

Subject: MS eConnection: Feb 2013

HTML

February 2013 -
National Capital
Chapter

MS CONNECTION

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Maryland Advocacy Day

Maryland Advocacy Day will take place on Wednesday, February 13, 2013 in Annapolis, MD. Participants will receive specific issue preparation including education and talking points to share with their legislator. [Get more information, or to read about our priority issues.](#)

Employment Teleconference Series

Don't miss out on this series of six calls on a variety of topics regarding Employment and MS. Upcoming calls include Deciding How to Plan Your Job Search. Employers Share How They Find Employees on February 13 and Should I Work? Work from Home Options for People on Social Security Disability on February 27. [More...](#)

Nancy Wlodarski

It is with heavy hearts that we share the news of the loss of Nancy Wlodarski, a member of the National Capital Chapter staff and longtime driving force behind Walk MS in our area. Nancy's passionate commitment to our mission was matched in caliber only by the joy that she brought to everyone who met her. Always ready with a joke, Nancy's spirit was full of laughter and cheer, so that is how we will remember her. Our thoughts are with her family.

[Nancy's Obituary from the Washington Post](#)

Living Well With MS

Living Well with MS is a 12-week interactive learning course, starting March 18, designed specifically for people diagnosed with MS within the last few years. This newly diagnosed course will help you better understand MS and develop lifestyle strategies that can help diminish the effects of the disease.

The application deadline for this course is March 1, 2013. [Learn more.](#)

Do It Yourself Fundraising

Are you interested in raising funds for the MS Society during MS Awareness Week, March 11 - 17? Then Do It Yourself! Celebrate MS Awareness throughout the month of March by raising crucial funds through our DIY fundraising program.

[Visit the DIY page](#) to find easy ideas about how to become a volunteer fundraiser. How about a fundraiser Happy Hour at your favorite bar? A Zumbathon? For more ideas, [visit our page](#) or contact Anthony.francavilla@nmss.org.

Fairfax Residents: Help Improve Transportation Services

If you are an older adult, or living with a disability, in Fairfax County, City of Fairfax or Falls Church, consider taking this [brief survey](#) to help the county better understand your travel patterns and transportation needs. Your answers will help the county improve transportation services to older adults and people with disabilities.

The questionnaire consists of 27 mostly multiple choice questions. We estimate it should take about 10 minutes to complete.

If you are helping someone complete this survey, we thank you in advance but caution you to ensure that the responses are from the respondent's perspective.

If you require an alternate format of the survey, please contact Jill Clark at 703-324-5874, TTY 703-449-1186.



**National
Multiple Sclerosis
Society**
National Capital
Chapter

Increase the Impact of Your Donation with Matching Gifts

Do you donate to the MS Society? Double or triple the impact of your gift at no additional cost. Volunteer? Your company may match based on the hours you volunteer!

Please check with your employer or go to www.nationalMSSociety.org/EmployerMatch to see if your gift and/or time can be matched through a company matching gift program.

Save the Date: Upcoming Programs and Events

2013 Employment Teleconference Series: Career Decisions and MS

January Through March - A series of six teleconferences on a variety of topics regarding Employment and MS held on Wednesdays from January through March.



Ask the Employment Specialist: Telephone Q&A Sessions

February 13 - Employment specialist Barbara McKeon, CRC, LMHC, from our NYC chapter, will be available to address your questions regarding employment concerns for people living with MS. Register through the NYC chapter's site.

Psychosocial Intervention in Multiple Sclerosis: Strategies for Mental Health Professionals

March 15 - Mental Health Professionals are invited to this continuing educational program.

Living Well with MS

Starts March 18 - See description above.

Run MS at the Rock 'n' Roll USA Marathon and Half Marathon

March 16

Walk MS presented by Booz Allen Hamilton

April 13, 14 & 20

MS Women on the Move Luncheon

April 24

Bike MS: Ride the Riverside

June 8 & 9

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
www.MSandYOU.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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<http://www.legacy.com/obituaries/washingtonpost/obituary.aspx?n=nancy-j-wlodarski&pid=162220257#fbLoggedOut>

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