

MS CONNECTION NEWSLETTER



PICTURED LEFT TO RIGHT: JEANNIE UNRUH (2011 SYLVIE OF THE YEAR AND 2012 NATIONAL VOLUNTEER HALL OF FAME FUNDING THE MISSION AWARD RECIPIENT), JEFF HAMILTON (2012 SYLVIE OF THE YEAR), AND STACY FUNK (CHAPTER PRESIDENT) AT OUR 2012 ANNUAL MEETING & RESEARCH UPDATE

INSIDE THIS ISSUE

5

MS SYMPTOMS AND WINTER WEATHER

6

RESEARCH: THE ROAD OF A RESEARCHER

9

2012 VOLUNTEER AWARD WINNERS

11

FIND A SUPPORT GROUP IN YOUR COMMUNITY

LETTER FROM THE PRESIDENT



STACY FUNK, CHAPTER PRESIDENT

CONNECT WITH US ONLINE:

**Kentucky-Southeast
Indiana Chapter**

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Dear Friends,

The National MS Society addresses the challenges of each person affected by MS. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides programs and services designed to help people living with MS and their families move their lives forward.

We are dedicated to being a responsive steward of donor funds and we place the needs of people with MS at the center of all Society actions and decisions.

To move us closer to a world free of MS, the Society invested over \$40 million to support more than 325 new and ongoing research projects around the world in 2012. Approximately 73% of Society income is devoted to research and service programs.

We have begun to form a local group of Research Champions to assist in bringing the important NOW campaign to fruition in Kentucky. We are building and training a committed team to make this happen.

We are committed to fund MS research aggressively, so that all promising paths can be explored to STOP disease progression, RESTORE function that has been lost, and END MS forever through protection of future generations.

For more information about the NOW Campaign or becoming a Research Champion, feel free to contact me at 502-526-5301 or email stacy.funk@nmss.org.

Happy Holidays,

Stacy Funk, Chapter President

MARK YOUR CALENDARS!

MULTIPLE SCLEROSIS AWARENESS WEEK

HELP US CREATE A WORLD FREE OF MS MARCH 11 - 15, 2013

Walk MS Louisville Kick Off Party
AND Bike Extravaganza
Saturday, March 9, 2013
Drinkswell (1201 Story Avenue, Louisville)
8:45 - 11:30 AM
Bike Ride, Walk Party, Donut Building Contest, Breakfast, and more!

Walk contact: Mary Carabella, 502-526-5303
Bike contact: Jerika Amos, 502-526-4031

Moving Against MS
Friday, March 15, 2013
Fourth Street Live
9:00 AM - 7:00 PM

For more information contact Mary Carabella
at 502-526-5303 or mary.carabella@nmss.org.

Marquees for MS Volunteer Contest February 18 – March 15, 2013

Plaster this phrase - "Celebrate Multiple Sclerosis Awareness Week March 11 – 15" or "Celebrate MS Awareness Week March 11 – 15" - on *all* the Marquees in your community! Think about the businesses, banks, churches, etc. that you can contact. Take a picture of yourself next to the Marquee and post on facebook or email to bailey.preston@nmss.org for a chance to win a great prize! The more Marquees you get the phrase on, the more times you will be entered to win.

Ideas about spreading awareness
in your community?
Contact Bailey Preston, 502-526-5061

NATIONAL MULTIPLE SCLEROSIS SOCIETY

Kentucky-Southeast Indiana Chapter
1201 Story Avenue, Suite 200
Louisville, KY 40206
1-800-344-4867

Chair: Michelle Husted
Treasurer: Dennis Dirksen
Secretary: Debbie Nelson
Chapter President: Stacy Funk

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Kentucky-Southeast Indiana Chapter

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.

The Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The Society assumes no liability for the use or contents of any product or service mentioned.

EMPLOYEE SPOTLIGHT

ALL ABOUT BAILEY



BAILEY PRESTON, PROGRAMS
AND SERVICES COORDINATOR

Name: Bailey Preston

Position: Programs and Services Coordinator since May of 2011

Degree: B.A. in Theatre Arts (Acting) and Journalism from Beloit College (Beloit, WI)

Previous work experience: Americorps VISTA (Volunteer in Service to America) for almost two years for child abuse and domestic violence agencies. These positions encouraged me to pursue a career in non-profit to help those in need in my community.

Places lived: Kentucky, Wisconsin, Ireland

Hobbies, Talents, Special Interests: I love to perform on stage and founded a community theatre group, the Frankfort Performing Arts Ensemble. I love doing anything artistic and creative. I also volunteer as a Board Member at the Sunshine Center in Frankfort, a family violence prevention agency. I love music and my animals: two cats, Stewie and Hal, and my dog, Zak.

Favorite color: Purple

Three words that best describe me: Creative, Passionate, Planner

Last book read: Julie and Julia by Julie Powell

Something few know about me: Reality television is my guilty pleasure (but, please don't tell anyone!).

My favorite part about working for the Society: I love that I get to work with such a dedicated team of staff and volunteers. I know that each day I am making a difference in the lives of thousands of people with MS, their families, and their friends. But, my absolute favorite part of the job is hearing the stories of sacrifice, love, pain, happiness, strength, hardship, support, motivation, and struggle, from *all of you*. As long as we all keep telling our stories and we all keep fighting, we *will* create a world free of MS!

To contact Bailey, call 502-526-5061 or email bailey.preston@nmss.org.

DIY FUNDRAISING

Thinking of throwing a party? Have a fundraiser! Third party events are a great way to get your friends and family together to not only have fun, but raise money and awareness for MS. To learn more about DIY Fundraisers contact Mary Carabella at 502-526-5303 or mary.carabella@nmss.org.

Jam For A Cure
January 11, 2013
Headliners Hall
www.jamforacure.com

Party at Zazoo's
Saturday February 9, 2013
Hosted by Erica Dietrich
For more information call 502-526-5303

LIVING WITH MS

MS SYMPTOMS AND WINTER WEATHER

BY JULIE STACHOWIAK, PHD

Most of us with multiple sclerosis are heat intolerant to the point of being unable to function outside during peak summer temperatures. But when I asked people with MS on my blog at www.ms.about.com what their MS temperature “limits” were, I was surprised when several people said that the cold wasn’t so great for them, either.

Many people complained of increased spasticity in cold weather. Readers mentioned that their limbs “felt like wood” or that their joints ached during lower temperatures. A couple of people also mentioned that the MS “hug” could be intolerable in the cold. (The MS hug is the gripping feeling around the torso that is caused by a lesion in the spinal cord that results in spasms in the tiny muscles between the ribs.)

I also know that some people with MS tend to feel more fatigued in winter months. This could be an indirect result of coping with some of the symptoms mentioned above. It could also be that the shorter days and limited sunlight exacerbate depression, which can be a symptom of MS. New data is emerging all the time on the role of vitamin D in MS.

Perhaps we feel our symptoms more acutely when our vitamin D reserves are at their winter lows, although this hasn’t been confirmed yet by scientific studies.

Here are a few tips to help you enjoy the colder months if you are bothered by frigid temperatures.

- Soak up sunshine during the warmest part of a sunny winter day to help your body produce vitamin D.
- Don’t overdo the heat. When I get cold, I tend to take really hot showers. Recently, I got dangerously dizzy during one. Remember, extreme heat is not our friend, either.
- Warm yourself from the inside. Drink a hot beverage to take the chill off.

Like many other situations that we must navigate through with MS, a little strategic planning of winter activities can help you have some control over symptoms. Put some thought into what you enjoy doing in the winter, take a couple more precautions and get the most out of the cold months. ■

Diagnosed with MS in 2003, Julie Stachowiak, PhD, is the author of **The Multiple Sclerosis Manifesto**.

Originally published on www.blog.nationalMSSociety.org.



RESEARCH

THE ROAD OF
A RESEARCHER

BY MARCELLA DURAND



Richard Ransohoff, MD, began his long research career with a Harry Weaver Neuroscience Award from the National MS Society.

“There wouldn’t have been a career, otherwise,” he says. “I had no research track record — the Society really took a chance on me.”

It was a chance that paid off big time. Dr. Ransohoff’s research into the role of “chemokines,” messenger proteins that play a role in the immune system, may lead to new MS therapies. For his groundbreaking research, he was chosen by his peers as the 2012 John Dystel Prize recipient. The prize is given jointly by the Society and the American Academy of Neurology.

THE ROLE OF CHEMOKINES

In 1993, not too long after he received the Weaver Award, Dr. Ransohoff made the discovery that chemokines played an important role in MS.

He and a colleague, Mari Tani, MD, at the Cleveland Clinic had been studying mice with EAE, an MS-like disease, when they found that astrocytes, a type of brain cell, were producing

chemokines that attracted immune cells to the mice’s brains. “It was like the disease process sat up and talked to us,” he remembers. His team then went on to study chemokines in immune cells from people with MS, where they found chemokine receptors on many of the cells involved in the immune attack.

PAVING THE WAY

Dr. Ransohoff also showed that chemokines may actually help determine whether nervous system repair occurs during the course of MS. By deactivating a chemokine receptor called “CXCR2,” he found that the development of myelin-making cells was improved.

“The insights that Dr. Ransohoff’s discoveries have provided could ultimately pave the way for the development of a new class of drugs in MS based on chemokines,” said Benjamin M. Segal, MD, one of the nominators of Dr. Ransohoff for the Dystel Prize.

With a research grant from the Society, Dr. Ransohoff is now studying cell types with and without chemokine receptors to clarify how these cells participate in tissue damage and — with an eye toward developing a future therapy to stop disease activity — tissue repair. He also is returning the Society’s long-ago gesture of trust by mentoring young researchers and teaching them how to talk about their discoveries. “The theoretical and conceptual side of science is invisible unless you communicate it,” he says. ■

Marcella Durand is the associate editor of **Momentum**, the Society’s national magazine

BOARD SPOTLIGHT

ALL ABOUT MICHELLE



MICHELLE HUSTED,
BOARD CHAIR

Name: Michelle Husted

Current job and title:
Sales Executive, Wells Fargo Insurance

Hobbies, Talents, Special Interests: I am an avid walker and hiker and enjoy both activities with my fiancée Dave. I also love to read. My interests

above all, are my three daughters Megan, Sarah and Julia. They are at the heart of everything I do and fuel my drive and determination to be the best mom and person I can be.

My connection to MS: I was diagnosed with Relapsing/Remitting MS in 2006 and have thankfully been doing well on my Tysabri infusions.

My history with the Chapter: I have been on the Board for two years, but prior to the board I was the Walk MS Team Captain for Wells Fargo Insurance. I served as the Walk MS: Louisville Committee Chair for two years. It was a gift meeting Mary Carabella whose commitment to the cause inspired me and gave me the motivation to get more deeply involved with the Chapter.

My key initiatives as the new Board Chair: The key initiatives that I have chosen to focus on for the next year are: 1. To increase awareness and understanding of both MS and the Society

through an organizational-wide effort that best leverages resources to achieve measurable results; 2. Accelerate and expand engagement and support of families living with all forms of MS across the spectrum of the disease to strengthen the family unit, promote communication, facilitate access to resources critical to optimal family functioning; 3. And, drive increased revenue and retention of our top donors, event participants, team captains and corporate partners through consistent exceptional engagement, support and stewardship.

My favorite part of volunteering for the Chapter: It is a rewarding challenge that allows me to use the passion that I have to help others, coupled with an organization that will ultimately be the driving force in helping to find the cure for MS. I have said to my daughters that no matter what cards you get dealt you can still always have a good hand, a helping hand that gives and does not look for anything in return. I am grateful to serve in the capacity of Board Chair, allowing me to use my voice to help others and to work with a group of staff and volunteers that give me hope. I know that the cure may not be found in my lifetime, but I will spend my lifetime raising awareness and funds to find a cure. That is a promise.

BOARD RECOGNITION

Congratulations to Dennis Dirksen, Board Treasurer, for being selected to serve on the National Budget Review Committee!

Congratulations to Jeff Hamilton, Board Member, appointed to serve as the Chair of the Regional Leadership Council!

BIKE MS

We want to thank the Distilled Spirits Epicenter for providing such a unique space for our Bike MS Kick-Off Party. For those that are interested in learning more about the science behind distilling spirits, the Distilled Spirits Epicenter offers Enthusiast Classes. Please visit their website for more information: www.moonshineuniversity.com/enthusiast.php.

CRYSTAL BOOTS & SILVER SPURS



JULE ROBERTS PERFORMING AT CRYSTAL BOOTS AND SILVER SPURS

Crystal Boots and Silver Spurs in September of 2012 was a huge success! We were very excited to have Julie Roberts, Nashville recording artisit, perform that evening. We would like to thank our top sponsors: Humana Vitality, MAC Construction, PNC Bank, Wells Fargo Company, Eye Associates, Hussung Mechanical, Independent Concrete Pipe, Buffalo Construction, McCauley & Nicolas, Whayne Supply, Clear Channel, and Promedia Group. Also, a very special thank you to the Unruh Family for hosting the event.

BIKE MS: BIKES & BOURBON JUNE 22 & 23, 2013

REGISTER TODAY! www.bikeMSky.org

Our new route will start at Gallrein Farms in Shelbyville, KY and head into the heart of bourbon country. Overnight in the Lawrenceburg and Versailles area before riding back to Gallrein Farms the following day. For more information contact Jerika Amos at 502-526-4031 or jerika.amos@nmss.org.

CALENDER

WALK MS

Walk/Run MS: Bell County
Saturday, April 20, 2013
Middlesboro High School

For more information contact Tiffany Smith at 859-294-7060 or tiffany.smith@nmss.org.

Walk MS: Louisville
Saturday, May 18, 2013
Papa Johns Cardinal Stadium

Walk MS: Madisonville
Saturday, September 21, 2013
Madisonville City Park

Walk MS: Paducah
Saturday, September 28, 2013
Noble Park

For more information contact Mary Carabella at 502-526-5303 or mary.carabella@nmss.org.

VOLUNTEER 2012 AWARDS



MARTHA MONTGOMERY

Martha Montgomery Tribute Awards

We are pleased to bring back the Martha Montgomery Tribute Awards and show tribute to a dear friend, wife, volunteer, Self-Help Group leader, and Champion for the MS cause.

Congratulations to our 2012 Martha Montgomery Tribute Award winners: Brian Ellis, Teresa Guess, Rena Holmes, Laura Houchens, Keith and Tanya Johnson, and Kory Wilcoxson. Just like Martha, these volunteers have given tirelessly without the need for gratitude to our MS community.

Sylvie of the Year Award

Sylvia Lawry founded the National Multiple Sclerosis Society, profoundly influencing MS research, disease management, and public policy. Congratulations to our 2012 Sylvie of the Year Award winner, Jeff Hamilton. Jeff recently completed his second term as Board Chair, serving on the board for over 16 years. Most recently Jeff has been appointed to Chair the Regional Leadership Council at the national level. He has been a top fund raiser, and a participant in our annual two-day Bike MS event. He is a dedicated advocate of the MS movement and those affected by MS.



PICTURED LEFT TO RIGHT: MICHELLE HUSTED, KEITH & TANYA JOHNSON, LAURA HOUCHEHS, TERESA GUESS, BRIAN ELLIS, TIFFANY SMITH, STACY FUNK, GROVER MONTGOMERY, AND MARY CARABELLA (NOT PICTURED: RENA HOLMES AND KORY WILCOXSON)



JOHN CRAIG, SR.

The Craig Family

John Craig, Sr. was married to Cathie Craig for over 35 years. They had three children; Morgan, John Jr. and Wade. When Cathie was diagnosed with MS, the family rallied around her and did whatever possible to make her life easier. When she passed away, they continued their annual family BBQ. This fundraiser is now in its sixth year and still going strong. As a family, with their spouses (Chris Lanham and Sara Craig), they raise over \$18,000 each year. Since its inception, they have raised over \$100,000 for our chapter! Wade and his wife Sara have started another new tradition of an Annual Car Show. At our Annual Meeting in November we recognized the Craig Family for their years of dedication to the MS Society. We cannot thank them enough for their tireless efforts and for continuing to keep the memory of Cathie alive.

CALENDAR PROGRAMS

Join us at one of our three locations for our Healthy Steps Lunch Bunch series! Participate in an educational and support program from 11:00 AM to 12:30 PM. Bring your caregivers, family, and friends and enjoy a FREE lunch. Space is limited, so please RSVP by calling 1-800-344-4867 option 1 or visit our website at www.nationalmssociety.org/kyw.

ELIZABETHTOWN LUNCH BUNCH

January 3, 2013

First Thursday of the month bi-monthly at First Federal Savings Bank on 2323 Ring Road in Elizabethtown.

LEXINGTON LUNCH BUNCH

January 28, February 25, and March 25

December meeting cancelled due to holiday

Last Monday of the month at Cardinal Hill in the Center of Learning Room 3, on 2050 Versailles Road in Lexington.

LOUISVILLE LUNCH BUNCH

February 5, March 5, and April 9

January meeting cancelled due to holiday

First Tuesday of the month at Kosair Charities in the Community Room at 982 Eastern Parkway in Louisville.

TELECONFERENCES

Join us for one of our teleconferences from the comfort of your own home! Teleconferences begin at 7:30 PM. Register by calling 1-800-344-4867 option 1 or email bailey.preston@nmss.org.

- **January 8, 2013 - How to be an effective MS activist**
- **April 9, 2013 - Managing the Symptoms of MS**

THANK YOU FOR SUPPORTING OUR 2012 ANNUAL MEETING AND RESEARCH UPDATE

Dawne Gee, Dr. Malachy Bishop, Dr. Cary Twyman, Jeannie Unruh, Chris Cakes, Red Hot Roasters, Congressman Yarmuth's Legislative Aid Gil Reyes, Louisville Metro Councilwoman Vicki Welch, Genzyme, Associates in Neurology Clinical Research, Bayer Healthcare, Lifeline Homecare Solutions, First Light Home Care, Superior Van and Mobility, and United Seating and Mobility



LYNN LUKING, VOLUNTEER

Congratulations to Lynn Luking, dedicated Walk and Bike MS volunteer, for receiving a St. Matthews Area Chamber of Commerce (Louisville) Community Pride Service Award!

SELF HELP GROUP MEETINGS

BOWLING GREEN

Contact Tim at (270) 535-9161
6:00 PM, Sky Rehab Clinic
2nd Tuesday of each month

ELIZABETHTOWN

Contact Tom at (270) 230-8145
2:00 PM, Republic Bank Ring Rd.
4th Tuesday of each month

FRANKFORT

Contact Michelle at (502) 803-6239
6:30 PM, Frankfort Regional Medical Pavilion
2nd Floor Conference Room
2nd Friday of each month

LEXINGTON

Contact Leslie at (859) 269-4036
11:30 AM, Location TBA
For more information, go to
www.nationalmssociety.org/kyw
1st Wednesday of each month

MADISONVILLE

Contact Dan or Carolyn at (270) 639-5679
6:00 PM, Trover Clinic 8th Floor
4th Monday of each month

NEW ALBANY

Contact Michael at (812) 944-0279
6:00 PM, Floyd Memorial Hospital
Paris Education Wing
4th Monday of each month

PADUCAH

Contact Teresa at (270) 554-5603
6:30 PM, Lourdes Hospital
Marshall Nemer Pavilion, Borders Room
1st Tuesday of each month

OHIO COUNTY

Contact Tim at (270) 535-9161
6:30 PM, Ohio County Wellness Center
1st Tuesday of each month

WINCHESTER

Contact Carolyn at (859) 749-6442
5:00 PM, Gaunce's Deli & Cafe
1st Thursday of each month

**CHALLENGE WALK MS:
CHARLESTON CHALLENGE**
3 DAYS, 50 MILES, CLOSER TO A CURE.
HISTORIC CHARLESTON TO THE ISLE OF PALMS
MARCH 1-3, 2013

TO REGISTER, VISIT WWW.CHALLENGEMS.ORG
JOIN OUR TEAM OR DONATE: THE BLUEGRASS HOOVERS!



**National
Multiple Sclerosis
Society**

1201 Story Avenue
Suite 200
Louisville, KY 40206

Free Matter for
the Blind or
Handicapped



VOLUNTEER SPOTLIGHT

ABBIE GOOCH

Abbey Rashelle Gooch's mother was diagnosed with Relapsing-Remitting Multiple Sclerosis in 1997. All her life she has seen the devastating effects that MS can have on a family, however she knows she wouldn't be the same person today if her mother did not receive this diagnosis. Currently, she is a freshman at the University of Louisville studying dental hygiene. Once on campus she noticed that U of L did not have a student organization related to MS. Encouragement from her sorority sisters of Kappa Delta led her to start a new student organization. With the help of Rachel Quick, Kappa Delta, and Student Government board member Monali Haldankar, Students for Multiple Sclerosis Awareness was born. Now, thousands of students have the opportunity to get involved in the Kentucky-Southeast Indiana Chapter of the National MS Society. As a recognized student organization, they have had students volunteer at events such as the Holiday Arts and Crafts event and the Annual Meeting & Research Update. This new student driven organization is growing in number daily and is making a serious impact at the University of Louisville. ■



PICTURED LEFT TO RIGHT: RACHEL QUICK
AND ABBIE GOOCH