

Subject: MS eConnection: Jan 2013

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January 2013 - National Capital Chapter

<p style="text-align: center;">In This Issue</p> <p style="text-align: center;">MS Connection Newsletter</p> <p style="text-align: center;">MS Activism in Maryland</p> <p style="text-align: center;">MS Activism in Virginia</p> <p style="text-align: center;">Employment Teleconference Series</p> <p style="text-align: center;">New Research Trial</p> <p style="text-align: center;">Save the Date: Programs and Events</p>	<p>Read our Most Recent MS Connection Newsletter</p> <p>Did you know that in addition to our monthly enewsletter, the National Capital Chapter also publishes a quarterly, printed MS Connection newsletter?</p> <p>Our most recent issue came out in November and included feature articles about The Lawry Circle, nutrition, understanding clinical trials, being a caregiver, and much, much more.</p> <p>Read the Winter 2012 MS Connection. View all available past issues.</p>
<p>Scholarship - Last Chance to Apply</p> <p>The deadline to apply for the 2013 National MS Society Scholarship Program is January 15, 2013. This scholarship is for first-time college students only. Learn more.</p>	<p>MS Activism in Maryland</p> <p>Maryland Advocacy Day will take place on Wednesday, February 13, 2013 in Annapolis, MD. Priority issues in Maryland include:</p> <ul style="list-style-type: none"> • Accessible transportation and other community based supports • Access to quality MS care in rural communities • Stem cell research funding • Needs of family caregivers <p>Participants will receive specific issue preparation including education and talking points to share with their legislator. After this portion of the program, participants will visit with their legislator, which will be followed by a general wrap-up session. A continental breakfast and boxed lunch will be served. For more information or to register please email kevin.dougherty@nmss.org.</p>
<p style="text-align: center;">Run MS</p> <p>Join the Run MS team on March 16th, 2013 to run the Rock 'n' Roll Marathon and Half in Washington, DC. Meet a supportive community of runners committed to ending MS, one mile at a time. Learn more, or email Katie Makris at DC.RunMS@nmss.org!</p>	<p>MS Activism in Virginia</p> <p>On Wednesday, January 23, 2013 from 6 pm to 7 pm, join us for a FREE conference call and webinar to learn about the National MS Society's 2013 policy platform in Virginia.</p> <p>On this one hour call, we will assess the current political climate in Virginia and discuss how we will address our issues with legislators during the 2013 General Assembly Session. Special Guests will include staff from the Commonwealth Institute for Fiscal Analysis.</p>
<p>Newly Diagnosed Group</p> <p>Our next three-week,</p>	<p>All are welcome! It is highly recommended that volunteers who are attending the Virginia State Action Day and the Virtual State Action</p>

professionally led newly diagnosed networking group kicks off on January 10. If you or someone you know has been diagnosed with MS in the last two years, [learn more](#).



**National
Multiple Sclerosis
Society**
National Capital
Chapter

Day participate in this call. Register by emailing kevin.dougherty@nmss.org.

2013 Employment Teleconference Series: Career Decisions and MS

We are pleased to present a series of six calls on a variety of topics regarding Employment and MS. The series is made up of six teleconferences and the first two calls will take place in January. You will need to register individually for each call you wish to attend.

[January 16 - Should I Work from Home or Start My Own Business?](#)

Trying to decide if working from home or starting your own business is for you? Experts in both of these areas will talk about what it takes to be a successful home-based employee or entrepreneur.

[January 30 - Is it Time? Deciding to Change Careers or Stop Working](#)

Working with MS is possible, but can be challenging at times. What do you do if working, or working in your field is no longer an option? How do you know when it's time to stop or make a change? Learn from a counseling professional what to consider when having to make this important decision.

[See all call topics](#).

Prospective Multiple Sclerosis Therapy Adherence Trial

Utilizing a Home Automated Telemanagement (HAT) System

The Department of Veterans Affairs MS Center of Excellence-East, Johns Hopkins University and Biogen-Idec, Inc. are initiating a randomized study to improve adherence to multiple sclerosis (MS) therapy. We will use a comprehensive Home Automated Telemanagement system for MS (MS HAT) in this trial as the intervention. MS HAT is a flexible home-based internet module that supports patient self-management, comprehensive patient-provider communication, education and multidisciplinary care coordination.

You may be a potential candidate for this study if you:

- Have been diagnosed with MS
- Are taking interferon-beta 1a and a Vitamin D supplement
- Between the ages of 18-65 years

Both Veterans and non-Veterans are eligible to participate in this study.

[Learn more...](#)

Save the Date: Upcoming Programs and Events

[Healthy Kitchen, Healthy You](#)

January 9 - Reclaim the fun in shopping for the food that fuels your health. Take the mystery out of eating healthy and learn to build a healthy kitchen with Laurie Erdman, certified health coach at the Wegmans in Lanham, MD.



[Moving Forward: Winter Newly Diagnosed Group](#)

Starts January 10 - If you or someone you know has been diagnosed with MS in the last two years, join the Society and others newly diagnosed for this discussion group.

2013 Scholarship Program**Application deadline is January 15, 2013****2013 Employment Teleconference Series: Career Decisions and MS****Starts January 16** - A series of six teleconferences on a variety of topics regarding Employment and MS held on Wednesdays from January through March.**Stretch, Breathe, Relax and Restore: A Yoga Workshop for People with MS****February 1** - Join us at Georgetown Hospital for an afternoon of relaxation and restoration through this introduction to yoga and its benefits for overall wellness and managing MS.**Kidventure Game Day at GW****February 2** - Kids and teens, ages 7 to 17, who have a parent with MS are invited to join us for this day of recreation, education and support.**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

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](#).

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National Multiple Sclerosis Society | 733 Third Avenue | New York, NY | 10017

Contact us at: <http://www.nationalmssociety.org/> or 1-800-344-4867.

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Save the Date: Programs and Events

Read our Most Recent MS Connection Newsletter

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MS Activism in Maryland

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* Accessible transportation and other community based supports

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