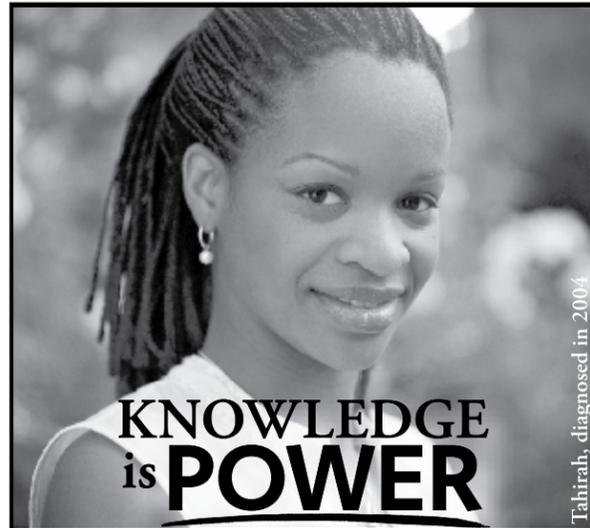


New & Improved Website!

Check out our new website! Visit often to find local programs and events in your area as well as other helpful information regarding treatments and research. Hopefully you will find this website more helpful and user friendly. www.nationalMSSociety.org/ncc



National Multiple Sclerosis Society
Central North Carolina Chapter
2211 West Meadowview Road
Suite 30
Greensboro NC 27407



Tahirah, diagnosed in 2004

Knowledge is Power is a six-week, free, at-home educational program for people who are newly diagnosed. Mail or e-mail formats. To register, call **1-800-344-4867**, or visit nationalmssociety.org/knowledge.

Join the movement.



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CENTRAL NORTH CAROLINA CHAPTER MS CONNECTION

MOVING TOWARD A WORLD FREE OF MS | APRIL - JUNE 2009

Why We Walk 2009: Friends Walking for a Cure



Spring is here and now that the weather is warming up, it is a perfect time to lace up those sneakers and start training to walk in one of our Walk MS events. What better way to get outdoors and exercise than to participate in Walk MS: Modern Automotive 2009?

The Pirates with a Purpose are ready to do just that. "We got started early this year" explains Erin Baum, team captain of the Pirates. The Pirates are a group of dedicated team members that really give it their all in fundraising. Each member of the team contacts everyone they can to ensure the team's success. They also utilize their connections with companies who offer matching gifts. Every team member operates under the philosophy that every cent helps, and they appreciate every contribution! The Pirates know that now more than ever the movement needs them and they are sure to respond by working harder than ever to keep their spot as one of the top ten fundraising teams!

The Pirates with a Purpose have been participating in the walks for five years now. Erin says she and her team walk because they have a friend with MS, who thankfully is able to walk with them. When her friend of 11 years was diagnosed with MS, Erin was shocked and worried. Erin felt she had to find a way to help her friend fight MS. The Pirates came together as a group and decided they should do the walk in honor of their friend to help find a cure for MS! "She is someone who we can all turn to for anything, who

Continued on page 2

Walk MS
Triad Walk
April 25, 2009
Fourth of July Park
Kernersville, NC
Hope to see you there!

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National Multiple Sclerosis Society

**Publication of the National Multiple Sclerosis Society
Central North Carolina Chapter**

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Kevin Beeson

Vice Chair
Debbie Marshall

Chapter Programs Co-Chairs
Carolyn Moore
Chip Harris

Chapter President
Elizabeth Green

Chapter Programs and Services Director
Mark Scheerer

Chapter Development Director
Emily Conner

Newsletter Editor
Bonnie Nevin

If You or Someone You Know Has MS

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

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

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

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

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Central North Carolina Chapter

Continued from page 1

will bend over backwards and give you a smile to brighten your day or a shoulder to cry on if that's what you need. She is a friend that I think all of us on the Pirates with a Purpose team should strive to be," says Erin.

Whether you want to walk, be a virtual walker (fundraiser, without walking) or volunteer, we have several opportunities for you to get involved. Registration is open for the Rockingham County Walk on April 4th at the Penn House in Reidsville and the Triad Walk on April 25th at Fourth of July Park in Kernersville. Register today by visiting <http://walkncc.nationalmssociety.org> or call 336-299-4136.

Lace up those sneakers and we will see you there!

HOW TO CONTACT US

National Multiple Sclerosis Society
Central North Carolina Chapter
2211 West Meadowview Road, Suite 30
Greensboro, NC 27407
336-299-4136
1-800-FIGHT-MS

National Multiple Sclerosis Society
www.nationalmssociety.org
Email: nat@nmss.org

Central North Carolina Chapter
www.nationalmssociety.org/ncc
Email: ncc@nmss.org

Chapter Podcast and Blog
www.cncmschapternews.com

Research

"A Note from Elizabeth Green, Chapter President"

Since 1969, our chapter's goal has been to fund research into the cause, treatments and cure of MS and provide programs and services to people living with multiple sclerosis and their families. While we have had people with MS at the center of what we do, we also want to continue to be fiscally responsible. During these difficult economic times we are making subtle cost saving changes within the chapter and other changes that are more noticeable while preserving vital programs and services.

A number of chapters throughout the country are now placing their newsletter on their website and only sending hard copies to those who request one. This has resulted in substantial cost savings through reduced printing and postage. Our chapter is considering this option. If and when we decide to transition to an online newsletter, you will receive a postcard announcing the change along with the option to request a hard copy. Thank you for understanding and for your continuing support of our chapter.

Activists secure \$5 million for MS research

MS activists made history last fall when they moved Congress to approve \$5 million for MS research through the Congressionally Directed Medical Research Programs (CDMRP). This is the first time that MS has received a line item allocation under CDMRP, which is funded through the Department of Defense (DOD).

Activism victory

The movement to obtain MS research funds from the DOD began in late 2006 when activists collected more than 100,000 signatures.

Activists participated in hundreds of congressional meetings, took the case to the media and town hall forums, and collaborated with members of the American Academy of Neurology, the Paralyzed Veterans of America, United Spinal, AMVETS, the Vietnam Veterans of America, and the Disabled American Veterans to petition Congress.



Teleconference Series

The Chapter is continuing to offer a teleconference the 2nd Tuesday of each month at 7:30pm. Listen to interesting presentations from the comfort of your own home! Call 1-800-FIGHT-MS to register or visit the chapter website calendar.

April 14, 2009

Financial Planning

Do you have a financial plan for the future? Are you confused about where to begin? Ameriprise consultant Patrick Cummings will share great long term planning tips to get you started!

May 12, 2009

Sleep – What's that?

The lack of sleep impacts all aspects of our lives. Dr. John Witt, neurologist with Middle TN Medical Center, will provide insight into sleep disorders, diagnosis and treatment.

June 9, 2009

Bring it ON! Leisure Skills for Life Beyond Disability

This presentation will help people with MS stay active and independent with a focus on everyday life activities as well as travel tips. Presented by recreational therapists Kelly Edens, CTRS and Tara MacCaughelty, CTRS from the Shepherd Center in Atlanta, GA.

Get Out:

A Social Group for People in Their 20s and 30s with MS

Next outing: April 9, 2009

Opening game of the Greensboro Grasshoppers

NewBridge Bank Park

Meet out front at 6:30pm to get your tickets.

Please limit 1 adult guest per person.

Everyone will receive \$5 in Babes Bucks for dinner.

Spaces are limited. Call 1-800-FIGHT-MS to register or visit our web calendar at www.nationalmssociety.com/ncc

New Program/ Service:

MRI Program Now Available for Indigent Patients

High Point Neurological Associates and Cornerstone Healthcare will be donating MRI services for clients identified by the chapter in need of financial assistance with obtaining an MRI. Clients will need to go through the chapter to be eligible for this program. The MRI services will consist of the imaging and a reading of the scan. The MRI must be ordered by a physician (client's primary care physician or neurologist). The program will be in operation this spring and will be a one-time service for clients who are approved for financial assistance. Special thanks to Dr. Richard Sater who helped facilitate this valuable service. Call 1-800-344-4867 for more information.

Historic Conference Motivates New MS Researchers

Last fall, nearly 100 Society-sponsored young research fellows met in Chicago to share information, generate new ideas, and strengthen their commitment to MS research.

The Tykeson Fellows Conference featured talks by 21 fellows, in addition to presentations from more seasoned investigators, including a keynote address by Stanford University's Lawrence Steinman, MD.

Presenters analyzed what is known about the development of MS—and the roles played by genes and the immune system. Fellows discussed their work on strategies to stop MS immune attacks, including:

- Yueting Zhang, PhD (Mount Sinai School of Medicine), who presented findings from a team led by her mentor Gareth John, VetMB, PhD, on an immune messenger protein called interleukin-11 that promotes the survival and maturation of myelin-making cells.
- Philip L. De Jager, MD, PhD (Brigham & Women's Hospital), who reported on his team's finding that CD58, a possible MS susceptibility gene, appears to contain genetic variations that affect inflammation and nerve degeneration separately, suggesting that they might be two different genetic processes.



The conference was sponsored by a generous contribution from Donald Tykeson, Honorary Life Director of the Society's National Board of Directors, with additional support from Avanir Pharmaceuticals, Biogen Idec, Genentech, and the Society's Wisconsin Chapter.

Moving to the next level

Held in conjunction with the Society's National Conference, the Tykeson Conference offered young scientists a chance to meet people who live with MS every day.

"You can read about MS in medical papers," said fellow Jennifer Kanter, PhD (Harvard University, Boston), "but what you learn from talking to someone with the disease is so much more real." She knows this personally because her father had MS.

Dr. Kanter does the 50-mile Challenge Walk MS with her mother and sister. At the National Conference she encouraged her colleagues to participate in the Society's

WalkMS and BikeMS events. "If you want to feel the happiness that you get when an experiment goes well, go to a Society event—you'll feel it every time!"

Moving forward

"This first-ever Tykeson Fellows Conference was a resounding success," said Patricia O'Looney, PhD, vice president of Biomedical Research at the Society, who is already planning the next meeting.

The second Tykeson Fellows Conference will be held in 2010 in conjunction with the joint annual meeting of the Consortium of MS Centers and ACTRIMS (Americas Committee for Treatment and Research in MS).

Self-Help Groups

Burlington

2nd Thursday of the month, 10:00 AM
Alamance Regional Medical Center
Harriet 336-538-1143
Carolyn 336-584-6888

Davie County

2nd Monday of the month, 6:00 PM
Davie County Hospital
Carolyn 336-998-6398
Kathy 336-940-5256

Elkin / Tri-County

4th Monday of the month, 11:00 AM
Hugh Chatham Memorial Hospital, Elkin
The Synergy room
Deb 336-835-8419
Kim 336-835-3835

Greensboro

Aquatics Exercise Group
M-W-F, 11:00 AM
Spears YMCA
Denise 336-643-3648

Men's Group - Greensboro
Every Wednesday of the month, 8:30 AM
St. Francis Episcopal Church
St. Mike's House
John 336-545-0100

The Enforcers - Greensboro
3rd Tuesday of the month, 11:30 AM
Calvary Christian Center
Jackline 336-681-4025

Women Let's Talk - Greensboro
1st Wednesday of the month, 10:30 AM
St. Francis Episcopal Church
St. Mike's House
Jen 336-392-4006
Sharon 336-638-7152

High Point/Jamestown

But You Look So Good
2nd Saturday of the month, 11:00am
Poblanos Mexican Restaurant
Lisa 336-454-6785

King

MS P.A.L.S.
2nd Tuesday of the month, 6:30 PM
First Baptist Church
Candy 336-985-5636
Paula 336-375-0713

Reidsville

Friends with a Purpose
4th Tuesday of the month, 6:00 PM
Annie Penn Hospital
Ana 336-616-1001

Rockingham County

Let's Talk MS
Call for information
Debbie 336-623-5098
Jan 336-589-1489

Winston-Salem

Leaps and Bounds
2nd and 4th Monday, 10:00 AM
Old Town Community Center
Theresa 336-924-2707

You, Me and the Lord, too!
Every Tuesday of the month, 10:00 AM
Cornerstone Baptist Church
Dolores 336-784-8460

Wilkesboro (Postponed until April)
2nd Thursday of the month, 6:00 PM
Pa-Paw's Bar-B-Que Restaurant
Wanda 336-667-1889
Kent 336-903-1539

Special Events

"X" Marks the Spot in Tanglewood 2009

Ahoy thar Matey! Are you roaring and ready for Bike MS: BB&T Tour to Tanglewood 2009? Arrr! This year's theme is one to make you want to swab the deck and say, "Aye, Aye, Captain!" More than that, you'll be participating in an event even bigger than all of the buried treasure you could imagine.

Every fall, hundreds of cyclists from all across the nation, come to ride and raise money together to work towards a world free of MS. Our goal for this fall is to raise \$1.2 million and have 2000 cyclists participate. The last four years, Bike MS has raised over \$1 million dollars and we would love to make this the fifth. But we need your help!

Funds from Bike MS go to support local programs and services for people with MS and national research for treatments and a cure. We know that not everyone is a cyclist so there are many more opportunities for participation. We are always in need of volunteers to help make the event go off without a hitch. There is only one requirement: to want to do something about MS NOW. You could also be a virtual cyclist and still be eligible for the same Bike MS festivities and benefits. You don't even have to ride a bike; it's as simple as that!

Bike MS: BB&T Tour to Tanglewood will be held on September 26-27, 2009. Register today by visiting <http://bikencn.nationalMSsociety.org>. If you have any questions at all, don't hesitate

to ask; (We won't make you walk the plank!) Please email us at nccdevelopment@nmss.org. And don't forget to start fundraising. Summer will be here before we know it and then Bike MS is right around the corner. So put on your gear, start training and get excited for Bike MS 2009!

"There be treasure in them thar hills, and that treasure is YOU!"



Aquatics for MS

Tuesdays from
11:00am - 12:00pm
Classes are Free!

And are going on right now!
Call 1-800-FIGHT-MS to register.
Located at: First Christian Church,
Family Life Center, 1130 N. Main St.
Kernersville NC 27284

Aquatics for MS classes are also located
at the Spears YMCA, 336-387-YMCA,
in Greensboro. Please call that location
for more information.

Advocacy: How to be an Advocate for Yourself

Self advocacy means speaking up for oneself. It refers to your ability to effectively communicate an interest, desire, need, or right — and negotiate to get it. It also means making informed decisions and taking responsibility for them. Effective self-advocates understand individual strengths and needs, identify personal goals, and recognize legal rights and responsibilities. Below are some steps on how to take action for an issue that you are concerned about:

Schedule an appointment by placing a call or writing a letter to the front line of customer service who can address your circumstances.

Take notes during your discussion. Save them along with notes from future conversations, and file them in chronological order. Include any correspondence related to your issue, with the results of any research or other documentation.

Establish next steps and mutual accountability. Agree upon a timeframe for next steps or issue resolution.

Follow up! Provide any promised information or resources within the agreed upon timeframe. Renegotiate if you will be delayed, or if your point of contact fails to respond. Offer to provide additional information or resources to resolve any questions. Restate your issue and the outcome you hope to see. Commit to a timeframe for issue resolution.

Write a thank you note if you achieve your desired outcome. This is not only polite, but documents your agreement.

Remember, you may need to follow up to ensure your desired outcome.

If you receive no response or an unsatisfactory response, consider how much additional effort you are prepared to invest. Often, an appeal to a higher level is possible. Research the options relevant to your particular situation. Consider what is at stake to determine whether or not to proceed.

Lexington Area Self-Help Group

Would you like to meet others who are living with MS? Do you live in the Lexington area? If so, we want to hear from you. We are currently gauging the interest in starting a self-help group in Lexington. Like all of our self-help groups this will be a safe place for people to share experiences that only someone with MS can understand. If you would like to help form a group, please call the chapter at 1-800-344-4867 and let us know. If there are enough people interested, we'll hold a "kick-off" meeting.



We are Going Green!

Send us your email address if you would like to start receiving information from the chapter via email. Help us save trees and money so that we can provide more services to those with MS. Email us at ncc@nmss.org and say you want to JOIN THE MOVEMENT by going green.

Caregiver's Corner: Tips to Take Better Care of Yourself

Get help. You are not failing as a caregiver by asking others for assistance. Seek the support of family, friends and community resources. Support group meetings are a good source of comfort and reassurance. Or you can join an online community.

Take care of yourself. Watch your diet, exercise and get plenty of rest. Make time for shopping, lunch with friends or even a golf outing. Take advantage of community services such as adult day care or in-home companion services to care for your loved one while you take a

break. Manage your stress level.

Stress can cause physical problems and changes in behavior. If you experience symptoms of caregiver stress, use relaxation techniques that work for you, and consult your doctor.

Be realistic. Many of the behaviors that occur are beyond your control and the control of the person you are caring for. Grieve your losses, but also focus on the positive moments.

Give yourself credit, not guilt. You are doing the best you can. Don't feel guilty because you can't do more.

HELP & SUPPORT

Community Events: We've Joined the Movement

A Community Event is an event hosted by those who want to do something to help fight MS. There have been some exciting Community Events that have taken place lately, and even more coming up.

- The Fun Day Fundraiser for MS, was a wonderful experience for everyone that attend. There were arts and crafts available for purchase, lots of good food and an extensive silent auction. The auction came down to the wire because there were so many great prizes. It was hosted by Theresa Sabbagh and Dolores Mason.
- Christy Weaver of the Sports Center Gym held two "Resolution Rides". They were indoor spin rides where the participants collected pledges to fight MS
- The Appalachian Running Club had several members run the Myrtle Beach Marathon on Valentines Day Weekend. They trained hard and collected pledges for the MS Society at the same time.
- Two events took place on March 7th. Bernetta Moore & Robin Montgomery had their 3rd annual Get the Ball Rolling for MS Bowl-a-thon in Burlington, and Bonnie Nevin hosted a Zumbathon at the Kernersville YMCA.
- The Triad-Triathlon Team is holding their annual Eggstravaganza 5K on April 11th. A portion of the proceeds from that race will benefit the MS Society.

The MS Society wants to extended a huge thank you to everyone who has hosted an event and to those who are preparing to host events. If you would like to host a Community Event for the MS Society, please contact Derek Hill. You can email Derek.Hill@nmss.org or call 336-299-4136.



Chapter staff receiving the proceeds from The Fun Day Fundraiser for MS.

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 offers a free and easily accessible online course on life skills that can help people change negative patterns of thinking.

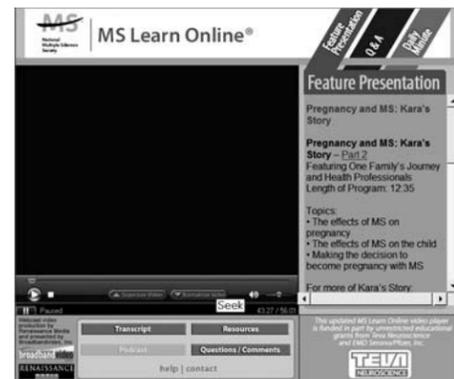
When to get professional help

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.

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." Visit nationalMSSociety.org/mslearnonline.

Dinner of Champions

2009 National MS Society Greensboro Dinner of Champions

Honoring Coach Butch Davis, Head Football Coach, University of North Carolina



Coach Butch Davis

Mark your calendars for this must see event! Come join us on Thursday, June 4th at the Koury Convention Center as we honor Coach Butch Davis at the 2009 National MS Society Greensboro Dinner of Champions. Coach Davis just completed his second season at the University of North Carolina. The chair for this event is Dwight Stone.

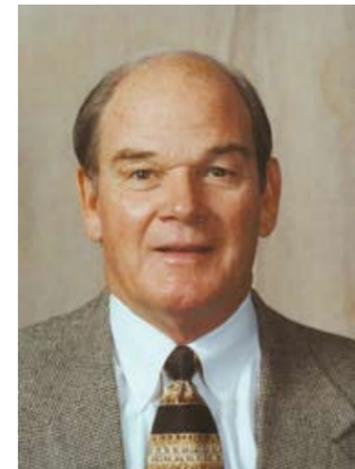
Individual seats are \$125 and tables start at \$1,250. Dinner sponsorship packages are also available. The event will feature a general reception from 6:00-7:00pm, followed by the dinner and program.

Contact Cameron Harris at the chapter office at 336-299-4136 or cameron.harris@nmss.org to reserve your table or seats today.

2009 National MS Society Winston Salem Dinner of Champions

Honoring Coach Jerry Moore, Head Football Coach, Appalachian State University

The 2009 National MS Society Winston Salem Dinner of Champions honoring Coach Jerry Moore will be held Monday, April 27th at the Benton Convention Center in Winston Salem. A bona fide legend in the college football coaching ranks, Coach Moore just completed his 20th season at the helm of Appalachian State University's football program. He led the Mountaineers to three consecutive NCAA Division I Football Championship Subdivision national titles from 2005-07. In 2008, ASU went undefeated in the Southern Conference.



Coach Jerry Moore

Winston Salem mayor Allen Joines will serve as honorary chair. The co-chairs for the event are Dino Hackett and Avery Hall, both of whom earned All-American accolades at ASU.

Individual seats are \$125 and tables start at \$1,250. Dinner sponsorship packages are also available. The event will feature a general reception from 6:00-7:00pm, followed by the dinner and program.

Contact Cameron Harris at the chapter office at 336-299-4136 or cameron.harris@nmss.org to reserve your table or seats today.