

SUMMER 2013

NEW YORK CITY - SOUTHERN NEW YORK CHAPTER

# MS CONNECTION NEWSLETTER



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PUBLICATION OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY, NEW YORK  
CITY - SOUTHERN NEW YORK CHAPTER  
733 THIRD AVENUE, NEW YORK, NY 10017  
212-463-7787

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## LETTER FROM THE CHAPTER PRESIDENT



Summer is here! Sunny days, which are often hazy, hot, and humid, are upon us; children have exchanged their books and school attire for shorts, t-shirts and lots of sunblock. It's a time for vacations, firing up the grill for backyard barbecues, settling into a comfy chair outdoors to read a good book, or simply enjoying time with family and friends.

For those living with MS, this time of year, in all its beauty, can trigger a temporary worsening of symptoms. In this issue, both our Community Resources and Hispanic Outreach articles share sound advice on "beating the heat" and two volunteers share why they give back their time and talent.

As always, we've included listings for ongoing programs, services and events for those living with MS, their family and friends to participate in.

However you choose to spend these few months of designated downtime, remember we are here for you and encourage you to stay involved in the effort we have forged to create a world free of MS. Cooler days are ahead. Please enjoy reading this issue and enjoy your summer!

Sincerely,

Robin Einbinder  
President

JOIN THE MOVEMENT: [www.MSnyc.org](http://www.MSnyc.org)



ALLISON RIPKA (CENTER) AND FRIENDS AT  
THE 2012 WOMEN ON THE MOVE LUNCHEON

**THE 8TH ANNUAL  
WOMEN ON THE MOVE LUNCHEON**  
WEDNESDAY, SEPTEMBER 18, 2013

TRUMP NATIONAL GOLF COURSE,  
339 PINE ROAD, BRIARCLIFF MANOR, NY

VISIT [WWW.MSNYC.ORG](http://WWW.MSNYC.ORG) OR CALL  
212-453-3235 TO PURCHASE TICKETS.

## FASHION IS ALWAYS IN STYLE WHEN IT'S FOR A GOOD CAUSE!

Join us on Wednesday, September 18 at the 8th Annual Women on the Move Luncheon, where women living with multiple sclerosis will take to the runway in an effort to raise funds for the New York City – Southern New York Chapter of the National Multiple Sclerosis Society.

This year's fashion show is once again sponsored by Bloomingdale's and will feature recreational and fitness attire to highlight the variety of recreation and fitness programs the chapter provides for people living with MS.

"It is important to Bloomingdale's that we support charitable initiatives in neighborhoods where we have stores," says Anne Keating, senior vice president of public relations and corporate philanthropy for Bloomingdale's. "We are thrilled to support the New York City – Southern New York Chapter of the National MS Society and MS research, reinforcing that giving back truly is stylish."



**On the Cover:**

Ann Marie Johnson striking a pose as she walks the Catwalk at the 2012 Women on the Move Luncheon.

## CHAPTER NEWS

## FOUR NAMED 2013 SCHOLARSHIP PROGRAM RECIPIENTS

Congratulations to Flavia Tomori of Ridgewood, Sarah Paschkas of Pound Ridge and twin sisters Danielle and Marissa Raskin of Brooklyn the 2013 recipients of the New York City – Southern New York Chapter of the National MS Society's annual Scholarship Program.

This program helps students affected by multiple sclerosis pursue a college or technical school education. It is open to high school seniors who live with MS or have a parent who does; or anybody living with MS who has not yet attended a post-secondary school.



### FLAVIA TOMORI

Flavia, a senior at Forest Hills High School, was diagnosed at the age of 16 with MS. She says, "Sometimes the only way you know you're strong is when you have no other choice. They

say there is no cure for MS (but) I disagree. My willpower is my cure. MS doesn't have me."

She plans to attend the State University of New York at Stony Brook in the fall to study Biology.



### SARAH PASCHKAS

Sarah's mother was diagnosed with MS when Sarah was 10 years old. Now a senior at Fox Lane High School, she says her mother's tenacity in the face of MS has been an inspiration to her.

"I can honestly say that my mom is one of the most amazing people I know. She is smart, strong, kind, practical, and when the situation calls for it, incredibly stubborn."

Sarah, who plans to attend the New Hampshire Institute of Art in the fall to study Art Education, says this scholarship means, "I will have more funds available to buy the supplies I will need, as an art student, to turn my wild ideas into realities."

In addition to the emotional toll, MS can have a substantial financial impact on a family. The

direct and indirect costs of MS, including lost wages — even for those with health insurance — are estimated at more than \$70,000 annually per household. This makes funding a college education that much harder.



### DANIELLE AND MARISSA RASKIN

Danielle and Marissa have watched MS take away their father's ability to walk and, in recent years, work.

"Due to his dwindling independence, my mother's full time job is taking care of him," said Danielle, a senior at Eleanor Roosevelt High School. "This not only puts a financial strain on the family, but an emotional one as well."

Marissa, a senior at the Bronx High School of Science, concurs adding, "This situation has created a constant source of stress in addition to the pressures of academics and extracurricular (activities)."

Danielle, who plans to study Social Sciences at Pomona College in the fall, says, "The value of this scholarship is invaluable to the opportunities it creates for both me and my family."

Marissa plans to study Neuroscience in the fall at Tulane University. She says the scholarship, "...brings me one step closer towards entering the field of neuroscience and truly helping to create a world free of MS."

The Society established its scholarship program 10 years ago and it immediately became a source of great encouragement for families concerned that MS might put college out of reach. This year, 423 new awards and 257 renewals totaling \$1.1 million were presented nationwide. Applications are evaluated on financial need, academic record, leadership and volunteer activities, a statement of educational and career goals, and letters of recommendation. Applicants were also asked to provide a personal statement describing the impact MS has had on their life. Scholarships can range from a minimum of \$1,000 to \$3,000 max per year.

## SAVE THE DATE

MS  
BrainGames

The 6th Annual MS Brain Games  
Monday, October 7, 2013

## GET IN GEAR FOR BIKE MS NYC



Register today for Bike MS New York City taking place on Sunday, October 6, 2013 at Pier 94 in Manhattan. Once again, the ride will offer three unique routes – the 30 mile *traffic-free* route takes riders along the Franklin D. Roosevelt Drive, Harlem River Drive and the West Side Highway; the 55 and 100 mile routes take riders through the Holland Tunnel *traffic-free* and up into Rockland County on open roads. The event is fully supported with

rest stops, bike mechanics, a full meal and support vehicles. Invite your family and friends to cheer as you cross the finish line and celebrate with great food, music, a beer garden, massage area and photo opportunities.

Bike MS NYC has a required fundraising minimum of \$150 and a registration fee of \$50. The registration fee increases to \$75 on September 6 so sign up today!

Register at [www.bikeMSnyc.org](http://www.bikeMSnyc.org) or call 212-463-9791 for more information.

### RECEIVE MSCONNECTION THROUGH EMAIL

Receive *MSConnection*, the quarterly newsletter, via email to save on printing and mailing costs, in addition to providing you with timely and relevant information in a format that works best for you. If you would like to receive *MSConnection* by email only, please email [daphne.mack@nmss.org](mailto:daphne.mack@nmss.org).

## VOLUNTEER CORNER



JENNIFER (SECOND FROM LEFT) WITH FRIENDS.

“MS DOES NOT DEFINE WHO WE ARE BUT IS SOMETHING THAT INEVITABLY RESHAPES HOW ONE THINKS ABOUT HIS/HER LIFE MOVING FORWARD.”

Jennifer Medina was 17, a junior in high school and a top collegiate recruit for soccer, when she was officially diagnosed with multiple sclerosis.

“While finding out I had MS was truly awful news for my family and I,” explained Jennifer, “receiving an actual diagnosis was also, to me, an extreme relief given I had literally questioned whether or not I was going crazy.”

She said as her treatment began, her symptoms dissipated and she was able to resume her studies, play soccer again and the following year earned an athletic scholarship to University of California at Berkeley.

It would be 12 years later, upon moving to New York City and connecting with the New York City – Southern New York Chapter, that Jennifer, for the first time, would meet others living with MS in person.

Learning quickly about the chapter’s vast resources and listening to and then connecting those newly diagnosed with MS to those resources, led Jennifer to train as a peer counselor and co-facilitate the Newly Diagnosed program which five years later she says, “I’m still doing it and love it.”

She said as a Mental Health Counseling graduate student the experience taught her the differences between being a peer versus a mental health counselor.

To learn more about becoming a Peer Volunteer contact Moyra Rondon at 212-453-3237 or email [moyra.rondon@nmss.org](mailto:moyra.rondon@nmss.org).

## ACTIVISM

## RETIRED LEGISLATOR MARTY ROGOWSKY JOINS THE MS ADVOCACY MOVEMENT



Westchester County Legislator Marty Rogowsky's retirement from public service gave him the time and opportunity to join the MS movement as an advocate for the chapter and commit his energies to supporting the legislative agenda for people living with MS. After 13 years serving as an elected official representing Harrison, Port Chester and Rye Brook Marty, whose wife Tobi Rogowsky is living with MS and serves on the Board of

Trustees for the chapter, became engaged as an activist, helping to lobby elected officials. "My role changed from a policy-maker and legislator to one where I focus in on a particular issue and use my relationships to help open doors," says Marty.

When it comes to honing in on an issue and pursuing it, Marty has a wealth of experience. One of his singular accomplishments was to consolidate the county's sewer system, consequently lowering sewer taxes by 50%. In addition, he prevented the expansion of the county airport, thereby making good on a campaign pledge. Marty enjoyed serving in public office and making a difference in the lives of his constituents. Now, he is working to make a difference in the lives of a new constituency, one that is close to his heart. "I can bring perspective to how the legislative system works at the federal, state and local level and help make sure that the right people are seen," says Marty. Of primary importance to him is to ensure that Medicaid funding for services for people living with disabilities is not cut.

From a practical perspective, Marty encourages people to get involved at any level as a grass-roots activist. "People like to make a difference and may not know how. The easiest way to do it is to get involved in local issues that are important to you. Get to know the people who are decision-makers. It may be that your local school board member sits on a committee and is a decision-maker and one day runs for office.

You'll have established a relationship with that person that can be useful in the future."

Are you interested in volunteering your time as an MS Activist? Contact Eugene Veigl, Director of Advocacy at [eugene.veigl@nmss.org](mailto:eugene.veigl@nmss.org) or call 212-453-3238.

## RESEARCH

## EXERCISE & THE BRAIN

BY BRUCE BEBO, PHD

Emerging evidence across the board suggests that exercise doesn't just keep us physically fit, it helps our brain function better, too. Scientific presentations on exercise, rehabilitation and quality of life issues at the American Academy of Neurology's annual meeting in March suggest this holds true for people living with multiple sclerosis, as well.

## EXERCISE'S GOOD EFFECTS

A small study from National Multiple Sclerosis Society-supported scientists at the Kessler Research Institute in New Jersey found that 30 minutes of aerobic exercise done three times a week over three months improved memory and increased the volume of the hippocampus, a part of the brain involved with memory. These preliminary results will hopefully encourage further studies that will yield more definitive conclusions and maybe even recommendations.

Another study examined the potential of longer term aerobic exercise to build endur-

ance in people with MS. This study involved 60 people split into two groups: people who experienced fatigue and people who did not. Both groups performed individualized endurance exercises using treadmills.

After six months, both groups showed improved oxygen consumption. However, those who started out with fatigue showed improvement in their fatigue scores, but it took at least nine months of the program to see a difference. So while you may not feel the effects of exercise at first, persistence can pay off!

## EXERCISES FOR THE BRAIN

Some very interesting data illustrating how the brain reorganizes to adapt to MS damage was presented by a research team from the San Raffaele Hospital in Milan, Italy. This team looked at the impact of a 12-week computer-assisted course that focused on training to increase memory and attention (the course was previously reported to improve attention and executive thinking abilities). Using functional MRIs, which allows a real-time glimpse of the brain at work, they found indicators that brain activity had increased in specific areas. This improvement appeared to persist at least six months after the training was completed.

Researchers from Milan and from Kessler also reported that people with MS with more "brain reserve" (larger brain size) and more "cognitive reserve" (increasing the ability to withstand or postpone MS-associated decline in cognition with activities such as doing puzzles or playing

music) were at lower risk for cognitive changes associated with brain lesions. Even when brain size is accounted for, those with more cognitive reserve appear to have lower risk for cognitive changes.

There's nothing any of us can do about the size of our brains. But growing evidence suggests that people may be able to build cognitive reserve by engaging in enrichment activities (*Words with Friends* anyone?). It's exciting to think that actions we can take, such as some mental and physical training, can actually alter brain circuits, improve brain activity and possibly help slow the progression of MS.

*Summaries of the meeting can be viewed on the AAN's website at [www.abstracts2view.com/aan](http://www.abstracts2view.com/aan), or visit [www.nationalMSSociety.org/research](http://www.nationalMSSociety.org/research) for an overview of MS-related research presented at the meeting.*

## LIVING WITH MS



SIBLINGS JENNIFER, SUSAN, STEPHANIE AND PHILIP

Jennifer Paolucci's sister Susan Musetti, of Staten Island, is one of the 10,000 that the

chapter serves. Susan was diagnosed with multiple sclerosis in November of 2009 shortly after giving birth to her second and now last child due to MS.

"My sister has relapsing-remitting MS and her lesions are primarily on her spine," explained Jennifer. "She experiences pain and numbness in her limbs daily which makes walking a challenge especially when she has flare ups and has to use a cane."

Jennifer said Susan also struggles financially and has been on short-term disability three times since being diagnosed.

"It physically makes my heart hurt, thinking my nephews will be robbed of experiencing their wonderful mother 100 percent and that they will have to see her suffer," said Jennifer. "My sister deserves to dance with her sons at their weddings 20 years from now, on her own, no cane, no wheelchair and no pain."

The chapter has been of assistance to Susan providing her with a large in-window air conditioner free of charge. People living with MS may experience a temporary worsening of their symptoms when the weather is very hot or humid.

"They have also provided us access to information, resources and more importantly hope," said Jennifer, who participated in her fourth Walk MS Staten Island in April with "Team Kapluchi".

## REHAB

# REHABILITATION AND MULTIPLE SCLEROSIS

MICHELLE STERN, MD  
CHAIRMAN, DEPT. OF REHAB MEDICINE,  
NORTH BRONX HEALTH CARE NETWORK  
ASSOCIATE CLINICAL PROFESSOR,  
ALBERT EINSTEIN SCHOOL OF MEDICINE

While medications play a key role in the treatment for MS, rehabilitation (rehab) and the different components of services available can help improve your functional ability. This article will discuss the various team members for rehab services and what they can offer.

The physician who specializes in Physical Medicine and Rehabilitation is also called a physiatrist. The role of the physiatrist with MS patients is to perform a medical/functional assessment. Physiatrists have training in managing symptoms related to spasticity, pain and bowel/bladder issues which may be treated by medications or injections. They are also involved in developing a therapy program and ordering equipment. Equipment needs may include wheelchairs (manual or motorized), scooters, walkers (standard, rolling or hemi) or canes. Other equipment includes orthotics (such as an ankle/foot orthosis) or bathroom equipment.

Rehab services can be offered in an inpatient or outpatient setting. For MS patients requiring

inpatient rehab services, it is offered at either an acute level or a sub-acute level. Members of the rehab team may include the physician, nurse, physical therapist, occupational therapist, speech therapist, neuropsychologist and the social worker. The acute level is a program for three hours a day for at least five days a week where patients are seen by a physical therapist and an occupational therapist. As needed, the patient can also be seen by a speech therapist as part of their program.

The average length of stay for inpatient acute rehab is two weeks, with the expectation of being able to return to the community after the stay. For those who need a longer program, a sub-acute rehab program is available, which offers therapy for one hour a day for at least five days a week. This program is slower paced and typically patients may stay one to two months. The eligibility for various rehab programs is different depending on your insurance plan. It is important when choosing an insurance plan that rehab benefits for both the inpatient and outpatient setting are explored.

Listed below is a general overview of the different roles of the therapists:

**Physical Therapist** – Focuses on helping patients regain their mobility. Through exercises and specialized equipment, the main role of the physical therapist is to help improve ambulation, regain strength and balance training. They will work to help improve your ability to transfer from different level surfaces, how to get up from low

surfaces and help choose the right assistive device, if needed, to improve gait. They can also use modalities such as manual massage, hot/cold packs and ultrasound to help manage pain symptoms.

**Occupational Therapist** – Focuses on adaptive equipment and activities of daily living. They will work on upper extremity function and the person's ability to dress, bath, and toilet and groom as well the ability to perform household duties. They can also fabricate splints for the upper extremities as needed and be part of wheelchair evaluations. Some may have training for visual rehab programs.

**Speech Therapist** – Focuses on treating symptoms related to swallowing, language and cognitive issues.

**Neuropsychologist** – Can evaluate for cognitive issues as well as help with symptoms related to depression, pain or anxiety.

While the neurologist may play the main role in the treatment of MS, there are other health care professionals whose services can help improve quality of life and function and should be incorporated as needed.

## COMMUNITY RESOURCES

### HOW COOL IS THIS?

Blue skies, warm sun, sandy beaches...sounds great, doesn't it? But for some people with MS they may experience a temporary worsening of symptoms when the weather is very

hot or humid. These changes can result from a slight elevation in core body temperature. Heat does not generally cause more disease activity, but if you are one of those that are adversely affected, it can be very uncomfortable.

You are already cool – but here are some tips for staying cool:

- Find an air conditioned environment during those dog days of summer. An air conditioner is tax deductible if you have a prescription from your doctor.
- Wear lightweight clothing – natural fibers are best
- Icy drinks are tasty and are very helpful
- Exercise in a cool room, with a fan or in a pool (make sure the water is less than 85 degrees)
- Wear a cooling device: vests, wristbands, neck/ankle wraps, hats and shirts

Here are some things to consider when purchasing cooling equipment:

- What is the total cooling time of the garment?
- What is the cooling garment made of?
- What is the garment's weight?
- Since garments utilize different types of cooling mechanisms (e.g., ice packs, evaporative cooling, phase-change), which would work best in your climate?
- Is the garment designed to fit under or over regular clothing?
- Will you need to purchase extra cool packs to maximize the use of the garment?
- Will your health insurance cover this item? (If needed, the insurance billing code for cooling products is E-1399: Durable Medical

Equipment – Miscellaneous). If your health insurance denies your request contact us for a cooling equipment appeal letter.

For a listing of national vendors, please call 1-800-344-4867, option 1

In addition, the following organizations have limited cooling assistance programs:

- MS Association (MSAA) – [www.mysaa.org/msaa-help/cooling/](http://www.mysaa.org/msaa-help/cooling/) or call 1-800-532-7667
- MS Foundation (MSF) – [www.msfocus.org/Cooling-Program.aspx](http://www.msfocus.org/Cooling-Program.aspx) or call 1-888-673-6287 (Feb. 1 – June 1 only)
- National MS Society (NMSS) NYC – Southern NY Chapter – <http://www.nationalmssociety.org/chapters/nyn/programsandservices/financial-assistance/index.aspx> or call 1-800-344-4867, option 1

## EN ESPAÑOL

### MANTÉNGASE FRESCO ESTE VERANO

TRADUCCIÓN POR: MARIA REYES-VELARDE, MD, MPH

Para muchas personas, el calor intensifica temporalmente los síntomas de la esclerosis múltiple. La fatiga, la debilidad y los problemas visuales son algunos de los problemas que pueden incrementarse cuando la temperatura del cuerpo aumenta tan poco como un solo grado.

No hay evidencia de que el calor empeore la enfermedad, pero sí afecta el paso de los mensajes en los nervios y puede causar sensación de debilidad en los brazos y piernas o fatiga. Esto puede pasar también luego de realizar un ejercicio vigorosamente o en la fiebre. Recuerde siempre consulte con su profesional de salud cualquier preguntas sobre sus síntomas de la esclerosis múltiple.

A continuación hallará unos consejos que le pueden ayudar a mantener el cuerpo fresco.

- Tome muchos líquidos, especialmente agua fría. Evite la cafeína pues tiene un efecto diurético.
- Use abanicos, aire acondicionado o botellas con atomizador/rociador. La compra de aires acondicionados puede ser deducible de impuestos con un documento de su médico.
- Haga ejercicios en un ambiente fresco. escoja la parte del día que sea más fresca. Use aires acondicionados o abanicos para mantener la temperatura corporal a un nivel apropiado. Ejercítense en agua templada (se recomienda entre 80 y 84 grados oF); es una manera excelente de combatir el calor durante la actividad física.
- Utilice ropa diseñada para enfriar el cuerpo como chalecos, bandas en la cabeza y cuello que muchos atletas utilizan. Una toalla húmeda, sombreros de ala ancha y ropa holgada de colores claros también pueden ayudar.
- Trate “enfriándose previamente” metiéndose en una tina con agua templada. Ésto disminuye los efectos del calor generado en el ejercicio y retrasa el tiempo que toma en aumentar la temperatura corporal.

- Un baño o duchazo frío también puede ayudar a reducir la temperatura corporal luego de la actividad física o de exposición al calor.

No deje que el calor lo desanime. ¡Encuentre las estrategias que funcionan para usted y disfrute del verano!

## ¡OJO AL OTOÑO!

### DÍA PARA FAMILIAS HISPANAS VIVIENDO CON ESCLEROSIS MÚLTIPLE FECHA POR DETERMINAR EN NOVIEMBRE DEL 2013

¡Acompáñenos para un día especial de conocimiento sobre la esclerosis múltiple, celebración de cultura, baile, y placer para la familia entera incluyendo un almuerzo latino delicioso! Este evento es gratis y ofrecido totalmente en español. Inscríbese en octubre al teléfono 1-800-344-4867, opción 3.

## PROGRAMS AND SERVICES CALENDAR

### AUGUST – OCTOBER 2013

Unless otherwise indicated, to get more information and to register, please call 1-800-344-4867, option 1 or visit [MSnyc.org](http://MSnyc.org).

#### LIVING WITH MS IN YOUR 20'S AND 30'S

For anyone in their 20's and 30's who has MS there is a monthly support group meeting held on the third Wednesday of June, July and August from 6-8 p.m. at 733 Third Avenue, Third Floor, NY, NY 10017. For information contact Moyra Rondon at [moyra.rondon@nmss.org](mailto:moyra.rondon@nmss.org).

#### SOCIAL GROUP

Meets on a monthly basis.

Orange County: Meets on the last Saturday of every month from 10 – 11:30 a.m. at Starbucks, 51 Orange Plaza Lane, Middletown, NY 10940.

#### SUPPORT PROGRAMS

Fall Semester of Support Groups Begins in October

The chapter offers support groups for individuals living with MS, as well as their families and caregivers. More than 50 professionally led in-person and conference call groups are organized on a wide variety of topics related to MS concerns, experiences and resources.

Visit our webpage [supportgroups.MSnyc.org](http://supportgroups.MSnyc.org) for a complete group listing including new group offerings in NYC for families, our Coping with MS group in Sullivan County, and an online support group. Some groups, like the group for those newly diagnosed with MS, are ongoing.

For information about self-help groups and peer counseling, contact Moyra Rondon at [moyra.rondon@nmss.org](mailto:moyra.rondon@nmss.org) or call 212-453-3237.

#### RECREATION AND WELLNESS PROGRAMS

Starting in October.

Recreation and Wellness programs to promote health and wellness for people living with MS. Multi-week groups take place throughout NYC and Southern NY counties. Join the movement!!

#### ACCESS THE APPLE, – A COMMUNITY EXCURSION PROGRAM

The chapter will host community-based outings. Participants will learn how to “Access the Apple” and experience NYC firsthand regardless of their mobility status. Trips will be planned to a variety of events. Visit [www.MSnyc.org](http://www.MSnyc.org) for more information.

### AUGUST

#### ASK THE EMPLOYMENT SPECIALIST

Telephone Q & A Session  
Wednesday, August 14, 2013

Do you have an employment question you would like answered? Are you curious about

workplace disclosure, social security benefits, need a reasonable accommodation or are you thinking about returning to work? Employment specialist Barbara McKeon, CRC, LMHC, Director of Employment, will be available to address your questions regarding employment concerns for people living with MS.

### SEPTEMBER

#### ASK THE HUMAN RESOURCES EXPERT

Wednesday, September 18, 2013, 3 p.m.  
733 Third Ave., 3rd Fl., New York, NY 10017

Join in for personalized sessions, in a small group setting, with Human Resource professionals to review your resume and answer questions you may have regarding your job search. For details and to register call 212-453-3218 or email [barbara.mckeon@nmss.org](mailto:barbara.mckeon@nmss.org).

#### ANNUAL RESEARCH SYMPOSIUM

September 28 and 29, 2013  
12- 4 p.m.

Taking place in New York City and in Southern New York. Advances in MS research will be highlighted by top MS specialists. Registration is free and will include lunch. Visit [www.MSnyc.org](http://www.MSnyc.org) for program and registration information.

#### MEET AND GREET: FOR THOSE NEWLY DIAGNOSED Check website for details

This program will provide an opportunity, for people diagnosed with MS within the last

three years, to network with a group of dedicated professionals representing the various components of a comprehensive MS care team and key chapter volunteers, service providers and staff. Family members and friends are encouraged to attend.

## MANAGING PAIN AND SLEEP ISSUES IN MS

September 9, 2013 - Orange County  
7 – 8:30 p.m.  
Crystal Run Healthcare  
95 Crystal Run Road, 3rd floor  
conference room  
Middletown, NY 10941

September 12, 2013 – Queens  
7 – 8:30 p.m.  
New York Hospital Queens  
56-45 Main Street- Classroom 3  
Flushing, NY 11355

October 10, 2013 – Brooklyn  
5:30 – 6:30 p.m.  
Harbor Hill Residence  
5613 Second Avenue – 1st floor  
Activity Room  
Brooklyn, NY 11220

These two symptoms often cause confusion and frustration for people with MS, their loved ones and their healthcare providers.

Both pain and sleep disorders can be treated, but it is often hard to understand the root causes and determine the best strategies for management. Refreshments will be served.

## OCTOBER EVERYDAY MATTERS

Oct 1, 8, 15, 22 and 29  
6:15-8:15 p.m.  
Rockland Independent Living Center  
873 Route 45, Suite 108  
New City, NY 10956

For people living with MS, the concept of their “best life” can change due to the challenges of having a chronic, unpredictable and life-long disease. This in-person multi-week program for people living with MS, their support partners and family members provides an opportunity to learn and discuss the various tenets of positive psychology and how to incorporate them into their lives.

## JANET PEARCE NURSE EDUCATION PROGRAM

Friday-Saturday, October 18-19, 2013  
8:30 a.m. – 4:30 p.m.  
Executive Conference Center  
1601 Broadway, 8th floor  
New York, NY 10019

This 2-day course, designed for nurses, nurse practitioners and social workers in the field of MS, will include learning experiences from experts, lectures, case presentations, panel discussions and networking opportunities.

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**National Multiple Sclerosis Society**

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