

Save the Date for 2009 Events



August 1-2, 2009

Bike to the Breakwater



Presented By:



August 13-16, 2009

Interested in holding your own Community Event to benefit the Maine Chapter of the National MS Society? Give us a call at (207) 781-7960



National Multiple Sclerosis Society Maine Chapter 170 US Route 1 Suite 200 Falmouth, ME 04105

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CONNECTION MOVING TOWARD A WORLD FREE OF MS

Summer 2009

Maine Chapter

For 25 years cyclists have been biking their way to end MS

In 1984, if you asked Roy Willey, of Gorham, that he would be participating in Bike MS for 25 years he would say, "What? Are you sure?!"

What would make Roy ride for so many years? At first, it was because he truly enjoyed pedaling a bicycle. In the 1960's he had a family member diagnosed with MS, but he didn't know much about it. Over the next several years, he has met a couple of riders with MS. "They were wonderful people," he recalls "but the one thing that they had a sense of was determination and resolve that you admired."

Everyone who meets Roy knows that his passion grows from year to year as he meets new volunteers and cyclists with MS. "I have been especially pleased at the thankfulness of those affected with MS. They have also told you of the changes they go through since being diagnosed, the adjustments that were made," remarked Willey.

"It was determination on my part to live up to the future projections that were given to me," he added "and to see where it would lead."

Become involved with Bike MS



Whether you're a cyclist, volunteer or a person with MS, bike MS is a fun filled family event. For cyclists, this event offers a scenic ride, good food, live entertainment and a grand finale lobster bake and barbeque. As a volunteer you can help manage a rest stop, mark the bike route, make and/or serve lunch, cheer on incoming riders at the finish line or work the registration table. The opportunities are endless! Anyone can visit the Wellness Expo, sponsored by Maine Medical Neuroscience Institute and New England Rehabilitation Hospital of Portland.

The funds raised through bike MS: Saint Joseph's College Bike to the Breakwater are crucial to fund research and comprehensive programs and services for people with MS. JOIN THE MOVEMENT and help us move closer to a cure for MS by participating in Bike to the Breakwater. For more information on bike MS please call Heather Orlando at 1-800-526-8890 or visit www.bikeMSmaine.org.

**Maine Chapter- National Multiple Sclerosis Society**

170 US Route One, Ste. 200 - Falmouth, ME 04105

Tel: 1-800-344-4867 Fax: 207-781-7961

Website: [www.msmaine.org](http://www.msmaine.org) E-Mail: [info@msmaine.org](mailto:info@msmaine.org)

**Mission**

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

**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](http://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.

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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.

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**MS LEARN ONLINE TEACHES JOB STRATEGIES**

Seventy percent of people with MS are unemployed and at least half of these people would like to be working. If you're one of them—or know someone who is—check out the latest offering from MS Learn Online, **MS in the Workplace**. This free two-part webcast presents strategies to help you reenter the workforce—and maintain your place once you're in it. **MS in the Workplace** is on [nationalMSSociety.org/webcasts](http://nationalMSSociety.org/webcasts).

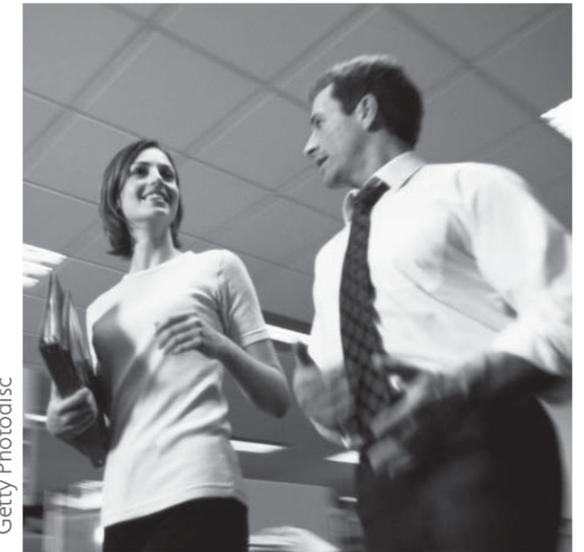
Part 1 is targeted toward the employee or potential employee with MS. Rehabilitation counselor Dr. Kurt L. Johnson addresses issues as varied as how to harness energy and improve cognition to how to navigate your health care and the human resources department in a prospective company.

Part 2, targeted to people in hiring positions, gives employers the basics on MS, and features some who have employees with MS. "Their personal stories show that people with MS are as productive as anyone else," said John Aden, senior manager of Program Development for the Society. It also shows what "reasonable accommodations" mean, and under what circumstances an employer is responsible for putting them in place.

"This video clears up misgivings an employer might have," said Aden. "Someone with MS, or a member of his or her family can send this link to an employer."

Other employment resources include [nationalMSSociety.org/momspr08](http://nationalMSSociety.org/momspr08) for **Momentum** magazine's article, **For A Successful Job Interview**.

And even before you've landed that job, check out: **Disclosing MS in the workplace**.



Getty Photodisc

**MS Learn Online**

Other MS Learn Online programs address research, intimacy and symptom management. They are all accessible any time of day or night. No registration is required. Go to [nationalMSSociety.org/mslearnonline](http://nationalMSSociety.org/mslearnonline).

Click through the menu on the right for a program to help you make an educated decision on whether or not to disclose your medical condition—and to whom.

Rehab counselors often advise their clients to ask themselves: Why am I telling? Who am I telling? How much am I telling? What are the positive and negative results? If the anticipated results fall more often in the positive than negative category, that will help you decide. Remember the bottom line: Once you disclose, you can't take it back. Go to [nationalMSSociety.org/disclosework](http://nationalMSSociety.org/disclosework) for more information.

## Programs and Services

### Self Help Group Listing, June – September

Self-Help Groups bring together people who share a common life experience for support, education and mutual aid. Each group has its own personality and focus. If you're not enjoying the friendship and support of a peer group, consider contacting a group in your area to learn more about self-help groups for people with MS and their care partners.

For a complete listing of Self-Help Group meeting schedules and contact information, please visit our website at [www.msmaine.org](http://www.msmaine.org) or call 1-800-344-4867 (Select Option 1) for more information about the following groups: Augusta, Bangor, Belfast, Caribou, Ellsworth, Falmouth, Lewiston/Auburn, Rockland, Rumford, Millinocket, River Valley Sanford, S. Portland and York.

### Important Notes Regarding Self-Help Groups:

For any and all presentations made by individuals or organizations at support groups: The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS, including information on wellness, medical treatments or complementary therapies, and products and services. The information presented at meetings does not necessarily reflect the view or official position of the Society, nor carry the endorsement or support of the NMSS.

## Upcoming Programs

### Programs for People Newly Diagnosed with MS

Do you want to learn about topics of interest to people newly diagnosed with MS from experts in the field? Ask questions, receive information, and get support. These conference calls are toll-free and are open to anyone diagnosed with MS, within the last three years, and family members. All calls are from 7:00 to 8:00 pm ET.

Date: June 2, 2009	Topic of Call: Coping with MS
Date: August 4, 2009	Topic of Call: Insurance Options and Money Matters
Date: September 1, 2009	Topic of Call: Top 10 List of MS Questions

## Programs and Services

### The Future of MS Treatment

Date: June 25, 2009 Time: 5:30 pm to 7:00 pm  
Location: Yarmouth Town Hall, Community Room, 200 Main St., Yarmouth

Our featured speaker this evening is Mary Otis, RN, MS. This program covers critical issues related to the repair and protection of the central nervous system and features conversations with internationally known experts via video. Ms. Otis will facilitate discussion around the topic of the future of MS treatment. Light refreshments will be served.

### A Day in the Garden!

Date: June 26, 2009 Time: 10:00 am  
Location: The Coastal Maine Botanical Garden, Boothbay Harbor

Join the Maine Staff for a morning in the garden! We will begin our day with a one hour guided tour of the gardens and then enjoy a picnic lunch. After lunch you are welcome to explore the many gardens on your own. Please bring your own bag lunch and a chair or picnic blanket. The Chapter will provide cold drinks and also pay the Admission Fee for persons with MS. Space is limited, register early, limit of one guest.

### Below the Belt and Pain Management

Date: September 25, 2009 Time: 6:00 pm Location: Aroostook County, TBD

Our featured speaker for this evening, dinner program is Dr. James Stevenson. Dr. Stevenson will be addressing issues that are "below the belt" – bowel and bladder, sexuality and also discuss options for pain management.

### Ongoing Programs:

- The FY09 Financial Assistance Program is open. For an application call 1-800-344-4867, Select Option 1, or download an application from our website.
- Adaptive Yoga – Brewer, Maine – Yoga is also a great wellness option for people living with MS. This class is held at the Brewer Auditorium in Brewer on Thursday mornings from 10:30 to 11:30 am. Cost is \$12 month for Brewer Residents/\$15 non-Brewer. Contact Bunny Barclay, Yoga instructor at 989-5199 for more information.

## 20TH ANNIVERSARY WALK MS A HUGE SUCCESS!

Thank you to our participants, team captains, and volunteers for making the 20th anniversary Walk MS Maine 2009 such a great success! Your hard work and participation made it the best Walk MS yet!

April 25th was a beautiful, sunny day across the state of Maine. Thousands of walkers and volunteers joined us at 10 sites throughout the state to enjoy a wonderful day of camaraderie and celebration to raise funds for local programs and national research initiatives.

Sincere thanks to you - our biggest supporters! And on behalf of our staff and everyone who participated in this weekend's Walk, special thanks go to our dedicated Walk MS committee members and volunteers. These terrific volunteers worked all year to coordinate each walk site and make things fun and easy for our participants. We cannot do what we do without the help of these wonderful individuals.

We would also like to acknowledge our statewide sponsors:

TEVA ,Neuroscience, Woodard & Curran, Poland Spring, Time Hortons, Time Warner Cable, and CES Inc, along with media sponsors WLBZ, WHSN, Down East Magazine and WHOM for their generous support. And many thanks to our local site sponsors.

We can't say thank you enough for everything you helped us accomplish this year. There are also thousands of individuals living with multiple sclerosis in Maine who thank you as well. We couldn't have done it without you and we look forward to seeing you next year!



Local "paparazzi" flock to the red carpet at the Androscoggin walk MS site.

## ARE YOU GETTING ENOUGH VITAMIN D? DOES IT MATTER?

BY ALLEN C. BOWLING, MD, PHD

Recent studies have significantly changed our understanding of the role of vitamin D in health and disease, and some of these new understandings have important implications for people with MS.

In the past, it was assumed that most people had adequate vitamin D levels and that the effects of vitamin D were restricted to regulating calcium absorption and maintaining

### SOURCES OF VITAMIN D

- Sunshine, BUT
  - Most people with MS need to avoid overheating
  - All people need protection from skin cancer (sunscreen, sunblock, hats, etc.)
- Fortified foods, including brands of orange juice, cereals, dairy products
- Oily fish, such as salmon
- Supplements

bone health, including the prevention of osteoporosis (thinning bones). Studies over the past decade have shown that these views are incorrect and that up to 90% of American children and seniors may be vitamin D deficient.

### YES, IT MATTERS

In addition to effects on calcium absorption and bone health, vitamin D exerts important actions on many other body systems, including the immune system. Adequate levels may improve muscle strength and prevent or decrease the severity of MS. Inadequate levels have been implicated in several forms of cancer, heart and lung diseases, depression, schizophrenia and a number of other autoimmune conditions.

Much additional research on vitamin D is clearly needed. But based on current information, there are options for people with MS to consider. One is to have a blood test known as "25-hydroxyvitamin D." The test shows how much vitamin D is actually in a person's body — and that's the real measure of a deficient or adequate level. If the vitamin D level is low, supplements in appropriate doses can be taken.

Another option is simply to take vitamin D supplements without the blood test. The disadvantage of this "blind" approach is that vitamin D supplements may be unnecessary or the doses too small or too large.

The final option is to do nothing. People who take this option won't spend money on testing or supplements, but if they are vitamin D deficient, they won't obtain the potential benefits.

To determine an appropriate vitamin D strategy, people with MS should discuss their situation with their health-care provider.

*Dr. Allen Bowling is the medical director of the Multiple Sclerosis Service at the Colorado Neurological Institute (CNI) and clinical associate professor of Neurology at the University of Colorado-Denver and Health Sciences Center. Additional information about unconventional medicine may be found in his book, **Complementary and Alternative Medicine and Multiple Sclerosis** (2nd edition, Demos Medical Publishing), and on his Web site, **NeurologyCare.net**.*



Presented By:  
**Verrill Dana** LLP  
 Attorneys at Law

**Join us August 13 – 16th for the 28th Annual MS Harborfest Weekend!**

It all started back in 1982...

In 1982, Merle Hallett of Handy Boat and Dan Wellehan, of Sebago, Inc., organized and launched the first MS Regatta. Twenty-eight years later, the Regatta has grown into a four-day festival of sailboats, powerboats, and tugboats—under the banner of the MS Harborfest—and all for the benefit of the Maine Chapter of the National MS Society. 2009 promises to be another fabulous waterfront weekend.

Since its beginning, the MS Harborfest has attracted hundreds of skippers and volunteers who have raised nearly \$2 million to help end the devastating effects of multiple sclerosis. The MS Harborfest includes the largest charity sailing event in New England. Weekend activities include sailboat, tugboat and powerboat parades, waterfront displays and exhibitions, a charity auction, a tugboat muster and competition, the shoreside festival, a sailboat regatta, a powerboat poker run, and post-event parties and award ceremonies. 2009 marks the 28th anniversary of the MS Harborfest.

In 1987 the MS Regatta awards ceremony, originally held at various restaurants in the area weeks after the event, moved to Handy Boat Services in Falmouth, Maine. The awards and thank you barbeque now accommodates more than 500 skippers, crew and sponsors each year with food, fellowship, great race stories and live music after the race.

In 2001, the MS Tugboat Muster was formed, with the boats on display at the Maine State Pier, and tugboat races and pushing competitions in the outer harbor. The MS Harborfest has always created and fostered an air of family festival, maritime celebration and great fun. In the past, informal gatherings on the Portland's Eastern Promenade to watch the Regatta included music, food, family events, and live announcements of the action on the water. The gathering and gaiety existed for years before the MS Shoreside Festival was formalized on the Maine State Pier in 2003, a side-by-side extravaganza with the MS Tugboat Muster. Rounding out the MS Harborfest weekend, the MS Powerboat Poker Run debuted in 2003 with 49 participants based at DiMillo's Marina in Portland.

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**2009 MS PLANE PULL ANOTHER HUGE SUCCESS**

The Maine chapter of the National MS Society held its fifth annual MS Plane Pull on Saturday, June 13th, during the weekend's transportation show at the Portland International Jetport.

The 2009 MS Plane Pull, which attracted more than 200 participants, raised over \$15,000 for Maine Chapter programs and events and national research efforts. The Maine Chapter, National MS Society partners with Federal Express and the Portland International Jetport to present this unique and popular fundraising event.

A rope and tow bar was attached to a FedEx 727 aircraft. Teams of 20 positioned themselves along the rope in preparation to pull over 72 tons. Teams competed for 1st, 2nd and 3rd place and for the Team Spirit Award.

First place winners, employees from aircraft engine manufacturer Pratt & Whitney, pulled the plane in just under 5.7 seconds. Time Warner Cable's "The Cable Guys" took second place, and another Time Warner Cable team, "Rod's Buds," came in third. The Team Spirit Award went to team "UNUM Legal." The "Plane Janes," who raised over \$5,700 to date, were the 2009 MS Plane Pull top fundraisers. Teams must raise a minimum of \$1,000 each to participate.



# move it.

# move it.

## Access life skills online

The right introduction can open all sorts of doors—to new friends, a job, or a new way of thinking about problems.

The Web site [livinglifetothefull.com](http://livinglifetothefull.com) offers a free and easily accessible online course on life skills that can help people change negative patterns of thinking.

## When to get professional help

The online course is no substitute for one-on-one time with a professional therapist. But it can help people who have been hesitant about getting help—whether because of time, money, or simply not knowing where to start. It's also a good introduction to cognitive behavior therapy, a form of therapy that focuses on helping people change how they think about their problems.

## A spectrum of life skills

"MS is an unpredictable disease, and that unpredictability can cause a world of anxious feelings," said Rosalind Kalb, PhD, vice president of the Society's Professional Resource Center. "Living Life to the Full won't make that go away. However, it helps you identify any self-defeating thought patterns that aren't getting you anywhere," said Kalb.

Module topics range from practical problem solving to building confidence. Kalb particularly likes the one on sleeping. "Sleep problems are very common in MS," she said. "This was a very good introduction to learning how to start helping yourself by using better sleep habits."

## Click onto MS Learn Online®

MS Learn Online® celebrates its 10th year of online educational programs with a slew of new features and an all-new player.

## Round the clock information

"The programs are available 24/7," said Julie Gibson, a special project consultant with the Society's Programs and Services department. "There's likely something for everyone." The upgrade was funded in part by Teva Neuroscience and EMD Serono/Pfizer, Inc.

The player features three channels of programming:

- **The Feature Presentation**, a 10-to-12-minute webcast on a range of topics. New presentations go live the first and third Thursday of each month.
- **The Daily Minute**, a one-minute factoid about MS every day of the week.

- A once-a-week **Q&A** where an MS Learn Online expert answers viewers' questions. Email [mslearnonline@nmss.org](mailto:mslearnonline@nmss.org).

## Extra, extra

Some upcoming topics include MS and the workplace, pediatric MS, medical self-advocacy, progressive MS, parenting with MS, and more. Each program features a guest expert interviewed by correspondents Rick Sommers or Kate Milliken, who themselves have MS. "They understand what our audience is living with," Gibson said. "They have their own personal angle on each topic."

## How to use the new player

The player launches when you click any topic at [nationalMSSociety.org/mslearnonline](http://nationalMSSociety.org/mslearnonline). It works best with Microsoft Windows; Apple users may need to buy the program WMV Player Pro at [flip4mac.com/wmv.htm](http://flip4mac.com/wmv.htm) in order to use the player.

Visitors can download a PDF or an mp3 podcast, if they prefer to read or listen to the program. E-mail [mslearnonline@nmss.org](mailto:mslearnonline@nmss.org) for notifications of upcoming programs.



## The CHOICE option

More choices for people who prefer to listen because they find reading for fun fatiguing, difficult, or impossible: CHOICE Magazine Listening enables people with disabilities to keep up with the best

in current magazine writing. Produced on two four-track cassette tapes six times a year, CHOICE provides unabridged articles, read by professionals, from such quality publications as **National Geographic**, **Smithsonian**, **Sports Illustrated**, and **The New Yorker**. The articles, short stories, poetry and interviews are selected from more than 100 magazines and other periodicals.

CHOICE Magazine Listening is available free of charge not only to people who are blind, but to anyone who is experiencing vision loss or has other disabilities that limit or prevent reading standard print.

A four-track tape player is needed for listening to these tapes, but it too is free. For information on subscribing and obtaining the free tape player visit [choicemagazinelistening.org](http://choicemagazinelistening.org) or call 1-888-724-6423.

# NERVOUS SYSTEM PROTECTION AND REPAIR CONFERENCE

BY ERIC HÜBLER, STAFF WRITER



Odette Veneziano

From left to right: Drs. Peter Calabresi, Gavin Giovannoni, Charles ffrench-Constant, and Ian D. Duncan.

Let's be clear: to the layperson, the presentations at the Nervous System Repair and Protection in MS Conference might not have seemed very clear. The meeting, in New York City in January, consisted of over 70 scientists talking to scientists and showing each other slides with titles like "RXRs and RA signaling."

So let's be clear about something else: for anyone interested in MS, the event was historic. The Nervous System Repair and Protection Initiative involves more researchers, at

more labs worldwide, than any other MS research initiative. So bringing so many participants together to share their results — and their hopes for continuing the work beyond 2010, when the original grant from the National MS Society concludes — was a milestone in collaboration.

## CREATING MILESTONES — TOGETHER

Collaboration is at the heart of everything the Society does—including research. "The

questions these days are so big, the lone scientist in the corner lab doesn't cut it anymore," said Patricia O'Looney, the Society's vice president of Biomedical Research. "You need collaborations."

The initiative consists of four projects, each with the common goal of discovering ways to protect and repair brain tissue from the damage caused by MS.

In the United States:

- Peter Calabresi, MD, and his team at Johns Hopkins University are investigating better ways to detect and quantify tissue injury. They are also testing agents that may protect the nervous system from further damage.
- Ian D. Duncan, BVMS, PhD, FRCPath, FRSE, and his team at the University of Wisconsin at Madison are developing better imaging technologies to follow damage—and detect repair, which is essential for tracking whether repair strategies are working. They are also working on potential cell therapies.

And across the "pond":

- Gavin Giovannoni, MBBCh, FCP, PhD, of Queen Mary University of London, and his

team are attempting to turn cells into vehicles that can deliver "repair" molecules to injured areas.

- Charles ffrench-Constant, PhD, FRCP, of the universities of Cambridge and Edinburgh, and his team are working on identifying and amplifying natural repair factors in the brain.

Each has spawned new experiments and swept in more researchers. At Johns Hopkins, 22 people were receiving Promise: 2010 funding, yet 62 people were participating — meaning, in effect, 40 free brains for the MS movement.

## SUPPORTERS AND RESEARCHERS CONNECT

Several donors also attended the conference to learn where their aid is going.

"It's just great to see this kind of progress. You can get a sense of the enthusiasm, the magnitude of it," said longtime Society supporter and Honorary Life Director Charlie Goodyear.

"It was remarkable this morning, seeing someone from London ask a question of someone from California and establish an immediate

rapport," said the San Francisco-based architect and architecture professor Peter Thaler, who lives with MS. "It's not unlike teaching architecture: talking about what happened in the past and what could happen in the future."

E.J. Levy, an active fundraiser who lives with MS and closely monitors research progress, said she was grateful for so many scientists trying to cure her, but she also wished the initiative had yielded more clinical trials by now.

"I realize that research can be a tortoise, but I'd rather have the hare," she said.

As if in answer, researchers at the conference announced several small trials on cell therapy, two years ahead of the original plan of Promise: 2010.

Cambridge's Siddharthan Chandran, MD, PhD, described one such trial involving the optic nerve, which he hopes will benefit the "missing tribes" of MS — those with advanced disease who have few medical options.

"It would be terrific to come back here in two years' time and tell you the final outcome of that," he said.

More trials are coming, the project leaders promised. "I'm a big believer in getting your feet wet. As we get into these clinical trials, we'll learn," Dr. Calabresi said.

## MOTIVATION TO KEEP MOVING

Volunteers are essential to clinical trials; without them, clinical trials either take years to complete or are not completed at all. Dr. Chandran wished MS patients could be enrolled in trials routinely, as has been done in oncology for decades. Some existing drugs that could be tested in MS are off-patent and "cheap as chips," he said.

Dr. Calabresi spoke about a patient who was diagnosed at 17 after experiencing foot drop while jogging, and who at 26 uses a wheelchair.

"She looks at me and says, 'Can't you do anything for me?' It just makes me sick, but it's also an incredible motivator to take that energy and put it back into the work."

For the latest research developments visit [nationalMSSociety.org/Research](http://nationalMSSociety.org/Research) and click on **Research News**.

## Join us August 13 – 16th for the 28th Annual MS Harborfest Weekend!

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Be sure to join us again this year!

Thursday, August 13th • MS Benefit Auction - The Woodlands Club, Falmouth  
Title Sponsor Bangor Savings Bank

Friday, August 14 • MS Regatta Skippers & Sponsors Meeting - Handyboat, Falmouth

Saturday August 15 • MS Regatta, MS Poker Run - Portland

Sunday, August 16 • MS Tugboat Muster & Shoreside Festival  
Portland Ocean Terminal, Maine State Pier  
Tugboat Muster Sponsored by Bangor Savings Bank

For more information or to register for events contact Michelle Zichella at [michelle.zichella@nmss.org](mailto:michelle.zichella@nmss.org) or (207)781-7060 or register online at [www.msmaine.org](http://www.msmaine.org)

### LIVING WITH MS

## READ ALL ABOUT IT IN SOCIETY BROCHURES

Whether you're recently diagnosed, or managing "an old friend" of a symptom, the Society offers brochures on a range of issues related to MS. These brochures are reviewed by experts in MS and regularly revised for the most accurate information possible.

Some brochures updated in 2009 include **Living with MS; Multiple Sclerosis and Your Emotions; Research Directions in MS; Win-Win Approach to Reasonable Accommodations; Food for Thought: MS and Nutrition; A Guide for Caregivers; Solving Cognitive Problems; and Depression and Multiple Sclerosis.** In addition, a number of brochures are now available in Spanish. Además, tenemos disponibles folletos en español.

### WHERE TO FIND

You can read or download PDFs of Society brochures at [nationalMSSociety.org/brochures](http://nationalMSSociety.org/brochures). Or call 1-800-344-4867 for print copies. For easy searching, brochures are divided into eight categories: General Information, Newly Diagnosed, Employment Issues, Staying Well, Managing Specific Issues, Managing Major Changes, For Children & Teenagers and Información en Español. You can also download a PDF catalog with brief descriptions of all the publications the Society offers clients.

### EXTRA! EXTRA!

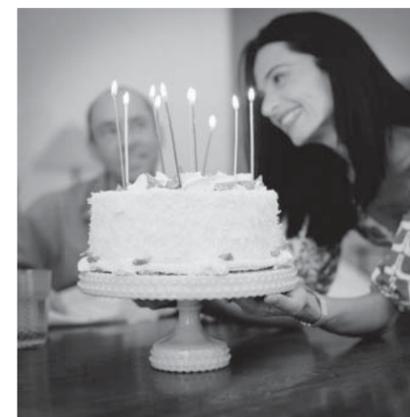
One brochure regularly updated with breaking news is **Disease-Modifying Drugs.** The online version ([nationalMSSociety.org/DMD](http://nationalMSSociety.org/DMD)) includes the most recent information possible on the disease-modifying drugs Avonex, Betaseron, Copaxone, Novantrone, Rebif and Tysabri. The booklet covers how they are taken, their benefits, side effects, and how to pay for them. Check back regularly for new reports on DMDs.

## HONOR SOMEONE SPECIAL OR CELEBRATE A SPECIAL EVENT

When Doug and Joann tied the knot last spring, they also established a scholarship fund. In lieu of wedding gifts, they asked for contributions. The donations allowed the couple to realize their dream of providing a four-year scholarship to a worthy student living with MS. It was easy. They used the Society's Honorary Fund page.

Anyone can join the movement and honor special people and events.

The Society's Honorary and Memorial Fund page lets you create online tributes or memorials that can be personalized with photos and stories. Fund pages allow colleagues, friends and family to make online donations on behalf of the honoree. Tools help you get the word out and track the progress of your fund.



Luis, diagnosed in 2005

Go to [nationalMSSociety.org](http://nationalMSSociety.org) and click on **Donate.** From there, click on **Create a Fund.** From there you can:

- **Create an honorary fund** to recognize an accomplishment, a milestone, or just say thank you. Commemorate a birthday,

wedding, anniversary, or help someone celebrate Mother's Day or Father's Day.

- **Create a memorial fund** in memory of a loved one who has passed.

### HONOR SOMEONE—LONG-TERM

Ellen and David recently set up a charitable gift annuity to provide retirement income to Jen, their caregiver of many years. To learn how to establish a charitable gift annuity in tribute to someone special, contact planned giving specialist Gillian Smith at 1-800-923-7727 or visit [nationalMSSociety.org/plannedgiving](http://nationalMSSociety.org/plannedgiving).

### Are you up for the challenge? And ready for the ride of your life!

The sense of accomplishment that you'll feel as you cross the finish line can only be matched by the difference you'll be making in the lives of people affected by MS.

**An unforgettable ride.  
An unbeatable destination.  
Bike to create a world free of MS.**

visit [bikeMS.org](http://bikeMS.org)

**bike  
MS**

Team Pay Simple,  
riding in Bike MS since 2004