamental as well as applied studies, non-clinical or clinical in nature, including projects in patient management, care and rehabilitation. Christina Azevedo, M.D., Yale University School of Medicine, received funding for a two-year Sylvia Lawry Physician Fellowship. During the fellowship, Dr. Azevedo will focus on developing the skills involved in the design, implementation and analysis of clinical trials in MS.

For more information on local, national and international MS research projects funded by the National MS Society, please visit www.nationalMSsociety.org.
New research on the eye has revealed a connection between retinal thickness and multiple sclerosis. This research may even lead to tracking the progression of MS in clinical trials.

While many people living with MS experience blurred or double vision, the back part of the eye, called the retina, is damaged even in people who do not show such signs. This January, Neurology published a study which measured retinal thickness in 164 people living with MS in an effort to better understand the relationship between retinal thickness and disease progression.

Researchers discovered that thinning of the back layer of the eye occurred at a faster rate in MS patients with non-ocular disease activity, particularly early in the disease course. The faster rates were observed in people with MS who experience non-visual relapses, who had new brain lesions, who showed disability progression and who had MS for less than five years.

Results also showed that the retina was thinner in people with MS than in healthy controls.

This study utilized a technique known as optical coherence tomography segmentation (OCTS) to measure the thickness of the retina. With it, researchers were able to record more precise quantifications than in previous studies, providing a more exact picture of changes occurring in the eye over a period of 21 months.

Researchers John Ratchford, M.D., and Peter Calabresi, M.D., both of Johns Hopkins Hospital's Department of Neurology, teamed with other researchers across the country in this effort. They believed that thinning of the retina may be linked to MS disease activity, such as relapses and lesions seen on MRI scans. Researchers also tracked changes in the retina over time to determine whether it would be a sensitive measure of nerve protection in clinical trials.

Finding better ways to more quickly measure nervous system damage and progression would speed clinical trials focusing on trying to protect the nervous system and stop MS progression.

This study was funded in part through the National MS Society’s Nervous System Repair and Protection initiative.

To read more about this study or the Nervous System Repair and Protection initiative, please visit www.nationalMSsociety.org.
And Tecfidera Makes 10

In March, the FDA approved Tecfidera, a third oral treatment for people with relapsing forms of multiple sclerosis. The addition raises the count of drugs available for the treatment of MS from nine to 10.

“We are pleased to see a new, needed treatment option available to people living with MS,” said Dr. Timothy Coetzee, chief research officer at the National MS Society. “With the collaborative focus on MS research around the world, it is an exceptionally encouraging time for those who have been diagnosed with relapsing forms of MS.”

This new oral therapy recently has been proven to reduce brain lesions, MS relapses and progression of disability.

Tecfidera was studied in a large, global clinical program featuring more than 3,600 people living with MS. The study has become an ongoing long-term extension study. It is believed that Tecfidera, also known as BG-12, provides a new approach to treating MS by activating the Nrf2 pathway, although its exact mechanism of action is unknown. This pathway provides a way for cells in the body to defend themselves against inflammation and oxidative stress caused by conditions such as MS.

“I am most excited about Tecfidera because of the greater sense of independence it will bring to my life,” shared John Bodnar, a resident of Glastonbury who has been living with MS since 2005. “Now, I take injections because the other oral drugs would adversely affect my preexisting eye conditions. With Tecfidera, I won’t have to rely on friends to help me with my injections. I won’t worry about getting the dosage. But, most of all, I won’t have to worry about how to keep my medication refrigerated when the power goes out, something I faced more than once this past year.”

Side effects for Tecfidera include flushing, mostly mild to moderate in nature, and GI events (i.e., diarrhea, nausea, abdominal pain). These conditions are most common at the start of therapy and usually decrease over time.

For more information about Tecfidera, please visit www.tecfidera.com. For more information on treatment options and ongoing MS research, please visit www.nationalMSsociety.org.
Caregivers’ Meeting

Multiple sclerosis brings changes and challenges not only to the life of a person living with MS, but also to their family and friends. Caring for someone with MS can be deeply satisfying, but it can also be trying. Family members of people with MS need support too, especially primary caregivers.

Caregivers and family members are invited to join the Connecticut Chapter at an informal meeting to talk about the impact of MS on their lives and to share struggles and solutions with each other on Saturday, July 20, from 10 a.m. to 1:30 p.m. at Emeritus at Litchfield Hills. Caregivers’ Meetings are open exclusively to caregivers, including spouses, partners, children, parents or other relatives and friends of someone living with MS.

Lunch will be provided for attendees and registration is free. The registration deadline for this program is Monday, July 15. Emeritus at Litchfield Hills is located at 376 Goshen Road in Torrington.

For more information, please contact Amy Watkins at 800.344.4867 or email programs@ctfightsMS.org.

This program is made possible through the Hayley’s Hope & Michaela’s Miracle MS Memorial Fund.
KATHY SMITH, LYME, traveled thousands of miles, leaving England in 1989 to continue her career in the pharmaceutical industry in the United States. She looked forward to building a new life in what many say is the land of opportunity. Smith, 52, who worked for Pfizer, Inc., transferred from the British-based labs to the organization’s facility in Groton. There she met her husband, Andrew Seddon, a biochemist and research director also from England. The couple settled in Lyme.

“Life couldn’t have been better,” remembered Smith, who was at the time an avid runner. “Everything seemed to be falling into place nicely.”

One day in 2004, Smith returned home from her run, a particularly rigorous workout, she recalled. The weather was brisk and chilly that day, and Smith was fighting a cold. Several hours later, while at work, she felt numbness and tingling travel down her right leg. At first she thought the odd sensation was due to her earlier run.

“As the week progressed, so did the numbness and tingling,” she said. “Eventually, I lost all motor function in my right leg.”

Smith made an emergency appointment with her doctor. “He was very concerned and wanted to make sure I hadn’t had a stroke,” said Smith. “I was sent for an x-ray and a CAT scan but they came back fine. I was then sent to the hospital emergency department to get an MRI scan.”

While she was waiting for the results in the hallway, lying on a gurney, the on-site neurologist stopped by.

“I believe you probably have multiple sclerosis,” he said out loud, before casually sauntering off.

Smith and Seddon were stunned. Nothing had prepared them for such news. With their combined backgrounds in scientific research they both understood too well the implications of such a diagnosis and what it might mean for their lives together.

“As a child I had seen firsthand the worst of MS,” said Seddon, whose father’s friend was confined to a wheelchair as a result of the progressive effects of multiple sclerosis. “My thoughts were inundated with visions from the past. But I knew we were in this together. There was never a doubt that we would do whatever we needed to do, together.”

After a couple days in the hospital and treatment with steroids, Smith’s symptoms disappeared. She returned to work, not saying a word to anyone about the experience or the suspected diagnosis.

“I was in denial,” said Smith. “I didn’t want to believe I had a disease for which there is no cure. I didn’t want to tell anyone because I was so afraid of what it might do to my future.
career prospects. I was being cagey with my co-workers, and maybe, even cagey with myself.”

Seddon didn’t like keeping Smith’s illness a secret. “It felt like we were carrying a huge burden,” he said. “I felt that it would be better for Kathy if she could relieve herself of the heavy emotional baggage.”

A year later, Smith’s symptoms returned. After another MRI scan, she was officially diagnosed with multiple sclerosis. Smith then decided to take the reins, finding a neurologist at a teaching hospital specializing in treating MS and “coming out, so to speak.”

“I also chose to get involved in the cause,” said Smith, who today serves on the society’s MS Research Advocacy Committee. “I decided to start volunteering and then later, to start fundraising.”

Smith and her team registered to participate in Challenge Walk MS. A onetime marathon runner, walking 50 miles over the course of three days seemed like a challenge she could tackle – even with MS.

“Having been a marathon runner when I was younger, I liked the idea of a real physical challenge,” she said. “The first year, it was just Andrew and me. We didn’t know what to expect, but we had a great time and vowed to come back. The second year, we recruited our two daughters; we named our team the Lyme Limeys, a tribute to our dual heritage.”

Last year, the Lyme Limeys raised $14,000 to support the fight against MS. In total, the team has raised nearly $25,000.

Smith will step out again this year with a slightly larger team, adding three friends to the crew. She has renamed her team, Feet 2 Defeat MS, and having added to her ranks, she hopes to increase her fundraising totals.

“For the most part, I am symptom-free,” said Smith, who in her role on the research advocacy committee travels the state attending support groups and events sharing breaking news on the research front. “I feel fortunate that I am able to take part in something like Challenge Walk MS. It’s a very special event. People are welcoming and friendly. It’s so good to be around others who understand what it means to have multiple sclerosis. I do believe science is moving closer to a cure, and I want to be a part of funding research to make that happen faster.”

“’The point is not to be the fastest or walk the farthest, but to be together and do what we can, regardless of physical capability.’”

Smith, who today runs her own healthcare consulting business, has a bit of advice for those with MS sitting on the sideline. “Just do it!” she said. “After our first year at the walk, we realized that many people come to the event even if they can’t walk the entire 50 miles. The point is not to be the fastest or walk the farthest, but to be together and do what we can, regardless of physical capability. You have to experience the feelings of accomplishment and camaraderie. It’s empowering to engage in the cause.”

Jamie Garretson, Hamden, had what most would call a typical upbringing. Her family was happy and healthy, and Garretson was active and involved in school and community. However, Garrison’s best friend, Marissa Monocchi, faced challenges of which Garrison had never known.

“Marissa’s mother, Belinda Scalzo, passed away when we were both in high school,” remembered Garrison, who still lives in Hamden. “I really didn’t understand much about Belinda’s illness. I had never heard of multiple sclerosis. Belinda was in a wheelchair and couldn’t always go to the extra-curricular activities other mothers attended. Still, she was always upbeat and welcoming whenever I visited. I remember that Marissa had a few additional responsibilities at home, but like her mother, she never complained.”

The two friends finished school and eventually started careers. Each went on to marry and have children. Monocchi settled with her husband in Wallingford. Garretson went to work as a business specialist at a local bank.

Garretson’s oldest son, Liam, was born in 2004, and her younger son, Colin, arrived in 2006. The family was complete and the couple’s careers seemed to be moving ahead at full steam. However, in 2010 Garretson began experiencing strange and baffling symptoms. Her eyesight seemed to be deteriorating without explanation or cause. Intense fatigue would overcome her without rhyme or reason.
Garretson first visited her optometrist who then referred her to an ophthalmologist. She was diagnosed with optic neuritis and was again referred, this time to a neurologist. After many months and a series of medical tests, Garretson was diagnosed with multiple sclerosis, the same disease her best friend’s mother had battled all those years ago.

“I called Marissa right away,” said Garretson. “I guess I knew that if anyone could understand, it would be her.”

Hearing the news, Monocchi was momentarily dumbfounded.

“All the memories came flooding back,” said Monocchi. “I remembered the first time I realized my mom wasn’t like other moms. I was in kindergarten and one day I watched as my mom clutched the wall as she walked down the hallway. Was it going to be the same for Jamie? I tried to be strong as I listened. I worked hard to console and encourage her, but inside I was a mess. After, I called my dad, who had been so strong and supportive during my mother’s illness; I needed reassurance myself.”

Although initially stunned by her diagnosis, Garretson refused to give into self-pity. Her Irish heritage had taught her that self-pity rarely resulted in anything worthwhile. Garretson “took the bull by the horns,” getting in touch with the National MS Society, Connecticut Chapter, and subsequently forming a Walk MS fundraising team she named, Irish Bulldogs. Stepping out each year for the Connecticut Chapter’s one-day walk in West Haven, the team has raised hundreds and hundreds of dollars to support the fight against MS.

However, last year Garretson decided to kick it up a notch when she registered for Challenge Walk MS. She also took on the quest of raising significantly more money than she’d ever done previously.

“I was ready for the challenge,” said Garretson, whose symptoms, with the help of treatment, have been at bay for the past few years. “I decided that I could raise $1,500 minimum and I could also walk the 50 miles – I was going to put myself out there as someone who has MS – as someone who wants a cure.”

Garretson reached out to family, friends and co-workers, all whom have given generously. She was able to exceed the $1,500 minimum, raising $7,000 for MS.

“It was unbelievably physical,” she said. “It was the most challenging thing I’ve ever done. I was astonished when I crossed the finish line to the cheers and enthusiasm of the many supporters there that day. I’m not a touchy-feely type, but that day I was overwhelmed with emotion.”

Garretson will participate again this year with thousands of others, including her husband, David, and two sons.

“I have no intention of having this disease when I’m older,” said Garretson, whose sons will volunteer this year to help at one of the MS Challenge Walk rest stops. “It’s critical to raise funds. I am walking for a cure. Every dollar I raise gets us one step closer to a cure. All that I’m doing to support this cause teaches my sons that they can help make a difference. God forbid anything ever happens, I want them to also understand the resources available to them through the National MS Society and its efforts to support people with MS.”

Funds raised through National MS Society events, such as Walk MS and Challenge Walk MS, ensure ongoing scientific research to find better treatments and a cure. These funds also provide for the continuation of vital programs and services offered by the chapter to people in the state living with MS.

“Jamie is a total inspiration,” said Marissa Monocchi. “She’s doing what she can to help, not just herself, but many others who have or will have multiple sclerosis. I look forward to the day when no one has to battle this disease. I’m so very proud of Jamie. I know my mother would be proud too.”

The 2013 Challenge Walk MS takes place Friday, Sept. 6, through Sunday, Sept. 8. For more information on the 2013 Challenge Walk MS on Cape Cod, contact Sara Bromley, Development Coordinator, at 860.913.2550. To donate to Feets 2 Defeat MS or the Irish Bulldogs teams, visit www.ctfightsMS.org.
People living with multiple sclerosis receive optimal care and support when strong collaborative relationships exist between healthcare professionals and the National MS Society. With this in mind, the National MS Society has named Joseph B. Guarnaccia, M.D., as a Partner in MS Care, Neurologic Care Provider.

Guarnaccia currently serves as director of both the MS Treatment Center at Griffin Hospital, located in Derby, and the MS Care Center of New England, which is located in East Greenwich, R.I.

Since receiving his medical doctorate from the University of Oklahoma College of Medicine in 1987, Guarnaccia has become increasingly involved with the exploration and treatment of MS. Beginning in 1993, his publication history now boasts 13 research studies, more than 20 publications and numerous research presentations regarding MS.

An individual practitioner, Guarnaccia annually treats over 1,600 patients living with MS. He prescribes standard therapies used in the treatment of MS as well as many alternative and complementary therapies including dalfampridine, plasmapheresis and Vitamin D.

As a neurological care provider, Guarnaccia covers symptom management issues and medication compliance as well as other health care issues and their impact on MS. He also handles information and psychosocial support referrals to other specialists as well as the National MS Society.

“We partner with healthcare providers who desire a strong working relationship with the Society,” shared Lynette Coleman, Associate Vice President of Programs and Services at the National MS Society, Connecticut Chapter. “I am excited to maintain and nurture the great communication we have shared for more than 20 years.”

Partners in MS Care is a broad and inclusive initiative which recognizes partnerships with many types of MS healthcare professionals. Introduced to help address the complex needs of people living with multiple sclerosis, the program has approved over 80 centers across the United States.

The overarching goal of the Partners in MS Care program is to positively impact quality of MS care and access to that care. Partners include neurologists, mental health professionals, rehabilitation professionals and centers for comprehensive care.

In addition to providing quality care to individuals with multiple sclerosis, Guarnaccia serves on two key chapter committees – the Clinical Advisory Committee and the Government Relations Committee. As a Government Relations Committee member, he provided testimony to the State of Connecticut Pharmacy and Therapeutics Committee, encouraging universal access to MS disease modifying and symptom management therapies.

“I am very grateful that my partnership with the National MS Society and the local chapter has been formalized through the ‘Partners in MS Care’ designation,” stated Guarnaccia. “I have worked with the Connecticut Chapter for many years in providing up to date information on MS research to patients and professionals. The organization is vital to the care of individuals with multiple sclerosis, providing outreach and meeting other needs that cannot be provided in any other manner.”

Connecticut Chapter Partners in MS Care abide by strict criteria. Neurologists with a particular interest in MS care must have extensive experience and knowledge of MS, must practice within the generally accepted standard of care for MS and must have a strong relationship with the chapter and the MS community.

For more information on the Partners in MS Care initiative, please visit www.ctfightsMS.org.
GET YOUR IRISH UP FOR MS!  $15,000
The 2013 Get Your Irish Up For MS! was held Saturday, March 16, at the Marriott Hotel in Farmington and raised approximately $15,000 for the Connecticut Chapter. The annual Irish-themed event, presented by Companions and Homemakers, featured a night of Irish music, dancing, a pour your own Guinness station, an Irish whiskey tasting, Irish fare and a drawing in which one lucky couple won a trip to Ireland. NBC Connecticut's Ryan Hanrahan served as this year's master of ceremonies. Michael O'Toole created the event to honor his mother, who lived with MS for more than 25 years before passing away in 2006. In its six year history, the event has raised roughly $92,000 for the Connecticut Chapter.

TRAVELERS ROSE SALE  $6,758
(At left: Left to Right) Travelers employees Sherry Hilliard, Agawam, Mass., and Calie Philopena, Hartford, pose while volunteering at the Travelers Walk MS Team's Fourth Annual Staff Rose Sale. Hilliard volunteers at the Hartford-based event in support of two family members who are living with MS. Travelers sold more than 750 dozen roses on Thursday, Feb. 14. The Travelers Walk MS team, captained by Todd Bateson, President, Specialized Distribution, to date has raised $6,758 to benefit the 2013 Walk MS, presented by Travelers.

SHAKIN’ FOR A CAUSE  $2,752
The G Team, Good People, Doing Good Things hosted the third annual Shakin’ for a Cause fundraiser Sunday, Feb. 24, from 2 to 6 p.m. at 1691 Cafe/Lounge in Bridgeport. The event was organized by Cynthia Gutierrez, whose husband, Eddie, was diagnosed with MS in 2006. The event had 106 participants and raised $2,752 to kick off the team's Walk MS fundraising efforts.

GET BAKED  $2,221
(At left: Left to Right) Caryn Woodward, Windsor, holds a cake while owner and head baker of Get Baked, Emily Woodward, of Windsor, presents a check to Lisa Gerrol, President of the National MS Society, Connecticut Chapter, on the one-year anniversary of her shop. Caryn was diagnosed with multiple sclerosis in 1991. Emily Woodward, who opened the bakery one year ago, saved every tip given by generous customers to donate to the National MS Society, Connecticut Chapter, in support of her mother's ongoing battle against MS.
When Pam Greenberg was diagnosed with multiple sclerosis in 2004, she was in denial. However, since 2008, Greenberg has been speaking out to make a difference for all people living with MS.

After corresponding with the National MS Society, Connecticut Chapter, and volunteering in 2006 at the Walk MS event in Manchester, Greenberg developed a desire to become more involved. She wanted to use her voice, and she wanted to be heard.

Multiple sclerosis had played havoc on her life. Greenberg found that her symptoms were interfering with her abilities to teach in a classroom. She found her voice again when she was recruited by Susan Raimondo, the Connecticut Chapter’s Senior Director of Advocacy and Programs, to join the Government Relations Committee. Through phone calls, letters and volunteering at the chapter’s Action Day, Greenberg was able to join the fleet of roughly 20 people who regularly correspond with local legislators, emphasizing that the needs of those living with MS have never been greater.

Greenberg has fostered relationships with many local politicians, including Senator Steve Cassano and Representative Joe Diminico. A topic that Greenberg discusses regularly is homecare specifically for people between the ages of 18 and 64 who are disabled. Greenberg also volunteers at the Connecticut Chapter office.

While Greenberg does not attend support groups, she enjoys meeting other people in the area living with MS. She

“Don’t be afraid to pick up the phone — every little bit means something. Write an email, make a phone call or visit a legislator.”

“I got really excited about being an advocate for the National MS Society when I realized that I could make a significant impact,” quipped Greenberg. “When I handed out information packages the first time, it was right around the time of the 2008 primary. I never knew the candidates would show up at my door.”

While Greenberg did not know how the candidates would respond, she was soon visited by the legislators to whom she was appealing, including Jason Rojas, a first-time candidate for State Representative, who is now in his third term for Connecticut’s 9th Assembly District.

“These men rang my doorbell, and sat down in my home to have a conversation about what I thought needed to be addressed. They truly care about our cause. They care about people with disabilities.”

Recently, Greenberg was visited by two more political candidates.

“People want to listen to what I have to say,” shared Greenberg. “I see a lot of people in worse shape than I. I know that I can say things that they might not be able to, so I get on the phone.”

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Pam Greenberg and Anita Towhill pose with State Representative David Scribner after a discussion about the needs of people living with multiple sclerosis at MS Action Day. Greenberg, a resident of Glastonbury, was diagnosed with MS in 2004. She has taken part in MS advocacy events for the past five years. Scribner represents the towns of Bethel, Brookfield and Danbury. Towhill, of Columbia, was diagnosed with the debilitating disease in 2007. Activists spoke with legislators about the continuation of state funded programs that allow for people
encourages them to also speak out.

“Don’t be afraid to pick up the phone — any little bit means something,” said Greenberg. “Write an email, make a phone call, or visit a legislator.”

For more information on becoming an MS activist with the National Multiple Sclerosis Society, Connecticut Chapter, visit www.ctfightsMS.org.

with degenerative neurological diseases to receive home-based services. The 2013 MS Action Day began at 6 a.m. Tuesday, March 12, with the placement of 6,000 orange flags on the capitol’s lawn representing the 6,000 Connecticut residents currently living with multiple sclerosis. Action Day is part of MS Awareness Week, which takes place each March. To learn more about MS and the many ways the National MS Society, Connecticut Chapter, assists people with MS, visit www.ctfightsMS.org.
The warm and gentle breeze of summer is closer than you think. This year, plan a weekend escape with the National MS Society, Connecticut Chapter. MS Family Discovery Weekend is a bi-annual program that promotes communication and overall wellness for families who live with multiple sclerosis.

Join the National Multiple Sclerosis Society, Connecticut Chapter, for MS Family Discovery Weekend on Saturday, July 13, and Sunday, July 14. The weekend is packed with family fun and educational programs appropriate for all ages. Participants enjoy quality time at a fun getaway and share experiences with other families living with MS.

The Connecticut Chapter designs MS Family Discovery Weekend for families of all kinds. Some families span three generations, some have teenagers or young children and some may just be two partners. Whatever your family looks like, you are welcome to join us.

This year’s MS Family Discovery Weekend will focus on promoting family communication and overall wellness.

In 2011, more than 100 people ranging from grandparents to grandchildren attended the program, all of whom have a member of their family that is affected by multiple sclerosis.

This program is funded by the Hayley’s Hope and Michaela’s Miracle MS Memorial Fund.

For more information on MS Family Discovery Weekend and the many programs offered by the Connecticut Chapter, please visit www.ctfightsmS.org.
Louise Roach, Avon

Hayley’s Hope
& Michaela’s Miracle
MS Memorial Fund

Continuing the Work of the Petit Family
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.

The BRANFORD MS Support Group meets on the third Wednesday of each month at 5:30 p.m. at the James Blackstone Memorial Library, 758 Main St. in Branford. Call Cheryl at 203.535.3053.

The COLCHESTER MS Support Group meets from 10:30 a.m. to noon on the second Saturday of each month at 59 Harrington Court in Colchester. Call Peggie at 860.267.9759.

The DANBURY Caregivers MS Support Group meets on the second Wednesday of every month from 7 to 8:30 p.m. at the Main Street Rehab Center, 235 Main St. in Danbury. Call Joe at 203.264.2252.

The DANBURY professionally facilitated support group meets on the second Wednesday of each month from 7 to 8:30 p.m. at the Main Street Rehab Center, 235 Main St. in Danbury. Care partners are welcome to attend a separate meeting. Call Eric Szafran at 800.344.4867.

The DERBY MS Support Group meets from 4:30 to 5:30 p.m. on the third Wednesday of each month at Griffin Hospital, 130 Division St. in Derby. Call Lisa at 203.231.4716.

The GRANBY MS Support Group meets at 1 p.m. on the second and fourth Monday of each month at Salmon Brook Apartments, 287 Salmon Brook St. in Granby. Call Jane at 860.653.2436.

The HAMDEN MS Support Group meets at 11 a.m. on the third Saturday of each month at the Playwright, 1232 Whitney Ave. in Hamden. Call Paul at 203.213.5466.

The HARTFORD MS Support Group meets from 6 to 7:30 p.m. on the fourth Wednesday of each month at Ready Set Prep, 384-386 Woodland St. in Hartford. Call Lurrann at 860.707.0755.

For support in the MADISON area, call Karen at 203.245.4691.

The MANCHESTER MS Support Group meets at 10 a.m. on the first Monday of each month at the Presbyterian Church of Manchester, 394 Lydall St. in Manchester. Call Nancy at 860.742.5155 or Karen at 860.875.9730.

The MIDDLETOWN MS Support Group meets at 1 p.m. on the second Saturday of each month at Wadsworth Glen, 30 Boston Rd. in Middletown. Call Mary at 860.828.5240.

The MILFORD MS Support Group meets at 1:30 p.m. on the second Saturday of each month at Milford Hospital, 300 Seaside Ave. in Milford. Call Debbie at 203.878.6661 or John at 203.874.1225.

The NEWINGTON MS Support Group meets from 12 - 2 p.m. on the second Thursday of each month at the Newington Senior and Disabled Center, 120 Cedar St. in Newington. Call Charlie at 860.667.1314 or Tom at 860.236.2751.

The NEW HAVEN MS Support Group meets from 6:30 to 7:30 p.m. on the second Monday of each month at the Wexler-Grant School, 55 Foote St. in New Haven. Call Loren at 203.773.0878.

The NEW LONDON MS Support Group meets at 6:30 p.m. on the fourth Wednesday of each month at Lawrence & Memorial Hospital, 365 Montauk Ave. in New London. Call Eileen at 860.442.0711, ext. 4990.

The NORWALK MS Support Group meets from 1 to 3 p.m. on the first Friday of each month at the South Norwalk Library, 10 Washington St. in Norwalk. Call Erica at 203.840.0104.

The PLAINVILLE MS Support Group meets on the third Monday of each month from 7 to 9 p.m. at the Wheeler Clinic, 91 Northwest Drive in Plainville. Call Amy Watkins at 800.344.4867.

The SHELTON professionally facilitated support group meets from 7 to 8 p.m. on the second Tuesday of each month at the Mansfield Senior Center, 303 Maple Rd. in Storrs/Mansfield. Call Joan at 860.429.7271.

The STORRS MS Support Group meets from 6:30 to 8 p.m. on the second Tuesday of each month at the Mansfield Senior Center, 303 Maple Rd. in Storrs/Mansfield. Call Joan at 860.429.7271.

The TRUMBULL MS Support Group meets on the third Tuesday of each month from 6:30 to 8 p.m. at the Trumbull Library, 33 Quality St. in Trumbull. Call Amy Watkins at 800.344.4867.

The VERNON MS Support Group meets at 7 p.m. on the first Friday of each month in the Community Room at the Vernon Police Department, 725 Hartford Turnpike in Vernon. Call Nancy at 860.742.5155 or Marty at 860.749.7108.

The WATERBURY MS Support Group meets at 5:30 p.m. on the third Wednesday of each month at the Joseph Jaynes Building, 77-79 Bishop St., Function Room in Waterbury. Call Karen at 203.754.9656.

A second WATERBURY MS Support Group meets at 6 p.m. on the third Monday of each month at the Village at East Farms, 180 Scott Rd. in Waterbury. Call Jackie at 203.753.2708.

The WEST HAVEN MS Support Group meets at 11:15 a.m. every Thursday at the West Haven Veterans Administration Hospital, Building 2, on the third floor, located at 950 Campbell Ave. in West Haven. This support group is open to veterans only. Call Mary Lou at 203.932.5711, ext. 2276.

Infoline 24-hour counseling Dial 211 MSFriends helpline at 1.866.673.7436

Be sure to visit www.ctfightsMS.org and click on the “Client Programs” button to find out the most up-to-date information on the vital programs and services offered by the Connecticut Chapter.
PROGRAMS CALENDAR

EMPLOYMENT TELECONFERENCE SERIES
Ask the Employment Specialist:
Telephone Q&A Session
Wednesday, May 8, 2013  12 - 1 p.m.

THE SPECTRUM OF MS TELECONFERENCE SERIES
Multiple Sclerosis, Sex and Intimacy
Wednesday, May 8, 2013  6:30 - 7:30 p.m.
Improving Independence in Progressive MS
Wednesday, June 12, 2013  6:30 - 7:30 p.m.

NEWLY DIAGNOSED TELECONFERENCE SERIES
Can We Talk? “Exercise and MS”
Tuesday, May 14, 2013  6:30 - 7:30 p.m.
Can We Talk? “Healthy Eating Tips for MS”
Wednesday, June 19, 2013  6:30 - 7:30 p.m.

MS VACATION WEEK
Sunday, June 9, through Friday, June 14, 2013

RIDING THE MS EMOTIONAL ROLLER COASTER
Tuesday, July 9, 2013  7:30 - 8:30 p.m.
Teleconference

CAREGIVERS’ MEETING
Saturday, July 20, 2013  10 a.m. – 1:30 p.m.
Torrington, CT

To register please visit www.ctfightsMS.org.

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. The volunteer 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 monthly basis.

For more information about this program, please contact Eric Szafran at 800.344.4867, ext. 52543, or email eric.szafran@nmss.org.
Everyone gets the occasional headache. However, people living with multiple sclerosis are more than three times as likely to experience a headache as someone who does not have MS.

Whether a person with MS suffers from migraines, cluster headaches or tension headaches, each one can interrupt daily activities. Intense headaches can force people to withdraw to quiet, dark spaces for hours. After the migraine is gone, people may be left with feelings of fatigue, irritability, problems concentrating and dizziness.

While the exact connection between MS and chronic headaches remains a mystery, a few factors come into play.

“When MS lesions occur in certain areas of the brain, those lesions can produce headache symptoms,” shared Gretchen Michaelson, A.P.R.N. of the Hartford Headache Center, located in East Hartford. “In addition, certain disease modifying therapies may produce or worsen migraine headaches.”

Spasticity in the neck and shoulders may also cause and/or aggravate headaches for people living with MS. Treatment is geared toward managing the spasticity and identifying factors triggering the symptoms.

Despite the increased frequency, headache management for individuals living with MS is very similar to that of the general population. Depending upon the frequency, intensity and duration of the headaches, prescription medication may be recommended on an as-needed basis to treat acute headaches after they have occurred or on a daily basis to prevent headaches in the first place.

Ironically, frequent use of headache medication can cause rebound headaches. Pain relievers offer relief for occasional headaches, but if taken more than a couple of days a week, rebound headaches may occur.

“I can get rebound headaches when I take too much acetaminophen, so I try to monitor my intake,” shared Sharon Wallace, of Middletown, who has been living with migraines for 17 years, and MS for 16. “My doctor prescribed sumatriptan for my migraines as needed. I can take two injections within a 24-hour period and I have found it to be very helpful.”

In addition to prescription medication, Michaelson and her colleagues utilize a number of other means to treat headaches. Depending upon the type of headache, physical therapy can be of significant benefit in treating, preventing and managing headaches. Lifestyle changes such as monitoring caffeine intake, engaging in regular exercise and taking dietary supplements may also be beneficial.

Michaelson suggests that individuals living with multiple sclerosis discuss their symptoms with their neurologist.

Headaches can have a significant impact on quality of life and thus should be discussed.

“With so many areas to cover in a follow-up appointment, some patients never get a chance to discuss all of their symptoms,” shared Michaelson, a graduate of the University of Massachusetts Graduate School of Nursing. “Headaches can have a significant impact on quality of life and thus should be discussed.”

It is also helpful to keep a symptom log. Recording specific details about headaches such as the time of day a headache started, how long it lasted and any potential triggers can help healthcare providers determine the cause of the headaches and offer clues to what treatments to try.

For more resources on headaches and other MS symptoms or for a physician referral, please contact the Programs & Services Department at programs@nmss.org or visit www.ctfightsMS.org.
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**CALeNDAR OF eVeNTS**

**THURSDAY, MAY 2**
Women Against MS Luncheon
of Fairfield County
The Hyatt Regency, Old Greenwich

**MONDAY, MAY 13**
Golf MS
TPC River Highlands, Cromwell

**SUNDAY, JUNE 9**
Bike MS
Sherwood Island State Park, Westport

**SUNDAY, JUNE 15**
Muck Fest MS
Essex County South Mountain Reservation, N.J.

**SATURDAY, SEPTEMBER 7, THROUGH SUNDAY, SEPTEMBER 8**
Challenge Walk MS
Cape Cod, Mass.

**SATURDAY, SEPTEMBER 8**
Cardio Express Ride
Riverside Park, Hartford

**TUESDAY, SEPTEMBER 17**
Connecticut Executive Choice Awards, 2013
Aqua Turf Club, Plantsville

**SATURDAY, OCTOBER 26**
Run MS
Rentschler Field, East Hartford

*For programs, refer to page 23. For more information on these and other events, visit ctfightsMS.org.*

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**NEW ITEMS IN THE RAYMOND P. HOWELL LIBRARY**

**THE CAN DO MULTIPLE SCLEROSIS GUIDE TO LIFESTYLE EMPOWERMENT**
Edited by Patricia Kennedy
Published by Demos Health, 2013
158 pages

**FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS, SECOND EDITION**
Written by Jeffrey N. Gingold
Published by Demos Health, 2011
209 pages

**THE HOW OF HAPPINESS: A NEW APPROACH TO GETTING THE LIFE YOU WANT**
Written by Sonja Lyubomirsky
Published by the Penguin Group, 2007
366 pages

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**MS CLASSIFIEDS FOR SALE**
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**CAN WE TALK? TELECONFERENCE SERIES**

**Tuesday, May 14, 2013**
Time: 6:30 - 7:30 p.m.
Exercise and MS

**Wednesday, June 19, 2013**
Time: 6:30 - 7:30 p.m.
Healthy Eating Tips for MS

To register, call 800.344.4867, email programs@ctfightsMS.org or visit www.ctfightsMS.org.

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Physician at a local hospital diagnoses patient with multiple sclerosis

Lindsay Noble, diagnosed with MS at 14

Judy Noble, diagnosed with MS in 1998

National MS Society Professional Resource Center

The National MS Society creates a comprehensive program supporting clinicians caring for patients diagnosed with MS

MS PROFESSIONAL CONNECTION > The MS Clinical Care Network is home to one of the most comprehensive MS libraries in the world, offering MS-related publications, expert opinion papers, clinical consultations and literature search services. The society produces a quarterly newsletter geared specifically for healthcare professionals and MS researchers. The society offers online and on-site courses and seminars for healthcare professionals. These courses provide continuing education units. Stay connected. For more information, visit www.nmss.org and click on “for professionals” or call 1.800.344.4867.

MS KILLS CONNECTION > < CONNECTION KILLS MS