

# MS CONNECTION NEWSLETTER



MS SCHOLARSHIPS HELP MAKE DREAMS REALITY

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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. The National MS Society's medical advisors recommend that people with MS talk with their health care professionals about using these medications and about effective strategies and treatments to manage symptoms. If you or someone you know has MS, please visit [nationalMSSociety.org](http://nationalMSSociety.org) or call 800-582-5296 to learn more.

## CAN YOU HELP US?

If you're able to make an in-kind donation to the Upper Midwest Chapter, contact Lindsay at 612-335-7976, 800-582-5296 (option 2) or [lindsay.anderson@nmss.org](mailto:lindsay.anderson@nmss.org). To see the full in-kind list, visit [MSSociety.org](http://MSSociety.org) and click "Donate."

- Painting supplies (paint brushes, rollers, painters tape, disposable paint trays)
- Home Depot gift cards
- Power pallet jack
- Bike rack
- Gift cards (restaurants, convenience stores, etc.)
- Concert and event tickets
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- Dry-erase board
- Greeting cards and envelopes
- Lawn mower

## NATIONAL MULTIPLE SCLEROSIS SOCIETY

### Upper Midwest Chapter

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Minneapolis, MN 55415  
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Upper Midwest Chapter

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LETTER FROM BOARD CHAIR

“NEW YEAR,” NEW  
MSCONNECTION.ORG

Though we’re still months away from the close of calendar year 2013, the season of fall can feel much like the beginning of a new year. For those of you who have children going back to school, or who are going back to school yourself, the preparation and ritual in purchasing school supplies marks the end of summer and a start to new and exciting opportunities.

The end of September also brings the close of the National MS Society’s fiscal year. Our “new year” begins Oct. 1, and as we look down the road to 2014, momentum and excitement builds knowing how much we accomplished in 2013. A new therapy drug was released, the Society is on track to donate nearly \$50 million to MS research and with the newly renovated **MSConnection.org**, the Society’s online community site, we helped forge thousands of connections across the country — connections that are critical to bringing knowledge and providing hope to millions of people who are affected by MS worldwide.

Visit **MSConnection.org** and join more than 14,000 people who are connecting to share stories, gain insights and support one another. This online resource will continue to become even more powerful through active engagement and growth in membership, which is why I encourage you to make a “new year’s” resolution to join the conversation. Every voice matters. Every connection makes a difference. ■

Sincerely,

Carol Houghtby

CONNECT WITH  
US ONLINE

If you wish to receive **MSConnection** via email, please let us know at [editor@MSSociety.org](mailto:editor@MSSociety.org).

**Upper Midwest Chapter**  
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[editor@MSSociety.org](mailto:editor@MSSociety.org)



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## NEWS

# NEARLY \$120,000 AWARDED IN MS SCHOLARSHIPS



The National MS Society, Upper Midwest Chapter selected 90 students to receive a combined \$117,000 in scholarships for the 2013-2014 academic school year. Nationally, the Society granted more than \$1 million in scholarships to 679 students across the country.

Beginning in 2003, the MS Scholarship Program has helped thousands of students affected by MS achieve their post-secondary education goals in spite of the many financial challenges the disease can present. Scholarship candidates are chosen based on excellence in academic performance and leadership, as well as financial need.

## MEET A FEW OF OUR TOP SCHOLARS



**Brady Glissendorf** of Rapid City, S.D., is a 2013 National Top Scholar. This fall, he began his first semester at the University of Notre Dame where he plans to pursue a career in medical research. Brady maintained above a 4.0 GPA in high school, ranked number one in his class and received a near perfect score on his ACT. In addition to working part-time in high school, he was elected class secretary, played varsity tennis, captained the Knowledge Bowl team, excelled in art club and tutored math.

Brady gains inspiration from his mother who lives with MS and fibromyalgia. He said she's taught him to think of others first and remain positive. "She maintains the courage to cope with the issues of her own health problems with a positive attitude, and makes the most out of them," he said.



Recipient of the 2013 Brittany Groess Scholarship, **Jacob Akerson** of Woodbury, Minn., began college as a history major at the University of South Dakota this fall.

After Jacob was diagnosed with MS at age 16, his dream of joining the Navy shifted to dreams of becoming a history professor at the United States Naval Academy in Annapolis, Md. Because of MS, Jacob left his football and wrestling careers and found a love for acting. He's since participated in numerous productions.

CONTINUED ON PAGE 15

**NEWS**

# CHAPTER TO HOST FOUR MS ANNUAL CONFERENCES

**MS Annual Conference, Minneapolis, MN**  
 Saturday, Feb. 1, 2014, Doubletree by Hilton Hotel Bloomington

**MS Annual Conference, Fargo, ND**  
 Saturday, Feb. 8, 2014, Hilton Garden Inn

**MS Annual Conference, Sioux Falls, SD**  
 Saturday, March 1, 2014, Ramkota

**MS Annual Conference, Altoona, IA**  
 Saturday, March 15, 2013, Prairie Meadows Event & Conference Center

## WHO SHOULD ATTEND

- People living with MS, their care partners and family members
- Upper Midwest Chapter Board of Trustees members
- Health care professionals
- Corporate partners, donors and volunteers
- Event participants and team captains

As individuals, our contributions to the MS movement are many. Whether it's volunteering at a Society program, riding 150 miles on a bike, setting up a sustaining gift online, providing support as an MS care partner, making breakthroughs in MS research or talking to elected officials; together, our contributions add up to A Shared Promise — a pledge to create a world free of multiple sclerosis.

Attend the annual conference to learn more about the important work the Society is doing to keep this promise, discuss progress made and what's in store for the future, plus:

- Help us recognize and celebrate the work of volunteers, donors and other extraordinary leaders who are invaluable to keeping the promise alive.
- Hear about groundbreaking research, recently approved therapies and what's in the pipeline.
- Meet Chapter President Holly Anderson and board members.
- Young people ages 13–18 can meet other teens who are affected by the disease at the Teen Summit.

The efforts to put an end to this disease are as unique as each one of us, but we share a promise. Join us to strengthen our commitment and discover all the ways we're moving together toward a world without MS.

For more information or to RSVP, visit **MSsociety.org** or call 800-582-5296 (option 1) or [specialevents@MSsociety.org](mailto:specialevents@MSsociety.org).

## VOLUNTEER

VOLUNTEER  
SPOTLIGHT

## MEET CAROLYN KEITH

Carolyn Keith has volunteered with the National MS Society for 10 years, both at the Greater Illinois Chapter and Upper Midwest Chapter's Minneapolis office.

Carolyn's work goes beyond volunteering — she's raised more than \$120,000 to date as a Challenge Walk MS participant. She'll soon

complete her 12th Challenge Walk, a huge accomplishment!

Carolyn, who was diagnosed with MS more than 25 years ago, said, "I do it out of gratitude. Through physical therapy, I've regained the ability to walk and have been given a second chance at life."

She hopes her commitment to volunteering inspires others to get involved. "Whether you want to volunteer occasionally at events or on a more regular basis, the Society has a slot for you. I feel more appreciated at the Society than I ever did when I was working for a paycheck. And the connection I feel to other volunteers and to staff all working for the same important cause is priceless," she said.

We're so grateful for Carolyn's dedication to a world free of MS. Thank you, Carolyn! ■

## VOLUNTEER OPPORTUNITIES

Special event season is coming to a close, but volunteers are needed year-round! The Upper Midwest Chapter is always looking for volunteers with a variety of skill sets. During the fall and winter months, day-time office volunteers are highly valued, and the projects are plentiful and varied!

Volunteers help stretch donor dollars and build a stronger organization. Volunteer and move us closer to a world free of MS. If you have question or if you're interested in a volunteer position, call 800-582-5296 (option 1).

## INTERNS NEEDED!

The Upper Midwest Chapter is looking for fall and spring interns. Work in a fun, professional environment while gaining invaluable knowledge and experience that will help bolster your resume! Visit [MSSociety.org](http://MSSociety.org) and search "internship postings," for position descriptions.

## EVENTS

## MOHAWKS VS. MS



This past July, Justin Leggett of Duluth, Minn., sat in a salon chair and watched one of his life-long dreams come true in the mirror. As a stylist sculpted his freshly cut hair into a

six-inch Mohawk haircut, which would later be dyed “Vikings purple,” a woman sitting across from Justin said “Ha! You must have lost a bet.”

Justin, whose mother was diagnosed with primary-progressive multiple sclerosis more than 25 years ago, would hear that comment at least a dozen more times, and responded to each: “No, my mom lives with MS. I’m doing it to raise money for the National MS Society.” When he told this to the woman at the salon, she got up from her chair, walked over to Justin and wrapped her arms around him. She said, “I have MS. Thank you for doing this.”

“It was pretty neat that while I was getting it done, I met someone who has MS. It made me feel even better about what I was doing,” Justin said.

He’d always wanted a Mohawk, but growing up, his mother refused. Smiling, he said now that she uses a wheelchair, she can’t stop him. However, Justin still needed permission, and so the first step to finally getting his Mohawk began with a question for his boss. He got the go-ahead, but only under the agreement it last just one week, and that he somehow raise money for charity doing it. In honor of his mother, he chose to raise money for the National MS Society.

Justin then discovered the Society’s DIY (do it yourself) fundraising tools, created a personal webpage to which friends and family could directly donate, and began promoting his fundraising efforts using email and Facebook. He requested \$5 from any person who wanted to vote on the final color of his new hair-do. Suggested colors ranged from hot pink to neon yellow to Chartreuse. Thinking 50 people

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## CREATE YOUR OWN MOVEMENT. WE’LL GIVE YOU THE TOOLS.

The events individuals and organizations create to raise awareness and funds for MS are as unique as the people we serve, and we want to help with their success however we can. That’s why the Society created DIY online fundraising tools. Event organizers can share information about upcoming fundraising events on a personal web page, plus use online donation capabilities to help them reach their fundraising goals. To learn more about DIY fundraising tools, visit [MSSociety.org](http://MSSociety.org) and search “DIY” or call 800-582-5296 (option 2).

## LIVING WITH MS

THREE  
GENERATIONS OF  
LIFE WITH MS

BY APRIL BROWNLEE



FROM LEFT: PAT, CHELSEY AND KELLI  
ANDERSON FACE MS AS A FAMILY.

“I didn’t plan my wedding when I was seven, so I guess I kind of messed up on that. I didn’t have any idea what goes into it,” laughed 21-year-old Chelsey Anderson, who’s looking forward to getting married and settling into life. But for Chelsey, settling in may not mean things ever actually settle down. She was diagnosed with multiple sclerosis at age 16.

At the same time that many of her classmates were focused on homecoming and college applications, Chelsey was battling her way back from her first exacerbation — a severe one. “I’m just now getting back to where I was physically before I was diagnosed with MS, and it’s been four years,” she said. “I went from your average varsity volleyball and basketball player to blind and paralyzed from the waist down. My lungs collapsed and my organs started to shut down, all within about seven hours.”

But Chelsey’s mom, Kelli, was there, is there and will be there — every step of the way. She knows MS from the inside out, as she also has the disease, just like her own mother, Chelsey’s grandmother, Pat. That makes for three generations sharing knowledge of the disease. “When I tell people, they don’t believe it. I should’ve bought a lottery ticket the day I got diagnosed,” Chelsey said.

## A RICH HISTORY

Today, better education, knowledge and diagnostic tools make for earlier diagnoses. Case in point: Chelsey was diagnosed at age 16, Kelli at 26, and Pat at 36. When Pat was diagnosed, there were no disease-modifying treatments. “She told me when she was first diagnosed with MS, they used to put you in a hot bath and have you stand up, and then they’d check your symptoms,” Chelsey said.

Their family history is rich, with a deep understanding of what they have already been through and how they’ll face the future head-on

together. “I’m glad my mom knew not to baby me,” said Chelsey. “You have to be strong when you have MS. It was tough love, but that has helped me tremendously. Every now and then, I’ll feel sorry for myself, and my mom will say ‘Don’t do that.’”

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## **THEIR FAMILY HISTORY IS RICH, WITH A DEEP UNDERSTANDING OF WHAT THEY HAVE ALREADY BEEN THROUGH AND HOW THEY’LL FACE THE FUTURE HEAD-ON TOGETHER.**

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While it’s been a bumpy road over the years, with lots of ups and downs, the three of them find the humor in their unique situation. “We joke that it’s my grandma’s fault that all three of us have MS. Gee, Grandma, thanks,” said Chelsey. For this family, laughter is a superpower. “Always keep moving. Never stop. If you slow down or stop, you will turn to stone. And laugh every day. The key to life is laughter,” Kelli said.

## **THE NEXT GENERATION**

These days, as Chelsey flips through bridal magazines, looking for the perfect dress to wear when she marries her fiancé Shay, a firefighter, she is mindful of where she’s been and where she’s going.

One question certainly stands out from the rest: What if someday her child is also diagnosed with MS? “I’d definitely be prepared and stay strong for them like my mom did for me,” she said. “Life is a rollercoaster. I never know what I’m going to get, so I might as well make the best of it. I tell my friends I’m just going to be the best at MS. Enjoy life. Don’t sweat the small stuff.”

And wiggle your toes. “That’s the first thing I do every morning,” Chelsey said. “I wiggle my toes to make sure I haven’t lost that.” Then, she heads off to her job as a nanny or to college, where she majors in public relations. She hopes to combine her education, her personal experiences with MS and all the things she’s learned from her mother and grandmother who walked the same road before her to impact other people. “When I think about writing a book on my life, I see us all just doing what we’re doing now ... staying positive and staying together.” ■

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April Brownlee is a senior development manager for the Society in Amarillo, Texas, where she produces Walk MS and Bike MS events.

## LIVING WITH MS

# A NEW WAY TO BUY HEALTH INSURANCE

Beginning this fall, as part of the Affordable Care Act (ACA), Americans will have a new option for purchasing health insurance. Online marketplaces (also called “exchanges”) are being built in every state, allowing individuals and small businesses to compare and purchase health plans in one place.

To make health insurance more affordable, the marketplaces will connect people to tax credits and, for those who are eligible, to programs like Medicaid. The marketplaces will use competition to bring down prices over time, although some people might see the cost of insurance increase at first. The biggest benefit, however, will come from new rules that require insurance plans to offer comprehensive benefits.

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## PEOPLE WITH MS AND OTHER CHRONIC DISEASES HAVE THE POTENTIAL TO SAVE A LOT OF MONEY IN OUT-OF-POCKET COSTS.

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“Nobody plans for MS,” said Sarah Danen, National MS Society, Upper Midwest Chapter associate vice president of client services. “That’s why we have health insurance. With the new marketplaces, we’ll finally see health insurance

doing what it’s supposed to — paying for health care.”

“For a long time, insurers have been selling skimpy plans,” Sarah adds. “The health care law requires plans to actually pay for certain items in your medical bills like specialty drugs — so although the price of insurance may go up, people with MS and other chronic diseases have the potential to save a lot of money in out-of-pocket costs.”

Because of the ACA, health plans also will provide many other benefits starting in 2014. For example, the insurers will have to follow new rules regarding prescription coverage and appeals — two areas where people with MS frequently have problems.

If you’re on Medicare, or you receive health care coverage through large employers, you won’t be using the marketplaces, but you’ll still benefit. With more people having insurance, health care providers won’t have to charge higher prices to subsidize care for the uninsured.

The marketplaces are expected to open Oct. 1, 2013, with plans taking effect Jan. 1, 2014. For information about Minnesota’s new health insurance marketplace, MNSure, visit [mn.gov/hix](http://mn.gov/hix). For information about health insurance marketplaces in Iowa, North Dakota and South Dakota, visit [healthcare.gov](http://healthcare.gov).

If you have questions about health insurance plans, call an MS Navigator® at 800-582-5296 (option 1). ■

## GIVING

# EMPLOYEE GIVING CAMPAIGNS

It's quick. It's easy. And all you need is a pen.

Every year, more than 1.5 million public and private sector employees designate charitable contributions to nonprofit organizations through employee giving campaigns. If you're a federal government employee or your employer offers a charitable giving campaign through United Way or Community Health Charities, you can help move us closer to a world free of MS by designating your contribution to the National MS Society.

Most charitable giving programs offer employees the opportunity to have a portion of their annual donation automatically deducted

from each paycheck. Donations can also be made through a one-time contribution.

If your company doesn't offer an employee giving campaign, talk to your benefits administrator about starting one. We're glad to help make this connection! Contact Jen at 612-335-7925 or [jennifer.baumgartner@nmss.org](mailto:jennifer.baumgartner@nmss.org).

Participating in your employer's charitable giving program is a convenient, easy way to help move us toward a world free of MS. Join the Movement® — designate your contribution to the National MS Society!

If you're unable to make a gift through workplace giving this fall, you can still make a big difference over the course of a year by setting up a sustaining gift online at a later time. Setting up an automatic, monthly donation is simple, and once you're done, you're done!

Visit the donation page at [MSSociety.org](https://www.nmss.org), click on "Monthly Donations," and you're off and running.

## SMALL GIFTS GO A LONG WAY!

The cost of living with MS is estimated at more than \$70,000 per year, per person. A little bit goes a long way!

\$5 per month can provide transportation to an MS club or group meeting for someone with no means to get there.

\$50 per month can help pay the rent for a family affected by MS struggling to pay medical bills and other expenses.

\$120 per month can help pay for physical therapy sessions to manage MS symptoms.

\$500 per month would provide scholarships to help three young people affected by MS pursue a college education.

**RESEARCH****EXERCISE  
& THE BRAIN**

BY BRUCE BEBO, PH.D.



Emerging evidence indicates exercise doesn't just keep us physically fit; it helps our brain function better, too. Scientific presentations on exercise, rehabilitation

and quality of life at the American Academy of Neurology's annual meeting in March suggested this holds true for people living with multiple sclerosis, as well.

**EXERCISE AND ITS POSITIVE EFFECTS**

A small study from National MS Society-supported scientists at the Kessler Research Institute in New Jersey found that 30 minutes of aerobic exercise done three times a week over three months improved memory and increased the volume of the hippocampus, a part of the brain involved with memory. These preliminary results encourage the development of further studies that might yield more definitive conclusions and maybe even recommendations.

Another study examined the potential of long-term aerobic exercise building endurance in people with MS. The study involved

60 people split into two groups: people who experienced fatigue and people who did not. Both groups performed individualized endurance exercises using treadmills. After six months, both groups showed improved oxygen consumption. However, those who started out with fatigue showed improvement in their fatigue scores, but it took at least nine months of the program to see a difference. The results prove that while you may not feel the effects of exercise at first, persistence can pay off!

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**WHILE YOU MAY NOT FEEL THE EFFECTS OF EXERCISE AT FIRST, PERSISTENCE CAN PAY OFF.**

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**EXERCISES FOR THE BRAIN**

A research team from the San Raffaele Hospital in Milan, Italy presented data that illustrated how the brain reorganizes to adapt to MS damage. The research team looked at the impacts of a 12-week computer-assisted course that focused on training to increase memory and attention. Using functional MRI, which allows a real-time glimpse of the brain at work, they found indicators that brain activity had increased in specific areas. This improvement appeared to persist at least six months after the training was completed.

Researchers from Milan and from Kessler also reported that people with MS with more “brain reserve” (larger brain size) and more “cognitive reserve” (increasing the ability to withstand or postpone MS-associated decline in cognition with activities such as doing puzzles or playing music) were at lower risk for cognitive changes associated with brain lesions. Even when brain size is accounted for, those with more cognitive reserve appear to have lower risk for cognitive changes.

There’s nothing any of us can do about the size of our brains. But growing evidence suggests that people may be able to build cognitive reserve by engaging in enrichment activities. It’s exciting to know actions we can take, such as mental and physical training, can actually alter brain circuits, improve brain activity and possibly help slow the progression of MS.

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## IT’S EXCITING TO KNOW ACTIONS WE CAN TAKE, SUCH AS SOME MENTAL AND PHYSICAL TRAINING, CAN POSSIBLY SLOW THE PROGRESSION OF MS.

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Summaries of the meeting can be viewed on the AAN’s website at [abstracts2view.com/aan](http://abstracts2view.com/aan), or visit [nationalMSSociety.org/research](http://nationalMSSociety.org/research) for an overview of MS-related research presented at the meeting.



Bruce Bebo, Ph.D., is associate vice president of Discovery Research at the National MS Society, and was previously a research immunologist focusing on the influence of sex hormones on MS. He is a passionate Society volunteer, fundraiser and advocate. His mother has lived with MS for more than 30 years.

Read more of Dr. Bebo’s blog posts about research presentations at the annual AAN meeting at [blog.nationalMSSociety.org](http://blog.nationalMSSociety.org). ■

## RESOURCES

For more on cognitive issues and MS, visit [nationalMSSociety.org/cognition](http://nationalMSSociety.org/cognition). To learn more about exercise and MS, visit [nationalMSSociety.org/exercise](http://nationalMSSociety.org/exercise), or call 800-582-5296 to find out about exercise programs in the area.

## CORPORATE SPOTLIGHT

# IOWA COMPANIES AND FOUNDATIONS BUILD CONNECTIONS

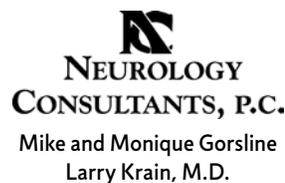
Iowa corporate leadership supported nearly 1,200 Iowans who walked, biked and toasted toward a world free of MS in 2013. From dollars to donuts, Iowa companies lent their resources to help make programs and research possible to support the more than 17,000 families in Iowa and across the Upper Midwest Chapter area who are affected by MS.

Corporate support and individual fundraising efforts helped raise more than \$300,000 for Iowa's Walk MS and Bike MS events, which took place in May and June 2013.

This year's annual winter tradition of Taste of Generosity brought corporate standouts for an evening of wine, food and connection while raising more than \$100,000 for programs and research.

To learn more about joining Iowa corporate leaders in sponsoring Walk MS, Bike MS or Taste of Generosity, please contact Jennifer at [jennifer.baumgartner@nmss.org](mailto:jennifer.baumgartner@nmss.org) or 612-335-7925.

## THANK YOU FOR BEING TOP CORPORATE SPONSORS!



**CONTINUED FROM PAGE 4 (SCHOLARSHIPS)**

Jacob remains positive despite the challenges of MS, motivated in large part by his grandfather. “I still struggle with my MS and the problems that it brings,” he said, “but when I’m really having a hard time, I close my eyes and I hear the 10 little, two-letter words my grandpa taught me: ‘If it is to be, it is up to me.’ Let the journey continue.”

Meet all 90 scholars and learn about 2014 applications, which will be accepted between Oct. 1, 2013, and Jan. 15, 2014, at [tinyurl.com/MSScholarshipProgram](http://tinyurl.com/MSScholarshipProgram).

**JUMPSTART MS SCHOLARSHIP**

The Jumpstart MS Scholarship program, sponsored by Best Buy, is an annual \$1,500 scholarship designed to encourage ninth graders affected by MS to stay on track toward post-secondary education and remain active in school and their community.

This year’s award winner, **Colin Harthorn**, whose father has MS, is a ninth grader at Centennial



High School in Lino Lakes, Minn. He’s set vigorous academic goals for himself and hopes to take honors classes while maintaining honor roll status throughout his high school career. After graduation, he plans to pursue a bachelor’s degree in software engineering but has not ruled out going to medical school to study neurology. He considers MS a “family disease” because of the impact it has on everyone touched by it and is proud to say he “joined the movement before the slogan ‘Join the Movement’ was even used.”

A special thank you to the generous scholarship program donors and volunteers, and to Great River Energy for hosting the annual Scholarship Celebration July 11.

**SUPPORT THE SCHOLARSHIP PROGRAM**

To learn about making a donation to the MS Scholarship Program, contact Julie at 612-335-7953 or [julie.collier@nmss.org](mailto:julie.collier@nmss.org).

**CONTINUED FROM PAGE 7 (MOHAWK)**

would each donate \$5, he set his goal at \$250. Justin was pleased to discover every donation was greater than the requested \$5, and there were even gifts made by people he didn’t know. On the day he finally gelled up his hair, nearly \$1,100 had been raised for people living with MS.

“From the bottom of our hearts, both I and my entire family thank you in honoring our mother with a crazy idea that is helping a wonderful organization,” Justin said. “Now I have to come up with something even more out of the ordinary next year.” ■



**National  
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Society**

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## ATTEND THE ANNUAL MEETING BY PHONE

Hear board chair and Society staff discuss progress we've made and what's in store for the future. People affected by MS and their loved ones are invited to dial in for the Upper Midwest Chapter's annual meeting Nov. 12, from 5:30 to 6:30 p.m. To attend, call 888-317-4343. Please RSVP to Jane at 612-335-7969 or [jane.piotrowski@nmss.org](mailto:jane.piotrowski@nmss.org).



**NEWLY DIAGNOSED?  
CALL AN  
MS NAVIGATOR®**

Contact an Upper Midwest Chapter MS Navigator® — social workers who can help guide you through the many obstacles that can result from an MS diagnosis. This includes understanding health insurance; finding affordable, accessible housing; guiding you through the process of applying for Social Security benefits; and more. Navigators will support you from diagnosis through all the various changes that occur as you move forward living with MS.

Assistance and answers are just a phone call away — dial 800-582-5296.

