

Subject: MS eConnection: March 2013

HTML

March 2013 -
National Capital
Chapter



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Free From Falls

Falls are quite common among people with MS. Reduce your risk and prevent unnecessary injuries that can impact your well-being by attending Free From Falls, a new 8-week fall prevention program starting April 2nd designed specifically for people with MS who are able to walk, but may be at risk for falling. [Learn more...](#)

Living Well with MS: A Newly Diagnosed Wellness Program

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. [Learn more.](#)

March is MS Awareness Month

March is MS Awareness Month, a time to make every connection count in the mission to create a world free of MS. Throughout March, chapter staff and volunteers will be spreading awareness in the community. Join the Movement® with us at the events listed on our [MS Awareness Calendar!](#)

Make a greater impact and share your story! Through our DIY (Do It Yourself) fundraising portal, you can create a personalized fundraising webpage explaining why MS is important to you. Then share your page with everyone you know! Every dollar counts in the movement to end MS forever, so start putting together your DIY Fundraising page today. [Learn more...](#)

MS KILLS CONNECTION > < CONNECTION KILLS MS
Every Connection Counts at MSconnection.org

BE INSPIRED. GET CONNECTED. WALK MS.

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.

Join us on Saturday, April 13, 2013 in [Bowie, MD](#), [Manassas, VA](#), [Rockville, MD](#), [Waldorf, MD](#), Sunday, April 14, 2013 in [Reston, VA](#), or Saturday, April 20, 2013 in [Washington, D.C.](#)



[Register now!](#)

Kidventure: Pin Pals

Can you **spare** a couple of hours to **strike** up a good time with your new pin pals? On Sunday, March 24, 2013 from 10:45 am-1:15 pm, join Kidventure for two hours of unlimited bowling followed by lunch at AMF bowling in Alexandria, VA.

Kidventure offers a day of recreation, support, and fun for kids and teens, ages 7 to 17, who have a parent living with MS. Come hang out with others who live with MS in their family. [Learn more...](#)



**National
Multiple Sclerosis
Society**
National Capital
Chapter



Exciting News about the 2013 Women's Luncheon

We are thrilled to announce that **Jeff and Wendy Marco** will serve as the keynote speakers for this year's MS Women on the Move Luncheon.

After 10 years of keeping his MS diagnosis a family secret, Jeff Marco and his wife, Wendy, were moved to finally share their personal experience with multiple sclerosis in 2012. Jeff challenged himself to climb Mt. Whitney in California, the highest mountain in the lower 48 with a summit of 14,505 feet and brutal alpine terrain. The climb was the catalyst that impelled Jeff and Wendy to share their inspirational story of family, commitment, determination, and the power of community.

The luncheon will be held on **Wednesday, April 24th, 2013** at the Wardman Park Marriott, Washington DC. **C. Danielle Johnson Byrd** and **Wendy Kuhn** are serving as the co-chairs for this event, and [Cynné Simpson](#), Anchor for ABC7/WJLA, will be the emcee.

Learn more and purchase tables and tickets at www.MSandYOU.org/wotm.

New Virginia Lifespan Respite Program for Home-Based Caregivers

A new program to support caregivers of people with disabilities and special needs has been launched in Virginia! *The Virginia Lifespan Respite Voucher Program* provides reimbursement vouchers to home-based caregivers for the cost of temporary, short-term respite care.

Caregivers of adults and children who reside in the same household as the person receiving care are eligible to apply. This is a temporary program - voucher funding is limited to a total of \$400 per family. All funds must be expended by **July 31, 2013**.

[Learn how to apply.](#)

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.



[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 left.

[Run MS at the Rock 'n' Roll USA Marathon and Half Marathon](#)

March 16

[Kidventure: Pin Pals](#)

March 24 - Kids and teens (ages 7-17) who have a parent with MS are invited to this day of recreation, support, and bowling fun!

[Free From Falls: A Comprehensive Fall Prevention Program for People with MS](#)

Starts April 2 - Join us for this new 8-week fall prevention program designed specifically for people with MS who are able to walk, but may be at risk for falling.

[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 - Learn about common bladder and bowel issues that can arise with MS, and ways to treat and cope with them.

[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.

[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
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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Join us on Saturday, April 13, 2013 in Bowie, MD,

Close