

MS CONNECTION NEWSLETTER



HILTON FOUNDATION DONATES \$1.245 MILLION
TO PROGRESSIVE MS RESEARCH

STORY PAGE 4

**INSIDE
THIS
ISSUE**

06

EVENTS

11

ADVOCACY

14

CIRCLE OF
DISTINCTION

16

PROGRAMS
CONNECTION

CHALLENGE ACCEPTED!

Susan Bradley isn't just sitting on the sidelines as we fight to end MS. She'll be in the action when she cycles the 60-mile route at the Bike MS: Coastal Challenge. She'll ride alongside Chapter Chair Dina Tecimer who is also taking on her inaugural ride. But training is where our leaders' teamwork ends. The competition will heat up as they vie to see who will raise more money. Now that's what we call walking (or biking) the talk!

CONNECT WITH US ONLINE:

**Southern California
& Nevada Chapter**

www.nationalmssociety.org/CAL



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Follow us:

twitter.com/MSSouthernCal



Watch us:

[youtube.com/MSSoCalChapter](https://www.youtube.com/MSSoCalChapter)

On the Cover:

Martha, diagnosed in 1973

MEET SUSAN BRADLEY



On May 10th, the Board of Trustees and National President Cyndi Zagieboylo named Susan Bradley the new President for the Southern California & Nevada Chapter.

Susan is a familiar face in the MS community. She started at the National MS Society in 2005 as Vice President of Regional Operations and was promoted to Executive VP in 2010.

Susan has an MBA from USC and great leadership experience in both the for-profit and nonprofit worlds. She began her career with Xerox sales and sales management, and then spent 15 years in the banking and financial services industry. Susan then moved into the nonprofit world, where she served as executive director of the Stroke Association for three years, before coming to the National MS Society.

Susan has helped to grow Chapter revenue and expand services, and led the successful integration of the Chapter's regional markets in Channel Islands, the San Joaquin Valley and Nevada. She has created meaningful partnerships and relationships with world-class community health resources to embrace MS as part of their focus. In fundraising, Susan helped revitalize Bike MS in Santa Barbara in 2007, revamp Bike MS in Las Vegas last year, grow Walk MS revenue outside of the Greater Los Angeles market, as well as cultivate and steward foundations and major donors. Susan has been a vocal advocate and champion for those in underserved communities, and a leader in moving us forward in rural outreach and telemedicine.

Susan said, "It is my great privilege to work with our outstanding volunteers and staff to guide us closer toward a world free of multiple sclerosis. I look forward to seeing continued advances in MS research and care for people living with the unpredictable effects of MS every day." ■

DON'T JUST RIDE, BIKE MS

COASTAL CHALLENGE

October 6 & 7

30 to 160 miles, Ventura

This scenic Southern California ride through Ventura and around Lake Casitas offers sweeping views of ocean vistas and rolling foothills. Route options include 30, 65 or 100 miles on Saturday, and 35 or 60 miles on Sunday. Register to ride or volunteer at bikeMSSocal.org.



VEGAS CHALLENGE

November 10 & 11

30 to 150 miles, Las Vegas

Enjoy a fantastic, challenging ride down the famous Las Vegas strip and through stunning Red Rock Canyon. Route options include 30, 65 or 100 miles on Saturday, and 35 or 50 miles on Sunday. Register to ride or volunteer at bikeMSnevada.org.



NATIONAL MULTIPLE SCLEROSIS SOCIETY

Southern California & Nevada Chapter

2440 S. Sepulveda Blvd., Suite 115

Los Angeles, CA 90064

1-800-344-4867

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

HILTON FOUNDATION DONATES \$1.245 MILLION TO MS RESEARCH

We are thrilled to announce that the Conrad N. Hilton Foundation just awarded the National MS Society a \$1.245 million grant to support three cutting-edge, critical research projects to address progressive MS, rehabilitation, and promising concepts and leads.

ADULT STEM CELLS FOR MS

Fast Forward, LLC, a nonprofit subsidiary of the National MS Society and Athersys, Inc. formed an alliance this past fall to fund the development of Athersys' MultiStem® adult stem cell platform for the treatment of MS, including treatment of chronic progressive forms of the disease. This grant from the Hilton Foundation will now provide the funding needed for the company to file its Investigational New Drug application, the final working phase before entering human clinical trials.

MultiStem consists of a clinical grade preparation of non-embryonic stem cells obtained from bone marrow that have the potential to produce a range of factors and

form multiple cell types. MultiStem appears to work through several mechanisms that promote healing and tissue repair, and has shown promise in treating multiple disease indications in the neurological, cardiovascular, and inflammatory and immune disease areas.

Athersys is collaborating on this project with Case Western Reserve University School of Medicine under the leadership of Robert H. Miller, PhD. "Stem cell therapies have recently emerged as a potentially important approach to treating MS in recent years," said Dr. Miller. "A major drawback with the cellular approach, however, is the variability in individual therapeutic cell populations. The ability to develop MultiStem for the treatment of MS would overcome such obstacles and be a major advance in MS cell-based therapies."

IMPACT OF A HIP FLEXION ASSIST DEVICE ON GAIT

People with MS often have difficulty with walking and balance because of weakness and sometimes spasticity of their leg muscles. Weakness of the lower leg muscles that move the foot can be helped by a brace, but the muscles that lift the leg and swing it forward (hip flexors) may also be weak and cause people to stumble or fall because the foot drags on the ground.

Francois Bethoux, MD and colleagues at the Cleveland Clinic Foundation have already completed a pilot study of a lightweight and

low-cost device called a Hip Flexion Assist Device (HFAD) that uses a combination of straps and elastic bands to supplement the activity of weak hip flexors. The results of the pilot study suggested that the HFAD improves walking and leg strength, and is safe to use. This grant from the Hilton Foundation will now allow Dr. Bethoux's group to conduct a follow-up study with more participants to help understand how the HFAD can be used to improve mobility in people with MS, and will help refine how such devices can be evaluated in a clinical trial. Results from this study will also be used to generate ideas for new active mobility devices.

REGULATION OF IMMUNITY

We each have over 1,000 different types of bacteria living in our gut. Most of these are harmless "commensal" bacteria, but some of the molecules they release may influence activity of immune system cells.

Lloyd Kasper, MD and colleagues at Dartmouth University are examining the effects of a molecule called polysaccharide A (PSA) that is released by some gut bacteria. Previous work showed that PSA can reduce the effects of EAE, an animal disease similar to MS, by stimulating the production of immune system cells that reduce immune damage to myelin. Now Dr. Kasper is investigating how bacterial PSA affects immune system cells from healthy individuals and people with MS when the cells are grown in the laboratory.

The results of this research could open new

pathways for treating MS, and may offer vital clues to what triggers MS.

"The Conrad N. Hilton Foundation and Hilton family have been invaluable partners in addressing the needs of people with progressive MS. The National MS Society is extremely fortunate to have their continued support," said Chapter President Susan Bradley.

The Hilton Foundation provided the lead funding to establish The Marilyn Hilton MS Achievement Center at UCLA which celebrates its 11th anniversary this summer. They continue to generously support the Center so that people with MS in the Greater Los Angeles area have the support they need today, while this latest research grant provides hope for people with progressive MS tomorrow.

Thinking of his mother Marilyn who had MS, Hilton Foundation Chairman, President & CEO Steven M. Hilton said, "My father, Barron Hilton, often points out how difficult and demanding it can be for a person with severe MS, even if the family can afford to provide the best medical care available. And, how much more difficult it must be if you can't afford a lot of help." He continued, "When someone you love is afflicted with MS it opens your heart to the suffering that others go through, so you feel it's important to reach out and help others that are going through a similar struggle. And so — we opened our hearts." ■



THE UNSTOPPABLE ANNE ALLEN

BY ANGIE BRENNER MATTHIAS

When it comes to Challenge Walk MS, there you'll find a woman who needs no introduction. A heroine who, along last year's fifty-mile route, was preceded not only by her comedic reputation, but also by multiple, life-size cardboard likenesses. She's the one and only Anne Allen: our reigning number one Challenge Walk fundraiser, topping out at more than \$56,000 in 2011!

To describe Anne as a forceful philanthropist is undoubtedly accurate, but even this mighty depiction only grazes her story's surface. Diagnosed with MS in 2006, this Riverside resident enrolled for her first Challenge Walk in 2007 at the suggestion of physical therapist

and friend, Sylvia O'Neill. In Anne's words: "I had just been diagnosed when Sylvia saw an advertisement and said, 'why don't we do this?' and I was like, 'OK.'"

It is with this same laid back attitude that Anne navigates her journey with primary progressive MS. As a self-described realist, she admitted, "I know my MS is very progressive, but that's ok. This disease only defines you if you let it, and it's important to me that I do what I can for fellow MS'ers who follow me to find a cure and new treatments. That is what truly drives me to fundraise for the Challenge Walk."

Anne continued, "People have told me I inspire them and sometimes I'm still not sure why, but I have been and always will be very honored and humbled by that notion. Like most people I just try to live life to the fullest and always give more than I ever want in return. I mean, to me, everybody that does the walk is inspirational. All the crew and the volunteers too."

Always fond of joking around, it's no surprise that the top fundraiser describes her moneymaking secret as, "not really a big secret," going on to say, "we do a lot of e-mailing and pleading just like everyone else, and a couple big events." On last year's success, Anne said, "It was definitely a team effort to get there and I think my total pushed other people to raise more than they ever have before. I like to challenge others, so I say if you can catch me or beat me, more power to you!"

This year, Anne will rejoin Challenge Walk MS among Hurt SO Good teammates including Sylvia who, no skimp herself, was voted most inspirational at last year's event. "Without Sylvia, I probably wouldn't still be walking," said Anne of her physical therapist pal. ■

3 DAYS. 50 MILES. A WORLD FREE OF MS.

CHALLENGE WALK MS

Join the fun September 21-23 and experience the inspirational journey down Southern California's gorgeous coastline! Register today to walk, volunteer or crew at myMSchallenge.com or call 310.479.4456.

FINANCIAL ASSISTANCE

A Helping Hand When It's Needed Most

We offer Direct Financial Assistance to people with MS and their families to help access needed services that are not available using other resources or insurance. The program is based on financial need and offers funding for the following services. Checks are made out and sent directly to the vendor. For more information, call 800.344.4867 or 310.479.4456.

MEDICAL CARE

MS Physician Consult program: Funding for one-time consult with an MS specialty neurologist. Must have limited geographic and/or insurance resources.

Physical/Occupational/Speech Therapy: In-home evaluation and five to six follow-up visits for a person who cannot leave home.

Individual counseling/telecounseling sessions: 6–10 visits per year with a licensed therapist who is experienced in MS.

SUPPORT SERVICES

Sherak Emergency Fund: Funding for unexpected one-time situations (food, rent, utilities). Official documentation demonstrating proof of emergency is required. *Limit: up to \$300 within an 18-month period.*

Durable Medical Equipment: Share of cost for durable medical equipment (wheelchairs, hand rails, etc.). *Limit: up to \$400/year.*

Rhoda Goetz Home Assistance Fund: Provided through a licensed home care agency for a person experiencing an exacerbation or post-hospital visit who does not have a caregiver. *Limit: Up to 100 hours per year in combination with Grisanti Respite Fund if needed.*

Rhoda Goetz Personal Care Fund:

- **Beauty/Wellness:** A fund to assist individuals who face barriers to maintaining healthy personal hygiene and care. Gain access to services such as hair, skin and nail care. *Limit up to \$120/year.*
- **Chore Service Program:** Light housekeeping only for those unable to manage these tasks. *Limit: up to \$300/year.*

SUPPORT FOR FAMILY MEMBERS

Grisanti Respite Fund: Provided through a licensed home care agency for the family member who is a full-time care partner and needs time off. *Limit: up to 100 hours/year in combination with Rhoda Goetz Home Assistance Fund if needed.*

Supporting the Family: A fund to take care of special out-of-the ordinary family needs (i.e. school pictures, sports uniforms, etc.) *Limit: up to \$300/year.*

38th annual
Dinner of Champions[®]

Honoring
Jeff Robinov

President, Warner Bros. Pictures Group



Melissa Sherak Glasser, “Dorothy Corwin
 Spirit of Life” Award Recipient

Monday, September 24, 2012

Hyatt Regency Century Plaza Hotel
 Los Angeles

Honorary Chair: Barry M. Meyer,
 Chairman and CEO, Warner Bros.
 Entertainment

Dinner Chairs: Byron Allen, Joe Roth
 and Tom Sherak

For more information or to reserve your
 tickets, please contact Robin Stein or
 Pamela Thompson at 310.479.4456 or visit
DinnerofChampions.com.



Honoring
Perry Di Loreto

Wednesday, August 29, 2012

The Silver Legacy Resort Casino, Reno

Dinner Chairs:

Mike Houghton and Norm Dianda

For more information or to reserve
 your tickets, please contact Linda Lott at
 702.736.1478.



Honoring

Kopi Sotiropulos

News Anchor, KMPH Fox 26

Thursday, September 13, 2012

Pardini's, Fresno

Honorary Chairs: Mayor Ashley Swearengin,
 Councilman Lee Brand, Paul Bauer, Esq.,
 Tom & Peggy Stefanopoulos, Jack Peck and
 Kim Stephens

Dinner Chairs:

Steve Alfieris and Elaine Sotiropulos

For more information or to reserve
 your tickets, please call Fotini Alfieris at
 559.439.2154.

WALK MS

THANK YOU again to everyone who connected at our Walk MS 2012 spring events. It takes a village to make Walk MS a success and we thank each and every one of our participants, volunteers, donors and sponsors. Step by step. Dollar by dollar. We are moving closer toward our \$2.5 million Walk MS: Southern California & Nevada 2012 goal, and most importantly, toward a world free of MS!

- 4 weekends
- 13 Walk MS events
- 19,000 participants and volunteers
- \$2.4 million raised to date!

THANK YOU TO OUR SPONSORS!



Presenting



Platinum



Gold



BUT WAIT . . .we're not done yet! If you missed Walk MS in the spring or you just can't wait for Walk MS 2013, join us at Walk MS in South Lake Tahoe on September 22 or in Bakersfield on October 27. Register online at WalkToEndMS.org.



SERVE IT UP TO END MS

Saturday, October 13, 2012

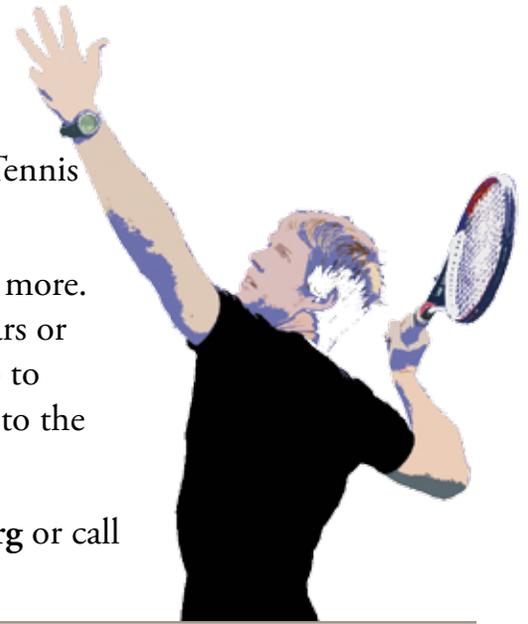
Jack Kramer Club, Rolling Hills Estates, CA

presented by Tracy Austin & John Austin and hosted by Ojakian Tennis

Co-chairs: Iran Daniel & Chris Ojakian

Join us for morning workouts, team tennis, pro-am, auctions, and more. Thanks to Mercedes-Benz South Bay, all event participants (21 years or older) will receive a Wilson gift package and a chance to win a trip to Turtle Bay Resort in Hawaii to compete for a chance to win a trip to the 2013 US Open!

For details or to purchase tickets, please visit serveituptoendMS.org or call Francine Biton at 310.479.4456 x66141. ■



ADVOCACY

MS ACTIVISTS & SOCIETY STAFF DENISE NOWACK, LINDA LOTT AND DAVID CHATEL MET WITH SENATOR HARRY REID AND OTHER LEGISLATORS TO HELP RAISE AWARENESS FOR MS ISSUES AT THE SOCIETY'S PUBLIC POLICY CONFERENCE.



WHERE WE ARE: HEALTH INSURANCE EXCHANGES

BY MARCELLA DURAND

If you had to create a way for millions of people to learn everything they need to know about health insurance, so that they could choose a policy that's right for them and get properly enrolled with top-notch customer support, how would you do it?

That's the question state lawmakers are facing as they consider how to organize their state's health insurance exchange, a major component of the ACA (Affordable Care Act) due to begin operation by 2014.

CHOOSE A POLICY THAT'S RIGHT FOR YOU.



WHAT THEY ARE

Health insurance exchanges are web-based “marketplaces” where individuals and small businesses can compare and purchase affordable and qualified health benefit plans. Existing models have been compared to websites like www.travelocity.com or **Consumer Reports’** product ratings that offer consumers a choice of options, based on their needs and preferences.

In addition to information about the price of various plans, the exchanges will be able to tell people if they qualify for tax credits provided in advance to make the plans affordable.

Exchanges also increase competition among insurance companies, which should bring down costs. Members of Congress and other federal employees currently get their health insurance from exchanges — an indication that exchanges will stay good resources for finding quality affordable coverage with good benefits and protections for **everyone**.

HEALTH INSURANCE EXCHANGES ARE WEB-BASED ‘MARKETPLACES’ WHERE INDIVIDUALS AND SMALL BUSINESSES CAN COMPARE AND PURCHASE AFFORDABLE AND QUALIFIED HEALTH BENEFIT PLANS.

The ACA has established standards that exchanges **must** meet, but most of the planning and

continued on page 12

continued from page 11

implementation will take place at the state level. State lawmakers can either establish their state's own exchange through legislation, or allow their eligible residents to use an exchange run by the federal government. Many exchanges are still "under construction" as states across the nation debate what will work best for them.

WHAT'S INCLUDED

Some important features of exchanges that will help people with MS and others when they go shopping for health coverage include:

- **User-friendly application and enrollment processes.** A single, standardized application form and a "no wrong door" approach determine which programs people are eligible for and direct them through the process with a minimum of red tape.
- **Security.** For many people, if they lose their job, they lose their insurance, too. Exchanges guarantee a secure place where anyone who's not already covered through an employer plan or Medicare can obtain insurance. Moreover, by law, insurance plans offered through exchanges will not be able to deny coverage because of pre-existing conditions like MS.
- **Accessibility.** Help with selecting and enrolling in a plan will be available to consumers over the phone, online through the exchange's website, and in person through specially trained "navigators." Traditional insurance brokers and agents will continue to play a role by helping business owners and other customers purchase health coverage, too.

All services of the exchange should be available to all persons eligible for its products, regardless of any disabling condition. That includes overcoming barriers due to language, as well as physical or cognitive disabilities.

- **Reassurance.** Exchanges will offer plans that allow people to keep their current healthcare providers. This is important to people with MS or other chronic conditions, who often have established a solid relationship with their doctor, nurse or therapist.
- **Transparency.** By law, details about all plan options and covered benefits, including out-of-pocket costs and benefit exclusions, must be made clear. Greater transparency in coverage will help consumers make "apples to apples" comparisons between options from insurers competing on a level playing field.

WHERE WE ARE NOW

To find out more about our state's plans for establishing a health insurance exchange, visit the Kaiser Family Foundation's interactive website at www.statehealthfacts.org, or www.healthcare.gov/news/factsheets/2010/07/esthealthinsur-exch.html (click the "state-by-state" link). The Society has also set up a Web page devoted to ACA FAQs (Frequently Asked Questions) at www.nationalMSSociety.org/ACAFAQS. ■

Marcella Durand is the associate editor of **Momentum**, the Society's national magazine. Go to www.nationalMSSociety.org/Momentum.

STALWART SUPPORTERS

We are grateful to foundation and corporate supporters for a total of \$1,139,974 in grant awards received February 1–May 31, 2011:

- \$1,245,000 over four years from the **Conrad N. Hilton Foundation** for MS research
- \$65,000 from **The Green Foundation** for the Improving Access to MS-Related Care Initiative
- \$20,000 from the **AEGON/Transamerica Foundation** for The MS Achievement Center at UCLA/Eric Small Centers for Optimal Living with MS
- \$17,500 from the **Friends of the National Multiple Sclerosis Society** for general operating support of the Northern Nevada Regional Office
- \$10,874 from the **Change A Life Foundation** for the special needs of individuals with MS
- \$10,000 from the **Max Factor Family Foundation** for the Educational Scholarship Program for Individuals Affected by MS
- \$6,000 from the **Medtronic Foundation** for the Better Living Program in Santa Barbara and Ventura Counties
- \$4,000 from the **Lockheed Martin AERO Club** for Relationship Matters
- \$1,500 from the **Avery Dennison Foundation** for the Educational Scholarship Program for Individuals Affected by MS
- \$100 from the **Morales Family** for MS Service Day in Kern County ■

TOP SCHOLAR

Congratulations to all of our Chapter’s 2012 scholarship recipients, including top scholar Cari Logston who received a four-year award.

Cari stands out as a highly talented student with multiple honors. She has decided to major in communications and graphic design at Master’s College in Santa Clarita. She will stay close to home so she can continue to care for her mother who is severely affected by MS and also deaf. Together with her father and brother, they have a tight familial bond committed to safety, security and most of all love. Cari said she has “learned the true meaning of patience, diligence, sacrifice and true love.” *Funding for Cari’s scholarship is provided by the Leonard J. and Martha J. Brutocao Family Scholarship and Teva Neuroscience.* ■



CIRCLE OF DISTINCTION



Long time Golden Circle donor Steve Kaufer has always had an ardent passion for funding MS research. Steve's most recent gift to the Chapter via Golden Circle qualified him to be inducted into

Circle of Distinction which is the Society's highest recognition level for donors who have personally contributed \$1,000,000+ to the organization. Steve will accept the award in loving memory of his mother Sharon who had progressive MS.

Steve has been involved with the Southern California & Nevada Chapter for most of his life. More recently, Steve's generosity has been pivotal in helping the Chapter raise more dollars for MS research. Steve has allowed his annual gift to be used in the Golden Circle's year end \$1,000,000 Challenge, with the intent to inspire others to give more, and ultimately raise more dollars for research. Steve's thoughtful philanthropy has had that exact result. Since 2006, when the first Challenge was posed, Golden Circle donors have met and surpassed the Challenge each year.

The Southern California & Nevada Chapter thanks Steve for his personal investment in the Society's MS research program and heartily congratulates him on his induction into *Circle of Distinction*. ■

COMMIT TO THE CAUSE

Since the creation of Golden Circle in 1993, individuals, foundations and corporations have contributed millions of dollars to:



- accelerate the development of more effective MS treatments
- search for the cause and cure of the disease
- expand the Chapter's local programming for people with MS.

In fact, last year Golden Circle members donated more than \$1.5 million to fund groundbreaking MS research and provide important local programs and services to the more than 19,000 people with MS and 114,000 family members and friends throughout Southern California and Nevada.

Golden Circle donors lead by example, making a powerful statement that their

commitment to finding a cure for MS and to improving the lives of those with MS is persistent and passionate. Please consider joining Golden Circle with a membership gift of \$1,000 or more and help us continue moving this important work forward.

For more information on supporting Golden Circle or to make a gift online, please visit the Chapter website at nationalMSSociety.org/cal or contact Elicia Lopez, Development Director, Annual Giving at 310.479.4456 ext. 66111. People with MS count on the Society and in turn, we count on you! ■

WHAT TRIGGERS MS IN KIDS?

What triggers MS in kids? Investigators nationwide are recruiting 640 children with early relapsing-remitting MS or CIS (clinically isolated syndrome, a single episode of MS-like symptoms) and 1280 children without MS or CIS for a four-year study to determine environmental and genetic risk factors that make children susceptible to developing MS. The study, funded by the National Institutes of Health, leverages the National MS Society's support of the Promise 2010 Pediatric Network of Centers of Excellence.

Participants are providing blood samples to test for genetic and environmental risk

SHANNON AND MARISSA



factors that may be associated with pediatric MS and completing questionnaires about relevant environmental factors. Investigators specifically are looking at genes, Epstein Barr and other common viruses, vitamin D levels, and exposure to cigarette smoking. They are attempting to confirm these risk factors separately and to determine whether there are any interactions between them.

For further information, please contact Janace Hart (University of California, San Francisco) at 415.514.2476. Enrolling sites include UCSF Pediatric MS Center in San Francisco and the Pediatric MS Clinic at Children's Hospital, Loma Linda University. ■

PROGRAMS

CONNECTION

LIVING WELL WITH MS

Discover what you can do to positively impact your health and well-being:

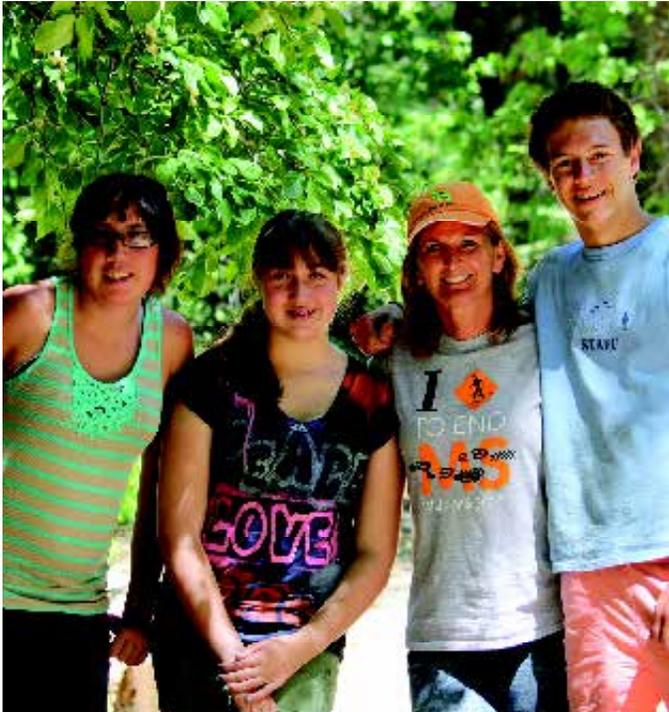
- Information to develop a healthy eating and exercise program designed specifically for you
- Lifestyle strategies to make some changes to better manage MS and its symptoms
- A comfortable environment to connect with others like you
- Open access to various MS health experts

Living Well with MS is a 12-week online course designed for those who are living well with the disease and want to continue to enhance their overall well-being. Gain the necessary tools and knowledge you need to help diminish the effects of the disease and build a personal plan for living well with MS.

Each week, you'll gain access to a new, highly interactive module that contains a wealth of information on topics including treatment options, symptom management, career and employment, relationships and much more. The online class includes activities, discussions and connection to many resources.

Fall session begins the week of September 10th. Pre-registration is required. Visit livingwellwithMS.com to learn more or sign up or call Julia Santiago at 310.479.4456 x66138.

“SUCH A PROGRAM IS ALL TOO RARE. I’VE CHANGED HOW I EXERCISE, AND HOW I PLAN AND SCHEDULE, AND I AM MUCH MORE ATTUNED TO WHAT SYMPTOMS DO AND DON’T MEAN. I’M MORE KNOWLEDGEABLE AND MORE CONFIDENT ABOUT THE FUTURE, AND I’M SECURE IN KNOWING THAT I HAVE A PLACE TO TURN FOR HELP.” – JENNY



KIDS WITH MS FAMILY DAY

Getting diagnosed with MS can be an isolating and challenging experience; getting diagnosed as a child or teen can be even more so. Our Kids with MS Family Day provides a terrific opportunity for both children and teens (18 years old and under) diagnosed with MS and their parents to connect with each other and learn how to better manage the disease and its symptoms. Meet others who truly understand how MS impacts your life.

Saturday, July 21, 9:00 am – 2:30 pm
Natural History Museum of Los Angeles

For the Kids:

A day of fun and connection!

- Meet and speak with adults who were diagnosed as kids. Ask all the questions you have about navigating the future.
- Get to know other kids who have MS while enjoying a treasure hunt throughout the museum.

For the Parents:

Connect with other parents who have a child with MS. Learn from experts about the most pressing issues facing you as a parent of a child with MS:

- **Navigating changing family dynamics** with the introduction of a child with a chronic illness.
- **Managing school related issues**
Denise Goldberg, owner of Gold Standard Advocates, special education advocates specializing in IEPs and the Individuals with Disabilities Education Act.
- **Pediatric MS**
Dr. Gregory Aaen, MD, MA. Pediatric MS Clinic Director at the Pediatric MS Clinic at Loma Linda University

Don't live in the Los Angeles area? Come! It's the perfect opportunity for a weekend getaway, and this program is worth the drive or flight. Call Tiffany Jordan at 310.479.4456 x66130 to sign up today!

DIAL, LISTEN & LEARN

Join us from the comfort of your own phone for one or more of these free conference call programs on a diverse range of topics for people living with MS. Pre-registration is required for each of these programs. Prior to the teleconference, you will receive a toll-free dial-in number.

Sign me up!

800.344.4867

www.nationalMSSociety.org/CALcalendar

EMPLOYMENT

DEPLOYING YOUR PASSIONS: SUCCESSFUL CAREERING IN TODAY'S WORLD OF WORK

Wednesday, July 25, 6:30 – 7:30 pm

How do you define success in today's world of work? This interactive workshop will help you:

- Identify areas of passion and what matters most to you
- Explore the factors associated with career and life success
- Consider how the unpredictability of MS might impact your career journey

Learn from licensed psychologist Dr. Kenneth M. Nowack about optimizing your skills, experiences, and network to maximize both your personal and career success.

REASONABLE ACCOMMODATIONS AND DISABILITY DISCLOSURE: THE BASICS

Wednesday, August 1, 6:30 – 7:30 pm

If and when is it time to disclose your need for accommodations? To whom do you disclose? What accommodations can you ask for that will help support your continued employment?

Jan Garrett of the Pacific ADA Center will answer these questions and discuss the basic rights that are protected under the Americans with Disabilities Act (ADA). Jan has an extensive professional background in disability civil rights laws and accessibility, as well as personal experience as an individual who requires accommodations herself.

APPLYING FOR SSDI WHEN YOU HAVE MS

Wednesday, August 8, 6:30 – 7:30 pm

- Is MS considered a “disability” by Social Security?
- What standard is applied by Social Security in evaluating an MS claim?
- What signs and symptoms are significant in that evaluation?
- What factors does Social Security consider in analyzing a disability claim based on MS?
- What evidence is most helpful in obtaining an award of benefits?

Kevan H. Spence has devoted herself exclusively for many years to the practice of Social Security Disability Law as an attorney with the Law Offices of Terry LaPorte in Northern California.

MANAGING THE DISEASE

GET THE 411 ON MS DISEASE MANAGEMENT AND THERAPEUTICS

Thursday, August 2, 6:30 - 7:30 pm

You've gotten the diagnosis, but are you managing the disease? Join an in-depth conversation with Dr. Louisa Lavy, neurologist at Kootenai Neurology Group, on how and why you should take charge of your disease. We all know that there is no cure for MS now, but there are many more therapies available today to slow the disease and help control your symptoms.



EMOTIONAL HEALTH

MINDFUL EATING AND EXERCISE

Tuesday, August 14, 2:00 – 3:00 pm
or Tuesday, August 21, 12:00 – 1:00 pm

Nourishing and moving our bodies are two of the most important self-care actions we can take in life. However, mindful eating and exercise are challenges that can feel overwhelming and not doable, especially when dealing with MS. Life coach and psychotherapist Catherine Freemire, LCSW will offer ways to incorporate mindful eating exercise into your life. Also, jot down your tips and bring them to share with others on the call.

HOW TO TAME THE PROCRASTINATION GREMLIN

Tuesday, September 11, 2:00 – 3:00 pm
or Tuesday, September 25, 12:00 – 1:00 pm

Take a playful look at understanding procrastination as a common but ineffective human coping strategy. Life coach and psychotherapist Catherine Freemire, LCSW will discuss useful tools for taming your own procrastination gremlin and getting things done that you tend to avoid.

VIRTUAL BOOK CLUB

If you love to read and enjoy discussing books with book lovers, join the MS Book Club!

Book club meetings take place every other month via conference call. Group members read the selection before the meetings. Please call Tiffany Jordan at 800.344.4867 to sign up and receive the dial-in number.

You may also call Tiffany to request the club's selection from our lending library. Paperback copies or the book on CD are both available.

The next books we'll read and meeting dates are:

Wednesday, September 19, 12:00 – 1:00 pm

Crooked Letter, Crooked Letter

by Tom Franklin

Wednesday, November 14, 12:00 – 1:00 pm

The Immortal Life of Henrietta Lacks

by Rebecca Skloot



CORAZONES SALUDABLES, FAMILIAS SALUDABLES

Learn achievable steps toward a healthy lifestyle. This free 10-session program in Spanish meets once a month for a 3-hour session during which you will learn about realistic behavior changes to achieve wellness and participate in a regular exercise program. Plus, you'll have an opportunity to share tips and socialize with fellow participants.

Sessions begin in October in Downey or Northridge. Pre-registration is required by September 21.

2nd Thursday of each month (starting Oct. 9)

10:00 am – 1:00 pm

The Eric Small Center for Optimal Living with MS at Rancho Los Amigos in Downey

2nd Saturday of each month (starting Oct. 13)

10:00 am – 1:00 pm

Child & Family Guidance Center, Northridge

For more information or to register, please call Mercy Willard at 310.479.4456 x66110.

SELF HELP GROUPS CONNECT

Community Self-Help Groups

Please contact the group's facilitator(s) to learn more about a specific self-help group listed below, or contact the Chapter at 800.344.4867.

AT-HOME TELEPHONE GROUP

3rd Wednesday, 1:00 pm
Toll-free dial-in number:
1-888-346-3659, entry code 2713#

LOS ANGELES COUNTY

Antelope Valley
Call Mike at 661.400.0999
or mike@hotmail.com

Burbank
4th Wednesday, 3:00 pm
Call Nan at 818.762.5432

Central LA
4th Saturday, noon, Bilbrew Library
Call Alva at 323.233.5413

GLAMS (Gay and Lesbian Support Group)
3rd Saturday, 1:00 pm, Location varies
Contact Ronni at 626.392.4321 or
socialglams@cs.com

Lakewood/Long Beach
3rd Sunday, 1:00 pm, Lakewood Youth Center
Contact Fran at 562.925.4405 or
Franitkoff@cs.com

Los Angeles
3rd Thursday, 6:00 pm, Fairfax Branch Library
Call Michael at 213.804.1249

Monrovia/Pasadena
2nd Monday, 10:00 am, First Presbyterian Church
Call Aynn at 626.303.4343

North Hollywood - Drumming Group
Learn a unique way to express yourself. No
musical experience needed. 2nd Saturday, 3:00 pm,
Remo Drum Center. Call Beth at 818.219.1715

Northridge – Spanish Speaking Group
2nd Saturday, 10:00 am, Child & Family
Guidance Center. Contact Maria at
818.370.8073 or Cyt1709@aol.com

Santa Clarita
2nd Thursday, 6:30 pm, Blessed Kateri Catholic
Church. Call Maureen at 661.803.0315 or
Eires at 661.219.5561

South Bay/Harbor City
2nd Tuesday, 1:00 pm, North Torrance Library
Call Pattie at 310.769.0694

Tarzana – Let's Play social group
1st Saturday, 12:00 pm, Tarzana Community
Center. Call Linda at 818.222.7678 or
letsplay425@gmail.com

West Covina
2nd & 4th Wednesdays, 11:00 am, Senior Center
North Building. Call Tadd at 626.962.7909 or
takeena@verizon.net

West LA
Last Monday, 6:30 pm, National MS Society
Contact Nancy at 310.827.5714 or
nancyrush@ca.rr.com

West LA – Men's Group
3rd Tuesday, 6:00 pm, National MS Society
Call Larry at 310.926.1641

West Hills
1st Thursday, 7:00 pm, First United Methodist
Church. Call Mary Ann at 310.479.4456

CHANNEL ISLANDS

Arroyo Grande

2nd Tuesday, 6:00 pm, United Methodist Church
Call Ellen at 805.343.6094 or
ellenschodrowski@yahoo.com

Lompoc

Call Devin at 805.772.2046 for details

Morro Bay

Last Saturday, 10:30 am, St. Peters by the Sea
Call Devin at 805.772.2046.

Ojai

2nd Thursday, 7:00 pm
Oak View Community Center
or 4th Tuesday, 12:45 pm, Eggs N Potatoes
Call Donna at 805.646.3750 or Tammy at
805.648.6402

Santa Barbara - MS Friendship Circle

3rd Wednesday, 11:30 am, National MS Society
Call Francine at 805.682.8783

Santa Maria

3rd Saturday, 10:30 am, Café Noir
Call Devin at 805.772.2046

Simi Valley

1st Monday, 11:00 am, Cornerstone Church
Call Dennis at 805.584.2526

Ventura

Last Friday, 11:30 am, Carrow's. Call Vincy at
805.340.9627 or vincyntha@hotmail.com

INLAND EMPIRE/COACHELLA VALLEY

Lake Arrowhead

1st Friday, 4:00pm, Location varies
Call Joyce at 909.337.7573

Ontario

1st Saturday, 10:00 am,
Redeemer Lutheran Christian Church. Call Emily
at 909.851.6204 or Kathy at 909.621.3519

Palm Desert

2nd Wednesday, 6:00 pm, Denny's Restaurant
Call Suellen at 760.776.5740 or
Rebecca at 760.340.0651

Palm Desert

2nd Thursday, 10:00 am, Denny's Restaurant
Call Richard at 760.899.4174

Rancho Cucamonga - Moms with MS

3rd Tuesday, 12:00 pm, Rancho Cucamonga
Resource Center. Call AnaMaria at 909.463.0334
or Kim at 909.904.0352

Riverside

1st Saturday, 10:00 am, Tucker Medical Building
Call Gilbert at 951.544.1441 or Katrina at
951.906.1752

Temecula

1st Wednesday, 10:00, Trinity Lutheran Church
Call Denise at 909.519.4410
(No meeting July & Aug)

Upland

Last Wednesday, 10:00 am, Calvary Chapel
Call Denise at 909.519.4410
(No meeting July & Aug)

Yucaipa

3rd Tuesday, 2:00 pm, Good Shepherd Church
Call Clare at 909.795.5128

NEVADA

Carson City

Third Thursday, 1:00 pm and 6:30pm
Carson City Senior City, Carson Room
Call Norma at 775.721.6565

Henderson Oasis group

1st Saturday, 11:00 am
Call Ed at 702.490.6217 or Jerry at
702.285.6479

Las Vegas MS Lunch Club

1st Tuesday, 11:30 am, Los Prados Country Club
Call Darlene at 702.240.3210
Must RSVP and purchase lunch for \$10/person

Reno/Sparks

"Live Life with Passion with MS" group
4th Thursday, 5:30pm, The Continuum-Reno
2nd Thursday, 5:30pm, More To Life-Sparks
Call Heidi at 775.240.1085

Truckee

2nd Thursday, 5:30 pm, Tahoe Forest Hospital
Cafeteria, Call Rick at 530.550.0654

SAN JOAQUIN VALLEY

Bakersfield – African American Group

Call Kim at 661.321.9512

Bakersfield

1st Thursday, 7:00 pm, Health South Rehab
Hospital. Call Carol at 661.363.9747

Bakersfield

2nd Wednesday, noon or 4th Wednesday, 9:30 am
Lorene's Coffee Shop. Call Mary at 661.368.2910

Bakersfield - Family Support Group

4th Saturday, 10:00 am
Call Kim at 661.321.9512

Clovis/Fresno

3rd Saturday, 9:30 am. Call Yolanda at
559.908.4644 or Doris at 559.299.2072

Hanford

1st Thursday, 10:00 am
First Christian Church
Call Barbara at 559.584.1903 or
Debra at 559.585.8054

Tehachapi

2nd Monday, 5:00 pm
Tehachapi Moose Lodge
Call Linda at 661.822.7440 or
tehcartune@hotmail.com

Visalia

2nd Saturday, 10:00 am. Call Jim at 559.734.7576
or Sandra at 559.936.9312





**National
Multiple Sclerosis
Society**
Southern California
& Nevada Chapter

2440 S. Sepulveda Blvd., Suite 115
Los Angeles, CA 90064

**Southern California &
Nevada Chapter**

2440 S. Sepulveda Blvd., #115
Los Angeles, CA 90064
310.479.4456
800.344.4867

CALIFORNIA OFFICES

Channel Islands

14 West Valerio Street
Santa Barbara, CA 93101
805.682.8783
San Luis Obispo
805.772.2046

Coachella Valley

73-710 Fred Waring Dr., #103
Palm Desert, CA 92260
760.776.5740

Inland Empire

NEW office opening in
Ontario this summer!

Kern County

1800 30th Street, #105
Bakersfield, CA 93301
661.321.9512

San Joaquin Valley

7472 N. Fresno St., #210
Fresno, CA 93720
559.439.2154

NEVADA OFFICES

Northern Nevada

4600 Kietzke Ln., Suite K-225
Reno, NV 89502
775.329.7180

Southern Nevada

NEW Las Vegas office
location this summer.
702.736.1478

Don't just ride, Bike MS.



Ride. Volunteer. Donate.

BikeMSsocal.org

BikeMSnevada.org

