



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

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5 MILES,
MENACING
CHALLENGES,
MUCKING GLORY.

June 16, 2012:
Schneider Electric Facility
Knightdale, NC
www.muckruckusmscarolinas.org

IT'S DIRTY WORK ENDING MS!

CENTRAL NORTH CAROLINA CHAPTER
MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | SUMMER 2012

Cyclists Blast off to Create a World Free of MS!



The 27th Annual Bike MS: VF Corporation and Wrangler Tour to Tanglewood will take place September 15-16, 2012 at Tanglewood Park in Clemmons. The theme this year is 'outer space—blast off to create a world free of MS!'

What makes this ride out of this world? Too many things to mention, but here's a taste of some of the unique and special things about the Tour:

- Participants!

Over 1600 cyclists and more than 500 volunteers participate in this event to raise funds and awareness about multiple sclerosis. Last year, the event raised over \$1 million!

People with MS also partner with cyclists as Linking Lives partners to help them better understand what it's like to be someone with MS. If you would like to participate in the program as someone living with MS or as a cyclist, please email LinkingLives@nmss.org.

Additionally, virtual cyclists participate by raising funds for the event. Some attend and others want to support the event, but are unable to ride for one reason or another. Virtual

cyclists still qualify for event prizes and if they attend receive meal wristbands.

- Ride Atmosphere
- From live music throughout the weekend to Carrabba's for lunch on Saturday and massages for the cyclists, this ride is a lot of fun for the cyclists, volunteers and spectators. Rest stops along the route are hosted by groups that often decorate their stop according to the theme so there have been past sightings of Elvis, KISS and various super heroes.

- Open to cyclists of all abilities
- This scenic ride takes place around the Yadkin Valley wine country and offers routes from 15 miles to 100 on Saturday and 20 to 65 on Sunday. The ride has tremendous route support and during the summer, sponsoring bike shops host training rides that are free and open to the general public to help folks get roadworthy.

We hope you will get on board and set your course for the Tour to Tanglewood this fall as a cyclist, volunteer or sponsor!

For more information visit www.bikeMSncc.org or call 336-299-4136.

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National
Multiple Sclerosis
Society

Publication of the National Multiple Sclerosis Society Central North Carolina Chapter

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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.

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Central North Carolina Chapter

HOW TO CONTACT US

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National Multiple Sclerosis Society

www.nationalmssociety.org
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Central North Carolina Chapter

www.nationalmssociety.org/ncc
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Welcome Gordon!

We are pleased to announce Gordon Miller, MSW has joined our staff as our new social worker. In his role Gordon will manage our case management and direct assistance programs. He will also be in charge of our advocacy efforts, self-help groups and professional outreach. As you can see, Gordon is going to be busy! Please join us in welcoming Gordon to our chapter.



Gordon Miller, MSW

THE ROAD OF A RESEARCHER

BY MARCELLA DURAND



Richard Ransohoff, MD, began his long research career with a Harry Weaver Neuroscience Award from the National MS Society. "There wouldn't have been a career, otherwise,"

he says. "I had no research track record — the Society really took a chance on me."

It was a chance that paid off big time. Dr. Ransohoff's research into the role of "chemokines," messenger proteins that play a role in the immune system, may lead to new MS therapies. For his groundbreaking research, he was chosen by his peers as the 2012 John Dystel Prize recipient. The prize is given jointly by the Society and the American Academy of Neurology.

The Role of Chemokines

In 1993, not too long after he received the Weaver Award, Dr. Ransohoff made the discovery that chemokines played an important role in MS.

He and a colleague, Mari Tani, MD, at the Cleveland Clinic had been studying mice with EAE, an MS-like disease, when they found that astrocytes, a type of brain cell, were producing

chemokines that attracted immune cells to the mice's brains. "It was like the disease process sat up and talked to us," he remembers. His team then went on to study chemokines in immune cells from people with MS, where they found chemokine receptors on many of the cells involved in the immune attack.

Paving the Way

Dr. Ransohoff also showed that chemokines may actually help determine whether nervous system repair occurs during the course of MS. By deactivating a chemokine receptor called "CXCR2," he found that the development of myelin-making cells was improved.

"The insights that Dr. Ransohoff's discoveries have provided could ultimately pave the way for the development of a new class of drugs in MS based on chemokines," said Benjamin M. Segal, MD, one of the nominators of Dr. Ransohoff for the Dystel Prize.

With a research grant from the Society, Dr. Ransohoff is now studying cell types with and without chemokine receptors to clarify how these cells participate in tissue damage and — with an eye toward developing a future therapy to stop disease activity — tissue repair. He also is returning the Society's long-ago gesture of trust by mentoring young researchers and teaching them how to talk about their discoveries. "The theoretical and conceptual side of science is invisible unless you communicate it," he says.

Marcella Durand is the associate editor of Momentum, the Society's national magazine

Programs and Services Calendar

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

June

6/12 Health Insurance Reform: Implications for People with MS Teleconference, 7:30 p.m.



July

7/10 Multitasking: Living with MS While Parenting Young Children Teleconference, 7:30 p.m.



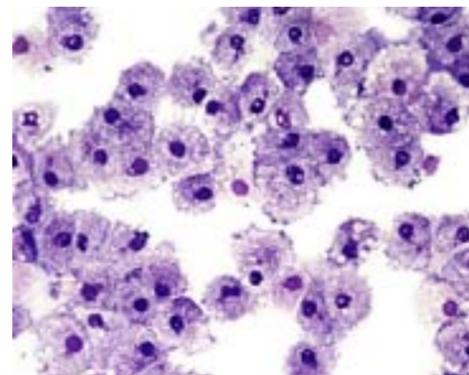
August

8/4 Women with MS: Embrace the Whole You Watch your mailbox for more information

8/14 Vitamin D and MS Teleconference, 7:30 p.m.

September

9/11 Remyelination and MS Teleconference, 7:30 p.m.



The 2012 Walk MS Season was a Success!

We started by welcoming back the Modern Automotive Network as title sponsor, which they've been for eight amazing years! We are so grateful for their continued support. We are still tallying the monetary results, but more than 1900 people participated in the walk series to fight MS this spring!

Our first walk of the year was Walk MS: North Carolina Zoo in March. Not even a little drizzle could dampen the spirits of the 700 participants who came out in force this year. Thank you to Chuck from 93.1 the Wolf for being there as our emcee! As the last note of the national anthem was echoing through "Solar Pointe" the sun began to shine and stayed out for the remainder of the day.

As the walk team pulled up to the Rockingham County walk early that Saturday morning, sunlight was already beginning to fall over the grounds of the Historic Penn House. To say we had a beautiful day would be an understatement. As walkers streamed across the finish line they were greeted with hot dogs fresh off the grill. The chapter would like to thank the Squealing Pig and Pepsi for providing the amazing lunch. The Charles Baynes Band closed the walk with an award worthy performance

Last year we had to cancel the Triad walk for the first time in our 20 years of walking. We bounced back this year with a smile from Mother Nature and a great turnout of walkers! The walk morning saw walkers partaking in Krispy Kreme's at the chocolate dipping station, Starbucks coffee, face painting, popcorn, Skip the Prize Guy from 98.7, and more. The walk route took participants on a stroll through Kernersville with a rest stop at Old Kernersville Lake. The Triad walkers were also greeted with hot dogs fresh off the grill and ice cold Pepsi. DJ Dean packed the dance "court" by spinning some great tunes and fun was had by all.



Continued on page 7

SELF-HELP GROUPS

Burlington
2nd Thursday of the month, 10 a.m.
Alamance Regional Medical Center
Annie 336-226-7712

Davie County
2nd Monday of the month, 6 p.m.
Davie County Hospital
Jackie 336-909-5877

Elkin / Tri-County
Sharing the Journey
Unihealth Post-Acute Care
1st Monday of the month, 10 a.m.
Deb 336-835-8419

Greensboro

Aquatics Exercise Group
M-W-F, 11 a.m.
Spears YMCA
Wyn 336-852-2182

Greensboro H.O.P.E.
Helping Other People Endure Multiple Sclerosis
4th Tuesday of the month, 11:00 a.m.
Montgomery's at 623
Robin: 336-697-2445
Birdie: 336-229-7916

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

The Overcomers - Greensboro
3rd Tuesday of the month, 11:30 a.m.
Kathleen Clay Edwards Greensboro Library
Jackline 336-681-4025

Women Let's Talk - Greensboro
1st Wednesday of the month, 10:30 a.m.
St. Francis Episcopal Church
St. Mike's House
Susan 336-697-9150

Get Out! A social group for people
in their 20s and 30s with MS
Email nmssgetoutgroup@gmail.com to get on
the list to receive notifications.

High Point/Jamestown
But You Look So Good
2nd Saturday of the month, 11 a.m.
Poblanos Mexican Restaurant
Lisa 336-454-6785

Kernersville - NEW
Newly Diagnosed and Minimally Affected
4th Wednesday of each month, 6 p.m.
Main Street United Methodist Church
Sherri 336-992-2134
Matt 336-750-0732

King
MS P.A.L.S.
2nd Tuesday of the month, 6:30 p.m.
First Baptist Church
Martha 336-983-0170

Reidsville
Friends with a Purpose
4th Tuesday of the month, 6 p.m.
Annie Penn Hospital
Ana 336-616-1001

Winston-Salem
You, Me and the Lord, too!
2nd and 4th Tuesday, 10 a.m.
Cornerstone Baptist Church
Dolores 336-784-8460

Wilkesboro
2nd Thursday of the month, 6 p.m.
Woodhaven Restaurant
Wanda 336-667-1889
Kent 336-903-1539

EVENTS

Walk MS Continued

Walkers participate for a variety of reasons, here are a few great examples of why "we" walk!

Britta Younts, wife, mother, certified Zumba instructor and Walk Team captain, Team Zap, lives by the motto: "You have MS, do not let MS have you!" She says, "Dancing as a Zumba fitness teacher is a great platform to spread the word about MS. I dance my pain away and it allows me to appreciate the gift of movement, which MS often takes from people. From now until the Lord decides differently, I plan to shimmy, shake and smile my way to better health while helping educate others!"

Melissa Demko recently moved to the Outer-banks but she still serves as the Team Captain and main coordinator for her team, Sheila's

Steelers Stampede, at WALK MS: Rockingham County. She hasn't allowed distance to diminish her involvement and fundraising efforts for the MS Movement. Melissa's dedication to finding a cure is just as strong today as when she found out one of her best friends, Sheila, was diagnosed five years ago.

Melissa enjoys Walk MS because it allows her to support and fundraise for a cause she is passionate about while enjoying entertainment, reuniting with old friends and meeting new people.

In addition to Modern Automotive we would like to thank 93.1 the Wolf, 98.7 Simon, WXII and all of the other event sponsors along with all the volunteers who work so hard to make walk MS a success!

The MS Society Partners with Golden Corral on Scholarship Program

The National MS Society and Golden Corral strongly believe that MS shouldn't stand in the way of an education. The National MS Society scholarship program exists to help highly qualified students who have been diagnosed with MS, or who have a parent with MS, achieve their academic potential and pursue full-time, post-secondary education at a college or technical school.

Growing up with MS in the family can pose many obstacles. When children and teenagers should be working on homework or participating in extracurricular activities, they are left taking care of the household, planning their parent's care or dealing with their own chronic disease. Often, family budgets are pushed to the limit, making saving for college difficult or impossible.

To help remove the barriers for those students impacted by MS, Golden Corral launched an initiative in 2011 in partnership with the two NC/SC based chapters of the National MS Society. The participating Golden Corral restaurants jointly raised over \$51,000 during September 2011. Because of Golden Corral's community leadership, nineteen students were

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Another Successful Year for “On The Move MS Luncheons”.

This year marked another successful year for each of the three “On the Move Luncheons”. These luncheons bring together women and men to hear a message that strengthens their connections to MS and their resolve to continue the shared mission of the National MS Society – a world free of MS. The luncheons raise much-needed funds for programs and research, as well as increase awareness about MS and the National MS Society.

The Winston-Salem luncheon, presented by First Tennessee Bank, was held February 7th at Forsyth Country Club. Sue Ellen Bennett and Wendy Prior served as co-chairs of the event, which was held in honor of Barbara McWhorter and her daughters, Helen Kennedy and Waverly Henderson. A capacity crowd of 320 folks attended the Winston-Salem luncheon which raised over \$36,000. Rain Pryor, daughter of famed comedian, Richard Pryor spoke to the sold-out crowd. Rain Pryor is known for the many hats she wears: actress, singer, writer, producer, and comedian. Still, with such a busy and successful career, Pryor counts one of the most important “hats” as that of an educator and advocate for multiple sclerosis. She shared her emotional and heartfelt stories of watching her father struggle with his diagnosis of MS. Her stories truly painted a picture of how difficult it was to watch her father slip away. However, her message was one of hope – one that demonstrated just how far along the treatments for MS have progressed in just a few years. Her belief is that if her father had been diagnosed today, he would still be alive. “Because of generous donors and activists, there is a promising future ahead for those affected by this debilitating disease; we’ve made great strides in recent research efforts and breakthroughs, but we can’t stop until we free the world of MS,” said

Pryor.

Pryor also spoke at the High Point luncheon held on March 20th at High Point Country Club. The luncheon was once again underwritten by Mark and Rena Norcross. Natalie Norcross, daughter-in-law to Mark and Rena, chaired the event. Over 450 people attended the luncheon which raised over \$115,000. The 2012 Norcross Award was presented to Marsha Slane at the luncheon. The Norcross Award was established in



From left: Carson Norcross, Rena Norcross, Mark Norcross, Marsha Slane, Rain Pryor and Natalie Norcross

2010 to recognize someone who has generously given time, talent and personal resources to help those with MS and to help us get closer to a world free of MS.



Bobbi Doorenbos

The Greensboro luncheon took place on March 7th at Greensboro Country Club. This year’s event was held in honor of Margaret Ann Hall. Ashley Anderson and Cindy Nicholson served as co-chairs. Lt. Col. Bobbi Doorenbos and her mother Pat spoke at this event which raised over \$36,000. Lt. Col. Doorenbos began her career as one of the first female F-16 pilots in the Air National Guard. Her deployments have included three trips to the Middle East supporting operations in Iraq, drug interdiction missions near South America, and numerous Combat Air Patrol missions in the United States following the September 11 attacks. In 2004, she was diagnosed with relapsing-remitting MS and had to leave the cockpit; undeterred by the effects of the disease, she went on to earn her Master’s Degree in Strategic Intelligence and served as a White House Fellow. She now works in the office of Vice President Joe Biden. Lt. Col. Doorenbos and her mother both shared their perspective of how MS impacted each of their lives. “Everyone’s experience with multiple sclerosis is different. When I was first diagnosed I only saw the limited view of my life before MS, but because of it I discovered the unlimited opportunities I do have.” said Doorenbos. “Come fly with us to create a world free of MS, because it can’t be done without your help!”

Scholarship program continued from page 7

the recipients of scholarships. There were eleven \$1000 and five \$2000 one year scholarships awarded. Three students received the Golden Corral Top Scholar Award for \$10,000 to be distributed over a four year period.

Golden Corral has pledged to raise even more during their drive which will begin July 1, 2012, and end August 19, 2012. This drive will fund students in the 2013 academic school year. We invite you to read about this year’s scholarship recipients at our website www.nationalmssociety.org/ncc. We also encourage you to support this initiative by visiting and donating at your local Golden Corral in July and August 2012. Students who have risen above the challenges of living with MS and have used the strength they gained to meet and exceed academic, social, community, and family expectations have the right to education.

My Journey to the Hill

By Nichole Taylor, Chapter MS Activist

It is amazing how each of our stories are so powerful and truly have the capacity to make a difference. On March 7th, 2012, I joined 325 fellow multiple sclerosis (MS) activists as we met with congressional leaders on Capitol Hill. It was my first opportunity to participate in the MS Public Policy Conference and advocate on behalf of those living with MS in my home state of North Carolina.

As we walked through the Capitol corridors visitors would stop us and say, "What group are you with; we have seen many people with orange scarves and ties around the Hill today?" Even in the halls and elevators we had an opportunity to educate about MS. It was amazing to share my story and ask for support for the services provided by the chap-



Nichole Taylor on right

ter. I had the chance to speak with staff members for the offices of Senator Richard Burr, Senator Kay Hagan, Representative Virginia Fox, Representative Brad Miller and I met with Representative Patrick McHenry on the steps of the Capitol Hill building. We encouraged support of the following initiatives from our State Representatives.

- We requested \$32 billion for research funding from the National Institute of Health (NIH). We have had 155 Representatives signed onto a letter supporting this funding including North Carolina Representatives Brad Miller, David Price, Larry Kissel, Mike McIntyre, Mel Watt and G.K. Butterfield.
- Our second request was \$10 million for cutting edge research. This research funding comes from the Congressionally Directed Medical Research Programs. Representative Brad Miller joined 68 other Representatives and added his support for this crucial research.
- We have asked for an additional \$5 million to help support the Lifespan Respite Care Program. Thirty-three Representatives signed to support continuing respite for the dedicated caregivers, whose loved ones have MS.
- We asked members of Congress to co-sponsor MS Awareness Week Resolutions and to join the MS Caucus.

Collectively we can truly make a difference. I encourage you to get involved today and receive updates about the many grass root movements happening by signing up to be an MS Activist. Visit the chapter website's "Take Action" section for more information.

Connect With Others

Make meaningful connections - when, where and how you want - with easy access to the best content and resources the MS community can bring you. You'll learn about the topics that are most important to you, connect with people you want to connect with, and have expert MS information and opinions right at your fingertips.

Find, store and share meaningful updates, posts, videos, articles and other content about the topics you care about most. Connect with people, groups and discussions that relate to the topics that shape your world. Join conversations with others who share your experiences, challenges, and interests, and put the best resources available to work for you, so you can move your life forward in the way that feels right for you.

Join MSConnection.org now and start sharing what you know.

Save Money and Go Green

If you would prefer to receive your chapter newsletter by email rather than regular mail, simply call the office or email bonnie.nevin@nmss.org.

Nominations for the Board of Trustees

Nominations to the Board of Trustees must be directed to: Nominating Committee, National MS Society, Central NC Chapter, 2211 W Meadowview Rd, Suite 30, Greensboro, NC 27407. Nominations will be reviewed by the Nominating Committee of the Board prior to submission for election. Please provide nominee's name, address, phone number (for interview purposes), brief background of nominee and your name, address and phone number. Nominations are due by Friday, July 20th.

Name _____

Phone _____

Address _____

I am unable to attend. I would like to assign my proxy vote to:

Debbie Marshall, Board of Trustees Chair

Other (Please print name: _____)

Send completed form to:

National MS Society

Central NC Chapter

2211 W Meadowview Rd, Suite 30

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