LIVING WITH MS

A STORY WORTH HEARING

BY JASON CARRIER

Becoming a National MS Society top scholar is a great honor to me. My mother was diagnosed with multiple sclerosis in 1988, seven years before I was born. My entire life was affected by this development. However, I can truly say that many of my experiences with my mother's MS have shaped me positively. It has given me patience and a general appreciation for all people, especially those with disabilities. I believe that every single person has a story that is worth listening to.

My family started their first Walk MS team, the Strathmore Striders, back in 1988. In the early years, the team showed up to events with more than 20 walkers. However, this began to dwindle, and, in 2010, the team consisted of three members and a dog, with a single check made out to the Society. This is when I decided to step up and lead the team. The next year, we showed up with 30 members and $3,000 for the Society. I was proud of our accomplishment, but I knew...
Together, we are stronger. Together we will change the world for people with MS. These words describe the power of our MS movement. Our collective actions accelerate progress and connect people living with multiple sclerosis to the solutions they need to live their best lives.

We are at an important moment. We just completed a five-year strategic plan. As such, it’s important to reflect on the progress of the past 5 years to consider the impact we’ve achieved.

**We have accelerated research breakthroughs.** We are successfully completing the largest fundraising campaign for MS research in history – $250 million to fund more than 800 research projects. The Society is recognized as the catalyst for all major advancements in MS research. In fact, we are providing leadership in the international Progressive MS Alliance, helping to galvanize the world in finding solutions specifically for progressive MS.

**We do our best work so that each person with MS can live his or her best life with more connections to information, resources, and others with shared experiences.** This includes a network of 1,200 self-help groups, more than 600,000 people connected in online MS communities like MSConnection.org, 200,000 people connecting with the Information Resource Center (1-800-FIGHT MS) and hundreds of thousands more attending MS patient and family programs or receiving financial assistance.

We ensure that the voices of people affected by MS are heard and drive change wherever it is needed. More than 110 thousand activists across the country have written to or visited their legislators to create understanding and change for people with MS.

**We mobilize millions of people to do something about MS now.** Thousands across the country generously raise money and give personally. We are recognized as a fundraising leader in the nonprofit world and YOU are the reason why. Last year, Walk MS was the 7th largest fundraising event in the US, raising $42 million in 2015. Now is the time to make your personal commitment to Walk MS 2016! With 19 Walk MS locations in our chapter area, there’s an option for you. Partner with us by taking part in Walk MS in 2016. Spread the word in your community during MS Awareness Week (March 7-13). There is no better ambassador for our MS movement than you, your friends and family.

Sincerely,

Kristina Fransel McGraw
Chapter President
Continued from page 1

I could be doing more.

Over the next two years, I organized a new Walk MS event in my hometown of Wakefield, Massachusetts. With the help of several friends, much of my family and the Society, the Wakefield Walk MS eventually raised over $100,000 and involved hundreds of people. Even today, after I went to college and passed the reins on, the event continues to be a huge success, raising $100,000 last year alone.

I have attended the University of Virginia in Charlottesville for the last two years. I am currently pursuing a business degree, as well as a double major in sociology and I continue to be active in the community. I founded and am leading an organization, called ULink, with the mission of providing peer mentorship to all incoming first-year students to the University. Next year, we will provide one of our 240 upperclassmen peer advisors to over 1,000 incoming students. My experience with Walk MS was crucial in teaching me how to be an effective leader. And the Society scholarship went a long way toward helping me succeed. I appreciate it more than my words can convey.

Visit www.nationalMSsociety.org/scholarship to learn more about the National MS Society scholarships programs.
RESEARCH

A GLOBAL EFFORT

The International Progressive MS Alliance, an initiative connecting resources and experts around the world to end progressive multiple sclerosis, has awarded 11 collaborative network planning grants to MS researchers. Last year the Alliance funded 22 projects, all part of an ambitious program that will cumulatively invest nearly $25 million over the next five years in progressive MS research.

“The global commitment to collaboratively addressing — and overcoming — the barriers to developing solutions in progressive MS is inspiring the entire world to do more,” says Cynthia Zagieboylo, Chair of the Alliance Executive Committee and CEO of the National MS Society.

FOCUS ON SOLUTIONS

The one-year planning awards launch a focused program to accelerate research progress in three key areas:

1) Develop better and more effective therapies for progressive MS;
2) Develop more meaningful ways to measure progression and monitor treatment effectiveness; and
3) Initiate clinical trials for new interventions.

Each project selected for funding addresses one of these priority areas and will be directed by some of the world’s most prominent thought leaders and MS scientists.

Current projects selected for support include the development of: a treatment-discovery pipeline for secondary-progressive MS, an MRI biomarker for disability progression for use in clinical trials, novel molecular imaging probes to predict disability progression and evaluate therapies, and a multicenter project on cognitive rehabilitation and exercise. Project awardees will have the opportunity to apply for a full, four-year Collaborative Network award at the conclusion of the 12-month planning grant.

“Not only has worldwide attention to progressive MS increased, but progress toward solutions that will change the world for people with progressive MS is accelerating,” noted Dr. Alan Thompson, Chair of the Alliance’s Scientific Steering Committee and Dean of University College London Faculty of Brain Sciences.

LOCAL
RESEARCHERS
AWARDED
FUNDING

The National MS Society has awarded two researchers located in the Greater Carolinas area, Dr. Heather Kane and Dr. Prue Plummer, with grants for research studies aimed at stopping MS in its tracks and restoring what has been lost for people living with MS.

Stopping MS in its Tracks

Dr. Kane works in Healthcare Delivery and Policy for RTI International. She and colleagues at RTI and the University of Arizona are exploring how Advanced Practice Providers (for example, nurse practitioners and physician assistants) may be able to offer additional assistance to neurologists in providing care for individuals with MS. The study also explores how training for Advanced Practice Providers may be improved to enhance opportunities for these health care professionals to learn more about MS at earlier stages in their career development. Dr. Kane said, “Advanced Practice Providers can fill some gaps and play a key role in ensuring comprehensive, whole person care for MS patients.”

Restoring What Has Been Lost

Dr. Prue Plummer specializes in rehabilitation research at the University of North Carolina at Chapel Hill. Her team’s pilot study focuses on whether using Ampyra, a drug approved by the FDA to improve walking in people with MS, in combination with physical therapy is more effective to improve walking and cognition in people with MS than with just Ampyra alone. “We are very honored to receive this grant to support our pilot research,” Dr. Plummer said, “We will examine the treatment effects above and beyond just walking speed, by also exploring outcomes related to dual-task performance and cognitive processing speed.”

Ending MS Forever

Significant progress is being made and more breakthroughs are needed to change the world for everyone living with MS. Research remains a top Society priority, with increasing annual investments to drive solutions for every person with MS.
PROGRAMS & SERVICES

SYMPTOM MANAGEMENT AND COPING STRATEGIES

Join us on Thursday, March 3 at 7 p.m. at the Embassy Suites by Hilton, Greensboro Airport to learn about managing the symptoms of MS, as well as learning more about how to cope positively with the disease. Our presenters will be Dr. Richard Sater, a neurologist who specializes in MS from Guilford Neurology in Greensboro, and Jessica Thomas, LCSW, a mental health professional who has experience working with people living with MS and other chronic illnesses.

NC CONFERENCE FOR AFRICAN-AMERICANS

Join us on Saturday, March 19 at the Embassy Suites in Cary for our 15th annual NC conference for African-Americans living with MS and their families. This year’s conference will feature a panel on positive coping strategies with the disease, spirituality and physical wellness. There will also be break-out sessions for people living with MS and a separate one for family and friends. The conference will be held from 3 p.m. – 8:30 p.m. Cost is $5 per person. Register now by calling 1-800-344-4867, option 1.

EVERYDAY MATTERS: LIVING YOUR BEST LIFE WITH MS | 6-WEEK PROGRAM

This innovative in-person program helps to increase knowledge about the concepts of positive psychology, and how a person living with MS can use these concepts to support ongoing happiness, even in the face of adversity. Videos, presentations and a participant manual will be part of the six-week series.

The chapter will be offering 3 programs in

WEBINAR/TELELEARNING SERIES

This series brings together a collaboration of MS experts to help you build strategies to live your best life with MS. Each free webinar and telelearning program features two presenters with time for Q&A. Join us online or by phone on a variety of topics (see below). Webinars are scheduled for the second Tuesday of each month, 8-9:15 p.m. ET.

Upcoming topics:

2/9/16    Employment: Navigating Career Change
2/23/16   Employment: Managing Your MS Symptoms with Technology
3/8/16    How Treatment Decisions Are Made
4/12/16   Research Updates

Register at nationalMSsociety.org/telelearning or call 1-800-344-4867, option 1.
3 different locations this spring. Cost is $20/person. See below for a program near you:

**Greer, SC**
Tuesdays - March 1, 8, 15, 22, 29 and April 5, 12 at Premier Neurology at The Parkway, Suite N, Greer, SC. 6 p.m. to 8 p.m. **Facilitator:** Evelyn Hunter

**West Columbia, SC**
Tuesdays - March 1, 8, 15, 22, 29 and April 5, 12 at Hulon Greene Clubhouse at 900 Poinsett Place, West Columbia, SC (behind Lexington Medical Center). 6 p.m. to 8 p.m. **Facilitator:** Lisa Burbage.

**Cary, NC**
Thursdays, March 10, 17, 24, 31, April 7 and 14 at Stalls Medical, Inc., 7980 Chapel Hill Rd, Cary, NC. 6 p.m. to 8 p.m. **Facilitator:** Kathy Mackintosh

**MS ADVENTURES**
Join the National MS Society this spring for our MS Adventures family programs. Whether enjoying a baseball or hockey game, it's a great way to connect with others.

- **Charlotte Checkers hockey game | April 1st**
- **Myrtle Beach Pelicans baseball game | April 8th**
- **Durham Bulls baseball game | April 9th**

MS Adventure programs are open to people living with MS and their family/friends.

Tickets are $8 per person with a limit of 5. Registration fee provides your tickets to the game and a buffet lunch. Registration opens on February 29.

**SAVE THE DATE | MS ADVENTURES AT CAMP CHESTNUT RIDGE**
Join us August 12-14th for a weekend retreat for kids ages 10-14 who have a parent or guardian living with MS. Campers are offered the opportunity to meet other children who share similar life experiences and also participate in recreational activities such as swimming, canoeing, campfires and other games. Registration packets will be available May 16th!

**SAVE THE DATE | AFRICAN-AMERICAN CONFERENCE**
Mark your calendar for Saturday, September 24th at The Medallion Center in Columbia for our 5th annual SC Conference for African-Americans living with MS and their families. More details will be coming soon!

To register or for more information on any of these programs, call 1-800-344-4867, Option 1 or www.nationalMSsociety.org/nct, then Calendar
## SELF-HELP GROUPS:

### NORTH CAROLINA SELF-HELP GROUPS

#### Alamance County
- 2nd Thurs, 10:00 am, Burlington, Annie 336-226-7712

#### Beaufort County, NC
- 1st Wed, 4:30 pm, Washington, Sondra 252-916-5233

#### Buncombe County
- “Oh! You Look So Good” Group, 1st Tues, 6:00 - 8:00 pm, Asheville, Marci 828-298-1727, Virginia 828-683-9564
- Awareness Group- MS Community of WNC, 1st and 3rd Thurs, 12:00-2:00 pm, Asheville, Leslie 828-772-4920

#### Carteret County
- Last Mon, 6:00 pm, Morehead City, Kathryn, 252-241-4719

#### Chatham County
- 3rd Tues, 6:00 pm – 7:45 pm, Pittsboro, Eileen 919-535-4135 or PittsboroMS@gmail.com

#### Cleveland County
- 1st Tues, 6:30 pm, Shelby, Kristen 704-481-9628

#### Cumberland County
- 3rd Sat, 12:00-2:00 pm, Fayetteville, Jackie 910-303-8665, Paulette 910-487-3093

#### Davie County
- 2nd Mon, 6:00 pm, Jackie 336-909-5877

#### Edgecombe/Nash Counties
- 2nd Fri, 11:00 am, Rocky Mount, Kat 252-972-2232

#### Elkin/Tri-County
- 1st Mon, 10:00 am, Deb 336-835-8419

#### Forsyth County
- Kernersville, Newly Diagnosed and Minimally Affected, 4th Tues, 6:15 pm, Sherri 336-992-2134, Matt 336-750-0732
- Tabor Cares Group, 1st Thurs, 7:00 pm, Winston-Salem, Marianne 336-765-4361
- You, Me and the Lord, too!, 2nd and 4th Tues, 10:00 am, Winston-Salem, Dolores 336-784-8460

#### Granville/Vance Counties
- 3rd Tues, 7:00 pm, Oxford, Sarah 919-693-1621, Audrey 919-693-4439, Helen 252-433-5181

### Guilford County
- Greensboro, Aquatics Exercise Group, M-W-F 11:00 am, Wyn 336-852-2182
- Greensboro Men’s Group, Every Wed, 8:30 am, John 336-545-0100
- High Point/Jamestown, But You Look So Good, 2nd Sat. 11:00 am, Lisa 336-454-6785

### Henderson County
- Social Group, 3rd Thurs, 9:30 am, Hendersonville, Cathy 828-693-8172, Jo Ann 425-420-7070
- Evening Group, 1st Thurs, 6:00 pm, Hendersonville, Jim 828-595-9910

### Jackson County
- 4th Tues, 2:00 pm, Sylvia, Gordon 828-293-2503

### Johnston County
- 3rd Tues, 11:00 am, Clayton, Janet 919-553-5727, Lori 919-669-7406

### Lee County
- 2nd Mon, 6:30 pm, Sanford, Rosemary 919-499-4230

### Mecklenburg County
- Christian-Oriented Group, 4th Wed, 11:30 am, Charlotte, Barbara 704-542-6012
- Minimally Impaired/Newly Diagnosed, 2nd Thurs, 7:00 p.m., Charlotte, Becky & Lester 704-366-3536, Rick 704-541-2138

### New Hanover County
- 2nd Thurs, 7:00 pm, Wilmington, Burt 910-383-1368, Lisa 910-399-7252

### Onslow County
- 3rd Thurs, 7:00 - 9:00 pm, Jacksonville, Margaretta 910-353-2243

### Orange County
- Last Tues, 6:30 pm, Chapel Hill, Barbara 919-968-1530, Alex 919-572-6336

### Person County
- 1st Tues, 7:00 pm, Roxboro, Sherry 336-599-0014, Robert 919-641-8073

### Pitt/Greene Counties
- 2nd Sat, 10:00 am, Ayden, Jimmy 252-524-5431, Jane 252-653-4185

### Rowan County
- 2nd Mon, 6:30 pm, Salisbury, Christine 704-798-3341, Jill 704-798-5088, Tonda 704-636-9405
Scotland County
• 2nd Thurs, 5:30 pm, Laurinburg, Juanita 910-291-7327

Wake County
• Cary Group, 2nd Thurs, 12:00 pm, Cary, Mary Ann 919-779-2101, Russell 919-387-8549, Trish 919-618-6956
• Raleigh Evening Group, 3rd Wed, 6:30 pm, Holly 919-779-3487, Cherry 919-720-4843
• Raleigh Wellness “Making Waves”, 1st Wed, 1:00 pm, Kim 919-832-2651
• Raleigh Women’s Group, 3rd Tues, 6:30 pm, Kathy 919-612-0245, Jackie 919-747-1434, nraleighwomensms@yahoo.com
• Southern Wake County Group, 2nd Thurs, 7:00 pm, Mary 919-552-7680
• Triangle African American Group, Robbin 919-255-8210, JuJuan 919-604-1194 Kenyan 919-772-9222, Dannyell 919-675-1710

Wayne County
• 2nd Tues, 7:00 pm, Goldsboro, Maxine 919-242-9641, Glen 919-965-6452

Wilkes County
• 2nd Thurs, 5:15 pm, Wilkesboro, Wanda 336-667-1889, Kent 336-903-1539

SOUTH CAROLINA SELF-HELP GROUPS

Aiken County
• 3rd Sat, 10:00 am, Aiken, Pam 803-645-2092

Beaufort County, SC
• MS Low Country Group, 4th Fri, 10:00 am – 12:00 pm, Bluffton, Betty 843-757-4402

Charleston County
• Charleston Group, 3rd Sun, 3:00 pm, Debbie 843-532-9513
• North Charleston Area Group, 2nd Tues, 11:00 am, Sharon 843-640-1507

Dorchester County
• 3rd Fri, 11:00 am, Summerville, Elizabeth 843-873-0818, Valerie 843-376-9041

Florence County
• 3rd Tues, 5:00 pm, Florence, Casey 843-661-3745

Greenville County
• But You Look So Good! Group, 1st Thurs, 6:30 pm, Greenville, Crissy 864-906-1019, Allie 864-275-4756

Horry County
• 3rd Sat, 11:00 am, Myrtle Beach, Ernie 843-213-1423, Judy 843-945-9582, Darlene 843-385-3780, Tiffany 843-467-4911

Lexington County
• 1st Tues, 1:00 pm, Lexington, Marcy 803-543-3195

Orangeburg County
• 1st Thurs, 6:00 pm, Orangeburg, Suzanne 803-531-9707

Richland County
• Columbia Daytime Group, 3rd Tues, 12:00 - 2:00 pm, Columbia, Tim 803-348-0833, Darlene 803-272-0216
• Columbia Afternoon Group, 4th Mon, 2-4 pm, Columbia, Bob 803-736-3174, Sandy 803-736-5073
• “Let's Talk About MS” Group 4th Mon, 6:30 pm, Columbia, Ranva 803-316-3653, LaRhonda 803-727-4962

Spartanburg County
• 2nd Mon, 5:30 pm, Spartanburg, Jonathan 864-252-8942, Sharon 864-706-2519

GET CONNECTED WITH A SELF-HELP GROUP

For more information on joining a self-help group or starting one in your area, please call 1-800-344-4867 or visit us on the web at www.nationalMSsociety.org/greatercarolinas and click on Groups and Discussions.
LOCAL AWARDS PRESENTED TO HONOREES

The Chapter annually recognizes outstanding individuals and volunteers who have made a remarkable difference in the MS movement by presenting our “MOVE” awards, which stands for Medals of Valor in Excellence. These volunteers are leaders in fundraising, advocacy, community connections and support of the MS Community.

The 2015 MOVE Award recipients were announced at our Annual Meeting and Education Conference on December 5, 2015. Those recognized with MOVE Awards were:

Matt Aloi and Sherri Valentine - Self-Help Group Leaders, “MS Be Strong”
Bank of America - Funding the Mission and Volunteerism
BB&T - Community Engagement and Service MS
Carrot-Top Industries, Inc. - Corporate Support, Bike MS
Hobnobbers - Leadership in Bike MS and Funding the Mission
Briana Landis - Leadership in Walk MS

Alex Lopez - Leadership in Funding the Mission and Service MS
Marie Moore, NP - Leadership as a Healthcare Provider
Christine Posner - Leadership and Funding the Mission
Mark B. Skeen, M.D. - Leadership in Programs and Services
Robert Taylor - Leadership in Advocacy
Paula and Ward Winkler - Leadership, Service and Funding the Mission
Pam Zander-Owen - Self-Help Group Leader, Aiken “Myelinators”

The Society’s highest volunteer award given by a chapter, the Norman Cohn Hope award, is also awarded annually by the National Board of Directors and is presented by a chapter to its volunteer of the year. This year’s recipient, Leslie Klein Newman, is an amazing volunteer whose service has extended the Society’s reach and helped improve quality of life for people affected by MS in Western North Carolina.
As we prepare for the upcoming 2016 Walk MS season, we are incredibly grateful for the Walk Task Forces that work diligently to make our events successful. A Walk Task Force is a group of dedicated volunteers who use their connections and knowledge of their own community to increase support for the event. These volunteers are truly our ‘boots on the ground’ and play key roles in the execution of strategies for Walk MS, including: securing in-kind sponsorships, volunteer and team recruitment, day-of-event registration, and local media relations.

One example of the impact task forces can have on fundraising events can be seen in Charleston Walk MS. In its first year, the Charleston Task Force successfully engaged the community in Walk MS, resulting in a 15% increase in fundraising and a 45% increase in registrations. The volunteers on the task force wrote articles promoting the walk, engaged a radio station to emcee the event, secured in-kind donations for food, and recruited volunteers. These volunteers not only served on the task force, but they continued their own personal participation, captaining teams and fundraising for the event. Task forces in other communities are providing similar leadership to ensure that Walk MS serves to connect others to the MS movement and raise funds to support the mission of the Society. Consider joining a task force in your area. For more information email nctvolunteers@nmss.org.

Regina Lyalls, Greater Carolinas Board Member and Charleston Task Force member, formed her own walk team in 2015. Every Nerve Counts raised $2,200 and placed in our Top 5 teams for Charleston.

With deepest appreciation for our amazing volunteers, thank you for generously sharing your time and talent to create a world free of MS.
SOUTH CAROLINA ACTION DAY

Join MS Activists from across the Palmetto state urging lawmakers to pass the Livable Homes Tax Credit Act (H.3523) and close the health insurance coverage gap.

South Carolina is one of twelve states where the National MS Society is pursuing the Livable Homes Tax Credit Act to address the costs of making residences accessible. This legislation would allow SC residents to recoup some of the costs of modifying their homes by receiving financial relief in the form of credits when they file their taxes. These credits can be applied to the cost of retrofitting existing housing, or constructing a new, accessible home. We know accessible homes keep people living with MS safe, independent and active members of their communities. Moreover, the tax credit allows South Carolina to invest in the future by avoiding hospitalizations, lost work due to injury, and costs associated with assisted living transitions due to unsafe housing.

During SC Action Day on February 9th, MS Activists will be requesting consideration and passage of H.3523 out of the House Ways and Means Committee. Also, MS Activists will continue to support coalition efforts to close the health insurance coverage gap by advocating for Palmetto Plus SC, a private market proposal. Palmetto Plus would provide health care coverage options for low-income uninsured South Carolinians, including those living with MS who qualify for Medicaid or federal subsidies. MS Activists across the US have worked to close this coverage gap since 2012.

Lexington Sen. Katrina Shealy (right) with MS Activists, SC Action Day 2015

TUESDAY, FEBRUARY 9, 2016

Where: Blatt Building, Room 108
1105 Pendleton Street, Columbia

Time: 8 am - 1:30 pm EST

Questions: Paige Dalton, Programs & Advocacy Coordinator – SC
paige.dalton@nmss.org

Kara Hinkley, Sr. Manager, Southeast Advocacy, kara.hinkley@nmss.org.
MS PRIORITIES IN FY 2016 BUDGET

Thanks to the consistent urging of MS Activists like you, Congress’ Fiscal Year (FY) 2016 spending bill includes notable funding increases for MS research and several other programs important to people affected by MS. Our impact is evident in:

• A 20% increase for the MS Congressionally Directed Medical Research Program (CDMRP)—for a total of $6 million in FY 2016. The CDMRP is a peer-reviewed program that funds important innovative research.

• The National Institutes of Health (NIH) received $32.1 billion, which is a $2 billion increase over last year. The NIH is the single largest source of funding for MS research projects in the world, with the Society often acting as a co-financer of NIH projects.

• A $1 million increase for the Lifespan Respite Care Program—for a total of $3.36 million. North and South Carolina have both leveraged these federal funds in previous years to better coordinate and deliver quality respite services to family caregivers.

• Slight increase to the Social Security Administration’s administrative budget—which is vital to helping process disability benefits—will be funded at $12.16 billion.

• One-year delay of a policy that would have restricted access to power complex rehabilitation technology and related “accessories” like tilt-in-space features and head and trunk support systems; as well as calling for a study to better understand utilization and reimbursement of these products.

Our advocacy for FY 2017 begins NOW where we hope to achieve even more. Remember, you can receive advocacy updates and calls to action by joining the MS Activist Network.

UPCOMING ELECTIONS

SC Republican Presidential Primary
Saturday, Feb. 20

SC Democratic Presidential Primary
Saturday, Feb. 27

NC Primaries (Federal & State Elected Offices)
Tuesday, Mar. 15

SC Primaries (Congressional & State Elected Offices)
Tuesday, June 14

Visit the South Carolina State Election Commission or NC Board of Elections for more information about voter registration deadlines.
3. Register as an Individual
Anyone can be a part of Walk MS, so make a difference and be a part of creating a world free of MS as an individual walker. You will be surrounded by others who share your passion, and our volunteers will make sure you have everything you need for a memorable experience.

4. Be a Virtual Walker
Maybe you aren’t able to participate the day of Walk MS, but would still like to support the cause. Sign up as a virtual walker so you can share in the experience and fundraise your heart out.

April 3, 2016  Fletcher, NC (Western)
April 9, 2016  Columbia, SC
               Aiken, SC
               Charleston, SC
               Kannapolis, NC (Cabarrus-Rowan)
               Myrtle Beach, SC
               Greensboro, NC
               Reidsville, NC (Rockingham County)
April 16, 2016  Shelby, NC
               Greenville, NC
April 17, 2016  Fayetteville, NC (Sandhills)
April 23, 2016  Raleigh, NC (Triangle)
April 24, 2016  Asheboro, NC (NC Zoo)
               Greenville, SC
April 30, 2016  Spartanburg, SC
               Goldsboro, NC
               Charlotte, NC
               Wilmington, NC
               Winston-Salem, NC

Visit us at www.walkmscarolinas.org to register or learn more about Walk MS and how you can help us end MS forever. Together, we are stronger. Please call 855-372-1331 to register!
For more information or to volunteer, please contact Carol Roth at carol.roth@nmss.org or 704-731-1433.

2016 GREAT GATSBY GALA
AUGUST 27, 2016 | CHARLOTTE, NC
TICKETS ON SALE IN FEBRUARY

Linking Lives

Linking Lives is a unique program through our Bike MS events. This program connects individuals with MS to Bike MS cyclists who may not have a direct connection to someone living with MS. If you are living with MS and want to help create powerful connections through our Linking Lives program, please contact Dani Clayton at dani.clayton@nmss.org or 919-792-1019.
WAYS TO GIVE

NOW: SOLUTIONS AND HOPE

Melissa Martin can personally attest to the incredible impact that MS research can have on a person’s life.

Diagnosed in 2009 with secondary-progressive multiple sclerosis, Martin joined a double-blind clinical study co-funded by the National MS Society and the National Institutes of Health for a promising new medication in 2014.

“My hopes weren’t very high that the study would do anything for my symptoms,” says Martin, whose mobility issues and fatigue became so severe that she had to leave her home and husband to live with her parents. “I was falling all the time, bumping into walls, sleeping 16 hours a day. I wasn’t able to bathe or dress myself,” she remembers.

“Mainly what I was hoping for was that the research could be used to help other people,” she says. But to her surprise, the research had a personal impact. “Now, I can do everything but drive. And I’ve moved back home with my husband.” While not every study has such a dramatic personal effect, many lead to a deeper understanding of the disease and make progress toward stopping MS in its tracks, restoring function and ending MS forever.

LIFE-CHANGING IMPACT

Incredible research advances have changed the landscape of MS treatments and strategies for living one’s best life with the disease. Take Nancy Speer, diagnosed with MS in 1993 — before the first disease-modifying therapies (DMTs) were introduced. “For the first five or six years after my diagnosis, there wasn’t any kind of treatment,” she remembers. “The only thing my doctors could recommend was a vitamin and mineral regimen.” When DMTs became available, Speer was ecstatic. However, she found that the side effects that she experienced were a major drawback.

But newly available infusion-based and oral MS medications became available, making a major difference in Speer’s life. “It’s absolutely amazing,” she says. So, she and her husband Ray Anderson are devoted to ensuring that other people with MS will benefit from research as much as she has. Toward that goal, they are dedicated donors to the Society’s No Opportunity Wasted (NOW) MS Research.
campaign, which has funded Society research initiatives to stop MS, restore function and end MS since 2011, and is now drawing to an end.

UNPRECEDENTED PROGRESS

In just five years, the NOW campaign is responsible for more than a quarter of the nearly $900 million the Society has raised for MS research since the Society was founded in 1946. As a result, the promise of MS research is more apparent than ever, with three potential myelin repair treatments now in clinical trials and more potential treatments for MS – including progressive MS – in the pipeline than at any other time in history. Our understanding of the causes of the disease has also deepened significantly, with more than 100 genetic variants identified and several risk factors for developing MS confirmed. In addition, five new treatments became available, dramatically increasing the range of options for people with MS.

Since the NOW campaign’s start, the Society has launched 779 cutting-edge research projects that include:

• 71 clinical trials;
• 137 grants to train promising MS researchers;
• 132 projects to test rehabilitation and wellness approaches; and
• 25 commercial research partnerships aimed at overcoming any barriers to developing promising new therapies.

In partnership with MS Societies of Italy, the United Kingdom, the Netherlands, Canada and the MS International Federation, the Society founded the International Progressive MS Alliance, which brings together a growing number of MS organizations and international experts to hone in on the causes and treatments of progressive MS. The Alliance has thus far awarded 33 grants to MS researchers and developed a global MS research portfolio to understand where research is most needed.

“One thing I like about the NOW campaign,” says Lisa Sailor, a mother of three diagnosed with MS in 1993, “is that it helps people like me who live with a progressive form of MS. It’s exciting to live in this time because I think we will soon see some major breakthroughs in MS research. There’s hope on the horizon and that in itself is huge.”

LASTING IMPACT

Make a lasting impact and celebrate our achievements over the last five years by helping us reach the $250 million NOW Campaign goal to accelerate breakthroughs that will change lives and end MS forever.

• Make a NOW gift today
• Share your story on the impact that MS research has had on your own life
• Ask friends, family, coworkers and other members of your community to give

Together, we can stop progression of MS, restore lost function and end MS forever. Visit www.nationalMSsociety.org/NOW.
ACCELERATED RESEARCH BREAKTHROUGHS

Change Lives and
END MS FOREVER

Your support of the NOW MS Research Campaign has accelerated vital progress unlike any other time in history.

Because research is at the core of all solutions for living one's best life with MS, now is the time to capitalize on our success by reaching even further. A bigger, bolder funding platform where:

- Everyone who wants to do something about MS can fuel progress, and
- People with MS will be surrounded with what they need to move forward and will be more powerful than the challenges of MS.

We will change the world for everyone affected by this disease.

TOGETHER WE ARE STRONGER.

nationalMSsociety.org | 1-800-344-4867
CORPORATE PARTNERS ARE FUELING IMPACT

Our corporate partners are changing the world for people affected by MS in a number of ways:

- Corporate Teams
- Corporate Sponsorships
- Employee Engagement Programs
- Workplace Health and Wellness Initiatives
- Matching Gifts
- Employee Volunteerism
- Workplace Annual Giving
- Underwriting & Grants

EMPLOYEE BENEFITS

Teamwork and Team Building

Training and fundraising together help foster and strengthen relationships, resulting in better teamwork and morale in the workplace.

Corporate Pride and Employee Retention

Contributing to a good cause and taking an active role in the community instills company pride. After working together to meet goals and seeing the success they achieve as a team, employees look forward to building on that success year after year.

Creating a Health Conscious Work Environment

Training for and participating in a Society event provides your employees with a challenging and life-changing athletic goal. Events help participants get in shape and learn healthy habits, which translates to a more productive workforce and healthcare savings.

To learn more about ways that your company can help fuel impact, contact Shannon Hinson at Shannon.Hinson@nmss.org or 919-792-1002.

A SPECIAL THANKS TO OUR CURRENT CORPORATE PARTNERS: