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July 2011 - National Capital Chapter

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Stay Cool

[Read this article](#) for tips to stay cool in the sweltering summer heat.

The Children's Fund

Do you know a child with a parent with MS? The Children's Fund offers a small stipend to help pay for an age-appropriate activity, such as camp, music lessons, tutoring, or college books.

To learn more or apply for the Children's Fund, call 202-296-5363.

Company Decides Not to Seek Approval of Cladribine for MS

Merck Serono announced today that it has decided not to pursue approval of its oral therapy Cladribine for the treatment of relapsing forms of multiple sclerosis. [More...](#)

Important News About The Affordable Healthcare Act

The federally run pre-existing condition insurance plan (PCIP), a coverage option created under the Affordable Care Act for individuals with pre-existing conditions who have been without insurance for at least 6 months, has recently announced both lower premiums and eased eligibility requirements.

Beginning July 1, 2011 individuals now need only a note from their health care provider to indicate that they have a pre-existing condition, whereas before a denial letter from an insurance carrier was required.

More information is available here:

<http://www.healthcare.gov/news/factsheets/pcip05312011a.html>

Physical Wellness Summer Classes Starting Soon

Exercise is one of the best strategies for optimizing health and quality of life regardless of your ability level. The Chapter works with many community partners to provide an ongoing list of exercise classes offered throughout the Washington, D.C. metro area that are appropriate for people with MS.

Come out of the heat and relax and restore on a yoga mat. Many yoga classes being offered are teaching relaxing and restorative poses to cool the body and relax the mind.

Summer classes are starting! [Check out our list of classes by county.](#)





Ambassadors Ball Co-Chairs Announced

The 33rd Annual Ambassadors Ball, to be held Wednesday, September 14th at The Ritz-Carlton, Washington DC, will be co-chaired by **Ms. Lisa Collis**, wife of Senator Mark Warner from Virginia and **Mrs. Amey Upton**, wife of Congressman Fred Upton from Michigan.

The Ambassadors Ball is a black tie gala that hosts members of the Washington Diplomatic Corps, Congressional leaders, and a variety of distinguished guests who enjoy a unique silent auction, a wonderful dinner, and a night of dancing. [Learn more.](#)

Local Research Studies Need Participants

People with MS can take an active role in freeing the world of MS by participating in research studies. The following local studies are in need of participants:



Seeking Individuals with Disabilities who need Job Accommodations - University of Maryland, College Park.

Exploring Health-Related Quality of Life and Disease Impact in People with Multiple Sclerosis - University of Arizona College of Pharmacy researchers invite any US resident who is 18 years or older with MS to voluntarily participate in an online survey asking you about your health.

Female MS Volunteers Needed for Research Study - Johns Hopkins University is looking for women with relapsing-remitting MS for a 24 -month study to see if there are less relapses with the treatment of Copaxone injections plus oral estriol.

Do You Have Secondary Progressive MS? - You may qualify for an NIH research study on the safety and efficacy of an experimental drug called Rituxamib (Rituxan).

[Learn more about these and other research studies seeking participants.](#)

Community Events Update

Last month, Retta Yorns, celebrated her 60th birthday by doing a parachute jump from an airplane to raise funds for the Chapter. She has raised over \$1,000 and is continuing to fundraise.

On **Monday, August 1**, Chapter Board Member and President of Waterford Receptions Keith Clark will be hosting a golf tournament to benefit the Chapter. Registration and breakfast start at 7:30 a.m. at Laurel Hill Golf Club in Lorton, VA, and there will be a shotgun start at 9 a.m., followed by a luncheon with awards. A number of PGA teaching professionals will ride along with golfers, and dispense free swing tips. The cost is \$150 per golfer and \$550 per foursome. [Register now!](#)

On **Monday, August 22nd**, Fish Market Restaurant will host the 2nd annual Old Town Cup Golf Tournament at Old Hickory Golf Club in Woodbridge, VA. For more information, please contact Jesse Maas at (703) 973-5735.

If you are interested in hosting your own fundraising event, please contact Farah.Lawal@nmss.org.

Mark Your Calendar - Upcoming Programs AND Events



[MS Longest Day of Golf](#)

July through September - Putt for a Purpose.

[Newly Diagnosed Networking Group](#)

July 27 - If you or someone you know has been diagnosed with MS in the past two years, join us for this four week discussion group.

[33rd Annual Ambassadors Ball](#)

September 14 - An evening of elegance at The Ritz-Carlton, Washington, D.C.

[Capital Challenge Walk MS Presented by Secor Group](#)

September 24 and 25 - Help move us 2 days, 50K closer to a cure.

Thank you for moving us all closer toward a world free of MS.

Sincerely,

**National Multiple Sclerosis Society
National Capital Chapter**

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