MARK YOUR CALENDAR

WHY I WALK

Anyone who has been involved with the National MS Society knows that come late-April you better be ready for the season… Walk MS season, that is. There are 12 walks throughout the Northern California Chapter, including San Francisco, Walnut Creek and the East Bay. In 2012, we had more than 8,000 participants and raised over $1.5 million for education, advocacy, research and local programs that enhance the quality of life for people with MS and their families. Participants filled the roads with orange, each with their own story to tell about why they were out supporting our cause on a Saturday or Sunday morning.

In 1981, Janine Vanier of the East Bay began experiencing unexplained periods of numbness, tingling, and general weakness on her left side. Six years later, in 1987, she was diagnosed with relapsing-remitting MS. Another six years later, in 1993, Janine got involved in Walk MS and Team MSters was born. "I really got involved in the movement to stop MS because I knew so many others were a lot worse off than I am," Janine said. "I needed to do something to help in some way." So far she has raised over $500,000!

Why does she participate in Walk MS? "To help people and their families who struggle so much in their daily lives dealing with MS," said Janine. "Participating in Walk MS, raising money and awareness with hundreds of other of people, is a way to do just that. It reminds me there is hope in our days ahead."

Walk MS is the rallying point of the MS movement, a time to come together to share hope for a cure. "The hope, inspiration and good will shared by so many people is exhilarating!" said Janine. "I have so many wonderful memories from participating in the Walk. I never dreamed my life would be a journey quite like this – all because of MS."

If you're looking to join the party, visit www.walkMSnorcal.org or call 1-800- 344-4867.

JANINE VANIER

UPCOMING PROGRAMS

Registration is required for all programs. To register, please visit www.nationalMSsociety.org/can or call 1-800-344-4867.

Champions Against MS: Updates on Therapeutics - Orals and Others

Saturday, April 20th
10:00 a.m. - 12:00 p.m.
UCSF Mission Bay Campus, Fisher Banquet Rm., 1675 Owens St., San Francisco

Please join us for the upcoming Champions Against MS Lecture Series with Dr. Bruce Cree from the UCSF MS Center and Dr. Alexandra Goodyear from the Stanford MS Center. They will discuss new disease-modifying therapies and provide updates on others. This is a dynamic gathering with the two MS Centers and the National MS Society addressing the dual objectives of building the community of support for our patients and providing non-branded, up-to-date information on important topics. Parking and brunch will be provided. Registration is required by Tuesday, April 16th.

Bruce Cree, MD, Ph.D., MCR is an Associate Professor in the Dept. of Neurology at the UCSF. He completed his Ph.D. in Biochemistry and his MD at UCSF. His neurology residency training was completed at Columbia University. He returned to UCSF for his MS fellowship where he received a Masters in Clinical Research. He was an MS Society Sylvia Lawry fellow and received a K-23 career development award from the National Institute of Health. Dr. Cree currently serves as the Clinical Research Director at the UCSF MS Center. He divides his time between patient care, clinical research and teaching. His research focuses on the genetic epidemiology of MS, the immunology of neuromyelitis optica and developing novel therapies for MS and neuromyelitis optica through clinical trials.

Dr. Goodyear completed a joint degree with Tufts University Medical School and The Fletcher School of Law and Diplomacy. She underwent her Internship and Neurology Residency at Stanford University Medical Center and was elected Chief Resident for her last year of residency. In 2011 Dr. Goodyear was awarded the Sylvia Lawry Clinical Trials Fellowship by the MS Society and became the first Stanford Neurology Fellow. During her two year fellowship, Dr. Goodyear has been completing a Masters Degree in Epidemiology, assisting in multiple clinical trials at Stanford, and pursuing MS and NMO research. She has recently been awarded a SPARK grant for translational research to quickly bring a new therapy to NMO patients and will begin as an Assistant Professor at Stanford in September. As part of her new job, she will also take on the position of Medical Director of the Neurosciences Clinical Trials Group.

Newly Diagnosed Orientation – Greater Bay Area

Wednesday, May 1st
6:30 p.m. - 8:30 p.m.
National MS Society Office
1700 Owens St., Ste., 190, San Francisco

Are you newly diagnosed with multiple sclerosis? A diagnosis of MS can create many unexpected emotions that leave you with a strong need to understand the changes you may be facing. This informative program will address the most common concerns for people who are newly diagnosed as well as family and friends who want to learn more. Join National MS Society staff and discover resources and get answers to some of your MS questions.

Sea Kayaking

Saturday, June 1st
9:30 a.m. - 3:30 p.m.
Sausalito

Grab a paddle and climb aboard! Our trained guides from Environmental Travel Companions have experience leading sea kayaking trips for persons with disabilities. This activity is great for folks of all mobility levels ages 12 and older. Previous experience is not necessary. Space is limited. The cost is $25 per person. Please bring a hearty lunch for a picnic on the beach and snacks that are easy to eat on the water (i.e. granola or energy bars). Equipment, safety gear and instruction are provided.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

North Bay

- Navigating Employment: Saturday, June 15th from 10:30 a.m. - 12:00 p.m. in Petaluma

Central Valley

- Family Night at Color Me Mine: Friday, May 17th from 6:00 p.m. - 8:00 p.m. in Modesto
- Financial Planning and MS: Monday, June 17th at 6:30 p.m. in Modesto
- Newly Diagnosed Orientation: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Modesto

Greater Sacramento

- Game Day with the Rivercats: Sunday, May 19th at 1:05 p.m. at Raley Field in West Sacramento
- Newly Diagnosed Orientation - Carmichael: Thursday, May 2nd from 6:30 p.m. - 8:30 p.m. in Carmichael
- Newly Diagnosed Orientation - Chico: Wednesday, June 5th from 5:00 p.m. - 6:30 p.m. in Chico
- Managing Bladder Issues while Living with MS: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Carmichael
- CogniFitness - Sacramento: April 10th - May 22nd on Wednesdays from 6:00 p.m. - 7:30 p.m. in Sacramento

- CogniFitness - Redding: June 1st, 8th and 15th from 10:00 a.m. - 1:00 p.m. in Redding
- 5th Annual MS Golf Experience and Live Auction: Friday, May 10th at 1:00 p.m. in Lincoln

South Bay

- Newly Diagnosed Orientation: Monday, May 6th from 7:00 p.m. - 9:00 p.m. in Santa Clara
- CogniFitness - Keep the Mind Moving: April 23rd, 30th, May 1st, 8th, and 15th from 10:00 a.m. - 11:30 a.m. in Santa Clara
- Fun and Fireworks: Saturday, June 29th at 6:00 p.m. in San Jose

SELF-HELP GROUPS

ALAMEDA COUNTY

- **Alameda**
  Sharon: 510-521-6260
  Ray: 510-522-5210
- **Berkeley: Lunch Group**
  * Group meets periodically
  Toni: 510-653-4534
- **Central Berkeley**
  Audrey: 510-287-6543
- **East Bay: Lesbians**
  Nora: 510-313-3862
- **Fremont**
  Kim: 510-793-0765
- **Oakland**
  Katrina 510-523-1891
- **Oakland: African Americans**
  Karen: 510-757-3290
- **Oakland: Latinos**
  Elsa: 510-777-1414

CONTRA COSTA COUNTY

- **Brentwood: MS for Lunch Bunch**
  Kathy: 925-286-7674
  Julie: 925-513-4686
- **Mt. Diablo (Concord)**
  Cindy: 925-677-0737
  Jan: 925-372-0859
- **El Cerrito**
  Elizabeth: 510-549-2154

MARIN COUNTY

- **Corte Madera**
  * Group does not meet in July or August
  Vicki: 415-892-7370
  Anita: 415-892-5548

SAN FRANCISCO COUNTY

- **San Francisco: Young at Heart Group**
  George: 415-724-0064
  Ann: 415-573-8949

SAN MATEO COUNTY

- **Foster City**
  Eli: 650-377-1970
- **San Mateo**
  George: 650-593-5154

Do you have feedback regarding your experience at a Self-Help Group?

Please email us at can_info@nmss.org.