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Maine Chapter

# msconnection

Volume 1

2007

## *Come celebrate our 18th Annual Manpower MS Walk April 28, 2007*

**A** person with MS once described the MS Walk like this: "It's like your birthday, New Year's and 4th of July all wrapped into one- all these people coming together to demonstrate how much they care about you. Words can't express the joy and comfort it gives to someone affected by MS."

Make plans to join us at one of 11 walk sites April 28th to demonstrate how much you care for those affected by MS. Participating in the Manpower MS Walk is the perfect opportunity to make a difference in the fight against MS. Your contributions help fund critical

research initiatives and local programs to improve the quality of life for everyone touched by MS.

This fun and friendly community oriented walk winds through our Maine

communities, with routes averaging 3-6 miles- Shorter options are available at every site. Support vehicles circle the route for your safety and assistance. Rest stops are located along the route with beverages, snacks and rest rooms. Enjoy a light continental breakfast and lunch donated by area businesses, then join in the finish line festivities!

*Continues on Page 3*



## *MS Awareness Week 2007: Join the movement*

**L**ast year, our inaugural MS Awareness Week focused on what it means to live with MS. We issued the challenge to "come face to face with multiple sclerosis," inviting people to contribute to the online forum, [www.faceofms.org](http://www.faceofms.org), which offers an opportunity for anyone impacted by MS to tell their story and to read and hear the stories of others.

This year, the National MS Society will recognize MS Awareness Week the week of March 5-11, 2007.

During this year's MS

Awareness Week, you will see an entirely new look - a new logo, new colors, a new website, and most importantly, a whole new way of talking about MS and the work that we can do together.

We need the world to understand what it means to live with MS. MS robs people of the ability to move easily, whether from one place to another, one thought to another, or to move ahead with their lives as they expected to. While the Society works to end MS, we also work to help people move ahead again. The new rallying cry says this in a simple and powerful way: MS stops people from moving. We exist to make sure it doesn't.

*Continues on Page 4*

**See how  
Mary Jordan  
raises awareness  
on page 4**

2007 Call to Action

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. National MS Society medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms. If you or someone you know has MS, please contact the Society today at [www.nationalmssociety.org](http://www.nationalmssociety.org) or 1-800-FIGHT-MS 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 is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendation or prescription. For specific information and advice, consult your personal physician.**

**The National Multiple Sclerosis Society does not endorse products, service or manufacturers. Such names appear here because they are considered valuable information.**

**The National Multiple Sclerosis Society assumes no liability for the use or contents of any product or service mentioned.**



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Tel: 1-800-FIGHT-MS  
Fax: 207-781-7961  
Website: [www.msmaine.org](http://www.msmaine.org)  
E-Mail: [info@msmaine.org](mailto:info@msmaine.org)

**Outreach Office:**  
735 Main Road North  
Hampden, ME 04444  
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Fax: 207-942-8529  
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*The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS.*

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# Dinner of Champions

Honoring

**Bangor**  
Savings Bank

Independence • Capacity • Action

The MS Society will also be giving its prestigious Norman Cohn Hope Award at this dinner to:

**Bill Van Voorhis, Chair MS Tugboat Muster  
Portland Tugboat, LLC  
Winslow Marine, Inc.  
Hartley Marine Services**

On January 26, 2007, the Maine Chapter, National Multiple Sclerosis Society will honor Bangor Savings Bank at the Marriott Sable Oaks, in South Portland, for their inspirational commitment to the communities they serve, and their support of the MS Harborfest. We also will be recognizing the strong support the Maine Chapter has received from the Casco Bay Tugboat companies. The evening's emcee will be WCSH-6 news anchor Cindy Williams. Entertainment will be provided by the Tony Boffa Band.

For more information about sponsorship, or underwriting an individual table for the Dinner of Champions, please contact Michelle Zichella at 207-781-7960 or [mzichella@msmaine.org](mailto:mzichella@msmaine.org).

*Manpower MS Walk (Continued from Cover)*

## 2007 Manpower MS Walk sites

**Augusta:** Togus Veterans Admin. Medical Center

**Androscoggin County:** Lewiston High School

**Brewer/Bangor:** Brewer Auditorium

**Brunswick:** Brunswick Junior High School

**Midcoast:** Camden Rockport Middle School

**Eastport (May 6, 2007 this site only):** Eastport Youth Center

**Ellsworth:** Ellsworth Middle School

**Greater Portland/Scarborough:** Scarborough High School

**Kennebunk:** Consolidated Elementary School;

**Sanford:** Sanford High School

**Waterville:** Colby College

**Join the Movement! Be part of the momentum that moves us closer to a cure!**

Register to walk or volunteer at Manpower MS Walk website at [www.msmaine.org](http://www.msmaine.org).

For more information email

[walkinfo@msmaine.org](mailto:walkinfo@msmaine.org) or call us at 1-800-FIGHT-MS (1-800-344-4867) (option 2).

*Picture on cover-Team No Boundries at 2005 Eastport Walk*



## Women Against MS

On November 16th, supporters gathered at Spectacular Events Center in Bangor for the Women Against MS Luncheon. Emcee Donna Gormley from WLBZ2 opened the event by recognizing our generous sponsors. Keynote speaker Zoe Koplowitz shared her winning spirit and spoke about her book "Life Lessons Learned in Last Place". Zoe holds the world record for finishing in last place in the greatest number of marathons.

She recently participated in the New York marathon in November, her 21st marathon. The Chapter recognized local volunteer support by awarding the Maine Chapter Beacon Awards to Mischelle Adams, Kay Allcroft, Cara Caranci, Judy Horan, Gail Kelly and Kimberly Whitmore for the group's support of chapter activities in the Bangor area. Also awarded: The Jean Gannett Hawley Memorial Award to WLBZ 2; Special Recognition Award to Sam's Club.

*MS Awareness Week 2007: Join the movement (Continued)*

We ask that everyone in Maine and around the world "Join the Movement!" To do this and to expand upon the efforts put forth during the 2006 MS Awareness Week, we ask that you:

- ~Tell 10 people you know that MS Awareness Week is March 5-11, and ask them to tell 10 more people
- ~Call to volunteer for the Maine Chapter, and help us plan awareness events across the state
- ~Contact government officials about an issue important to people with MS, and call the chapter to become a strong member of our advocacy team
- ~Sign yourself up for the MS Walk, MS Bike, or become a sponsor of walkers or cyclists and help us raise funds that will end the devastating effects of MS
- ~Make a donation, online or by mail

Last year, the Maine Chapter was able to reach out to schools to educate children about MS. We held programs to educate clients and health care professionals about issues specific to people living with MS. Governor Baldacci signed an official MS Awareness Week Proclamation.

We reach out to you and ask you to join the movement. We ask that you help us bring MS Awareness to a whole new level. We encourage you to become involved with the Society and create new and exciting ways to engage people in Maine and encourage others to participate as we work tirelessly to end the devastating effects of multiple sclerosis.

Soon we will bring together a committee of people who will plan awareness activities that will take place during March 5-11th. We invite you to join us. Please contact Meghan Turner, Heidi Eastman, or Robin Oxenhorn by e-mailing us at [prograinfo@msmaine.org](mailto:prograinfo@msmaine.org).

## Raising Awareness

By: Mary Jordan

As the third person in my family diagnosed with multiple sclerosis, I have witnessed and experienced many changes in what it means to have MS.

My father, Rev. James B. Olmstead, lived in a time when there were no treatment options for MS. Like many, he battled the disease courageously but ultimately lost the fight. I never



saw him stand or walk.

Today we have research facilities and treatment centers, disease-modifying drugs, and resources and information. There is cause for much hope!

I will not share the same fate as my father. I was diagnosed with MS in 2002 and began drug therapy three days after my diagnosis and have been relapse-free since that time. Thankfully, the face of MS is changing with modern medical advancements. With treatment and determination, we do not have to be stripped of our vitality.

Despite my diagnosis, I vowed to live my life fully, believe in my dreams, and be an example of what a person can do with MS. I am an active equestrian and tennis player. Through my passion of competitive horseback riding, I am riding for a reason: to slash stereotypes and promote MS awareness. This year alone I won the USEA Area 1 New England Championship on my horse Paxton Abbey; placed 2nd at the American Eventing Championships and finished the season ranked #2 in the United States and #1 in New England.

It all starts with never giving up...

*Picture by Palmer Photo-Mary with her horse Paxton Abbey*

## MANAGING SYMPTOMS WITH MS LEARN ONLINE

Get facts about options for managing MS symptoms from the privacy of your home computer with MS Learn Online. This series of more than 50 webcasts features experts who delve into such topics as treatment, life planning, alternative medicine, and much more.



Managing Your Symptoms is a four-part program tackling the touchy subjects of bladder dysfunction, pain, vision problems, and sexual dysfunction. Nancy Holland, RN, EdD, and vice president of Clinical Programs at the Society, shares more than 30 years of MS experience and knowledge about physiology, diagnosis, treatments, compensatory strategies, and the social and

### GET HELP FOR COLLEGE

The National MS Society is accepting applications for its 2007 College Scholarship Program. To be eligible, a candidate must be a high school senior who has MS or who has a parent with MS, or be a high school or GED graduate of any age who has MS and has never attended college.

Apply by January 15, 2007. For information and to download an application, go to [nationalmssociety.org/scholarship](http://nationalmssociety.org/scholarship). Or call us at 1-800-FIGHT-MS to have an application sent by mail.

emotional factors that can make these symptoms so difficult to live with.

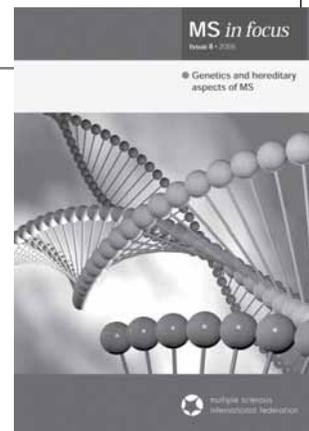
Each program runs from 11 to 15 minutes. To view them, go to [nationalmssociety.org/mslearnonline](http://nationalmssociety.org/mslearnonline). The programs can also be downloaded as podcasts. If your computer can't access the webcast, program transcripts are available that can be read online or printed. To be notified of future programs, send your e-mail address to [MSLearnOnline@nmss.org](mailto:MSLearnOnline@nmss.org). You'll get advance information about the presenters and a direct link to the program. For more information, call us at **1-800-FIGHT-MS**.

### MS IN FOCUS SPOTLIGHTS GENETICS

The Multiple Sclerosis International Foundation

announced that the eighth issue of **MS in Focus** magazine, a special issue on genetics and heredity published in August 2006, has been their most popular. "In the first two months, downloads for this issue exceeded any we've published since we started in 2003," Lucy Hurst, the MSIF's information and communications manager, told MSConnection.

Every issue of MS in Focus can be downloaded at [www.msif.org/en/publications/ms\\_in\\_focus](http://www.msif.org/en/publications/ms_in_focus). You can also order free paper copies of your favorite issues. Recent topics covered include rehabilitation, intimacy and sexuality, and healthy living with MS.



**YOUNG AND LIVING WITH MS-SOME REAL TALK AND REAL ANSWERS**

There is a growing number of younger people with MS. To hear what's on their minds, the Society and MS LifeLines sponsored a forum focused on wellness-Real Talk. Real

Answers. Living with MS in your 20s and 30s-for questions, open discussion, and getting some honest answers. The event was broadcast live on the Web on November 16th from Washington, DC.



*living with ms in your 20s and 30s*



**A nationwide dialogue**

Five young adults at various mileposts of life and career joined a panel of MS experts including a top psychologist, a professional career coach, and an exercise and wellness specialist. Dr. Donnica Moore, nationally renowned health advocate, moderated.

Questions flew in from the audience and from virtual participants across the country: "Can we start a family?" "I'm worried about telling someone I'm dating." Panelists tackled these and more in a spirited exchange.

The summit was a first but more opportunities are in the works for people in this age group to meet, network and speak out. To see the webcast, go to [www.RealTalkRealAnswers.com](http://www.RealTalkRealAnswers.com). A print transcript is also available.

**THE MS MOVEMENT NEEDS ACTIVISTS! NEW VIDEO SHOWS WHAT IT TAKES**

If getting involved with public policy issues seems out of your league, a new video from the Society shows that pitching in to make changes that benefit people with MS is easier than you think.



From Advocate to Activist features MS activists from across the country who talk about their experiences, their successes and how getting involved to help themselves and others has enriched and changed



their lives. Their stories reflect how one person can make a difference and that even small efforts can make big waves when many people participate.

Senators Barack Obama (D-IL) and Gordon Smith (R-OR) and Representative David Price (D-NC) explain how important MS activists are in helping to educate legislators like themselves on important issues.



**Take a stand**

Join the MS Action Network on our Web site at [nationalmssociety.org/ActionNetwork](http://nationalmssociety.org/ActionNetwork). You'll receive an Action Alert via e-mail when important legislation needs a quick response. It's easy to call or e-mail your representatives in Congress, sign a petition, or visit your district offices. If you don't have e-mail, call us to get involved: 1-800-FIGHT-MS. To see the video, go to [nationalmssociety.org/advocacy](http://nationalmssociety.org/advocacy), or call us.

## "BENEFIT" STUDY ADDS TO DATA SUGGESTING EARLY TREATMENT MAY DELAY MS

Studies suggest that early treatment with one of the MS disease-modifying drugs can help to "put the brakes" on MS. In many people, early use of Betaseron, Avonex, Copaxone, or Rebif decreases the frequency and severity of attacks, reduces the number of new lesions in the brain or spinal cord, and possibly reduces future disability.

A new report on the BENEFIT study, published in the October 2006 issue of *Neurology*, has shown that Betaseron may delay the onset of MS in people with a high risk for the disease. The BENEFIT study followed 468 people who had experienced a single, MS-like attack, such as inflammation of the optic nerve or numbness on one side of their body. Many who experience such attacks-called CIS, or "clinically isolated syndrome"-will later be diagnosed with MS. They are considered at high risk for the disease.

The BENEFIT study participants received either a standard dose of Betaseron or an inactive placebo for up to 24 months or until MS was diagnosed. Those taking Betaseron had a 50% reduction in risk for developing definite MS, and those who were later diagnosed with the disease were diagnosed an average of one year later than those taking placebo.

Based on these results, Betaseron's sponsor, Schering AG, filed an application with the FDA for use of Betaseron in people with CIS in the U.S. The FDA approved the application in October.



## CLUES TO LIMITING NERVE DAMAGE

MS attacks nerves and myelin, the insulation that covers nerves. Finding treatments to protect nerve tissue is crucial, as damage to nerves is what causes permanent disability in MS.

In a new study, partly funded by research grants from the National MS Society and the National Institutes of Health, researchers at Children's Hospital Boston found that treatment with nicotinamide, a form of vitamin B3, prevented further breakdown of damaged nerve fibers. The study was done in mice with an MS-like disease called EAE.

The researchers had shown previously that an enzyme called NAD decreases when nerves break down in mice. Injections of NAD or nicotinamide-which can be turned into NAD-prevented injury to nerves.

In the current study, the team injected nicotinamide into mice with EAE. Treatment succeeded in reducing inflammation and myelin destruction, and also protected nerves from breakdown, including those that had already lost their myelin sheaths. Mice given the highest doses of nicotinamide had the fewest neurological symptoms.

This hopeful clue requires more research. According to a press release from Children's Hospital, the nicotinamide doses used in these mice would translate into very high doses for humans. High intake of B vitamins can produce severe side effects in people. Progress will depend on the outcomes of safety studies.

## Getting connected-online

"I was diagnosed last August," Carla Gladstone told MSConnection, "and one of the first things I wanted was to talk with others who have the disease. But the thought of attending a support group was overwhelming."

Gladstone\* is not alone-some people new to MS are uncomfortable with the idea of telling their story to a roomful of strangers. Others like the idea of support groups, but live in out-of-the-way areas or find it difficult to commit to frequent meetings. Many people with MS and the people who care for them have made a home away from home by logging on to MSWorld.org.

### A decade online

Kathleen Wilson, MA, MFA, was diagnosed with MS in 1988, and in 1995 was forced to retire from a fast-paced advertising job. The next year she launched MSWorld with a single chat room. Now staffed by 30 volunteers who also live with the disease, MSWorld has evolved into a comprehensive online support network for anyone affected by MS. The site offers scheduled chats, e-mail groups, message boards, and an award-winning online magazine, and it receives half a million visits every month. The National MS Society has long been a partner with MSWorld-the Society honored Wilson with a National Achievement Award at its 2006 National Conference.

"Our motto at MSWorld is 'Wellness is a State of Mind,'" Wilson said. "When you are well within your mind, your life has its greatest potential."

(\*Not her real name.)

### Make a move

From [nationalmssociety.org/chat.asp](http://nationalmssociety.org/chat.asp), click on "Go to the official chat site." Or simply type [www.MSWorld.org](http://www.MSWorld.org) into your browser.

From there, click on one of the following menu topics:

Message Boards-Post a question, reply, or find replies to questions others have posted.

Chats-Talk with others in real time or read transcripts of earlier, highlighted chats.

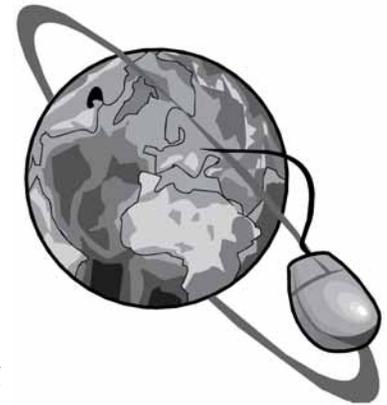
E-mail Groups-Register for one of two discussion groups: E-Pals, for people diagnosed with MS; or CARE-Pals, for people who care for someone with the disease.

Resources-Read the latest news on clinical trials, alternative treatments, and more.

LivingMS-MSWorld's online magazine features artwork, essays, poetry, recipes, and much more.

Wherever you are, whatever your situation, there are others in the same boat. Online groups can be a rich source of advice from others experienced with MS, but remember even with its close ties to the Society, not all advice on MSWorld is appropriate for your particular situation.

Any medical information you pick up should be discussed with your professional health-care provider and the National MS Society.



## NEW! KNOWLEDGE IS POWER-THE DVD

Hearing the words "you have MS" is overwhelming. What's next?

Knowledge is Power (KIP) provides well-organized information about MS right away. Developed by MS professionals with input from people with MS, eight booklets cover diagnosis, treatment, self-care, relationships, employment, working with doctors, and parenting. They are sent by mail or by e-mail in easy-to-digest weekly installments.

Now there's more to KIP—a 120-minute

DVD narrated by Meredith Vieira, the co-host of the Today show. Her husband, journalist and TV producer Richard Cohen, has MS.

The DVD features 12 people with MS—of different ages, backgrounds, and ethnicities—and several medical experts, one of whom has MS. Their stories illustrate how real people use knowledge to manage their lives with MS.

If you have previously received KIP but would like the DVD, call us at 1-800-FIGHT-MS. To sign up for the full KIP program, which now includes the DVD, go to [nationalmssociety.org/knowledge](http://nationalmssociety.org/knowledge) or call us.

## WAYS TO GIVE

### NEW TAX-SAVINGS OPPORTUNITIES FOR DONORS AGED 70½

On August 17, 2006, President Bush signed into law new tax incentives for charitable gifts from donors who are 70½ or older. The Pension Protection Act of 2006 encourages financial support of qualified charitable organizations such as the National MS Society.

Previously, if you had taken a distribution from your IRA or Roth IRA to make a gift to the Society, you would have been required to pay income tax on the distribution; then you would have been entitled to a charitable deduction for the gift amount. Under the new law, you can make a lifetime gift to the Society using these funds without undesirable tax effects.

#### You can benefit from this new law if:

- ~ You are age 70½ or older
- ~ The gift is \$100,000 or less each year
- ~ You make the gift on or before December 31, 2006, for the 2006 tax year; or you make the gift on or before December 31, 2007, for the 2007 tax year

- ~ You transfer funds directly from an IRA, Rollover IRA or a Roth IRA to the National MS Society

#### An Example

Pat, aged 80, has \$450,000 in an IRA and has pledged to give the Society \$100,000 this year as a charitable gift. If Pat transfers \$100,000 from her IRA directly to the Society, she will avoid paying any income tax on that amount. She cannot, however, claim a charitable deduction.

The legislation allows a maximum \$100,000 gift in both the 2006 and the 2007 tax years. So Pat could make a gift of \$100,000 each year. And Pat's spouse, aged 85, can give up to \$200,000 over the same period out of his IRA.

#### For More Information

It is wise to consult tax professionals if you are contemplating a gift under the new law. The Society's Special Gift Office is pleased to provide you educational information. Call us at 1-800-923-7727.

## Chapter Volunteers Offer Peer Support

**T**he Maine Chapter is pleased to announce that we now have a peer support program to offer one-on-one support to people who are newly diagnosed with MS or are in transition. The Chapter has trained seven "MS Buddies" (including one care partner of a person with MS) to offer support through this program. Participants in this program will be interviewed by a Chapter staff member and matched with an appropriate buddy, based on their needs and experiences. The goal of this program is to help people who are newly diagnosed, or in transition with their disease, adjust to their life circumstances by talking with someone who has "been there."

Maggie was matched with an MS Buddy when she was beginning to think about leaving her nursing career due to her MS fatigue. Maggie shares: "My Buddy's background as a nurse was very important to me, as the nurse in me found it to be very difficult to be on the receiving end of a disease. She understood how hard it was to feel out of control with an unpredictable disease, especially for a nurse. She listened as I discussed my concerns about most likely needing to stop work and how challenging that decision became.

"It also seemed easy to talk to her because I didn't need to explain how the symptoms affected me, as I had to with my friends. Talking with another person with MS was easier because we shared a common experience albeit with

different symptoms. She was very kind and supportive, and she listened and laughed with me. We could actually laugh at MS! I must say we laughed quite a lot!

"If there was one particular gift I feel my Buddy gave me beside her friendship and time, is the ability to laugh at the MS. That is a very empowering thing to be able to do. Laughing with her broke my feeling of isolation and helped me to get a more real perspective than I had before. It also let me begin to entertain the idea that there is life after the diagnosis."



Maggie has now gone through the MS Buddies training program and is offering her time and compassion as a peer support volunteer. She says, "Being present for another person by listening

is a gift for both people. For the person talking, it is an opportunity to discuss their concerns and fears as well as joys, a chance to connect with another person. For the listener, it is an opportunity to honor those that stood by and helped them through their hard time by passing along their gift, as well as an opportunity to contribute to another, make connections in the community and enjoy the good feeling that comes from being there for another person."

If you are interested in receiving peer support or in training to be a peer supporter, please call us at 1-800-FIGHT MS (344-4867, select option 1). We are planning to hold a peer support training in northern Maine in the spring.

*Photo above-MS Buddies are all smiles after finishing their peer support training.*

## *Petition Drive to Increase Federal Funding for MS Research*

The National MS Society has officially launched an exciting and ambitious petition drive to increase federal funding for MS medical research. The goal is to obtain over 200,000 signatures in support of the MS movement. This goal will not be reached without your help!

More federal funding for medical research is desperately needed to investigate multiple sclerosis. Scientists do not fully understand its causes, therefore an aggressive investment in medical research could lead to a more treatable, and potentially curable; disease.

All of us know the budget scenario in Washington – many organizations and interests must compete for the same pot of funding. Additionally, the National Institutes of Health (NIH), the major source of funding for MS research, is scheduled to reduce funding in the MS arena over the next two years. We cannot accept this trend and must take action now. In addition to securing current sources of funding, there may be other opportunities for federal resources that the Society can pursue. Those options are currently being explored.

On the following page, you will find a hard copy of this petition. We ask that you cut out

*<<<< Cut along the dotted line and circulate the attached petition! We need your help!*

pages 11 and 12, and circulate this petition to your family, friends, neighbors, co-workers, and anyone who wants to end the devastating effects of MS. Please act soon! We only have until February 1, 2007 to collect 200,000 signatures. If you plan to collect more than 20

signatures you may photocopy the blank petition. This petition is also available electronically online! The online link can be accessed at [www.nmss.org/advocacy](http://www.nmss.org/advocacy) by clicking the text: “Sign On Today: Petition Drive to Increase Federal Funding for MS Research”. We will also

have a link to this petition on the Maine Chapter website at [www.msmaine.org](http://www.msmaine.org). Use both, as your need dictates, but we strongly encourage you to use the electronic online version as much as possible. The site will capture the necessary information from the individual and put that information into a database that we will be able to access, sort and use to deliver our petitions to legislators on Capitol Hill during the 2007 Public Policy Conference. When you circulate the online version of the petition, make sure you stress the importance of the individual indicating their local chapter (Maine), as we will be eligible to win a statewide activism award. Completed petitions will be used to strengthen our call for increased federal funding for MS medical research. Take advantage of our ambitious goal by inviting people to join the movement.

**Act Now!**  
**We need you!**  
**The National MS Society**  
**needs to collect 200,000**  
**signatures by February 1st**  
**in support of Federal**  
**Funding for MS Research!**

*Support Funding for MS Research  
MS Community Joins Together in this Petition*

More federal funding for medical research is desperately needed to investigate multiple sclerosis. Scientists do not fully understand its causes. Therefore, an aggressive investment in medical research could lead to a more treatable, and potentially curable disease.

MS is a chronic, often disabling disease in which the body attacks itself, resulting in damage to the nervous system. Symptoms can be mild, such as numbness in the limbs, or severe with paralysis or loss of vision. Most people with MS are diagnosed between the ages of 20 and 40, the prime years of their lives. The disease course is unpredictable for each person diagnosed with MS. However, the physical and emotional conditions of MS also impact a person's family, their job, every part of their well-being.

**We, the undersigned, urge you, our elected officials, to support a significant increase in federal funding for multiple sclerosis research in order to find a cure and better treatments for this dreaded disease.**

1. Name: _____	Address: _____	Zip Code: _____
2. Name: _____	Address: _____	Zip Code: _____
3. Name: _____	Address: _____	Zip Code: _____
4. Name: _____	Address: _____	Zip Code: _____
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10. Name: _____	Address: _____	Zip Code: _____
11. Name: _____	Address: _____	Zip Code: _____
12. Name: _____	Address: _____	Zip Code: _____
13. Name: _____	Address: _____	Zip Code: _____
14. Name: _____	Address: _____	Zip Code: _____
15. Name: _____	Address: _____	Zip Code: _____
16. Name: _____	Address: _____	Zip Code: _____
17. Name: _____	Address: _____	Zip Code: _____
18. Name: _____	Address: _____	Zip Code: _____
19. Name: _____	Address: _____	Zip Code: _____
20. Name: _____	Address: _____	Zip Code: _____

**Please detach and return this form to: Shawn O’Neil at:  
1100 New York Avenue NW, Suite 660 E, Washington DC, 20005**

**~Please Act Soon! We only have until February 1 to collect 200,000 signatures!~**

**Thank you for supporting the Maine Chapter in our advocacy efforts!**

~ Programs for People Newly Diagnosed with MS ~

**Newly Diagnosed Teleconference Series**

*Date: First Tuesday of the Month      Time: 7:00pm-8:00pm*

Talk with others newly diagnosed with MS on a monthly basis to ask questions, receive information and get support. These calls are ongoing throughout the year and feature open discussion calls, and calls on specific topics, such as: symptom management, coping with MS, employment, and exercise and fatigue in MS.

**Newly Diagnosed Dinner**

*Date: TBD    Time: TBD    Location: TBD (Northern Maine)*

Join the Maine Chapter for a relaxing evening to network and socialize with other people who have recently been diagnosed with MS. This is an opportunity to meet people, and learn about the programs and services available through the Maine Chapter.

~ Research Programs ~

**North American Education Program: The Clues to Epidemiology**

*Date: Ongoing      Time: TBD    Location: Statewide*

Epidemiology is the branch of medicine that studies disease in a population. While your doctor deals with individuals, epidemiologists study groups as small as a neighborhood or as large as the entire world. Epidemiologists ask who gets a disease and why. The program, “The Clues of Epidemiology,” offers a fascinating look into how scientists answer these questions. The North American Educational Program video will be shown, and accompanied by a featured speaker at select locations throughout the state. To find out if there will be a program near you, please call 1-800-344-4867 (Select Option 1).

~ Ongoing Programs ~

**Financial Assistance Program**

The FY07 Financial Assistance Program has resumed with new program parameters. For this year’s application, including information on changes to the program, call 1-800 FIGHT MS, or download an application from our website.

**Adaptive Yoga**

*Date: Every Thursday      Time: 10:00am*  
 Location: Wellforms in Brewer - 611 Wilson St.  
 Contact yoga instructor Bunny Barclay, 989-9730, to register for this weekly yoga class.  
 Cost is \$2/session.

**Respitivity Program**

The Respitivity Program provides an opportunity for persons with MS and their caregiver to stay free for 1-2 nights at a participating inn/motel/hotel. It can be used for a short getaway or to break up a long trip.

**MS Buddies**

The MS Buddies program links participants with volunteer “Buddies” to provide consistent, short-term, one-on-one peer support. An MS Buddy is simply someone for you to talk to who can understand what you are going through. This program is perfect for people who are newly diagnosed, or those in transition who can benefit from one-on-one support as a part of their overall support system.

**Adaptive Aquatics - Southern Maine**

Aquatic exercise allows people to do strength training and stretching; this class is taught by someone with specific training in MS. Classes are held at John Richard’s Pool in Cape Elizabeth on Tuesdays and Thursdays from 1-2pm. To register, call Karen at 799-2868.

## Client Corner



### Change for a Cure

Cher Williams is doing her part to raise awareness about MS and raise funds for the Maine Chapter, too. Cher lives at the Greenwood Nursing and Rehabilitation Center in Sanford and this fall she rallied the residents, staff and visitors at the Greenwood Center to collect a hefty 47,400 pennies, or \$474! We appreciate Cher's efforts to show that even pennies have the potential to change the course of MS. Congratulations and thank you, Cher!



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## Self-Help Group Listing January-March

*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 facilitator in your area to learn more about self-help groups for people with MS and their care partners.*

**For a complete list 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	Mid-Coast (Rockland)
Bangor	Millinocket Area
Bethel	Pittsfield
Brunswick	Rumford
Caribou	Sanford
Ellsworth	Scarborough
Falmouth	South Portland
Lewiston/Auburn	Togus
Madawaska	York
Reach Out! (group by telephone)	

### 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.**

**Did you know...**

- \* You can receive many MS specific publications electronically?
- \* You can enroll in our research bulletin and receive e-mail updates on any MS related research and information?
- \* You can receive periodic e-mail reminders about Maine Chapter programs?
- \* You can participate in webcasts and online learning, including chat rooms.

**Why should you consider accessing information and services online?**

- \* E-mail correspondence allows us to provide you with timely information.
- \* Accessing online information saves money on printing and postage.

***Stay Connected!***

**Have you moved?  
Changed your phone number?  
Do you have a new e-mail address?**

This is a very exciting time for the Maine Chapter, and we want to make sure that you are a part of it!

**Call 1-800-344-4867 (Select Option 1), and help us update our records!**

In the coming months, we will have more options available for people to access information online. Utilizing a new e-mail system, you can sign up for information from the Maine Chapter program staff about local programs and issues that are of particular interest to you. We invite you to join the movement as we continue to develop ways to engage and include our members.

***Maine Chapter 2006 Annual Meeting***

The Maine Chapter held its Annual Meeting in November in Auburn. We celebrated the Chapter's most successful fundraising year ever, recognized volunteer and corporate support, and enjoyed live jazz music and social time. The Chapter is pleased to announce its 2006 Award Winners:

**Special Recognition Awards:**

Ted Hugger, Kent Pelkey, and Sheila Stevenson

**Alida Camp Memorial Award:**

Casey McKeown

**Marion Austin Barrows Memorial Award:**

Gail Roppo

**George Maltby Memorial Award:**

Dr. Howard Kessler

**Beacon Awards:**

MS Harborfest Auction Committee and Bangor-Brewer Group of Six

**Jean Gannett Hawley Memorial Awards:**

WCSH-6 and WLBZ-2

**Corporate Awards:**

Woodard & Curran  
Mercedes-Benz of Greenwich, CT

**Media Sponsorship Awards:**

WHOM and WJBQ

**Employer of the Year:**

Public Consulting Group



*Picture-Russ Anderson presenting Woodard & Curran Senior Vice President, Doug McKeown with the Corporate Award.*

# Dinner of Champions

January 26, 2007 Marriott Sable Oaks, South Portland



All Walk sites April 28, 2007  
(except Eastport, May 6th)



August 4th and 5th, 2007



August 16 - 19, 2007



September 2007



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