INSIDE THIS ISSUE

02-03  SELF-HELP GROUPS

04-05  UPCOMING PROGRAMS

08  GET FIT! HAVE FUN!

10  SUPPORT PROGRAMS IN YOUR COMMUNITY
CHAPTER PROGRAMS AND SERVICES

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SELF-HELP GROUPS

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cspancat@gmail.com

METHUEN/MERRIMACK VALLEY
Martha & Joe
978-455-9596

MASSACHUSETTS

AMHERST
Mary Beth, 413-253-0894
**SELF-HELP GROUPS, CONT.**

<table>
<thead>
<tr>
<th>Location</th>
<th>Name(s)</th>
<th>Phone(s)</th>
<th>Email(s)</th>
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</thead>
<tbody>
<tr>
<td>MILFORD</td>
<td>Jo-Lynn</td>
<td>508-928-2100</td>
<td><a href="mailto:edjosullivan@comcast.net">edjosullivan@comcast.net</a></td>
</tr>
<tr>
<td>NEW BEDFORD</td>
<td>Ann</td>
<td>774-328-8095</td>
<td></td>
</tr>
<tr>
<td>NORFOLK</td>
<td>Sharon</td>
<td>508-242-5328</td>
<td><a href="mailto:shrobert09@gmail.com">shrobert09@gmail.com</a></td>
</tr>
<tr>
<td>PLYMOUTH</td>
<td>Susan</td>
<td>508-361-9421</td>
<td></td>
</tr>
<tr>
<td>SANDWICH</td>
<td>Bob</td>
<td>781-983-2093</td>
<td><a href="mailto:rminardi@comcast.net">rminardi@comcast.net</a></td>
</tr>
<tr>
<td>SAUGUS/ NORTHEAST</td>
<td>Marlene</td>
<td>781-502-1908</td>
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<tr>
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<tr>
<td>SOUTHERN BERKSHIRE</td>
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</tr>
<tr>
<td>SPRINGFIELD</td>
<td>Sandy</td>
<td>413-781-5718</td>
<td><a href="mailto:spra100076@aol.com">spra100076@aol.com</a></td>
</tr>
<tr>
<td>STOUGHTON</td>
<td>Paul</td>
<td>781-849-0813</td>
<td>Gayle, 508-400-0869</td>
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<tr>
<td>TAUNTON</td>
<td>Tracy</td>
<td>508-807-5181</td>
<td><a href="mailto:tracymccann@comcast.net">tracymccann@comcast.net</a></td>
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<td></td>
<td>Karen</td>
<td>508-863-4400, karen. <a href="mailto:mccune98@gmail.com">mccune98@gmail.com</a></td>
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<tr>
<td>WAKEFIELD</td>
<td>Young Adult</td>
<td>781-548-9202</td>
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<tr>
<td></td>
<td>Adam</td>
<td>781-548-9202</td>
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<tr>
<td>WALTHAM</td>
<td>Alan</td>
<td>617-599-3001</td>
<td><a href="mailto:aljan5@comcast.net">aljan5@comcast.net</a></td>
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<tr>
<td>WAREHAM</td>
<td>Ashley</td>
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<td><a href="mailto:acabral3763@gmail.com">acabral3763@gmail.com</a></td>
</tr>
<tr>
<td>WEYMOUTH/SOUTH SHORE</td>
<td>Chris</td>
<td>781-335-2145</td>
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<tr>
<td>WORCESTER</td>
<td>Wayne</td>
<td>508-835-3993</td>
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<tr>
<td></td>
<td>Joan</td>
<td>774-261-3136 or 508-869-6264</td>
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<tr>
<td>NEW HAMPSHIRE</td>
<td>Berkeley</td>
<td>6103-915-0318</td>
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<td></td>
<td>Roxanne</td>
<td>6103-915-0318</td>
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<tr>
<td>CHARLESTOWN</td>
<td>Tammy</td>
<td>603-826-3772</td>
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<tr>
<td>CONCORD</td>
<td>Richard</td>
<td>603-783-4849</td>
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<tr>
<td>DERRY</td>
<td>Peg</td>
<td>603-668-6408</td>
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<tr>
<td>DOVER</td>
<td>Sandy</td>
<td>603-332-0652</td>
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<tr>
<td>EXETER</td>
<td>Richard</td>
<td>781-844-4216</td>
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<tr>
<td></td>
<td>Bob</td>
<td>603-926-5540</td>
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<tr>
<td>LEBANON/UPPER VALLEY</td>
<td>Susanna</td>
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<tr>
<td>PETERBOROUGH</td>
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<tr>
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<td>PORTSMOUTH</td>
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<td>WAKEFIELD</td>
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<td>WARWICK</td>
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<td>BURLINGTON</td>
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<td></td>
<td>Betty</td>
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</tr>
<tr>
<td>CHAMPLAIN ISLANDS</td>
<td>Bonnie</td>
<td>802-372-4000</td>
<td>Sarah, 802-372-1175</td>
</tr>
</tbody>
</table>
Submit a request to generalsecretary@nmss.org. Include your name, mailing address, and phone number. Or call 1-800-344-4867 Monday - Friday, 9 a.m. to 5 p.m. We have resources for the following, plus more:

- Neurologists, MS centers, legal services, allied health professional, housing, and support groups.
- Medical equipment, home modifications, transportation, independent living, and financial assistance.
- Home care and day care, recreation, and wellness.
- Counseling for employment, insurance, and public benefits.

**ANNUAL MEETING RESEARCH UPDATE & EXPO**

**Saturda October 24, 2015 • 9AM-2PM • 5 LOCATIONS!**

Join us for a conference that includes the annual meeting of members, updates on cutting edge MS research, an educational seminar, and a health, wellness & resource expo. Conference attendees will have the opportunity to visit exhibitors to learn about health, recreation, independence products, and services. Network and share experiences with others living with MS. Brunch included.

To register or to find nomination and proxy forms: MSNewEngland.org > Calendar or 1-800-344-4867

**FATIGUE: TAKE CONTROL**

This series offered in three two-hour sessions to address key aspects of MS fatigue. Includes group discussion, individual goal-setting, and specific home assignments to help participants identify steps to make in managing their fatigue. Taking control of fatigue involves making changes in the home and workplace. Light refreshments provided.

_**Must attend all sessions. $15 per person.**_ (Call chapter for fee waiver information)

Pease Public Library, Plymouth, New Hampshire

- Thursdays, August 27, September 3, & September 10
  - 10:30 a.m. - 12:30 p.m.
  - Register by August 21

Rhode Island Rehabilitation, Cranston, RI

- Fridays, September 11, September 18 and October 2
  - 2 – 4 p.m.
  - Register by September 4
Because MS affects more than just the individual diagnosed, our programs welcome friends and family members unaccompanied by a person with MS

COGNIFITNESS
KEEPING THE MIND MOVING
Tuesday, September 8, 7 - 8:30 p.m.
York Hospital, Hancock Entrance, Ellis Conference Room, 15 Hospital Drive, York, ME
RSVP to Lisa at lisab82968@gmail.com

Join the York, ME self-help group for a one hour introduction to the Cognifitness program. Learn about memory challenges and ways to improve memory, planning and problem solving skills.

ASK THE DOCTOR: MS AND THE MULTICULTURAL EXPERIENCE
Thursday, September 10, 6 - 8 p.m.
Jubilee Christian Church, Boston, MA
Speaker: Dorlan Kimbrough, MD Partners MS Center at Brigham & Women’s Hospital

Learn about MS and its differing effects on culturally diverse populations. Space is limited. Person with MS and 1 ADULT family or friend welcome.

Dinner provided. Free Parking

FREE FROM FALLS
Saturday, September 19, 9:30 a.m. - 2 p.m.
Capitol Plaza Hotel & Conference Center, Montpelier, VT
Application Deadline: September 1

Free from Falls is a fall prevention program designed specifically for people with MS who are able to walk, or walk assisted with a cane or walker, but may be at risk for falling.

$15 refundable program fee, $5 per guest, lunch included

MS CARE FAIR
Saturday, September 19, 10 a.m. - 1 p.m.
Sturdy Memorial Hospital, Attleboro, MA
Register by September 14 by calling 1-800-344-4867 or online at msnewengland.org > calendar

An interactive information fair that allows you to try out various products and learn about services designed to increase independence for persons with disabilities. Representatives will be available to answer questions. Light refreshments will be provided. Door Prizes will be drawn every 30 minutes.

TELECONFERENCE SERIES
September - Preparing for MS Doctor Visits
Telelearning provides information and guidance on current matters essential to living one’s best life with MS. Register online or call 800-344-4867
www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Telelearning-Program

DON’T FORGET TO SIGN UP FOR A FALL WALK

September 12
Caribou, ME

September 26
Keene, NH
St. Johnsbury, VT

September 19
Gorham, NH
Sturbridge, MA
ME Journey of Hope (South Portland)

September 27
Falmouth, MA
York, ME
NH Journey of Hope (Concord)

REGISTER AT: WALKMSGNE.ORG
KIDS AND TEENS

KIDS GET MS TOO

Bringing families together to learn more about Pediatric MS in an environment designed to make both parents & kids feel comfortable. Programs & events have fun, family– friendly activities combined with information about MS and support for the whole family. For more information, contact Amber at 1-800-344-4867, opt. 2, ext. 87127, or amber.stalker@nmss.org

MIGHTY SPECIAL KIDS

Mighty Special KIDS: An Activity Book for Kids with MS. For younger children diagnosed with MS. This color booklet helps kids understand MS through articles and fun activities.

YOUNG PERSONS WITH MS

A NETWORK FOR FAMILIES WITH A CHILD OR TEEN WITH MS

A collaboration between the National MS Society and the MS Society of Canada. For information: 1-800-344-4867

TEENS WITH MS

PHONE SUPPORT GROUP

SUNDAYS 5:30 - 7 P.M.

A monthly group that offers teens (ages 13-19) with MS an opportunity to openly share experiences, coping strategies, concerns about their diagnosis and school, or the impact of MS on the family. Free. Register at www.MSnyc.org or 1-800-344-4867, opt. 1, or moyra.rondon@nmss.org.

PARENTAL CONSENT IS REQUIRED FOR TEENS UNDER 18.

Mighty Special KIDS: An Activity Book for Kids with MS. For younger children diagnosed with MS. This color booklet helps kids understand MS through articles and fun activities.

KIDS AND TEENS

SAVE THE DATE - REGISTRATION INFORMATION COMING SOON

6TH ANNUAL MS HOLIDAY BAZAAR

Get a jump on your holiday shopping! Handmade products from local artists and crafters. Includes jewelry, quilted and crocheted items, ornaments, holiday décor, children’s items, gourmet goodies, gift baskets, and more! Take a chance at the raffle.

Free Admission.

Saturday, December 5

10 a.m. - 3 p.m.

Scottish Rite Masonic Center,

2115 Broad Street, Cranston, RI 02905

THE NUTCRACKER BALLET

Experience this holiday classic performed by Festival Ballet Providence as part of their Discover Dance Series.

Thursday, December 17 and Friday, December 18

10 a.m.

Providence Performing Arts Center

Providence, RI 02903

To register for programs or for more information, call 800-344-4867 or email generalmailbox@nmss.org
FINANCIAL ASSISTANCE

The National MS Society provides financial assistance to help alleviate some of the financial burden for people with MS. Support may be available for goods and services such as medical equipment, homemaker services or other categories. Any person diagnosed with MS living in Maine, Massachusetts, New Hampshire, or Vermont may apply for financial assistance once a year.

Call 1-800-344-4867 to request a financial assistance application.

Submit completed application and documentation.

Applications must be approved before the purchase of goods and/or services. The chapter does not provide reimbursement for items previously purchased.

A Chapter staff member will contact you regarding your application for financial assistance.

VOLUNTEER

Volunteers work behind the scenes and are the reason we succeed. Being a volunteer is fun! You can help for an hour, an evening, or a whole weekend.

Find out more at MSnewengland.org > volunteer

MS NEXT STEP

Take your “next step” toward getting the information and support you want and need after diagnosis. This program includes a booklet and DVD (closed captioning in English and Spanish). The materials cover what MS is, possible causes, how it is treated, and some of the life challenges a person with MS may face early on, such as disclosure. Learn more about what the Society offers.

MS LEARN ONLINE

Free webcasts, podcasts, and online conferences

LIVE INDEPENDENTLY NAVIGATING KEY SERVICES

Offers case management services to help identify problems and stabilize client and family during times of difficulty or crisis.

For information: 1-800-344-4867 or gnehomelinks@nmss.org

PCA DIRECTORY

PCA DIRECTORY AVAILABLE FOR MASSACHUSETTS RESIDENTS NEW HAMPSHIRE AND VERMONT

Need help finding home care services? Rewarding Work has recently launched a website for residents in New Hampshire to help find home care providers. The new site, NH ProviderLINK Directory, is an expansion for Rewarding Work, which already provides this service in Massachusetts and Vermont. This website was developed to help seniors and people with disabilities find and hire personal care assistants. The database houses over 7000 “active” resumes, from people who are currently looking for work.

How to access the service:

Visit www.rewardingwork.org to sign up and begin searching! There is a monthly charge to access the resumes of providers.

New Hampshire and Vermont Residents or Massachusetts residents who don’t have MassHealth: contact the Chapter at 800-344-4867 option 2 and ask for Chapter Direct Services Staff. You will be assisted in accessing the resources.

Massachusetts residents who receive MassHealth: this is a free service for you.
GET FIT! HAVE FUN!

Studies show that regular exercise can increase muscle strength, reduce fatigue and depression, and improve bladder and bowel control. And, is an important element in managing MS.

PHYSICAL WELLNESS REIMBURSEMENT

If an instructor is part of our network of trained providers, you are eligible for reimbursement to help pay for your classes or membership! Check our website for providers and reimbursement. Don’t see your instructor on the list?

Have your instructor visit ntl.MS/fitwellpros to take a FREE online training course, receive CEU credits, and become part of our network!

WHEELCHAIR HEALTH IN MOTION (WHIM)

WHIM is a free peer-driven program. It provides the tools for increasing quality of life and promoting wellness in individuals living with a physical disability through innovative chair exercise and peer support. For more information, contact WHIM at 603-938-2562 or WHIM4wellness@gmail.com.

MS ENCOMPASS - YWCA CENTRAL MASS.

The Chapter collaborates with the YWCA of Central Mass., Worcester to make available their accessible pool, cardio equipment, accessible weight training equipment, and aerobics classes. Childcare is available at the facility for a nominal fee. Registration is required through the National MS Society. Fee: $10 per month. To register, martha.maynard@nmss.org or 1-800-344-4867.

MS WELLNESS PROGRAM - HOCKOMOCK YMCA

Developed specifically for people with MS, the program focuses on regular physical activity and improved nutrition. Program available at these three branches, Foxborough, North Attleboro, and Franklin, MA

For information: Contact the PHL (Prescription for a Healthy Lifestyle) Coordinator, 508-772-1310,

Email: phl@hockymca.org

B.FIT! - THE BOSTON HOME, DORCHESTER

An innovative wellness program for adults with MS and other advanced neurological diseases. Socialize and access outstanding care and assistive technology. A sliding fee scale is available. Contact: Glory Wideman-Hughes, 617-825-3905 x300 or gwideman@thebostonhome.org.

INTRODUCTION TO MS FOR FITNESS AND WELLNESS PROFESSIONALS

FREE ONLINE COURSE

0.4 continuing education credits provided by the American Council on Exercise (ACE). Designed for fitness and wellness instructors, including aquatics instructors, yoga teachers, coaches, personal trainers, and others who want to learn more about MS. Encourage your instructor, gym or local providers to join our network! Visit ntl.MS/fitwellpros for information about online wellness instructor trainings.

EMPLOYMENT & BENEFIT RESOURCES

SSDI

Do you have questions about SSDI? Check in with someone who is in the know at 781-693-5155 to schedule a phone consultation.

ASK THE EMPLOYMENT SPECIALIST

Get answers to: Workplace disclosure, Social Security benefits, reasonable accommodations, thinking about returning to work, and more!

Send your employment issue questions to: EmploymentQuestions@nmss.org

An Employment Specialist will respond within 48 hours.
ADVOCACY

TAKE ACTION!

Join the MS Action Network. Together, we represent the interests of people with MS as important policy decisions are made in both the public and private sectors. The MS Action Network works on important issues at the federal, state and local levels. For more information or to join the Action Alert network, GNEadvocacy@nmss.org

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

CONTACT MICHELLE.DICKSON@NMSS.ORG FOR THE PROGRAMS BELOW.

MS ACTION ALERT
- Join the MS Action Alert Network, the center for advocacy at the National Multiple Sclerosis Society.
- Together, we represent the interests of people with MS as important policy decisions are made in both the public and private sectors.
- The MS Action Alert Network works on important issues at the federal, state, and local levels.
- Your voice matters. One link will register you to receive federal and state e-alerts to take action and contact your elected officials on key issues impacting people with MS. Recruit a friend!
- Or visit: www.nationalmssociety.org/Get-Involved/Advocate-for-Change/Take-Action
- For more information or to join the MS Action Alert network, email: GNEadvocacy@nmss.org

MS ACTIVIST BLOG
Check out the latest federal news and share your views.

MSACTIVIST.BLOGSPOT.COM

GOVERNMENT RELATIONS COMMITTEE

VOLUNTEERS WANTED!
- Are you a person with MS or do you have a connection to the disease?
- Do you have professional expertise in the area of law, medicine, disability, fundraising, policy, or community organizing?
- Do you have a commitment to working towards achieving short and long-term goals?
- Are you willing to speak before government officials, at public hearings, or with the media?
- Are you committed to working as a team and working on projects?

ARE YOU A GRASS TOP?

DO YOU HAVE:
A close personal connection with a local official; a state or federal legislator; an individual serving at a key government agency; or an influential staff person for any of the above figures?

A relationship that you can leverage on behalf of the National MS Society to facilitate an introduction with Society staff.

SHARE YOUR STORY!

Are you a person with MS in Maine, Rhode Island, or Vermont who faces difficulty affording modifications to home for safely or accessibility? Or, have you made modifications that are financially burdensome? If so please share your story as we continue to advance state legislation to offset the costs to individuals and families.
SUPPORT PROGRAMS

CAFÉ CON LECHE: CONVERSACIÓN Y APOYO PARA PERSONAS VIVIENDO CON LA ESCLEROSIS MÚLTIPLE (EM)

Un grupo telefónico, totalmente en español. Aproveche la oportunidad para hablar de sus preocupaciones y conozca a otras personas que entienden su situación. Además, invitaremos a expertos de diferentes ramas de especialidad en la EM para conversar sobre temas importantes para Ud. Para más información o para inscribirse llame al 1-800-344-4867, opción 3. Horario: 2 – 3:30 p.m. Un martes al mes: Junio 9 (Receso - Julio – Septiembre)

CAREGIVER’S CHAT ROOM

WEDNESDAY NIGHTS, 8:00 P.M.

Join this weekly, moderated chat with those who have similar questions and experiences. To access, log onto MSworld.org and sign up for a username. Go to General Chat Room and click on the Caregivers chat on Wednesday nights.

SEEKING SELF-HELP GROUP LEADERS

MEET AND NETWORK WITH OTHERS WITH MS WHO LIVE NEAR YOU

Are you seeking support and looking to learn from others with MS? Create a vibrant MS network in your community. The Chapter is seeking new self-help group leaders to start and lead affiliated MS self-help groups throughout the Chapter area. Become a valuable volunteer for the National MS Society. Contact Amber at amber.stalker@nmss.org.

FACILITATED SUPPORT GROUPS

FACILITATED GROUP - UMASS MS CENTER

For people diagnosed with MS regardless of symptoms or disease course. Members do not have to be patients of the UMASS MS Center. Friends and family invited as well. Led by MS Certified Nurse.

Contact Carolyn Griffin RN at 508-856-5006 or at carolyn.griffin@umassmemorial.org

- Third Wednesday of the month (Sept.thru June) 5:45 - 6:45 p.m.
- UMASS MS Center, University Campus 55 Lake Ave North Worcester, MA MS Center’s waiting room
- Parking: $2 handicap access or garage rates

IN TOUCH PHONE GROUPS

Professionally facilitated phone groups meet monthly. You can listen, learn and talk to other people with MS from the comfort of your own home. For those who cannot attend a traditional support group. Contact martha.maynard@nmss.org or 1-800-344-4867, opt. 2, ext. 87201

Three groups from which to choose:
- Second Monday/month, 11 a.m. - Noon
- Second Tuesday/month, Noon - 1 p.m.
- First Wednesday/month, 2 - 3 p.m.

MSCONNECTION.ORG

EVERY CONNECTION COUNTS

Share what you know at www.MSConnection.org. You can share information about the topics that are most important to you, connect with people, and have expert MS information and opinions right at your fingertips. Join today!
COMPUTER OUTREACH PROGRAM
Stay connected! This program provides simple computers to individuals who are living with MS and are restricted to their own homes or are living in long term care facilities without access to a computer. Technical support is provided, on a limited basis. Computer training is not available. Recipients must have access to a high speed internet and have basic computer skills. For more information, contact Allyssa at 603-836-4757 or Allyssa.Thompson@nmss.org.

HOW YOU CAN HELP:
Donate: The program depends on gently used donated computers, laptops, or tablets. Please contact the Chapter for the minimum requirements. Printers, scanners, and fax machines cannot be accepted.

CAN DO MS
THE POWER TO BE MORE ONLINE
Can Do MS Monthly Webinar Series brings together a collaborative team of MS experts. Join from the convenience of your home or office at no charge for an in-depth discussion on topics relating to exercise, nutrition, communication, symptom management and total health. Interact with Can Do MS consultants and learn how to adopt healthy lifestyle behaviors to live your best life. Register at: www.MScando.org or 800-367-3101 ext. 1281

PARTICIPATE IN MS RESEARCH – ONLINE!
These are conducted by investigators seeking to answer scientific or health policy questions about MS, or by pharmaceutical or medical device companies conducting market research efforts to develop or improve products for people with MS. For details about survey studies and how to participate go to www.NationalMSSociety.org > Research
For more information about Chapter Programs, call: 1-800-344-4867

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