

THE GOLDEN CIRCLE

Commit to the Cause. Commit to the Care. Commit to the Cure.

MS[™]
National
Multiple Sclerosis
Society
Southern
California Chapter

Volume IV
Summer 2008

Caring for the Caregiver

Frank Grisanti knew first-hand the terrible challenges that can accompany progressive MS. His wife Dorothy had severe MS. As her disease progressed, Dorothy became bedridden and required around the clock care. Frank, with the help of a private caregiver, lovingly attended to Dorothy's daily needs.

Frank's friend and colleague Michael Lichner fondly recalled Frank's strong love and unwavering commitment for Dorothy. Mike said, "Frank would have given every cent he ever made to see her stand up and walk out of that wheelchair. He did anything that he could think of to make her life easier." Frank was fortunate to have the means to afford private care, but he understood that there were thousands of husbands, wives, and family members who were full-time caregivers and never had a "break." As a member of the Society's Board, Frank advocated for caregivers.

A research study determined that respite care could positively affect the overall health and well-being of the caregiver. Furthermore, caregivers were more likely to postpone putting a family member into a nursing home if they had respite care.

A year after Frank passed away in 1987, Mike, who had joined the Board at Frank's urging, shared with Dorothy his idea to approach the Society to officially fund and promote respite care. Although Dorothy's condition had advanced, she understood and brightened at the idea. In 1988, in the spirit of honoring the caregiver and memorializing Frank, the Southern California Chapter Board of Trustees approved and established the **Grisanti Respite Care Fund**. Dorothy later passed in 1991.

Mike committed to raising \$25,000 annually for five years and the Chapter agreed to provide the remaining costs. Twenty years and \$775,000 later, the Chapter has never had to supplement the program because Mike has faithfully sustained it. With the help of Frank and Dorothy's two daughters, Melanie and Mari-Jo, Mike raises between \$35,000 and \$50,000 annually.

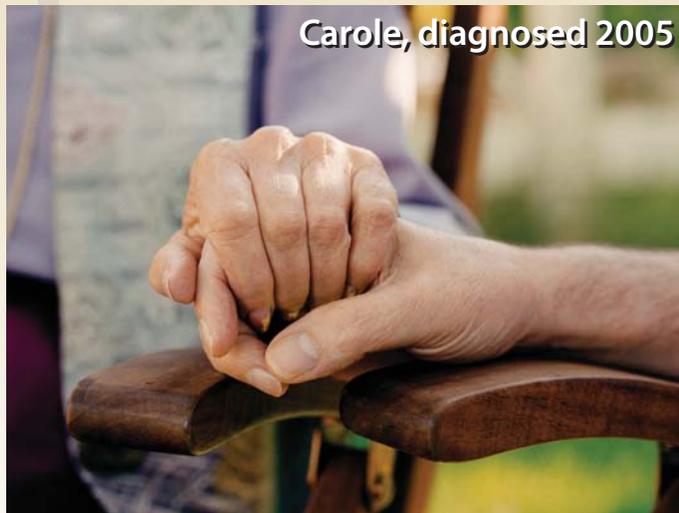
The **Grisanti Respite Care Fund** pays for a licensed home care agency to provide services for up to six days. The Fund is an important part of the Chapter's comprehensive programs.

Mike said, "Unless you have a family member with MS, you don't fully understand what goes on in anyone's household on a daily basis. There are a variety of daily functions we take for granted – blowing our nose, brushing our teeth, bathing, dressing – that a seriously debilitated MS patient needs help with."

He continued, "It's hard to imagine what it would be like to have this burden on a daily basis and then someone tells you about a program where you can take time off. You can

think about yourself. You can focus on something else. This program really changes caregivers' lives."

Audrey Goldman, Director of Clinical Programs at the Chapter, said "The longevity of the program has been remarkable. We were the first chapter in the country to



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Chapter Accomplishments

Golden Circle members support cutting-edge research worldwide, as well as local programs and services to help people live well until we find a cure. Here are just a few ways the Chapter used these funds to support people with MS and their loved ones in the past year:

- 5,200** people called our MS Resource Center to get answers to their questions and gather information needed to better understand and manage their disease
- 1,500** family members found education, support and fun at the family weekend retreat, bilingual family education day and fun social activities
- 1,200** people benefited from support groups, healing arts, group drumming and exploring spirituality programs
- 640** people stayed active with community-based adaptive exercise classes
- 625** individuals and their families received \$513,000 in direct financial assistance, when community resources fell short
- 440** health professionals learned effective cross-cultural communication and developed greater cultural competence for the Spanish-speaking community; and we produced the 1st Spanish-language MS educational CD
- 200** people developed a personal plan to optimize function and diminish the effects of MS via 12-week lifestyle programs, *Living Well with MS* and *Optimal Living with MS*
- 80** graduate students in physical, occupational and speech therapy at USC and Cal State, Long Beach learned to better understand MS and patient care
- 1st** place earned for the best of the best programs and services in the country. The Chapter received the 2007 Pamela Cavallo Leadership Award for the 4th time in five years.

The National MS Society, Southern California Chapter keeps lives moving forward with a wide range of programs and services, tailored to meet your needs. If you or a loved one needs assistance, please call the Chapter at [1.800.FIGHT.MS](tel:1800FIGHTMS).

Caring for the Caregiver continued from cover

make respite care a priority and it was ahead of its time in providing direct financial assistance. We wanted to give caregivers time to enjoy their life, while knowing that their family members were being adequately provided for.”

Mike concluded, “I’m glad to be able to have done what I’ve done for so many years. My only hope is that if the day comes when I can’t support this program, someone else will ensure that this program stays in place.”

If you would like to join Mike in supporting the **Grisanti Respite Care Fund**, gifts made to The Golden Circle can be restricted to replenish this important financial assistance program.

Commit to the Cause.

New Center for Optimal Living

On April 10th, the Chapter held the official dedication of the **Eric Small Center for Optimal Living with MS** at Rancho Los Amigos National Rehabilitation Center in Downey. This beautiful Center provides the day wellness program, modeled after that at The Marilyn Hilton MS Achievement Center at UCLA. Each week participants take part in activities like exercise, art therapy, spirituality classes and adaptive gardening, which promote well-being, optimize function, and enhance quality of life for people with MS. Golden Circle members may restrict gifts to the *Eric Small Centers for Optimal Living with MS* or a specific center.

- **Los Angeles at University of Southern California**
 - **Pomona at Casa Colina Center for Rehabilitation**
 - **West Los Angeles at The Marilyn Hilton MS Achievement Center at UCLA**
 - **Downey at Rancho Los Amigos National Rehabilitation Center**



Commit to the Care.

Progress in Nervous System Repair & Protection

- ▶ Dr. Giovannoni's team is already testing nerve-protecting compounds in two single therapy clinical trials in the UK:
 - Lamotrigine (currently used to prevent seizures in people with epilepsy) is being tested to see if it can prevent or slow progressive shrinking of the brain (atrophy) in people with secondary-progressive MS.
 - A large, multi-center study is ongoing to see if the active compound in cannabis, THC (tetrahydrocannabinol) can slow the progressive phase of MS.
- ▶ Dr. Calabresi's team showed that changes seen in nerve fibers at the back of the eye using optical coherence tomography (OCT) echo more global damage in the brain, and may be a useful tool for measuring the success of treatments.
- ▶ Dr. French-Constant's group has a system for growing brain tissues in the lab and is using it to identify factors that promote myelin repair. Monitoring genes during myelin repair showed 55 that were turned on. Two genes have been selected as the first to be tested for their potential for stimulating myelin repair in animal models.
- ▶ Dr. Duncan's team showed that immature cells transplanted into the spinal cord of rats during relapse of the MS-like disease EAE were able to survive in that inflammatory environment. They also found that immature oligodendrocytes transplanted into mice born without myelin produced properly compacted myelin sheaths.

About Promise 2010

This is a nationwide Society effort to raise \$35 million for four targeted MS research projects by 2010.

Read more about the above findings and other updates at nationalmssociety.org/Promise2010.



If you would like to make a gift to support this vital research initiative, please call **Kate McIntosh, Director of Development, Major Gifts at 310.479.4456 x 124.**



Commit to the Cure.

Golden Circle Salons

“We wanted to host an event to raise funds to support the estriol trial because we have seen Chris’ mom struggle with the challenges of MS for 20 years and we believe that newly diagnosed patients such as Chris’ sister should no longer have to live with daily injections and the financial burden of MS. Supporting estriol research is particularly rewarding because the National MS Society is the only organization supporting this research.

One of the most amazing revelations we had in planning the evening was how many of our friends knew at least one person with MS and how they each wanted to share their personal story. We were happy to share ours and we can only hope that our small event made a difference.” —**Rob Mancini**

Hosted by Chris and Rob Mancini
Private home, Manhattan Beach, CA
November 17, 2007



Rob & Chris Mancini

“The Carders have been involved with the Society in many arenas over the years, but their passion for funding research helps to find better MS therapies and support the research which will ultimately cure MS. Their financial support for Promise 2010 is vital and their event provided a venue which brought awareness and shared information on the Society’s research initiatives with the Santa Barbara community.

We are all quite pleased with the current direction of the research under the tremendous leadership and dedication of Dr. John Richert. The Society is really accelerating the pace and breadth of key research projects.”

—**Leon LeBuffe, Chapter President**

Hosted by Monica & Jim Carder
Intermezzo at the Wine Cask, Santa Barbara, CA
January 17, 2008



Monica Carder, Kim Phillips & Dr. John Richert

“We started ‘Recipe for MS Research’ from scratch in 1997 with our personal friends and have grown it to what it is today. Our original intention was to have our friends learn about MS and support MS research. Since we started, this event has raised both money – nearly \$800,000 to date – and more MS awareness than we could have imagined!

We’ve made this an annual event because we are passionate about funding the key research being conducted at UCLA by Drs. Rhonda Voskuhl and Nancy Sicotte. The money we raise funds the Phase II estriol trial at UCLA. We believe this trial will bring an oral MS drug to market and it’s very exciting to be part of this effort!

This has been our journey, and we have figured out a way to make it fun for everyone as well as raise money to find a cure and better drug therapies for MS.” —**Sheri Safan**

Hosted by Sheri & Steven Safan and Linda Ellman & Gary Mandinach
Private home, Beverly Hills, CA
February 7, 2008



Sheri Safan & Linda Ellman

The Golden Circle especially thanks Chris and Rob Mancini, Monica and Jim Carder, Sheri and Steven Safan, and Linda Ellman and Gary Mandinach for generously hosting and underwriting the cost of these receptions.

These volunteers help to keep The Golden Circle’s expenses less than 1%! If you are interested in hosting an event or if you have any questions, call **Kate McIntosh, Director of Development, Major Gifts at 310.479.4456 x124.**

A Father's Quest for the Cure

Our daughter, Kim, was diagnosed with MS in May of 1995 and we helped her in attempting to understand MS and what treatments could alleviate her symptoms. At the time of her diagnosis, Kim was very fortunate to have a neurologist in the San Diego area who was proactive and who got her on a treatment immediately. My wife, Jacquie, and I became involved with the Society in general and The Golden Circle a few years later.

The Golden Circle seemed the perfect vehicle for Jacquie and me to become active in trying to find a cure for MS. The camaraderie of the MS Board and The Golden Circle and the unbridled enthusiasm of the staff all working toward a common purpose is truly remarkable. I have no hesitancy at all as a Golden Circle member in asking my friends, clients, or anyone who will listen to make a sizable donation to the cause.

The research projects supported by the Society hold great promise. However, research is slow and difficult. Most promising potential cures and/or treatments are still being evaluated for their long-term effects. I am very optimistic, however, that there will be a breakthrough in the not too distant future, and those with MS will, at the very least, improve dramatically.

Kim has been remarkable in her reaction to having MS. She taught second and third grades in the San Diego area for over nine years. She retired from teaching, but she and her husband, Greg, are busy raising their six-year-old son, Alex. Kim works in my law office four days a week as a receptionist/legal secretary. She has not once bemoaned her fate and will not give in to MS. We absolutely owe it to Kim and all others with MS to do everything possible, financially and otherwise, to make their lives better and to come up with a cure.



Paul M. Mahoney, Esq. & Kim Zolotar

I am proud to be a member of the Southern California Chapter of the National MS Society and The Golden Circle, and I look forward to continue working with everyone to find a cure for MS.

Paul M. Mahoney, Esq.
Member, Board of Trustees
Member, Golden Circle Committee

The Southern California Chapter has seven offices serving 14,500 people with MS and their loved ones in Los Angeles, Ventura, Santa Barbara, San Luis Obispo, Riverside, San Bernardino, Inyo, Kern, Fresno, Kings, Madera and Tulare counties. For more information, call 1.800.344.4867 and visit www.nationalMSSociety.org/cal

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