

ms connection

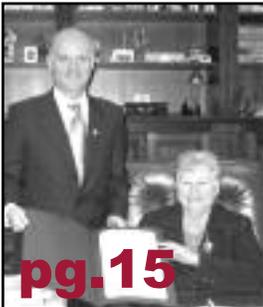
delaware chapter



pg.12

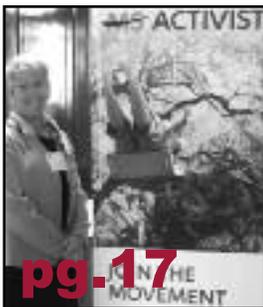
Sussex County MS Shore Group and Shore Group Two The strength of the group

In Kent and Sussex County, the support groups for Delawareans with multiple sclerosis have been evolving since 1959, when the Sussex County MS Shore Group was first created. In the early years, the group members met in various locations to talk about their disease.



pg.15

One of the early organizers was Laura Morris. As a Services assistant for the Delaware Chapter from 1991 to 2000, Morris traveled throughout the state on chapter business while running the MS office in the Beebe Medical Center in Lewes.



pg.17

Running the monthly meeting of the Sussex County MS Shore Group was facilitator Betty Mann-Beebe. Married to



pg.29

continued on page 7

MS Bike to the Bay A tale of two cyclists

Celebrating their first wedding anniversary this past March 18, Kevin Byrne and Brie Stoianoff planned a number of events—including attending the MS 150 Bike to the Bay 2006 Awards & 2007 Kick-off!

The March 7 event was almost snowed out, but Byrne and Stoianoff arrived in good spirits, as you can see in their photograph here.

“I do all that I can,” begins Byrne, “because I want to show my support for



everyone who has MS as well as my appreciation to the MS Society. I know that this is a very big effort for the MS

continued on page 3

MSConnection

MSConnection is a publication of the Delaware Chapter of the National Multiple Sclerosis Society

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Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve the quality of life for many people with multiple sclerosis.

National Multiple Sclerosis Society medical advisors recommend that people with MS talk to their health-care professionals not only about using one of the FDA-approved therapies but also about other strategies and treatments that manage symptoms effectively.

If you or someone you know has MS, please contact the Society today to learn about ways that help manage MS as well as about current research that may — one day — reveal a cure.

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Delaware Chapter

Letter from the president



By now, the MS Society's new look and logo are perhaps not so new anymore. After they were unveiled last November, both staff and volunteers were anxious to incorporate the new design into all our products.

We were cautioned, however, that this new identity might feel messy for a while. Instead of throwing everything out and starting fresh, the plan was to implement the new look and logo a piece at a time. This process began at the national level on March 5, 2007, at the beginning of MS Awareness Week.

As a result, the MS Society's new branding feels cultural, like the slow assimilation of a new identity into the collective mind. And it has many of us thinking about what it means.

I've been hearing three issues:

One, the new branding is costly, not just in the materials (although replacing everything is expensive) but in the investment of time and energy made by staff and volunteers. "We are the significant resource in the movement against MS, and we have been attached to our red-black-and-white logo for many years. We wear red bracelets that attest to our commitment!"

Two, there's that new color and logo design. "Orange?! Why orange? And what is that slash through 'MS' about anyway? Haven't we always been against MS!"

And three, there's the most uncomfortable issue: change. "We were fine before. We raised money. We provided programs. We funded research. Why do we need to change?"

Because, quite simply, we are not the same organization we once were. Today, we ARE the official anti-MS Society. We ARE the people who want to do something about this disease and will rally across America to do it. Because we ARE the people who want a world free of multiple sclerosis. We really mean it when we say "We want to find the cause and the cure — NOW!"

Who wouldn't want to be part of an identity like this?

Kate Cowperthwait

A tale of two cyclists continued from page 1

Society in terms of raising money and awareness. So, I do as much as I can to help.”

A diagnosis

A West Point graduate, Kevin Byrne was stationed in Korea in 1999 when he began to experience unusual numbness, tingling, and loss of feeling.

“I was a pilot on flight status,” explains Byrne, “so I received medical attention quickly.

After an MRI, MS was suspected. I did some research and got some support from the National MS Society while still in Korea. That’s why I feel I owe them so much, for what everyone’s done for me from the very beginning.

“The army sent me to Hawaii for a spinal tap and some other tests,” adds Byrne. “MS was confirmed within a month or so.”

With his medical retirement in progress, Byrne was sent to Walter Reed Army Medical Center. “You know all we’re hearing about Walter Reed now?” reminds Byrne. “Well, I was there.

“It took me a couple years to recover from some of the effects of my initial attack. The physical limitations of MS don’t heal. It was all emotionally

overwhelming, the fact that the MS is always there and never goes away. Plus, eventually, I had to get a new job and find a new place to live.”

By 2003, the retired captain not only had his new job and place to live but also felt strong enough to participate in the MS Bike Tour in New York City and western Pennsylvania. “I’d always been interested in biking,” notes Byrne. “It was a hobby of mine

since I was a kid.

It just seemed the natural progression.

That the MS Society has the Bike Tour

increased my interest even more.”

Training is done mostly indoors. Working on a stationary bike gives Byrne a sense of control over his body while getting a good workout. “It’s actually easier to ride in the Bike Tour,” admits Byrne, “because there, I allow myself to coast or stretch out when I need to.”

A biking partner

In June 2004, Byrne met Brie Stoianoff and recognized her as a possible biking partner. “My first date with Kevin,” begins Stoianoff, “we went mountain biking – he fell off the trail and broke a rib! I helped him home, all dirty and sweaty and bloody – and his family was there! So, I met his family looking like I fell off the mountain. Two weeks later, Kevin asked ‘Will you join me in the Bike to the Bay?’

I was a pilot on flight status, so I received medical attention quickly.

—Kevin Byrne

continued on page 4

A tale of two cyclists continued from page 3

“The 2004 MS 150 Bike to the Bay was the first event we rode in together,” continues Stoianoff. “In that first year, we raised more than \$4,100. And we have ridden in the event ever since.”

When it became obvious to the biking partners that their relationship was getting serious, Stoianoff spent a full year talking to anyone who could give her the facts about MS and its effect on people.

“I’m a scientist,” admits Stoianoff, who is the manager of Training Systems at AstraZeneca Pharmaceuticals. “I need a lot of facts. I wanted to know how MS would affect me as well as Kevin. And MS has a whole lot of unknowns.

“I grew up in Northern Idaho,” adds Stoianoff, “an area of the country that, as it turns out, has the second highest rate of MS in the country. Since I started reaching out to friends

and family for Bike to the Bay, I learned that two friends from my childhood had been diagnosed with MS. Before I met Kevin, I didn’t think anyone I knew had MS.”

In addition to participating in the MS Bike to the Bay, Stoianoff volunteers at the Delaware Chapter whenever she can.



Stoianoff and Byrne send an official “thank you” to everyone who supports them in the MS Bike Tour. Pictured is the cover of last year’s thank you.

For example, as a member of the Marketing Committee, Stoianoff had recently completed months of work on the MS Society’s new logo

and branding effort in Delaware.

“I like an issue that everybody can get behind,” notes Stoianoff. “It’s more about community service. I believe everybody needs to find their passion and a way to give back to the community. Because the MS cause is so near and dear to me, it’s a logical place to put my efforts.”

To register

Go online at www.msdelaware.org, and click on "Events" and then "MS Bike Tour." Or complete this form, and mail it with your nonrefundable registration fee—\$35 until 06/30/07, \$45 until 09/23/07, \$50 until 09/28/07, and \$55 on the day of—to the Delaware Chapter, National MS Society, Two Mill Rd., Suite 106, Wilmington DE 19806. Or fax it to (302) 655-0993.

MS Bike to the Bay**September 29 & 30, 2007**

Minimum pledge requirement: \$250

Name _____ Email address _____

Street address _____

City _____ State _____ Zip _____ This is a new address

Phone nos.: Home (_____) _____ - _____ Work (_____) _____ - _____

Employer/School _____

Past years participated 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 00 01 02 03 04 05 06

Shirt size (Circle one) S M L XL XXL

Team Name _____ Team Captain _____

Check all that apply:

 I can't ride but would like to volunteer. I will ride ___ both days ___ Saturday only ___ 45 miles on Saturday only ___ 75 miles on Saturday only I would like to reserve a bed in a hotel room (four cyclists per room) and have included my \$30 payment. My company may be interested in sponsoring the event. I would like to take a shuttle back to Dover on Saturday night and have included my \$25 fee. Enclosed is my check made payable to the MS Society. Please charge my credit card as indicated (Circle one) MasterCard Visa Expiration date _____

Account no. _____ - _____ - _____ - _____

Name as it appears on your card (Please print) _____

Authorized signature _____

GENERAL WAIVER AND RELEASE: I understand that participating in the MS event can be a potentially hazardous activity, presenting risk. For consideration of participation in the event, I freely accept and voluntarily assume the risks of personal injury or property damage that may result. I, and anyone entitled to act on my behalf, waive and release from all claims and liabilities of any kind arising out of my participation, even though that liability may arise out of negligence or carelessness on my part. I agree to hold harmless the National Multiple Sclerosis Society, corporate sponsors, cooperating organizations, and all parties connected with this event from any liability as a result of my participation. I will permit emergency treatment in the event of injury or illness while participating, and I give permission to use my name and photo taken of me during the event in any promotional material, publication, or on the Web site. I understand that the National Multiple Sclerosis Society withholds the right to dismiss anyone who may cause a disturbance. I represent and warrant that I will be at least 18 years old at the time of the event, and I certify that I have read and understand the intent of this waiver and release.

Signature Date ____/____/____

Signature of parent if participant is under 18 years of age Date ____/____/____

Note: This signature must be notarized if the participant is under 18 years of age.

Twilight at the beach!

Summer doesn't get any better than this: a weekend trip to the beach starting with a stroll amid prize-winning floral displays with turn-of-the-last-century appeal. And all for a good cause!

On Friday, July 13, the Delaware Chapter is holding its second annual AIG MS Twilight Walk just minutes from Rehoboth Beach on Del. Rt. 24. No matter where you live in the First State, plan to get away for a long weekend "down the shore." And begin your festivities on the world-renowned grounds of Baywood Greens Golf Course.



Long an attraction for the locals, the course is adorned, from the first tee to the 18th green, with an estimated 200,000 planted trees, shrubs, and flowers, including 2,500 azaleas and 4,000 rosebushes. The first 12 holes are set amid a hardwood pine forest with shelters featuring breezeways furnished with wicker chairs and hanging plants plus carpeted, wall-papered, and air-conditioned restrooms.

Choose one of two ways to register for the walk:

- Use the form below. Fill it out, and either fax it to (302) 655-0993, or mail it to the National MS Society, Delaware Chapter, Two Mill Rd., Suite 106, Wilmington DE 19806.
- Visit www.msdelaware.org.

AIG MS Walk Registration form (Please print)

Name _____ Sex (Circle one) M F

Street address _____ City _____

State, Zip _____ Date of birth ____/____/____

Email address _____ Bus. Ph. _____ Res. Ph. _____

Employer, address _____

____ I will walk in the AIG MS Twilight Walk. Individual fundraising goal \$ _____

____ I would like to volunteer.

____ I will walk on a team. Team fundraising goal \$ _____

Team captain's name _____ Team's name _____

The strength of the group cont'd from pg. 1

a descendent of the family that established the Lewes medical institution, Mann-Beebe not only helped strengthen the MS presence in southern Delaware but also booked medical professionals to speak and provide vital information to the group members.

In 1999, Karen Truitt joined the effort as chair of Sussex County Programs. It was Truitt's leaving for health reasons in early 2001 that opened a spot for Jamie and Monroe Colvett. Since that time, the Colvetts have built the support group into a "family" of more than 20 loyal, fun-loving friends in eastern Sussex County. They continue to call themselves the Sussex County MS Shore Group.

Shore Group Two evolved out of a National Multiple Sclerosis Society mandate known as the MS Council. Established in the 1990s, the council helped find speakers and locations for MS meetings and health fairs in Sussex County. In the fall of 2001, Kay Oesterling accepted Jamie Colvett's invitation to join the effort as a co-facilitator. By 2004, the mandate was dropped, and the MS Council became

known as Shore Group Two. Like the original Sussex County MS Shore Group, Shore Group Two also enjoys a core of 20 loyal, fun-loving friends but in the Georgetown area.



Monroe Colvett, Jamie Colvett, and Kay Oesterling

Today, Kay Oesterling and Jamie Colvett continue to function as co-facilitators of both support groups while Monroe Colvett stands ever-ready as back-up facilitator.

Jamie and Monroe Colvett

Jamie Colvett was diagnosed with MS on July 4, 2000. Like many people facing an MS diagnosis, Colvett had never met anyone with the unpredictable and disabling disease and knew very little about it. But unlike many newly diagnosed people, Colvett was not afraid.

continued on page 8

The strength of the group cont'd from pg. 7

"It just didn't occur to me to be afraid," admits Colvett. "I had to get busy. 'Handle it! Handle it! Handle it!' Being busy and involved didn't give me much time to be afraid.

"On the other hand," continues Colvett, "being so busy and involved, I also struggled to define exactly what I needed and how to get it."

"We decided to change all that," adds Jamie's husband, Monroe. "There was definitely a need."

A self-described "old newspaperman and editor," Monroe Colvett may not have known anything either about the disease that had forced his wife into the hospital, but he did know how to research a story.



Some of the current members of the Sussex County MS Shore Group

"We just took the bull by the horns," explains the old newspaperman, "went on the Internet, and gathered all the information we could find."

Today, he continues to do most of the reading and research. He also edits and formats one or two eBlasts a day to keep the members of the support groups informed.

The Colvetts' jump-right-in, can-do attitude turned them into a major resource for southern Delawareans with MS. When Karen Truitt had to quit as co-facilitator of Sussex County MS Shore Group, the Colvetts were tapped to step in by Betty Mann-Beebe and John Malone, now the oldest group member with MS at 85.

"Their encouragement," says Jamie Colvett, "really made us consider [the job of co-facilitators for] the group. So, we worked with the few core people who had been hanging in there and got the group back up and running. We went from 10 occasional participants to 20 people attending regularly."

Today, the group runs itself. Each member is also

continued on page 9

The strength of the group cont'd from pg. 8

responsible for occasionally booking a speaker or supplying refreshments so that no one member gets burned out or feels left out.

According to the Colvetts, every member of the group is remarkably independent, but they all enjoy using their voices in association with others with MS.

"This is the kind of people we are," explains

Jamie Colvett. "When one of us [would have missed] an outing because no one was available to help transport him, we all went to the hospital and learned how to move him. And then, we all went on the outing.

"I say I need someone, and they just come. It's very humbling," muses a teary Colvett.

"And we're party animals!" adds Monroe Colvett, supporting his wife with a little levity. The group's calendar of events not only supports Monroe Colvett's comment but also illustrates the Colvetts' level of creativity.



Kay Oesterling, Monroe Colvett, and Jamie Colvett in their Funky Monkey finery

For example, the Colvetts instituted "Pig-out at the Bay" Day and the Polish St. Paddy's Day. The pièce de résistance is an award the Colvetts' created

to recognize an individual group member who has made a substantial contribution. They call it the Funky Monkey Award.

"The very first Funky Monkey Award," continues Jamie Colvett with a laugh, "came from a couple of ugly ceramic monkeys that I rescued from the Delaware Chapter's garbage one day. After they collected dust on a shelf for about a year, I suddenly

continued on page 10

The strength of the group *cont'd from pg. 9*

realized what I could use them for: the Funky Monkey Awards! In 2001, we held the first annual Funky Monkey Awards Luncheon and Ceremony. The first recipients were our mentor, John Malone, by virtue of his being the oldest member, and J. R. Hayes, by virtue of his being the youngest at the time."

Kay Oesterling

"A 'support group' does just what it says," begins Kay Oesterling. A former teacher and coach, Oesterling knows how to support and motivate people. Having also worked as a certified medical assistant in Dr. Peter Coveleski's offices in Milford and Lewes, Oesterling has also honed her skill as a member of a medical team. And having been diagnosed with MS in October 2000, Oesterling understands the importance of having a

strong medical team on your side, staying active as long as possible, and getting involved.

"A support group provides support and encouragement regardless of what is happening with your MS," continues Oesterling. "Our group comes together to hear speakers, gain knowledge, socialize, and just plain talk. This is a positive, upbeat group."

In addition to the professional and medical experience Oesterling shares openly with the group members, the co-facilitator of Sussex County MS Shore Group and Shore Group Two brings an ingrained sense of genuine caring.

"There was a brief period of time after I was diagnosed," admits Oesterling, "when I realized that aspects of my life were going to change forever.

continued on the last page

Sussex County MS Shore Group

When: First Wednesday of the month

Time: From 7:00 p.m. to 9:00 p.m.

Place: Beebe Medical Center, Tunnell Cancer Center, West entrance, Conference Center, Rm 1154, Lewes

Shore Group Two

When: Second Wednesday of the month

Time: From 1:30 p.m. to 3:00 p.m.

Place: CHEERS Community Center, 20520 Sandhill Rd., Georgetown

For more information, call Jamie at (302) 684-4513 or Kay at (302) 422-9584

There's still time!

Team up against MS

Exercising with a group of people you care about is always more fun than going it alone, and joining a team is a wonderful way to bring family closer together, to boost company morale, and to show community solidarity. By participating in a Delaware Chapter event, you will also be joining the nationwide movement against multiple sclerosis.

"Events of this scope," notes Toni Forgie, TeamMS coordinator, "require a lot of public support. Joining a team means sharing the effort as well as the good times.

"The Delaware Chapter also offers special incentives and prizes," continues Forgie. "The team captains receive a complete captain's kit with important recruiting and fundraising tips. And teams with four or more members are eligible for team photos, trophies, top-quality event apparel, and team pizza parties."

Two popular community events are still looking for teams to participate:

- The AIG MS Twilight Walk, presented by the POT-NETS Communities, steps off at 6:00 p.m. on Friday, July 13, at the Baywood Greens Golf Course in Long Neck.
- The two-day MS Bike to the Bay pedals off from the Terry Campus of DelTech in Dover on Saturday,

September 29, at 8:00 a.m., and back from Rehoboth on Sunday, September 30, while the new shorter route kicks off Saturday at 11:00 a.m. from Lake Forest High School.



Team "nellies bellies" on the scenic Baywood Greens Golf Course at last year's walk

For more information

Call Toni Forgie, TeamMS coordinator, at (302) 655-5610, or email toni.forgie@msdelaware.org. To register, visit www.msdelaware.org.



Two members of team "Cyc-Os" enjoying the ride in last year's MS Bike to the Bay

MS Bike to the Bay 2006 Awards & 2007 Kick-off

Once a year, the Delaware Chapter of the National MS Society wraps the MS Bike to the Bay in one big celebratory package for every participant to enjoy. This year, the event fell on a snow day, March 7. Nonetheless, many gathered at Arsht Hall on the University of Delaware's Wilmington campus, and from 6:00 to 8:00 p.m., the winners of the 2006 Bike Tour were awarded prizes and accolades for their extraordinary efforts not only in completing the 150-mile, two-day ride but also in raising much-appreciated funds. (See the complete list of the top fundraisers at www.msdelaware.org.)

At the same time, the chapter wooed participants for the 2007 Bike Tour. A \$35 discount was awarded to any bicyclist who registered for the MS Bike to the Bay that evening. Despite the snow, 20 people signed up for the event.

"Participants have a choice of routes," notes Amy Hughes, event

manager of the Bike Tour, "including a shorter route that we offered for the first time last year.

"We work at providing the best for the riders, no matter what route they take," adds Hughes, "by providing professional bike mechanics, support-and-gear vehicles, first aid and emergency support, fully stocked rest areas every 10 to 12 miles, and a delicious lunch at the finish line."



Top fundraiser Dick Nenno riding behind Rob Collins in the 2006 MS 150 Bike to the Bay

For more information, call (302) 655-5610, or email the event manager at amy.hughes@msdelaware.org.



The Delaware Chapter's event manager for Bike to the Bay, Amy Hughes, celebrates the top fundraiser for the last four years, Dick Nenno, with one of the chapter's trustees, Michele Lloyd.



ms Challenge Walk®

Chesapeake Bay
September 15-16, 2007
www.baychallengewalk.org

Historic Brandywine Valley
October 13-14, 2007
www.walk4ms.org

The MS Challenge Walk may be the greatest journey you will ever take—unlike anything you have experienced before. Depending on which of the nine nationwide locations you participate in, the event takes place over two or three days and ranges from 30 to 50 miles.

(The Delaware Chapter partners with the two challenge walks cited here.)

The MS Challenge Walk is not just about walking. It is also about being part of the national movement against MS. Thousands of people nationwide are doing something to make a difference in the lives of more than 400,000 Americans living with the devastating effects of multiple sclerosis. By participating in the MS Challenge Walk, you can do for your neighbors with MS what they cannot do for themselves: put one foot in front of the other.

You don't need to be an athlete to participate. This event is for all levels of ability. It's not a race, so you can walk at

your own pace. Along the way, you will meet people taking the same challenge. You can share your stories. (If for any reason you cannot continue, a support-and-gear vehicle will take you to the next rest stop or to overnight accommodations.) All you need is compassion and a commitment against MS.

Support for your commitment

A minimum fundraising goal is required. Realizing that fundraising can be a challenge in itself, we will support you every step of the way— with fundraising tips and tools, sample fundraising letters, training schedules, group support, even your own fundraising Web page!

Why all the support? Because every mile walked means more money for research and the programs and services needed by people with MS. Since the first MS Challenge Walk stepped off in 2002, committed Americans like you have raised more than \$37 million! A summary of where the money goes includes 41 percent for local programs, 38 percent for research and national programs, 13 percent for fundraising (5 percent added to the net reserve), and 3 percent for administration.

For more information

Email the Delaware Chapter's event manager at amy.hughes@msdelaware.org.

Calendar

July

13 AIG MS Twilight Walk
Baywood Greens Golf
Course, Long Neck
6:00 p.m.

September

27 2007 MS Bike to the Bay
Rider Packet Pick-up
& Pre-registration
Saturn of Newark, Rte. 273
5:00 p.m. to 8:00 p.m.

29 & 30 MS Bike to the Bay

October

20 Delaware Chapter's annual
meeting, Sheraton, Dover

October or November

TBA Women Against Multiple
Sclerosis biannual luncheon

November

22 29th Annual PNC Bank
Thanksgiving Day
Run/Walk for MS

Where the \$ goes

All the money raised at these events goes to MS research and the supports and services needed by more than 1,350 Delawareans with MS and their families.

MS Bike to the Bay

New short name, same great ride

A lot has happened in the last two years! The Delaware Chapter has coped with everything from changes in sponsorships and threats to funding to the expansion of the premier bike tour in The First State. Yet the Patterson-Schwartz/MS 150 Bike to the Bay rolled on!



To reflect all the changes to the bike tour, including the addition of the new shorter route, the chapter has dropped the reference to the original 150-mile route. The event's name is, simply, the MS Bike to the Bay. Now sponsored by Patterson-Schwartz and Bank of America, the bike tour still offers all the accouterments that participants have come to expect, such as

- generously stocked rest stops every 10 to 12 miles.
- free shuttles back to Dover on Sunday.
- professional bike mechanics.
- all-important support-and-gear wagons for weary riders.

For more information about the MS Bike to the Bay, call (302) 655-5610, or visit the Delaware Chapter's Web site at www.msdelaware.org.

Delaware raises awareness

Join the Movement!

This banner, draped on the Tower Hill School pedestrian bridge high across Route 52, marked the beginning of MS Awareness Week this year by announcing the National MS Society's new logo and tagline. And throughout the week of March 5-11, 2007, the Delaware Chapter continued to raise awareness about multiple sclerosis, involving corporate and retail businesses in the effort, while introducing the MS Society's new identity.

As part of the effort, the Delaware Chapter's volunteer Marketing Committee recruited area businesses to help promote awareness while simultaneously helping Delawareans living with MS. For example, a long list of First State businesses donated a percentage of their proceeds.

"This is one small way we can help," notes Joe Van Horn, a partner of Shaggy's On Main in Newark, "and it's a pleasure for us to do it. We've met some wonderful people who have MS and watch how they fight to end the disease. They're inspired to help others to help themselves."

"We believe in raising awareness, in getting people to understand and acknowledge the problem [of MS] so

that by participating we will allow experts to do something," says Sherif Zaki of Sherif Zaki Salon & The Oasis Day Spa. Zaki credits his wife Iman with the idea of having a "Jeans Day" at the salon during MS Awareness Week. On that day, their employees were allowed to wear jeans if each donated \$5.00 to MS. In addition to the employee donations, proceeds from a raffle of services – including a facial, full-body massage, and haircut – were generously given to the Delaware Chapter.

continued on page 16



Delaware Chapter chair Tom O'Brien accepts Gov. Ruth Ann Minner's signed proclamation making March 5-11 "MS Awareness Week." The ceremony was held in Gov. Minner's office in Dover on Wednesday, March 7.

Delaware raises awareness

continued from page 15

Three large First State employers set aside space for Delaware Chapter staff and volunteers to distribute information. At Archmere Academy, Bank of America, and Wilmington Trust, the employees were handed information with *Join the Movement* buttons while being encouraged to join the movement against MS themselves.

A special *Thank you* goes out to all the following organizations for supporting MS Awareness Week:

1717

AIG

Aloysius Butler & Clark

Archmere Academy

Bank of America

Café Mezzanotte

Catherine Rooney's Irish Pub

Chez Nicole

Clear Channel

Colosseum

Currie Hair, Skin & Nails

Deep Blue Bar & Grill

Del Rose Café

Iron Hill Brewery

Joe's Crab Shack

Kelly's Logan House

Kid Shelleen's

Restaurant 821

Shaggy's On Main

Sherif Zaki Salon & The Oasis Spa

Tower Hill School

Wilmington Trust Co.

WJBR 99.5 FM

Delaware wins!

Signatures from 2,022 Delawareans put the "Small Wonder" on the map! In the national petition drive against proposed cuts in federal funding for neurological research, Delaware beat New York, California, and Texas by procuring the greatest number of signatures per capita.

Delawareans' signatures were added to the signatures from the other chapters. A total of 110,000 signatures were then presented to our congressional representatives during our "annual day on the hill" on March 14, 2007. (The Delaware delegation also attended the Public Policy Conference in DC, as pictured below.)



Photo by Tom O'Brien, chapter chair

The Delaware delegation that attended the Public Policy Conference in Washington DC included Ginger Stein (director of chapter Programs), Carl Hertrich (chapter audit chair), Kate Cowperthwait (president of the chapter), and Gail Jasionowski (chair of the Government Relations Committee).

National MS Society & Society of Financial Service Professionals Financial education partners

Do you hear yourself wondering . . .

- How can I save for my child's college education and pay for MS care?
- How do I plan for long-term-care costs?
- How do I avoid dipping into my 401K to make ends meet?
- How am I expected to live on a reduced income?
- Why is my piggy bank always empty?

Introducing a free service to help you answer these questions! Thanks to a new partnership with the Delaware Chapter of the National MS Society, the Society of Financial Service Professionals is opening its doors to you.

A group of financial planning professionals and lawyers is now available to help you meet your financial needs. And because these professionals are donating their time and expertise, consultations are free to our members who need

- help defining their financial goals.
- help developing a financial action plan that addresses these goals.
- more education on the important MS issues.

This free service includes one to two sessions to develop a plan that addresses your specific financial

needs over your lifetime. A legal consultation may also be included.

To be considered for this service, you need to be an individual or family member living with MS as well as a member of the Delaware Chapter.

Who can benefit from this program?

Any Delaware Chapter member who

- is facing loss of employment.
- is living on a limited income.
- is looking at an impending major life change.
- wants to plan ahead.

Don't wait until you're in the middle of a financial crisis. Plan ahead. Call today to be assigned a financial planning professional or lawyer.

Call (800) 344-4867, and ask for Carol, Avis, or Angela.

Did you know?

The vast majority of people who are diagnosed with MS are between the ages of 20 and 50—the most productive years of their lives!

In addition to a financial cost, there is often a costly drain on family resources, including time, energy, and emotions.

Call (800) FIGHT MS for help.

Dover

Kent Lunch Bunch

Fourth Thursday of the month

11:30 a.m.-1:30 p.m.

Accessible restaurants in Dover

Leaders: Regina at (302) 734-8749 or
Mary Ann at (302) 697-6643

Men with MS

First Saturday of each month

10:30 a.m.-12:00 noon

Comfort Suites Hotel

1654 No. DuPont Highway

Dover DE 19901

Leader: John at (302) 947-1556

Georgetown

Shore Group Two

Second Wednesday of the month

1:30 p.m.-3:00 p.m.

CHEERS Community Center

20520 Sandhill Rd.

Georgetown DE 19947

Leaders: Kay at (302) 422-9584 or
Jamie at (302) 684-4513

Lewes

Sussex County MS Shore Group

First Wednesday of the month

7:00 p.m.-9:00 p.m.

Beebe Medical Center, Tunnell Cancer

Center, West entrance, Conference

Center, Room 1154

Lewes DE 19958

Leaders: Jamie at (302) 684-4513 or
Kay at (302) 422-9584

Middletown-Newark

Middletown Luncheon

First Thursday of the month

12:00 noon-2:00 p.m.

McGlynn's Pub & Restaurant

108 People's Plaza, Rtes. 40 @ 896

Newark DE 19711

Leader: Karen at (302) 378-2573

Newark

Main Street Circle of Friends

Second Wednesday of the month

5:00 p.m.-7:00 p.m.

United Methodist Church, 69 E. Main

Newark DE 19711

Leader: Sara at (302) 737-4694

Couples Group

Led by a licensed psychologist

May 3, May 24, June 14, July 5,

July 26, August 16

6:30 p.m.-8:30 p.m.

Newark Senior Center

200 White Chapel Rd.

Newark DE 19713

Leaders: Leland Orlov, Ph.D., at
(302) 994-4014 or Gail at
(302) 299-4123

Wilmington

Coffee & Conversation at Sunrise

First and third Thursday of the month

10:30 a.m.-12:00 noon

Sunrise of Wilmington

2215 Shipley Rd.

Wilmington DE 19803

Leaders: Fran at (302) 764-4335 or
Mary at (302) 633-1080

Coping with Life and MS

First Tuesday of the month

4:00 p.m.-5:30 p.m.

St. Paul's United Methodist Church

1314 Foulk Rd.

Wilmington DE 19803

Leader: Sue R. Crichton, M.S.,
L.C.S.W., at (302) 475-4957

**The mission of the
National Multiple Sclerosis
Society is to end the
devastating effects of MS.**

Staying Mobile with MS Getting There

How does multiple sclerosis affect mobility?

Join us for an interactive discussion and exercise program in a choice of two locations, one in New Castle and one in Sussex County. In both, we will address the symptoms that can interfere with your mobility and your ability to get where you want or need to go.

The presenter will be Ken Seaman, D.P.T., A.C.C.E., M.A., M.S.C.S., the academic coordinator for Clinical Education at the University of Delaware. In November 2006, Seaman was presented with the prestigious Friend of the MS Society Award for his work with the MS Assessment Clinic.

New Castle County

Date

Saturday, June 2, 2007

Time

10:00 a.m.-12:00 noon

Place

1614: Fitness, Tanning & Aerobics
318 South College Av., Newark

Sussex County

Date

Friday, June 1, 2007

Time

10:00 a.m.-12:00 noon

Place

CHEERS Community Center
20520 Sandhill Rd., Georgetown



Fitness, Tanning & Aerobics

“Expect The Very Best”

Bear: (302) 832-1614

Newark: (302) 738-1614

The National Multiple Sclerosis Society wishes to acknowledge the generous support provided by Bayer HealthCare Pharmaceuticals (formerly Berlex, Inc.), and Acorda Therapeutics, Inc., in helping to make this program possible.

The information in this publication is not a substitute for personal advice from a health-care provider, and a reference to a product or service does not imply an endorsement by the National MS Society or the Delaware Chapter.

THE MS TECHNOLOGY COLLABORATIVE: MAKING TECHNOLOGY WORK FOR YOU

The new MS Technology Collaborative wants to raise awareness of how technology can help people with MS live well. It wants to break down barriers for those who aren't comfortable using technology and educate people on how to choose, use, and maximize the impact of technology on their lives, no matter how MS affects them. The collaborative plans to

- explore how people with MS currently use technology, including computers, cell phones, PDAs, and Web communities;
- identify techniques and applications that can solve individual problems;
- increase everyone's awareness of available solutions; and
- develop new solutions to fill in the gaps.

Visit mymsmyway.com to learn more.

Access for all

The MS Technology Collaborative is a unique initiative by the National MS Society, Microsoft, and Bayer Healthcare Pharmaceuticals, a division of Bayer Schering Pharma AG (formerly Berlex). The three partners are creating a future where technology can be used by anyone living with MS. That includes people who have blurred vision, uncooperative fingers, iffy memories. It includes those who are newly diagnosed or have progressing MS-related symptoms. The MS Technology Collaborative is founded on the belief that improved technology can help people with MS move their lives forward. From telephones to global positioning systems, technology provides access to the world—

offering entertainment, education, employment, and personal connections.

Technology has even more potential for those living with MS. Health-care systems will increasingly use computer communication for partnerships in self-care and health education. So computer use may soon be a link to healthy living with MS.

Preparing the way

Before mymsmyway.com went live, the collaborative first formed a steering committee of diverse people living with MS across the country. That committee is providing ongoing input.

Next, the collaborative fielded a nationwide survey to get the big picture into focus: What is the role of technology in the lives of people with MS? The survey asked pointed questions about how people currently use technology, what limitations they experience, and whether technology helps them to live better. Survey results will be posted on both mymsmyway.com and the Society's Web site as soon as analysis is final.

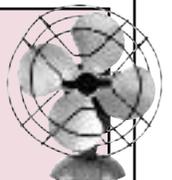
The MS Technology Collaborative hopes to develop a personalized, interactive Web experience that can deliver information tailored to the needs of a specific individual. Just how that will work is very much a work in progress.

Be part of the future. Visit mymsmyway.com today, and join in.

COOL TIPS FOR HOT DAYS

Avoid the hot seat

Keep your car cooler with reflective shades for the windshield and fabric car seat covers. Available at auto supply stores.

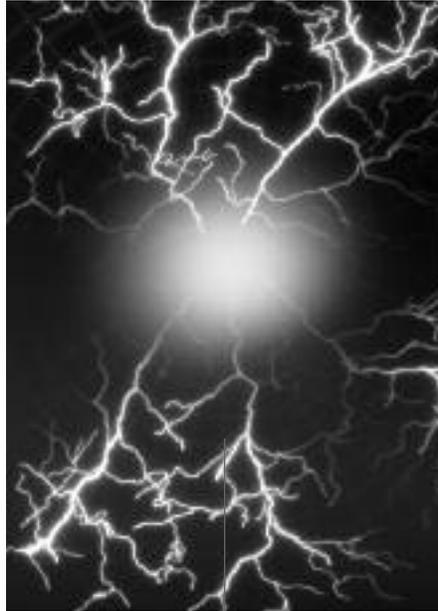


Nerve pain is different

All pain is transmitted by nerves, but nerve pain is different.

“Phantom limb pain” is a vivid example of “neuropathic” or nerve pain. This type of pain originates in the central nervous system in injured nerve pathways, not in the bones or muscles. A person with phantom limb pain feels pain in a body part that was amputated in the past.

MS lesions can injure nerve pathways and produce neuropathic pain—or unpleasant sensations called dysesthesias (or “di-es-THESE-ee-ahs”). The burning, aching, stabbing, prickling,



or itching may start and stop or drag on. MS lesions may also cause “allodynia” (“Al-oh-DIN-ee-ah”)—which is pain from something that shouldn’t be painful. A soft touch, the weight of bed covers, even a cool breeze can be the trigger.

Neuropathic pain is not soothed by the over-the-counter medications that work on muscle pain. Even powerful prescription medications, such as

Percocet, Lortab, OxyContin, or Darvocet, are not effective for this kind of pain.

Instead, physicians need to prescribe medications that work on nerves. They may be anti-convulsants (such as Tegretol, Dilantin, or Neurontin), antidepressants (such as Elavil), or new drugs approved for diabetic pain (such as Lyrica or

COOL TIPS FOR HOT DAYS

Water and....

Keep a plastic water bottle half filled in the freezer. Top it off, and you’ll have a drink that stays cool all day.

Herbal teas—fruity blends, peppermint, and ginger—are good chilled and have little or no calories if you make your own.

Avoid sugary drinks. They leave you thirstier—and heavier, too, because of all the calories.

Drink fruit juice the “light” way by extending with ice, water, or a fruity herbal tea.

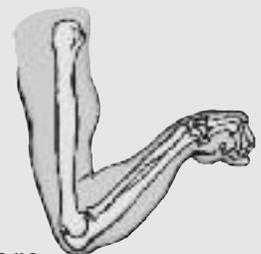


Muscle and bone pain happen, too

People who have difficulty walking may develop pain from the stresses placed on muscles, bones, and joints.

Sitting also stresses body parts. Muscle and bone pain responds to physical therapy—and to standard pain medications.

A person with MS might have more than one kind of pain. The first step to pain control is a professional diagnosis.



(continued opposite)

Nerve pain is different (continued)

Cymbalta). It's not uncommon to try out drugs to find what works best.

Communication critical to pain relief

Funded by the Neuropathic Pain Network and Pfizer, Inc., a seven-country survey by Harris Interactive shows that doctor-patient communication is essential for diagnosis and treatment of nerve—or neuropathic—pain.

The survey found that many general practitioners (family doctors) did not find it easy to recognize this type of pain. The survey also found that people with nerve pain waited from 5.7 to 19.5 months

Try nondrug approaches right away

While you and your physician investigate meds, pain specialists say it's smart to add complementary therapies right away. Nerves can become habituated to pain, making the pain harder to control.

Consider relaxation techniques, meditation, guided imagery, self-hypnosis, prayer, or music therapy. Joining a support group, pursuing a hobby, or having a good laugh watching comedy videos are also known to minimize pain.

Experiment with applications of heat, cold, or pressure. Try massage, acupuncture, yoga, tai chi, or physical therapy.

Oddly enough, neuropathic pain does **not** mean the MS is getting worse. But it could make life worse.

before talking to a physician about it. Many believed the pain would go away by itself.

Language matters

Success involved two-way communication. People who were able to describe intensity, duration, location, and how a pain feels—and physicians who asked for these descriptions—were far more likely to have successful outcomes. They used descriptive words, like dull, throbbing, stabbing, numb, achy, prickly, burning, pins and needles, and shock-like.

The survey contacted approximately 700 people diagnosed with nerve pain (because of MS, diabetes, herpes, cancer, stroke, or other conditions) and 700 physicians in Finland, Germany, Great Britain, Korea, Italy, Mexico, and Spain.

Tell your doctor

The National MS Society's Professional Resource Center Clinical Bulletin, "Pain in Multiple Sclerosis," by Heidi Malone, Ph.D., R.N., can be downloaded at nationalmssociety.org/PRC. It includes charts on pharmacological management and an extensive bibliography.

COOL TIPS FOR HOT DAYS**Snackin' cool**

Smoothies and slushies pack a cool nutritional punch. In a blender, combine banana, melon, strawberries, or peaches with low-fat milk or fruit juice. Then, pile in the ice. Add a few drops of vanilla for an exotic touch.



Filing for SSDI Benefits

If you have MS and are unable to work due to an MS-related disability or other condition, you may be entitled to Social Security Disability Insurance (SSDI) benefits. To receive these benefits, you must have worked at least five of the 10 years immediately before the disability and paid FICA taxes. The disability or impairments must be expected to last for at least 12 months.

Step One: Get familiar with the process

See "Loosening the SSDI Knots" in the April-May 2007 *InsideMS*. Go to nationalmssociety.org, click on Library in the gray menu bar in the upper right hand corner, and then on *InsideMS* in the box on the left-hand side—or call us for a copy.

For a more detailed review, check out the Society's new SSDI *Guidebook for People with MS* at nationalmssociety.org/SSDI. If you do not have Web access, call us.

The exact requirements for SSDI are detailed in the Social Security Administration's *Blue Book* (SSA No. 64-039), or www.ssa.gov/disability/professionals/bluebook.

Step Two: Get prepared

Keep a detailed journal of your MS symptoms and how they limit your ability to work.

Visit your doctor and let her or him know you plan to apply for SSDI benefits.

Offer your doctor the Society's template letters to make the documentation of your symptoms easier. Go to nationalmssociety.org/SSDI, and scroll down to Worksheets and Sample Letters.

Step Three: Strengthen your chances

Don't hesitate to ask for help from an SSA representative, a family member, staff in your doctor's office, or a knowledgeable person at the Society.

Don't delay if you can't complete certain general information on the application. Sufficient medical information is the most important.

The best source of your medical information is your doctor. Be sure your doctor is aware of all of your symptoms.

Step four: The waiting game

Recent data indicates that, nationwide, roughly 62% of initial claims for SSDI were denied, and that most applicants who went on to file a written appeal, called the "reconsideration," were also turned down. Only 16% of these second-level claims were approved.

The third level provides a face-to-face hearing before an administrative law

(continued next page, bottom)

Contacting the Social Security Administration

Toll-free: 800-772-1213,

7 AM to 7 PM, M-F

Toll-free TTY: 800-325-0778,

7 AM to 7 PM, M-F

On the Web: www.ssa.gov

Mailing address: Social Security Administration, Office of Public Inquiries, Windsor Park Building, 6401 Security Blvd., Baltimore, MD 21235

MS ACTIVISTS' INFLUENCE GROWS

More members, more calls

Our nationwide network of MS activists has increased by more than 80% this year. That means members of Congress have heard from more MS activists on more MS issues than ever before. MS activists made more than 64,000 calls and e-mails to their legislators so far this year. That is almost double the number of contacts made in all of 2006.

Does it work?

With the help of these calls and e-mails, the Lifespan Respite Care Act passed the U.S. House and Senate last year. Signed into law in December 2006, the act provides almost \$300 million over five years for competitive grants for states to increase the availability of respite care services for family caregivers of individuals with special needs regardless of age.

On our agenda

- Support for funding MS research through the Department of Defense is growing impressively.
- Legislators who are on one of the Appropriations Defense Subcommittees are currently being contacted.
- Activists will be on hand at the Iowa, New Hampshire, and other presidential primary stops to question candidates about health care, prescription drug coverage, and more.

Get updates online

It's easy to get involved. Sign up at nationalmssociety.org/advocacy. We'll send updates on news from Washington, hot issues, and ways to take action. As an MS activist, you'll help ensure that our volunteer work, research investment, and programs are supported by laws and regulations that make sense.

Become an MS activist. Join the movement.

Filing for SSDI Benefits (continued)

judge called the ALJ hearing. Nearly 60% of recent hearing decisions were in favor of the person seeking benefits.

A final level is also available: the Appeals Council of the Social Security Administration. This rarely results in an award of benefits. Beyond this point, a person may file a complaint in the U.S. District Court.

Optional: Retain a representative

The law permits SSDI applicants to retain a representative on a contingency basis, meaning that the fee is based on the outcome of the claim.

The representative, who may or may not be a lawyer, is a professional with

expertise in Social Security rules and regulations. Applicants may pay a representative out of the Social Security benefit check when the claim is approved. The fee will be 25% of the retroactive benefit but cannot exceed \$5,300.

COOL TIPS FOR HOT DAYS

Tax deduction

With a doctor's prescription, you can claim a new air-conditioner as a tax-deductible medical expense.



NATIONAL RESEARCH STUDY NEEDS VOLUNTEERS

The Sonya Slifka Longitudinal MS Study, sponsored by the National MS Society, has collected information from some 1,600 people with MS since 1999. Because the Slifka study provides such valuable information to the MS community, it has just been expanded and extended for another five years. Now, it needs 2,500 more people with MS for the study.



Beverly, diagnosed in 2001

Specific populations with MS will be “oversampled” in this phase of the study to ensure that their experiences are adequately represented. The target populations are African-American, Hispanic, and people diagnosed with MS after September 2006.

Most participants will be selected at random from the National MS Society’s database. However, to ensure that the study adequately covers people with MS who are African-American, Hispanic, or very recently diagnosed, we are asking for

volunteers. If you are a member of one or more of these groups, please consider joining this important study. Call 1-800-305-8013.

Participation involves telephone interviews every six months plus keeping a log of your health status, the medical services and therapies you use, the money you spend on MS-related needs, and the impact MS has on your life. The calls are made in English, so volunteers need to be comfortable talking on the phone in English.

All the collected information is confidential. Those who use data from the study will not be able to identify individual participants.

MS researchers are already using data from the first phase of the study to identify ways to improve quality of life and manage MS symptoms more effectively. The study’s data also help the Society advocate for public policies that address the issues most important to people with MS.

The second phase of the study will lead to more important information about how people live with MS over time.

Sonya Slifka and her son Richard

The Sonya Slifka Longitudinal MS Study is supported in part by a generous gift from the Society’s past national chair, Richard Slifka, and in part by the Society’s Promise: 2010 campaign. The study is named for Richard’s mother, who developed MS when he was still a boy. The grown-up Richard Slifka has been a leadership volunteer for the Central New England Chapter for more than 25 years as well as a national board member since 1988. He has generated more than \$3 million in personal donations and solicitations.

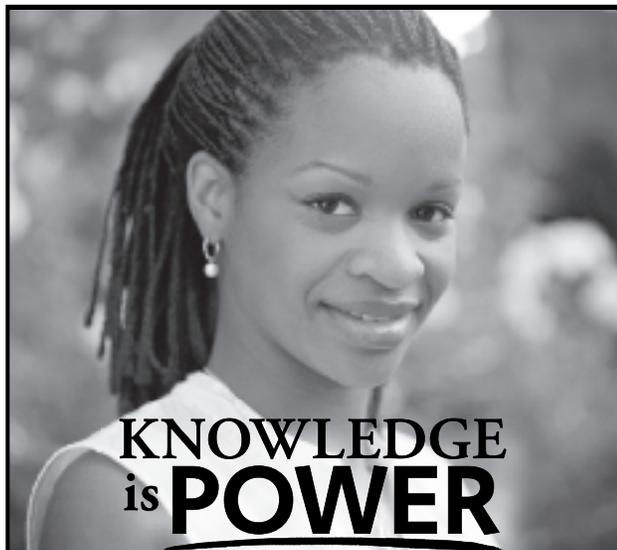
GET GOING WITH TWO NEW RESOURCES

Begin with MS Learn Online

Fearful, depressed, confused? A person can feel all of this after an MS diagnosis. But perspective—and hope—are available in the MS Learn Online webcast *Where do I begin? Newly Diagnosed with MS*.

Three people, with more than 30 years of living with MS between them, talk about their lives and recall their feelings at the time of their diagnosis. They discuss relationships and support, becoming one's own health-care advocate, and the possibility of reinventing oneself while managing life with a chronic illness.

To view the 23-minute webcast and explore the full roster of MS Learn Online offerings, go to nationalmssociety.org/mslearnonline.



Knowledge Is Power is a six-week free, at-home educational program for people who are newly diagnosed. Mail or e-mail formats. To register, call 1-800-344-4867, or visit nationalmssociety.org/knowledge.

This is why we're here.



COOL TIPS FOR HOT DAYS



Dress light and loose

Loose cotton blends and microfiber fabrics allow perspiration to evaporate. Try a wide-brim hat. Canvas or mesh sneakers are cooler than leather.

Cool clothing

Commercial cooling garments, such as vests, bra inserts, and headbands, can help you stay cool for hours. Search ABLEDATA (www.abledata.com or call 800-227-0216) or call for referrals.

Spray instead

Sweat evaporating on skin is how your body stays cool. Carry water in a spray bottle, and wet your shirt and hat for the same effect. Stand in front of a fan for instant A/C.

New! KIP Teleconference Series

The Knowledge Is Power (KIP) home study program for newly diagnosed people and their family members answers many questions. But you may still have more. KIP is beefing up by offering a series of free telephone conference calls hosted by MS experts.

Neurologists and other MS professionals will answer questions on topics such as symptom management, relationships, employment, and more. These calls provide information and offer a chance to interact with others who are also facing a new MS diagnosis—all from the privacy of home.

Register for KIP and receive a teleconference schedule as part of this free, six-week course. (See the ad on this page for details.)

SAFE AND EASY: GIVE ONLINE

"The Internet is a tremendous tool to help people join the MS movement," says Joyce Nelson, president and CEO of the Society. "We hope to cut administrative costs, make giving easier, and better tailor information to suit our constituents' interests."

"Tremendous" is no exaggeration: According to a *USA Today* report, online donations to the nation's biggest nonprofit organizations increased 63% from 2003 to 2005. The Society has led the way on the Web since 2001 when we first made it possible to sponsor Bike and Walk participants online.

To pledge online, go to nationalmssociety.org, and click on the heart-shaped button (*Pledge/Sponsor a Participant*). Then, use the search engine to find the person or the team you'd like to sponsor.

New online opportunities

The Society recently expanded its Web site to make it easy to give in other ways. At nationalmssociety.org, click on the gift-box shaped button (*Donate to the Society*) to access the Donate page. Visitors may choose:

Donate Now to safely and securely give a one-time gift to the Society. You can also search to see if your employer is one of the many companies that will match an online gift with a contribution of their own.

Tributes and Memorials to create a personal page to honor a loved one, to give a one-time contribution, or to set up

an automatic annual or monthly tribute or memorial gift.

Workplace Giving where you may sign up to have a regular payroll deduction dedicated to the MS movement. The payment is sent to us automatically.

Planned Giving to learn about other ways to support the Society through a will, gift annuities, charitable trusts, and more.

A SPARKLING WAY TO GIVE

Check out the new line of jewelry at Christopher & Banks and CJ Banks stores. There are nearly 750 stores nationwide—and this May and June, they are offering

the sparkling new "MS Collection." The moderately priced earrings, necklaces, and bracelets are created with genuine Swarovski crystals—and the National MS Society will receive 50% of the proceeds. Just in time for graduations, weddings, Challenge Walks,

and other special summer events. For store locations, go to www.christopherandbanks.com.



COOL TIPS FOR HOT DAYS

Pre-cool

"Pre-cooling" may lessen the heating effects of strenuous activity. Submerge in a tub of cool water for optimal benefit. Use mint soap for a cool skin sensation. For information on heat sensitivity, go to nationalmssociety.org/sourcebook. Click on Heat/temperature.



Enrich a celebration with a donation

A wedding or other celebration takes on a richer meaning when a gift is made to a cause in lieu of party favors. Here, two couples describe their decisions to commemorate their weddings with a donation to the National MS Society.

Julie Hudecheck, who has a family member living with MS, and fiancé Alan Josephson chose to make a donation to the Delaware Chapter of the National MS Society when they married.



“We decided to take the money that would go towards wedding favors,” says Hudecheck, “and donate it to the National MS Society where the money would make more of an impact. [The decision] made everyone feel a part of a bigger cause. Plus, it gets the word out there about MS.”

Briane Narleski and Jeff Morse decided to make a donation because it would serve a greater good.



“It made sense and held meaning for us to donate to the MS Society,” explains Narleski, “because of what my little cousin [who has MS] has been through. It is definitely a cause close to our family’s heart.”

Both couples printed place cards for their receptions to note the gift shared with their guests. Hudecheck said that her guests responded positively: “Most people actually thought it to be a better idea than candy or candles, and we made the donation on behalf of our guests, which made them feel like they were doing something special. They appreciated the fact that we were thinking of others beyond our wedding day.”

“We feel,” notes Narleski, “that it is a gesture that ties into the spirit of the day, to give back something, and the intention is ultimately an expression of love.”

“I highly recommend considering the idea of making a donation,” adds Hudecheck. “It’s a win-win situation, easy on the bride, and you’re making an impact on education about MS.”

For more information about donating to the National MS Society in lieu of favors for a wedding or other special event, contact Cicely Enright, officer of Development, at (302) 655-5610, ext. 26, or cicely.enright@msdelaware.org.

Change the lives of more than 1,350 Delawareans with MS and their families with your gift.

Tributes and Memorials

February 1–April 15, 2007

In Memory Of

Virginia Dewey

From: Thomas & Dorothy Pledge
 Prentiss Miles
 Mary Ellison
 Lyn Turner
 Clarence & Bonnie Dyer
 Jane & Tim Griesa
 Bruce Stokes
 Wendy R. Sherman
 Theo O'Brien
 William Dawson
 Barbara Hart
 William & Elaine Dawson
 Pat & George Nemith
 Ellis & Karen Parrott

Denise Hitchens

From: Patricia Rohrer
 Art & Mona Cross
 Bonnie W. Warrington
 Jacqueline & John Chesley

Helen Leager

From: Roger & Jeanette Vernon
 Linda & Jim Raifsnider
 Wilmington Trust Co.
 Ronald Brittingham
 Penn & Janet Salmon
 David & Phyllis Prizer

Glyn Goodge

From: Sheila Cousins

Kenneth W. Schorah

From: Marlene & Paul Warrant II
 Robert & Theresa Satterfield
 Carla J. Frehn
 Martin, Doreen, Allison
 & Andrea Vari
 Floria Smith
 Joseph J. Rhoades
 Thomas & Linda Jones
 Bruce & Janice Tigani
 Elliot & Phyllis Schreiber
 Francis & Constance Scully
 Louise Schilling
 Susan Casula
 Fay A. Hartenstine
 William F. & Gloria Cooke
 Sherron Long
 Tammy Whitlock
 Sherri Printz

John A. Hartnett

From: Josh Mogenstern

Paul Storm

From: Cyndi & Harris Wheeler

Robert Suter

From: Patricia White

Dorothy Laudenslager

From: Mary Lou Strouse

In Memory Of continued

Harry Kenny

From: William & Dolores Stewart

SMS-Harrell Washington

From: Mrs. Dollie Washington

Stephen Talarowski

From: Dolores & William Stewart

Mary Lou Gross's brother

From: Joan & Phillip Spiegelman

Patricia Ann Heinkel

From: Dolores & William Stewart

In Honor Of

David R. Anderson

From: Mr. & Mrs. Richard Schauer
 The Perrys
 Robert & Carole Grabowski
 Beverley Connolly
 Joanne Lambert
 Town of Townsend
 Peggy & John Reinholt
 Carol Seitz
 Carl & Julia Mueller
 Office of Disciplinary
 Counsel, Supreme Court
 of Delaware
 Regional Elevator, Inc.
 Raymond W. Naudain
 Jane E. Gaudio
 Barbara & David Augustson
 Jack & Dot Wilson
 Alice Everhart
 David & Sharon Thomas
 Guy & Patricia Sapp
 Kimberly & John Collett
 Millard & Eileen Davis
 S.L. Kitto
 George R. Lynam
 Phil Barton
 Norman & Ruth Younger

David R. Anderson continued

From: Fay E. Cooke
 Tom "Fuzzy," Cheryl
 & Sean Martin
 Michael & Joyce Vari
 Randy & Lenora Jennings
 Helen H. Kimmey
 Friends & Family at
 Townsend Elementary
 School
 Genoese, Miller & Assoc., Inc.
 Joseph A. Hurley
 Frances A. Baxter
 Robert & Phyllis Thomas
 Jolene & Jammie Gottlieb
 H. R. & Elizabeth Outten
 Delaware State Education
 Association, Inc.
 Jane & Frederick
 Hildenbrandt
 Mary G. White
 Judy & Irving Shetzler
 Michael & Shawn Golia
 Sean A. Motoyoshi
 Carrie L. Naudain
 Joe, Donna & Stephen Beamer

The strength of the group cont'd from pg. 10

“Being a facilitator has helped fill a gap in my life. I feel a real sense of accomplishment when I am able to help others.

“A support group can break down your feelings of isolation,” adds Oesterling. “It lends a sense of purpose. You’re there to help someone.

“Support is the cornerstone of our group,” sums up Oesterling. “We are there for each other. We care about each other. We’re good listeners. We’re good problem-solvers.

“And I’d love to have more people with MS in Sussex County come to our meetings and find out just how great our group is.”

Groups raise funds, too!

Sussex County MS Shore Group and Shore Group Two are also active in raising money – at two events!

- Join Team ZoomZoom at the AIG MS Twilight Walk on July 13! Email Monroe Colvett at mcolvett@ATT.net.
- Man the Ellendale rest stop during the MS Bike to the Bay on Sept. 29 and 30! Call Jamie Colvett at (302) 684-4513 or Kay Oesterling at (302) 422-9584.



Delaware Chapter
Two Mill Road, Suite 106
Wilmington, DE 19806

1-800-FIGHT-MS
www.msdelaware.org

ADDRESS SERVICE REQUESTED

**Nonprofit
Organization
U.S. POSTAGE PAID
Wilmington DE
Permit #246**

The strength of the group cont'd from pg. 10

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Groups raise funds, too!

Sussex County MS Shore Group and Shore Group Two are also active in raising money – at two events!

- Join Team ZoomZoom at the AIG MS Twilight Walk on July 13! Email Monroe Colvett at mcolvett@ATT.net.
- Man the Ellendale rest stop during the MS Bike to the Bay on Sept. 29 and 30! Call Jamie Colvett at (302) 684-4513 or Kay Oesterling at (302) 422-9584.



NATIONAL
MULTIPLE SCLEROSIS
SOCIETY

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Wilmington, DE 19806

1-800-FIGHT-MS
www.msdelaware.org

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