Partners in MS Wellness
Eric and Sharon Hovde
Let’s Make History

The National Multiple Sclerosis Society is approaching a groundbreaking milestone through the No Opportunity Wasted (NOW) campaign that was launched in 2010. The goal? To raise $250 million over the course of five years, accelerating research to stop MS in its tracks, restore function that has been lost and end MS forever.

We’re in the homestretch of this campaign, having fueled a total of $235.6 million in research investments to date. Thanks to those who donated to the campaign, more than 25% of the nearly $900 million invested in MS research by the Society since 1946 has come in just the past five years.

There have been many achievements in five years, including: 779 new research projects launched; three potential myelin repair treatments in trials; more than 100 genetic variants identified and several risk factors confirmed; and five new approved treatments now available.

Let’s keep the momentum going to find solutions for all people living with MS. Now is the time to complete this historic achievement.

Here’s how you can continue to help:

- Make a NOW gift today
- Share your story and the Society’s research impact
- Ask others to give

With your help, we will continue to change the pace of MS research and produce life-changing results for everyone living with MS.

In gratitude,

Colleen G. Kalt
President & CEO

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If you or someone you know has MS: Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at nationalmssociety.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure. The National MS Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The National MS Society assumes no liability for the use of contents of any product or service mentioned. 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 MS Society recommends that all questions and information be discussed with a personal physician.
Earlier this year, the National MS Society released a whitepaper about wellness for people with multiple sclerosis, focusing on the effects of diet, exercise and emotional wellness in living well with MS. It was followed closely by the 2015 Consortium of MS Centers meeting, which released additional findings on wellness strategies aimed at managing symptoms to help those with MS feel their best. Both are part of a new Society initiative to understand the true impact lifestyle can play in improving day-to-day living with MS as well as the potential for changing one’s disease progression in the long term.

This is welcome news for those diagnosed with MS who already suspected that diet, exercise and a positive state of mind factor into how they live with the disease. That includes Eric and Sharon Hovde of Madison, Wis., who have focused on physical and emotional wellness throughout their 18-year marriage and encourage others to consider the impact it can have.

“IT’S UP TO EVERYBODY WHO HAS MS TO TAKE AS GOOD CARE OF THEMSELVES AS POSSIBLE.”

— ERIC HOVDE

“TO SAY THAT HEALTH, EXERCISE AND SPIRITUALITY ARE PART OF HOW WE APPROACH MS IS A MAJOR UNDERSTATEMENT,” SAID ERIC, 51, WHO WAS DIAGNOSED WITH RELAPSING-REMITTING MS IN 1991 WHEN NUMBNESS IN HIS HEEL DIDN’T GO AWAY. HE STILL CONTENDS WITH NUMBNESS OCCASIONALLY AS WELL AS SOME PAIN, BUT TO DATE HIS VISION AND MOBILITY HAVE BEEN UNAFFECTED. HIS LAST EXACERBATION WAS FIVE YEARS AGO.

He attributes those outcomes to lifestyle, emphasizing that he leads an exceptionally healthy life. “EVERYBODY HAS THEIR ADDICTIONS. MY ADDICTION IS EXERCISE AND FITNESS,” HE SAID.

FOCUSING ON HEALTH AT HOME

Always one to enjoy sports and activities such as skiing, mountain climbing and the martial arts, Eric said he remembers asking his doctor if he could continue to work out when he was first diagnosed.

He was told he could, but with care so as not to overly heat himself.

“I REMEMBER LEAVING THE APPOINTMENT AND THINKING IT DIDN’T MAKE SENSE TO ME. THE HEALTHIER YOU CAN BE, THE BETTER YOUR BODY WILL BE AT COPING WITH THE DISEASE,” SAID

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“When he was diagnosed, there were no medications. So we just thought we would follow the three basics of what we could control: diet, exercise and stress,” said Sharon Hovde (left) with her husband, Eric, oldest daughter Carlin and their dog Bull at Bike MS: TOYOTA Best Dam Bike Tour in 2012.
Eric, a third-generation Wisconsinite who grew up in a suburb of Madison and today is the president of Hovde Properties, a real estate development company, and chairman and chief executive officer of H-Bancorp, a multi-bank holding company.

He started exercising more and was in fact playing football with friends at the National Mall in Washington, D.C., when he met Sharon in 1992. He was up front about his MS diagnosis – telling her about it on their third date – but found that it held him back from proposing to her. “I thought if something went bad, I didn’t necessarily want her to have to deal with the consequences of that,” he admitted.

Twenty-three years later, the couple works together to keep their health strong.

“So we just thought we would follow the three basics of what we could control: diet, exercise and stress.”

– Sharon Hovde

“Be kind and sweet to each other – that’s the most important thing in a marriage,” Eric added. “I’m lucky I wake up every morning with a wife who smiles and we go to bed smiling.”

Investing in Research

The couple isn’t content to focus solely on Eric’s wellness, though.

The Hovde Foundation was created by Eric and his brother, Steve, to fund clinical MS research. (It has since expanded to also provide housing and care to street children with five Hovde Homes around the globe in Africa and Central and South America, as well as in Madison.) They have donated more than $2 million for MS through the foundation and their personal contributions since 1995, including a half-million dollar donation from Eric to help launch Fast Forward, a Society initiative to speed commercial development of promising new therapies.

“The National MS Society is the best organization with a viewpoint through all aspects of research and it touches the greatest number of people who have MS,” explained Eric, who has served in leadership positions on the board of directors for the Society and other MS-related organizations.

“With Fast Forward, there are great partnerships in the biotech industry and a great repository of knowledge.”

Sharon has also been instrumental in raising awareness and funds for MS, hosting a number of Women Against MS (WAMS) luncheons in the
Washington, D.C., area when the couple lived there with their two daughters. She is looking at ways to lead similar events in Wisconsin now that the couple has returned to the Madison area. Recently she and Eric hosted a private fundraiser with “The Gathering Table” author Ronda Giangreco.

“We were looking for ways we could raise awareness in the Madison area with business contacts and our network, to try to branch out,” Sharon said. “It’s great to see people like Eric and Ronda who continue to live life to its fullest and can show others that you can have a very full life after being diagnosed with MS.”

“Our bodies and minds are meant to be used vigorously.”

– Eric Hovde

The Hovdes are pleased to see the new focus on wellness research and the empowerment of those with MS to live their best lives through diet, exercise and stress management.

“Our bodies and minds are meant to be used vigorously,” said Eric, who commits between one and two hours to exercise each day with a combination of weight training and cardio activities such as jogging, swimming, tennis, rollerblading and cycling. “We humans used our bodies hard until the 20th century. Since then rates of disease have increased with our more sedentary lifestyle. The data is there and is very clear that consistent, vigorous exercise is exceptionally beneficial; and that meditation, prayer or whatever calms the mind is helpful for MS with managing stress.”

He encourages those with more progressive forms of MS to move any way they can. “Whatever you can do with assistance from a trainer, family members; find that thing that helps you move your body. It will help your mobility over time.”

In looking toward a cure for MS, Eric says he is “more hopeful and strongly positive today than ever,” adding that even if there isn’t a cure in five years, he believes it won’t be far off and there will be another round of medications that will significantly halt or slow the progression of MS.

“You didn’t have the tools when I was diagnosed to make significant advancements. Today we can test 1,000 molecules a day, whereas it used to take weeks to test just 10 or 20. The biotech industry, which has exploded over the last 20 years, is deploying smart talent and resources with one goal – finding medicine that either cures or is an improvement over other medicines.

“It’s up to everybody who has MS to take as good a care of themselves as possible so you can live as wonderful a life as possible,” he added. “The better care you take of yourself, the better position you will be to take advantage of these advancements.”

Sharon and Eric Hovde recently hosted an MS fundraiser with “The Gathering Table” author Ronda Giangreco (center).
specialists, including MS-certified physical and occupational therapists. The clinic is recognized as a Center for Comprehensive MS Care by the National Multiple Sclerosis Society and treats nearly 500 patients diagnosed with MS each year.

“I always want to have our patients at their optimal level of wellness and health, no matter where they are in their disease process.”

— Jamie Wolf

She said, “We have such a great team approach to giving our patients the best care.”

Wolf uses every resource available to enhance the quality of life for her patients.

“I concentrate, not only on the medical standpoint of it like making sure they have a disease modifying therapy and symptom management, but I also look at how they are doing from a psychosocial standpoint, from a spiritual standpoint, from an emotional

Patient-Centered Care
From the clinic to Challenge Walk MS, Jamie Wolf shows her passion

“Once I got here, I felt like I was home.” That’s how Jamie Wolf described her decision to take the position as MS Clinical Care Coordinator at ProHealth Care’s MS Clinic at Waukesha Memorial Hospital five years ago. “This is where I belong.”

As the MS Clinical Coordinator, Wolf handles multiple aspects of the clinic, such as coordinating schedules of doctors, nurses and patients; helping patients with resources, insurance issues and disability paperwork; working with the clinic’s research coordinator; and of course, seeing patients.

“I have always loved being able to help people out, whether it was with something as simple as listening to a problem to helping them find a solution in their life,” she said. At the MS Clinic, she said, “Our philosophy of giving care is patient centered.

“It’s definitely listening to the patient to hear their story and to know what has worked for them in the past, what their goals and expectations are and what my goals and expectations are for their therapy. It’s where we can meet that common ground.”

And that means a comprehensive approach to care. Wolf, who said she clicked right away with Dr. Stanya Smith, the medical director of the MS Clinic, works with an array of

Jamie Wolf, MSN, RN, FNP-BC, APNP, MSCN

“I always want to have our patients at their optimal level of wellness and health, no matter where they are in their disease process.”

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Jamie Wolf, right, participates in Challenge Walk MS, a three-day, 50-mile walk, raising awareness and funds for multiple sclerosis.
standpoint,” Wolf said. “What do we need to do in order to enhance their quality of life? I always want to have our patients at their optimal level of wellness and health, no matter where they are in their disease process.”

Wolf takes her passion for her patients outside of work by participating in Challenge Walk MS, a three-day, 50-mile walk and fundraiser held every September. A good friend, whose mother had MS, asked Wolf to join her at the event. Wolf said yes and has been doing it every year since. Now on her third year, she looks forward to seeing her fellow Challenge walkers each fall.

“You start to forge friendships,” said Wolf, who has raised more than $8,000 through the event. “It happens as easy as you walking next to someone and hearing their story, how they are connected to MS.”

Jamie Wolf has been the MS Clinical Coordinator at the ProHealth Care MS Clinic for five years.

Two Wisconsinites Will Be Inducted Into Society Hall of Fame

Aaron Field, MD, PhD, and Bhupendra Khatri, MD, will be inducted into the National Multiple Sclerosis Society Volunteer Hall of Fame during a ceremony in November. Both men live and work in Wisconsin.

**Dr. Field** will be honored for his work in MS research and demonstrated leadership as a volunteer. An associate professor in the Department of Radiology at the University of Wisconsin School of Medicine and Public Health and director of the Clinical Neuroradiology Fellowship Program, he has become known as the imaging “go-to guy” by other National MS Society-funded researchers because of methods he developed to increase MRI scan sensitivity in detecting MS activity. In addition to his research and collaboration, Dr. Field has spoken at Wisconsin Chapter events, performed with his band at MS fundraisers and participated in Bike MS.

**Dr. Khatri** will be honored with the Lifetime Achievement Award, which is presented to volunteers with 30 or more years of service. As director of Wheaton Franciscan’s Center for Neurological Disorders in Milwaukee, Dr. Khatri has one of the largest MS practices in the Midwest and is internationally recognized for his expertise. He has served on the Wisconsin Chapter’s Health Advisory Committee for more than two decades, participates in fundraising events like Walk MS, gives numerous presentations about MS throughout the world and hosts a free educational series called, “Living Well with MS.”

Both men will be inducted into the Hall of Fame during the Society’s Leadership Conference in November.
In spring, people in Wisconsin were urged to make donations to multiple sclerosis through their tax forms, both to provide important financial support for those living with MS in Wisconsin and to ensure that the donation option would continue to be part of Wisconsin state tax forms in the future. The response from taxpayers was astounding with nearly $70,000 being donated—an increase of almost $14,000 compared to the prior year.

What’s more, state representatives worked on new wording for the 2015 state budget package to address a provision that would have eliminated funds to organizations that did not generate at least $75,000 in contributions. The new provision changes the requirement to a three-year average of at least $50,000 based on contributions beginning in tax year 2014.

Financial assistance received through the tax check-off program allows Wisconsin residents with MS maintain independence.

Make a Mark Program Makes an Impact
Funds help individuals maintain independence

Debi Lundberg, who was diagnosed with MS more than 40 years ago, wanted to be more independent. In order to do that, she needed a new door that would work with the already existing lift installed in her home, allowing her to leave the house in her wheelchair.

With financial assistance funds made available through the Wisconsin Make a Mark for MS program, the Wisconsin Chapter was able to help Lundberg with the purchase. Lundberg, who is now able to leave her home unassisted, said, “I can now open the door, go down the lift and independently go outside to get the mail, tend to flowers and visit neighbors.”

Aid provided through the National MS Society is based on monetary need among other factors. If you are in need of financial assistance, contact an MS Navigator at 800-344-4867 for more information.
Pedaling Hand and Foot
Team of U.S. military veterans joins the Best Dam Bike Tour

Wisconsin Paralyzed Veterans of America sponsored a team at the 2015 Bike MS: TOYOTA Best Dam Bike Tour called “PVA Hand and Foot.” The team name references the fact that some members of the team pedal their bikes with their hands rather than their feet.

“We had a couple of reasons to start this team,” said team captain Stephen Hoyer. “First, we are veterans associated with people diagnosed with multiple sclerosis and we want to find a way to stop it. Second, we like to ride and challenge ourselves.”

The team was made up of six veterans from the Navy, Army and Marines, including two paralyzed veterans who pedaled with their hands.

“I was privileged to be able to ride this event for the first time with the PVA Hand and Foot Team,” said Stephanie Dennis, the Veterans Health and Benefit Officer with Paralyzed Veterans of America, in a letter to the National MS Society-Wisconsin Chapter. “Seeing the admiration that everyone had for our two hand cyclers was impressive. Many people would slow down as they rode by to talk with the guys and many more recognized them at the rest stops or in Whitewater. The hand cyclers had so much fun. They are already planning for next year!”

Hoyer has another reason for riding; a friend and mentor of who is living with MS. “She never complains about limitations,” he described. “I honor her strength by riding with her in mind. I ride to raise awareness and to help with funding research into a cure, so no one will have to go through what she has endured.”

See Page 10 for information on support for veterans.

Best Dam Bike Tour team PVA Hand and Foot included cyclists using their hands to pedal, inspiring the team’s name.
Support for Veterans

More than 23,000 veterans with MS receive care through the Veterans Health Administration. The National MS Society is collaborating with the Department of Veteran’s Affairs MS Centers of Excellence to support improved care and support services for veterans with multiple sclerosis and their families. These centers were established to improve care for veterans with MS; enhance MS education for patients, caregivers and providers; and promote research into the cause and treatments for MS.

Additionally, because of the efforts of MS Activists, $10 million from the Department of Defense Congressionally Directed Medical Research Program is restricted to MS research and its impact on veterans, especially those who served in Vietnam and the first Gulf War where the incidence of MS is higher compared to other veterans.

For more information on veterans with multiple sclerosis and the MS Centers of Excellence, visit va.gov/MS or nationalMSsociety.org/Resources-Support/Resources-for-Specific-Populations and click “Veterans with Multiple Sclerosis.”

Grants Support Research, Services

The Wisconsin Chapter thanks the following organizations for the grants recently awarded in support of research and services that are critical to people affected by MS.

- **$75,000** Nicholas Family Foundation
- **$10,000** Olive I. and Eunice J. Toussaint Foundation, Inc.
- **$2,500** The US LBM Foundation
- **$1,600** The Runzheimer Foundation (Runzheimer International LTD)
- **$1,000** Krause Foundation Inc.
- **$1,000** National Philanthropic Trust (The Silseth Family Charitable Fund)
- **$500** MCL Industries Community Fund (Greater Green Bay Community Foundation Inc.)
- **$300** Greater Milwaukee Foundation (Colton Charitable Fund)
- **$100** Fidelity Charitable Gift Fund (Klump Family Charitable Fund)

In total, $92,000 was received in gifts and grants from April through June. If you are connected to a foundation that you would like to suggest for a grant opportunity, or for more information on how you can help, contact Cindy Yomantas at 262-369-4431 or cindy.yomantas@nmss.org.

Like many of you, I have MS.

For me, that means regularly scheduled MRI scans to monitor my lesions. Several years ago, I discovered Smart Choice MRI.

—Liz B.

Why pay more for the SAME MRI?

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Jesse Juedes has been a fixture of the MS Snowmobile Tour for the past six years. “I got involved in snowmobiling very young and have been a member of the Greenleaf Riders Snowmobile Club,” he explained. “Several of our older members took part in the MS Snowmobile Tour. I heard their stories and I thought it would be a great way to do something I enjoy and help people by doing it.”

With no personal connection to MS, he joined the Tour, held every January, in 2010 and has participated every year since. He said, “I enjoy getting together with the people that you begin to really get to know.”

Juedes also goes above and beyond in fundraising, generating nearly $40,000 in just five years of participating.

“I typically don’t do things just to get by,” he said. “With the network of people I am associated with, I thought why not put in some extra work and really raise funds and have fun doing it.”

As the owner of his own landscape center business, Juedes said he has learned how to be creative in drawing people to products or services. He applied those skills when he started a mini-golf tournament where participants travel

Continued on Page 12
to local bars, completing a mini-golf hole at each location. He said, “We are always looking for ways to make our fundraising fun and enjoyable, so that each year we gain more involvement from the best advertising there is, which is word of mouth.”

In planning the event, which includes raffles and prizes for the winner of the tournament and for best costume, he said, “I have a great group of friends that are core to helping with the success of our events. We all work so well together.”

“I appreciate their kind words of encouragement and thankfulness in helping fight the disease.”

– Jesse Juedes

In addition to raising funds and awareness for MS through his Do It Yourself fundraiser, Juedes has also recruited three riders to join him at the MS Snowmobile Tour.

“I personally don’t have any immediate family affected by MS, but since my involvement have learned of so many people that are affected by MS,” he said. “I appreciate their kind words of encouragement and thankfulness in helping fight the disease.

“I enjoy hearing firsthand that what I am doing is really helping people. Hearing how the medicines have developed over the years and hearing how it is helping people certainly is rewarding.”

MS Snowmobile Tour Raffle

Win a PACKER-THEMED SKI-DOO 600 SPORT through the MS Snowmobile Tour raffle, conducted by the Tour’s Volunteer Committee. Tickets are $10 each, or three tickets for $20. Tickets also include the chance to win cash prizes of $1,000 and $750, and registration for one rider for the 2017 MS Snowmobile Tour.

The drawings will be held March 31, 2016. If you are interested in purchasing a ticket or helping to sell tickets by displaying the snowmobile at a local event, please contact the Volunteer Committee at MSsnowtourraffle@gmail.com.
**Date and Time:**
Tuesday, 10/13/2015 at 6:00 PM

**Speaker:**
Jessica Szpak, PA
Madison, WI

**Location:**
Bagg's Ristorante Italiano
601 Junction Road
Madison, WI 53717

**Event code:** TR300178 (1235204)

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**Date and Time:**
Thursday, 10/22/2015 at 6:00 PM

**Speaker:**
Jessica Szpak, PA
Madison, WI

**Location:**
Suzy's Steak & Seafood House
2711 County Road CX
Portage, WI 53901

**Event code:** TR300180 (1235205)

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**Date and Time:**
Thursday, 10/29/2015 at 6:00 PM

**Speaker:**
Susan Hibbs, MD
Neuroscience Group

**Location:**
Pullmans at Trolley Square
619 South Olde Oneida Street
Appleton, WI 54915

**Event code:** TR311055 (1249607)

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**Date and Time:**
Tuesday, November 3, 2015 at 12:00 PM

**WHAT:** An MS Speaker Event

**WHERE:**
Mitchell's Fish Market Seafood Restaurant & Bar
275 North Moorland Road
Brookfield, WI 53005

**SPEAKER:**
Bhupendra Khatri, MD
The Center for Neurological Disorders
Milwaukee, WI

Please RSVP so we can reserve your seat. Use event code TR313689.

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Please join us for an educational event.
Hear from an MS expert and learn about an oral treatment option for relapsing MS.

**Date and Time:**
Wednesday, 11/04/2015 at 6:00 PM

**Location:**
Harvey’s Central Grille
1340 West Towne Square Road
Mequon, WI 53092

**Speaker:**
Lisa Sershon, PA
Center for Neurological Disorders S.C.

**Event code:** TR311272 (1251478)

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**Date and Time:**
Tuesday, 12/15/2015 at 12:00 PM

**Location:**
Maggiano’s Little Italy
2500 North Mayfair Road
Wauwatosa, WI 53226

**Speaker:**
Michael Connor, DO
Medical Director, MS Clinic

**Event code:** TR311189 (1251477)

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**Date and Time:**
Wednesday, 11/18/2015 at 6:00 PM

**Location:**
Holiday Inn Hotel and Convention Center
1001 Amber Avenue
Stevens Point, WI 54481

**Speaker:**
Susan Hibbs, MD
Neenah, WI

**Event code:** TR312113 (1251793)

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**Date and Time:**
Tuesday, December 1, 2015 at 12:00 PM

**WHAT:** An MS Speaker Event

**WHERE:**
McCormick & Schmick’s Seafood & Steaks
2550 North Mayfair Road
Wauwatosa, WI 53226

**SPEAKER:**
Bhupendra Khatri, MD
The Center for Neurological Disorders
Milwaukee, WI

**Please RSVP so we can reserve your seat. Use event code TR313691.**

MoreAboutMSTreatment.com
1-866-682-7502

This special event is for people with relapsing MS and their care partners to learn more about an infusion treatment option.

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**Please RSVP:**
- MultipleSclerosisEvents.com
- 1-866-703-6293
- GenzymePatientRSVP@ahmdirect.com

*Registration is limited to two people per RSVP.
Photo ID may be requested at event entrance.
Complimentary parking or valet available.

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Volunteer Spotlight
Rolaine May gives back at the Wisconsin Chapter office

When the name Rolaine May is mentioned in the National Multiple Sclerosis Society-Wisconsin Chapter office, a common response is, “She is a rock star.” Aside from her uplifting personality, May is a dedicated volunteer who gives her time weekly.

After moving to Hartland, Wis., from Charlotte, North Carolina, May researched volunteer opportunities in the area and came across the National MS Society. She believed that the Society would be a good fit for her as she was familiar with MS through her 37-year experience as a nurse.

“I am very fortunate that I have good health and am able to give back to the community,” she said.

While May is willing to assist with any task while she is volunteering, she stated that volunteer coordinators seem to have a way of knowing what she enjoys. A few projects that she has worked on include: compiling large mailings, data entry for a variety of projects and staff, and conducting research for potential donors. She also volunteered at Bike MS: TOYOTA Best Dam Bike Tour, helping with check-in and at a rest stop.

When May is not volunteering for the Society or other organizations, she enjoys being outdoors and gardening. May says she is a “warm weather kind of gal.” She and her husband enjoy riding motorcycles. When the Wisconsin weather doesn’t allow her to be outside, she enjoys reading.

May volunteers for the Society every Tuesday and Thursday and is willing to put in extra hours if needed. She said, “I always look forward to volunteering.”

Volunteers are critical to the work of the National Multiple Sclerosis Society. With opportunities at fundraising events and the local Chapter office in Hartland, volunteers can give their time and talents in the way best suited to them.

Help in the office
• Assisting with phone calls
• Data entry
• Donation requests for in-kind items
• Office administration
• Pre-event preparations
• Reception
• Research project
• Warehouse management

Help at fundraising events
• Check-in and registration
• Driving support and gear vehicles
• First aid
• Rest stop assistance
• Serving food

And many more opportunities

To learn more about volunteering, visit wisMS.org and click on “volunteer,” or call Ashley Wissinger at 262-369-4426.

Written by Alix Thornton, a public relations intern for the Wisconsin Chapter, and a recent graduate of the University of Wisconsin-Whitewater where she studied public relations and advertising.
Café con Leche Support Group
The National MS Society offers a **monthly telephone support group held completely in Spanish**. Upcoming topics will focus on areas of interest to people living with MS. Additionally, experts from different areas of specialization in MS will join to speak about important topics in MS care. For more information or to register, call 800-344-4867, option 3.

La Sociedad Nacional de Esclerosis Múltiple ofrece una vez al mes un grupo telefónico, totalmente en español. Los temas serán enfocados en áreas de interés para personas viviendo con EM. 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 800-344-4867, opción 3.

Chapter’s Annual Meeting Set for December 8
The Wisconsin Chapter’s Annual Meeting is scheduled for **Tuesday, December 8, 2015** at the Chenequa Country Club (6520 North Highway 83, Hartland). The Annual Meeting is held for the purpose of electing a Board of Trustees, reviewing the treasurer’s report and considering other appropriate business and reports that may be presented. Recommendations for Board of Trustees’ membership must be submitted to the Governance Committee in care of the Wisconsin Chapter office no later than October 15. For more information, contact Abigail Gagliano at 262-369-4419 or abigail.gagliano@nmss.org. Reservations for the Annual Meeting are required.

Scholarship Applications Open October 1
MS shouldn’t stand in the way of an education. The National MS Society’s scholarship program exists to help highly qualified students who have been diagnosed with MS or who have a parent with MS achieve their dreams of going to college. **Applications for the 2016 scholarship program open on October 1** and close on January 15, 2016. Eligible students need to be enrolled in at least six credit hours per semester at an undergraduate course of study for the 2016-2017 academic year. For complete details on eligibility criteria and to access the online application, visit nationalMSsociety.org/scholarship.

Computer Recycling Program
**Independence First** offers a computer recycling program in order to help people with disabilities receive a free refurbished computer. For more information or if you have a computer to donate, call 414-291-7520 and ask for the computer recycling program or visit independencefirst.org/services/computer-recycling.

Author Releases New Book
**Jeffrey Gingold**, a Wisconsin author living with MS, recently released a new book: “Tunnel, Smuggle, Collect: A Holocaust Boy.” The book follows his father’s and grandparents’ experience escaping the Warsaw Ghetto. Gingold previously wrote about cognitive challenges in MS in “Facing the Cognitive Challenges of Multiple Sclerosis” and “Mental Sharpening Stones.” His new book is available in paperback and e-book formats at henschelhausbooks.com, amazon.com and in bookstores. Gingold, who donated the proceeds of his books on cognition to the National MS Society, is donating the proceeds to the Holocaust Education and Resource Center.
Self-Help Groups
Looking to connect with other people affected by MS? Self-help groups bring people together who share common life experiences for support, education and mutual aid. There are nearly 50 self-help groups in Wisconsin. For a listing of groups and meeting dates, visit nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group and enter your ZIP code or contact an MS Navigator at 800-344-4867.

MS Workshop on MS for Physicians, Nurses
The Consortium of Multiple Sclerosis Centers is holding a regional meeting in Milwaukee on November 7. The meeting, **Tackling Hot Topics in MS: Guidance From the Experts**, will include discussions on case studies, research and the MS Coalition 2014 consensus paper. This educational activity is designed for neurologists, nurses, nurse practitioners, physician assistants and other clinicians involved in the management of patients with MS. Physicians and nurses will receive continuing education credits for attending the two-hour breakfast and education program. Visit ACHLcme.org/Milwaukee for more information and to register.

Giving Through Work
You can support the National MS Society-Wisconsin Chapter by making a one-time donation or periodic payroll deductions through your company’s annual employee giving campaign. While your employer may have its own corporate giving program, many work through one of these organizations.

**COMMUNITY HEALTH CHARITIES** is the largest workplace giving program devoted solely to health issues. Designate the National Multiple Sclerosis Society-Wisconsin Chapter.

The **UNITED WAY** operates local work place giving programs throughout Wisconsin. If you’re employer offers a United Way program, ask your administrator how you can designate your gift to the National Multiple Sclerosis Society-Wisconsin Chapter.

Many employers also sponsor matching gift programs. This means they will match their employees’ donations to the Society. Search for your employer by visiting matchinggifts.com/nationalMSsociety.

For questions about workplace giving, contact Melissa Palfery at 262-369-4424.
Nearly 2,000 cyclists and volunteers came together August 1 and 2 for the 2015 Bike MS: TOYOTA Best Dam Bike Tour. Their goal? To support those impacted by multiple sclerosis and raise funds for MS research and services. Nearly $26 million has been raised throughout the 32-year history of the Best Dam Bike Tour. With this year’s $1.5 million fundraising goal, the count is on track to reach $27.5 million.

You can help reach that goal by making a donation online at bestdambiketour.org or by calling 262-369-4400.

Register for the 33rd Annual Bike MS: TOYOTA Best Dam Bike Tour, August 6-7, by January 31 for only $35. Visit bestdambiketour.org or call (262) 369-4400 for details.
Get Connected

The National Multiple Sclerosis Society helps each person address the challenges of living with MS through a variety of resources and support options. For more information on topics such as being newly diagnosed, treatment options and employment issues, visit nationalMSsociety.org.

- Sign up to receive National MS Society emails at nationalMSsociety.org/signup.
- Join the MSConnection.org community, a place for people living with MS to learn, share and connect with others impacted by MS.
- Talk to an MS Navigator – experts in helping you find MS information and resources – by calling 800-344-4867, Option 2, 7 a.m. to 6:30 p.m. CST Monday through Friday.

MS Specialty Clinics in Wisconsin
Quality MS care is offered at several clinics throughout Wisconsin. Some of these clinics have taken additional steps focusing on neurology, rehabilitation, mental health and/or comprehensive care specific to MS. (*)

CENTERS FOR COMPREHENSIVE MS CARE*
Green Bay: Aurora Medical Group MS Clinic 920-288-8020
La Crosse: Gundersen Lutheran MS Clinic 608-775-9000
Madison: Dean St. Mary’s MS Clinic 608-260-3425
UW Hospital and Clinics MS Clinic 608-262-0546
Marshfield: Marshfield Clinic MS Clinic 715-387-5350
Waukesha: ProHealth Care MS Clinic 262-928-8668

PARTNERS IN MS CARE*
Milwaukee: Columbia St. Mary’s MS Clinic 414-291-1771

CLINICS
Milwaukee: Aurora Advanced Healthcare (Not currently accepting new patients)
Center for Neurological Disorders 414-769-4040
Marinette: Aurora Marinette Menominee Clinic 715-735-7421
Neenah: Neuroscience Group 920-725-9373
Summit: Aurora Wilkinson Medical Clinic 262-434-5000

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To comment or share a story idea, call 262-369-7173 or email amanda.gasper@nmss.org.
Register by November 30 to get a FREE long-sleeve commemorative T-shirt.

A Fun Ride A Great Cause
JANUARY 28-30, 2016
CARTER, WISCONSIN

Join a fun weekend that is all inclusive and fully supported, including:
• Guided rides on groomed trails
• On-site mechanical support
• Three-nights lodging at Potawatomi Carter Casino and Hotel
• Meals at the resort and along the route
• Evening entertainment
• And more!

Register at: MSnowmobiletour.org | 262-369-4400 | 800-242-3358
A fundraising event to benefit multiple sclerosis