National Multiple Sclerosis Society

CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Summer 2008

Mid America Chapter

SAVE THE DATE: November 13, 2008

The Mid America Chapter MS Conference & Expo at the Overland Park Convention Center will feature MS experts, useful information and more!

On November 13, hundreds of individuals will gather to keep their lives moving forward. The Mid America Chapter is planning an exciting, day-long conference with learning opportunities for individuals living with MS, volunteers, healthcare professionals and more. This is a unique opportunity, and you're invited to join us!

Please mark your calendar for a day of education and awareness.

- Dr. Allen Bowling, from the Rocky Mountain MS Center, will speak about treating depression, fatigue and cognition problems using complementary and traditional medicine.
- Anyone in a relationship can take advantage of our modified couples retreat series. Improve communication and learn to manage MS as a team. These sessions will help your relationship thrive!
- Our annual training for self-help group leaders will include ideas on group activities, sensitive topics and the latest research.

Throughout the day, we'll recognize volunteers and fundraisers from across the Chapter, including the Mission Possible Club. We'll look back on the 2008 fiscal year, plan for 2009 and elect new Chapter Board members at our annual meeting. You don't want to miss this opportunity to learn more about multiple sclerosis and how to manage its effects on your life. A formal invitation will be mailed soon, so please SAVE THE DATE!

Questions about the conference?

Call our office at 1-800-344-4867 and press or say 2 to get the details.

INSIDE THIS ISSUE:

Self Help Groups
Page 3

What's Cooking
Page 7

Advocacy in Action
Page 11

Ways to Give
Page 13

1-800-344-4867
Publication of the
National Multiple Sclerosis Society
Mid America Chapter
7611 State Line Road, Suite 100
Kansas City, MO 64114

President
Kay Julian

Board Chair
Owen Buckley

Newsletter Editor
Nicole Long

If You or Someone You Know Has MS
Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at www.nationalmssociety.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

The National Multiple Sclerosis Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The National Multiple Sclerosis Society assumes no liability for the use of contents of any product or service mentioned.

Information provided by the Society is based upon professional advice, published experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

The National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.

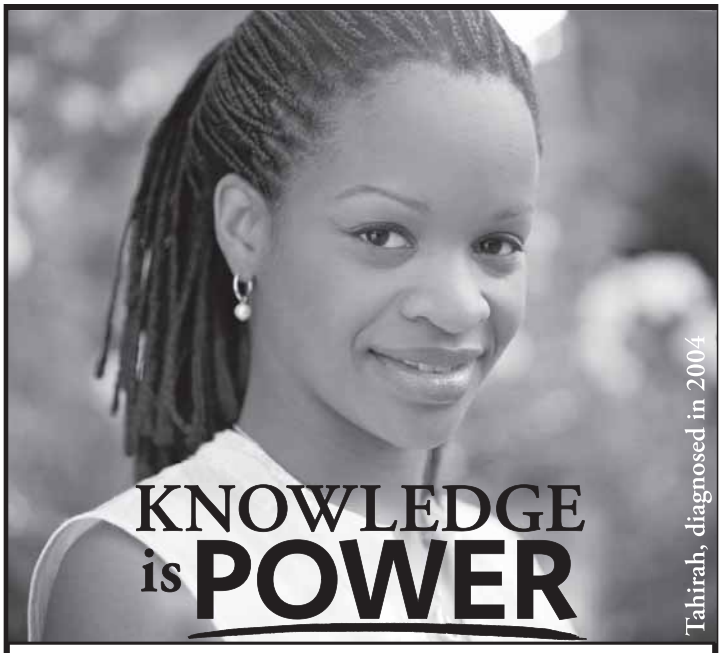
© 2008 National Multiple Sclerosis Society, Mid America Chapter

Information in Spanish

Are you more comfortable reading in Spanish, or do you know someone who is? Dozens of the Society's most popular brochures, videos, and Web casts are now available free in Spanish, including:

- Saber es Poder (Knowledge is Power, for the newly diagnosed). Call 1-800-344-4867, press 1.

Call us or visit **nationalmssociety.org/Spanish** for a complete list and instructions in Spanish on downloading or ordering.



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**.

Join the movement.

MS
National Multiple Sclerosis Society

Meet our Self-Help Groups

Self-help groups bring together people who share a common life experience for support, education, and mutual aid. Members of self-help groups share a belief that positive personal change happens through individual efforts with the support of others.

If you're looking for a self-help group, there might be one in your area. Please be sure to contact the group's leader first to confirm whether they'll meet that month.

If there isn't one in your area, contact us about setting up a group. Just call 1-800-344-4867 and press 2. We'll get you started!

Eastern Kansas Branch
Bounce Back in Topeka, KS
Jerry, 785-273-0799
3rd Monday at 6:30 p.m.

Coffee For Carepartners in Topeka, KS
Charlie, 785-228-1818
3rd Saturday at 9:00 a.m.

Lawrence, KS
Rebecca, 785-841-0944
2nd Thursday at 2:00 p.m.

Manhattan, KS
Julie, 785-539-8452
3rd Wednesday at 6:00 p.m.

McPherson, KS
Linda, 620-654-3597
1st Tuesday at 10:00 a.m.

Wilson County in Neodesha, KS
Elieen, 620-325-3668
Every other Thursday at 6:30 p.m.

Sabetha, KS
Cheri, 785-284-0021
1st Wednesday
at 10:00 a.m.

Salina, KS
Susan, 785-823-1954
3rd Tuesday
at 7:00 p.m.

Bruce and Julie, diagnosed 1973, lead a group of people with MS and caregivers

Positive Living in
Topeka, KS
Janine, 785-228-1818
Every Wednesday at 10:00 a.m.

Kansas City Branch
Blue Springs, MO
Dixie, 816-229-2851
3rd Thursday at 6:30 p.m.

Butler, MO
Mary, 660-200-7046
2nd Monday at 6:30 p.m.

Cass County in Belton, MO
Jean, 816-779-6933
1st Monday at 10:00 a.m.

Coffee For Carepartners in Mission, KS
Rita, 913-381-9770
4th Saturday at 10:00 a.m.

Johnson Co. Heroes in Shawnee Mission, KS
Sharon, 913-631-3495
3rd Thursday at 7:00 p.m.

Leavenworth County in Leavenworth, KS
Don, 913-682-2863
2nd Sunday at 2:00 p.m.

continued on page 5

Calling All Artists!

We are accepting entries for the first annual MS Art Exhibition. The show will run from October 18-November 10, 2008 at the Mid America Chapter's headquarters in Kansas City, Missouri. The show will be juried by a panel of community members and the Chapter board of directors.

Sleep in peace
by Denise Evans

Artwork is open to all mediums. Space is limited and not all entries will be accepted; we are accepting up to 3 submissions per artist. Artwork from any person with multiple sclerosis will be considered. Deadline for submission (please send photos or slides): September 1, 2008. Selections will be chosen by September 15, 2008.

Be sure to label your photo/slide with your name, title, medium, dimensions and weight and please indicate if you would like your submission returned. Send a slide or photo of your artwork to be considered to: lhansen@nmsskc.org or mail to Leslie Hansen, Mid America Chapter, 7611 State Line Road, Ste. 100, Kansas City, MO 64114.

During the exhibition, participants will be able to sell their artwork. A 10% donation to the Mid America Chapter is requested for all sales.

Questions may be directed to lhansen@nmsskc.org or 1-800-344-4867 and press 2.

Developing young minds

Developers Diversified Realty, one of the Society's valued corporate partners, announced that it will fund 10 of the top scholars in the Society's Scholarship program over the next four years, for a total of $120,000.

Over the last three years, Developers Diversified has supported the movement to end MS with an art auction, through Walk MS teams, and by placing MS Awareness posters and other signage in their malls and shopping centers throughout the country during MS Awareness Week.

MS Society Scholarship Program
Applications for scholarships will be accepted between October 15, 2008, and January 15, 2009. They will be available then on our national Web site, or call us. For more, visit nationalmssociety.org/Scholarship.

Ongoing Programs & Resources

The Mid America Chapter is happy to provide these programs and services throughout the year. Call us to access them!

- Information on MS, related issues & research.
- Referrals to neurologists, MS clinical centers, mental health providers, attorneys & community resources.
- Financial assistance for durable medical equipment, respite care, short-term counseling, vehicle & home modifications, air conditioners & crisis situations.
- Access to a network of self help groups (see page 3).
- Lending library of books & videos

Self-Help Groups, cont.

Liberty, MO
Karen, 816-415-8962
1st Tuesday at 7:00 p.m.

Midtown Strivers in Kansas City, MO
Helen Denise, 913-334-4721
2nd Thursday at 7:00 p.m.

Northland in Kansas City, MO
Dorothy, 816-741-2833
1st Saturday at 10:00 a.m.

Warrensburg, MO
Karen, 660-827-1112
2nd Wednesday at 6:00 p.m.

Ozark Branch
Early Stages in Springfield, MO
Pat, 417-820-3157
4th Tuesday at 6:30 p.m.

Joplin, MO
Sue, 417-825-6830
2nd Tuesday at 6:00 p.m.

St. Joseph Branch
Chillicothe, MO
Bobbi, 660-707-0437
2nd Thursday at 6:00 p.m.

MS Piggies in St. Joseph, MO
Janet, 816-233-4180
4th Friday at 7:00 p.m.

Northwest Missouri in Maryville, MO
Cindy, 660-562-2754
2nd Saturday at 10:30 a.m.

St. Joseph, MO
Mike, 816-233-6804
3rd Saturday at 10:30 a.m.

The Art of Asking For Help

by Allison Shadday, LCSW

When I first learned I had MS, I was a medical social worker. It was my job to care for people who were ill. I knew how to give others my help, but not how to receive it. Requiring assistance, at any level, can radically alter our sense of independence. It makes us feel so vulnerable!

These tips may help:

- Explore how you feel about needing and asking for help.
- Ask yourself how it feels to help others.
- Recognize that when you ask for assistance, you're giving someone a chance to feel useful.
- Plan on what to ask for when someone says, "Is there anything I can do?" Requests could be as simple as asking someone to go with you to a doctor's appointment.
- Identify at least three people you can call. It's important not to rely on one person for all needs.
- When folks come through for you, show your appreciation.
- Find ways to reciprocate. Let people know that you're there for them as well.

Some benefits of asking for help:

- Others gain a better understanding of what you're experiencing.
- It can help you to feel less alone.
- You will have more time for the things that can only be done by you.
- You may have energy for things you would really like to do.

Who's on Your Team?

Managing MS can be a challenge on the best of days. But having the right people on your team can make a world of difference. Putting together a health care team takes a little leg work on your part. Start by familiarizing yourself with these specialists.

- *Neurologist* – a physician who specializes in the diagnosis and treatment of conditions related to the nervous system.
- *Neuropsychologist* – a psychologist with specialized training in the evaluation of cognitive functions.
- *Nurse* – a key member of the comprehensive patient care team who often acts in a management role. The nurse provides a link for physicians and other health care professionals with persons with MS, their families and the community.
- *Occupational therapist* – a rehabilitation specialist who "assesses" functioning in activities of everyday living, including dressing, bathing, grooming, meal preparation, writing and driving which are essential for daily living.
- *Orthotist* – a person skilled in making mechanical appliances (orthotics) such as leg braces or splints that help to support limb function.
- *Physiatrist* – a physician who specializes in the rehabilitation of physical impairments.
- *Physical therapist* – a rehabilitation specialist who is trained to evaluate and improve movement and function of the body, with particular attention to physical mobility, strength, balance, posture, fatigue and pain.
- *Speech/language pathologist* – a specialist in the diagnosis and treatment of speech and swallowing disorders.

The National Multiple Sclerosis Society staff can provide you with referrals to health care professionals in your area. It is important to keep in mind you may not need to see all of these professionals and you may only see some for a short time. Educate yourself and be your own advocate so you can get the best possible care.

In some areas, it can be a challenge to find healthcare professionals familiar with multiple Sclerosis. The MSmidamerica.org web site has excellent information for healthcare professionals. Expert Opinion papers, Clinical Bulletins and Research Updates are all available to give your health care provider the latest information about treating people with MS. There are continuing education program announcements and even an online program available for physicians. Arming your healthcare provider with these tools will help you put the right team in place to move your life forward.

Information for the above descriptions was compiled from the National MS Society web site - www.nationalmssociety.org.

What's Cooking

Cindy Gackle, OTR/L, MSCS, a staff therapist at the University of Minnesota Medical Center, Fairview, in Minneapolis, has ideas on conserving energy while creating great meals.

Plan ahead

"If you have help to carry your groceries you might be able to do a week's worth of shopping," Gackle said. "If you don't have help, see what you can cut out and save for next time."

Shop smart

- Create a master shopping list and make copies. Circle items as you need them, and you won't have to make a new list each time.
- Shop when your energy is highest and your market is least crowded.
- Go to markets you know the layout of, or take a friend until you learn the layout.
- Choose a market that has motorized carts for you to ride on if you get tired.
- Buy foods that can be frozen or kept in the pantry for times when you just can't get to the store.
- Choose pre-skinned garlic, frozen chopped onions, and pre-washed and pre-cut veggies to cut prep time.
- Make big meals so that leftovers can be frozen and heated up when you don't feel like cooking.
- Investigate online or phone shopping, especially for buying in bulk.

Make your kitchen work

"Design a work area that meets your needs," Gackle said. "Arrange items close enough to you so that you don't strain yourself or lose balance."

- Keep your most-used ingredients for everyday cooking out on countertops.
- Keep your kitchen well lit with clip-on task lighting.
- Make a cutting surface you can use while sitting down by pulling out a drawer, draping it with non-skid fabric (like drawer liner) and sticking a cutting board on top.

Invest in labor savers

- **Clip-on fans** help keep you cool in the kitchen. Try ANTonline.com. Or keep a supply of cooling products to beat the heat, such as neck coolers from bodycooler.com.
- **Non-skid rolls.** This webby rubber material, sold as "drawer liners," is multipurpose. Use it under cutting boards, on serving carts, or anywhere you don't want objects to slip. Available at housewares.hardwarestore.com and many home goods stores.
- **Over-the-stove mirrors** let you see what's cooking without craning your neck. Available at sammonspreston.com.
- **Immersion blenders.** Anything from soups to smoothies can be pureed in the pan they were prepared in, without heavy lifting. Visit kitchenaid.com.
- **Knives with big handles** decrease the amount of effort needed for cutting. Sammons also has an L-shaped knife for less strain.

Report suggests ways to improve MS treatment

A landmark report by the National MS Society in partnership with Teva Neuroscience suggests that greater collaboration among health-care professionals may hold the key to more effective management of MS. It also suggested that collaboration could stem the tide of neurologists who are leaving the field of MS care.

About the report

Last year the Society surveyed nearly 2,000 people with MS, along with neurologists, case managers, specialty pharmacists, and managed care professionals about quality of life, cost and reimbursement for MS health care, and ongoing treatment of MS and its symptoms.

Among the findings:

- More than 90% of people with MS said they rely heavily on their neurologist for treatment. A majority would welcome a disease-management program involving other professionals.
- More than 60% of the neurologists said that they are reluctant to take on new MS patients because there are so many administrative barriers. Many said they would welcome an increased role by specialty pharmacies to help provide patient education and support.
- Some 90% of managed care organizations now use specialty pharmacies to distribute the MS disease-modifying drugs, and nearly 60% of the specialty pharmacies said they routinely have contact with people with MS.

Nicholas LaRocca, PhD, associate vice president of Health Care Delivery and Policy Research at the Society, the report chairman, told **MS Connection**, "The results suggest that people living with MS could more effectively manage the disease through greater collaboration with managed care organizations, neurologists, and specialty pharmacies. We will be setting up meetings with managed care organizations in the coming months to discuss the findings and ways to move forward."

The Multiple Sclerosis Trend Report can be read online. Or call us and ask for a copy.

Energy management proven to fight fatigue

It seems that fatigue—the most commonly reported MS symptom—can be reduced by using one's energy more efficiently. And a Society-funded study has found that people with MS gain long-lasting benefits from learning energy management.

Led by Virgil G. Mathiowetz, PhD, OTR/L, at the University of Minnesota, the study first led 169 people with MS through a six-week energy management course. The students learned to balance rest and work, how to position their bodies for certain activities, and when to delegate tasks to others. The participants reported an immediate reduction in their fatigue and a substantial increase in their ability to function at home and at work.

Even better news comes from the follow-up study that reevaluated the participants a year later. Fatigue was still significantly reduced, and people reported a better quality of life.

Research needs brain tissue

Brain tissue research has the potential to tell us more about MS—from what causes it to how to prevent it. But less than 1% of people with MS make arrangements for a posthumous donation of brain tissue—not enough for researchers to work with. Researchers also need tissue from healthy brains. The Society is supporting a number of tissue and DNA banks throughout the U.S.

In February, the Society convened the first MS Tissue and DNA Banks Investigators Meeting. Sue Strauss, a marketing expert in the field of organ donation who helped facilitate the meeting, summed up: "As a person with MS, I'm excited to be working to speed up the process of gathering information about the disease, its causes, and its manifestations."

Two important points

1) Tissue must be taken within hours of death to be of use to researchers, so arrangements must be made in advance.
2) There is no disfigurement of the body and funerals can take place promptly.

If you want to make this generous gift, discuss your wish with several family members and sign up with a facility as soon as possible.

Tissue banks:

Rocky Mountain MS Center
Phone: 303-788-4030/Web site: mscenter.org

Human Brain and Spinal Fluid Resource Center Neurology Service
Phone: 310-268-3536
Web site: loni.ucla.edu/uclabrainbank

MS Tissue Repository at U of I Chicago
Phone: 312-996-5763

Donations for genetic studies

How do we find the genes that make one susceptible to MS? Investigators at the meeting agreed on the need for DNA, especially from Asian Americans, African Americans, Native Americans, and Latinos. A simple blood donation is all it takes. Contact:

UCSF MS Genetics Group
Phone: 866-MS-GENES (866-674-3637)
Web site: ucsf.edu/msdb

Accelerated Cure Project
Phone: 781-487-0008
Web site: acceleratedcure.org

Wellness Near You

MS Aquatics Classes
St. John's Sports Center
2135 South Fremont Ave.; Springfield, MO
Tuesdays and Thursdays
8:30-9:30 a.m. and 5:30-6:30 p.m.

Yoga in Chairs
FREE to people with MS and care partners
North Lindenwood Support Center
315 North Lindenwood Drive; Olathe, KS
Wednesdays, 6-7 p.m.

For classes in the St. Joseph & Eastern Kansas areas, please contact our offices at 1-800-344-4867 and press or say 2.

Maintain Your Independence

The Melissa Anne Hanger Apartments in Topeka, KS are accessible, afforable living options for people with disabilities. If you are no longer able to live in your current home, they could be a great option for you!

These apartments are 100% barrier-free and designed with the wheelchair/scooter user in mind. They feature low countertops, roll-in showers, power entry doors and more.

"By choosing these apartments, individuals with MS can keep their quality of life high," said Erica Kiehnhoff, program manager at the Mid America Chapter. "You can remain independent and have a safe, afforable place to live."

If you or someone you love would like to live at the Melissa Anne Hanger Apartments, please give us a call at 1-800-344-4867. You may press or say 2 and ask for Erica.

Chapter Receives Award

On May 9, the Mid America Chapter received the 2008 Community Development Block Grant (CDBG) Partnership Award in recognition of "generous contributions to the emergency home repair program in partnership with the Unified Government of Wyandotte County/ Kansas City, KS."

The Chapter was nominated by an individual with MS who requested assistance to make his bathroom more accessible. Working in conjunction with several agencies, we were able to help with the extensive work that now allows him to maintain his independence. For the past 34 years, CDBG has served as a vital resource to help cities, counties and states meet their unique community development, affordable housing and economic development needs. The MS Society has worked in conjunction with CDBG to promote independent living for people with MS.

If you could gain independence through home modifications or other quality of life initiatives, please contact us today at 1-800-344-4867 and press or say 1.

More Upcoming Programs

July 14-18 - Summer Visits
We're working to make the hot summer a little cooler for people with MS living in long term care facilities. If you would like to volunteer or to donate goodies, contact us at 1-800-344-4867 and press or say 2.

August 21 from 6-9 p.m. - Summer Social
Crestview Shelter House
(4901 SW Shunga Drive in Topeka, KS)
Enjoy some good games, good food and good company with the Society. Please call 1-800-344-4867 and press or say 1 to find out more.

September 25 - Couples Only Program
Metropolitan Grill
(2931 East Battlefield in Springfield, MO)
Dr. Scott Duff will present on intimacy issues and relationship tips during a special couples evening. Call 1-800-344-4867 and press 1 to learn more.

MS Activists Visit Washington

On May 6, more than 400 MS activists from around the country met in Washington, DC, for the 2008 MS Public Policy Conference. Craig Crawford, a popular commentator who appears regularly on "The Early Show," was the keynote speaker.

Activists met with their legislators in the House and Senate, including members of the two Congressional MS Caucuses (see below). The priority issues included:

- Increasing federal investment in MS research through funds made available by the Department of Defense
- Eliminating the 24-month waiting period before Social Security Disability beneficiaries are entitled to medical coverage
- Conducting accurate assessments of the incidence and prevalence of MS in the United States

Congressional MS Caucus Builds on Achievements

The Congressional MS Caucus in the House of Representatives, which was founded in July 2007 to give the MS movement a greater presence on Capitol Hill, is already impressing Beltway insiders. By November 2007, the caucus had helped MS researchers gain access to a $50 million Department of Defense medical research fund previously restricted to other diseases.

Now, members of this bipartisan group—along with other members of the House—are signing on to a letter requesting that $15 million be provided to fund MS research through the Congressionally Directed Medical Research Programs. As of this writing, some 80 representatives have signed.

Jill Allen Murray, the policy director for Representative Russ Carnahan (D-MO), helped the Society set up the caucus. Carnahan, along with Representative Michael Burgess, MD (R-TX), are co-chairs for the House MS Caucus.

Senator Byron Dorgan (D-ND) and Senator Orrin Hatch (R-UT) are co-chairing the newly formed Senate MS Caucus. To invite your senator to join, call 800-828-0498 and ask for his or her office. (Visit **nationalmssociety.org/advocacy** for tips on how to phone legislators.)

Get budget-smart: develop a monthly spending plan

by Gary Sullivan

"MS is not a one-size-fits-all disease," Helen Kim Bass, CSA, told **MS Connection**. Bass is a MetDESK Specialist at New England Financial who volunteers as a legal and financial advisor for the Society's Southern California Chapter. "But it makes sense for **all** of us to economize."

Taking the first step

Bass recommends a bare-minimum savings cushion to cover six months to a year's worth of bills. "Above that, you should plan to save 10% to 20% of your income every month."

How to do this? Create a budget. Use software such as Quicken or an Excel spreadsheet, if you use a computer. Or write the whole thing out on paper in longhand. Accurately detail your monthly income and your monthly expenses.

Break down your expenses into two categories: **fixed expenses** and **other**. Fixed includes rent or mortgage payments, groceries, prescriptions, transportation, utilities, insurance, and outstanding credit card or loan debts. If you pay any of these in annual or semi-annual payments, break them down into what they cost per month.

"Everything you spend beyond your total fixed expenses—other than unplanned emergencies—can be saved," Bass said.

Learning to save—more

- Dine out less. Take a sack lunch to work. Control grocery costs by shopping around.
- Can you get a more economical cell phone plan? Cheaper Internet service? Do you really need cable TV?
- Shop for low-cost entertainment (community centers, local colleges, libraries) and ask about free passes for people with disabilities.
- Many utilities and telephone companies have programs for people unable to work full-time because of a disability. Ask!
- A large car payment? Consider selling and buying something affordable but reliable. Then scale back your car insurance to liability only.
- Pay down credit card debt as quickly as possible to avoid all that interest. If the minimum monthly payment is $100, pay $150 or $200. If you have more than one card, use the one with the lowest interest rate, and put others away.
- Loan and credit card payments can sometimes be negotiated. Call the bank and tell them you have a medical condition. You may have to ask to speak with a manager.
- If you are fully disabled, check with your county property tax board. You may be eligible for a break.

MS Awareness Bling

As MS Awareness Week 2008 kicked off this March, Christopher & Banks launched their second limited-edition MS Jewelry line.

This year, the MS Collection includes pearl and crystal earrings ($14), a lavaliere-style quartz and pewter necklace ($20), and an elasticized pearl, quartz, and crystal bracelet ($24). Half of the proceeds will benefit the National MS Society. Last year, Christopher & Banks raised more than $120,000 through MS Jewelry sales.

The collection is available in nearly 800 Christopher & Banks and CJ Banks stores nationwide, as well as on their Web site. Visit christopherandbanks.com and type "MS" in the search field.

MS Research Loofa Dog

Got a pooch who loves to play? Dogs and dog-lovers alike will love this exclusive, orange plush toy with its super-wide grin and MS Awareness message. Loofa Dog's long (12") tubular shape makes him easy to pick up and carry around—and he squeaks when squeezed (or chewed).

Visit carealotpets.com and type "MS Loofa Dog" in the search field. Care-A-Lot will donate the profits to the Society's Promise: 2010 Campaign.

Promise: 2010 is a nationwide Society effort to raise $30 million for MS research by the year 2010. Read more about the promise at nationalmssociety.org/Promise2010.

Online Store Now Open

Looking for a t-shirt with our new logo? Need a gift for someone who's connected to the MS Society? Ever wondered where to get those orange bracelets? Our NEW online store is now open!

It's never been easier to show your support and move us toward a world free of MS. A wide range of products are featured and available for purchase on our website. It's safe, convenient and products are delivered right to your door. Simply visit www.nationalmssociety.org and click **Store** to start shopping.

Walk MS Raises More Than $600,000!

In April 2008, the Mid America Chapter hosted the 20th annual Walk MS in 19 locations throughout eastern Kansas and western Missouri. Thanks to more than 4,300 participants and hundreds of volunteers, the events raised a combined total of more than $600,000.

"I look forward to the annual Walk MS as it reminds me that I am not alone in this fight," said participant Craig Cook, who has been diagnosed with MS. "It is also a reminder of how far we've come, but how far we have to go as well."

Money raised from Walk MS 2008 will fund both national research into the cause of and cure for multiple sclerosis. It will also support local client programs, which help the 25,000 eastern Kansas and western Missouri residents affected by MS every day.

Many thanks to our Walk MS sponsors including:

Challenge Walk MS completes its journey

More than 80 participants walked fifty miles over three days on May 30, 31 and June 1 this year. The seventh and final Challenge Walk MS in the Mid America Chapter was an inspirational journey that raised money to create a world free of MS.

Many thanks to all of the walkers, volunteers, donors, sponsors and supporters of this great event. We'll have more information on the Challenge Walk in our next issue, so stay tuned!

Bike MS offers something BIG!

Whether you want the personal challenge of two days on the road or the accomplishment of doing something BIG about multiple sclerosis, we have the event for you! Even if you're not able to physically ride, you can be a part of this unique experience. Encourage a friend to ride for you. Or volunteer for one of our weekends. **Go online to www.MSmidamerica.org and click the Bike MS icon to sign up today.**

On September 6 & 7, ride Bike MS: Kansas City presented by Sam's Club from Peculiar to Sedalia and back! The ride is designed as a challenging but casual event for people of all skill levels. Day One offers three options: an 80-mile route, the century loop, or a more leisurely ride of 25 miles that loops back to the start line. Day Two takes you back to the start after a fun and entertaining overnight party. Celebrate the 25th anniversary of Bike MS in Kansas City!

On September 13 & 14, ride Bike MS: Ozarks from Clever to Joplin and back! Whether you bought your first bike last week or you've been riding for decades, you'll find a ride that fits you. Ride through the Missouri countryside before settling in for food, friends and fun as you relax and enjoy the overnight festivities. A century ride option on both days makes this event one-of-a-kind!

On September 20 & 21, ride Bike MS: Eastern Kansas featuring a figure-eight route that starts, overnights and ends at Washburn Middle School. The route heads for the Flint Hills, Clinton Lake and beyond. You can enjoy the flexibility of riding for one day or two while being taken care of in style. Thanks to dedicated volunteers, fun is in your future.

Honorees Tapped for St. Joseph Branch Dinner

On Friday, September 19, the St. Joseph Branch of the Mid America Chapter will gather for the annual Dinner of Champions at the St. Joseph Country Club. Donna and John Wilson of St. Joseph will act as host and hostess for an evening which celebrates the giving spirit of exceptional people in the area. They have been identified as individuals who make a difference in their community and give of themselves to benefit others. During the evening, Kathy Van de Ven of Maryville will be recognized for ten years of excellence in fundraising for MS research and Leechia Jones of St. Joseph will be honored for her professional and humanitarian efforts in serving the St. Joseph community. For more information, please call the St. Joseph Branch Office at 1-800-344-4867 and press or say 2.

Kansas City Dinner of Champions Set

The Kansas City Branch of the Mid America Chapter will honor the Dunn Family of JE Dunn Construction on Wednesday, September 24 at the annual Dinner of Champions. The family will receive the Hope Award in recognition of their civic, philanthropic and business commitment to the Kansas City community. Save the date for this special occasion.

VOLUNTEERING

Volunteer Opportunities

Call 1-800-344-4867 and press 2 to join us!

Volunteers at Springfield Walk MS

Spring Re-cap
Hundreds of volunteers helped with registration, parking, safety, communications, medical, cheering, set-up, clean-up, rest stops, money counting, data entry and more. We could not have enjoyed Walk MS and Challenge Walk MS without each and every one of you. Thank you for everything!!

Upcoming Opportunities
Spread the word about the Mid America Chapter of the MS Society at your work and help raise money for local programs, services and national research. Get your company involved and arrange a "Leave Work an Hour Early" or a "Jeans Friday" event. Ask your co-workers to donate $5 in exchange for leaving work early or wearing jeans! We even have stickers for you to use to promote the event. For more information, please contact Leslie Hansen at 913-432-3927, ext. 228 or at lhansen@nmsskc.org.

Bike MS is coming soon, and we need all the help we can get! Attend an upcoming orientation to join us the weekend of the event. We'll meet in Sedalia on August 19, Kansas City on August 21 and Springfield on August 28. The Eastern Kansas orientation is tentatively scheduled for September 11. You can also volunteer before the ride to help with phone calls, sign making, truck loading and more. Just call 1-800-344-4867 and press 2 to volunteer!

National Multiple Sclerosis Society
Mid America Chapter
7611 State Line Road
Suite 100
Kansas City, MO 64114

NON-PROFIT ORGANIZATION
U.S. POSTAGE
PAID
SALT LAKE CITY, UT
PERMIT NO. 6699

SFI CERTIFIED SOURCING
FIBER USED IN THIS PRODUCT LINE MEETS THE SOURCING REQUIREMENTS OF THE SFI PROGRAM
WWW.SFIPROGRAM.ORG
BV-SFICOC-210004