Thank you so much for all the time you spent on helping my dad get his lift chair. It was such a blessing to him. I appreciate all that you and the MS Society do.

My heart is so free, it’s hard to express how I feel from all your help! You have helped me so much. God bless you. I am so happy.

Words can’t express my gratitude enough to your organization that came through for me when my back was against the wall. I do suffer an illness where stress could, if allowed, take me under, but through your generosity, you eliminate that from happening.

I can’t seem to find the words to express my gratitude. No one has ever done anything this kind for me in my life!! You’ve given me a new beginning. You’ve made a BIG Christmas wish come true! I am forever in your debt! You all are the best!!!

I want to express our utmost gratitude for the charitable inspiration that you have provided. We are comforted by the benevolent alliance that you and your society offer as well as the earnest engagement that is presented within the values of your organization.

I have a modest income and without your help I would have lost my electric. So I just wanted to thank the MS Society so much, you’ve always been there to help me. I’ll never forget your help or kindness.

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I have a modest income and without your help I would have lost my electric. So I just wanted to thank the MS Society so much, you’ve always been there to help me. I’ll never forget your help or kindness.
2015 was an important year for the MS Society. It demonstrated the power of working together in a more unified approach through many important milestones, for we are stronger together. 2015 marked our celebration as a chapter for 60 years. 2015 celebrated the close of the largest fundraising campaign for MS Research ever and most importantly, 2015 marked the last year of a 5 year strategic plan with tremendous impact. (pg. 4)

The chapter increased its investment in research, access to care and connecting people to information, resources and each other. This was evident as we welcomed a new partner in MS Care (pg. 11), recruited participants in clinical trials (pgs.10-11) and continued to offer telelearning series across the country (pg. 21).

We were also very focused on our financial stability, which this edition speaks to. You will note in our financial statement (pg. 5) that this is the first year the chapter has reported a surplus in a very long time. Although we exercised intentional expense management, our surplus increased significantly due to a notification of a generous bequest. It was a reminder of how important this organization is to many families and the value of building relationships in our community.

The only way we make the impact we are striving for, a world free of MS, is to continue to call upon each of you to join the movement. We’re stronger together. Many of you contribute through committee service (pgs. 16-17), through donating or fundraising (pgs. 12-13), volunteering as a Talk MS leader (pg. 20) or simply sharing your personal story with your neighbors, co-workers, family. For all of the engagement, we thank you.

As we look ahead, I hope you continue to see yourself in this important work and consider increasing your engagement, such as joining a committee, donating or fundraising.

We’re Stronger Together. Happy Holidays.

Sincerely,
NATIONAL MS SOCIETY STRATEGIC RESPONSE TO MULTIPLE SCLEROSIS FY2011 – 2015
SUMMARIZED PROGRESS REPORT

VISION: A World Free of MS

MISSION: We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS

OUR FY2011 – 2015 STRATEGIC RESPONSE TO MULTIPLE SCLEROSIS
The FY2011 – 2015 strategic response to multiple sclerosis reflected a vision of what the world should look like for people affected by MS in the year 2015. Through an extensive outreach to a wide range of audiences, the perspectives and voices of nearly 10,000 individuals informed the plan with their hopes, dreams, concerns, challenges and experiences — what they wanted and expected from the Society.

FY2011 – 2015 GOALS
In order to further our progress toward a world free of MS, our work focused in five key goal areas:
• We are a driving force of MS research and treatment to stop disease progression, restore function and end MS forever
• We develop, deliver and leverage resources to enhance care for people with MS and quality of life for those affected by the disease
• We are leaders in the worldwide MS movement, mobilizing millions of people to do something about MS now
• We are activists
• We develop and align human, business and financial resources to achieve breakthrough results

ACHIEVING IMPACT
The Society is united in our collective power to do something about MS now, and end this disease forever. In order to better describe the changes we expect in the lives of people affected by MS, we developed four impact statements which helped guide our work and more effectively evaluate progress (see next page).
IMPACT STATEMENT 1: ACCELERATED RESEARCH BREAKTHROUGHS CHANGE LIVES AND END MS FOREVER
- We are the global leader in MS research, recognized as the catalyst for ALL major advancements, including leadership of the International Progressive MS Alliance
- We are the largest private funder of MS research in the world, having invested more than $896 million to date
- Through the groundbreaking $250 million NOW campaign, we have launched more promising MS research and progress towards life-changing solutions for people with MS than any other time in history, up from $216 million in research investments during FY2006 – 2010
- We have provided early career support and funding to nearly 1,000 MS researchers, including every recognized MS expert

IMPACT STATEMENT 2: EACH PERSON WITH MS CAN LIVE THEIR BEST LIFE WITH MORE CONNECTIONS TO INFORMATION, RESOURCES, AND OTHERS WITH SHARED EXPERIENCES
- We offer more solutions and access to more life-changing services for people with MS than ever, including personalized responses to more than 973,000 people through the Information Resource Center with 95% satisfaction rate
- Created MSconnection.org online community where now more than 36,000 people connect with each other to share information, experiences and resources
- Our website provides the most comprehensive MS information in the world, recently recognized with a prestigious Webby Award which honors excellence on the internet
- We are improving access to high quality comprehensive healthcare by connecting people with MS to the Society, connecting with thousands of healthcare professionals and funding 68 fellows to continuously expand experts in MS care, address gaps, and better meet the needs of people with MS

IMPACT STATEMENT 3: THE VOICES OF PEOPLE AFFECTED BY MS ARE HEARD AND DRIVE CHANGE WHEREVER IT IS NEEDED
- We unite MS activists to influence legislation that will change the world; resulting in an amendment in the House of Representatives to double the Congressionally Directed Medical Research Program funding to $10 million for MS research, for a total of $22.4 million since FY2011
- We bring MS activists together to visit with congressional offices during the Public Policy Conference every year resulting in more than 350 direct actions, such as letters of support or co-sponsored legislation, in support of the Society’s priority issues
- Enable more than 110,000 activists to take action online each year, urging their elected officials to support issues important to people with MS

IMPACT STATEMENT 4: EVERYONE WHO WANTS TO DO SOMETHING ABOUT MULTIPLE SCLEROSIS CAN FUEL PROGRESS
- We mobilize everyone who wants to do something about MS to raise more funds, including $1.05 billion generated by individual giving, special events and corporate fundraising and donations
- We produce the Bike MS series, recognized as the largest fundraising bike event in the world and fifth top fundraising event in the U.S., generating $399 million
- Walk MS is the largest gathering of people affected by MS, raising $242 million and recognized as the 11th highest fundraising event in the U.S. in 2013 and 2015
- We are a leader in the MS movement and the trusted resource for media, mentioned by all media channels in more than 80% of all stories about MS
## FISCAL YEAR 2015

### NATIONAL MULTIPLE SCLEROSIS SOCIETY

#### GATEWAY AREA CHAPTER

### STATEMENTS OF FINANCIAL POSITION

<table>
<thead>
<tr>
<th>ASSETS</th>
<th>Years Ended September 30</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Assets</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cash &amp; cash equivalents</td>
<td>$912,725</td>
<td>$441,152</td>
<td></td>
</tr>
<tr>
<td>Contributions receivable</td>
<td>943,720</td>
<td>342,928</td>
<td></td>
</tr>
<tr>
<td>Other receivables</td>
<td>990</td>
<td>6,328</td>
<td></td>
</tr>
<tr>
<td>Grant Receivable</td>
<td>7,500</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Interest Receivable</td>
<td>-</td>
<td>2,577</td>
<td></td>
</tr>
<tr>
<td>Prepaid expenses and other assets</td>
<td>29,189</td>
<td>37,108</td>
<td></td>
</tr>
<tr>
<td>Investments</td>
<td>-</td>
<td>800,764</td>
<td></td>
</tr>
<tr>
<td><strong>Total Current Assets</strong></td>
<td></td>
<td><strong>$1,894,124</strong></td>
<td><strong>$1,630,857</strong></td>
</tr>
<tr>
<td>Interest in NMSS pooled investment fund</td>
<td>440,165</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Due from NMSS</td>
<td>1,955</td>
<td>2,443</td>
<td></td>
</tr>
<tr>
<td>Property and Equipment, Net</td>
<td>115,787</td>
<td>169,492</td>
<td></td>
</tr>
<tr>
<td><strong>Total Assets</strong></td>
<td>2,452,031</td>
<td><strong>$1,802,792</strong></td>
<td></td>
</tr>
</tbody>
</table>

#### LIABILITIES AND NET ASSETS

| Current Liabilities | | |
|---------------------|--------------------------|------|------|
| Other Payables to Home Office | $132,465 | $5,392 |
| Current Maturities of Capital Lease Obligation | 18,457 | 17,984 |
| Accounts payable & accrued expenses | 257,910 | 382,078 |
| Deferred sponsorship & underwriting revenue | 15,314 | 17,854 |
| **Total Current Liabilities** | | **$424,146** | **$423,308** |
| **Capital Lease Obligation** | | | |
| Net of Current Maturities | - | 18,457 |
| **Net Assets** | | **1,310,839** | **1,223,696** |
| Unrestricted | 1,310,839 | 1,223,696 |
| Temporarily restricted | 717,046 | 137,331 |
| **Total Net Assets** | 2,027,885 | 1,361,027 |
| **Total Liabilities and Net Assets** | 2,452,031 | **$1,802,792** |

### STATEMENTS OF ACTIVITIES

<table>
<thead>
<tr>
<th>Years Ended September 30</th>
<th>2015</th>
<th>2014</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public Support</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Received Directly:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Special events</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(including in-kind donations of $66,430 in 2015 &amp; $60,445 in 2014)</td>
<td><strong>$3,100,988</strong></td>
<td><strong>$3,521,934</strong></td>
</tr>
<tr>
<td>Less benefit to donor costs and in-kind</td>
<td>(348,470)</td>
<td>(301,477)</td>
</tr>
<tr>
<td><strong>Membership and contributions</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(including in-kind donations of $7,274 in 2015 &amp; $8,719 in 2014)</td>
<td>672,872</td>
<td>543,313</td>
</tr>
<tr>
<td><strong>Legacies</strong></td>
<td>853,651</td>
<td>194,772</td>
</tr>
<tr>
<td><strong>Received indirectly</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Federated Fundraising Organizations</td>
<td>278,183</td>
<td>292,143</td>
</tr>
<tr>
<td><strong>Total Public Support</strong></td>
<td><strong>$4,557,224</strong></td>
<td><strong>$4,250,685</strong></td>
</tr>
</tbody>
</table>

| **Other Support and Revenue** | | |
| Investment Income | (24,959) | 65,339 |
| Miscellaneous income | 8,160 | 22,501 |
| **Total Other Support and Revenue** | **(16,799)** | **$87,840** |

| **Total Public Support and Revenue** | **$4,540,425** | **$4,338,525** |

| **Expenses** | | |
| Program Services | | |
| Research | 1,119,868 | 1,136,220 |
| Society activities | 0 | 822,780 |
| Client programs | 459,824 | 753,401 |
| Community programs | 278,511 | 474,494 |
| Professional education and training | 142,356 | 137,391 |
| Public education | 587,968 | 364,469 |
| **Total Program Services** | **$2,588,527** | **$3,688,755** |
| Supporting Services | | |
| Management and General | 463,553 | 232,499 |
| Fundraising | 821,487 | 769,214 |
| **Total Expenses** | **$3,873,567** | **$4,690,468** |

| **Change in Net Assets** | 666,858 | (351,943) |

| Net Assets, Beginning of Year | 1,361,027 | 1,712,970 |
| **Net Assets, End of Year** | **$2,027,885** | **$1,361,027** |
LIVING WITH MS

EMPLOYMENT AND MS

BY MICHELLE VAN GORDON
REHABILITATION INSTITUTE OF KANSAS CITY

Like all employees, people with a progressive illness or disability can bring valuable skills, talents and abilities to the workplace. There is a wide range of supports available to help you find and keep employment, whether you are employed at the time of onset of disability, your illness progressed, or if you are unemployed and looking for the right position to fit your abilities.

One question many employees with a progressive illness struggle with is when or if to disclose your illness to your employer. The decision of when to tell your employer about your illness, or if to disclose a disability is a very personal one. If your disability is not obvious, and you don’t feel that it will affect your job performance, many employees choose not to disclose. Other employees with a progressive illness realize that sooner or later, they will need to ask for extended time off, a modified work schedule, or other accommodations. Those employees who choose to disclose prior to needing a workplace accommodation will most likely be met with less resistance from their employer, and will often find that their employer is more compassionate towards their needs. Disclosure of a progressive illness or disability depends on each job seeker or employee and their unique situation.

If you are disabled and need assistance looking for employment, your state Vocational Rehabilitation (VR) office is one resource you should consider. VR can match you with a service provider who can assist you in creating a resume, learning interview skills, completing job applications and assessment tests and acting as an advocate. The services they can provide depend on your individual needs. Most VR services can provide on-site job coaching support once employment is obtained. These supports consist of a job coach present at your place of employment, helping you to learn your new job and the most efficient way for you to do it. Job coaching fades as you demonstrate the ability to perform your job duties independently. Your VR counselor will determine which services best suits your needs. VR may also offer assistance with interview and job related clothing, and assistance with transportation costs if you financially qualify.

Vocational Rehabilitation may also be able to provide you with vocational training or
education that you may need to transition to a new career, if your previous employment is no longer possible due to your illness or disability. Types of training could include college or university, trade school, a community rehabilitation program or on-the-job training program. They could also cover the costs for tuition/fees, as well as books and supplies.

If you already have a job, VR can help you keep that job by suggesting reasonable accommodations. Reasonable accommodations for persons with a progressive illness, according to the EEOC, include leaving for doctor’s appointments and/or to seek or recuperate from treatment, taking periodic breaks, and permission to work at home. A reasonable accommodation could also include anything from adaptive equipment to reduced work hours, or even retraining for a more suitable job within your company. Another resource for workplace accommodations is the Job Accommodation Network (JAN). JAN is a consulting service that provides information about job accommodations and the employability of people with disabilities. Some of the services that are provided by JAN are one-on-one counseling about ideas for job accommodations and requesting those accommodations. JAN does not help individuals find employment, but provides helpful up-to-date information to job seekers.

Natural supports, which are the relationships that occur in everyday life, should be utilized whenever possible in the workplace. Work colleagues can often be a great form of emotional support. Having a support system at work can be comforting in times of stress. If you found your job through networking with someone you know who was already working for the company, that is your first natural support. Talking to this person about expectations in the workplace before starting your job can be a great help.

Another available resource is the online U.S. federal government website, www.disability.gov. This website provides valuable information on disability programs and services throughout the nation. This website can assist you with how to apply for disability benefits and how to find a job. Also, check out the resources in your local community to help you get the supports you are looking for.

Remember, you have value and can be an asset in the workplace with the right supports and the right place of employment!

Michelle VanGordon has been working as a Job Developer since November of 2008. She is currently working for the Rehabilitation Institute of Kansas City. Michelle is certified in Employment Services Training through the College of Employment Services and has helped hundreds of individuals with disabilities achieve and maintain competitive employment.
What kind of MS do I have? I am asked this question on a daily basis. Sometimes I can’t give you a straight answer. Not because I don’t want to, but I simply might not know. There is not a biological marker, a blood test, that can define your disease state. So we use categories that describe the behavior of your disease.

In 1996 a team of MS physician experts met with the goal of coming up with descriptions of the course of MS. They felt this was needed to facilitate research and to give a commonality to discussion about the clinical course of MS. Now for 18 years we have utilized four “courses” of MS: relapsing-remitting, secondary progressive, primary progressive and progressive relapsing.

As our understanding of MS has evolved and as science has advanced, these names (phenotypes) have been re-evaluated. The new nomenclature provides a truer picture of what an individual experiences in the disease course. This may allow for better information when making treatment decisions and placing persons with MS in clinical trials.

The new language adds sub-categories to relapsing or progressive disease types. In doing this, we use the adjectives active and progressing. This implies that all persons with MS are monitored for signs of disease activity and progression—both clinically and with MRI.

Activity as it is defined in the sub-type is measured not only by evidence of a relapse, (new symptoms lasting greater than 24 hours not explained by another cause), with or without full recovery, but also by MRI characteristics that include a new or enlarging T2 lesion or a new contrast-enhancing lesion.

We also sub-categorize progressive disease. In the past we used primary progressive, secondary progressive and progressive relapsing. The thought now is to identify the disease course and characteristics.

Progression of disease is defined as an objective decline in function and abilities over the prior year that can be observed and documented. Currently MRI is not a helpful measure in objectively defining progression of disease.

So you ask: WHO CARES? This new nomenclature allows clinicians to talk in a standard language. It also may help guide our thought processes as we think about your disease management.

When someone presents with a new complaint, our first step is to ask questions. Our questions help us figure out if new symptoms indicate a pseudo-relapse, a relapse, or disease progression. Each of these defines a unique treatment path.

• If we suspect a pseudo-relapse, you may be asked about underlying triggers that magnify your MS symptoms, often heat or infection. Cooling strategies or infection treatment may be suggested.

• If you present with a relapse, we may manage the relapse with treatment, such as steroids. The new symptoms may need to be addressed, and we may evaluate the effectiveness of your disease management medication.

• If progression is suspected, we will evaluate other non-MS causes, suggest treatments to help recover from loss, often involving physical therapy, and we may evaluate your need for disease management medication.

So it does matter. We are using word(s) to paint a picture of your MS. This description will help guide us in giving you the best care and treatment possible.

Reprinted with permission from The MS Center of St. Louis.
Join a panel of specialists to learn about topics such as symptoms of multiple sclerosis (MS), balancing family life with MS, fatigue in the workplace, and nutrition.

A View of MS: A Chat With the Experts

Tuesday, February 16 at 5:30PM
Hilton St. Louis Frontenac
1335 South Lindbergh Boulevard
St. Louis, MO 63131

Please RSVP by 02/10/2016
by calling 1-866-682-7491

NOVARTIS
PHARMACEUTICALS
The association of vitamin D blood levels with MS risk has received much recent attention. If low vitamin D levels contribute to MS development, that may help explain the increasing risk of MS of those who live at increasing distances from the equator, because sunlight exposure is the main determinant of vitamin D blood levels. Less clear is whether vitamin D supplementation can benefit MS once the disease is established. Some information suggests an association of lower vitamin D levels with increased MS attack rate, but an association does not prove a “cause and effect” relationship.

There is considerable evidence, mostly from studies involving cultured cells and animal models, that vitamin D has strong immunomodulatory effects on the immune system. Vitamin D is also thought to have neuroprotective properties, apart from its actions on the immune system. In accord with these findings, studies in animal models of autoimmune diseases have reported that treatment with vitamin D led to less severe diseases.

Because it is not known whether different amounts of oral supplementation of vitamin D might alter the course of MS, the National MS Society is funding a multi-center Phase 3 trial of vitamin D in patients with MS. The study was reviewed extensively by peer reviewers, and was deemed important and worthy of the monetary investment of the Society. The study has recently begun enrolling relapsing – remitting patients at 15 sites around the country, including the John L. Trotter MS Center at Washington University/Barnes-Jewish Hospital. They are now recruiting relapsing – remitting patients into the study, and welcome inquiries about the study.

Patients enrolled in this study will be randomly assigned to receive tablets of either 600IU/day or 5000IU/day of vitamin D3 for two years while they are in the study. Patients and clinicians will not know the dose of vitamin D that the patient is getting. All patients will be on glatiramer acetate, a FDA-approved medication for RRMS. Both the vitamin D3 and the glatiramer acetate will be free-of-charge. Eligible patients must be ages 18 to 50 and have relapsing-remitting MS. They must be able to walk without the assistance of a cane or walker. Patients to be enrolled must have active disease, meaning one or more clinical MS attacks in the past two years. If only one attack in past 2 years, they will still be eligible if they have at least one new lesion on brain MRI within the past year.

There are several medical conditions or medications that would exclude someone from this study. These include treatment in the past six months with natalizumab, fingolimod, or dimethyl fumarate. If a patient wishing to enroll has received glatiramer acetate, they cannot have been taking it longer than three months.

We are now actively recruiting patients for this exciting study.

**PARTICIPANT CRITERIA:** 18-50 years of age, with a diagnosis of relapsing MS. They must be able to walk without assistance of a cane or walker. Patients to be enrolled must have active disease, meaning one or more clinical MS attacks in the past two years. If only one attack in past 2 years, they will still be eligible if they have at least one new lesion on brain MRI within the past year.

**PRINCIPAL INVESTIGATOR:** Anne Cross, MD. Contact Susan at 314-362-2017, foxs@neuro.wustl.edu
LIVING WITH MS

CHAPTER WELCOMES NEW PARTNER

The National MS Society is pleased to officially recognize The Rehabilitation Institute of St. Louis, St. Louis City, Missouri as our newest Partners in MS Care.

The Rehabilitation Institute of St. Louis (TRISL) has worked closely with the MS Society since 2010. In 2010, TRISL hosted the Society’s MS Wellness Fair where occupational therapists, physical therapists, speech-language pathologists and pain management specialists volunteered their time to meet with individuals with MS. Patients with MS have access to a diverse team of professionals experienced in MS care including: physical therapists, occupational therapists, and a physical therapist with expertise in identifying and providing mobility equipment such as wheelchairs and scooters. Cathy Luhman, MS-certified physical therapist, also sees patients with MS monthly at The John L Trotter MS Center. Cathy has been a guest speaker for past Wellness Network teleconferences and Family Weekends.

Currently, the Chapter has a total of 10 Partners in MS Care, and we are continuing to identify additional healthcare providers throughout the chapter who have a special interest in multiple sclerosis and have demonstrated knowledge and expertise in care for individuals with MS.

The Society’s Partners in MS Care program recognizes and supports quality MS care. The program involves healthcare professionals in the areas of:

• Center for Comprehensive MS Care: Offers a multi-disciplinary model of care to address the often complex needs of many people with MS. They offer access to a full array of medical, psycho-social, and rehabilitation services delivered in a coordinated fashion where providers share common goals for patient outcomes.
• Neurologic Care: Neurologists with current knowledge and experience treating MS.
• Rehabilitation: Physical therapists, occupational therapists, and speech/language pathologists with demonstrated knowledge in evaluating and treating people with MS.
• Mental Health: Psychologists, social workers, counselors, and marriage and family counselors.

For a listing of all Partners in MS Care in your area, visit the online provider finder and enter your zip code: www.nmss.org/Treating-MS/Find-an-MS-Care-Provider/Partners-in-MS-Care or call 1-800-344-4867.
Thank you Fundraisers

Bike MS: Express Scripts Gateway Getaway Ride 2015: Top 150 Club

1. Steven Lipstein ........................................ $51,970
2. Katie Heidenreich ...................................... $30,001
3. Eloise Schlafly ........................................... $27,486
4. Michael Haskell ......................................... $11,496
5. Joe McKee ................................................ $10,685
6. James Chastain .......................................... $10,315
7. Steven Lovell ............................................ $10,250
8. Steve Miller .............................................. $10,030
9. Michael Lowenbaum .................................... $10,000
10. Mike Phillips ............................................ $8,520
11. Nicholas Marino ......................................... $6,245
12. Sheila Miranda ........................................... $7,685
13. Gary Werkmeister ....................................... $7,565
14. Paula Hildebrand ....................................... $7,505
15. Paul Kikta ................................................ $6,617
16. Rick Rovak ............................................... $6,158
17. Kim Dryden ............................................... $5,984
18. Robert Csuzworth ....................................... $5,805
19. William Fechter ......................................... $5,760
20. Gary Hemmer ............................................ $5,520
21. Paul Ogier ................................................ $5,460
22. Bill Jovanovic ............................................ $5,453
23. Christie Cange .......................................... $5,425
24. Martha Kroeger ......................................... $5,396
25. Kyle Darnell .............................................. $5,395
26. Jamie Mealey ............................................ $5,350
27. Lynda Baris .............................................. $5,312
28. William Frieils .......................................... $5,125
29. Stephanie Boyce ......................................... $5,120
30. Jill Orr .................................................... $5,065
31. Glenn Jansen ............................................. $5,040
32. Anne Goodwillie ....................................... $4,975
33. Mark Abels .............................................. $4,955
34. Terry Hoffman .......................................... $4,865
35. Steven Smith ............................................ $4,681
36. Carl Hogan ............................................... $4,600
37. Phil Jozwik ............................................... $4,445
38. Thomas Pohman ......................................... $4,380
39. Jack Turek ............................................... $4,375
40. Donald Paddick ......................................... $4,230
41. Craig Snethen .......................................... $4,190
42. Lyndon Gross ............................................ $4,182
43. Scott Kolbe .............................................. $4,170
44. David Goodwillie ....................................... $4,160
45. Rick Keating ............................................ $4,111
46. Mark Dana ............................................... $4,109
47. Billy Lawder ............................................. $4,075
48. Kevin Howe ............................................. $4,070
49. Trey Hogan .............................................. $4,015
50. Joe Fechter .............................................. $4,000

101. Andrew Walshaw ..................................... $2,355
102. Gary Zenk ............................................. $2,350
103. David Domian ......................................... $2,346
104. Ron Coleman .......................................... $2,320
105. Steven Jacobs ......................................... $2,320
106. Alice Kohler ........................................... $2,310
107. Mark Goeger ........................................... $2,280
108. Marianne Bours ....................................... $2,275
109. Ron LaGarce ........................................... $2,275
110. Jim Avery ............................................... $2,260
111. Janet Bowe ............................................ $2,255
112. Tina Micke ............................................. $2,254
113. Terry Kaepple .......................................... $2,250
114. Jennifer Luner ......................................... $2,245
115. Joel Elken ............................................... $2,215
116. Doug Murray ........................................... $2,203
117. Olivia Reeve ............................................ $2,200
118. Joel Kirchline ......................................... $2,190
119. Mitch Baris ............................................ $2,185
120. Rebecca Magruder .................................... $2,175
121. Barby Wulff ........................................... $2,163
122. Christine Houston .................................... $2,150
123. Randy Meisner ........................................ $2,130
124. Jeff Zacks ............................................... $2,106
125. Andrew Marting ....................................... $2,069
126. John Rocchio .......................................... $2,065
127. Steven Haenchen ...................................... $2,060
128. Tim Turek ............................................... $2,055
129. Ryan Phillips .......................................... $2,050
130. Peggy Luber ............................................ $2,035
131. David Gudermuth .................................... $2,030
132. Giuliano Mangiore .................................... $2,025
133. Joshua Ernst ........................................... $2,025
134. Cindy Schulte ......................................... $2,025
135. Joseph Dolan .......................................... $2,020
136. Patric Hughes-Luebbert .............................. $2,015
137. Scott Birdsong ......................................... $2,015
138. Rose Ohse ............................................. $2,005
139. Will Carney ............................................ $2,005
140. Josie McDonald ......................................... $2,000
141. Beverly Calcaterra .................................... $2,000
142. Curt Calcaterra ........................................ $2,000
143. Daniel Bauer .......................................... $2,000
144. Jared Hellensmith ..................................... $2,000
145. Erik Morse ............................................. $2,000
146. Michael Price .......................................... $2,000
147. Greg Steinhoff ......................................... $2,000
148. David Wulff ............................................ $2,000
149. Kathy Pecher ........................................... $1,990
150. Ryan Lynch ............................................. $1,990
THANK YOU FUNDRAISERS

WALK MS 2015: TOP 100 CLUB

1. Ashley Koerber ........................................... $23,834
2. Colleen McEvoy ........................................... $14,165
3. Jean Kienzle ........................................... $11,440
4. Ellen Reilly ........................................... $10,002
5. Denise Gaither ........................................... $5,735
6. James Riess ........................................... $5,120
7. Kecia Green ........................................... $5,000
8. Brenda Berra .......................................... $4,673
9. Suzan Knese ........................................... $4,545
10. Diane Fressola .......................................... $3,683
11. Taylor Ibrahim .......................................... $3,550
12. Diana Baum ........................................... $3,495
13. Amy Thomas ........................................... $3,436
14. Rachel Jeter ........................................... $3,305
15. Duane Chwascinski ..................................... $3,120
16. Mary Alice Hamilton .................................... $3,000
17. Terry Einig ........................................... $2,920
18. Kay Kueker ........................................... $2,890
19. Michelle Keating ........................................ $2,886
20. Christi Heideman ......................................... $2,845
21. Kathi Taylor ........................................... $2,800
22. Stephanie Praschan ....................................... $2,500
23. Malisa Furlong ........................................... $2,446
24. Anne Hoerner ........................................... $2,410
25. Summer Belden ........................................... $2,300
26. Karla Rosenblum ......................................... $2,398
27. Lisa Yearian ........................................... $2,224
28. Scott Temkin ........................................... $2,125
29. Natasha Riley ........................................... $2,100
30. Kathleen McClush .......................................... $1,938
31. Melanie Rehg ........................................... $1,905
32. Courtney Anderson ....................................... $1,805
33. Mark Smith ........................................... $1,785
34. Nancy Goldberg ........................................... $1,753
35. Debbie Aumer ........................................... $1,660
36. Joy Hamilton ........................................... $1,645
37. Mandy Dunivan ........................................... $1,643
38. Judy Braundmeier ......................................... $1,620
39. Pamela Wolf ........................................... $1,560
40. Bernice Koerber ........................................... $1,500
41. Larry Kuykendall ........................................... $1,480
42. Diane Sanders ........................................... $1,447
43. Donna Miles ........................................... $1,440
44. Cindy Bruning ........................................... $1,440
45. Lee Hansen ........................................... $1,425
46. Carol Edwards ........................................... $1,415
47. Pamela Beste ........................................... $1,376
48. Mackenzie Stein ........................................... $1,375
49. Madison Stein ........................................... $1,375
50. Annie Colbert ........................................... $1,363
51. Rosemary Wurthmann ................................. $1,360
52. Jenn Parkin ........................................... $1,315
53. Karen Rapple ........................................... $1,175
54. Judy Zielinski ........................................... $1,293
55. Steven Izard ........................................... $1,265
56. Christine Wren ........................................... $1,261
57. Teresa Gezella ........................................... $1,205
58. Will Herberts ........................................... $1,195
59. Alex Voeg ........................................... $1,180
60. Roni Rittenhouse ......................................... $1,150
61. Janet Uglim ........................................... $1,135
62. Cindy Bauer ........................................... $1,107
63. Emileigh Ziebka ........................................... $1,100
64. Sylvia Scheuler ........................................... $1,095
65. Tracey Cooley ........................................... $1,050
66. Laura Ruck ........................................... $1,031
67. Traci McGill ........................................... $1,025
68. Chris Kincaid ........................................... $1,000
69. Glenda Sexauer ........................................... $1,000
70. Lisa Hemphill ........................................... $1,000
71. Gladys Meyer ........................................... $1,000
72. Chester Bunnell .......................................... $979
73. Jennifer Jackson .......................................... $940
74. Melodie Klenke ........................................... $902
75. Trisha Cosentino .......................................... $885
76. Greg Fugate ........................................... $875
77. Sarah Petersen ........................................... $860
78. Sandy Hinton ........................................... $856
79. Rebecca Karras ........................................... $846
80. Patricia Birchler ........................................... $840
81. Paula Hawkins ........................................... $840
82. Michelle Reeves ........................................... $830
83. Jean Beausang ........................................... $820
84. Jean Wichman ........................................... $815
85. Tracy Clark ........................................... $805
86. Jane Wagganer ........................................... $800
87. Sheldon Cremering ..................................... $800
88. Amanda Bird ........................................... $796
89. Danielle Briegel ........................................... $795
90. Hannah Dawson ........................................... $776
91. Walter Wildman ........................................... $770
92. Sue Busch ........................................... $760
93. Debi Adams ........................................... $745
94. Elizabeth Bajardi ........................................... $730
95. Tatum Binford ........................................... $721
96. Ray Beste ........................................... $715
97. Jen Smith ........................................... $700
98. Ryan Cook ........................................... $475
99. Doug Owens ........................................... $695
100. Carla Johnson ........................................... $670
## Thank You Fundraisers

### Challenge Walk MS 2015: Top 25 Club

<table>
<thead>
<tr>
<th>Rank</th>
<th>Name</th>
<th>Fundraiser</th>
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<tbody>
<tr>
<td>1</td>
<td>Ellen Staples</td>
<td>$11,913</td>
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<tr>
<td>2</td>
<td>Becky Salacki</td>
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<tr>
<td>3</td>
<td>Rick Evans</td>
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<td>4</td>
<td>Kenny Evans</td>
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<td>Diana Giacalone</td>
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<td>Roger Barnes</td>
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<td>11</td>
<td>Benedictine Hanquet</td>
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<td>12</td>
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<td>16</td>
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<td>Clara Taylor</td>
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<td>Shonda Darris</td>
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<td>Judy Boland</td>
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<td>25</td>
<td>Jane Schultz</td>
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### Muckfest MS 2015: Top Muckers

<table>
<thead>
<tr>
<th>Rank</th>
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<tr>
<td>1</td>
<td>Danielle Cook-Kirkweg</td>
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<td>2</td>
<td>Nicole Ferguson</td>
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<td>3</td>
<td>Barry Singer</td>
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<td>4</td>
<td>Cynthia Dalpiaz</td>
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<td>5</td>
<td>Todd Garten</td>
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<td>Laura Rousseau</td>
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<td>Mark Burgard</td>
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<td>Katie Hardeman</td>
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### Do It Yourself 2015: Top Fundraisers

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<thead>
<tr>
<th>Rank</th>
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<tr>
<td>1</td>
<td>Evening of Hope</td>
<td>$28,825</td>
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<td>2</td>
<td>MS Join The Movement</td>
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<td>3</td>
<td>Night on the Greens</td>
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<td>4</td>
<td>Disc Golf</td>
<td>$6,855</td>
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<td>5</td>
<td>House Party</td>
<td>$6,080</td>
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<td>6</td>
<td>Pay it Forward and Party On</td>
<td>$5,785</td>
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<td>7</td>
<td>Skating with Santa</td>
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## Ms Corporate Achievers: Honorees

<table>
<thead>
<tr>
<th>Rank</th>
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<tr>
<td>1</td>
<td>E Michael Houlihan</td>
<td>$10,475</td>
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<td>2</td>
<td>Greg Bulgin</td>
<td>$5,305</td>
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<td>Kate Reynolds</td>
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<td>4</td>
<td>Denise Pisciotta</td>
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<tr>
<td>5</td>
<td>James Graser</td>
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<td>6</td>
<td>Anne Rotermund</td>
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<td>7</td>
<td>Alan Fine</td>
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<td>Travis Hawk</td>
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<td>Michael Kelley</td>
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<td>Alice Aten</td>
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<td>Grant Ankrom</td>
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<td>23</td>
<td>Julie Sparlin</td>
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<td>Edward Patarozzi</td>
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<td>Eric Stranghoener</td>
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<td>Brian Jett</td>
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<td>27</td>
<td>Liz Yoest</td>
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<td>28</td>
<td>Julia Drafahl</td>
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<td>Doug Black</td>
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<td>35</td>
<td>Nancy Lipp</td>
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<td>36</td>
<td>Teresa Quante</td>
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</tbody>
</table>
Thank You Donors

Fiscal Year 2015: Top Donors

Jackie Abels
Accenture LLP
Acorda Therapeutics Inc
American Direct Marketing Resources, LLC
Anheuser Busch
AT &T Employee Giving Campaign
Bank of America Charitable Gift Fund
Bank of America United Way Campaign
Berts Family & Friends Helping MS
Biogen Inc
BJC Healthcare
Bunzl USA
James Chastain
CKE Restaurants Holdings, INC.
Jennifer Cole
Community Health Charities of Kansas and Missouri
Danielle Cook-Kirkweg
DSK 1974 Trust
DTZ
Emerson Charitable Trust
Enterprise Holdings Foundation
Express Scripts, Inc.
Fidelity Charitable Gift Fund
Finger Lakes Area Community Endowment
Mark Fletcher
Genzyme Corporation
Greater Saint Louis Community Foundation
Hallmark
Carl Hogan
Host Committee Inc.
Christine Houston
Timothy Huskey
Ashley Koerber
Leehar Distributors, Inc.
Steven Lipstein
Maritz Inc
Mattingly, Michelle Ms.
Missouri Foundation for Health
Missouri Perfusion Services
Moneta Group Char Foundation
Monsanto Matching Gift Program
MS Join the Movement
MS Mighty Movers
Paric Corporation
Mike Phillips
Pott Foundation
Daniel Rothery
Schwab Charitable Fund
Scott Credit Union
Scottrade
Sharp Packaging Inc
Sprinkler Fitters Local 268
SSM Health Care
State Of Illinois
Suddenlink Communications
Greg Teeters
Teva Pharmaceuticals
True Fitness Technology, Inc.
United HealthCare Services Inc
United Way Of Greater St Louis
Wells Fargo Advisors, LLC
World Wide Technology Inc. Matching Gifts
Jess Yawitz

We are grateful for all gifts toward those living with MS. Please forgive any oversight if you have not been recognized.
THANK YOU VOLUNTEERS

FY2015: BOARD OF TRUSTEES
Gavin Ackerman
Lynda Baris
Alicia Brockland
Lauren Bruning
Robert Cannon
Rebecca Fehlig
Alan Fine
Brendon Gallagher
Sean Hogan
E Michael Houlihan
Christine Houston
Dr. Thy Huskey
Timothy Huskey
Anita Klopfenstein
David Kodner
Patrick Larmon
James Mealey
Mike Phillips
Denise Pisciotta
Rhonda Ries
Daniel Rothery
Michelle Sherrillo
Michael Sindelar
Kate Smith
Steve Walli
Patrick Wittenbrink

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Nicholas DeMere
Rich Edsell
Gayle Gallagher
Al Guise
Martin Hall
Bob Krause
Russell Kroeger
James Mealey
John Mountain
Karen Mountain
Dave Swopes

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Josh Ferguson
Christine Houston
Mike Phillips
Jamie Mealey
Scott Naeger
Tom Stein

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John Droste
Fred Glover
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Kim Holly
Toni Kodner
Michelle Ludwig Lovell
Brian O’Neal
Amber Tobiasz

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Elisa Held Bradford
Penny James
Michelle Keating
Robert Naismith
Barry Singer
Florian P Thomas
Karen Tripp

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Lynda Baris
Jamie Britt
Tim Brown
Lauren Bruning
Julie Bruns
Jason Koelling
Erin Lorenz
Rachel Milazzo
Greg Patterson
Beth Petti
Bob Putnam
Dan Rothery
Michelle Sherrillo
Jona Somaraju
Amy Stegman
Keith Walston
Patrick Wittenbrink

DISTRICT ACTIVIST: LEADERS
Dee Dee Culver
Michelle Lowe
Karen Minch
Sue Patterson
**MISSOURI GOVERNMENT RELATIONS: COMMITTEE**

Patrick Baker
James Brasfield
Marty Exline
Todd Foltz
Don Garrett
Kay Holmes
Stephen Kinstler

Karen Minch
Rick Rovak
Michele Shoresman
Florian P Thomas
Buck Van Hooser
Don Webb
Walter Wildman

**TALK MS: VOLUNTEERS**

Joel Achtenberg
Tony Adams
Christy Bays
Sharon Bradley
Judy Braundmeier
Amelia Brummitt
Victoria Buchheit
Lynelle David
Suzanne DeChazal
Diane Earhart
Karen Ferguson
Michelle Forst-Winger
Sharon Greene
Lisa Hemphill
Linda Jackson
Renee Jones
Michelle Keating
Marlene Keiser
Linda Kloss
Anne Konieczny
Donna Kreisler
Charity Lamprecht
Bonnie Linds
Vickie Lueckenotte
Sandy Maxwell
Debbie Morrissey
E. Z. Niles
Sally Pittman
Michelle Reeves
Debby Rhodes
Gretchen Roberts
Judy Sauer
Lynn Seymour
Ruth Simon
Rose Marie Simpson
Sharon Snell
Kimberly Stephenson
Margaret Usher
Kimberly Williams

**WALK MS: COMMITTEE**

Carol Bennett
Mike Bennett
Judy Braundmeier
Lauren M. Bruning
Anita Chwascinski
Duane Chwascinski
Monica Chwascinski
Tracey Cooley
Chris Cram
Ashley Duerst
Stephanie Faris
Al Gerdes
Peg Gerdes
Dr. William Hamilton
Lisa Hemphill
Christi Heideman
Jon Hinton
Sandy Hinton
Sean Hogan
Rebecca Karras

Melodie Klenke
Nina Koen
David M. Kodner
Carolyn Mangrum
Renee Mangrum
Mary K. Meyer
Cheri Nagreski
Will Richardson
Terri Roach
Diane Sanders
Karen Sandheinrich
Mark Sandheinrich
Dr. Pamela Smoot
Kate Smith
Pat Venditti
Jane Waggener
Walter Wildman
Rich Williams
Lisa Yarian
Mark Yarian

**WOMEN ON THE MOVE: COMMITTEE**

Kelly Classen
Clare Genovese
Jennifer Gerhardt
Becky Hauser
Cathy Inkley
Karen Keske
Donna McLain
Margie Moskoff
Kathie Phillips
Lynette Roccia
Tina Roccia
Victoria Rosenkoetter
Nancy Ross
Michelle Sherrillo

**TAX TIME REMINDERS**

Don’t forget! You can help end MS forever by donating to the National MS Society through the Multiple Sclerosis Fund on the Missouri State Income Tax Form. This tax check-off program allows taxpayers to designate a $1-$200 donation. Money contributed will be subtracted from any income tax refund owed to the individual by the state or would be added to the income tax the individual owes the state.

If you made any accessibility modifications (such as installing ramps or grab bars) to your home this year, you might also be eligible for the Home Access Tax Credit. For Missourians with incomes up to $30,000, the tax credit pays 100% of the cost of home modifications, up to $2,500. For Missourians with incomes between $30,000 and $60,000 the credit covers 50% of modification costs, up to $2,500. For more information, visit dor.mo.gov.
## Talk MS Groups

Talk MS Groups bring together people who share a common life experience for support, education, and mutual aid. They are led by trained volunteers.

### Missouri

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cape Girardeau</td>
<td>3rd Saturday</td>
<td>10 a.m.</td>
<td>St. Francis Health &amp; Wellness Center, Rm. 1 150 S. Auburn, Cape Girardeau, MO 63703</td>
<td>Sharon (573) 332-8148</td>
</tr>
<tr>
<td>Columbia</td>
<td>3rd Wednesday</td>
<td>6-8 p.m.</td>
<td>Rusk Rehabilitation Center 315 Business Loop 70 West Columbia, MO 65203</td>
<td>Kim Williams, <a href="mailto:kimiklster@gmail.com">kimiklster@gmail.com</a>, Gretchen Roberts, <a href="mailto:robertsg@health.missouri.edu">robertsg@health.missouri.edu</a></td>
</tr>
<tr>
<td>Crystal City/Festus</td>
<td>2nd Tuesday</td>
<td>1 p.m.</td>
<td>Disability Resource Association 420B S. Truman Bl., Crystal City, MO 63019</td>
<td>Marlene (636) 464-2533, Sharon <a href="mailto:webradleys@yahoo.com">webradleys@yahoo.com</a></td>
</tr>
<tr>
<td>Jefferson City</td>
<td>3rd Monday</td>
<td>6 p.m., Restarting Sept. 15</td>
<td>Coca-Cola Bottling, Meeting Room 605 Washington, Jefferson City, MO 65109</td>
<td>Vickie <a href="mailto:vlueckenotte@icangels.com">vlueckenotte@icangels.com</a></td>
</tr>
<tr>
<td>Kirksville</td>
<td>1st Wednesday</td>
<td>Every odd month, 6 p.m.</td>
<td>Annex Building 300 N. Franklin Kirkville, MO 63501</td>
<td>Renee 660-341-9999 or <a href="mailto:reneeadams22@hotmail.com">reneeadams22@hotmail.com</a></td>
</tr>
<tr>
<td>Moberly</td>
<td>3rd Thursday</td>
<td>6:30-7:30 p.m.</td>
<td>Timberlake Christian Church 1624 Gratz Brown, Moberly, MO 65270</td>
<td>Lynelle (660) 833-2037 or <a href="mailto:lynelle1963@gmail.com">lynelle1963@gmail.com</a></td>
</tr>
<tr>
<td>New London</td>
<td>2nd Tuesday</td>
<td>7 p.m.</td>
<td>Ralls County Health Department Building 405 W. 1st Street, New London, MO 63459</td>
<td>Debby (573) 267-3365, <a href="mailto:mldrds@att.net">mldrds@att.net</a></td>
</tr>
<tr>
<td>Rolla</td>
<td>Last Thursday</td>
<td>6:30 p.m.</td>
<td>Rolla Presbyterian Manor 1200 Homelife Plaza Rolla, MO 65401</td>
<td>Donna at (573) 263-4896 or <a href="mailto:dkreisler@centurytel.net">dkreisler@centurytel.net</a>, Michelle at (573) 465-0453 or <a href="mailto:mkrrdr@gmail.com">mkrrdr@gmail.com</a></td>
</tr>
<tr>
<td>Washington</td>
<td>3rd Monday</td>
<td>6 p.m.</td>
<td>St. Peter’s United Church of Christ, 20 East 5th St., Washington, MO 63090</td>
<td>Anne (636) 359-6037</td>
</tr>
<tr>
<td>West Plains</td>
<td>3rd Wednesday</td>
<td>4:30 p.m.</td>
<td>Ozark Medical Ctr. Shaw Medical Bldg. 2nd Fl. 909 Kentucky St., West Plains, MO 65775</td>
<td>Sally (417) 469-4842, EZ Niles (417) 256-1798 or <a href="mailto:EZ.Niles@ozarksmedicalcenter.com">EZ.Niles@ozarksmedicalcenter.com</a></td>
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### St. Louis Metro

<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
<th>Contact</th>
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</thead>
<tbody>
<tr>
<td>Affton</td>
<td>3rd Wednesday</td>
<td>7-8:30 p.m.</td>
<td>Tesson Ferry Library 9920 Lin-Ferry Dr, St. Louis, MO 63123</td>
<td>Judy Sauer (314) 941-5051</td>
</tr>
<tr>
<td>Generation OptiMiStic for people in their 20s, 30s &amp; 40s</td>
<td>1st Saturday</td>
<td>10 a.m.</td>
<td>NMSS Office Gateway Area Chapter 1867 Lackland Hill Pkwy, St. Louis, MO 63146</td>
<td>Michelle (363) 447-5407</td>
</tr>
<tr>
<td>Kids Group</td>
<td>1st Saturday</td>
<td>10 a.m.</td>
<td>NMSS Office Gateway Area Chapter 1867 Lackland Hill Pkwy, St. Louis, MO 63146</td>
<td>Joel <a href="mailto:joelachtenberg@gmail.com">joelachtenberg@gmail.com</a></td>
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</table>
# TALK MS GROUPS

## ILLINOIS

<table>
<thead>
<tr>
<th>Location</th>
<th>Date/Time</th>
<th>Organization</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Belleville/ O’Fallon</td>
<td>2nd Sunday 2:30 p.m.</td>
<td>First United Methodist Church 504 East Highway 50, O’Fallon, IL 62269</td>
<td>Amy (618) 235-4226</td>
</tr>
<tr>
<td>Central Illinois</td>
<td>4th Monday 7 p.m.</td>
<td>Richland Memorial Hospital 800 East Locust St., Olney IL 62450</td>
<td>Tony (618) 302-1333 <a href="mailto:tmadmz@frontier.com">tmadmz@frontier.com</a></td>
</tr>
<tr>
<td>Herrin</td>
<td>3rd Saturday 1-3 p.m.</td>
<td>First Baptist Church Royalton, IL 709 West 3rd Street South Royalton, IL 62983</td>
<td>Donna Fisher (618) 751-0638</td>
</tr>
<tr>
<td>Highland</td>
<td>1st &amp; 3rd Wednesday 10:30 a.m.</td>
<td>Weinheimer Community Center 1100 Main Street Highland, IL 62249</td>
<td>Bonnie (618) 344-2207 Linda (618) 654-4970</td>
</tr>
<tr>
<td>Jerseyville</td>
<td>2nd Tuesday 6-8 p.m.</td>
<td>1st Presbyterian Church of Jerseyville 400 S. State St., Jerseyville, IL</td>
<td>Judy 618-376-7751 <a href="mailto:mopar758@yahoo.com">mopar758@yahoo.com</a></td>
</tr>
<tr>
<td>S’myelin Gang of Litchfield</td>
<td>4th Tuesday 6:30 p.m.</td>
<td>Christian Church of Litchfield 131 Yaeger Lake Trail, Litchfield, IL 62056</td>
<td>Ruth (217) 999-8924 <a href="mailto:thesmyelingang@outlook.com">thesmyelingang@outlook.com</a></td>
</tr>
<tr>
<td>Metro East</td>
<td>4th Tuesday of even numbered months, 7 p.m.</td>
<td>LINC, Inc. #15 Emerald Terrace, Swansea, IL 62226</td>
<td>Diane (618) 235-8823 <a href="mailto:Earhart500@aol.com">Earhart500@aol.com</a></td>
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## SPECIALIZED GROUPS

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<th>Date/Time</th>
<th>Organization</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Creative Art Experience</td>
<td>3rd Saturday 10 a.m.</td>
<td>NMSS Office 1867 Lackland Hill Parkway St. Louis, MO 63146</td>
<td>Sharon at 314-623-8528 or <a href="mailto:4skgreene@gmail.com">4skgreene@gmail.com</a></td>
</tr>
<tr>
<td>MS Fun, Friends &amp; Food</td>
<td>1st Tuesday in Feb., May, Aug., &amp; Nov. 6 p.m.</td>
<td>David C. Pratt Cancer Center Mercy Hospital 607 S. New Ballas Rd. St. Louis, MO 63147</td>
<td>Michelle (314) 251-6400 Debbie (636) 579-0264 <a href="mailto:debra.morrissey2012@yahoo.com">debra.morrissey2012@yahoo.com</a></td>
</tr>
<tr>
<td>Veterans with MS</td>
<td>2nd Wednesday 10 a.m.</td>
<td>Veterans Admin. Medical Center 1 Jefferson Barracks Dr. St. Louis, MO 63125</td>
<td>Lynn Seymour, DPT <a href="mailto:lynn.seymour@va.gov">lynn.seymour@va.gov</a> or 314-652-4100 ext. 64037</td>
</tr>
</tbody>
</table>
When Kim Williams was diagnosed with MS in 2011 she wanted to find out everything she could about the disease and resources available to her.

“I didn’t know anyone who had MS,” she said. “But I knew I needed to find resources, ALL of the available resources I could, to help me deal with this.”

Through the Gateway Area Chapter’s MS Connection magazine she found out about Talk MS groups.

“I reached out to the group leader by email, not sure I even wanted a support group,” she said. “I went to my first meeting, sat quietly for about 45 minutes, observing and listening. Then one of the members of the group said, ‘Kim, you’re new. I don’t want to put you on the spot, but do you have anything you’d like to say, or any questions?’ His invitation opened a flood gate. I got so many answers to so many questions from people who knew. And even though I knew the course of MS was different for everyone, it helped so much to have the support of people who knew.”

Now, Kim is the group leader of the Talk MS group in Columbia, MO that meets the third Wednesday of the month.

“Since having become a Talk MS Group facilitator,” Kim said. “The group has helped me by giving help and sharing resources with so many other people who have been where I was that first meeting I attended.”

Meetings include an opening announcement required by the Society, brief introductions and then the support portion or presentation portion of the meeting.

“Our group tries to do an educational offering quarterly based on group consensus, and the other meetings are all for general support,” Kim said. “If we have enough attendees, we sometimes have ‘break out’ groups based on where people are in their MS; care partners, progressive forms, people who have had MS for a long time, and new members, etc.”

Most importantly Talk MS groups are about support and learning.

“I have learned that no matter what our ages, no matter where we are in our progression with MS, no matter where we grew up, we all share a common situation, though so often vastly different, but that of being diagnosed with MS,” Kim said. “Having people who know and understand, even if it’s not the exact same story, the same progression, it feels like MS Home. I didn’t expect I would ever like a support group, and here I am, three years later, facilitating and still feeling like it’s helping me and I’m helping others.”

GET CONNECTED
Remember that you are not alone! There is an entire MS community out there for you!

• Sign up to receive Society emails at: www.nationalMSsociety.org/signup.

• Join the MSConnection.org community: www.MSconnection.org.

• Talk to an MS Navigator. Ask an MS Navigator for help to navigate the challenges of MS. Find personalized answers to your unique needs, up-to-date information, referrals and practical resources. Call 1-800-344-4867, contactus@nmss.org or www.facebook.com/NavigatorMS
UPCOMING PROGRAMS

TELELEARNING PROGRAM

The National MS Society telelearning program for people with multiple sclerosis and their families aims to provide information and guidance on current matters essential to living one’s best life with MS. The series provides telelearning sessions for seven different topics each year. Each free telelearning will feature topic-area expert(s) by phone with online presentations, and a Q&A session. Upcoming topics include:

YOUR MIND IS A MUSCLE, TOO: THE RELATIONSHIP BETWEEN EXERCISE AND COGNITION
JANUARY 12, 7 P.M.
A benefit of exercise that you may not have considered is strengthening your mind, more specifically, your cognition. Featuring: Prof. Robert Motl, Department of Kinesiology and Community Health at the University of Illinois Urbana – Champaign, and Director of the Exercise Neuroscience Research Laboratory and Mandy Rohrig, PT, DPT who graduated from Nebraska Wesleyan University with a Bachelors of Science in Exercise Science and a Minor in Spanish.

NAVIGATING CAREER CHANGE: WORKING WITH MS IS POSSIBLE!
FEBRUARY 9, 7 P.M.
Working with MS is possible, but can be challenging at times. What do you do when you can no longer do your job? What do you do if working in your field is no longer an option? How do you know when it’s time to make a change? Listen to career coaches discuss steps you can take to effectively navigate career transition periods. Please join Danielle Moser and Debra Heindel as they explore the challenges of working with MS. Danielle and Debra are co-authors of FOCUS: Creating Career + Brand Clarity, which outlines a very simple, easy to follow process that helps professionals gain clarity to be able to develop an entrepreneurial approach to self-marketing.

MANAGING YOUR MS SYMPTOMS WITH TECHNOLOGY
FEBRUARY 23, 7 P.M.
Assistive Technology practitioners will share how technology can assist in the management of certain MS symptoms that may become barriers to productivity. Learn about a variety of useful tools and devices to help make work more accessible. Please join Mark Surabian, founder/owner of AThelp.org and Anna Lenhart, project manager with AbleData to learn how to utilize technological solutions in the workplace.

THE COMPLETE GUIDE TO SOCIAL SECURITY DISABILITY
MARCH 15, 7 P.M.
Presented by Jamie Hall, Esquite and Amy Wallish, CEO CEO/Certified Benefits Counselor Full Circle Employment Services.

Visit www.nationalMSsociety.org/telelearning or call 1-800-344-4867 to reserve your spot.
STAY HEALTHY WITH MS
Studies show exercise not only improves your overall health and well-being, but also helps manage many MS symptoms. Move forward through exercise and find a program in your community or become an expert in using a healthy lifestyle to help manage MS.

Financial assistance is available to help you pay for therapeutic recreation classes and memberships. To apply, a completed financial assistance application and confirmation of MS diagnosis from your doctor is required. Amount of financial assistance is derived from a sliding scale based on the information from the financial assistance application. Please contact the facility of choice and determine if the facility will meet your desired needs to ensure a rewarding experience. Please note the Gateway Area Chapter makes every effort to ensure all facilities are accessible to meet the needs of people living with MS. If you think the facility would like education on MS, please contact the Chapter office at 1-800-344-4867 option 1.

THERAPEUTIC RECREATION SITES

<table>
<thead>
<tr>
<th>ST. LOUIS</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>ACTIVITIES OFFERED</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bridgeton Center</td>
<td>4201 Fee Fee Road Bridgeton, MO 63044</td>
<td>314-739-5599</td>
<td><img src="aquatics.png" alt="Aquatics" /> <img src="pilates.png" alt="Pilates" /> <img src="tai-chi.png" alt="Tai Chi" /> <img src="yoga.png" alt="Yoga" /> <img src="zumba.png" alt="Zumba" /></td>
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<tr>
<td>Carondelet Park Rec Plex</td>
<td>930 Holly Hills Ave St. Louis MO 63111</td>
<td>314-768-9622</td>
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<tr>
<td>Center of Clayton</td>
<td>50 Gay Avenue Clayton , MO 63105</td>
<td>314-290-8511</td>
<td><img src="aquatics.png" alt="Aquatics" /> <img src="pilates.png" alt="Pilates" /> <img src="tai-chi.png" alt="Tai Chi" /> <img src="yoga.png" alt="Yoga" /> <img src="zumba.png" alt="Zumba" /></td>
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<tr>
<td>Downtown YMCA</td>
<td>1528 Locust Street St. Louis, MO 63103</td>
<td>314-436-4100</td>
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<td>Edward Jones Family YMCA</td>
<td>12521 Marine Avenue St. Louis, MO 63146</td>
<td>314-439-9622</td>
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<td>Emerson Family YMCA</td>
<td>3390 Pershall Road St. Louis, MO 63135</td>
<td>314-521-1822</td>
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<tr>
<td>JCC - Marilyn Fox Building</td>
<td>16801 Baxter Road Chesterfield, MO, 63005</td>
<td>314-442-3428</td>
<td><img src="aquatics.png" alt="Aquatics" /> <img src="pilates.png" alt="Pilates" /> <img src="tai-chi.png" alt="Tai Chi" /> <img src="yoga.png" alt="Yoga" /> <img src="zumba.png" alt="Zumba" /></td>
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<tr>
<td>JCC - Staenberg Family Complex</td>
<td>2 Millstone Campus Drive St. Louis, MO 63146</td>
<td>314-432-5700</td>
<td><img src="aquatics.png" alt="Aquatics" /> <img src="pilates.png" alt="Pilates" /> <img src="tai-chi.png" alt="Tai Chi" /> <img src="yoga.png" alt="Yoga" /> <img src="zumba.png" alt="Zumba" /></td>
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<td>Kirkwood Family YMCA</td>
<td>325 N. Taylor St. Louis, MO 63122</td>
<td>314-965-9622</td>
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<tr>
<td>Maryland Heights Centre</td>
<td>2344 McKelvey Road Maryland Heights, MO 63043</td>
<td>314-738-2599</td>
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<tr>
<td>Taiwanese Church</td>
<td>542 Ries Road Ballwin, MO 63021</td>
<td>314-898-7788</td>
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An on-line course about MS for fitness and wellness instructors is available at bit.ly/introtofitness.

MS EXERCISE CLASS
Mercy Therapy Service Gym
1176 Town & Country Commons
12 week session, 1 hour class
Instructor: Nancy Dollenmeyer, MPT, MSCS, Mercy Therapy Services
Cost: $125 for 12 week series
Time: 10-11 a.m., Tuesdays & Thursdays
Registration: Call Nancy at 636-893-1107 or nancy.dollenmeyer@mercy.net
## THERAPEUTIC RECREATION SITES

<table>
<thead>
<tr>
<th>ST. LOUIS CONT.</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>ACTIVITIES OFFERED</th>
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<tbody>
<tr>
<td>Mid-County YMCA</td>
<td>1900 Urban Drive St. Louis, MO 63144</td>
<td>314-962-9450</td>
<td>🌊(pref) 🏋️‍♂️</td>
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<tr>
<td>Olivette Community Center</td>
<td>9723 Grandview Drive St. Louis, MO 63132</td>
<td>314-781-9020 800-344-4867</td>
<td>🌊(pref) 🏋️‍♂️</td>
</tr>
<tr>
<td>Mercy Medical Building</td>
<td>12348 Old Tesson, Suite 220 St. Louis, MO, 63128</td>
<td>314-729-0181</td>
<td>🏋️‍♂️</td>
</tr>
<tr>
<td>Show Me Aquatics</td>
<td>2085 Bluestone Drive St. Charles, MO 63303</td>
<td>636-896-0999</td>
<td>🌊(pref) ⛱️</td>
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<tr>
<td>South City Family YMCA</td>
<td>3150 Sublette Avenue St. Louis, MO 63139</td>
<td>314-644-3100</td>
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<tr>
<td>South County Family YMCA</td>
<td>12736 Southfork Road St. Louis, MO 63128</td>
<td>314-849-4668</td>
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<td>St. Charles County YMCA</td>
<td>3900 Shady Springs Lane St. Peters, MO 63376</td>
<td>636-928-1928</td>
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<tr>
<td>The Cancer Support Community</td>
<td>1058 Old Des Peres Rd St. Louis, MO 63131</td>
<td>314-238-2000</td>
<td>🌊(pref) 🏋️‍♂️</td>
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<tr>
<td>The Lodge in Des Peres</td>
<td>1050 Des Peres Road St. Louis, MO 63131</td>
<td>314-835-6150</td>
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<tr>
<td>The Pointe at Ballwin Commons</td>
<td>1 Ballwin Commons Circle Ballwin, MO 63021</td>
<td>636-227-8950</td>
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<tr>
<td>Riverchase</td>
<td>990 Horan Dr Fenton, MO 63026</td>
<td>618-343-0067</td>
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<td>Washington Four Rivers Family YMCA</td>
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<td>636-239-5704</td>
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<td>Webster Groves Family YMCA</td>
<td>226 East Lockwood Avenue Webster Groves, MO 63119</td>
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<tr>
<td>Wellbridge Athletic Club</td>
<td>7620 Forsyth Boulevard Clayton, MO 63105</td>
<td>314-746-1500</td>
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<tr>
<td>Wellbridge Athletic Club</td>
<td>998 Woods Mill Road Town &amp; Country, MO 63131</td>
<td>636-207-3000</td>
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<tr>
<td>West County Family YMCA</td>
<td>16464 Burkhardt Pl Chesterfield, MO 63017</td>
<td>636-532-3100</td>
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<tr>
<td>Yoga Saint Louis</td>
<td>3305 Jamieson Ave. St. Louis, MO 63139</td>
<td>314-645-9785</td>
<td>🏋️‍♂️</td>
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<tr>
<td>Z Power Fitness</td>
<td>233 Lamp &amp; Lantern Village Town &amp; Country, MO 63017</td>
<td>314-378-8639</td>
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## THERAPEUTIC RECREATION SITES

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<td>Columbia Activity and Rec. Center</td>
<td>1701 W. Ash Street Columbia, MO 65203</td>
<td>573-874-7700</td>
<td>🛤️ 🏋️  🏋️  🏵️</td>
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<tr>
<td>Elm Street Yoga</td>
<td>904 Elm St. Suite 210. Columbia, MO 65201</td>
<td>573-441-8566</td>
<td>🛤️ 🏋️  🏵️</td>
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<tr>
<td>Jefferson City YMCA</td>
<td>424 Stadium Boulevard Jefferson City, MO 65101</td>
<td>573-761-9021</td>
<td>🛤️ 🏋️  🏵️</td>
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<tr>
<td>Mexico Family YMCA</td>
<td>1127 Adams Street Mexico, MO 65205</td>
<td>573-581-1540</td>
<td>🛤️ 🏋️  🏵️</td>
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<tr>
<td>Pilates for Everybody</td>
<td>4818 Santana Circle Columbia, MO 65203</td>
<td>573-228-6389</td>
<td>🛤️ 🏵️</td>
</tr>
<tr>
<td>Pilates &amp; Yoga at Chapel Hill</td>
<td>2010 Chapel Plaza Ct. Suite A Columbia, MO 65203</td>
<td>573-446-0224</td>
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<tr>
<td>Edwardsville YMCA</td>
<td>1200 Esic Drive Edwardsville, IL 62025</td>
<td>618-656-0436</td>
<td>🛤️ 🏒️  🏵️</td>
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<tr>
<td>John A. Logan College</td>
<td>700 Logan College Road Carterville, IL 62918</td>
<td>618-985-3741</td>
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<tr>
<td>Collinsville Maryville Troy YMCA</td>
<td>1 Town Center Drive Maryville, IL 62062</td>
<td>618-346-5600</td>
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<tr>
<td>Columbia-Monroe Physical &amp; Sports Medicine</td>
<td>880 Columbia Centre Columbia, IL 62236</td>
<td>618-281-9699</td>
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<tr>
<td>Mascoutah Senior Center</td>
<td>227 N. Market Mascoutah, IL 62258</td>
<td>618-566-8758</td>
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<tr>
<td>O’Fallon Community YMCA</td>
<td>284 North 7 Hills Road O’Fallon, IL 62269</td>
<td>618-628-7701</td>
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<tr>
<td>One-O-One Yoga</td>
<td>101 S Graham Ave # 1 Carbondale, IL 62901</td>
<td>618-457-8186</td>
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<tr>
<td>Sukha Yoga Center</td>
<td>18 South High Street Belleville, IL 62220</td>
<td>618-236-9642</td>
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<tr>
<th><strong>SOUTHEAST MISSOURI</strong></th>
<th><strong>ADDRESS</strong></th>
<th><strong>CONTACT</strong></th>
<th><strong>ACTIVITIES OFFERED</strong></th>
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<tbody>
<tr>
<td>Black River Coliseum</td>
<td>301 South 5th Street Poplar Bluff, MO 63901</td>
<td>573-686-8001</td>
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<tr>
<td>Cape Girardeau Municipal Pool</td>
<td>1920 Whitener Street Cape Girardeau, MO 63701</td>
<td>573-335-4040</td>
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<tr>
<td>PARC Fitness Center</td>
<td>2620 N. Westwood Blvd. Poplar Bluff, MO 63901</td>
<td>573-686-5985</td>
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<tr>
<td>Simply Yoga</td>
<td>1504 Preacher Roe #2 West Plains, MO 65775</td>
<td>417-293-1184</td>
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<tr>
<td>Xtreme Gymnastics Cheer and Dance</td>
<td>422 West Pine Street Poplar Bluff, MO 63901</td>
<td>573-785-3780</td>
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