

MS CONNECTION NEWSLETTER

ANNUAL MEETING

Join us on Thursday, January 31st, 2013 for the National MS Society, Mid South Chapter Annual Meeting at The Boy Scouts of America Conference Center located at 3414 Hillsboro Pike in Nashville. Our Board Chairman, Ed Lanquist, and Chapter President, Stacy Mulder, will take us through the exciting accomplishments we saw in 2012 and our hopes and goals for 2013.

We will also have the chance to recognize some of our wonderful volunteers who have made a difference in our events and programs. The evening will begin with our Registration and Vendor Exhibits opening at 5:30 pm. There will be a Meet & Greet with your Chapter Board at 6:00 pm with a light dinner, followed by our Chapter Chairman's presentation and the awards celebration.

Please RSVP by calling 1.800.344.4867, select option 1 or visit our website at www.msidsouth.org.

Dinner is provided by Teva Neuroscience. A donation of \$5.00 towards meeting cost is appreciated.

New Mid South Chapter Board Chairman



The NMSS Mid South Chapter is happy to announce Edward D. Lanquist, Jr. was recently named the Chairman of the Board of Trustees. Ed is a past Chair of the Chapter and we are honored that he has agreed to step into this position once again.

Ed is a Registered Patent Attorney and Managing Shareholder of Wadley & Patterson, P.C. in Nashville. His practice focuses on patent and trademark litigation and intellectual property counseling. He attended the University of Tennessee receiving a B.S. in Civil Engineering with honors in 1985 and a J.D. with honors in 1988.

Ed currently serves as a member of the Board of Directors of the Nashville Bar Association, member of the Arts and Business Council, a mentor with the Nashville Entrepreneurial Center and also provides pro-bono services to non-profit organization in attempts to protect trademarks.

Please join us at our Annual Meeting on January 31st to welcome Ed Lanquist.

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**National
Multiple Sclerosis
Society
Mid South Chapter**

**“WE EXIST TO MAKE SURE
IT DOESN’T.”**

CONNECT WITH US ONLINE:

Mid South Chapter
www.ms-mid-south.org

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<http://www.facebook.com/nmssmid-south>

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<http://twitter.com/NMSSMidSouth>

PROGRAMS

ONLINE LEARNING FOR PEOPLE LIVING WITH MS

The Society offers a variety of educational opportunities for people living with MS to learn about their disease, treatment strategies and how to best manage symptoms. In addition to the various programs hosted by chapters, there is also an extensive library of online educational programs available regardless of where someone lives. These programs can be accessed directly from the comfort of the online learners' homes or utilized by chapters to maximize your educational resources.

The following online classes can be accessed at www.nationalmssociety.org/living-with-multiplesclerosis/society-programs-and-services/online-classes.index.aspx:

- **My Life, My MS, My Decisions-** a four module series of online classes that provides learners with the skills and resources to enhance their decision-making abilities on topics important to their health care.
- **Intimacy: Enriching Your Relationship-** Intimacy and sexuality are sensitive issues for most people, but when you or someone you love has MS, there may be even more complications. It helps to know there are ways you can manage problems and improve communication. Interactive scenarios and worksheets are provided throughout the course.
- **Adapting: Financial Planning for a Life with MS... Together-** A large part of navigating MS is managing your money and planning wisely for your future. It's never too early to begin evaluation of your income, assets, debts, benefits, and other resources. This online course provides information and strategies to help couples (and families) plan wisely for the future and meet financial challenges that often accompany life with MS.
- **Career Decisions: Relationship Matters-** Living with MS is about transition, but with knowledge, you can find a path where you can continue to demonstrate your experience, talent, and passion. This class focuses on the person with MS, but emphasizes the experience a couple may face when dealing with these life-changing decisions together.

In addition, over 400 MS Learn Online videos are available including Feature Presentations, Daily Minutes and Q&A. A new program is released each month.

Transcripts (pdf format) and podcasts (mp3 audio format) are available for most programs. Topics and presentations include:

- **Basic Facts of MS-** *Understanding Exacerbations* featuring Lael Stone, MD
- **Treatment-** *MS Treatments: Understanding Your Options* featuring Benjamin Segal, MD; George Kraft, MD; Aliza Ben-Zacharia, CRRN, MSCN, ANP; and Susan Bennett, PT, DPT, EdD, NCS, MSCS
- **Symptom Management-** *Spasticity and MS* featuring Stephen Krieger, MD; Aliza Ben-Zacharia, CRRN, MSCN, ANP; and Susan Bennett, PT, DPT, EdD, NCS, MSCS
- **Healthy Living-** *Flu Shots and MS* featuring M.D. Hughes, MD
- **Progressive MS-** *Perspectives on Moving Forward*
- **Research-** *The CLIMB Study* featuring Tanuja Chitnis, MD
- **Family Life and Relationships-** *Parenting with MS* featuring Deborah Miller, PhD
- **Employment and Insurance-** *Financial Planning* featuring Silvia Stazzio, CFP
- **En Espanol-** *Obteniedo Una Visita Exitosa con el Medico* featuring Victor Rivera, MD and Lilyana Amezcua, MD

MS Learn Online is also great content to present at self-help group meetings. All videos can be viewed online through the Society's YouTube channel www.youtube.com/user/NationalMSSociety?feature=guide or download for offline viewing.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

Mid South Chapter

214 Overlook Circle, Suite 153
Brentwood, TN 37027

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Memphis, TN 38119

Staff

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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.

EVENTS

2013 WALK MS

Calling all walkers! We are thrilled to announce that registration for the 2013 Walk MS Season is now open! For more information, visit www.walkms.org or call 1-800 Fight MS today. We hope that you can join the movement with us this spring for at least one of these powerful events. Be sure to save the dates!

April 6th

Knoxville
Clarksville**

**Clarksville City Mayor Kim McMillan to serve as Grand Walk Marshall

April 13th

Nashville

**Demetria Kalodimos of WSMV News Channel 4 to serve as Grand Walk Marshall

April 20th

Columbia
Gallatin
Greeneville
Murfreesboro

April 27th

Chattanooga
Cookeville

Date to be Announced

Collierville

2012 MCMINNVILLE WALK MS

Thank you to all who participated in the 2nd Annual **McMinnville Walk MS Event** on October 20th! To the many wonderful individuals, participants and volunteers that had a hand in making this event a great success, we salute you for your outstanding support!

RAY, DIAGNOSED IN 2003



MONEY MATTERS

WHAT ARE JOB ACCOMMODATIONS AND HOW DO I GET ONE?

BY KRIS GRAHAM

At the Society's Information Resource Center, where people with multiple sclerosis and their families can call an MS Navigator® at 1-800-344-4867 for help on a range of topics, we recently received a question about how to obtain accommodations when multiple sclerosis starts to get in the way of doing your job. So here's what I told our caller.

First, I explained what accommodations are. They can be things like new equipment or changes to existing equipment. Another type of accommodation may be a change to your work routine, such as hours worked. (Read a

few real-world examples of accommodations that have worked for people with MS at www.askjan.org/soar/MS/MSex.html.)

I then pointed out two things to remember about accommodations:

- 01 You must be able to perform the essential functions of your job. The ADA (Americans with Disabilities Act) does not require employers to reduce essential job functions, but you can ask to change how you perform an essential job function. Usually employers decide which job functions are essential.
- 02 Your employer does not have to provide you with your first choice in accommodations. The employer has to provide an accommodation that is reasonable and effective, if available — so be ready to discuss alternatives.

Next, we discussed whether or not the ADA applied to the caller's situation. People can request reasonable accommodations under the ADA if:

- n They work for an ADA-covered employer;
- n They are “qualified” to do the job; AND
- n They are a person with a disability as defined by the ADA.

ADA-covered employers include private employers with 15 or more employees, all state and local governments, employment agencies and labor unions. If you're not sure whether your employer is covered by the ADA, contact your regional ADA Center (look up your region at www.adata.org) or visit JAN (the Job Accommodation Network) at www.askjan.org. Both organizations are free and confidential resources. If your employer

is not covered by the ADA, contact an MS Navigator® at 1-800-344-4867 for assistance in exploring other possible legislation that may protect you.

“Qualified” to do the job means that someone has the “skills, experience, education, or other requirements” of the position, and “can perform the essential functions of the position with or without reasonable accommodation.” (For more information, download the Disability Law Handbook — Employment and the ADA for free at www.swdbtac.org/html/publications/dlh/employment.html.)

The ADA’s definition of a “person with a disability” now includes most people with MS, thanks to the passage of the ADA Amendments Act and updated Equal Employment Opportunity Commission regulations. Although people with MS do not necessarily have to disclose their diagnosis, they must provide enough information for the employer to understand that they are a person with a disability. For more about workplace disclosure and a helpful worksheet, visit www.nationalMSSociety.org/disclosure.

My next advice to the caller was to be prepared! Before you request accommodations, make sure you can answer all of the following questions:

- How is MS affecting your job, potential job, or application process?
- Why are you requesting accommodations?
- What information will you need to provide to your employer (or potential employer) to clarify the impairment affecting your work and the accommodation that will remedy the situation?

- What accommodations or changes to your work will be effective?
- When should you speak with your employer (or potential employer)?
- Who should you involve in the conversation?
- How should you follow up on your request?
- What are your rights if things go wrong?

Finally, I told the caller that if she had additional questions, an MS Navigator would be standing ready for her call. ■

Kris Graham is the employment manager for the National MS Society.

THESE RESOURCES CAN PROVIDE MORE HELP AND INFORMATION

The Win-Win Approach to Reasonable Accommodations, available at www.nationalMSSociety.org/accommodations.

ADA — Your Employment Rights as an Individual With a Disability, available at the U.S. Equal Employment Opportunity Commission’s website at www.eeoc.gov/facts/ada18.html.

Employees’ Practical Guide to Negotiating and Requesting Reasonable Accommodations under the Americans with Disabilities Act, available at www.askjan.org/EeGuide.

JAN’s Searchable Online Accommodation Resource (SOAR) at www.askjan.org/soar/index.htm.

PROGRAMS

CLIENT EDUCATION PROGRAMS

For all programs, space is limited and reservations are required. To reserve your spot, call 1-800-344-4867 and select option 1. You can also register online at www.msouth.org, Programs and Services and select the corresponding date and program.

WEST TENNESSEE

Issues and Treatments for MS with Dr. Tulio Bertorni

Thursday, December 13th at 12:00pm
Spaghetti Warehouse
40 Huling Ave., Memphis, TN
Call 1.800.344.4867, option 1.

Walking Improvement with Ampyra

Thursday, February 7th at 6:00pm
Memphis, TN - Location TBD

Ampyra is a recently approved medication indicated as a treatment for improved walking speed. To learn more, come and listen to Dr. Ruth Fredricks explain how it works along with important safety information. Reservations are required by February 1st, call 1.800.344.4867, option 1.

Walking Improvement with Ampyra

Thursday, February 28th at 6:00pm
Jackson, TN - Location TBD

Ampyra is a recently approved medication indicated as a treatment for improved walking speed. To learn more, come and listen to Dr. Ruth Fredricks explain how it works along with important safety information. Reservations are required by February 21st. Call 1.800.344.4867, option 1.

EAST TENNESSEE

MS Symptom Management

Tuesday, January 29th at 6:00p.m.
Calhoun's Bearden Hill
6515 Kingston Pike,
Knoxville, TN

Join us for dinner and hear Dr. Randall Trudell, neurologist with Cole Neuroscience, discuss symptom management. Space is limited for this dinner program, registration required by January 24th. Call 1.800.344.4867, option 1.

Sexual Health

Tuesday, February 12th at 6:00p.m.
Peerless
320 North Peters Road
Knoxville, TN

Join us for dinner and hear Dr. Sibyl Wray, neurologist with Hope Neurology, discuss MS and sexual health. Due to the topic this is an "adults only" program. Reservation deadline is February 7th. Call 1.800.344.4867, option 1.

Sexual Health

Tuesday, March 26th at 6:00p.m.
Peerless
2531 North Roan Street
Johnson City, TN

Hear Dr. Stephen Kimbrough, neurologist with Tri-State Mountain Neurology Associates, discuss sexual health and MS. Due to the topic this is an "adults only" program. Reservation deadline is March 21st. Call 1.800.344.4867, option 1.

MIDDLE TENNESSEE

Vanderbilt MS Center is planning a Special MS Patients Forum to be held on Saturday, March 9th. Keep your eyes and ears open for more information on the time and location.

A NEW FACE



Our new Programs Coordinator for Middle and Southeast Tennessee is April Darvin, MS. Prior to joining the Mid South Chapter, she worked in the Court System as a Probation Officer at the Davidson County State Trial Courts. April will be responsible for Middle and Southeast Tennessee programs and services. Welcome April!



PROGRAMS

MID SOUTH TELECONFERENCES

These free, informative calls are held each month and feature MS experts from around the country. To register please call 1.800.344.4867 and select option 1 or register online: www.ms-midsouth.org. Please check the dates and times for each as they may change.

MS A Family Affair

Wednesday, December 12, 2012-5:30 CST, 6:30 EST

This call will discuss the challenges for both the individual and family living with MS and effective strategies for coping with these challenges and developing a healthier lifestyle.

How to be an Effective MS Activist

Tuesday, January 8, 2013-6:30 CST, 7:30 EST

On this call you will be informed how you can become more engaged in the MS Society movement. Activism is for everyone, and we can help you find your voice.

Managing the Symptoms of MS

Tuesday, April 9, 2013-6:30 CST, 7:30 EST

This call will help you understand what MS is, the types of symptoms it can cause and ways it can affect your quality of life. Having some basic facts will help you feel better prepared to deal with whatever comes along.

Questcor is a proud sponsor of the National MS Society

Visit www.acthar.com for more information

NEWLY DIAGNOSED

CHECK UP ON
YOUR HEALTH

When I think of my health, multiple sclerosis dominates my thoughts. I run through my inventory of symptoms that are acting up and medications that are causing side effects. Usually, it's only when I have something like a cold or a stomach virus that it occurs to me that there is more to my physical health than my MS.

Unfair as it might seem, people with MS are subject to the same health problems as people who are not living with the disease. We have the same lifestyle and aging issues. We have to consider preventive care for things like heart disease, high blood pressure and cholesterol as we age. Women need to get mammograms and pap smears on a regular basis. We need to keep up with immunizations, as well as visits to dentists and eye doctors. (Visit www.nationalMSSociety.org/preventivecare for preventive care recommendations.)

There are also special risks that we have that are directly or indirectly related to our MS, such as:

- **Osteoporosis:** People with MS are more likely to have osteoporosis (loss of bone density). This is due to a number of factors, including limited mobility, low levels of vitamin D (which is essential for calcium absorption) and excessive use of corticosteroids (for instance, many Solu-Medrol courses over a short period of time). Your doctor can order a bone scan to test for osteoporosis.
- **Depression:** Depression can be a primary symptom of MS. It can also be indirectly caused by the losses and unpredictability of MS. Your neurologist or general practitioner should be able to refer you to a psychologist or psychiatrist to treat your depression, preferably one with experience treating patients with MS.
- **Vitamin deficiencies:** People with MS tend to have low levels or deficiencies of vitamin D and vitamin B12. Ask your general practitioner about tests and a treatment plan if needed.

Make an appointment to see your regular doctor and get the rest of yourself checked out. The last thing that any of us needs is additional health problems that could have been caught early or prevented by taking action.



Diagnosed with MS in 2003, Julie Stachowiak, PhD, is the author of **The Multiple Sclerosis Manifesto** and www.ms.about.com. Originally published at blog.nationalMSSociety.org.

EVENTS

2012 DINNER OF MS CHAMPIONS

On Thursday, September 20th the National MS Society held the 22nd Annual Nashville Dinner of MS Champions honoring Mayor Kim McMillan of Clarksville. The dinner was held to honor Mayor McMillan with the Society's highest recognition, the Hope Award, in recognition of her commitment to helping herself and others live well with multiple sclerosis.



“The Hope Award is our highest honor for someone who goes above and beyond by supporting our mission,” said Stacy Mulder, president of the Mid South Chapter of the National Multiple Sclerosis Society. “Kim is making a difference every day and is an inspiration to patients and our community, and her outlook is contagious. Her friends and esteemed colleagues have rallied around her to help plan this event. She was in great company during a night honoring her strength and courage.”

The dinner, held at OZ in Nashville, raised \$59,965. Proceeds from the dinner will be used to provide client services in Tennessee and parts of Georgia, Arkansas and Mississippi and to continue national research to find the cause and cure of Multiple Sclerosis.

BE AN MS ACTIVIST

We must work together to break down barriers to care, improve access to quality health services, and make MS therapies more affordable. We must pursue funding for more MS research and fight for disability rights.

MS activists help turn those issues into national priorities.

You can help shape the policies and programs that impact people living with multiple sclerosis by signing up today to be an MS Activists. Go to www.nationalmssociety.org, click on Government Affairs & Advocacy>Get Involved>Take Action.

Stay connected with the Mid South Chapter's Advocacy.



www.facebook.com/MSactivists

www.Twitter.com/TennMSactivist



EVENTS

2012 BIKE MS

The Mid South Chapter just completed our two largest fundraising events of the year. The Bike MS: FedEx “Rock-N-Roll” Ride and the Bike MS: Jack Daniel’s “Bike to Jack & Back” Ride were both extremely successful fundraising events for the chapter. We are so thankful for our cyclists, volunteers and sponsors chapter wide who worked so hard to make these rides happen.

The FedEx “Rock-N-Roll” Ride was held September 8th-9th in Tunica, MS. More than 450 cyclists rode 150 miles over the weekend to raise money and awareness for MS. The weekend was beautiful with near-perfect weather and cyclists had a great time celebrating at our new presenting sponsor, Gold Strike Casino and Resort. The ride has raised a total of \$369,319 to date.



The Jack Daniel’s “Bike to Jack & Back” was held October 6th - 7th in Lynchburg, TN. This year’s ride brought over 680 cyclists, as well as 100 volunteers and many sponsors, out to Middle Tennessee to demonstrate their support in the fight against MS. The ride has collected a total of \$568,000 so far, and we will keep collecting donations to make the total even higher!

Forty percent of all the Bike MS funds raised in 2012 will go directly to research to help find a cure for MS. The remaining sixty percent will support MS programs and patients here in the Mid South Chapter.

These Bike MS Rides would not be possible without the tremendous support of our sponsors and top fundraisers! We would like to thank sponsors: FedEx, Gold Strike Casino, Jack Daniel’s Distillery, International Paper, Community Health Systems, Dixon Hughes Goodman, Landers Center, Express Scripts, Autozone, Chuck Hutton Toyota, Baptist, Pepsi, Bikes Plus and many more incredible sponsors. Please visit www.msouth.org to see a complete list of all the 2012 Bike MS sponsors. Our deepest gratitude and recognition is extended to all of these wonderful companies and individuals.

JACK TOP FUNDRAISERS

1. Kerry Hayes
2. Roger Leitner
3. Steve Yokely
4. Edgar Rothschild
5. Tommy Baggott

ROCK TOP FUNDRAISERS

1. Andy Cates
2. Terry Lawrence
3. Larry Myers
4. Ed Garrison
5. Vic Butcher

EVENTS

CHATTANOOGA WAMS



The Chattanooga Women Against MS Event will be held on Thursday, December 6th, where we will welcome noted author, Ronda Giangreco as our keynote speaker. Ronda's new book, *The Gathering Table: Defying Multiple Sclerosis with a Year of Pasta Wine & Friends*, can be purchased on our website, www.ms-midsouth.org, and a portion of the proceeds goes to the National MS Society. For more information about ticket sales to this memorable event, please contact katie.turner@nmss.org or 615.690.5323.

Additionally we'd like to thank our participating Diamond and Emerald sponsors for their gracious support of this event:

Diamond Sponsor

Mountain View Auto Row

Emerald Sponsors

Chattanooga Times Free Press, Chatter Magazine, Consultants in Pain Management, Cornerstone Community Bank, epb and Hamico Inc.



NASHVILLE WAMS
Thursday, February 21, 2013
Hillwood Country Club
Nashville, TN

HONORARY CHAIR
Heidi Newfield, Country Music Artist

GUEST SPEAKER
Ronda Giangreco

For more information please contact:
Lauren Looser
615-690-5349 | lauren.looser@nmss.org

PROGRAMS

MID SOUTH SELF HELP GROUPS

The Mid South Chapter has a variety of monthly self help group meetings.

For more information including date, time, and location of meetings please contact the self-group leader listed.

WEST TENNESSEE

Jackson, TN

Leader: Carol (731) 423-1656

Memphis

Leader: Lowry (901) 382-9292

Memphis YAMS (Young Adults with MS)

Leader: Nicole (901) 550-9242

Adamsville

Leader: Brandi (731) 632-0013

SOUTHEAST TENNESSEE

McMinn, Meigs, Monroe County

Leader: Amy (423) 263-5721

ANNOUNCING A NEW SELF HELP GROUP IN CHATTANOOGA!

Chattanooga

Saturdays 2:00-3:30pm

Memorial Hospital -Community Meeting Room

2525 DeSales Ave., Chattanooga

Leader: Aronna (423) 475-9473

EAST TENNESSEE

Bristol

Leader: Sylvia (276) 466-9189

Greeneville

Leaders: Jan (423) 639-1904 or

Judye (423) 639-3743

Kingsport

Leader: Judy (423) 357-6087

Knoxville - Night Group

Leader: Judy (865) 922-2281

Knoxville Day Group

Leader: Victoria (865) 851-7135

Knoxville Cole MS Group

Leader: A.D. (865) 305-6740

Knoxville – Hope for the Future

Leader: Mickey (865) 617-3721

Knoxville Hope – Men's Only Group

Leader: Mickey (865) 617-3721

Maryville

Leader: Debby (865) 379-9545

Morristown – Lakeway

Leader: Marilyn (423) 235-6944

Jefferson City

Leader: Kelly (865) 705-7593

Johnson City

Leader: Bonnie (423) 467-2597

MIDDLE TENNESSEE

Nashville

Middle TN YAMS (Young Adults with MS)
Leader: Colleen (615) 879-3098

Brentwood

Leader: Sandie (615) 376-5395

Clarksville

Leaders: Melba (931) 552-1486 or
Mary Nell (931) 647-8904

Columbia

Leader: Cheryl (931) 446-2439

Dickson

Leader: Viola (615) 763-0523

Gallatin

Leader: Katie (615) 604-7423

Portland

Leader: Kathy (615) 325-2196

Pulaski

Leader: Grefonda (931) 363-4723

Tullahoma

Leader: Kathy (931) 455-3568

PROGRAMS

FINANCIAL ASSISTANCE

The Mid South Chapter's Emergency Financial Assistance Program was developed to bring meaningful financial assistance to as many people living with MS as possible. Any registered client with a confirmed diagnosis of MS who can demonstrate true financial need associated with the effects of multiple sclerosis is eligible for consideration. Because resources are limited, the Chapter may not be able to fulfill all requests or cover all expenses related to a needed service or item. When we are not able to fund specific needs through our own program resources, we can provide information and resources to help identify alternative solutions.

Types of requests we may be able to help with:

- Respite services such as short term home care
- Durable medical equipment and air conditioners
- Transportation vouchers to medical appointments
- Critical short term needs such as emergency help with utilities or rent
- Dental and vision expenses as it relates to MS and is NOT covered by insurance

What the financial assistance program is NOT designed to do:

- This program is not intended to support ongoing services or expenses in a role similar to that of an insurer
- To cover credit card bills, medical bills, insurance premiums or previously incurred expenses
- The Society can not provide financial assistance where such support can be obtained elsewhere

For more information about the Mid South Chapter's Financial Assistance Program please call 1-800-344-4867 and speak to an MS Navigator.



**National
Multiple Sclerosis
Society**

214 Overlook Circle
Suite 153
Brentwood, TN 37027

PROGRAMS

SCHOLARSHIPS

There is still time to apply for a scholarship. Highly qualified high school seniors, who have been diagnosed with MS or have a parent with MS, are eligible for the National MS Society's scholarship program. Additional criteria includes financial need, academic record, participation in school or community activities, and an essay written by the applicant on the impact of MS on his or her life.

Applications for 2013 scholarships will be accepted online only between October 1, 2012, and January 15, 2013. For more information, visit www.nationalMSSociety.org/scholarship or call us at 1-800-344-4867 (1-800 FIGHT MS).

We also gladly accept donations to support our scholarship program. Donate online at www.msMidsouth.org.