When someone has MS, it can affect his or her mind, body and even relationships. But the exciting thing is you can make a difference in how you live with MS.

In this issue of the MS Connection, we discuss wellness and MS and what you can do to live better with the disease. Whether it is just connecting with other people living with MS (page 3), getting up and moving with MS (pages 4-5), making sure the needs of carepartners don’t get lost (pages 12-13), EVERYONE CAN DO SOMETHING to live better with MS.

If you’re looking for a spark, it’s not too late to join us at Walk MS. Our tagline for Walk MS is simple: Be Inspired. Get Connected. Walk MS. There is an event near you (see page 32).

Please come out and connect with us at Walk MS. If you can’t connect at Walk MS you can at a teleconference, a Talk MS group near you, or an exercise class.

As you read this issue, think about all the ways you can live better with MS and help those you care about move forward in their lives.

With Gratitude,
Rebecca
Chapter President

MS & Wellness
LIVING WITH MS
EXERCISE: OUR DAILY ALLOWANCE

BY JULIE STACHOWIAK, PhD

OK, we all know that we should be exercising. Besides all of the great stuff that exercise does for everyone (such as lowered cardiovascular risk and increased muscle mass), research on the effects of exercise in multiple sclerosis has shown that it can improve mood, MS-related fatigue and cognitive function.

Notably, exercise has also been shown to increase overall daily activity level, functional capacity and balance in people with MS, as well. In total, this adds up to a measurable increase in quality of life.

WHY NOT?

There is even limited evidence in animal models that exercise therapy may halt, slow or reverse disease progression of MS. Exercise therapy is an individualized exercise or plan typically prescribed by a doctor and done under the supervision of a physical therapist or other healthcare provider. There are specific guidelines, based on scientific data, for programs combining resistance and endurance testing. While that is great and all, raise your hand if you are currently participating in an exercise therapy program. See what I mean?

GENERAL FITNESS FOR MS CLASS

General Fitness for MS: Includes Upper Body/ Lower Body Strength, Core, Balance, Cardio, Circuit Training, Yoga, Tai Chi, Chair Salsa, Zumba, stretching and much more!

Tuesdays & Thursdays, 9-10 a.m.
Mercy Therapy Gym, Town & Country Commons
All levels of ability
$125 for 12-week series or 1 day charge of $10.42 to try class
Contact: Nancy S. Dollenmeyer, MPT, MSCS, Mercy Therapy Services - Outpatient Neuro Rehab
Phone: (636)893-1107

Studies show that fewer than 20% of people in the general U.S. population get the recommended 150 minutes of moderate-intensity exercise per week. In people with MS, this number is definitely lower, as research shows that activity in people with MS starts off slow and declines over time.

So, why don’t we exercise? As a person with MS, that is a pretty simple question to answer: Even though I know it will make me feel better, many times I feel so horrible or so fatigued that the thought of 30 minutes of sustained exercise just makes me laugh. Or cry.

A WAY INTO EXERCISE

However, there may be an answer, according to Robert W. Motl, PhD, in his presentation at ECTRIMS 2013, titled “Physical activity in MS: Theory, determinants and behavioral interventions.”

Dr. Motl reminded the audience that it is not just people with MS who don’t stick to exercise programs. According to studies, over 50% of adults drop out of any formal exercise program after 3 months. And after 6 months, 75% have stopped exercising.

He has some ideas on how to prevent this exercise attrition, however. Rather than pushing for a formal exercise therapy program, we should strive to incorporate more physical activity into our daily lives. Dr. Motl calls this “lifestyle activity,” and points out that intermittent exercise has been shown to have the same effect as “continuous bouts” of exercise. In other words, accumulating 30 minutes a day of moderate exertion doing things like walking, gardening or pushing a vacuum cleaner can be as effective as a more formal 30-minute exercise session.

In addition to this new approach to getting our recommended daily allowance of exercise, Dr. Motl has been researching the effect of social cognitive theory, which relies on perceived self-efficacy. Simply put, a person will be much more likely to do something if they believe that they CAN do it. Putting this theory to the test, Dr. Motl’s research group tried it out on people with MS. After three months, the people who participated in the self-efficacy component exercised more, exerted themselves more and reported feeling better than those in the group who did not receive the self-efficacy message.

MODELING HEALTH

I’m a huge fan of this new paradigm of incorporating exercise into daily life. After seeing the title of an article, “Is Sitting the New Smoking?” in a popular magazine, I bought a pedometer and now force myself to get at least 10,000 steps a day. Since a part of self-efficacy involves “modeling” or seeing others do the same thing, I monitor an online group of people who log their steps daily. In this way, I have made exercise a habit. I can tell you, I feel much better than I did when I would visit the gym for 3 days straight and then take a 6-month break.

For those of you who may have limited mobility, you can still get the many benefits of exercise by exerting yourself to the extent possible to do your daily activities. Talk to your healthcare provider about what activities may be possible to do your daily activities. For more ideas on how to make exercise a part of your everyday life, visit www.nationalMSsociety.org/exercise.

Julie Stachowiak, PhD, is an epidemiologist, author of The Multiple Sclerosis Manifesto, and a person living with MS.
THE EFFECTS OF NOT EXPANDING MEDICAID
BY TODD FOLTZ

I am a 44 year-old public relations professional, I volunteer for the Society, help rescue homeless cats and live with MS. Please take a moment to read about why Medicaid expansion in Missouri will help people like me. I would like to continue working, but when I was hospitalized four times in two months last year, it became apparent my career would sadly be cut short.

Thus far, the Missouri General Assembly has declined to pass Medicaid expansion, and for the understandable rationale of cost. Although, estimates of the costs of not expanding Medicaid peg Missouri at losing $5 million per day that Medicaid is not expanded.

I would like the legislature to reconsider because people like me are the faces of the cost of that line of thinking. I am in increasingly grim circumstances, facing the loss of insurance and income. I am applying for disability, something I never thought I would do.

Due to Missouri’s delay in expanding Medicaid, I am now in the terrifying situation of having a disability at a young age without a clear way to get the medications I need to prevent further damage to my brain. If I am not found eligible for disability, I will be in dire straits when unemployment benefits expire.

Many with MS endure gaps in health care even though we know regular access to care leads to better, less expensive health outcomes. The high cost of managing the disease helps to explain why 70% of those with MS report difficulty paying for health care. Of those, 21% report choosing between necessities such as groceries or utilities to meet health care expenses. Even worse, about 30% put off seeking health care altogether. This is why the Society strongly supports expansion to cover adults with incomes up to 138% of the Federal Poverty Level (FPL), $32,500 for a family of four.

Medicaid is critical for the MS population. People like me fall into a coverage gap that can be fixed with Medicaid expansion.

About 60% of those with MS exit the workforce within 10 years of diagnosis. After the loss of employer insurance, without access to Medicaid, many with MS experience a gap in coverage during the 2 year waiting period for Medicare after disability is determined.

Without Medicaid expansion, Missourians like me are caught in this gap. I want to emphasize that my story is not particularly bad, and it is not particularly unique – and that is what makes it particularly scary.

With Medicaid expansion, those with MS will not have the additional burden of being locked out of the health care system.

We do not yet have a cure to eliminate the suffering of those who live with MS. We do have an opportunity to alleviate some of that suffering by expanding Medicaid. Please join me in advocating for Missourians with MS to have access to health care, no matter their employment or disability status.

WHY DO WE NEED AN MS TASK FORCE
Managing MS costs about $69,000 per person each year, with about $39,000 of that accounting for direct health expenses. Disease modifying therapies can cost $5,000 or more for a one month supply. Many of those living with MS deal with employment issues, lack of access to MS specialists, transportation challenges, and many other concerns.

An MS Task Force will help develop strategies that can:
• enhance quality of life by addressing emotional, social, and vocational challenges
• provide persons with MS greater access to various treatments and other therapeutic options that may be available
• maximize productivity and independence for individuals who live with MS

The task force will be comprised of Missouri State legislators, a representative of the Department of Health and Senior Services, neurologists, social service agency representatives, and individuals who live with MS.

Over the course of the task force, each of these stakeholders will offer their experience and expertise to create recommendations for solutions to address the needs of Missourians with MS.

The task force will meet during the interim session of 2014 and report its findings in early 2015. The task force does not have a fiscal note, which means it will not cost the state any money, but will pay off tremendously in terms of what we can learn about living with MS in Missouri.

Other states have already seen the benefit of an MS Task Force. It is an opportunity to better understand what living with MS is like in Missouri, and to find how to best help individuals and families living with this disease.

For more information about this issue and other Missouri policy priorities contact Sarah Gentry at sarah.gentry@nmss.org.
AS HE TELLS IT, Robert Motl, PhD, didn’t set out to study multiple sclerosis.

Dr. Motl, who is currently associate professor at the University of Illinois at Urbana-Champaign in the Department of Kinesiology and Community Health, began his graduate studies with a focus on high-end exercise physiology, working almost exclusively with elite athletes. But after studying the effects of exercise on the central nervous system, he found a connection between his studies and MS research.

“We applied for a grant from the National MS Society to study the effect of single sessions of exercise on spasticity and spinal reflexes in people living with MS,” he said. “Only a handful of people were doing research on exercise and MS. And the people who came into our lab to participate thought it was the greatest thing ever. With these two things in mind, it was an easy decision to make MS the focus of my research.”

His commitment led to the establishment of the Exercise Neuroscience Research Laboratory (ENRL) at the university. At any given time, anywhere from a handful to a dozen research projects are taking place at ENRL.

Over the past two years, ENRL was awarded four-year pilot research grants from the Illinois Lottery Research Fund, which uses proceeds from a scratch-off ticket to fund MS research statewide.

One participant, David Oost has been part of at least six published studies at ENRL. “Three years ago, I walked with a cane and now I don’t,” he says. “My ability to walk has improved greatly, my endurance has increased, and my desire to continue working out has been ignited. Even the cognitive tasks that the tests require have become easier, less frustrating, and fun.”

Oost credits a large part of his improvement to the personal attention given to every study participant. He notes that the graduate students work very closely with him throughout the projects. In return, he is glad to help them advance their education, especially considering that it will most likely lead to more MS research.

“It’s a no-brainer,” Oost says. “The tests help you fight against disease progression, you get to help graduate students earn their PhD so they can continue their research, you gain confidence in yourself, and most importantly, you are taking part in finding a solution. That’s a big deal.”

The goal — to slow, stop, and reverse the life-altering effects of MS — remains ongoing, with collaborative efforts and advances in research and treatments now better than ever before, explains Dr. Motl.

“To me, if there’s ever been a good time to be diagnosed with MS, probably right now is the best time,” he says. “I think most of our disease-modifying therapies and the scientific information on the benefits of exercise training and how that can be integrated into managing MS and improving function are being optimized.”
HEALTHY LIVING

IS THIS NORMAL?

BY LAURIE CLEMENTS LAMBETH

At a recent appointment, I listed my cognitive lapses over the past year.

I have mild cognitive impairment; I was tested after 25 years with MS and suspicions that I wasn’t quite up to my old speed of thought. Dividing my attention, shifting focus and finding words have steadily grown more difficult. But three recent events had felt different: sudden, strange, like the seizure I had nearly 20 years ago—misfires, blips, spikes on some tiny chart kept by little scientists in my brain wearing white lab coats and horn-rimmed glasses. The charts ribbon out of their little machines, and when a blip occurs, the scientists rip them from the machines and conceal them in their lab coat pockets.

So I asked the physician’s assistant the question we all ask at some point: “Is this normal?”

SUPERMARKET BLIP

My husband was somewhere behind me, getting milk while I ducked the supermarket scooter into a quiet aisle. He approached and said, “Chobani’s on offer.”

“I know, Chobani.”

“What... is... Chobani?” I asked slowly. His “Chobani’s on offer.”

“Chobani?” I said.

“No.” I panicked. “Is it bread?” I thought of another word that begins with a ch- sound, but couldn’t place it. Ciabatta.

Two years before, I had come home from a trip to a writer’s retreat telling him all about the Chobani Greek yogurt I had for breakfast while I was there. So you can imagine his surprise that I did not recognize the name. I wanted him to shrug it off. How strange it felt, as though a shell of silence had formed around me and nobody could come in or let me out.

THE “OH...” BLIP

I forgot. Please hold. I need to find my list in my purse to jog my memory. Listen to some Muzak while you wait, or talk amongst yourselves. La la la . . .

Found it: my list says, “time concept.”

I was scheduled for a haircut and color at 1:00 p.m. It takes me half an hour to 35 minutes to drive to the salon. At 11:45 I was answering email and feeling as though I had plenty of time. I took a shower. Then it was 12:20. I dressed, did my makeup. I took my time. Then I glanced at the clock. How did it become 1:09?

There was no way I could make it. I was beyond late. At 12:15 I should have been thinking of leaving. At 11:45 I should have realized I was running late. I couldn’t tie it together.

Imagine two strands of yarn. One is the hours ticking by, time itself, and at 1:00 I had my appointment. The other strand of yarn represents the amount of time needed to prepare and drive. The problem is, in my head the two strands of yarn were very far apart, and parallel, I could not connect them. They were loose and felt tiny in my mind, like when my hand is weak or shaky and I can’t grasp a small object.

PARKING BLIP

At the vet’s office there’s a steep little hill you need to accelerate to climb. At the top I eased the brake. The car sped up. Why aren’t we stopping, I thought. Something’s wrong with the car. I pressed harder. We headed faster toward the building. Just as I reached for the emergency brake I saw my foot firmly pressing the gas pedal, not the brake. I lifted my foot and slammed on the brake just in time.

It took me two days to tell anyone. No harm, but I was shaken, ashamed, confused.

When I asked if having cognitive blips is “normal,” the physician’s assistant paused a moment.

“It’s—common,” she said, her voice measured and lifting.

And I was grateful: more common than normal, strange but shared.

Laurie Clements Lambeth’s first book Veil and Burn was selected for the 2006 National Poetry Series. To learn more about her work, visit www.laurieclements-lambeth.com.
In deep, caring relationships people take turns. In a friendship, it may be one person’s turn to talk and another person’s turn to listen. In a marriage, it could be a husband’s turn to work overtime or a wife’s turn to have a baby. Parents? They take long turns, sacrificing for their child with the expectation that one day they will care for themselves and maybe even the parent. I suppose the word “sacrifice” sums it all up. When it’s your turn, someone else sacrifices their needs so you can have your needs met. That’s the way caring relationships work. You take turns.

Then along comes MS. Suddenly this whole idea of “taking turns” becomes complicated. As the physical needs increase for a person with the diagnosis, people around them begin to sacrifice in order to care for their needs. This often results in two bad habits:

1. **The Caregiver Stops Taking a Turn**

   Now it may look to the outside observer that the caregiver is getting a turn because they are probably more mobile, in less pain, interact with more people and experience less loneliness than the person with the MS diagnosis. So the carepartner is getting these needs met but what about their other needs which used to be met by the person with the MS diagnosis? Who gets the carepartner to laugh when they’re stressed? Who snuggles with them when they’re tired? Who tells them how handsome or beautiful they look? Who cherishes them?

   Many people diagnosed with MS are besieged with thoughts of all the needs they cannot meet for their loved ones. Unfortunately, they too often forget all the needs they desperately need to fill for those who care for them. And sadly, the carepartner may believe that having their basic relationship needs filled is unimportant. Big mistake. HUGE.

2. **People Diagnosed with MS Stop Asking for What’s Important**

   If you made a list of the important needs for a person with MS, I’d guess the list would be filled with physical needs: medication, mobility, side effects, pain management, fatigue, etc. And of course you would be correct, but what about all those other needs?

   The need to be valued, respected, impactful, understood, significant and here it comes again — cherished. It’s easy to feel as though with your carepartner, you only have so many “asks” a day, a year, or a lifetime. So you think, “I better not waste my ‘asks’ on ‘touchy feely’ needs and instead make sure I have my physical needs met.” Big mistake. HUGE.

   The problem is that focusing on physical needs can bankrupt any relationship. Meeting the relationship’s needs is the fuel needed to improve the emotional and physical health of BOTH the carepartner and the person with MS. That’s a win/win.

   **How do you start?**

   Don’t worry about whose turn it is. Just begin to show appreciation, ask advice, give apologies, seek assistance, say thank you, share your expertise and above all — touch.

   Karen Tripp MS LMFT is a licensed Marriage and Family Therapist in the St Louis area. For more information call 314-814-0044.

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**Vitamin D Trial at Washington University**

This research study will evaluate whether or not vitamin D when given with Copaxone reduces the rate of relapse in two years. Eligible participants will be randomized to receive either low-dose or high-dose vitamin D (oral) with Copaxone. Copaxone and vitamin D are provided as part of the study.

**Participant Criteria:** 18-50 years of age, with a diagnosis of relapsing MS, who have had one attack and one or two new lesions on MRIs in the past year, or have had two clinical attacks within the last two years, one of which was in the past year.

**Contact:** Susan Fox, Research Patient Coordinator/Professional 314-362-2017, foxs@neuro.wustl.edu
LIVING WITH MS

MS & WELLNESS

BY JOHN MICHAEL HARDIN, D.O.
Multiple sclerosis (MS) is an autoimmune disorder in which the covering of nerves (myelin) in the brain and spinal cord are affected. However, this disease affects so much more than just a patient’s nerves—it affects everything. An important and often overlooked realm in the treatment of MS is not simply ONE thing. It involves a subject that is vitally important to us all: Wellness.

Wellness is more than a lab value. It is more than just taking a medication consistently. It’s a state of balance involving one’s body, mind, and soul. Wellness: 8 simple letters, but so much more! Let’s examine a couple of key areas of this concept.

GENERAL HEALTH

The American Heart Association (AHA) makes the following recommendations:

1. At least 30 minutes of moderate-intensity aerobic activity at least 5 days per week for a total of 150 minutes OR
2. At least 25 minutes of vigorous aerobic activity at least 3 days per week for a total of 75 minutes; or a combination of the two AND

Moderate to high intensity muscle-strengthening activity at least 2 or more days per week for additional health benefits.

These recommendations apply even for patients affected by MS. Maintaining activity and resisting a sedentary lifestyle are crucial—if you have activity limitations from MS, this could lead to decreased activity. Sedentary activities can give way to other complications, such as obesity and/or smoking. Both of these, regardless of your medical conditions, impair your overall health and predispose you to other medical complications. Without question, you’ve got to “Keep Moving”, as the slogan says!

MEDICAL HEALTH

Having MS does not excuse a patient from all other areas of life—in many ways, it makes it more important! In association with your Primary Care Physician and your entire healthcare team, your medical needs must be optimized. Conditions such as anemia and abnormal thyroid levels need to be examined. Low vitamin D levels are a fairly new and pretty consistent finding in MS, and are worth examining. Incontinence with either urine or bowel can lead to infections and skin breakdown—bowel and bladder programs, which can help combat these problems, must be developed. Don’t forget about your colon health & colonoscopies!

MENTAL HEALTH

Fatigue is a very common symptom of MS, and is defined as a lack of energy and motivation. In MS it is commonly worsened by such things as warm temperatures, additional stress, and excessive activity. Fatigue not only taxes your body, but can exhaust you mentally as well. The fatigue with MS typically worsens as the day proceeds, underscoring why many people gravitate to becoming “morning people”. Interesting to note, the likelihood of clinical depression is increased in those with MS. When present, treatment for depression is strongly recommended. No matter how healthy your body may be, your brain “desires” wellness too.

FAMILY HEALTH

MS affects more than just an individual and it can affect the entire family unit. A child may become a caregiver out of necessity, which could be something they have never done before. The person affected by MS may now be unable to work, shifting the dynamics of the entire household. Although there is no “one way” to guarantee all members of a family will work in the setting of MS, the guiding principles should always be those of love and understanding.

SOCIAL AND RELIGIOUS HEALTH

Some people attend church services daily, some weekly, and some only on special days. Many people would love to go to their grandchildren’s recital, but they are worried about having a bladder accident. Too many times people allow their illness to dictate what they can or cannot do, which can lead to what is termed “social isolation”. Social isolation is a real entity and can impact a person’s desire to pursue things and activities that they once enjoyed. When this happens, it can lead to feelings of sadness and loss. These feelings, unfortunately, can contribute to a patient’s depression. The secret to fighting this? Simple: Don’t let MS win! If you are worried about problems with incontinence, then work with your healthcare provider to develop a bowel or bladder program that works for you. If you feel self-conscious about how you walk, consider utilizing leg braces, a wheelchair, or working with a physical therapist to enhance endurance and strength. Always remember: people look at things much less often than you think they do!

IN SUMMARY

Wellness—one simple word, with multiple facets, all of which when optimized, come together in order to make you a healthier and happier person. MS is a disease marked by variability, but by emphasizing your overall well-being and promoting a healthy lifestyle, you can bring a little predictability to an unpredictable disease. Always seek to integrate these areas into your overall well-being. You will notice, more often than not, that you may have MS…but MS will NEVER have you!
Managing Bowel and Bladder Issues

• Gain practical tips for managing bowel and bladder symptoms.

What's Happening Now in Progressive MS Research

June 9, 2014 at 7 P.M.

• Know the focus of NMSS research and the NOW Campaign.
• Understand the challenges of researching progressive MS.
• Learn what's in the pipeline for future treatments.

Emerging Therapies

July 14, 2014 at 7 P.M.

• Learn about oral disease modifying medications currently available.
• Understand the potential side effects associated with each therapy.
• Discuss the timeline for new therapies.

Practical Nutrition for People with MS

August 11, 2014 at 7 P.M.

• Learn the importance of a healthy diet in managing the symptoms of MS.
• Understand appropriate nutrition for healthy living.
• Gain insight about specific diets and their impact on your health.

To register for a teleconference or to learn more about the series, go to http://bit.ly/mwtele or call 1-800-344-4867 and press 1.
tips for carepartners  caregiver  resource guide

Carer Tips

- Carebridge: An online network that provides resources for caregivers and offers help to people staying connected and facilitating communication about health conditions. Phone: 1-888-673-6287
- MSWorld: A chat and message board site for people with MS, family members, and friends. It provides a safe and comfortable environment, offering the latest information and referrals. Website: msfocus.org/homecare-grant-program.aspx
- The Strength for Caring Foundation: A website created for family caregivers that features a resource center with access to information regarding health conditions and message boards for advice and support. It also provides daily inspiration and articles on caring for yourself while caring for others. Phone: 1-866-466-3458
- WellSpouse: A support association for caregivers whose spouses have died. The website contains guides and resources to help family members understand and plan for smooth transitions in care. Website: wellspouse.org

When a Parent Has MS: A Teenager’s Guide

- Help Your Family Understand and Manage Multiple Sclerosis
- Maximizing Independence: A Guide to Planning for Changing MS Care Needs
- Multiple Sclerosis: A Guide for Families
- Multiple Sclerosis: Your Legal Rights

Other Publications


Eldercare Locator

- This website provides information about numerous eldercare issues, including respite care. Phone: 1-800-677-1116

Veterans Affairs Monthly Conference Calls

- VA Patient Education: WHEN: 2nd Monday of the Month TIME: 7:30 p.m. PHONE: 1-800-767-1750, access code 43157
- Caregiver Support Group: WHEN: 4th Monday of the Month TIME: 1:30 p.m. PHONE: 1-800-767-1750, access code 43157

For more information go to www.va.gov/msl
**2014 DATES TO REMEMBER**

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<td>04.06.14</td>
<td>GO! For MS Marathon St. Louis, MO</td>
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<td>04.08.14</td>
<td>Connections, Highland, IL</td>
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<td>04.10.14</td>
<td>MS Night Walk Chesterfield Valley, MO, 5 p.m.</td>
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<td>Walk MS Arnold, MO, 1 p.m.</td>
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<td>Walk MS St. Peters, MO, 1 p.m.</td>
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<td>Walk MS Millstadt, IL, 11 a.m.</td>
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<td>04.13.14</td>
<td>Walk MS St. Louis, MO, 1 p.m.</td>
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<td>Walk MS Edwardsville, IL, 1 p.m.</td>
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<td>Midwest Teleconference Series, 7 p.m.</td>
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<td>04.26.14</td>
<td>Walk MS Carbondale, IL, Noon</td>
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<td>Walk MS Godfrey, IL, 9:30 a.m.</td>
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<td>04.27.14</td>
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<td>Walk MS Kirksville, MO, 1 p.m.</td>
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<td>05.01.14</td>
<td>Women on the Move Luncheon - St. Louis, MO</td>
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<td>05.03.14</td>
<td>Walk MS Jefferson City, MO, 10 a.m.</td>
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<td>05.04.14</td>
<td>Walk MS Moberly, MO, 1 p.m.</td>
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<td>Dean Team Automotive Challenge Walk MS St. Louis, MO</td>
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<td>Walk MS O‘Fallon, IL - O‘Fallon Community Park</td>
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<td>09.28.13</td>
<td>Walk MS Southernmost Illinois Anna, IL</td>
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**Registration Information**

- Call 1-877-219-0410 or visit www.msrelapseprogram.com
- Use Program ID # 0780.

**Event Information**

- **Date**: Thursday, April 10, 2014
- **Check-in**: 5:30 PM
- **Time**: 6:00 PM
- **Location**: Morello’s Pizza and Grill, 217 East Poplar Street, Harrisburg, IL 62946
- **Presented by**: Lori M Guyton, MD, Neurology of Southern Illinois, Ltd., Herrin, IL

**You’re invited!**

**Know Your Options:**

Exploring an FDA-approved treatment for MS relapses

If you’re an adult looking to learn about different options for treating your MS relapses, you and a caregiver or friend are invited to this complimentary educational session where an MS healthcare professional will discuss:

- The difference between MS relapses and pseudo-relapses
- The importance of treating your MS relapses
- How to talk about your MS relapses with your healthcare provider
- Available treatment options for MS relapses
- Insights shared by others living with MS relapses

**Complimentary meal and parking will be provided.**

**Please RSVP by**: Wednesday, April 9, 2014.

*Remember: You and a guest are welcome at this complimentary educational session. All MS relapse therapy decisions should be made under the guidance of your healthcare professional.*

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LIVING WITH MS

CAMP HOPE

JULY 20-25, MAKANDA, IL

This program is just for youth ages 8-15 who have a loved one with MS or live with MS. It includes recreational and educational activities to help young people better understand the disease and ways to live with it in their lives. Programs and activities will be available for children living with MS and for children who have a parent or other relative living with MS.

Activities include:
- Swimming, canoeing, and pontoon boat rides
- Adventure hikes & fishing
- Campfires & evening entertainment
- Arts and crafts and other creative activities
- Horseback riding
- MS education and sharing groups

DETAILS:
July 20-25
Makanda, IL
Touch of Nature
Environmental Center,
Southern Illinois
University
(near Carbondale)

PROGRAM FEE:
$175 per child includes all meals, overnight lodging, and activities. Scholarships are available. Contact Stacey at stacey.sickler@nmss.org or 314-446-4184.

REGISTRATION:
Each camper must complete an application online before being accepted to Camp Hope. Upon acceptance, you will receive detailed information and a billing invoice. Call 800-344-4867 option 2 or visit mscamphope.org. The deadline is May 5.

You’re invited!
Exploring an FDA-approved treatment for MS relapses

If you’re an adult looking to learn about different options for treating your MS relapses, you plus one caregiver or friend are invited to this complimentary educational session where an MS healthcare professional will discuss:
- The difference between MS relapses and pseudo-relapses
- The importance of treating your MS relapses
- How to talk about your MS relapses with your healthcare provider
- Available treatment options for MS relapses
- Insights shared by others living with MS relapses

Registration Information

Call 1-877-219-0410 or visit www.msrelapseprogram.com
Use Program ID # 9892.
Complimentary meal and parking will be provided.
Please RSVP by: Tuesday, May 13, 2014.

Event Information

Date Wednesday, May 14, 2014
Check-in 5:30 PM
Time 6:00 PM
Location Dexter Bar-B-Que
236 South Brookside
Cape Girardeau, MO 63703

Presented by
Amy L. Dix, MPA-C
Jennifer E. Ravenscroft, PA-C
College Park Neurology
Overland Park, KS

Remember: You and a guest are welcome at this complimentary educational session. All MS relapse therapy decisions should be made under the guidance of your healthcare professional.

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### TALK MS GROUPS

**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>Date and Time</th>
<th>Location Details</th>
<th>Contact Person</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Camdenton</td>
<td>9/18, 11/20 6-7 p.m.</td>
<td>Camden County Library 99 Rodeo Road, Camdenton, MO 65020</td>
<td>Christy Bays, cell (573) 480-7932 <a href="mailto:cm20wgl@hotmail.com">cm20wgl@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Cape Girardeau</td>
<td>3rd Saturday 10 a.m.</td>
<td>St. Francis Health &amp; Wellness Center, Rm. 150 S. Auburn, Cape Girardeau, MO 63703</td>
<td>Sharon</td>
<td>(573) 332-3148</td>
</tr>
<tr>
<td>Columbia</td>
<td>3rd Wednesday 6-8 p.m.</td>
<td>Rush Rehabilitation Center 515 Business Loop 70 West Columbia, MO 65203</td>
<td>Suzanne (573) 817-4673 or <a href="mailto:sdechazal@yahoo.com">sdechazal@yahoo.com</a> Kim Williams, <a href="mailto:kmulk1stet@gmail.com">kmulk1stet@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Crystal City/Festus</td>
<td>2nd Tuesday 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>
<td></td>
</tr>
<tr>
<td>Kirksville</td>
<td>1st Monday 6 p.m.</td>
<td>Coca-Cola Bottling, Meeting Room 605 Washington, Jefferson City, MO 65109</td>
<td>Vickie <a href="mailto:vluckenotten@icangels.com">vluckenotten@icangels.com</a></td>
<td></td>
</tr>
<tr>
<td>Kirksville</td>
<td>1st Wednesday every odd month, next meeting March 5, 6 p.m.</td>
<td>Annex Building 300 N. Franklin Kirksville, MO 63501</td>
<td>Renee 660-341-9999 or <a href="mailto:reneeadams22@hotmail.com">reneeadams22@hotmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Moberly</td>
<td>3rd Thursday 6:30-7:30 p.m.</td>
<td>Timberlake Christian Church 1624 Gratz Brown, Moberly, MO 65270</td>
<td>Lynelle (660) 833-3175 or <a href="mailto:lynelle1963@gmail.com">lynelle1963@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>New London</td>
<td>2nd Tuesday 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:mlrdsr@att.net">mlrdsr@att.net</a></td>
<td></td>
</tr>
<tr>
<td>Rolla</td>
<td>Last Thursday 6:30 p.m.</td>
<td>Rolla Presbyterian Manor 1200 Homelife Plaza Rolla, MO 65461</td>
<td>Donna at (573) 263-4896 or <a href="mailto:dlkreisler@centuryel.net">dlkreisler@centuryel.net</a> Michelle at (573) 465-0453 or <a href="mailto:mkrnrd@nms.org">mkrnrd@nms.org</a></td>
<td></td>
</tr>
<tr>
<td>Washington</td>
<td>3rd Monday 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>
<td></td>
</tr>
<tr>
<td>West Plains</td>
<td>3rd Wednesday 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 Diana <a href="mailto:diana.siger@ozarksmedicalcenter.com">diana.siger@ozarksmedicalcenter.com</a></td>
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#### ST. LOUIS METRO

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<tr>
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<th>Contact Person</th>
<th>Phone Number</th>
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</thead>
<tbody>
<tr>
<td>Affton</td>
<td>3rd Wednesday 7 p.m.</td>
<td>Weber Road Library 4444 Weber Rd, St. Louis, MO 63123</td>
<td>Linda (314) 544-5623</td>
<td></td>
</tr>
<tr>
<td>Generation OptiMS/for people in their 20s, 30s &amp; 40s</td>
<td>1st Saturday 10 a.m.</td>
<td>NMSS Office Gateway Area Chapter 1867 Lackland Hill Pkwy, St. Louis, MO 63146</td>
<td>Michelle (636) 447-5407</td>
<td></td>
</tr>
<tr>
<td>St. Peters</td>
<td>April 12, July 15, Oct. 12, 2-3 p.m.</td>
<td>Conference Room A/B Barnes-Jewish Hospital, St. Peters, MO 63376</td>
<td>Sunny at <a href="mailto:jwlsandy@hotmail.com">jwlsandy@hotmail.com</a></td>
<td></td>
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### ILLINOIS

<table>
<thead>
<tr>
<th>Location</th>
<th>Date and Time</th>
<th>Location Details</th>
<th>Contact Person</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alton/River Bend</td>
<td>3rd Tuesday 7-9 p.m.</td>
<td>The United Presbyterian Church, 2550 Rock Hill Rd., Wood River, IL 62095</td>
<td>Lisa (618) 258-0615</td>
<td></td>
</tr>
<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>
<td></td>
</tr>
<tr>
<td>Central Illinois</td>
<td>4th Monday 7 p.m.</td>
<td>Richland Memorial Hospital 800 East Locust St., O’Fallon IL 62240</td>
<td>Tony (618) 302-1333 <a href="mailto:tmdmz@frontier.com">tmdmz@frontier.com</a></td>
<td></td>
</tr>
<tr>
<td>Radiant MS Renegades</td>
<td>2nd Thursday 6:30 p.m.</td>
<td>Glen Carbon Library 198 S. Main, Glen Carbon, IL 62034</td>
<td>Charity (618) 420-4321 <a href="mailto:wildradiantMS@gmail.com">wildradiantMS@gmail.com</a></td>
<td></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>Karen at 618-830-5681 <a href="mailto:momferguson5@gmail.com">momferguson5@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>Smyelin 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>
<td></td>
</tr>
<tr>
<td>Metro East</td>
<td>4th Tuesday of every numbered month, 7 p.m.</td>
<td>LINC, Inc. #1 Emerald Terrace, Swansea, IL 62226</td>
<td>Diane (618) 235-8823 <a href="mailto:Earhart500@aol.com">Earhart500@aol.com</a></td>
<td></td>
</tr>
</tbody>
</table>

### SPECIALIZED GROUPS

<table>
<thead>
<tr>
<th>Affton</th>
<th>Couples Group</th>
<th>Varies, contact for information</th>
<th>Varies, contact for information</th>
<th><a href="mailto:jusalacki2@gmail.com">jusalacki2@gmail.com</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Moberly</td>
<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> or Michelle at <a href="mailto:michelekeating@juno.com">michelekeating@juno.com</a></td>
</tr>
<tr>
<td>Washington</td>
<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>West Plains</td>
<td>Veterans with MS</td>
<td>2nd Saturday 10 a.m.</td>
<td>Veterans Admin. Medical Center 1 Jefferson Barracks Dr. St. Louis, MO 63125</td>
<td>Penny (314) 652-4100 ext. 63274</td>
</tr>
<tr>
<td>St. Peters</td>
<td>CarePartner &amp; Family Group</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>Stacey (800) 344-4867 <a href="mailto:stacey.sickler@nms.org">stacey.sickler@nms.org</a></td>
</tr>
</tbody>
</table>

**MS CONNECTION: SPRING 2014**

**GATEWAYMSOSCIETY.ORG | 1-800-344-4867**

**TALK MS GROUPS**
You’re invited!

Know Your Options:
Exploring an FDA-approved treatment for MS relapses

If you’re an adult looking to learn about different options for treating your MS relapses, you and one caregiver or friend are invited to this complimentary educational session where an MS healthcare professional will discuss:

- The difference between MS relapses and pseudo-relapses
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- How to talk about your MS relapses with your healthcare provider
- Available treatment options for MS relapses
- Insights shared by others living with MS relapses

Call 1-877-219-0410 or visit www.msrelapseprogram.com
Use Program ID # 9893.

Complimentary meal and parking will be provided.

Please RSVP by: Tuesday, May 13, 2014.

Registration Information
Event Information

Date: Wednesday, May 14, 2014
Check-in: 11:30 AM
Time: 12:00 NOON
Location: Prasino
1520 South Fifth Street
St. Charles, MO 63301

Remember: You and a guest are welcome at this complimentary educational session. All MS relapse therapy decisions should be made under the guidance of your healthcare professional.

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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. In some cases, assistance with transportation may also be available. 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.

Applications are accepted year-round, however completed applications will only be approved during January, April, July and October.

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 Community Center</td>
<td>4201 Fee Fee Road Bridgeton, MO 63044</td>
<td>314-739-5599</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Carondelet Park Rec Plex</td>
<td>930 Holly Hills Ave St. Louis MO 63111</td>
<td>314-768-9622</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Center of Clayton</td>
<td>50 Gay Avenue Clayton, MO 63105</td>
<td>314-290-8511</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Downtown YMCA</td>
<td>1528 Locust Street St. Louis, MO 63103</td>
<td>314-436-4100</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Edward Jones Family YMCA</td>
<td>12521 Marine Avenue St. Louis, MO 63146</td>
<td>314-439-9622</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Emerson Family YMCA</td>
<td>3390 Pershall Road St. Louis, MO 63135</td>
<td>314-521-1822</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>JCC - Marilyn Fox Building</td>
<td>16801 Baxter Road Chesterfield, MO, 63005</td>
<td>314-442-3428</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>JCC - Staenberg Family Complex</td>
<td>2 Millstone Campus Drive St. Louis, MO 63146</td>
<td>314-432-5700</td>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Kirkwood Family YMCA</td>
<td>325 N. Taylor St. Louis, MO 63122</td>
<td>314-965-9622</td>
<td>⭐️⭐️⭐️⭐️</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>
<td>⭐️⭐️⭐️⭐️</td>
</tr>
<tr>
<td>Taiwanese Church</td>
<td>542 Ries Road Ballwin, MO 63021</td>
<td>314-898-7788</td>
<td>⭐️⭐️⭐️⭐️</td>
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Remember: You and a guest are welcome at this complimentary educational session. All MS relapse therapy decisions should be made under the guidance of your healthcare professional.

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Transportation assistance is available to community exercise classes and Chapter-sponsored wellness programs.

*Includes accessible transportation for individuals using wheelchairs or scooters. Please contact Fiza at 314-781-9020 or 1-800-344-4867, option 2.
### Therapeutic Recreation Sites

#### St. Louis County

<table>
<thead>
<tr>
<th>ST. LOUIS CONT.</th>
<th>ADDRESS</th>
<th>CONTACT</th>
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</thead>
<tbody>
<tr>
<td>Mid-County YMCA</td>
<td>1900 Urban Drive St. Louis, MO 63144</td>
<td>314-962-9450</td>
<td></td>
</tr>
<tr>
<td>Olivet Community Center</td>
<td>9723 Grandview Drive St. Louis, MO 63132</td>
<td>314-781-9020, 314-544-4867</td>
<td></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 63503</td>
<td>636-896-0999</td>
<td></td>
</tr>
<tr>
<td>South City Family YMCA</td>
<td>3150 Sublette Avenue St. Louis, MO 63139</td>
<td>314-644-3100</td>
<td></td>
</tr>
<tr>
<td>South County Family YMCA</td>
<td>12736 Southfork Road St. Louis, MO 63128</td>
<td>314-849-4668</td>
<td></td>
</tr>
<tr>
<td>St. Charles County YMCA</td>
<td>3900 Shady Springs Lane St. Peters, MO 63376</td>
<td>636-928-1928</td>
<td></td>
</tr>
<tr>
<td>The Lodge in Des Peres Community</td>
<td>1058 Old Des Peres Rd St. Louis, MO 63131</td>
<td>314-238-2000</td>
<td></td>
</tr>
<tr>
<td>The Pointe at Ballwin Commons</td>
<td>1 Ballwin Commons Circle Ballwin, MO 63021</td>
<td>636-227-8950</td>
<td></td>
</tr>
<tr>
<td>Riverchase</td>
<td>990 Horan Dr Fenton, MO 63026</td>
<td>618-343-0067</td>
<td></td>
</tr>
<tr>
<td>Washington Four Rivers Family YMCA</td>
<td>400 Grand Avenue Washington, MO 63090</td>
<td>636-239-5704</td>
<td></td>
</tr>
<tr>
<td>Webster Groves Family YMCA</td>
<td>226 East Lockwood Avenue Webster Groves, MO 63119</td>
<td>314-962-9622</td>
<td></td>
</tr>
<tr>
<td>Wellbridge Athletic Club</td>
<td>7620 Forsyth Boulevard Clayton, MO 63105</td>
<td>314-746-1500</td>
<td></td>
</tr>
<tr>
<td>Wellbridge Athletic Club</td>
<td>998 Woods Mill Road Town &amp; Country, MO 63131</td>
<td>636-207-3000</td>
<td></td>
</tr>
<tr>
<td>West County Family YMCA</td>
<td>16464 Burkhardt Pl Chesterfield, MO 63017</td>
<td>636-532-3100</td>
<td></td>
</tr>
<tr>
<td>Yoga Saint Louis</td>
<td>3305 Jamieson Ave. St. Louis, MO 63139</td>
<td>314-645-9785</td>
<td></td>
</tr>
<tr>
<td>Z Power Fitness</td>
<td>239 Lamp &amp; Lantern Village Town &amp; Country, MO 63017</td>
<td>314-378-8639</td>
<td></td>
</tr>
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### Therapeutic Recreation Sites in Mid-Missouri

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<th>MID-MISSOURI</th>
<th>ADDRESS</th>
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<th>ACTIVITIES OFFERED</th>
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<tbody>
<tr>
<td>Columbia Activity and Rec. Center</td>
<td>1701 W. Ash Street Columbia, MO 65203</td>
<td>573-874-7700</td>
<td></td>
</tr>
<tr>
<td>Elm Street Yoga</td>
<td>904 Elm St. Suite 210. Columbia, MO 65201</td>
<td>573-441-8566</td>
<td></td>
</tr>
<tr>
<td>Jefferson City YMCA</td>
<td>424 Stadium Boulevard Jefferson City, MO 65101</td>
<td>573-761-9021</td>
<td></td>
</tr>
<tr>
<td>Mexico Family YMCA</td>
<td>1127 Adams Street Mexico, MO 65265</td>
<td>573-581-1140</td>
<td></td>
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<tr>
<td>Pilates for Everybody</td>
<td>4818 Santana Circle Columbia, MO 63203</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>
<td></td>
</tr>
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### Therapeutic Recreation Sites in Illinois

#### St. Louis County

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<th>ILLINOIS</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>ACTIVITIES OFFERED</th>
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<tbody>
<tr>
<td>Edwardsville YMCA</td>
<td>1200 Esic Drive Edwardsville, IL 62025</td>
<td>618-656-0436</td>
<td></td>
</tr>
<tr>
<td>John A. Logan College</td>
<td>700 Logan College Road Carthage, IL 62918</td>
<td>618-985-3741</td>
<td></td>
</tr>
<tr>
<td>Collinsville Maryville Troy YMCA</td>
<td>1 Town Center Drive Maryville, IL 62062</td>
<td>618-346-5600</td>
<td></td>
</tr>
<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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#### Southeast Missouri

<table>
<thead>
<tr>
<th>SOUTHEAST MISSOURI</th>
<th>ADDRESS</th>
<th>CONTACT</th>
<th>ACTIVITIES OFFERED</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 Whitisner 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 Road West Plains, MO 65775</td>
<td>417-293-1184</td>
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<tr>
<td>Xtreme Gymnastics</td>
<td>422 West Pine Street Poplar Bluff, MO 63901</td>
<td>573-785-3780</td>
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</tr>
</tbody>
</table>
LIVING WITH MS
WELLNESS NETWORK

The Wellness Network connects people who have an interest in or who are actively participating in exercise programs through a quarterly teleconference. These quarterly calls are an opportunity to share ideas and encouragement about exercise and include special guest speakers.

The Wellness Network is free and provides resources to a wide variety of people with MS of all abilities.

If you are interested in becoming a member of the Wellness Network, please call 1-800-344-4867 or go to http://bit.ly/wellnessnet.

April 24, 7-8 P.M.
MENTAL HEALTH AWARENESS
- What do I need to know about mental health awareness?
- What kind of connection do mental health and MS have?
- Who should I contact for resources on mental health?

JULY 24, 7-8 P.M.
ALTERNATIVE MASSAGE THERAPY

PROGRAM REGISTRATION

Name ____________________________
Address __________________________
City/State/Zip _____________________
Home phone ______________________
Work phone ______________________
E-mail __________________________
Date of Diagnosis ___________________

Payment Information
( ) Fee waiver requested
( ) Check enclosed payable to NMSS
( ) Visa ( ) MC ( ) Disc ( ) Am. Ex
Card # __________________________
Expiration Date: ___________________

Send to: National Multiple Sclerosis Society, 1867 Lackland Hill Parkway, St. Louis, MO 63146 or Fax to 314-781-1440.
Register online go to www.gatewaymssociety.org, -> “Chapter Calendar.”

An Oral Treatment Option for Relapsing Forms of Multiple Sclerosis (MS)
An informative event for people living with MS, and their caregivers.

Barry Singer, MD
The MS Center for Innovations in Care at the Missouri Baptist Medical Center
Thursday, May 29, 2014, at 6:30 PM Central
Prasino
1520 South 5th Street
Saint Charles, MO 63303

Space is limited. A light meal will be served.
To RSVP, please call 1-866-703-6293 or e-mail MSrsvp@ahmdirect.com.

Event code: TR244588 (1128677)
Gateway Area Walk 2014

Register today
GatewayMSwalk.org or 1.800.344.4867

Be inspired.

“Walk MS has given us an incredible sense of community. It’s amazing how many people are so eager to help.”

Nick Cucci
Member, Team Forza

Get connected.

“I used to walk for the advancement of new medications, and I’m proud of how far we’ve come. Now I walk for a cure.”

Beverly Johnson
Captain, Bev’s Crew

Walk MS.

“Walk MS is an opportunity build up our community with our family and friends - a day to celebrate our accomplishments in living with this disease and combat our challenges.”

Meghan Melone
Captain, Team Ohana

April 10
MS Night Walk, 5 p.m.
Taubman Prestige Outlets
Chesterfield, MO

April 12
Arnold, MO, 1 p.m.
Arnold City Park

April 13
St. Louis, MO, 1 p.m.
Forest Park Upper Muny Lot
Edwardsville, IL, 1 p.m.
Township Park

April 26
Carbondale, IL, Noon
SIUC Student Center West Patio

April 27
Cape Girardeau, MO, Noon
Capaha Park

May 3
Jefferson City, MO, 10 a.m.
Helias High School

May 4
Moberly, MO, 1 p.m.
Rothwell Park

REGISTER TODAY
GatewayMSwalk.org or 1.855.372.1331