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A JOURNEY
SHARED
FALL 2013
A Home Run To Remember

A fter World War II and his return from military service, Raphael Schain was drafted into another battle, the fight against multiple sclerosis. Despite his illness, Raphael went on to start a career and marry the love of his life, Natalie. The couple had three children, including Norm, their planned giving trustee.

Raphael worked as a tax examiner for the Connecticut State Department of Revenue Services until his retirement in 1973. Raphael, the family’s bread winner, also operated his own income tax practice. At times, his fight with MS was difficult and arduous. His resolve, however, did not waver. Throughout his struggle with the disease, Raphael and Natalie supported the National MS Society, Connecticut Chapter. As it turns out, his support and his legacy will continue, long after his passing.

In 1998, the couple funded a charitable remainder unitrust, for which they received a tax deduction. Over the next several years, Raphael and Natalie collected income from the trust, and upon their deaths the remaining funds were bequeathed to their charities of choice, one of which was the National MS Society, Connecticut Chapter. The gift, which amounts to more than $30,000, will support research, financial assistance and advocacy.

“Maybe once in our lives we are granted the opportunity to make a major impact on the lives of others, and this seems to be happening after the passing of my beloved father and now, my beautiful mother.”

Ensure that your battle, your legacy and your resolve are remembered, all while making a meaningful impact on the lives of others. To learn more about planned giving and bequests, contact the National Multiple Sclerosis Society, Connecticut Chapter, at 860.913.2550 or call 800.FIGHT MS.
PRESIDENT'S MESSAGE

A World Free of MS

The past few months have seemingly flown by for the National MS Society, Connecticut Chapter. In a span of 50 days, the chapter hosted five fundraising events, as well as seven programs, specifically for people affected by MS. A few poignant and encouraging moments stand out in my mind.

Led by our Walk MS spokesperson Stephanie Haughney, of Stratford, and News 8 anchor Darren Kramer, more than 10,000 Connecticut residents stepped out for Walk MS! Together, this passionate and unrelenting army has currently raised more than $1.2 million in support of our 6,000 Connecticut neighbors battling the effects of MS. This amazing show of support certainly signifies that we ARE leaders in a movement bent on engagement and action.

In May, former golf professional Greg Jacobson, of Wilton, bravely shared his story with golfers participating in the 9th Annual Golf MS Classic presented by GE Capital Real Estate. After a day on the course watching from the sidelines, Jacobson, speaking at the evening dinner program, struggled to maintain his composure as he said haltingly, “All emotions aside, and to be perfectly honest, my wife would like to be a golf widow.” Jacobson, engaging and challenging a room filled to capacity, continued, “as tough as the game of golf is, it does not compare to the difficulty of trying to succeed at the game of life when MS enters your world.” Again, I found myself pausing to reflect. We are, together, most definitely raising awareness, engaging others to do something about MS now.

At the annual Hayley’s Hope and Michaela’s Miracle MS Memorial Fund Scholarship Reception in June, MS spokesperson Lindsay Noble, diagnosed with MS at the age of 14, was the recipient of one of 19 scholarships granted to college-bound freshmen. “Having MS has actually given me a positive outlook on life,” said Lindsay. “Because of my MS, I have the confidence to overcome any obstacle that I may face in the future.” As I looked across the room, surveying the many young people receiving MS scholarships that evening, I was reminded that our chapter and those supporting us are indeed leveraging resources to help minimize the financial impact of MS on individual families.

You and I are a driving force – a force to be reckoned with. We will accept nothing but breakthrough results.

The National MS Society, Connecticut Chapter, is here to see that our journey will lead to a cure and a world free of MS. We are, as our core values indicate, a passionate collective striving to improve quality of life while on a relentless quest for the cure. Thank you for your support. Thank you for sharing in our commitment to people affected by MS. This battle takes an army. Thank you for enlisting in this movement to do something about MS, NOW.

Lisa Gerrol
President and Chief Executive Officer
Childhood Friend Stands In The Gap

By Kylie Noell, Communications Intern

A friend is more than a shoulder to lean on, or a crutch to help us stand. Friends can be motivators that ignite confidence and spark movement. In Tony Simoes’s case, it was a friend who inspired him to become active in his own battle against multiple sclerosis.

It all started with a tingling sensation in his legs. It was not overwhelming, so Simoes ignored the slight irritation. A week passed, and the feeling passed, too. Then, just a few months later, the feeling came back—only this time it was exacerbated. It engulfed his entire left side, from his arm down to his foot. Simoes also noticed a loss of strength on the other side, in his right foot. He knew it was time to consult a doctor. Just months away from his wedding day in 2002, Simoes was diagnosed with multiple sclerosis.
“I had no other means of spreading awareness other than getting involved... so that’s exactly what I did, I got involved for Tony.”

— Henry Rodriguez

The 50- and 75-mile courses for the 2013 Bike MS Ride will pass over three bridges — the Founders, Charter Oak and Arrigoni.
“I shut down,” said Simoes, who resides in Newington with his wife, Christine. “I was in denial and didn’t want to think or worry about what it meant to have MS.”

Simoes spent the next eight years keeping his diagnosis private. To him, MS was a battle he would face on his own.

“In the beginning, I had the support I needed from my bride-to-be,” said Simoes, recalling Christine’s strong commitment amidst their wedding plans. “I wasn’t eager to share my diagnosis with anyone, but a few years ago, it got to the point where I could no longer conceal the battle I had been fighting internally for so long. My friends and co-workers started to notice something was different, and when I finally told them that I was living with MS, my circle of support expanded greatly.”

Simoes, who works as the head custodian in the Hartford school district, feels the burden of multiple sclerosis most during the summer months, when temperatures spike. One summer when he was working in a building without air conditioning, he became so worn down that he was put on IV steroids.

“The heat drains me,” said Simoes. “I need to take frequent breaks just to cool down my body.”

After years of keeping his diagnosis quiet, Simoes decided to share it with one of his closest friends, Henry Rodriguez. The two had met while attending a mechanics class in high school, and quickly became friends. Even after Rodriguez enlisted with the United States Marines, the pair remained in contact. Nearly 20 years after graduating, the friends are still riding their motorcycles together, talking cars and, every now and then, going to the shooting range.

While the activities were the same, Rodriguez, now a police officer in Newington, noticed that Simoes was struggling on his motorcycle. He saw fatigue challenge his best friend. It was then that he decided that he needed to understand what Simoes was going through.

“I knew nothing about multiple sclerosis,” said Henry Rodriguez, now a resident of Bloomfield. “But I knew I had to help Tony any way I could.”

In order to stay healthy, Rodriguez, who still loves to ride his motorcycle, decided to give another set of wheels a chance. So, a few years ago, he picked up cycling. He then discovered a way he could pair his new passion for cycling with his determination to help Simoes.

“Sometimes you want to do things for your friends and family that you can’t,” said Rodriguez. “I wish I could be at his house everyday helping him, but because I can’t be there all of the time, I decided riding my bike for the cause was something that I could do.”

Last year, Rodriguez participated for the first time in the Bike MS: Cardio Express Ride, completing a 50-mile route. During the time leading up to his ride, he raised funds in the name of his best friend for the National MS Society, Connecticut Chapter.

“I wrote a short story about Tony and started to raise awareness on Facebook. I asked for any help that people were willing to give,” said Rodriguez. “It was amazing. I had donations coming in from all over the country – from complete strangers.”

Rodriguez, captain of AntSims Expressway, a name inspired by Simoes, was able to raise $1,200 last year for the
National MS Society, Connecticut Chapter. This year Rodriguez plans to ride the 50-mile route again and has set a goal of $2,500.

“Henry lit the fire,” said Simoes. “I never had the ‘oomph’ to get involved, but he motivated me and my family to do something.”

Since Rodriguez participated in the Bike MS: Cardio Express Ride last year, the Simoes family got together to raise money and formed a team for Walk MS this past April. Christine captained the team, Triple T – Tony the Tiger Team, and raised $1,700 in honor of her husband, for the National MS Society, Connecticut Chapter.

“Henry really started to fight MS with Tony, and for Tony,” said Christine Simoes. “He got us all involved in the community and we were propelled by Henry’s excitement.”

This year marks the 18th anniversary of the Bike MS: Cardio Express Ride. In its history, more than 2,000 cyclists have pedaled over 200,000 miles to raise over $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 $110,000.

“Henry is such a supportive friend,” said Simoes. “He motivated me and inspired me to get involved.”

More than 6,000 Connecticut residents, like Simoes, 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.

“I had no other means of spreading awareness other than getting involved,” said Rodriguez. “So that’s exactly what I did, I got involved for Tony.”

The Bike MS: Cardio Express Ride, presented by Cashman+Katz, will be held on Sunday, September 8, 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 Bridge, the Charter Oak Bridge and the Arrigoni Bridge.

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

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 2013 Bike MS: Cardio Express Ride, presented by Cashman+Katz, or to donate, visit www.ctfightsMS.org.

Kylie Noell, New Hartford, recently received a Bachelor of Arts degree in communications at the University of Connecticut at Storrs. As a senior, Noell conducted a public relations internship with the National MS Society, Connecticut Chapter.
In April, the National Multiple Sclerosis Society committed an additional $18 million in funding to support 65 new MS research projects. These new awards are part of a comprehensive research strategy aimed at stopping MS, restoring function that has been lost and ending the disease forever.

Currently, more than $4.7 million has been invested in 12 research initiatives at the University of Connecticut Health Center and Yale University.

Among the new recipients is postdoctoral fellow Siobhan Ni Choileain, Ph.D., a postgraduate associate at Yale University. Ni Choileain has received a total of $163,103 in funding from the National MS Society for her project titled, “Gene And Protein Expression Signature Of Th1-Tregs And Their Role In MS.”

In 2007, Ni Choileain completed her Master of Science degree in Biomedical Science from the National University of Ireland, Galway. She previously obtained a Multiple Sclerosis Society (UK) student fellowship to study the role of the T cell costimulatory molecule, CD46, in MS. In 2012, Ni Choileain received her Ph.D. from the University of Edinburgh.

Mentored by David Hafler, M.D., Chief and Chair of Neurology at the Yale School of Medicine, Ni Choileain’s project will look at a type of immune cell called T cells. Some T cells normally promote inflammation and other T cells normally turn off inflammation. In MS, inflammatory T cells are not turned off correctly. Instead, the inflammation persists, causing nervous system damage.

Ni Choileain will isolate T cells from people with MS and from people without the disease and study the differences in the expression of genes that control the cells’ activities.

By understanding genes that are abnormally active in immune cells in MS, this study could lead to the development
of new therapies to turn off inflammation and, hopefully, stop MS activity.

This financial commitment is the latest in the society’s relentless research efforts, investing an estimated $47 million in 2013 alone to support over 350 new and ongoing studies around the world to move closer to a world free of MS.

Other new research projects include:

- A Harvard study asking whether low testosterone levels increase the risk of developing MS for men, to determine whether sex hormones can be manipulated to stop MS in its tracks;
- A multi-center study exploring whether there’s a link between microbes in the gut and the risk of developing MS in childhood, for clues to how this link might help to end MS forever;
- A postdoctoral research project at Oregon Health and Science University seeking to understand changes in the brain that are associated with balance problems, which may help design physical therapy programs to restore balance in people with MS.

“It’s critical that all promising paths are pursued to find solutions for everyone affected by MS,” said Timothy Coetzee, Ph.D., Chief Research Officer at the society. “These new projects are part of the society’s holistic investment spanning all research stages, including early discovery research, translational research, and clinical trials, which has resulted in new treatments and better diagnosis and disease management for people with MS.”

To find the best research with the most promise, the National MS Society relies on more than 100 world-class scientists who volunteer their time to carefully evaluate hundreds of proposals every year. This rigorous peer-review evaluation process assures that society funds fuel research that delivers results in the shortest time possible.

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.

For more information on local, national and international MS research projects funded by the National MS Society, please visit www.nationalMSsociety.org.
A new study of 496 people newly diagnosed with multiple sclerosis found that the risk of developing MS was 47 percent higher in African American women, compared with Caucasian American men or women. Previous research had indicated that the risk of MS was lower in blacks than whites, so these findings warrant further study in a larger sample.

The study, titled, “Incidence Of Multiple Sclerosis In Multiple Racial And Ethnic Groups,” reviewed the medical records of people diagnosed with MS between January 2008 and December 2010. These records were drawn from multiethnic, community-dwelling members of Kaiser Permanente’s Southern California health plan, a large pre-paid health maintenance organization with more than 3.5 million members. Researchers identified 496 people who were newly diagnosed with MS within the 2008 to 2010 timeframe.

Of the newly diagnosed, African American women were found to have a 47 percent increased risk of MS compared with Caucasian Americans. African American men had a similar risk of developing MS as Caucasian Americans.

The study also found that the risk of developing MS was 50 percent lower in Hispanic/Latino Americans, and 80 percent lower in Asian Americans.

“This is an interesting finding that warrants further research in larger numbers of people,” says Timothy Coetzee, Ph.D., Chief Research Officer of the society. “Studies like this one can help the National MS Society address the needs of people with MS. Understanding more about why such differences in MS risk exist may provide clues that will help us end MS forever.”

Lead author of the study, Annette Langer-Gould, M.D., Ph.D., suggested that vitamin D levels may have some effect on the diagnosis of multiple sclerosis. People with darker skin tones typically have lower vitamin D levels and therefore an increased risk of MS. However, this would not explain why Hispanics and Asians have a lower risk of MS than Caucasians or why the higher risk of MS among blacks was found only among women.

The study was published in the May issue of Neurology, the official journal of the American Academy of Neurology.

Other results revealed that the average age at diagnosis was 41.6 years and 70 percent were women. Both of these agree with widely accepted beliefs about who MS affects.

For more information on this study, please visit www.nationalMSsociety.org.
J

essica Rowley grew up in Vernon, a small municipality but hometown to notables like four-time Super Bowl champion Bill Romanowski, senator and onetime governor of Virginia Mark Warner, and African American still life painter, Charles Ethan Porter. Raised by a single mother, as a teen Rowley looked forward to a bright future in which she, like those who came before her, could chase after her dreams.

After high school, Rowley eventually went on to marry. The newlyweds moved to Londonderry, a tiny village in Vermont whose population, according to a 2010 census, is under 1,150. Ironically, despite the small populace, over the years Rowley befriended six women, all of whom battle multiple sclerosis, at the time a disease about which she knew little.

In 2008 Rowley gave birth to her only child, a daughter. However, the joy of motherhood was short-lived. Just three days after giving birth, Rowley was back in the hospital. Her balance was off and her legs seemed to be giving out on her. The then 33-year-old new mother felt a strange tingling sensation coursing throughout her body. She underwent a battery of tests, including a spinal tap. Soon, Rowley was diagnosed with multiple sclerosis.

“I was scared – petrified,” said Rowley, 38. “I didn’t know what was happening to me. All I knew was that my life was never going to be the same.”

More than 6,000 Connecticut residents, like Rowley, battle multiple sclerosis, an autoimmune disease of the central nervous system. Symptoms can include numbness and tingling in the extremities, difficulties with vision and speech, stiffness, and, in severe cases, complete paralysis. Women are three times more likely than men to be diagnosed with multiple sclerosis. Researchers believe both genetics and environment play a role in the diagnosis of the disease.

Many people initially diagnosed with MS receive treatment and regain function, albeit not always to the same level prior to the exacerbation. But Rowley’s MS did not seem to respond to treatment. She became so ill and so incapacitated that her mother, Sheila Davis, brought her back to Vernon and found her care with Peter Wade, M.D., Medical Director of Neurology at the Mandell Center for Comprehensive MS Care, located in Hartford.

“As it turned out, I was allergic to the medication first prescribed to treat my MS,” said Rowley, whose daughter, now 5, will begin kindergarten in September. “I had become so very ill. I am incredibly grateful that my mother was able to find me better care.”

Today, just five years after her initial diagnosis, Rowley is barely able to walk, even with the help of a walker. She battles constant tremors on the left side of her body, and she cannot maneuver stairs without assistance. Her anguish is palpable and raw.

“I’m being robbed,” she said, as tears trickled down her cheeks. “I’m losing more and more freedom. I’ve lost a great deal of mobility, and with it, more of my independence.”

The National MS Society, Connecticut Chapter, in collaboration with generous donors and local businesses, recently installed a stairlift in the family’s home. Once unable to move unaided between the upstairs and the downstairs, Rowley can now pop down to the kitchen in the middle of the night if the mood strikes her.

“The evening after the stairlift was installed, I was awakened by the soft sound of the motorized chair,” remembered Davis, with a chuckle. “I asked her, ‘What are you...”
Symptom Management: Spasticity

A number of medications are currently available for the management of spasticity. Baclofen, the most commonly prescribed, is a muscle relaxant that focuses on nerves in the spinal cord. Tizanidine is another popular medication that works quickly to calm spasms and relax tight muscles. Other medications include diazepam, dantrolene, botulinum and clonidine.

“I get shots of onabotulinumtoxin in my calves every three months to help with my muscle spasms,” said Karen Hooper, a resident of Enfield, who suffers from extensor spasticity and utilizes a power scooter to get around most days. “The medication lasts maybe six to eight weeks, sometimes longer, and relaxes the specific muscle that causes me the most trouble. I also stretch every morning to help prevent spasms.”

In addition to stretching and taking oral medications, severe cases of spasticity can be treated with surgery, such as the implantation of a baclofen pump, which has the ability to continuously administer the medication, baclofen, directly into a patient’s spinal fluid.

Spasticity, like many symptoms of MS, varies greatly from person to person. As a result, it must be treated on an individual basis and demands a true partnership between the person with MS and their medical care provider. While the treatment of spasticity is largely affected by the severity of MS progression, patient goals will direct what course of action should be taken.

“If a patient’s goal is to live more comfortably, then that is what we will try to do,” continued Feingold, who has provided care to children and adults with complex rehabilitation needs for over 20 years, of which 15 percent have MS. “If the goal, however, is to increase a patient’s activity level, we can take a different approach to accomplish that.”

For more information on spasticity and other MS symptoms or for a physician referral, please contact the Programs and Services Department at programs@nmss.org or visit www.ctfightsMS.org.

It can feel tight, it can be painful and 40 percent of people living with MS, if not more, will experience it at some point. But there are a few things you can do, experts say, to reduce the impact spasticity can have on your life.

Spasticity is best understood as an increase in muscle tone. While that may sound good to some, what it really means is that the muscles do not relax as much or as easily as they should. Because of this, spasticity affects movement.

“I have a lot of issues with rigidity and tightness in my calf muscles,” shared Shannon Thompson, a senior studying nutritional science at the University of Connecticut. “Because of it, I have issues with running, trying to walk quickly or even walking at all sometimes. It can be extremely painful. I need to stretch several times a day to keep my muscles from tightening too much.”

There are two types of severe MS-related spasticity. Flexor spasticity involves the hamstrings (muscles on the back of the upper leg) and hip flexors (muscles at the top of the upper thigh). The hips and knees are bent and difficult to straighten. In extensor spasticity, involving the quadriceps and adductors (muscles on the front and inside of the upper leg), the hips and knees remain straight with the legs very close together or crossed over at the ankles.

David Feingold, M.D., practitioner at Physical Medicine and Rehabilitation of Hartford, LLC, encourages those living with MS to talk with their doctor about managing specific symptoms, such as spasticity.

“The ideal way to handle a complex disease like multiple sclerosis is with a team,” said Feingold, whose practice is located in Bloomfield. “While most patients focus on managing their MS, it is also important to take care of the symptoms. Spasticity is a common problem in MS, but the treatment of it is often overlooked because those living with MS do not know that something can be done to alleviate discomfort and pain.”

For more information on spasticity and other MS symptoms or for a physician referral, please contact the Programs and Services Department at programs@nmss.org or visit www.ctfightsMS.org.
The Connecticut Chapter is pleased to present this year’s group of students receiving college scholarships. Of the 19 scholarships awarded, 16 are funded through the chapter’s Hayley’s Hope and Michaela’s Miracle MS Memorial Fund. The fund, started by the Petit family in July 2007, continues the work of Jennifer, Hayley and Michaela Petit, providing family support for more than 6,000 Connecticut residents and their families living with multiple sclerosis. 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 2013 scholarship and one national top scholar renewal are included in this year’s annual Corn-Carter MS Family Scholarships.

Another scholarship is funded by the Jo-Ann Concilio MS Memorial Fund. 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.

Greta Appleton
East Lyme
At the age of six, Greta could not understand why her mother was so ill. It wasn’t until she enrolled in an anatomy class at East Lyme High School that she began to understand the biological effects of MS. With increased understanding came an increased drive to find a way to help. Now a graduate, Greta plans on attending Boston University in Boston, Mass., to pursue a degree in psychology. She shared that, “making a difference in the lives of those affected by diseases such as MS would be more than I could ask for.”

Christine Allard
South Windsor
Christine has always been on the lookout for a silver lining to her mother’s diagnosis of multiple sclerosis. She looked while captaining the South Windsor High School girls’ varsity soccer team. She looked while she took on extra responsibilities at home cooking, cleaning and running errands. Then, she finally found it. “I was scared when I began to administer my mother’s shots,” shared Christine. “But, the good thing was that it made me realize what I wanted to do with my life.” Christine plans to attend Southern Connecticut State University in New Haven this fall as a nursing student.

Allison Curnan
Oxford
In 2009, as if starting her high school career was not daunting enough, Allison also was facing changes at home. Her father, Earl, had just been diagnosed with multiple sclerosis, and she knew that she needed to step up. She took on the duties of making dinner, doing the laundry and picking up her mother from work, all while enrolled in college prep classes at Oxford High School. Allison plans to attend Naugatuck Valley Community College in Waterbury to earn a major in education. After completing a two-year program, she hopes to continue her studies at Southern Connecticut State University in New Haven.
Lindsay Noble
Cromwell

Lindsay was diagnosed with multiple sclerosis when she was 14 years old, a disease her mother also fights. While it would have been easy for her to take the diagnosis as a sign that her soccer career was over, she instead challenged herself even more. By her sophomore year, Lindsay earned her way onto Cromwell High School’s varsity soccer team, exceeding doctor expectations while recovering from major brain surgery (unrelated to her MS). Lindsay, who was captain of the varsity soccer team her senior year and volunteers with the Connecticut Chapter regularly, graduated in June. She plans to attend Mitchell College in New London to pursue a major in psychology, which she hopes to apply to a career in clinical psychology.

Jillian Melly
Guilford

It was the night of the junior prom, and Jillian was worried about her mother. Three days earlier they had strolled along the Connecticut shoreline, and now she could not get out of bed. After a night of testing, her mother, Robin, was diagnosed with MS. Stepping up to the plate, Jillian added the responsibilities of shopping, cleaning and doing the laundry while taking challenging classes and playing field hockey at Guilford High School. Now a graduate, Jillian looks forward to starting classes at High Point University, in High Point, N.C., where she plans to major in business.

Anthony Grzegowski
Stratford

One month after Anthony’s birth, his father was diagnosed with multiple sclerosis. When his parents told him years later, his natural response was, “I can help.” As a young boy, he took on the chores of cutting the grass, shoveling snow and taking out the garbage. When his father’s MS progressed, Anthony stepped up further, teaching his younger brother to play ball and helping with difficult homework assignments. He enrolled in challenging classes at Bunnell High School in Stratford, while playing on the varsity football and lacrosse teams, despite the demands at home. Anthony will attend Wentworth Institute of Technology, in Boston, Mass., in pursuit of a degree in construction management.

Grace Kellogg
Roxbury

Grace grew up pretending that her mother’s diagnosis of multiple sclerosis was simply an excuse for taking “squishy pills, much like her own children’s gummy vitamins.” But with each year that passed, Grace saw the full weight of her mother’s disease. Now, after earning a place in the National Honor Society with a 4.0 GPA at Shepaug Valley High School in Roxbury and instructing tap classes, Grace dreams of singing and dancing her way to the top. She hopes to become a film actress, sharing that, “some people sing in the shower; I sing and tap dance.” Grace will attend Muhlenberg College, in Allentown, Penn., to pursue a major in musical theater.

Madeleine Gauthier
Simsbury

Frustration. Motivation. Hope. Madeleine uses these three words to describe what multiple sclerosis has come to represent. When her mother’s neurologist first discovered her brain lesions in 1988, the family was frustrated, which motivated Madeleine to make a difference. She established the Hogwarts Walk MS team to support her mother’s ongoing battle with MS. Now, as a graduate of Northwest Catholic High School in West Hartford, and with a future studying at the University of Connecticut, she is hopeful that there will one day be a cure for her mother.

Dana Falotico
Bethel

Dana is an honor student and a cross country runner who has dreams of becoming a high school English teacher. And, like many girls, there is one man who she will always look up to – her father, Tom. “He may not want to wear a cape, but my dad has always been my hero,” said Dana. “He is the bravest, most reliable person in my life, and he does it all while living with multiple sclerosis.” Dana graduated from Bethel High School and plans to attend Keene State College, in Keene, N.H.

Hayley Goodrich
Brookfield

When Hayley was 13, she was the only one home when her mother, Lisa, experienced her first symptom of MS – double vision. Despite the continued apprehension, she earned a 4.0 GPA at Brookfield High School and was elected president of the school’s chapter of the National Honor Society. “Going to college means that I cannot be there with my mom for the next four years,” shared Hayley, “but I know that a college degree will help me support her later on when she will need me even more.” Hayley plans on attending Hamilton College, in Clinton N.Y., to pursue a degree in psychology.

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

Continuing the Work of the Petit Family

Jill Melly

Continued th...
from being my biggest fan.” As a graduate of Waterford High School, Adam plans to attend the University of Rhode Island, in Kingston, R.I., to pursue a degree in communications with a focus on sports broadcasting.

Ben Troy
Shelton
“I was only three years old when my mother was diagnosed with MS,” shared Ben, “and it was impossible for me to understand what she was going through.” Now, 15 years later as a graduate of Brien McMahon High School in Norwalk, Ben has not only learned about multiple sclerosis, but also life. With the help of this scholarship, Ben has set out to follow his dreams of becoming a chef and providing for his single mother. Described as a capable, hardworking and intelligent student, Ben will attend the Center for Culinary Arts in Shelton.

Kelly Vukelic
Stamford
At a young age, Kelly was aware that her mother's medication was only part of managing her MS. Kelly decided to plant a garden, growing organic vegetables to supplement her mother's diet in hopes that it would help keep her MS at bay. Her small plot grew into a bigger passion and she started a community garden at her high school, the Academy of Information Technology and Engineering in Stamford. There she was elected vice president of student government, while taking challenging honors courses. This fall Kelly will attend the University of Connecticut, where she will pursue a career in medicine with hopes of becoming a doctor.

Christa Roth
Danbury
Scholarship funded by the Jo-Ann Concilio Memorial Fund
Even as a kindergartner, Christa was recognized as a girl with a lot of determination and confidence. As she grew older, she began to recognize that these characteristics were inherited from her role model, her mother — a woman who has never let multiple sclerosis get in the way of living her life to the fullest. As a graduate of Nonnewaug High School in Woodbury, Christa will attend Rensselaer Polytechnic Institute, located in Troy, N.Y., where she will pursue a degree in computer science. Christa hopes to one day apply her knowledge of technology to multiple fields, including medicine.

Mary Tran
Middletown
When her mother, Juanita, was diagnosed with MS in 2005, Mary knew that she needed to find a way to help. Taking an active role in learning about MS through the Connecticut Chapter, she has volunteered at Walk MS every year since 2006. She learned how to administer injections, manage medications and, once old enough, she took on the responsibility of driving her mother to her doctor’s appointments. Mary, a graduate of Mercy High School in Middletown, will attend the University of Connecticut. She hopes to establish a career as a physician’s assistant.

Timothy Vino
Fairfield
Timothy’s mother, Cara, was diagnosed with multiple sclerosis in 1999 after living with symptoms for more than 15 years. It was then that Timothy, a third grader, began to raise money for the Connecticut Chapter’s Walk MS. In addition to volunteering as an assistant coach with local children’s sports teams and making the honor roll at Fairfield Ludlowe High School, he continues to educate those who do not understand MS by sharing his mother’s story. After attending an aviation career education camp, in Bangor, Maine, Timothy has decided to attend Embry-Riddle Aeronautical University, located in Daytona Beach, Fla., to pursue a degree in unmanned aircraft systems science.

Molly Weeks
Ridgefield
Growing up with a mother who lives with multiple sclerosis, Molly realized that helping others gave her the most satisfaction. In addition to running cross country and indoor track, receiving varsity letters in both sports, Molly consistently volunteered her time after school at local nursing homes, where she played her saxophone to entertain residents. Molly graduated from Ridgefield High School with honors. She plans to attend Marist College, in Poughkeepsie, N.Y.

Skyla-Mae Serkey
Harwinton
Scholarship funded by the Corn-Carter Family Scholarship
In 1998, Skyla-Mae’s mother, Brandy, was diagnosed with multiple sclerosis. Now, years later, Skyla-Mae is experiencing first-hand what her mother goes through. “During my sophomore year at Oliver Wolcott Technical High School in Torrington, I was hospitalized after losing my vision,” shared Skyla-Mae. “While I have not been officially diagnosed, I have experienced optic neuritis, which is commonly one of the first signs of MS, twice.” Determined to not let anything delay her plans for the future, this fall Skyla-Mae will attend Northwestern Connecticut Community College in Winsted to pursue a degree in nursing.
"Partners in MS Care, Centers for Comprehensive Care are led by clinicians with demonstrated knowledge and experience in treating MS; offer and coordinate a full array of medical, nursing, mental health, rehabilitation and social services and have a strong collaborative relationship with the National MS Society."

— National MS Society,
Criteria for Becoming a Partner in MS Care

With strict criteria for becoming a Partner in MS Care, it can be hard to find a perfect match. It was easy, however, for the National MS Society to name the Yale Multiple Sclerosis Center as a Partner in MS Care, Center for Comprehensive Care.

“At the Yale MS Center, comprehensive care for people living with MS is provided through a coordinated, multidisciplinary approach,” stated Center Director Daniel Pelletier, M.D., Division Chief of Neuro-Immunology. “It is extremely important for us to utilize our research to improve our ability to provide patients with the best clinical care. We know that the only way to make progress is to approach this disease with a full team, and the National MS Society is a crucial variable to providing our patients with truly comprehensive care.”

Pelletier also shared that the Yale Multiple Sclerosis Center will continue to add professionals from various fields, including pediatric MS and neuropsychology, over the coming months in order to add to their comprehensive care plans.

Pelletier has served as division chief of the Yale MS Center for two years. He has previously been recognized by the National MS Society, receiving both the National Multiple Sclerosis Society’s Sylvia Lawry Physician Fellowship Award in 1999 and the National Multiple Sclerosis Society’s Harry Weaver Neuroscientist Award in 2005.

“The timing of being named a Partner in MS Care worked out perfectly,” shared Pelletier. “The Yale MS Center recently opened a new facility in North Haven, which began taking patients in May, but we wanted to be able to show our patients that we are committed to curing this disease. By working with an organization that patients look up to and trust, we can relay to them that any unmet needs will be addressed.”

The new center is all inclusive, complete with an onsite MRI and infusion center. The center currently sees approximately 900 patients annually from throughout the Connecticut, New York and Rhode Island area. With the new expansion, the Yale MS Center will be able to provide more timely services to patients and vastly expand its patient population.

“This is a great step for us, but it is only the first step,” stated David Hafler, M.D., Chief and Chair of Neurology at Yale School of Medicine, who was named Harry Weaver Scholar of the National Multiple Sclerosis Society in 1985, served on the National Multiple Sclerosis Society Medical Advisory Board in 1994 and the National MS Society Study Section, Fellowship Committee, in 2001. “We hope to one day become the best MS care program not only in Connecticut, but in the nation, and perhaps even the world.”

Other Yale Multiple Sclerosis Center personnel also have a long history of involvement with the Society. The center has received multiple grants from the National MS Society and has numerous clinical trials in progress.

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

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 130 centers across the United States.

For more information on the Partners in MS Care initiative, please contact the Programs & Services Department at programs@nmss.org or visit www.ctfightsMS.org.
do it yourself fundraising

(Below, From Left to Right) Loryn Watkinson, Farrah Fiedler, Jenifer Walsh and Carrie Leventhal celebrate another successful year at the eighth annual Team Jenifer Beer Tasting on Friday, March 22. The three women are good friends of Walsh, who was diagnosed with multiple sclerosis in 1997. In addition to acting as her support system, the women volunteer at the beer tasting every year selling raffle tickets.

**SHINING STARS FOR MS BOUTIQUE SHOPPING EXTRAVAGANZA — $900**
Kailah Pflugbeil and her Walk MS team, the Shining Stars, hosted the first-ever Shining Stars For MS Boutique Shopping Extravaganza on Sunday, March 17, at the Mohegan Fire Company, in Uncasville. The event featured more than 25 local merchants and vendors, and raised nearly $900.

**TEAM JENIFER BEER TASTING — $11,500**
Don and Jenifer Walsh, Cheshire, hosted the eighth annual Team Jenifer Beer Tasting on Friday, March 22, at the Lane Construction Co. in Cheshire. The event raised nearly $11,500. Over the past seven years, the Team Jenifer Beer Tasting has raised approximately $80,000. The event, sponsored by Cheshire Wine and Spirits, supports Cheshire resident Walsh and her dedicated Walk MS fundraising team, Team Jenifer. Since 2001, Team Jenifer, has raised almost $176,500, helping to keep research moving forward toward a cure for multiple sclerosis.

**SANGRIA THROWDOWN — $4,000**
More than 100 guests attended the third annual Sangria Throwdown on Saturday, June 8, at the Keeney Memorial Cultural Center in Wethersfield. Newington resident Karen Guaraccia hosted the event which raised almost $4,000. In its three-year history, the event has raised nearly $15,000 for the fight against MS. Guaraccia, who was diagnosed with MS in 1994, has been a member of the National MS Society, Connecticut Chapter, board of trustees since 2003, and she chairs the Connecticut Chapter programs committee.

**SEARCH FOR A CURE: FAIRFIELD COUNTY SCAVENGER HUNT — $500**
Fairfield resident Jessica Hernandez organized the first ever Search For A Cure: Fairfield County Scavenger Hunt which raised almost $500 for the National MS Society, Connecticut Chapter. Hernandez, captain of the Walk MS fundraising team S'Myelin For Hope, was diagnosed with multiple sclerosis in 2005.

**COMEDY FOR A CAUSE — $3,170**
The G Team; Good People, Doing Good Things, hosted the first-ever Comedy For A Cause, an evening of entertainment to support the fight against multiple sclerosis, on Friday, May 17, at 1691 Café Lounge in Bridgeport. The event, which raised $3,170, featured comedians Sara Contreras, Corey Fernandez, Angelo Lozada and Chris Clarke. The event was organized by Trumbull resident Cynthia Lucero, whose husband, Eddie Gutierrez, was diagnosed with MS in 2006.
Most agree – parties are fun. However, when you add a spicy theme and imaginative costumes to the mix, you’ve got the makings for a blast! The National MS Society, Connecticut Chapter, takes it up a notch even higher when it includes a full-fledged run at its Halloween-themed benefit party known as Run MS, a Spooktacular 5K.

This fun-filled run invites guests to put on their spook. Participants of all ages are encouraged to come dressed as ghosts, goblins, ghouls or their favorite character, spooky or not. This year’s Run MS will take place Saturday, Oct. 26, at Rentschler Field in East Hartford. And this run – well, it promises to be everything party.

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

Registration begins at 8 a.m. and the 5K starts at 9 a.m. Pre-registration is $30, and day-of registration is $35. The first 200 people to register will receive a commemorative t-shirt. Participants are encouraged to fundraise to assist in supporting people battling MS.

Last year’s run attracted more than 900 runners and raised almost $19,000.

All Halloween-themed activities and refreshments are free to registered participants. Unregistered spectators are asked to donate $5 per person to participate in the party activities.

Cash prizes will be awarded to the top two male and female runners. Trophies will be awarded to the top runners in six age groups. Prizes will also be given for the scariest, funniest and cutest costumes, so participants are asked to arrive costume ready. Anonymous judges will be located throughout the venue at the start of the run.

Rentschler Field is located at 615 Silver Lane in East Hartford. Fundraising for Run MS, A Spooktacular 5K, will continue through Friday, Nov. 15. For more information or to register, visit www.ctfightsMS.org.
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Yoga MS: Stretching For A Cure

Whether you are a novice yogi or you have saluted the sun for years, the National MS Society, Connecticut Chapter’s new event, Yoga MS, Stretching For A Cure, has something for you.

Yoga helps to create a state of attentiveness, bringing the strands of the inner and outer consciousness in unity with the mind, soul and body. More and more MS specialists note that yoga, with its emphasis on relaxation, breathing, stretching and deliberate movements, is a good choice of exercise for people living with the chronic disease.

Yoga MS is expected to attract more than 1,000 people. Attendees will have the option to sign up for one or all the classes offered throughout the day. If you are a yogi or new to the yoga experience, there is a place for you.

Classes will include beginner, intermediate, advanced, outside yoga, a kids’ class and adaptive yoga – perfect for people with MS.

Yoga MS, Stretching For A Cure, will take place Sunday, Sept. 29, at Sacred Heart University in Fairfield. Tickets sold prior to the event are $40. Tickets will also be available at the door for $45.

The event will include beverages, snacks, vendors, a meditation class and more.

For more information on Yoga MS, Stretching For A Cure, please visit ctfightsMS.org.

Karen Clarke, Mystic, diagnosed in 1997.
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.

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 from 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 June at 860.747.0564.

The **SHELTON** support group meets on the second Monday of each month from 2 to 3:30 p.m. at the Plum Library, 65 Wooster St. in Shelton. Call Eric Szafran at 800.344.4867.

The **STORRS** MS Support Group meets at 7 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 or Jennifer at 860.450.0530.

The **TORRINGTON** professionally facilitated support group meets from 7 to 8:30 p.m. on the second Wednesday of each month at the VNS of Connecticut, 62 Commercial Blvd. in Torrington. Call Eric Szafran at 800.344.4867.

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

ON THE MOVE
Wednesday, August 14, 2013
6:30 – 8:30 p.m.
Norwalk or Fairfield, CT
Wednesday, September 11, 2013
6:30 – 8:30 p.m.
Norwalk or Fairfield, CT

ASK THE EMPLOYMENT SPECIALIST:
TELEPHONE Q&A SESSIONS
Wednesday, August 14, 2013
Noon – 1 p.m.
Teleconference

CAREGIVERS’ MEETING
Saturday, September 7, 2013
10 a.m. – 1:30 p.m.
Woodbridge, CT

RESEARCH: WHERE ARE WE NOW,
WHERE ARE WE GOING
Tuesday, September 10, 2013
7:30 – 8:30 p.m.

To register please visit www.ctfightsMS.org.

For information on October programs, please call
the Connecticut Chapter’s Programs Department at
860.913.2550, or visit www.ctfightsMS.org.

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MS CLASSIFIEDS

FOR SALE
Three-bed, two-bath newly remodeled home. Indoor swimming pool and accessible bathroom. Located at 109 Wahnee Road in Winsted, CT. Email Linnea Chasee at linneachasse@yahoo.com.

VOLUNTEER WANTED
Bethlehem resident seeks assistance in transcribing novel. Requires tape recorder or PC to begin the writing process. Please contact June Stronk at 203.266.6072.

FOR SALE
Brand New Hoveround Chair, never used. Gray with brand-new batteries. Foldable wheelchair ramp. Call Lyn Marie at 203.753.1882.
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 800.344.4867, ext. 52543 email: eric.szafran@nmss.org

CONNECTICUT EXECUTIVE CHOICE AWARDS

A NETWORKING EVENT HONORING EXCEPTIONAL PROFESSIONALS IN CONNECTICUT

September 17, 2013

Aqua Turf Club
Plantsville, Connecticut

For more information, visit ctfightsMS.org

ON THE MOVE

On the Move is a social group for people in their 20s and 30s living with multiple sclerosis that meets on the second Wednesday of every month from 6:30 to 8:30 p.m. in either Norwalk or Fairfield. Call Amy Watkins at 860.913.2550, ext. 52547, to register. R.S.V.P. required one week prior to each meet up.

MS Family Day

with the Connecticut Sun

Sunday, August 25, 2013

Mohegan Sun Arena
Uncasville, Connecticut

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

For more information about this program, please contact Eric Szafran 800.344.4867, ext. 52543 email: eric.szafran@nmss.org
doing so late in the night? ’I’m going to get a snack,’ Jessica replied, ‘because I can.’”

Rowley has a long road ahead. Maintaining her level of ability seems daunting some days, but she finds help through a new friend. Elizabeth Norman, 26, has a 5-year-old daughter who attended the same pre-school as Rowley’s daughter. Rowley, who leans on Norman for physical assistance, has become an emotional support for Norman, who over the years has experienced her share of disappointing friendships.

“Meeting Jessica has changed the meaning of friendship,” said Norman, whose emotional wounds have begun to heal through her relationship with Rowley. “Knowing I can help Jessica has strengthened my belief that I’m here for a reason; I’m needed. We are inseparable now.”

In defiance to the losses she’s experienced as a result of her MS, Rowley is committed to moving forward with her life. She credits her mother with providing the motivation to press on.

“My mother is everything to me,” said Rowley. “If it weren’t for her, I would not have received the specialized care I need to treat my disease. My mother has sacrificed so much to support me and my daughter. I’m also thankful for the National MS Society, the Mandell Center and the many other organizations which are helping me stay connected and informed. Knowing that there is support for me and my family provides me with great reassurance.”

In J.K. Rowling’s book, _Harry Potter and the Sorcerer’s Stone_, she writes, “It does not do to dwell on dreams and forget to live.” Rowley’s early dreams may not come true, but she lives life as fully as possible, embracing family and friends, finding greater meaning in building relationships and encouraging her daughter’s dreams for the future.

For more information on multiple sclerosis, its effects and the many ways the National MS Society assists people living with MS, visit www.ctfightsMS.org.

The following organizations made Jessica Rowley’s stairlift possible: The National MS Society, Connecticut Chapter; Regional Stairs, East Hartford; Hudson Accessibility Solutions, Newington; the Kelly Packowski MS Fund; and the Friends of Man Fund.
CALENDAR OF EVENTS

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

SUNDAY, SEPTEMBER 8
  Bike MS: Cardio Express Ride
  Riverside Park, Hartford

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

SUNDAY, SEPTEMBER 29
  Yoga MS
  Sacred Heart University, Fairfield

SATURDAY, OCTOBER 26
  Run MS
  Rentschler Field, East Hartford

WEDNESDAY, NOVEMBER 20
  35th Annual MS Dinner of Champions
  Hilton Stamford Hotel, Stamford

*For programs, refer to page 23.

For more information on these and other events, visit ctfightsMS.org.
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Jessica Rowley, Vernon disabled by the effects of MS (see page 11)

Kim Marchand
Hudson Accessibility Solutions
www.hudsonaccess.com
A local company offering assistive technology equipment and mobility solutions designed to maximize independence

EVERY CONNECTION COUNTS

MS PROGRAMS & SERVICES

National Multiple Sclerosis Society
The National MS Society assists with grants and referrals, connecting people with MS with individuals and community partners that can help improve quality of life for people diagnosed with MS

MS KILLS CONNECTION > CONNNECTION KILLS MS