

Subject: MS eConnection: April 2013

## HTML

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National Capital  
Chapter



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## 2013 Women's Luncheon

It's not too late to secure your spot at the **2013 MS Women on the Move Luncheon** on April 24, featuring keynote speakers Jeff and Wendy Marco. [Purchase your tickets or table today!](#)

## Below The Belt: Bladder and Bowel Issues in MS

On Wednesday, April 17, at 6:30 p.m., join us for a teleconference about common bladder and bowel issues that can arise with MS, and ways to treat and cope with them. [Learn more...](#)

## Run MS at the Marine Corps Marathon

Have your own bib for the Marine Corps Marathon or another upcoming race? Join our Run MS Marine Corps Marathon team by training and fundraising with them! For more details, email Katie at [RunMSDC@nmss.org](mailto:RunMSDC@nmss.org) or visit [www.RunMSDC.org](http://www.RunMSDC.org).

## Walk with Us Toward a World Free of MS

It's April, and that means it's time to join forces with thousands of dedicated individuals in the greater Washington D.C. metro area, and millions across the county, as part of Walk MS.

 [Register now!](#)

[Walk MS presented by Booz Allen Hamilton](#) connects people living with MS and those who care about them. It is a day we come together to show the power of our connections.

The money we raise at Walk MS speeds new treatments for people with MS, ensures financial support for people dealing with the havoc MS causes and supports local programs.

## Register now!

Saturday, April 13, 2013	Sunday, April 14
<ul style="list-style-type: none"> <li>• <a href="#">Bowie, MD</a></li> <li>• <a href="#">Manassas, VA</a></li> <li>• <a href="#">Rockville, MD</a></li> <li>• <a href="#">Waldorf, MD</a></li> </ul>	<ul style="list-style-type: none"> <li>• <a href="#">Reston, VA</a></li> </ul>
	<p>Saturday, April 20</p> <ul style="list-style-type: none"> <li>• <a href="#">Washington, D.C.</a></li> </ul>

## FDA Approves Twice a Day Capsules for Relapsing MS

The U.S. Food and Drug Administration has approved Tecfidera™ capsules (dimethyl fumarate, Biogen Idec –formerly “BG-12”) as a first-line disease-modifying therapy for people with relapsing forms of MS. This makes the third oral therapy approved for relapsing MS, and the tenth disease-modifying treatment available in the U.S. Tecfidera is expected to be available by prescription within a few days. [Learn more...](#)

## 2013 LINKS Teleconference Series Starts April 2

We are pleased to present a series of teleconferences for people with MS and their families entitled "LINKS." Whether you just received a diagnosis of MS or have been living with it for a long time—the goal of this series is to "link" you with information and tips on how to maintain your quality of life in the years ahead.

This nine week series will run Tuesday nights (7-8 p.m.) from April 2 through May 28, 2013. Each call will be conducted using a toll-free number, so you can call from the comfort of your home. Participate in several calls or just the one that interests you. [Learn more...](#)

Topics:



**National  
Multiple Sclerosis  
Society**  
National Capital  
Chapter

- April 2 - Getting the Care You Need: How to Find the Right Care & Use Your Appointment to the Fullest
- April 9 - Care and Recovery After a Relapse
- April 16 - Complementary Approach to MS
- April 23 - How to Hire Home Health Care
- April 30 - The Hidden Effects of MS: Financial Survivability
- May 7 - Tips & Gadgets
- May 14 - Minimizing Your Risk of Falls
- May 21 - Healthy Living with MS: Diet & Nutrition
- May 28 - Clinical Trials & Progress in MS Research

#### **Live in D.C.? Have Employment Questions?**

- Are you a Washington, DC resident living with multiple sclerosis and have employment questions or concerns?
- Are you seeking assistance gaining or maintaining employment?
- Are you interested in receiving employment assistance?

The National Capital Chapter of the National MS Society has entered into an agreement with the [DC Rehabilitation Services Administration \(RSA\)](#). One of their counselors will be available to meet with you at the National MS Society office on Thursday, April 25.

To schedule an appointment, email your contact information and appointment time preference to [steve.nissen@nmss.org](mailto:steve.nissen@nmss.org) or call 202-296-5363 and select option 2. Someone from the chapter will follow-up with you to confirm your scheduled appointment.

The chapter also provides employment assistance through its Operation Job Match (OJM) program. Call 202-296-5363 for more information.

#### **Save the Date: Upcoming Programs and Events**

##### **2013 LINKS Teleconference Series**

**Starts April 2** - See description above.



##### **Stretch, Breathe, Relax and Restore: A Yoga Workshop for People with MS**

**April 12** - Join us for an afternoon of relaxation and restoration during this introductory workshop for people with MS.

##### **Walk MS presented by Booz Allen Hamilton**

**April 13, 14 & 20**

##### **Below The Belt: Bladder and Bowel Issues in MS - Part of The Spectrum of MS Educational Teleconference Series**

**April 17** - See above left.

##### **MS Women on the Move Luncheon**

**April 24**

##### **Multiple Sclerosis, Sex and Intimacy - Part of The Spectrum of MS Educational Teleconference Series**

**May 8** - Explore concepts of intimacy, challenge your communication skills and explore a range of sexual expressions to awaken or enhance the sexual connection.

##### **Lunch & Learn: MS Symptom Management**

**May 11** - Bring a guest and enjoy lunch while connecting with others affected by MS.

**[Bike MS: Ride the Riverside](#)****June 8 & 9****[Improving Independence in Progressive MS - Part of The Spectrum of MS Educational Teleconference Series](#)**

**June 12** - Learn more about how to navigate the world of assistive technology and suggest ways to modify your environment at home and at work to optimize control and independence.

**[Kids Get MS Too: Family Retreat](#)**

**June 28 through 30** - Join us for a weekend retreat for families with a child or teen with multiple sclerosis or related condition. Meet others living with pediatric MS, share strengths and strategies, and make memories and friends that will last forever.

**[Capital Challenge Walk MS](#)****September 21 & 22**

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

**Sincerely,**

**National Multiple Sclerosis Society  
National Capital Chapter  
[DCNewsletter@nmss.org](mailto:DCNewsletter@nmss.org)  
[www.MSNationalCapital.org](http://www.MSNationalCapital.org)**

MS eConnection delivers timely information straight to your inbox on the first Tuesday of each month. If you're not interested in receiving this e-newsletter, please [email us](#).

[Unsubscribe from receiving email, or change your email preferences.](#)



**Plain Text**

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Saturday, April 13, 2013

- \* Bowie, MD - [http://walkdcw.nationalmssociety.org/site/TR?fr\\_id=19501&pg=entry](http://walkdcw.nationalmssociety.org/site/TR?fr_id=19501&pg=entry)
- \* Manassas, VA - [http://walkdcw.nationalmssociety.org/site/TR?fr\\_id=19506&pg=entry](http://walkdcw.nationalmssociety.org/site/TR?fr_id=19506&pg=entry)
- \* Rockville, MD - [http://walkdcw.nationalmssociety.org/site/TR?fr\\_id=19503&pg=entry](http://walkdcw.nationalmssociety.org/site/TR?fr_id=19503&pg=entry)
- \* Waldorf, MD - [http://walkdcw.nationalmssociety.org/site/TR?fr\\_id=19504&pg=entry](http://walkdcw.nationalmssociety.org/site/TR?fr_id=19504&pg=entry)

Sunday, April 14

Close