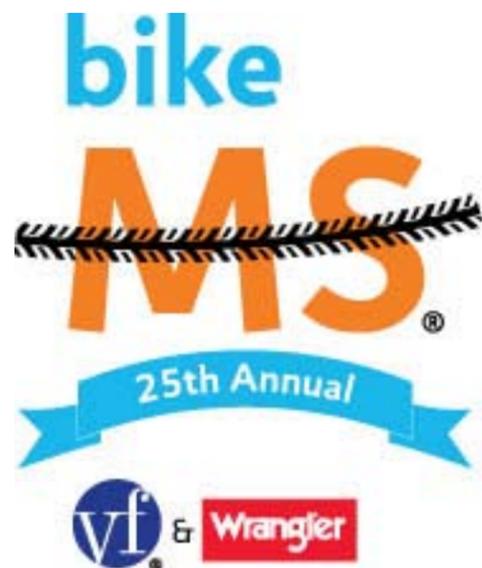




**National
Multiple Sclerosis
Society**
Central North Carolina Chapter
2211 West Meadowview Road
Suite 30
Greensboro NC 27407

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Bike MS: VF Corporation & Wrangler Tour to Tanglewood 2010

Presented by Wachovia,
a Wells Fargo Company
September 25-26, 2010
EARLY BIRD DISCOUNT

Register by May 31st for only \$35
Register today at www.bikeMSncc.org

Tour to
Tanglewood

Presented by



CENTRAL NORTH CAROLINA CHAPTER MS CONNECTION

MOVING TOWARD A WORLD FREE OF MS | SUMMER 2010

Walking Toward a World Free of MS

It has been said that a true friend is hard to find. Kimberley Davis is just that, a true friend. Diagnosed with multiple sclerosis more than 20 years ago, Kimberley has been a faithful participant in Walk MS for 15 years. Although she admits that there were times when her body wouldn't allow her to walk in the event, Kimberley remains committed to the cause. Her commitment is most evident in her relationship with friend, Charles Hicks, who is also living with MS. In spite of her own limitations, Kimberley has chosen to put her friend's needs above her own and walks in his honor. "He inspires me. MS is really giving his body a hard time, but he keeps a positive attitude, a smile on his face and in his heart. I walk because he is my friend and he cannot."

In addition to participating in Walk MS, Kimberley has been volunteering with the MS Society for several years. "It has helped me in being able to meet other people dealing with the same things I am." She encourages others to get involved with the MS Society and Walk MS, "it's fun, it's easy and it makes you feel

good to do something for others," she explains. "You can't do everything, but do something."

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 10th at the Penn House in Reidsville and the Triad Walk on April 24th at Fourth of July Park in Kernersville. Register today by visiting www.walkMSncc.org or call 336-299-4136.

Lace up those sneakers and we will see you there!



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**National
Multiple Sclerosis
Society**

Publication of the National Multiple Sclerosis Society Central North Carolina Chapter

Chair
Kevin Beeson

Vice Chair
Debbie Marshall

Chapter Programs Chair
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

HOW TO CONTACT US

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National Multiple Sclerosis Society

www.nationalmssociety.org
Email: nat@nmss.org

Central North Carolina Chapter

www.nationalmssociety.org/ncc
Email: ncc@nmss.org

Chapter Blog

<http://nmssncc.wordpress.com/>

YouTube

<http://www.youtube.com/NationalMSSocietyNCC>

Facebook

<http://www.facebook.com/nmssncc>

Twitter

<http://twitter.com/nmssncc>

FREE BIKE MS TRAINING

Whether you're training for your first event or are a seasoned veteran, a training plan will help put more pizzazz in your pedaling.

Bike MS participants get a free TrainingPeaks account and a free training plan by Joe Friel, expert trainer and author of *The Cyclist's Training Bible*. The plan includes:

- Expert advice and daily instruction from Joe Friel
- Maps and routes to view, share or create your own
- Nutrition tracking to monitor your diet and much more.



Go to BikeMS.org and click on "Training" for more information and to sign up.

Oral Drugs Make Progress

• Oral drugs for MS are getting even closer to the doctor's office, with one, Ampyra, now available by prescription.

Here's the scoop:

• The FDA approved Ampyra (dalfampridine, Acorda Therapeutics) in January for its ability to improve walking in people with MS. People with MS and their healthcare providers can call 888-881-1918 for information on Ampyra, including patient assistance programs and insurance coverage. (The drug is costly: wholesale price is estimated to be \$1,056 for a 30-day supply.) Watch Dr. Patricia Coyle talk about what Ampyra does, how it works and possible side effects at nationalmssociety.org/ampyra.

• Gilenia (formerly called FTY720 or fingolimod) in an exciting development has been granted a priority review by the FDA. This means it could take as little as six months to determine if this will become the first oral disease-modifying drug for MS. Read the studies thus far at nationalmssociety.org/gilenia

• With positive results in the latest studies, Cladribine, another oral disease-modifying drug, is in the process of applying for marketing approval. Visit nationalmssociety.org/news and type "cladribine" in the search field to learn more.

Stay Informed on CCSVI



Society leaders meet with CCSVI researcher Dr. Paulo Zamboni (second from left) at a NYU briefing chaired by Dr. Joseph Herbert

There's been a lot in the news lately about CCSVI, a blood flow drainage abnormality in the brain and spinal cord that some studies indicate may be linked to the damage wrought by MS.

The Society is pursuing this potential MS lead by undertaking the funding of new research in CCSVI (chronic cerebrospinal venous insufficiency) in MS and has invited investigators worldwide to apply for grants on the topic. We're collaborating with the MS Society of Canada to convene an international panel of experts to conduct an accelerated review of proposals and working with our sister MS Societies around the world to assure that our research strategies are coordinated. New CCSVI research projects are expected to begin July 1, 2010.

Track the Story

To stay up-to-date on the latest developments on CCSVI research, visit nationalmssociety.org/CCSVI.

Get the latest news on oral drugs sent directly to your inbox. Visit nationalmssociety.org/signup to create a user profile and start getting the MS eNEWS!



Programs and Services calendar

For more information about the chapter's upcoming programs and services, please call 1-800-344-4867 or visit www.nationalmssociety.org/ncc.

April

What You Need to Know About Disability Teleconference

April 13, 7:30 pm

If you live with multiple sclerosis and are unable to work due to an MS-related disability and/or other conditions, you might be entitled to Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) benefits. Learn how to decide if applying for disability benefits is right for you and how to navigate the complex application process.

Get out! A Social Group for people living with MS in their 20s and 30s

April 8, 2010

Cooper's Ale House
5340 W Market St, Greensboro, 6:30 – 8:30 pm
Cost: \$5 per person which includes appetizers and beverages

June

Facing MS-Related Changes with Confidence Teleconference

June 8, 7:30 pm

This session will outline the phases of change that all humans go through when making transitions from a past way of doing things into a new way. The mental, emotional and physical challenges experienced when going through these changes --for both those with MS and their caregivers will be addressed. Learn new strategies for facing these changes with renewed confidence.

May

Camp Carefree Goes to the Big Apple

Stokesdale, NC
April 30 – May 2, 2010

There are still some open spots for our annual camp! Recruit some family or friends and join us for a weekend full of fun and relaxation!

MS 101: Understanding MS Teleconference

May 11, 7:30 pm

A comprehensive overview of multiple sclerosis, including new areas of research.

July

Participating in Clinical Trials Teleconference

July 13, 7:30 pm

An overview of the drug development process that must be followed in order to bring a drug to market in the United States. You will be given an overview of the "phases" of clinical trials that are required for a new drug application to be approved by the FDA. There will be a discussion on some of the risks and benefits of participating in clinical trials and a summary of the informed consent process. MS drug development research and several challenges/obstacles to research progress will also be addressed.

August

Exploring Your Employment Options Teleconference

August 10, 7:30 pm

Learn about innovative community employment and training opportunities available for persons with MS.

Women with MS: Embrace the Whole You

August 6 - 8, 2010
Embassy Suites Greensboro
See description below.

September

Coping with the Invisible Symptoms of MS Teleconference

September 14, 7:30 pm

Some MS symptoms are hard to see including fatigue, pain & memory loss. Those who have "invisible" symptoms have a unique set of problems that can undermine your confidence. This program will address those problems and concerns and help you to find ways to cope with invisible symptoms.

Women with MS: Embrace the Whole You

The chapter is excited to announce that we are hosting a women's retreat August 6 – 8, 2010 that will focus on important women's health issues and will bring women with MS together for discussion, education and networking. There will also be plenty of time for fun activities like yoga and a pajama party! You can count on leaving the weekend feeling empowered and revitalized.

Women's Retreat Guest Speaker:

Sharon Denise Allison-Otley, MD is an energetic, motivating, and insightful speaker that shares her expertise in the area of health and self esteem particularly focused on women. "Dr. Sharon" as



she is affectionately known does reach the heart and spirit of women in her unique approach and her ability to break down medical/health information in a way that anyone can readily understand. However, Dr. Sharon does not limit herself to just addressing health. Her heart is for women that are often hurting, suffer from poor self esteem, confused about relationships and really searching to find their voice. She also addresses family and men's issues in a holistic approach that brings clarity and healing.

Cost: \$40 which covers room, meals and workshops

Location: Embassy Suites in Greensboro

Call 1-800-FIGHT-MS or email bonnie.nevin@nmss.org to sign up to receive a registration packet.

"Made possible with the support of the Lincoln Financial Foundation."



This program is partially funded by an educational grant from EMD Serono, Inc.

SELF-HELP GROUPS

Burlington
2nd Thursday of the month, 10:00 AM
Alamance Regional Medical Center
Annie: 336-226-7712

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

Gibsonville
A Family Affair: Living Beyond MS
1st Monday of the month, 6:00 PM
Evangelical Methodist Church
Paula: 336-375-0713

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
Susan 336-697-9150

High Point/Jamestown
But You Look So Good
2nd Saturday of the month, 11:00 AM
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
Martha 336-983-0170

Lewisville
1st Wednesday of the month, 7:00 PM
Lewisville Library
Karyn: 336-775-6683

Rockingham County

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

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
Ardmore Baptist Church
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
2nd Thursday of the month, 6:00 PM
Woodhaven Restaurant
Wanda 336-667-1889
Kent 336-903-1539

PROGRAMS AND SERVICES

Introducing Orange Notes: Caregiver Series

The chapter would like to introduce Orange Notes: Caregiver Series. We will be sending this newsletter once a month. We will include an informative article, date of the upcoming caregiver support group and any local chapter events that may be of interest. If you have a caregiver that would like to be added to the e-mail list, please send a e-mail to jessica.thomas@nmss.org.

ADVOCACY

Public Policy Conference

The Public Policy Conference was March 1-3, 2010 in Washington, DC. Jessica Thomas and volunteer, Alesia McBrayer represented the Central North Carolina Chapter. After consultation with our Congressional Champions and members of the Society's Federal Activism Council, the following priority issues for the 2010 Public Policy Conference were selected:



Lifespan Respite: Respite care services are vital to ensuring quality home-based care for people living with MS. The Lifespan Respite Care Act was enacted in 2006, but since, minimal funding has been allocated. Though the program was authorized at \$71.1 million in FY 2010, it only received \$2.5 million. At the PPC, we advocated for full funding of Lifespan Respite for FY 2011 in the amount of \$94.81 million.

National MS and Parkinson's Disease Registries Act: A National MS Surveillance System will help ascertain the true incidence and prevalence rates of MS nationwide, and information gathered could help with research into potential environmental and genetic factors associated with MS. In the 111th Congress, we continue to partner with the Parkinson's disease community to pass the National MS and Parkinson's Disease Registries Act (H.R. 1362/S. 1273). The bill addresses economies of scale to create pilot projects and ultimately a national registry for a variety of neurological diseases including MS. The bill also sets up an Advisory Committee on Neurological Disease National Surveillance Systems to examine launching registries for other neurological diseases and disorders. We have made great progress with this legislation and are hopeful that our push this session will be productive.

Congressionally Directed Medical Research Programs: Emerging evidence indicates a potential link between combat service and an increased incidence of MS. MS Activists have been successful in opening a new funding stream for MS research within the Congressionally Directed Medical Research Programs (CDMRP). In FY 2009, a MS program in the CDMRP was first established with a \$5 million appropriation. Despite a very tough budget year and troubled economy, the program received an appropriation of \$4.5 million in FY 2010. At the PPC, we advocated for increased funding.

On the Move Winston-Salem MS Luncheon is a Success



Kristie Salerno Kent

The On the Move Winston-Salem MS Luncheon presented by First Tennessee was held on February 11th at the Forsyth Country Club in Winston-Salem. Singer, songwriter and producer, Kristie Salerno Kent, was the speaker and delivered moving and inspiring keynote remarks that attendees thoroughly enjoyed.

Since childhood, Kristie Salerno Kent dreamed of a career in the entertainment industry and received her BFA in Theater from Syracuse University. She was diagnosed with multiple sclerosis in 1999 and her lifelong dream of a stage career in theater seemed out of reach. Now she travels the country speaking and singing for others affected by the disease. Kristie Salerno Kent is now a Singer/Songwriter/Producer and the CEO of her own production company, Whirlaway Productions, LLC.

About 320 people attended the luncheon which was dedicated in honor of Angie and Everette Murphrey. The co-chairs for the event were Lee Evans, Sheila Fox, and Lucy Strawsburg. The event was a tremendous success and we would like to thank our presenting sponsor, First Tennessee. We would also like to thank our Supporter sponsors, Benefit Advocates, Debbie's Staffing Services, and Womble Carlyle.

PROGRAMS AND SERVICES

Chapter Services: Appointments with Chapter Social Worker

Our chapter social worker, Jessica Thomas, MSW, PLCSW has been providing social work services at The Multiple Sclerosis Center at Wake Forest University Health Sciences two days a month. Jessica is also providing services at High Point Neurological Associates and Triad Neurological Associates a ½ day a month. Jessica is also able to make appointments with clients in the chapter's Greensboro office. To schedule an appointment, please call Jessica Thomas at 336-299-4136 or e-mail at jessica.thomas@nmss.org.

Some examples of things that you could see the social worker for:

- Little to no social emotional support
- Need someone to talk to
- Need medical equipment
- Newly diagnosed
- Information on applying for SSDI
- Having problems with your employer
- Would like to be connected with a peer supporter or a support group
- Want to be able to attend Chapter Programs
- Need referrals to community resources
- Having financial difficulties
- Having transportation problems
- Need an advocate

Alamance Dinner Honoring Jack McKeon Raised Funds and Awareness

On Tuesday, February 2nd, the chapter hosted the Alamance Dinner of Champions honoring Jack McKeon, special advisor to the Florida Marlins and manager of the 2003 World Series Champions. Jack has spent more than 50 years in professional baseball, is an Elon College graduate and resides in Elon, NC. The event, held at The Cutting Board, had more than 100 attendees and raised over \$8,000 to help those affected by multiple sclerosis. It marks the first fundraising event the chapter has hosted in Alamance County.

Burlington native and life-long resident, Kirk Puckett served as the master of ceremonies. The chapter is grateful to committee members John Burbridge, Jr., Lee Conner, William Newman, Dale Page, Greg Seel and Melinda Smith for sharing their time and talents to help make the event a success.

"The dinner was a fun and meaningful evening for each of our guests. Jack shared some of his most memorable experiences in his long, distinguished baseball career and answered questions from the audience," said Elizabeth Green, Chapter President. "The MS Society is honored and grateful for Jack's support of our mission to create a world free of MS".

Funds raised during this event will be used by the chapter of the MS Society to help support people affected by MS and fund research to create a world free of MS. The event sponsors were: the Florida Marlins, LabCorp, Dave's Discount Furniture Warehouse/David and Paula Morton, the Greensboro Grasshoppers and Kernodle Clinic.

Eat Less and Prosper by Al Tainsky

Were I to eat anything I wanted I would be as big as a house. This doesn't auger well for a person who never rises from his chair. Were I to gain weight my backside might be riddled with pressure sores. Without aerobic exercise calories are not burned up. A wheelchair user like me needs fewer calories to thrive.

Will is at the crux of what I propose. It is a daily exercise of will. Watching what I eat is entertaining. Am I not the master of my own universe?

A healthy lifestyle can be had counting your calories every day. Fresh fruit and vegetables are both low calorie and filling. Eat a ¼ cup of vanilla yogurt and a ¼ cup of granola for breakfast. Or eat a ½ cup of yogurt and save calories for your dinner allotment. The permutations are endless. Want half and half in your morning coffee? Add calories to your daily allotment and subtract elsewhere.



**Chapter President Elizabeth Green
with Jack McKeon**

Continued on page 11

"We Keep Moving" Hits the Road

Watch this "reality road show" today!

A team of three artists is travelling across America to tell the unique and inspiring stories of 10 individuals whose lives are affected by MS. Each member of the team, Kate Milliken, Amelia Davis and Jason DaSilva, lives with MS.

Thirty finalists were chosen by a selection committee, made up of people with MS, volunteers and Society staff, out of more than 800 story submissions. Each week until May 13, you can vote on one of three finalists at wekeepmoving.org. The team will then visit the winner to tell his or her story through video and photos, which will be posted weekly on the We Keep Moving site.

Vote each and every week at the web site and sign up for voting reminders and updates via e-mail.

Start moving now at wekeepmoving.org.

we keep moving.

World-wide Survey on Jobs and MS



worldMSday
27 MAY 2009

Over 6,000 people worldwide in 10 languages have already taken the MSIF survey on employment and MS. Add your voice at bit.ly/WorldMSDay_WorkSurvey.

The results, which will shed much-needed light on how MS impacts employment, will be released on World MS Day, May 26, 2010. This year marks the second World MS Day, which was established by the Multiple Sclerosis International Federation, or MSIF, and its 42 member societies to raise awareness and unite individuals and organizations in the global MS movement. MS affects an estimated 2.1 million people worldwide.

Keep up with what's going on around the world at worldmsday.org, where you can join the group on Facebook or follow on Twitter.

Tune in to "MS from A to Z" Online

MS from A to Z features MS experts speaking on a range of topics such as alternative medicine, cognitive issues, depression, employment, new directions in research, pain, vitamins and more.



Nationwide access to these once-a-month episodes is available at researchchannel.org (search for "MS from A to Z"). The first episode, aired February 2nd, featured an overview of the series by Dr. George Kraft, principal investigator at the University of Washington Multiple Sclerosis Rehabilitation Research and Training Center.

Episodes can be watched online at any time, or listened to as a downloaded MP3 file, so there's really no reason to miss a single one.

Plan to tune in. This online series is produced by the University of Washington.

Continued from page 9



Need to snack in the afternoon? I eat six peanuts savoring each nut individually. When dinner time comes I chow down with gusto. I have a surplus of calories to use any which way I like. Less really is more. Less food can mean more vitality, mental sharpness, physical comfort and appealing appearance.

A large salad dressed with olive oil and balsamic vinegar is the centerpiece of a healthy low-calorie dinner. Want a sprinkling of croutons? Add a few calories (check the nutrition facts label on the package to see exactly how many).

A tart green apple is approximately 80 calories. Pair it with four or five slices of sharp cheddar and you've got dessert. Or end dinner with four or five slices of brie coupled with a sliced pear. A dessert fit for royalty!

White rice and potatoes will constipate you. Eat buckwheat groats instead. Cooked in water they taste like sawdust. Cooked in low-fat chicken broth they are a tasty side dish.

Count your calories. It works. A leaner, healthier, life-affirming you can result—even in a wheelchair. I'll be celebrating my 100th birthday in 41 years. Stay hungry. Stay sharp. Stay alive.



AUTOS-4-MS: Driving MS Away One Vehicle at a Time

Next time you or someone you know buys a new car, consider donating your used car to the National MS Society's AUTOS-4-MS program. Motorcycles, boats and RV's that meet our criteria may also be donated. The Society's AUTOS-4-MS program is unique because the Society receives 100% of the proceeds from the sales of donated vehicles which means that:

- More funds directly benefit people with MS by supporting national research efforts as well as programs and services offered by your local chapter

And donors can feel good knowing that:

- Donations may be tax deductible
- They are helping to drive MS away!

For more information about AUTOS-4-MS, visit www.autos4ms.org or call the AUTOS-4-MS toll free telephone number at 1-877-672-8864, x 1197.