

# MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | FALL 2011

## Yoga for MS

Marcia Hardy, who lives with multiple sclerosis and resides in Fargo, N.D., has been attending yoga class once a week for slightly more than a year.

Hardy participates in the HeartSprings "Yoga for MS" class. HeartSprings, located in Fargo, is a nonprofit community healing center. Before Hardy began the class, she said couldn't sit cross-legged on the floor because the muscles around her hips were too tight. Today, she can!

Another class member, Diane Edwardson, also a resident of Fargo, said yoga has enhanced her balance as well as the strength of her back muscles. An attendee for two and a half years, she's also learned a breathing technique to cool her body.

Other benefits of yoga may include increased flexibility, decrease in muscle spasticity, stress reduction, general relaxation, and enhanced body posture, which helps with digestion and



Yoga class at HeartSprings in Fargo, N.D.

breathing. An immediate benefit can be relief from a headache.

Carolyn Espel, the "Yoga for MS" instructor at HeartSprings, said she adapts her classes to the attendees' needs that particular day. If they're feeling tired, she focuses the group on building

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National  
Multiple Sclerosis  
Society

# PUBLICATION OF THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

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## Can you help us?

If you are able to make an in-kind donation to the North Central States Chapter, contact us at 800-344-4867.

### **Client needs**

- Phone cards
- Gas cards
- Grocery store gift cards
- Bus passes/ para-transit passes
- clear packaging tape/ dispenser
- filing cabinets
- office furniture (desk for reception area)
- scissors
- shelving and brackets

### **Office supplies**

- 8 1/2" by 11" copy paper (white and color)
- 8 1/2" by 11" notepads
- toilet paper
- paper towels
- vacuum cleaner

*The North Central States Chapter of the National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Comments are based on professional advice, published experience, and expert opinion, but do not represent therapeutic recommendations or prescriptions. For specific information and advice, consult a qualified physician. The North Central States Chapter of the National Multiple Sclerosis Society does not endorse products, services, or manufacturers. Such names appear here solely because they are considered valuable information. The chapter assumes no liability whatsoever for the contents or use of any product or service mentioned.*

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## Programs update

### NEWLY DIAGNOSED PROGRAMS

Have you been diagnosed with multiple sclerosis in the last three years? If so, join others new to living with MS at one of our newly diagnosed programs this fall. Attendees will learn more about the disease, life with MS, current research and drug-modifying therapies that can make a difference for many people with MS.

- Iowa City Public Library (123 S. Linn St., Iowa City, IA); Sept. 9, 2:30-4:30 p.m., presented by Dr. E.T. Schivapour
- Mercy Ruan Neurology Clinic, Room 1 (1111 Sixth Ave., Ste. 400, Des Moines, IA); Sept. 20, 5:30-7:30 p.m., presented by Dr. Bruce Hughes



- Location TBD (Fargo, ND); Sept. 22, time TBD
- Location TBD (Sioux Falls, SD); Sept. 27, time TBD, presented by Dr. Lisa Viola and MS-certified nurse Brian Stellinga

For more information or to register, call 800-344-4867 or visit [myMSSociety.org](http://myMSSociety.org).

### TAKE A QUICK SURVEY

Take a survey about *MSConnection*, and let us know what you think about the publication you're currently reading. We need your input to shape the newsletter for future issues!

People can take the survey online at [tinyurl.com/MSCsurveyNTH](http://tinyurl.com/MSCsurveyNTH) or call 612-335-7918. Be ready to give your name, phone number and the best time of day to reach you, and a volunteer will return your call with a handful of questions. Thank you in advance for your help!

**➕ ONLINE** Visit [tinyurl.com/MSCsurveyNTH](http://tinyurl.com/MSCsurveyNTH) to take the survey now.



### THANK YOU, BIKERS!

With our three rides complete, we want to congratulate all our cyclists for accepting the challenge and riding on behalf of those who cannot. We're fortunate to have dedicated volunteers to host rest stops, support riders en route, set up and tear down events and cheer on the cyclists. You all play a vital role in the Society's quest to create a world free of MS.

## How we joined the movement

The following people have made time in their busy lives to do something about multiple sclerosis. How can you make a difference to help create a world free of MS?

### KATHY HUGHES



Kathy Hughes, an MS Matters group leader in Marion, Iowa, joined the movement almost 10 years ago. She attended the local support group at times and laces up her shoes for Walk MS. In addition, she

participated in the MS Fishing event, MS Bowling event and Bike MS. Most recently, she was asked to become the leader for the local support group. She enjoys working with people and she finds the assistance of others in the group and the Society staff to be very helpful.

Volunteers like Hughes help create a network of support for others living with the disease. Hughes' husband, Gary, and their son and family, along with her sister, are a great support system outside of MS Matters gatherings. Her family, friends and co-workers make donations to Walk MS every year.

"My husband, Gary, is awesome and is aware of my difficulties, sometimes even before I realize them, as I tend to push myself beyond my limits," said Hughes. Away from the office, Hughes spends free time with her family, friends and grandchildren; enjoys traveling the United States and Europe; and likes watching her favorite TV shows.

### SAMANTHA OLSON



Samantha Olson got involved with the National MS Society a few years ago while attending college. Her grandfather has been living with MS for more than 50 years. Olson is a member of the North Dakota

Government Relations Committee, which shines a light on the changing needs of clients and advocates. During her time on the committee, she has grown the email advocacy list by engaging a huge number of participants at Walk MS.

Olson also volunteered to reach out to the newly elected state legislators to introduce them to the Society. She asked people affected by MS to share their story with legislators, and assisted in the plans for the first MS Day at the Capitol in North Dakota.

Olson brings fresh ideas to the committee with ways to increase reach and empower others who have similar goals. In addition, she initiated a fundraising event through her part-time employer to benefit the Society. The event raised \$700 to benefit programs and services. Further, because of the hours dedicated to the Society by Olson and her coworkers, her employer donated \$3,000 to the chapter!

Olson's truly an inspiration for those who work and volunteer for the Society. We send her our best wishes as she attends law school.

## KIRSTEN BALOUN



Kirsten Baloun's been involved with a variety of programs and events over the last several years. As a peer mentor and her involvement with two MS Matters groups, she knows the value of emotional support from

others living with the disease. In addition, Baloun has served on the Walk MS planning committee, captains her "Mighty Striders" Walk MS Team and now helps direct the annual Halloween party for kids affected by MS.

Most recently, Baloun helped start a new MS Matters Group, It's All in Your Head. This group exists thanks to her and her positive outlook. The goal of the group is for each person who attends to understand each other's health concerns. The members chat about any topic from kids to vacation to house repairs. Baloun said, "We talk about MS, but mostly we talk about life and how to keep living it regardless of MS."

Baloun lives near Sioux Falls, S.D., with her husband, Aric, and 8-year-old daughter Aidyn. She enjoys cooking, reading, organizing and re-organizing stuff, collecting handmade marbles and canning and preserving the produce from their garden. Someday, she'd like to write a book.

"I have met some wonderful people through the National MS Society. Some are out there, demanding change and raising awareness. Others are quietly heroic. Every single one is a treasure for me to know," said Baloun.

### THANK YOU, COMMUNITY FUNDRAISERS

Run MS took place last spring as part of the Fargo Marathon. This charity team raised nearly \$1,500 to support local programs.

Music For MS coordinated by Tawnya Jensen; Watertown, SD

Atlantic Action hosted by Mark Foegen; Atlantic, IA

Golf Tournament coordinated by Andy and Renee Miller; Saddlebrook Ridge Golf Course, Solon, IA

Air Race Classic; Iowa City, IA, with flight route including Jamestown, ND, Brookings, SD and Spearfish, SD. Minnetta Gardinier raised dollars and awareness for the Society during her annual flight.

Car Show, a part of Shaller Popcorn Days, organized by Jennifer Hansen; Shaller, IA

Little Ceasars Pizza coordinated by Tony Gardner; Indianola, Ames, Newton, West Des Moines and University Avenue located in Des Moines, IA.

Tenth annual Mars Foundation Golf Classic coordinated by Wayne Anderson.

## Yuck factor: the sequel



If drinking a glass of worm eggs could help with MS, people might just grimace and swallow. Two recently published studies explore whether infection with relatively harmless parasitic worms, can reduce disease activity.

The idea stems from the “hygiene hypothesis,” which suggests an early lack of exposure to infectious agents may cause the immune system to later overreact and trigger MS.

In the first phase of a clinical trial supported by the National MS Society; John Fleming, M.D., and colleagues at the University of Wisconsin, Madison, administered a drink containing worm eggs to five people newly diagnosed with MS. The participants were then monitored with MRI scans.

Study results, published in *Multiple Sclerosis Journal* in March, showed participants tolerated the treatment well and neurological symptoms did not get worse. However, the small number of participants and the study design made it difficult to draw firm conclusions about the treatment’s effectiveness.

In a previously reported Argentine study, Jorge Correale, M.D., and Mauricio Farez, M.D., at the Institute for Neurological Research, Buenos Aires, followed the disease course of 12 people with MS who ingested the eggs. They showed fewer relapses, better disability scores and lower MRI activity compared to uninfected people.

Researchers reported in a follow-up study, published in *Journal of Neuroimmunology* in January, that in four infected participants who required antiparasitic treatment, MS symptoms and disease-related MRI activity increased. However, because the study was so small, further studies are needed.

## Walk MS 2011 events a great success



We want to extend our gratitude to this year’s Walk MS supporters. With 17 Walk MS locations, 6,500 people participated, and we raised nearly \$700,000!

A special thank you goes to our major sponsors: EMD Serono, Teva Neuroscience, Biogen Idec, DA Davidson & Co., Bankers Trust, Total Mobility, KIMT, Boston’s Gourmet Pizza,

The Hawk, KCWI, St. Luke’s, Panera Bread, KDAT, Cumulus, KGAN-2, FOX-28, Westdale Mall, Dubuque Sam’s Club, CBS, Mike and Monique Gorsline, Sanford Health, BlueCross BlueShield of North Dakota, Swanson Health Products, Shooting Star Casino, Valley News Live, FM 105.1, Midcontinent Communications, Subway, Premium Waters, Kupper Chevrolet Subaru, The Bismarck Tribune, Trinity Health, Clear Channel, Avera McKennan, Scheels All Sports, Neurology Associates, Sammons Financial Group, Results Radio/Cumulus, Veradia Center, Comfort Keepers and The Diamond Room.

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energy. If they're energized, she has them work on more advanced moves.

Espel said, "Yoga also has cognitive benefits. The instructions for movements and to get into a pose are a great challenge for right- and left-brain functions." Espel encourages attendees to bring guests, whether they live with MS or not, because yoga can benefit everyone.

**→ FIND A CLASS**

The National MS Society can assist with the cost of health and wellness classes. For more information, call 800-344-4867. Click "Programs and Services" and then "Health and Wellness" at [myMSSociety.org](http://myMSSociety.org) to find a class near you.

- Aug. 20** Women's Conference; Jamestown, ND
- Aug. 27** O.T./P.T. Professional Education Training; Cedar Rapids, IA
- Aug. 27** MS Research Symposium; Winona, MN
- Sept. 9** Newly Diagnosed Program; Iowa City, IA
- Sept. 15** Health/Wellness Program; Minot, ND
- Sept. 17** O.T./P.T. Professional Education Training; Sioux Falls, SD
- Sept. 17** Men's Seminar; Altoona, IA
- Sept. 20** Newly Diagnosed Program; Des Moines, IA
- Sept. 22** Newly Diagnosed Program; Fargo, ND
- Sept. 27** Newly Diagnosed Program; Sioux Falls, SD
- Oct. 1** Women's Seminar; Des Moines, IA
- Oct. 16** Run MS; Des Moines, IA

**ANNOUNCEMENTS AND REMINDERS**

**Connect with your community**

Looking to connect to other people in your community affected by MS? Consider joining a MS Matters group. Choose from more than 30 across the chapter area. Lively discussions, fun and friends await! Visit [tinyurl.com/NCSMSMatters](http://tinyurl.com/NCSMSMatters) to find a group that's right for you.

**North Dakota charitable gaming law**

In accordance with the North Dakota Charitable Gaming Law, the National MS Society, North Central States Chapter reminds its members that the quarterly gaming tax return is available for review at the Fargo office, 5990 14th St. S., Suite B, Fargo, N.D. 58104, from 8:30 a.m. to 5 p.m., Monday through Friday.



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