As the calendar year winds down, everyone at our Chapter wishes you a joyous holiday season and a happy new year. Our constituents, supporters, volunteers, event participants, and donors frequently ask how they can do more for Rhode Islanders with MS and help us accomplish our mission.

One suggestion is to pick a favorite program and make a donation. Our Financial Assistance Program provides items that improve quality of life, such as accessibility improvements to homes or cars. Our Scholarship Program honors deserving students and our Computer Outreach Program provides access to the outside world for those unable to leave their homes.

We also recommend hosting a personalized DIY event. Our supporters hold annual golf tournaments, dance-a-thons, jewelry parties, and much more. They share their talents in individual ways while being part of something that helps so many.

If you’ve always wanted to participate in our events, make 2014 the year! Our events raise hundreds of thousands of dollars for MS research for a cure and make our program and advocacy efforts possible. In this season of giving, we ask that you give generously. Contact Chapter President Kathy Mechnig at 401.738.8383, option 2.

Enrollment for the 2014 scholarship program is open until Jan. 15, 2014, and applicants will receive notice in late April 2014. Last year, our Chapter gave $8,000 to four local students. This scholarship is for first-time college students only. For more detailed information, please visit www.nationalmssociety.org.
MARK YOUR CALENDAR - JOIN US IN 2014!

**MARCH 1**
MS CLIMB TO THE TOP, BOSTON

**MARCH 3-9**
MS AWARENESS WEEK, VARIOUS EVENTS THROUGHOUT THE STATE

**APRIL 6**
WALK MS, NARRAGANSETT AND PROVIDENCE - MS 25 QUICK RIDE, NARRAGANSETT

**APRIL 26**
MUCKFEST, BOSTON

**MAY 3**
WALK MS, BRISTOL
RUN MS: 5K RHODE RACE, BRISTOL

**JUNE 21-22**
BIKE MS: RIDE THE RHODE

**SEPT 5-7**
CHALLENGE WALK, CAPE COD
KEY CLUB ACHIEVES MILESTONE

The Key Club Support Group will soon be celebrating its 50th anniversary. The group’s president Laurie Johnson started attending meetings after being diagnosed with MS in 2000. She was named president in 2002 and has never looked back.

“I think the fact that it is different . . . is what makes it special,” she said. “We like to get together to eat, chat, laugh, and learn. And we’re not just for people with MS but for those who care about us too.”

In our next issue, we will take a deeper look into the success and longevity of the Key Club.

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Information provided by the Society is based upon professional advice, published, experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

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

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Programs & Services for people with MS, including this newsletter, are made possible by Walk MS, Bike MS, and the MS Jet Pull.
PEER-TO-PEER GROUPS

AQUIDNECK ISLAND
Anthony House Community Room
51 Middle Road, Portsmouth
6:30 – 8:00 p.m., last Monday of each month
Call Tom at 774.487.7666

THE QUAHOG GROUP
A social group for people with MS
South Kingstown Public Safety Complex
1790 Kingstown Road, Wakefield
10 – 11:30 a.m., first Saturday of each month
Call Joan at 401.539.2084

POSITIVE PERSPECTIVES SOCIAL GROUP
FOR YOUNG PEOPLE WITH MS
Gregg’s Restaurant, back room
1359 Post Road, Warwick
7 – 9 p.m., 2nd Thursday of each month
Call Sharon at 401.738.3423

IN TOUCH
A professionally facilitated tel. support group
11 a.m. – 12 p.m., 2nd Monday of each month
Call the MS Society at 401.738.8383, Option 1 for more information

DARE TO DREAM
MS Dream Center
Peter T. Pastore Youth Center, Cranston YMCA
166 Gansett Ave., Cranston
11 a.m. – 12 p.m., 1st & 3rd Wednesdays of each month
Call Marie at 401.944.3949

KEY CLUB - SOCIAL GROUP
Greenwood Community Church
805 Main Ave., Warwick
11 a.m. – 1:30 p.m., first Thursday of each month
Call Laurie at 401.737.2767 or Coleen at 401.228.7837

CONNECT ONLINE!
We provide a variety of online tools and we invite you to be a part of them!

MSconnection.org
Find and share meaningful updates, posts, videos, and articles about MS and the topics you care about most.

MSWorld.org
MSWorld*, Inc., provides support and information about living with MS. It offers chat, message boards, a resource center, and more.

PERSONAL STORIES
Located on www.nationalmssociety.org, Personal Stories tells inspiring stories of people living with MS or committed to the MS community.

“We Mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.”
PULL THAT FEDEX JET!

MS JET PULL FLIES HIGH IN RHODE ISLAND

The MS Jet Pull landed at T.F. Green with a ton of excitement and 19 teams that were ready, willing, and able to pull a FedEx 757 across the tarmac while wearing colorful costumes! We raised more than $60,000! Hundreds came to cheer on our teams and enjoy family friendly activities and a delicious BBQ by our sponsor Fire Works Catering of Providence.

Diane Baxter’s Team WTS – Rhode Island won the coveted top fundraising team trophy, raising more than $5,000! Once again, Mrs. Rhode Island Tonya Hurteau’s team Wing Nuts came in first with the fastest pull and a new team, the Thin Blue Swine Charity Team, had the second fastest pull! Team Camo for a Cure won for most team spirit. The West Warwick Elks had the lightest pull while Sodexo’s Lunch Bunch had the heaviest pull. Halloween Heroes was awarded the slowest pull.

JOIN US ON FACEBOOK!

Our Chapter page is more than 700 people strong! If you are on Facebook, please “like” our page! Go to National Multiple Sclerosis Society - Rhode Island Chapter and receive news, updates, and be part of our online community.
FESTA ITALIANA CONTINUES TO SHOW ITS SUPPORT

The Festa Italiana Society has again supported our Chapter with a $2,000 donation from an annual dinner attended by hundreds. The Festa Italiana Society has raised nearly $40,000 for our Chapter since the early 1990s. A community organization founded in 1968 to preserve and promote Italian-American culture, the Society supports local charities and scholarships. Many thanks to Society President Bruno Carpentieri and Teresa Parravano. In photo, Chapter President Kathy Mechnig is second from the right.

BRYANT BETA SIGMA CHI GOLF TOURNAMENT RAISES $5,600

To honor the life of Rob McGee, who passed away in 2012 from complications from MS at age 46, his fraternity brothers organized a golf tournament that raised more than $5,600 for our Chapter. Rob was a past president of Beta Sigma Chi at Bryant College and his fraternity brothers knew how much he loved playing golf. He was described as a great friend who was best man in more weddings than anyone else in the fraternity. Many thanks to Bryant’s Beta Sigma Chi brothers.

FINANCIAL ASSISTANCE

Our Financial Assistance Program was developed with an emphasis on helping people maintain their independence, safety, health, and quality of life. In addition to our standard program, which assists with medical equipment, cooling devices, modifications of both home and vehicle, and more, our Chapter provides a limited amount of Crisis Funding. Crisis Funding is for Chapter members with MS temporarily in need of items or services that fall outside our Financial Assistance Program, such as rent, food, and utilities. Funds will be distributed at the discretion of the Financial Assistance Committee. To learn more, contact Chapter Programs & Advocacy Manager Meredith Sheehan at 401.738.8383, Option 1.
Director of the MS Center at Johns Hopkins, Dr. Peter Calabresi, spoke on “Progress in Understanding and Treating Relapsing and Progressive Forms of MS” to a packed house of more than 150 constituents at our Chapter’s annual meeting.

Calabresi is the principal investigator on multiple MS drug trials and much of his research was funded by the Society. He discussed many developments including enhanced diagnosis with an eye scan called an OCT, which allows a doctor to see into the brain through the eyes, and testing that is being conducted with remyelinating drugs.

“What I am very excited about are the prospects for remyelination,” he said, referring to a phase 2 trial in humans of the drug Anti-lingo, which has been shown to enhance remyelination in animals.

In addition to the guest speaker, Chapter Board of Trustees Chair Theresa Molloy reviewed the year’s highlights and Dr. Albert Lo discussed a program that offers opportunities for Rhode Islanders with MS who are interested in salsa dancing. The Chapter Board of Trustees was sworn in for another year and board secretary Peter Lamberton presented program and advocacy manager Meredith Sheehan with a baby stroller and gifts. Meredith is expecting a baby at the end of the year.
BIKE AWARDS

Hundreds attended our Bike MS: Ride the Rhode Awards Party to be recognized for their hard work, dedication, and ability to raise much needed funds for our Chapter! We thank all of our inspirational team captains, cyclists, volunteers, and sponsors.

LEFT: OUR TOP FUNDRAISERS FOR THIS YEAR’S BIKE MS: RIDE THE RHODE.

RIGHT: THE PEDAL PUSHERS ARE ONE OF OUR MOST SUCCESSFUL TEAMS AND HAVE RAISED $400,000 OVER THE YEARS.