

FALL 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  
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**LETTER FROM THE  
CHAPTER PRESIDENT**

Time marches on more quickly each season and as we prepare for the Fall we reflect on the events that took place in the Spring and Summer, connections that were made, and the numerous clients that were served by our programs and services.

We rallied together at seven different sites for Walk MS, raising awareness and funding, and connecting with the community; we cheered at the Dystel Memorial Golf and Tennis Classic when a participant sank his very first Hole in One and we enjoyed an afternoon at Belmont Park Race Track for the Race Against MS where we honored real estate industry leader Glen Weiss and were moved and inspired by the message of Paralympian equestrian Donna Ponessa; we also cheered for our Race to Stop MS team at the New York City Triathlon.

This issue of MS Connection shares a sampling of the stories of the individuals who will ride, and even hand-cycle, in Bike MS NYC and introduces us to a volunteer who literally keeps our bikers moving on our mission to create a world free of MS.

As always, thank you for volunteering, attending our events, fundraising and caring for those living with MS. Because of you, we remain hopeful, encouraged and energized.

Enjoy!

Sincerely,

Robin Einbinder  
President

**FOR THE LOVE OF THE RIDE**

"Cycling in NYC is challenging, practical and rewarding," said Chris Hennessy. "There are challenges with cycling, but the personal rewards are tremendous and inspiring."

Chris, diagnosed six years ago with multiple sclerosis, says cycling has always been part of his life and with or without the disease, "it is a great form of exercise."

In 2009, he formed Team Hennessy and participated in his first Bike MS NYC. Chris, his wife Natalie and anywhere from 12-15 people, have been coming together to ride, and to raise money to support research efforts in finding a cure. To date, Team Hennessy has raised nearly \$40,000.

"The ride is inspiring," he explains. "However, momentum is needed year round, by way of group rides and just talking up the Society's accomplishments, to keep the team maintained."

Chris credits the Virtual Rider feature as the catalyst for the increase in team donations saying, "Those who just will not make it to the ride can still participate and that's helped my team."

Hennessy still has to decide which route he will ride on Sunday, October 6. "Generally I like to ride alongside as many of my team members as possible. The team is diverse in ability and this year I think I'll ride the 30 mile route. It should give me more time with my kids and I'll be able to enjoy the view better on the FDR and West Side Highway."



CHRIS HENNESSY

**BIKE MS NEW YORK CITY**

**SUNDAY, OCTOBER 6, 2013**

**REGISTER TODAY:  
VISIT [WWW.BIKEMSNYC.ORG](http://WWW.BIKEMSNYC.ORG)**

**TAKE \$10 OFF REGISTRATION  
USE DISCOUNT CODE **MSC****



**On the Cover:** Riders along the extended route of Bike MS NYC 2012.

## TEAM NO MS'N AROUND

Team No MS'n Around, led by Steve Radoslovich, is set to ride again on Sunday, October 6 in Bike MS NYC. In 2012, the team raised more than \$36,000, and Steve received the Volunteer of the Year Award for his fundraising efforts.

Steve's connection to MS comes through his wife Dianna whose journey from excessive pain, diagnosis, treatment, surgery and complete dietary change brings her to her third ride.

Dianna's journey began in 2008 when she, a young attorney, began experiencing excessive migraines that affected her ability to work. Steve convinced her to seek medical attention where a brain MRI suggested it was MS. As her symptoms progressed – pain on entire right side of body, weakness and fatigue – a spinal tap among other tests, confirmed the suspicions.



STEVE AND DIANNA RADOSLOVICH

Two years later, Dianna gave birth to the first of her two sons and eight months later joined Steve for Bike MS NYC; determined to cross the finish line even though she literally was the last one across.

Pain remained an issue for Dianna even through her second pregnancy. In 2012, after numerous treatments with no relief, it was determined that she had Trigeminal Neuralgia, a rare neurological condition that causes extreme pain. Surgery was the solution and that October she rode again with the team.

Dianna now works out with a trainer twice a week and does yoga three to five times times per week. She eats “clean” – preservative and additive free and follows a Gluten & Paleo diet.

No longer on the myriad of pain medications, Dianna plans to mount her bike once again for the ride.

## DETERMINATION AND STRENGTH

Helene Hines was just 30 years old when doctors said her periodical paralyses was multiple sclerosis and told her to “give up ever walking again.”

Considered a tomboy most of her life, Hines had enjoyed outdoor sports and swimming and as a teen played field hockey and tennis. She credits her determination and a vigorous training schedule as the reasons her prognosis never manifested itself.

## MOVING FORWARD WITH HIS HANDS

David Greenstein has been living with multiple sclerosis for more than 29 years.

He was initially diagnosed with relapsing-remitting MS (RRMS) which he dealt with for 15 years. It has since become secondary-progressive MS (SPMS) which requires him to use a scooter for mobility.

David says despite having MS, he wanted to remain active so he started working out at the gym. He was able to use a stationary hand-cycling machine for about five or six years when a gentleman asked had he ever tried actual hand-cycling.

That was two years ago and David has been hand-cycling ever since calling it “an absolutely exhilarating experience.”

In an interview with Everydayhealth.com, David said hand-cycling has given him some of his independence back.



HELENE HINES

After diagnosis, Hines competed in several major marathons (including New York City and Boston) before her legs began to trouble her and in 2002 led to her discovery of hand-cycling.

“When you think about it, there’s no sport you can’t participate in,” she says. “You have to look at every day as a good day and look forward to it.”

In 2010, she competed in the NYC marathon again but this time in the hand-cycling division and came in first among female hand-cyclists.

Now 65, and a grandmother of two, Hines is not stopping. She has participated in Bike MS NYC for many years and plans to be on her hand-cycle on the traffic-free route on October 6.

Hines, who penned her memoirs titled “Third in the World” considers herself “an advocate for people with disabilities” and teaches others to work with their challenges and “function regardless.”



DAVID GREENSTEIN

independence back. “I treasure the moments being outside, the heat and cold and wind in my face, and the social aspects of riding with other people,” he said.

In 2012, David took hand-cycling to the next level and participated in Bike MS NYC. His team “Tire Guys” raised more than \$27,000.

“It’s a wonderful cause and the bike ride experience was well organized and very enjoyable,” David says. “It is a great excuse to get some exercise while raising money for a good cause. Also, it is a terrific way to spend time with family and friends!”

David and team “Tire Guys” will take on the 30 mile route on October 6.

## CHAPTER NEWS

# 31ST ANNUAL RACE AGAINST MS



MIKE NORTON, JASON DOVE, JIM DONAGHY, AND VINNIE CARBONELL

More than 600 real estate, construction and property management executives from companies including Tishman Speyer, Structure

Tone, Inc. and Cushman & Wakefield, came together on June 20 for the 31st Annual Race Against MS at Belmont Park Race Track and raised \$485,000 to assist people living with multiple sclerosis and support cutting edge research to find a cure for the disease.

Industry leader Glen Weiss, Executive Vice President – Director of Office Leasing at Vornado Realty Trust was honored at the event where Paralympian equestrian Donna Ponessa, who is living with MS, served as the guest speaker. Emmy award-winning NBC News 4 New York lead sports anchor Bruce Beck returned as emcee.

## RECEIVE MS CONNECTION 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).



“EVERY YEAR WHEN THE RIDE FINALLY TAKES PLACE AND I SEE THOUSANDS OF RIDERS ENJOYING THE DAY AND GIVING BACK TO A GREAT CAUSE, I’M ENERGIZED TO MAKE IT BETTER THAN THE PREVIOUS YEAR.”

## VOLUNTEER CORNER

Steve Kahn, owner of Danny’s Cycles, describes himself as a “lifelong cyclist.”

“I started out racing bicycles when I was 12 years old and have never lost my passion for the sport,” he says. “Now, as a father of three sons, I’m lucky enough to have them share my love of cycling.”

Kahn has been an active volunteer in the MS movement for 20 years. He says that although he doesn’t have anyone in his life living with MS, “I believe in the cause and the tremendous dedication of the National MS Society.”

He explains that as he continues to support the movement locally with the NYC – Southern NY Chapter, he has “found better ways to help.”

“More than just the day of the event, I use my cycling skill set and bike industry knowledge,” Kahn says. “I serve on the planning committee and work with other members to guide the program.”

At Bike MS NYC, Kahn and his team will play their pivotal role in making sure the thousands of bikers who ride to raise funds and awareness for multiple sclerosis are safe and supported should they experience any mechanical mishaps.

He and his staff and one of his sons are at the start line and then go mobile and roam the 55 and 100 mile routes.

Asked about why others should volunteer, he says, “You have to find something inside of you that you want to share. There is some hard work, but we all have a skill set that we can use to make a difference. I’m just a bike guy trying to help in my own way.”

To learn more about volunteer opportunities, email Michael Providence at [michael.providence@nmss.org](mailto:michael.providence@nmss.org) or call 212-453-3258.

## DYSTEL MEMORIAL GOLF AND TENNIS CLASSIC



HOLE-IN-ONE WINNER MIKE NAZZARO RECEIVING THE KEYS TO HIS NEW PORSCHE.

The early morning rain on June 3, didn't put a damper on Mike Nazzaro's golf swing as he made his very first hole-in-one at the Chapter's annual Dystel Memorial Golf and Tennis Classic. Nazzaro, of New York City, became the owner of a brand new Porsche courtesy of New Country Porsche of Greenwich.

"I have never made a hole-in-one before so making it is amazing in itself but add to it a Porsche and it is all pretty wild," said Nazzaro, of New York City, who is an avid golfer.

More than 100 supporters were in attendance at the Fairview Country Club in Greenwich, CT, for a day of golf, tennis, contests, raffles and a silent auction to raise funds for the programs and services that the Chapter provides for the 10,000 peo-

ple in the five boroughs of New York City and Westchester, Putnam, Rockland, Orange and Sullivan counties living with MS, their families and friends and support the Society's critical research initiatives.

### ADVOCACY

## FIGHTING FOR ACCESSIBLE TAXIS IN NEW YORK CITY

The New York City – Southern New York Chapter of the National Multiple Sclerosis Society believes that 100% of New York City's yellow cabs should be accessible to people with disabilities. Currently, less than 2% are. Mayor Bloomberg and the Taxi and Limousine Commission missed an opportunity to rectify this issue when they chose the Nissan minivan as the "Taxi of Tomorrow". This vehicle is not designed to accommodate wheelchairs or scooters unless retrofitted to do so.

By approving the "Taxi of Tomorrow" for a 10 year contract, the city has ensured that thousands of individuals using wheelchairs, scooters and other mobility devices will not have access to an important aspect of New York City's transportation network. Beginning in October 2013, medallion taxicab owners must replace retiring taxicabs with the "Taxi of Tomorrow" effectively missing an opportunity to add new accessible taxicabs to New York's fleet.

The New York City – Southern New York, as a member of the Taxis for All campaign, will continue to fight to increase access to taxis for those with mobility issues. Our goal is to have a taxi fleet that is 100% accessible and we will not stop until this is a reality.

For more on this topic, please call Eugene Veigl at 212-453-3238 or email [eugene.veigl@nmss.org](mailto:eugene.veigl@nmss.org).

### RESEARCH

## PARTNERING ON PROGRESSIVE MS

BY MARCELLA DURAND

Treatments for relapsing-remitting multiple sclerosis have moved forward, but treatments for progressive MS have remained maddeningly elusive. A newly formed International Progressive MS Collaborative intends to find out why.

"Overcoming the challenges of progressive MS is a key objective of the Society's Strategic Response to MS," says Timothy Coetzee, Ph.D., chief research officer of the Society. "This is just one of the ways we're collaborating worldwide to speed clinical trials in progressive MS."

The collaborative's first step was to publish an opinion paper in *Multiple Sclerosis Journal* that outlined the challenges in developing therapies for progressive MS. It identified five key research priorities, as follows:

**01** Experimental models of MS. Animal models that more closely reflect the symptoms and underlying tissue damage of progressive MS are

urgently needed.

**02** Identification and validation of targets and repurposing opportunities. Advances in MS genetics and the systematic re-evaluation of drugs approved for other indications may help identify new therapeutic targets in progressive MS.

**03** Proof-of-concept clinical trial strategies.

Lesion activity on MRI is an accepted biomarker in clinical trials for relapsing-remitting MS, but no comparable measure has been identified for progressive MS — yet.

**04** Clinical outcome measures. Establishing clearer outcome measures for progressive MS will help evaluate possible therapies.

**05** Symptom management therapies and rehabilitation strategies. Developing symptom management therapies and rehabilitation strategies in progressive MS may be advanced by targeted research and assessing potential treatments in rigorous, well-designed trials.

The collaborative has convened five working groups to discuss these challenges and opportunities and to make research recommendations in each of the key areas.

The collaborative will host an international conference in 2013 to plan how to continue moving research forward. Visit [www.nationalMSsociety.org/progressiveMS](http://www.nationalMSsociety.org/progressiveMS) for more information on progressive MS, or sign up for MS eNEWS at [www.nationalMSsociety.org/](http://www.nationalMSsociety.org/) sign up for the latest on the collaborative's progress.

**ASK THE EXPERT****LONG TERM CARE  
HEALTH INSURANCE  
FOR FAMILY MEMBERS**

BY: LOUISE OBER-FOX, CLTC AND  
BERNIE LEINER  
LONG-TERM CARE PLANNING ADVISORS  
EMPIRE STATE LONG TERM CARE  
INSURANCE GROUP

A young lawyer with MS was still working, however his MS was progressing rapidly and he had to begin a plan to move into an assisted care facility. Unfortunately, he did not have long-term care health insurance and the facility that was to his liking was very costly. This man with whom we have stayed in contact, asked us to reach out to as many people as possible to educate them about the importance of long-term care insurance.

This story, which is also our story and yours, shares one common theme: our health can change in an instant. As many people know, the every-day necessities of caring for family members or for yourself during an unforeseen, long-term illness are not covered by regular health insurance.

Two common misconceptions that keep people from investing in their future healthcare: (1) long-term healthcare is an expensive luxury, and (2) it is for people who are already sick. There are many affordable plans and

having your basic needs met during a long-term illness is a necessity. Waiting until you are already very sick will likely prevent you from being eligible.

In our practice of fifteen years in advising people on long-term healthcare, we have heard these heartbreaking stories over and over again and have become proactive in recommending long-term care coverage to family members of people living with MS.

Having a long-term plan in place can give us control of our care when we need it most. We owe it to ourselves and our families to plan for illness in the same careful way we make plans for our future.

**REHAB  
SHOP WISE**

BY DAVE MILLER, OTR, ATP, AND  
ANDREW KRUTMAN, ATP

If you rely on a wheelchair for mobility, then having an appropriate model that is stable and provides a comfortable position is vital for comfort, health, independence and enhancement of your quality of life. Proper wheelchair positioning with an individualized seating system can promote good posture, improve breathing and digestion, prevent complications such as pressure sores and skin irritation, slow further loss of mobility, minimize pain and maximize functioning.

When you go to a wheelchair clinic, you will be introduced to a rehabilitation therapist,

usually a physical and/ or occupational therapist and a durable medical equipment supplier. You, along with the therapist and supplier, will be involved in the comprehensive evaluation process of selecting the proper wheelchair for you. Look for professionals who are Certified Assistive Technology Professionals (ATP) as they are specifically trained in this area. They will conduct a thorough evaluation of your abilities, needs, lifestyle and home environment. Based on that evaluation, they will recommend a wheelchair seating system, which may include specialized supportive cushions, backrests, headrests, or trunk, arm and leg supports.

A wide variety of manual, power wheelchairs, and scooters are available and can be customized to meet your needs. Training on proper wheelchair use and safe transfer techniques is provided for you, your family and caregivers.

In addition, whether you have Medicare, Medicaid, or commercial insurance, this team will help assist you through the funding process by providing a detailed letter of medical necessity which is needed to acquire the equipment. The doctor or nurse practitioner is also very important as Medicare and most insurance companies require a physical examination to be completed and the results of that examination notated for their review.

For more information, call our Information and Referral Center (IRC), at 1-800-344-4867, option 1, for local wheelchair seating and mobility clinics and ask for a brochure called, "How to Choose the Mobility Device

that is Right for You".

**COMMUNITY RESOURCES  
THE LEGAL AID SOCIETY**

BY CAROL SANTANGELO  
STAFF ATTORNEY  
THE LEGAL AID SOCIETY  
HEALTH LAW UNIT

Founded in 1876, The Legal Aid Society is the oldest and largest direct provider of legal services to low-income people in the United States. The Legal Aid Society operates three major legal practices – Civil, Criminal and Juvenile Rights – and provides comprehensive legal services to individuals in all five boroughs of New York City.

Within the Civil Practice, the Health Law Unit (HLU) provides direct legal services to uninsured and underinsured low-income health care consumers and beneficiaries residing in the five boroughs of NYC, and technical advice to advocates throughout New York State. The HLU operates a state-wide helpline that is open to consumers and advocates alike. This outreach enables them to provide assistance or advice on a broad range of health-related issues involving Medicaid, Child Health Plus, Family Health Plus, Medicare, commercial insurance, denial of essential health benefits and services, access to care for the uninsured, immigrant access to health care, access to health care for individuals who have limited English proficiency and disability rights.

Advocates provide direct representation or advice to individuals facing Administrative Hearings or health plan appeals to challenge eligibility determinations and denials or reductions in medically necessary services.

HLU staff participate in statewide and federal advocacy efforts on a variety of health law and policy issues including Medicaid's newly implemented Managed Long Term Care (MLTC) program and the soon-to-be implemented Fully Integrated Duals Advantage (FIDA) program. The staff also conducts in-person trainings and webinars. The staff also assists disabled individuals in maintaining eligibility for Medicaid benefits by helping them to enroll in Pooled Supplemental Needs Trusts.

Advocates and consumers in the five boroughs can call The Legal Aid Society's Access to Benefits Helpline at 1-888-663-6880 Tuesday through Thursday, 10 a.m. - 1p.m., for assistance with health law matters.

Legal Services of the Hudson Valley can help low income individuals and families in Westchester, Rockland, Putnam, Orange and Sullivan counties. Services include free civil (non-criminal) legal counsel to protect the basic necessities of life, including shelter, freedom from physical abuse, medical care and access to legal protections and supports that are guaranteed by law, but not always provided. They can help with homelessness prevention, disability claims and denial of public benefits, discrimination and advance directive planning. For assistance, call 1-877-574-8529.

## EN ESPAÑOL

# NUEVA INFORMACIÓN PARA REALIZAR DECISIONES SOBRE EL SEGURO DE SALUD

TRADUCCIÓN POR: MARIA REYES-VELARDE, MD, MPH

Comenzando el 1ro de octubre, la mayoría de las personas que aún no tienen seguro de salud tendrán nuevas opciones de cobertura cuando El Mercado de Seguros Médicos —un componente de la Ley del Cuidado de Salud a Bajo Precio (ACA por sus siglas en inglés) — abra inscripciones para iniciar cobertura a partir del 1ro de enero del 2014.

Accesible solo en la Internet, los Mercados de Seguros Médicos (a veces conocidos como "bolsas") son una nueva manera de comprar seguros médicos ya que las personas pueden comparar planes, obtener créditos para los impuestos y otras ayudas con los costos. El programa también incluye 'navegadores' certificados por el gobierno que son consejeros expertos en seguros de salud pagados por los mercados para proveer una información neutral, educada y ayudar con la inscripción, sin costo para el consumidor. La cobertura bajo los planes de seguros médicos en el mercado está garantizada, sin importar enfermedades o condiciones existentes, como la esclerosis múltiple, y cubren cuidado preventivo

y necesario, como las visitas a los doctores, hospitalizaciones, permiso por maternidad, atención en salas de emergencia y recetas.

Todos los planes que participan en el mercado tienen que indicar los costos y lo que cubren en un lenguaje sencillo y fácil de entender para que las personas puedan comparar punto por punto los planes. Las inscripciones comienzan el 1ro de octubre en [www.cuidadodesalud.gov](http://www.cuidadodesalud.gov). También pueden llamar para más información a la Sociedad Nacional de EM al 1-800-344-4867, opción 3 o visitar [www.nationalMSsociety.org/ACAkickin](http://www.nationalMSsociety.org/ACAkickin) (en inglés).

## ¡OJO!

**DÍA PARA FAMILIAS HISPANAS VIVIENDO CON ESCLEROSIS MÚLTIPLE**  
**DOMINGO, 24 DE NOVIEMBRE DEL 2013**  
**10 A.M. - 4 P.M. EN**  
**COLUMBIA UNIVERSITY – CASA ITALIANA**  
**1161 AMSTERDAM AVE.**  
**NEW YORK, NY 10027**

¡Acompáñenos para un día especial de conocimiento, cultura, y placer para la familia entera incluyendo un almuerzo latino delicioso! Habrá una presentación por un neurólogo especializado en EM. Además, talleres informativos serán ofrecidos, incluyendo información acerca del mercado de seguros médicos.

Actuación por Arturo O'Farrill y su conjunto de Jazz Afro-Latino. Inscribese en octubre al teléfono 1-800-344-4867, opción 3.

## PROGRAMS AND SERVICES CALENDAR

### NOVEMBER 2013 - JANUARY 2014

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

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

For anyone in their 20's and 30's living with MS there is a support group meeting held on the second Tuesday of every month from 6-8p.m., at 733 Third Avenue, Third Floor, NY, NY 10017. For information, email Moyra Rondon at [mrondon@msnyc.org](mailto:mrondon@msnyc.org)

### SOCIAL GROUP: 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.

Call the group facilitator Scott Wohl at 845-294-2621 or email [swohl1@hvc.rr.com](mailto:swohl1@hvc.rr.com)

### SUPPORT PROGRAMS

The Chapter offers support groups for individuals living with MS, as well as their families and caregivers. More than 50 in-person and conference call groups are organized on a wide variety of topics related to MS concerns, experiences and resources. Most groups run in semesters October through January and in April through June. Some groups meet year-round (including groups for those newly diagnosed with MS).

## RECREATION AND WELLNESS PROGRAMS

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 beginning in October.

### NOVEMBER

#### EDUCATIONAL TELECONFERENCE SERIES: The Emotional and Physical Health of Caregivers

Wednesday, November 6, 2013  
7 – 8 p.m.

Maintaining your health and well-being is essential to being able to care for others. Celebrate National Family Caregivers' Month by learning tips for overcoming physical and emotional exhaustion while providing valuable resources to address the challenges of caring for a loved one living with a chronic illness.

Speaker: Linda Walter, LCSW

This educational series is free via a toll-free number.

These programs are made available through the collaboration of the following chapters of the National Multiple Sclerosis Society: Connecticut, Greater New England, Long Island, New Jersey Metro, New York City — Southern New York, Rhode Island and Upstate New York.

Please visit [www.MSnyc.org](http://www.MSnyc.org) for topics, dates and registration options and to listen to recordings of previously discussed topics.

## ONLINE CREATIVE WRITING

Visit [www.MSnyc.org](http://www.MSnyc.org) for dates and times

#### Course: Poetry, Prose and Fiction

This is an 8-week online creative writing course under the direction of a published author. As part of the group each member/poet/writer will be invited to do a weekly reading and send in their own poems/writings for the group to discuss during a one-hour online forum.

The course aims to get to the essence of each participant's voice, and teach them new, expansive ways to think about poetry. The class is an invitation to explore and increase the depths of one's own writing.

## ACCESS THE APPLE - COMMUNITY EXCURSION

November 7, 2013 – Brooklyn Museum

November 22, 2013 - Metropolitan Museum of Art, NYC

Visit [www.MSnyc.org](http://www.MSnyc.org) for details.

## CONVERSATIONS ABOUT MS

Saturday, November 9, 2013

8:30 a.m. – 3 p.m.

Weill Greenberg Conference Center  
1305 York Avenue (2nd floor)  
New York, NY 10021

This is a collaborative program between the NYC—Southern NY Chapter and the Judith Jaffe MS Center at NY Presbyterian Hospital-Cornell. Lunch is provided.

This education program is open to people liv-

ing with MS and their family caregivers. It will highlight the work of experts in the field of MS. Topics will include: Regeneration in MS, Current Advances in MRI's, Navigating Current Therapies, Kids Get MS Too, Managing Your Symptoms and Stress Management. A yoga session for people living with MS will also be offered.

## A DAY AT THE SPA FOR FAMILY CAREGIVERS

Sunday, November 10, 2013

11 a.m. – 2 p.m.

NYC—Southern NY Chapter office  
733 Third Avenue, 3rd floor  
New York, NY 10017

Come by for some pampering! The New York City—Southern NY Chapter along with the Beauty Bus Foundation and Makeover your MS invites you to experience a day of spa services, relaxation and networking. Our pop-up salon will feature manicures, haircuts and styling, and facials. All family caregivers male and female are welcome! Lunch will be provided and respite will be available.

## ANNUAL MEETING

Tuesday, November 19, 2013

3:30-6 p.m.

Fashion Institute of Technology  
Reeves Great Hall  
W. 28th Street and Seventh Avenue  
New York, NY

This meeting provides an opportunity for the chapter to recognize supporters and volunteers for their outstanding achievements in Fiscal Year 2013. Also, the chapter will

hold nominations for the board of trustees. A keynote presentation will be made by Dr. Fred Lublin, of the Corinne Goldsmith Dickinson Center for MS at Mount Sinai Medical Center. His presentation is entitled, "Choosing a Treatment Plan: Making an Informed Decision".

## DÍA PARA FAMILIAS HISPANAS VIVIENDO CON ESCLEROSIS MÚLTIPLE DAY FOR HISPANIC FAMILIES LIVING WITH MULTIPLE SCLEROSIS

Sunday, November 24, 2013

domingo, 24 de noviembre del 2013

10 a.m. - 4 p.m. en/at

Columbia University—Casa Italiana  
1161 Amsterdam Ave.

(entre las calles 116 y 118)

(between 116th and 118th Streets)

New York, NY 10027

¡Acompáñenos para un día especial de conocimiento, cultura, y placer para la familia entera incluyendo un almuerzo latino delicioso! Actuación por Arturo O'Farrill y su conjunto de Jazz Afro-Latino. Inscríbese hoy mismo en el 1-800-344-4867, opción 3.

Join us for a special day of MS awareness, culture, and fun for the entire family including a delicious lunch featuring Latin food. Musical performance by Arturo O'Farrill and his Afro-Latin Jazz Ensemble. Register today at 1-800-344-4867, option 3.

## DECEMBER

## EDUCATIONAL TELECONFERENCE SERIES:

**The Other Side of MS Research:  
Health Policy and Cognition**

Wednesday, December 4, 2013  
7 - 8 p.m.

Discover the wide range of MS research that impacts the quality of life and everyday issues for people living with MS.  
Speaker: Nicholas G. LaRocca, Ph.D.

## ACCESS THE APPLE – COMMUNITY EXCURSION

December 11, 2013 - Movie Club,  
AMC Lowes Lincoln, NYC

Visit [www.MSnyc.org](http://www.MSnyc.org) for details.

## LEGAL DAY

Sunday, December 15, 2013  
10:30 a.m. – 2:30 p.m.  
NYC—Southern NY Chapter office  
733 Third Avenue, 3rd floor  
New York, NY 10017

Free half-hour consultations on a variety of issues including: Social Security Disability benefits, disability insurance claims, matrimonial law (divorce/custody/support), job discrimination, wills/advance directives, accessibility/housing discrimination, general financial planning, bankruptcy, and planning for Medicaid/supplemental needs trusts.

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Relying on the support of caring individuals, businesses and foundations, listed below, the New York City – Southern New York Chapter strives to address the challenges facing all those who are affected by this life-long disease. Your commitment and personal dedication helps the 10,000 people living with MS in the five boroughs, Westchester, Rockland, Putnam, Sullivan and Orange counties, and gives us the tools necessary to create a world free of MS. Contact Shannon Mastroianni at [shannon.mastroianni@nmss.org](mailto:shannon.mastroianni@nmss.org) or 212-453-3241 for more information.

We wish there was space to thank all of our generous donors. Regardless of your gift's size, it is invaluable and tremendously appreciated. The gifts listed here represent the generous support of individuals, corporations and foundations contributing \$500 and above during the period of May 1-June 30, 2013.

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