

# INDIANA STATE CHAPTER MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | SPRING 2010

## WALK MS: INDIANA 2010

The 2010 Walk MS season is here! It's time again to Walk to create a world free of MS. So dust off your sneakers and put on your fundraising hat and let's get started! Each walk is filled with fun festivities for all to enjoy. Spring Walk sites recently hosted their Kickoff parties, where participants received training tools, shared fundraising ideas, and motivated their peers. If you missed the party, grab the materials on the Walk website.

Walk MS is the rallying point of the MS Movement, a community coming together to raise funds and celebrate hope for the future. Your efforts to support this Walk MS vision do not go unrecognized. Our chapter serves nearly 8,000 Hoosiers living with MS. The money you raise helps people in need receive financial assistance, attend support groups, and so much more. Your money also goes to fund national research that has resulted in new treatments, and we are getting closer to a cure every day.

Whether you want to participate or volunteer at Walk MS, we need your help! Visit our website at [www.walkMSindiana.org](http://www.walkMSindiana.org) or call 800-344-4867 opt. 2.



**1-800-344-4867**

PUBLICATION OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY

Indiana State Chapter  
7301 Georgetown Road, Suite 112  
Indianapolis, IN 46268

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## Mark Your Calendars! Walk MS 2010

**April 17**

**River Valley:**  
Civic Center Courtyard, Evansville

**East Central:**  
Ball State University, Muncie

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**April 24**

**Indianapolis:**  
IUPUI, Indianapolis

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**May 8**

**Michiana:**  
College Football Hall of Fame,  
South Bend

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**May 15**

**Northeast:**  
Headwaters Park, Ft. Wayne

**South Central:**  
Columbus City Hall, Columbus

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**September 11**

**Wabash Valley:**  
St. Mary-of-the-Woods College,  
Terre Haute

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**September 12**

**Northwest:**  
Purdue University Calumet,  
Hammond



## CHAPTER PRESIDENT'S LETTER

Dear Friends of the Indiana State Chapter:

I just love the change of seasons. Whether it's the freshness of the tulip tree blossoms, or the tranquility of a shooting star on a hot summer night, or the southern Indiana hills filled with vibrant autumn colors, or the crisp first snowfall on the harvested crop fields; they all represent new beginnings.

How humbling it is to fill the shoes of such a passionate, dedicated Chapter President like Tiffany Bogard. While I am enthusiastic about embarking on our new beginnings together, I would first like us to pause and reflect on the journey you have taken with Tiffany these last several years.

I understand Tiffany is a remarkable professional, wife, mother, colleague and friend. I applaud Tiffany for the leadership and guidance she provided to the Chapter which resulted in increased client services and more dollars earmarked for research, to name a few. Thanks to your unwavering support and working side-by-side with Tiffany to achieve common goals, the Indiana Chapter is now poised for extensive growth.

I look forward to meeting all of you in coming months and partnering together to pick up where Tiffany left off. Let's work together to explore enhancing services for those most directly affected by MS, broadening awareness & education of the movement, and ultimately increasing funding for research to find that cure sooner rather than later!

With those Spring tulip tree blossoms soon-to-be arriving, there is no time like the present to embrace our new beginning together! Please be sure to introduce yourself to me in coming months, and let me know how I can best serve you.

Most respectfully,

Leigh Ann Erickson

## ANNUAL REPORT

*On the followings pages, please note our 2009 audited financial statements.*

Highlights: As detailed on the Statement of Activities, total revenues reached nearly \$1.2 million in 2009. We spent over \$1 million in program services, including research. Client registration numbers reached 7,929 for Indiana and northwestern Kentucky.

### MS Events

#### Walk MS:

- Hosted 8 Walks statewide
- Raised nearly \$700,000

#### Bike: MS

- Increased participation by 25%
- Raised \$106,000

#### Dinner of Champions

- Record event raising more than \$140,000

#### Luncheons

- Hosted 5 statewide
- Raised \$80,000

### MS Programs

- Approximately 4,800 clients participated in programs this year, including teleconferences, educational seminars and Self-Help Groups.
- We fielded over 2,300 information and referral inquiries.
- We provided \$43,990 in financial assistance to 100 clients.
- We funded two college scholarships.

National Multiple Sclerosis Society, Indiana State Chapter

Statements of Financial Position

	September 30			September 30	
	2009	2008		2009	2008
<b>Assets</b>			<b>Liabilities and net assets</b>		
Current assets:			Current liabilities:		
Cash and cash equivalents	\$ 323,968	\$ 500,741	Due to National Multiple Sclerosis Society:		
Investments-at market plus accrued interest	261,138	261,748	Remittance due to National	\$ 241,993	\$ 165,026
Contributions receivable, less allowance for uncollectible of \$2,750	54,224	47,404	Accounts payable and accrued expenses	88,283	64,451
Prepaid expenses and other assets	9,969	17,240	Deferred income	7,150	17,430
Total current assets	649,299	827,133	Total current liabilities	337,431	246,907
Noncurrent assets:					
Property and equipment, net of accumulated depreciation: 2009 - \$98,435; 2008 - \$92,871	-	5,565	Net assets:		
Interest in charitable revocable trust	203,846	213,601	Unrestricted	257,644	538,387
Total noncurrent assets	203,846	219,166	Temporarily restricted	54,224	47,404
			Permanently restricted	203,846	213,601
Total assets	\$ 853,145	\$ 1,046,299	Total net assets	515,714	799,392
			Total liabilities and net assets	\$ 853,145	\$ 1,046,299

National Multiple Sclerosis Society, Indiana State Chapter

Statements of Activities and Net Assets

	Year ended September 30 2009				Year ended September 30 2008			
	Unrestricted	Temporarily Restricted	Permanently Restricted	Total	Unrestricted	Temporarily Restricted	Permanently Restricted	Total
<b>Public support:</b>								
<b>Received directly:</b>								
Special events, including in-kind donations: 2009 - \$-0-, 2008 - \$41,213	\$ 1,021,883	\$ -	\$ -	\$ 1,021,883	\$ 1,083,364	\$ -	\$ -	\$ 1,083,364
Less benefit in donor costs	(133,438)	-	-	(133,438)	(121,373)	-	-	(121,373)
Membership and contributions, including in-kind donations: 2009 - \$650, 2008 - \$2,548	887,657	-	-	887,657	962,991	-	-	962,991
Legislator	148,098	68,230	-	216,328	260,510	73,440	-	333,950
Received at National (other than legislator)	-	6,714	-	6,714	-	43,000	-	43,000
Received at National (other than legislator)	63,893	3,891	-	67,784	136,783	-	-	136,783
Total received directly	1,995,799	68,825	-	2,064,624	1,351,313	120,440	-	1,471,753
<b>Received indirectly:</b>								
Conditional Federal Service Campaigns	3,738	-	-	3,738	6,649	-	-	6,649
Total received indirectly	3,738	-	-	3,738	6,649	-	-	6,649
<b>Total public support</b>	<b>1,999,534</b>	<b>68,825</b>	<b>-</b>	<b>2,068,359</b>	<b>1,357,962</b>	<b>120,440</b>	<b>-</b>	<b>1,478,402</b>
<b>Other revenue:</b>								
Investment income (loss)	(215)	1,333	(9,759)	(8,641)	-	28,079	(54,507)	(26,428)
Service program fees	-	908	-	908	-	827	-	827
Miscellaneous income (expense)	-	31,396	-	31,396	-	-	-	-
Total other revenue	(215)	33,627	(9,759)	23,653	-	28,906	(54,507)	(25,601)
<b>Net assets released from restrictions</b>	<b>84,834</b>	<b>(84,834)</b>	<b>-</b>	<b>-</b>	<b>184,090</b>	<b>(184,090)</b>	<b>-</b>	<b>-</b>
<b>Total revenues</b>	<b>1,184,153</b>	<b>6,810</b>	<b>(9,759)</b>	<b>1,181,214</b>	<b>1,502,052</b>	<b>3,796</b>	<b>(54,507)</b>	<b>1,451,341</b>
<b>Expenses:</b>								
<b>Program services:</b>								
Research	202,563	-	-	202,563	280,263	-	-	280,263
Client programs	439,298	-	-	439,298	414,531	-	-	414,531
Community programs	132,462	-	-	132,462	169,665	-	-	169,665
Professional education and training	19,842	-	-	19,842	21,208	-	-	21,208
Public education	166,856	-	-	166,856	190,872	-	-	190,872
Total program services	941,021	-	-	941,021	1,076,539	-	-	1,076,539
<b>Supporting services:</b>								
Fund-raising	234,852	-	-	234,852	180,267	-	-	180,267
Management and general	98,962	-	-	98,962	127,243	-	-	127,243
Total supporting services	325,814	-	-	325,814	307,514	-	-	307,514
Public Support to National	178,871	-	-	178,871	186,257	-	-	186,257
<b>Total expenses</b>	<b>1,444,558</b>	<b>-</b>	<b>-</b>	<b>1,444,558</b>	<b>1,370,310</b>	<b>-</b>	<b>-</b>	<b>1,370,310</b>
<b>Change in net assets</b>	<b>(260,405)</b>	<b>6,810</b>	<b>(9,759)</b>	<b>(263,354)</b>	<b>(86,258)</b>	<b>3,796</b>	<b>(54,507)</b>	<b>(137,969)</b>
<b>Net assets at beginning of year</b>	<b>528,287</b>	<b>47,484</b>	<b>213,601</b>	<b>789,372</b>	<b>606,643</b>	<b>43,238</b>	<b>268,108</b>	<b>917,989</b>
<b>Net assets at end of year</b>	<b>\$ 267,882</b>	<b>\$ 54,294</b>	<b>\$ 203,842</b>	<b>\$ 526,018</b>	<b>\$ 520,385</b>	<b>\$ 47,034</b>	<b>\$ 213,601</b>	<b>\$ 781,020</b>

National Multiple Sclerosis Society, Indiana State Chapter

Statements of Cash Flows

	Year ended September 30	
	2009	2008
<b>Operating activities</b>		
Change in net assets	\$ (283,678)	\$ (117,569)
Adjustments to reconcile change in net assets to net cash provided by operating activities:		
Depreciation and amortization	5,565	7,694
Bad debts	-	3,751
Unrealized (gains) losses on investments	610	(13,170)
Changes in market value of beneficial interest in trust	9,755	54,507
Changes in operating assets and liabilities:		
Receivables	(6,820)	(5,196)
Prepaid expenses and other assets	7,271	(7,306)
Accounts payable and accrued expenses	23,837	(39,463)
Deferred income	(10,280)	(926)
Due to National	76,967	90,893
Net cash used by operating activities	(176,773)	(26,785)
<b>Cash flow from investing activities</b>		
Purchases of furniture, fixtures and equipment	-	(2,345)
Purchases of investments	(25,000)	-
Proceeds from sales of investments	25,000	225,000
Net cash provided by investing activities	-	222,655
<b>Cash flow from financing activities</b>		
Payments on capital lease	-	(2,334)
Net cash used by financing activities	-	(2,334)
Net increase (decrease) in cash and cash equivalents	(176,773)	193,536
Cash and cash equivalents at beginning of year	500,741	307,205
Cash and cash equivalents at end of year	\$ 323,968	\$ 500,741

## COMMUNITY EVENTS – A GREAT WAY TO SUPPORT MS!

On occasion, members of the MS community plan and execute their own special events to support MS. Funds raised from these events support the chapter and its growing programs.

If you are interested in coordinating a community event, contact Joe Pickard, Director of Development, at the chapter office at [joe.pickard@nmss.org](mailto:joe.pickard@nmss.org), or at 800-344-4867, option 2.

### *Show your support through these fun and unique projects!*

#### **FRIENDS AND FAMILY FIGHTING MS - CHARITY COOKBOOK**

A group of family and friends got together to create this cookbook in order to raise money for the National MS Society. With a washable cover, handy stand to keep it out of cooking messes, tabs for easy maneuverability and over 500 recipes, this is a great cookbook for anybody who owns a kitchen! Most recipes are quick and all are easy to follow. This is a must have for all! Great gift idea for weddings, birthdays ... even holidays! Price is only \$15. Includes handy stand that stores inside the cookbook. Contact Stephanie Baker at [stef1985@comcast.net](mailto:stef1985@comcast.net) for ordering information.

#### **GET COOKING!**

Help support the chapter by purchasing a cookbook! Ladybug Publishing and Tasha Phelps will donate 20% of the proceeds of their Dinners and Desserts cookbook to the MS Society. This 95 page cookbook has great recipes and you are supporting a great cause. For more information, visit [www.phelco.com/ladybug/bookstore.htm](http://www.phelco.com/ladybug/bookstore.htm)

#### **PAINT BY DESIGN:**

Nurse Holly Stansbrough has written a book titled Finding Me. A portion of the proceeds from the book will go to the Indiana State Chapter. Find out more about the book at <http://paintbydesignstore.com>

#### **HEART TO HEART GIFTS:**

Heart To Heart Gifts is a way to give a gift and a contribution at the same time. These items will not be gifts that people forget about once they are gone, but will remind people of their friend's compassion and a way to give back. All funds raised from these gifts will support programs and resources for people affected by MS, as well as research to help find a cure. For more information or to order your gift, visit [www.hearttoheartgifts.com](http://www.hearttoheartgifts.com)

**You can also make direct donations on-line. Visit our website at [www.nationalmssociety.org/ini](http://www.nationalmssociety.org/ini) and make a contribution today!**

## HOOSIERS REPRESENTED IN WASHINGTON, DC

The National Public Policy conference took place on March 1-3, 2010 in Washington, DC. Mindy Sparling, chapter staff and the 2009 Volunteer of the Year, Rod McAfoos, conducted several Congressional meetings on Capitol Hill to meet with federal legislators to advance policies that directly impact the lives of people living with MS and their families.



Rod McAfoos and Sen. Lugar

### *Priority issues included:*

- Boldly asking Congress to support a \$15 million appropriation to the Congressionally Directed Medical Research Programs (CDMRP) for MS research.
- Boldly asking for the inclusion of at least \$94.81 Million in the FY 2011 Labor-HHS-Education appropriations bill to fund Lifespan respite programs.
- Establish a registry to measure the incidence and prevalence of MS in the United States.

## STATEWIDE TALENTS JOINED TOGETHER TO MOVE IT!



MS Awareness week took place March 7-13, 2010 and this year's theme was **Move it!** It was an avenue to mobilize the talents of Hoosiers who wanted to help spread the word about the National MS Society and the MS movement within their community. Activities included having a display table at shopping malls, grocery stores, interviews with local media and more! Thank you to everyone who made this week a success by helping to spread the word throughout the state. If you would like to share your activities and/or photos, please send them to: [Mindy.Sparling@NMSS.org](mailto:Mindy.Sparling@NMSS.org)

## RESEARCH UPDATE

### *FDA Approves Fampridine SR, Now Called Ampyra, to Improve Walking for People with All Types of MS*

The U.S. Food and Drug Administration has approved the marketing of Ampyra™ for its ability to improve walking speed in people with any type of multiple sclerosis. This is the first therapy specifically approved to treat a symptom of MS, and it represents a big step forward for the many people who may benefit.

Ampyra, formerly known as fampridine SR, is a tablet containing a sustained-release formula of 4-aminopyridine, which blocks tiny pores, or potassium channels, on the surface of nerve fibers. This blocking ability may improve the conduction of nerve signals in nerve fibers whose insulating myelin coating has been damaged by MS.

“The FDA’s approval of Ampyra is wonderful news for many people with MS who experience problems with walking,” said John R. Richert, MD, Executive Vice President for Research & Clinical Programs at the National MS Society. “This brings a welcome symptomatic therapy that may restore some function and make a real difference in quality of life for a large number of people with different types of MS.

### ***Clinical Study in Patients with Relapsing Remitting Multiple Sclerosis (RRMS)***

The neurology department of the Indiana University Hospital is taking part in a research program for the development of a new oral drug for multiple sclerosis. We are currently looking for patients suffering from Relapsing-Remitting Multiple Sclerosis for a clinical study. If you are a man or woman, 18 to 55 years of age, with a diagnosis of Relapsing-Remitting Multiple Sclerosis, you may be a potential candidate for this study.

There will be a 4-week period to evaluate your eligibility followed by a 24-week study period. During this time you will visit the neurology department 11 times and will have an MRI (Magnetic Resonance Imaging/Image) 7 or 8 times. You will also be asked to come back to the neurology department 1 week and 4 weeks after the end of the study. You will have an additional MRI at the visit 4 weeks after the end of the study. Following the 24 week study period, participants will be offered to continue with an extension study. Lee Hayward can provide you with more information about the study.

Participation in the study (including study medication and all clinical examinations and laboratory tests) will be free of charge. Study participants will be reimbursed a reasonable amount for their transportation costs.

Are you interested in taking part in this clinical study? Please contact Lee Hayward, RN, MSCN at (317)278-7293 for more information.

## SELF-HELP GROUPS

The Indiana State Chapter of the National MS Society has Self-Help Groups throughout the state of Indiana. Our Self-Help Groups are located in the following cities:

Anderson	Ellettsville	Marion
Angola	Evansville (one MS group, one group for caregivers)	Martinsville
Auburn	Fort Wayne	Merrillville (two groups)
Avon	Gary	Mooreland
Calumet City, Illinois	Greenfield	Muncie
Carmel	Huntington	Noblesville
Centerville	Indianapolis (three groups)	Terre Haute
Columbus	Lafayette	Valparaiso (also for caregivers)
Crawfordsville	LaPorte	Whiteland
Decatur	Lebanon	Winamac

*New groups forming in:*

*Columbia City  
Madison*

*South Bend  
Tipton*

*Please contact Heather Donegan at 800-344-4867 x2, 317-870-2500 x2, or via email at [heather.donegan@nmss.org](mailto:heather.donegan@nmss.org) for more information about Self-Help Groups including their meeting dates, times and locations.*

## FINANCIAL ASSISTANCE PROGRAM

The Society is driven to serve the constantly changing needs of those with MS and their families by extending essential programs to all who need us. Multiple sclerosis creates a range of financial challenges that can result in short-term financial crises, difficulty obtaining critical equipment and home or auto modifications, and diminished capacity to pay for MS-generated needs. The National MS Society's Financial Assistance Program offers guidance, leverage and resources to help contain the financial impact of MS.

At times the Society is not able to grant all requests or cover 100% of expenses related to a service or item. In these instances, a National MS Society MS Navigator® can provide information and resources to help the applicant identify alternative solutions. For more information on this program, or to request an application, please call 1-800-344-4867 or visit our website at [www.nationalMSSociety.org/ini](http://www.nationalMSSociety.org/ini).

Thank you to our sponsors: EMD Serono for their support of the home and vehicle modification program, and the Rotary Club of Indianapolis for supporting care management services.





## NEED HELP? CALL 2-1-1!

2-1-1 is an easy to remember telephone number that connects callers to information about critical health and human services available in their community. It is free, confidential, and available 24 hours a day, 7 days a week.

2-1-1 can offer access to the following types of services:

- **Basic Human Needs Resource:** food banks, clothing, shelters, rental assistance, utility assistance.
- **Physical and Mental Health Resources:** medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention, rehabilitation, health insurance programs, Medicaid and Medicare, maternal health, children's health insurance programs.
- **Employment Support:** unemployment benefits, financial assistance, job training, transportation assistance, education programs.
- **Support for Older Americans and Persons with Disabilities:** home health care, adult day care, congregate meals, Meals on Wheels, respite care, transportation, and homemaker services.

Help is just a phone call away. Dial 2-1-1 from your telephone to reach one of Indiana's 2-1-1 Centers. A trained Information & Referral Specialist will talk with you about your needs and provide you information or referrals to community resources.

**\*Please note that 2-1-1 is not yet available to all Indiana residents or by all telephone systems.**

## HELP OUR CHAPTER - VOLUNTEER!

Given the daily challenges that an estimated 11,000 Hoosiers with MS face, we must continue our efforts to end the devastating effects of this disease. We cannot do this without your help! The Indiana Chapter is seeking highly skilled and committed volunteers who want to share their time, energy and talent while experiencing a wonderful sense of accomplishment and contribution.

***JOIN THE MOVEMENT by becoming part of our team!!!***

Contact Heather Donegan at 800-344-4867 (option 2), 317-870-2500 (option 2), or via email at [heather.donegan@nmss.org](mailto:heather.donegan@nmss.org) to learn about volunteer opportunities.

**Check out our social networking sites for the MS Community!**

*Find us on DFOMS, Facebook, Twitter, YouTube and MySpace*



TOLL FREE NUMBER 1 800 344 4867 | 11



**National  
Multiple Sclerosis  
Society  
Indiana State Chapter**

7301 Georgetown Road  
Suite 112  
Indianapolis, IN  
46268

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
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Indianapolis, IN  
Permit # (1854)

CALENDAR		
4/12/2010	<i>Coping with Changes in Cognition Teleconference</i>	Statewide
4/17/2010	<i>Walk MS Event</i>	Evansville
4/17/2010	<i>Walk MS Event</i>	Muncie
4/24/2010	<i>Walk MS Event</i>	Indianapolis
5/4/2010	<i>Research Update</i>	Fort Wayne
5/8/2010	<i>Walk MS Event</i>	South Bend
5/10/2010	<i>Indiana State Chapter Board Meeting</i>	Indianapolis
5/10/2010	<i>MS and the Urinary Tract Teleconference</i>	Statewide
5/15/2010	<i>Walk MS Event</i>	Fort Wayne
5/15/2010	<i>Walk MS Event</i>	Columbus
5/19/2010	<i>Professional Education Program for Nurses</i>	Fort Wayne
5/26/2010	<i>World MS Day</i>	Nationwide
6/8/2010	<i>Research Update</i>	Bloomington
6/14/2010	<i>Coping with Change Teleconference</i>	Statewide
7/2010-TBD	<i>Social Program</i>	Fort Wayne
7/2010-TBD	<i>Women on the Move Luncheon</i>	NW Indiana
7/12/2010	<i>Bowel Dysfunction and MS Teleconference</i>	Statewide
8/9/2010	<i>Progressive MS Teleconference</i>	Statewide
8/20/2010	<i>Professional Education Program for Nurses</i>	Indianapolis
8/30/2010	<i>Indiana State Chapter Board Meeting</i>	Indianapolis