

Searching for the Key to a Cure, Norcross family wins National Award

Nine years ago, a small group of women gathered for lunch in the backyard of the Norcross family home in High Point, NC. It was on that day in 1999 that the High Point MS Luncheon was born. Nine years later, the friendly backyard lunch has evolved into a well-respected event that has nearly outgrown the ballroom in the High Point Country Club and has raised over \$100,000 for three consecutive years. Over the years the luncheon has featured nationally acclaimed authors Jacquelyn Mitchard, and Sue Thomas, and most recently, humorist Jeanne Robertson. To date, the luncheon has brought in an overwhelming \$450,000 for the National MS Society due to the leadership of Chair, Rena Norcross, her husband, Mark and the High Point community.

But Rena's dedication and leadership goes far beyond planning a luncheon. Along with her husband, Mark, Rena works diligently the weeks leading up to the luncheon to secure sponsorship totaling up to \$70,000. To enable all of the funds raised at the luncheon to directly support programs and research, Mark and Rena Norcross generously underwrite the High Point MS Luncheon - a gift that cannot be measured in numbers.

Though the success of the High Point MS Luncheon can be credited to the local community, it hasn't gone unrecognized on a national level. On October 25, 2007 Rena Norcross was inducted into the National Multiple Sclerosis Society's National Volunteer Hall of Fame. Recognized at the Society's national conference in Dallas, Texas, Rena was among volunteers from across the country that excel in their leadership and dedication to the National MS Society. In continuation of their ongoing support of Rena and her efforts, she was joined at the ceremony by close family and friends.

Although Rena's leadership and success with the High Point luncheon is impressive, her dedi-



Rena Norcross being inducted into the National Multiple Sclerosis Society's National Volunteer Hall of Fame

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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.

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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

Reach Out: Services to Maintain Independence

We are excited to announce that the Central North Carolina Chapter has a new care management program to promote the enhanced quality of life of those affected by MS to achieve the highest level of independence that is possible. This program will provide social workers to provide services in the home. If you are interested in learning more about the care management program, please contact Jessica Thomas, Chapter Programs and Services manager, at 336-299-4136 or at jessica.thomas@ncc.nmss.org.

HOW TO CONTACT US

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

Chapter Podcast and Blog
www.cncmschapternews.com

Progress Made in Repairing MS Damage

With aggressive funding from the National MS Society and many other sponsors, researchers are pursuing ways to reverse the damage done by MS to nerve fibers and the protective myelin coating that surrounds them.

Encouraging results have emerged from two recent laboratory studies.

Mayo Clinic zeroes in on an antibody

It may not have the most memorable name, but **rHlgM22** recently made news when Dr. Moses Rodriguez and his Mayo Clinic team reported success in repairing myelin when they injected a single dose of this monoclonal antibody into mice with an MS-like disease.

The results were presented at the 132nd Annual Meeting of the American Neurological Association in October 2007. Although these findings will need to be confirmed by further animal and human studies, the results take us one step further to stimulate myelin repair in people with MS.

Block that LINGO

Researchers funded by Biogen Idec, Inc., which makes the MS disease-modifying drug Avonex, recently reported success in repairing myelin in mice by blocking a myelin molecule called LINGO-1. Dr. Sha Mi and colleagues

wrote about their findings in the September 30, 2007, online edition of **Nature Medicine**.

LINGO-1 is part of a complex of molecules within myelin called the Nogo receptor complex that has been shown to inhibit the regeneration of nerve fibers. In an earlier study, published in the March, 2004, issue of **Nature Neuroscience**, Dr. Mi's team reported that remyelination occurred and the health of nerve fibers improved when LINGO-1 was disabled.



In the current study, the Biogen team first induced EAE, an MS-like disease, in mice with and without LINGO-1. Both groups developed EAE symptoms, but they were significantly milder in mice without the molecule. Studies of tissue samples showed significant myelin repair in these mice as well.

The team then administered a LINGO-1 antibody capable of blocking LINGO-1 activity to mice that already had symptoms of EAE. The treatment stabilized disease progression after two weeks. Tissue analysis showed that treatment reduced nerve fiber damage and enhanced myelin repair in the spinal cord, compared with untreated mice.

According to a recent Biogen press release, the company plans to continue researching this possible new approach to MS treatment.

Would you like to join a national MS research effort?

The National Multiple Sclerosis Society is recruiting 2,500 people for the second phase of the Sonya Slifka Longitudinal Multiple Sclerosis Study, a long-term study of people with MS across the country. The study began in 2000 and gathers information about various aspects of MS. It is named for a woman with MS whose family is helping to support the project. Early results from

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600 Walks / 100 Rides... and some are right here!

It's Walk MS and Bike MS season again. Time to train, time to plan. Our chapter Walk and Bike events welcome movers of every kind.

- Hard to move? Ask us about an accessible walk, a route that's friendly to wheelchairs, baby carriages, and slow walkers.
- Less than Olympic cycling skills? You may be able to consider electric bikes, recumbent bikes, or tandems, those bicycles built for two.
- Training is a bore? Ask us about starting a team—and get the spirit that gets you going.
- Getting pledges is a chore? Ask us about easy online fund raising—with just a few clicks!
- Just coming out helps us move. Call our office about volunteering to greet finishers with ribbons, medallions, and thank-yous. (Oh yes, and water and bananas.)

Bike MS and Walk MS events are not one-shot deals. They take preparation and practice—and they grow team spirit.

A DOUBLE DESTINATION ←

With nearly 600 Walks and 100 Rides all over the country, many people are planning a double destination—raising money to fight MS and having a reunion with family or far-flung friends. For information on events where and when, visit mapmyride.com.

NEWS Flash

• Success!

The President signed the Defense Appropriations funding bill (H.R. 3222) on November 13, 2007, in response to the voices of more than 100,000 MS activists urging Congress to increase federal funding for MS research. MS research is now eligible for funding under the Department of Defense (DoD) for the first time ever. Get the full story at nationalMSSociety.org/advocacy.

• MS films available on YouTube

View five short films by and about people living with MS shown in the first annual "Moving Forward Film Festival" sponsored by the Society. Go to youtube.com and search for "Moving Forward Film Festival."



- Proof that the MS drugs delay disability
There's been ample proof that Avonex, Betaseron, Rebif, and Copaxone decrease both the number of active MS attacks and "silent" damage in the brain or spinal cord as seen on MRI for people with relapsing forms of MS. Now a team of Canadian researchers

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has published a review of clinical experience over more than 20 years, before and since disease modifying drugs came into use. According to their estimates, these drugs also delay disability—significantly. Visit nationalmssociety.org/bulletins.

- **The MS Technology Collaborative survey results**

People with MS may not take advantage of features that could make their computers and electronic devices easier to use. Even so, technology plays a vital and increasingly important role in their lives. These are some of the key facts that surfaced in an important survey this spring. Read the results at mymsmyway.com/survey.html.

- **Take a personal tech snapshot**

Get a quick pic of solutions to problems, such as reading text on the screen or using a mouse. Visit mymsmyway.com and answer a few simple question on the Snapshot quiz. You'll get customized information detailing solutions—including many that are low cost.



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- **International MS meeting reports on new therapies**

Last October the European Committee for Treatment and Research in MS (ECTRIMS) met in Prague and reported on studies in MS development that are building a

better picture of the differences between progressive and relapsing forms of MS. The meeting also reported on new drugs just beginning their trip through the long process of testing. Among them are MS vaccines, monoclonal antibody treatments, blood or bone marrow transplantation, and a drug composed of a synthetic fragment of myelin protein, the material that insulates healthy nerve fibers.

To learn more about the findings, visit nationalmssociety.org/bulletins and look for Research Progress Reported at International ECTRIMS Meeting, or ask us for a copy.

In September 2008, ECTRIMS—along with its counterparts in North America (ACTRIMS) and Latin America (LACTRIMS)—will meet in Montréal for the World Congress on Treatment and Research in MS. As the organizing body for ACTRIMS, the Society is pleased to provide logistical support for this important meeting of MS researchers and clinicians.

- **Momentum is the new InsideMS**

The Society's national magazine is now Momentum, an 80-page quarterly. If you have MS, Momentum is a Society benefit. Others may request it with their contributions. Call us for information.

Some back issues of InsideMS (which began publication in 1983) are available at nationalmssociety.org/magazine.

cation to the Society's mission does not stop there. Beyond the luncheon, the Norcross family has expanded their generosity to the MS Research Challenge Grant and Promise: 2010 Campaign. Serving as contributors to both campaigns, the Norcross family has allowed the Chapter to achieve campaign goals and expand National research and local client programs. Serving as honorary co-chair, Rena Norcross helped launch the Buy-A-Brick campaign which has raised over \$100,000 since its inception and continues to provide revenue and promote MS awareness throughout the Triad.

The tremendous success of the High Point MS Luncheon and the warmth of Rena's hospitality across the Chapter's events have mobilized many who might not have otherwise joined the ranks of people who want to do something about MS now. The Norcross family has been the driving force behind the High Point community's search for the key to a cure and the National MS Society is grateful for their perseverance.



New Programs

Calling All Caregivers

Our Chapter is committed to supporting both people with MS and their caregivers. We know that multiple sclerosis is a disease that affects the entire family. Starting this spring, there will be a special Caregiver page on our Chapter website. It will include information on additional resources, support, how to reduce stress and assistance programs especially for caregivers. Our first article will be "How to Create an Action Plan", which will help you develop time to do something special for yourself. Please stay posted for our new Caregiver webpage.

Club Independence Scholarship Program

The Chapter has partnered with Club Independence, an interactive recreational therapy program in Winston-Salem. This program provides education, recreation, and overall health and wellness opportunities for people with disabling conditions. The Chapter is excited to offer scholarships for clients to attend

Club Independence. These scholarships will be available to clients who qualify for financial assistance within the Chapter's guidelines. If you are interested in attending this program and/or inquiring about a scholarship, please contact Jessica Thomas at 336-299-4136.

Life Alert System

The Chapter is proud to announce a new program that will enhance the safety and independence of people with MS. We can now offer Life Alert Response equipment for people in need of extra safety precautions when at home. Please contact Jessica Thomas at 336-299-4136 to see if you can qualify to receive a Life Alert Response Unit for your home. We extend a special thank you to the High Point Community Foundation for seeing the value of this program by providing grant funding. We also want to thank one of our board members, Randy Uzzell, who is passionate about this program and helped to make it possible with the initial research and funding.

Mark Your Calendars!

Aquatics

Craving some exercise this spring? You're in luck! "Aquatics for MS" takes place in Kernersville at the Family Life Center every Tuesday from 11:00 am – 12:00 pm.

Couples Retreat

May 30 – June 1

Camp Caraway, Asheboro, NC

This is a weekend program that will offer couples tools to: approach MS as a team, discover a sense of power over MS, enhance interpersonal communication and renew commitment in the relationship. Len and Cheryl Chatman are the facilitators of this program. The Chatmans have been married 20 years and have a personal connection to MS. Cheryl was diagnosed with the relapsing-remitting form of the disease in 1990. Her husband Len, a marriage enrichment specialist, takes an active role in helping his wife manage MS and has developed a passion for reaching out to care partners. Together the couple's main goal is to inspire others to see MS as an obstacle that can be overcome.

Family Night at the Ballpark

June 27, 2008

NewBridge Bank Park

Come out with some family or friends to enjoy a delicious picnic and watch the Greensboro Grasshoppers take on the Kannapolis Intimidators!



Research Evening

May 21, 2008

The Embassy Suites, Greensboro, NC

The Chapter is so pleased to announce that Dr. John Richert, EVP, Research and Clinical Programs, will be the guest speaker at "Research Evening" Dr. Richert is going to discuss past and present research initiatives led by the MS Society with an emphasis on the new Fast Forward program. Space is limited. Dinner is included.

Building Your House of Wellness: A Positive Approach to Your New Life with MS A FREE Retreat for people newly diagnosed with MS 3 years or less

September 26- 28, 2008

The Broyhill Inn and Conference Center
Boone, NC

Building Your House of Wellness will give you the tools you need to live well with MS. You will learn:

- An overview of wellness
- Ways to cope with the changes in your life
- The importance of nutrition
- How to build exercise into your life
- How to navigate the healthcare system
- Ways to have fun and build in leisure time

There will also be lots of time to socialize with others who are newly diagnosed with MS!

Call 1-800-FIGHT-MS to register for any of the upcoming programs or email bonnie.nevin@ncc.nmss.org for more information.

Central NC Chapter 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

But You Look So Good
2nd Saturday of the month
Lisa 336-454-6785

Greensboro

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

Lexington

Shelia 336-746-5420

Men's Group - Greensboro

Every Wednesday, 8:30 AM
St. Francis Episcopal Church
St. Mike's House
John 336-545-0100

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

Kernersville

Support Works - Women's Group
Sandy 336-993-6360

Kernersville

Newly Diagnosed Group
Navigating MS
4th Thursday of the month, 6:30 PM
Panera Bread in Kernersville
Jen 336-392-4006

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
3rd Thursday of the month, 1:00 PM
Morehead at the Mall, Eden
Debbie 336-623-5098
Jan 336-589-1489

Winston-Salem

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

Why We Walk 2008: Stomp 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 2008?

The Stokes County Stompers are ready to do just that. "We got started early this year" explains Rebecca Mankins, team captain of the Stokes County Stompers. "We normally have a car wash and bake sale that raise between \$500 and \$800. We also sell MS bracelets and this year we are raffling off 2 nights at the Kingston Plantation Embassy Suites." They are really excited about working hard and raising more money than ever.

The Stokes County Stompers have been stomping through Walk MS for 8 years. They started with a team of 6 and today they are 30 walkers strong. Rebecca started walking in honor of her uncle after he was newly diagnosed with MS. "He is the type of person that always helps others and this is my way of giving back to help him." Although he is unable to walk, he attends every year to cheer them on. They also walk in support of a family friend who has MS. She walks with the Stompers and is an avid fundraiser for the team. Rebecca feels strongly about walking to support her uncle and friend but Rebecca says most importantly, "the Stokes County Stompers walk for a cure."

Whether you want to walk, be a virtual walker or volunteer, we have several chances for you to get involved. Registration is open for the Rockingham County Walk on April 12th at the Penn House in Reidsville and the Triad Walk on April 26th at Fourth of July Park in Kernersville. Register today by visiting <http://walkncc.nationalmssociety.org>.

Lace up those sneakers and we will see you there!

Winston-Salem MS Luncheon presented by First Horizon draws record crowd

Approximately 330 Winston-Salem area women and men attended the Winston-Salem MS luncheon presented by First Horizon, which was held at Forsyth Country Club on February 5th and raised more than \$30,000 for MS-related



Mary Ann Parrish

research and Chapter programs and services.

The event was dedicated in memory of Ann Parrish Griffen, a longtime

Winston-Salem resident and luncheon supporter whose courageous spirit inspired many.

Her mother, Mary Ann Parrish, and sister, Louise Parrish Perry, served as the honorary chairs. Kevin Beeson and Debbie Marshall

served as the general chairs. Ellen Sue Stern, author of more than



Chapter President Elizabeth Green with Kevin, Becky and Claire Beeson

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Viva Tanglewood in 2008



Feeling lucky? We are! Plans for Bike MS: BB&T Tour to Tanglewood 2008 are well underway and we've got a theme to get you rolling. Get your chips in order because this year, you'll experience Tanglewood Vegas style! Every year our cyclists enjoy the scenic route from Volvo in Greensboro to Tanglewood Park in Clemmons, but the ride is not the only thing to anticipate. The Vegas fun starts when cyclists cross the finish line at Tanglewood. Prepare to enjoy wonderful food from Carabbas and lots of fun and entertainment. Since our theme is Viva Tanglewood, you can try your luck with casino style games in team row and end the night with dinner and karaoke. We have been told our karaoke singers could give Wayne Newton a run for his money.

Last year was the third year in a row Bike MS has raised over \$1 million and this year will be no different. Our goal for 2008 is to have 1750 cyclists and raise \$1.2 million. Funds raised 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, but you can still participate in Bike MS by becoming a virtual cyclist or a volunteer. As a virtual cyclist, you are eligible for the same fundraising perks and Bike MS festivities, you just don't have to ride a bike. It's as simple as that! Bike MS: BB&T Tour to Tanglewood will be held on September 6-7, 2008. Register today by visiting <http://bikencc.nationalmssociety.org>.

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20 books and founder of 'Expecting Change Workshops,' gave the keynote address. In addition to the chairs, Claire Beeson, age 10, also shared some meaningful remarks during the event.

We would like to say a special thank you to our sponsors: First Horizon (presenting), Prudential Carolinas Realty (benefactor), Cornerstone Healthcare (supporter) and Village Tavern (friend). We would also like to thank our luncheon committee and table hosts/hostesses for all of their hard work to ensure the success of the event as well as everyone who contributed or supported the luncheon.

If you are interested in getting involved in next year's luncheon, please call 299-4136. More details will follow in future MS Connections issues.



**Louise Perry, Debbie Marshall
and Susan Hauser**



Ellen Sue Stern

2008 MS Society Winston-Salem Dinner of Champions

Honoring Coach Jim Grobe, Head Football Coach, Wake Forest University

The 2008 MS Society Winston Salem Dinner of Champions honoring Coach Jim Grobe will be held Thursday, May 22nd at Bridger Field House in Winston Salem. Coach Grobe has a 45-39 record at Wake Forest and was the 2006 recipient of the Bobby Dodd Coach of the Year Award.



Coach Jim Grobe

The event is chaired by Bob Reed and Jerry West. Dr. John Richert, EVP, Research and Clinical Programs for the National Multiple Sclerosis Society, will also share a mission moment during the event.

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

Contact Emily Conner at the Chapter office at 299-4136 or emily.conner@ncc.nmss.org to reserve your table or seats today.

2008 MS Society Greensboro Dinner of Champions to Honor The 'Voices of the ACC'

The 2008 MS Society Greensboro Dinner of Champions will honor Stan Cotton, 'Voice of the Wake Forest Demon Deacons'; Woody Durham, 'Voice of the North Carolina Tar Heels'; Gary Hahn, 'Voice of the NC State Wolfpack' and Bob Harris, 'Voice of the Duke

Blue Devils' for their excellence in sports broadcasting. This must-see event will be held Tuesday, June 24th at the Koury Convention Center in Greensboro.

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

Contact Emily Conner at the Chapter office at 299-4136 or emily.conner@ncc.nmss.org.

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the Sonya Slifka Study have increased our knowledge of MS, helped MS researchers develop more effective ways to treat this disease, and enabled the National MS Society to advocate for policies that benefit people with MS. We are now seeking people with MS who belong to one or more of the following groups:

- ◆ Recently diagnosed (in 2007)
- ◆ African-American
- ◆ Hispanic
- ◆ 18-24 years old

If you want to participate or learn more, please contact the Sonya Slifka MS Study, toll-free at 1-800-305-801. We will answer your questions and determine whether you are eligible to participate.

Finding Legitimate Internet Jobs

An estimated 45 million Americans worked from home in 2006, up from 41 million in 2003*. For people with disabilities, telecommuting may offer a way to keep working despite mobility or fatigue issues.

The kinds of work that can be done at home include auditing, data entry, design, editing and writing, litigation coding, and medical and legal transcription, and more.

Is telecommuting right for you?

"Most of our calls are from people with disabilities who want to work from home," Kim Cordingly, PhD, told **MSConnection**. Dr. Cordingly is a self-employment consultant at the Job Accommodation Network, (JAN), a service of the U.S. Department of Labor that provides information on job accommodations, self-employment and small business opportunities.

"Legitimate jobs exist, but it's important to be a good consumer when looking for online work," Dr. Cordingly advised. To help people avoid scams, the Federal Trade Commission's "Work at Home Schemes" page (ftc.gov/bcp/menus/consumer/invest/workhome.shtm) lists popular schemes, such as coupon scams and fraudulent medical billing opportunities, and how to avoid them.

"If for any reason you feel unsure about a company or what they're offering, feel free to investigate," Dr. Cordingly said. First, check with the Federal Trade Commission (ftc.gov) and the Better Business Bureau (bbb.org) to see if any complaints have been filed against the company. It is also okay to ask for references—contact information for other people doing similar work for the company so you can ask them about their experience.

Get ready

Teleworktools.org provides a comprehensive toolkit for potential teleworkers, including a self-assessment questionnaire, information on benefits and financial help, and an exhaustive list of links to telecommuting resources on the Web.

Get set up

Dr. Cordingly highlights two organizations that specialize in helping potential telecommuters find work.



The National Telecommuting Institute

describes itself as "a unique educational/ job-matching organization." NTI staff work together with employers, vocational rehabilitation agencies, and people with disabilities to help potential employees train for and work online.

CORA Works trains and mentors people with disabilities and matches them with the needs of employers.

Go: Resources

CORA Works

coraworks.com

Phone: 800-571-2397

Job Accommodation Network

jan.wvu.edu

Phone: 800-526-7234; TTY: 877-781-9403

National Telecommuting Institute

nticentral.org

Phone: 800-619-0111

According to a 2007 meta-analysis of 46 studies of telecommuting published in the **Journal of Applied Psychology (Vol. 92, No. 6).*

New on our Web site

New Video: The Clues of Epidemiology

Are you more likely to have MS if you're a man or a woman? Over 30 or under 30? If you live at the beach or in the mountains? What do "clusters," or high concentrations of people with MS in specific geographical areas, tell us about the disease?

Discover the answers—and the relevance of these questions for people living with MS—in the Society's new MS Learn Online video series, **The Clues of Epidemiology.**

Emmy Award-winning broadcast news anchor Anne Trujillo explores epidemiology, or the study of disease patterns, in this two-part documentary, featuring internationally renowned epidemiologists.

To view the two 15-minute segments, go to nationalmssociety.org/mslearnonline.

Focus on Employment: How to Stay in the Game

This PDF-only Web publication is a reprint, with updates, of a special section of *InsideMS* from 2006. Read about:

- When to disclose—and why you may or may not want to
- The Americans with Disabilities Act
- Managing fatigue and cognitive issues at work
- Working from home on the phone.

To download a free copy, go to nationalmssociety.org and visit the Brochures section of the Library. No Web access? Call us and we'll send you a copy.

Research Directions in Multiple Sclerosis

This brand-new publication—written by Drs. John Richert and Diana M. Schneider—explores recent advances in MS research: what we know now, and where research will be headed for the next decade. Dr. Richert is the executive vice president of Research and Clinical Programs at the Society and Dr. Schneider is president and CEO of DiaMed, LLC/DiaMedica Publications.

To download a free copy, go to nationalmssociety.org and visit the Brochures section of the Library. Or call us to have a free copy sent to you.



New Self-Help Groups: Join one in your area today!

Leaps and Bounds Self-Help Group

Old Town Community Center
4550 Shattalon Dr
Winston-Salem
Meeting schedule:
1st and 3rd Monday / 10:00 am – 12:00 noon
2nd and 4th Monday / 7:00 pm – 9:00 pm
Contact: Theresa: 924-2707

Greensboro Self-Help Group

Calvary Christian Center
811 Jefferson Rd
Greensboro
Every 3rd Tuesday / 11:30 am – 12:30 pm
Contact Jackline: 681-4025

All Hail Inventions

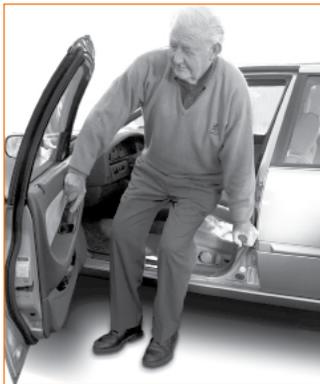
The da Vinci Awards recognize innovative adaptive and assistive technologies that can overcome challenges as much as their users do. The 2007 recipients of the awards, founded by Michigan chapter volunteer Michael Rokosz, were honored in September at a black-tie dinner at the Ritz-Carlton Hotel in Dearborn, Michigan. This year's winners include:

High tech mobility

WalkAide (walkaide.com) uses electrical stimulation to help people with foot drop. This battery-operated device, approved by the FDA in 2006, is worn just below the knee and costs \$4,495. Not all causes of foot drop will respond to the WalkAide technology, so a careful assessment by a professional is necessary. Insurance companies may not reimburse the cost—ask your insurer.

Conquering the car

Another recipient was the Handybar (handybar.com). This affordable lightweight



portable handle with a nonslip grip fits into car doors to provide support when getting out. But you may not need to get out as often, thanks to the FuelCall System (inclusionsolutions.com/gasstations.htm). FuelCall allows drivers with disabilities to push a button at a service station that signals employees to refuel their car.

Visionary technology

EagleEyes (eagleeyes.org) is a program developed by Boston College that allows users to point and click at a computer screen using eye movements. Boston College recently signed a licensing agreement with the Opportunity Foundation of America to build miniature EagleEyes and distribute them free to universities, special needs schools, centers for assistive technology, and non-profit organizations in the U.S. and U.K.

Nominees for the da Vinci Awards represent an international spectrum of sciences, technologies, and industries. Nomination forms for the 2008 da Vinci Awards are available at davinciawards.org and submissions are due by May 19, 2008.

You can still register for these teleconferences on the 2nd Tuesday of every month at 7:30pm:

April 8 – Understanding Social Security Disability

May 13 – Effecting Change: Getting What You Need

June 10 – The Way We Were – The Changing Face of Relationships

Here's the Latest on...Your NC Multiple Sclerosis License Plates

Initial Plate Cost to Now be Covered by MS Chapters

For more than two years, the NC Chapters of the National MS Society have promoted the availability of an MS License Plate. Sincere appreciation goes to many of you that have purchased an MS Plate for yourselves and family members and have patiently waited for your plate. Still, to date, we lack the number of applications needed to begin production.

In an effort to make the MS license plate a reality in the near future, the North Carolina Chapters have decided cover the cost of an MS license plate for the first 300 applications. This is a cost of \$25 per application for plates numbered 1 thru 300, \$15 of which will be returned to our Chapters to be used for local client programs and other local needs. With the National MS Society covering part of the cost, regular MS Plates will now initially be free. Personalized MS Plates with a four letter word or combination of four letters and/or numbers will now initially cost \$30 rather than \$55.

During the annual renewal the \$25/\$55 (personalized) fee will be due each year in addition to the regular license fee to the DMV. The \$25/\$55 specialized plate fee is an ANNUAL fee.



The creation of an MS license plate is an advocacy and awareness victory that we have yet to capitalize on. It is imperative that we get 300 applications as soon as possible. If you have not done so already, please consider applying for the NC MS license plate, so that we can reach our goal and carry out final production of the plates.

To apply for the MS license plate and have your initial cost covered; please mail your completed application to: National MS Society, 3101 Industrial Drive, Suite 210, Raleigh, NC, 27609. If you have already applied and paid for a license plate and wish to have your money refunded to take advantage of this offer, please contact the Eastern NC Chapter at (919) 834-0678 or e-mail nct@nmss.org. Any additional questions may also be directed to the Eastern NC Chapter.

Please note that if you choose, you may still opt to pay the full fee of \$25 or \$30 (personalized), rather than have the fee covered by the chapter.



Beach Crocs Cares MS

Crocs, Inc. will donate \$2 to the National Multiple Sclerosis Society for each purchase of the orange Beach style shoe. This shoe comes with a free National MS Society logo Jibbitz™ shoe charm to allow you to display your support for the National MS Society. Crocs, Inc. has committed to giving the National MS Society a minimum contribution of \$25,000. Please visit <http://shop.crocs.com> and search crocs cares ms.

What will your legacy be?

People who include a bequest to the National MS Society in their will send a strong message: they believe in the work the Society is doing and want to help move us to a world free of MS.

A bequest is about more than supporting a great cause. What you put in your will is your legacy. It is one of the ways that people will remember you.

Estate gifts or bequests can be a donation of general support. Or they can be specific to your personal vision. For instance, a bequest might be restricted to research in a specific area, such as genetics or MS triggers. Or it can be earmarked for services, such as emergency loans, college scholarships, or educational programs.

Bequests may be a specific amount or they may represent a percentage of your total estate. "Residual" bequests can be set up to help fund the National MS Society after family and friends are provided for.

The next step

Society staff can give you all the information and materials you and your advisor need to develop a bequest that reflects your values and fits your estate plan. Investing your assets to reflect what you consider most important can be deeply satisfying.

Ask for our brochure, "Creating a Legacy for Tomorrow." Call the Gift Planning Office at 1-800-923-7727, or visit nationalmssociety.org, click on "Donate" and then "Planned Giving" for more information.



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