



# CONNECTION

MOVING TOWARD A WORLD FREE OF MS

July - September 2008

Central North Carolina Chapter

## Great Accomplishments Start Small: Team Rack Pack's Story

Who would have guessed 20 years ago that a three person Walk MS team would grow into three Bike MS teams totaling 50 members? It goes to show you that even the largest accomplishments start with baby steps. Brian Bowman a team member of Rack Pack remembers when his uncles started a small three-person walk team 20 years ago to honor his mother, Penny Bowman who has MS. Throughout the years, they have expanded to several teams in the Bike MS: BB&T Tour to Tanglewood. The Rack Pack currently has about 30 cyclists, but in the past has had up to 50 members - who then branched off to form other teams including the Dawg Dodgers.



When the first Bike MS team started around 17 years ago, the Bowman's started combining some of the Walk MS team members with the bike team. The bike team started off having a few matching t-shirts and rode mountain bikes. Now they have jerseys, nice road bikes and Rack Room Shoes as their title sponsor.

Many cyclists may wonder, what is their secret? Brian says that the bulk of their fund-

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bike

### JOIN THE MOVEMENT



**Bike MS: BB&T Tour to Tanglewood 2008**  
September 6-7  
90 miles. 2 Days

**Bike to Create a World Free of MS**

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Walk MS: Modern Automotive 2008**



## 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](http://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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Chapter Podcast and Blog  
[www.cncmschapternews.com](http://www.cncmschapternews.com)

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## Tax Rebate Includes Low Income People

**T**his May, the IRS began sending out "economic stimulus" rebates to everyone who filed a federal tax return form for 2007. People on Social Security, disabled vets, and those who have incomes of \$3,000 or more a year will receive **\$300 for individuals** or **\$600 for couples**, even if they haven't filed before.

While the tax filing deadline is April 15, there is no penalty for filing late if you do not owe anything. **And you don't get a check without filing.** File by October 15, 2008.

Visit [irs.gov](http://irs.gov) or call 800-829-3676 for more information and a copy of the form.

## Report Suggests Ways to Improve MS Treatment

A landmark report by the National MS Society in partnership with Teva Neuroscience suggests that greater collaboration among healthcare professionals may hold the key to more effective management of MS. It also suggested that collaboration could stem the tide of neurologists who are leaving the field of MS care.

### About the report

Last year the Society surveyed nearly 2,000 people with MS, along with neurologists, case managers, specialty pharmacists, and managed care professionals about quality of life, cost and reimbursement for MS health care, and ongoing treatment of MS and its symptoms.

#### Among the findings:

- More than 90% of people with MS said they rely heavily on their neurologist for treatment. A majority would welcome a disease-management program involving other professionals.
- More than 60% of the neurologists said that they are reluctant to take on new MS patients because there are so many administrative barriers. Many said they would welcome an increased role by specialty pharmacies to help provide patient education and support.
- Some 90% of managed care organizations now use specialty pharmacies to distribute the MS disease-modifying drugs and nearly 60% of the specialty pharmacies said they routinely have contact with people with MS.

Nicholas LaRocca, PhD, associate vice president of Health Care Delivery and Policy Research at the Society, the report chairman, told MS Connection “The results suggest that people living with MS could more effectively manage the disease through greater collaboration with managed care organizations, neurologists, and specialty pharmacies. We will be setting up meetings with managed care organizations in the coming months to discuss the findings and ways to move forward,” he concluded. The Multiple Sclerosis Trend Report can be read online. Or call us and ask for a copy.

### Energy Management Proven to Fight Fatigue

It seems that fatigue—the most commonly reported MS symptom—can be reduced by using one’s energy more efficiently. And a Society-funded study has found that people with MS gain long-lasting benefits from learning energy management.

Led by Virgil G. Mathiowetz, PhD, OTR/L, at the University of Minnesota, the study first led 169 people with MS through a six-week energy management course. The students learned to balance rest and work, how to position their bodies for certain activities, and when to delegate tasks to others. The participants reported an immediate reduction in their fatigue and a substantial increase in their ability to function at home and at work.

Even better news comes from the follow-up study that reevaluated the participants a year later. Fatigue was still significantly reduced, and people reported a better quality of life.

## Continued from Cover

raising dollars come from small donations from friends, family and associates. They also sell ad space on their team sponsor shirts to give out to the general public and the team wears them throughout the year to publicize their advertisers.

If you are a current cyclist who is thinking about starting a team, Brian has some great advice by encouraging those starting out to "get with a tight knit group of 5-10 people and grow from there. Start small; at the end of the day it does make a difference. It is a great event and continues to get better every year so have fun with it". He goes on to say that initially it may be best to join an already established team, like the Rack Pack, to get ideas and learn from them. Then you can branch off and start a team on your own.

If you have never participated and are

thinking of becoming a cyclist or a virtual cyclist, the time to do it is now. Brian goes on to say "it is so inspiring to be part of such a great event. The number of participants is amazing and when you see the smiles on their faces, it makes it worth the time and effort. You have a wonderful sense of accomplishment and the event itself is really fun."

If you are not a cyclist, not to worry, you can be a **VIRTUAL CYCLIST** and raise money to create a world free of MS. You are still qualified for the prize levels and event festivities. This is a great way to get involved and enjoy the event without having to ride 90 miles.

For more information on how you can register as a cyclist or virtual cyclist or to learn more about joining a team, visit <http://BIKEnc.nationalMSsociety.org> or call 336-299-4136.

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## Walkers Took Great Strides in Creating a World Free of MS

The results are in and we're excited to announce our Walk MS: Modern Automotive 2008 walk events were a success! Over 1,350 walkers and volunteers came out to participate in the 3 Walk MS events held throughout the Triad this spring and raised a total of \$274,070 to help bring us closer to a world free of MS! These vital funds allow the National MS Society to pursue cutting edge research, drive change through advocacy, facilitate professional education, and provide local programs and services designed to help people with MS and their families move their lives forward.

On behalf of the Central NC Chapter and the 2,200+ individuals living with MS in the

Triad, we extend a gracious thank you to our 2008 event participants, volunteers, donors, the Modern Automotive Network, and all of our other invaluable sponsors. The support of these individuals and businesses continues to make a significant impact in our quest for a cure. Together, we are moving forward and making great strides to create a world free of MS. We hope you'll join us next year as we continue to raise funds and awareness! Stay tuned for more details!

**Turn to page 13 for Walk MS top fundraisers and teams!**



# Camp Carefree Goes Country

On the first weekend of May, our annual Camp Carefree took place. Campers from throughout the Central North Carolina Chapter made the journey



to Camp Carefree in Stokesdale, NC to enjoy a weekend with their family and friends doing fun



activities like fishing and arts and crafts. The pictures were taken at the Saturday night theme party, Camp Carefree Goes Country.



## Relationship Matters

A Program for Couples Living with MS

Take charge. Get smarter. Live better.

A positive approach to MS and your relationship.

Free classes for couples:

- Communication and conflict resolution skills
- Financial planning • Career decisions
- Intimacy • Having fun together

When you know how to take charge as a couple, MS doesn't have to rule your relationship.

Contact us:

1 800 FIGHT MS (1-800-344-4867)

or [couplesprogram@nmss.org](mailto:couplesprogram@nmss.org)

Relationship Matters when MS moves in.

Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FE009002.

## What's Cooking?

**C**indy Gackle, OTR/L, MSCS, a staff therapist at the University of Minnesota Medical Center, Fairview, in Minneapolis, has ideas on conserving energy while creating great meals.

### Plan ahead

"If you have help to carry your groceries you might be able to do a week's worth of shopping," Gackle said. "If you don't have help, see what you can cut out and save for next time."

### Shop smart

- Create a master shopping list and make copies. Circle items as you need them, and you won't have to make a new list each time.
- Shop when your energy is highest and your market is least crowded.
- Go to markets you know the layout of, or take a friend until you learn the layout.
- Choose a market that has motorized carts for you to ride on if you get tired.
- Buy foods that can be frozen or kept in the pantry for times when you just can't get to the store.
- Choose pre-skinned garlic, frozen chopped onions, and pre-washed and pre-cut veggies to cut prep time.
- Make big meals so that leftovers can be frozen and heated up when you don't feel like cooking.
- Investigate online or phone shopping,



especially for buying in bulk.

### Make your kitchen work

"Design a work area that meets your needs," Gackle said. "Arrange items close enough to you so that you don't strain yourself or lose balance."

- Keep your most-used ingredients for everyday cooking out on countertops.
  - Make a cutting surface you can use while sitting down by pulling out a drawer, draping it with non-skid fabric (like drawer liner) and sticking a cutting board on top.
- ### Invest in labor savers
- **Clip-on fans** help keep you cool in the kitchen. Try **ANTonline.com**. Or keep a supply of cooling products to beat the heat, such as neck coolers from **bodycooler.com**.
  - **Non-skid rolls.** This webby rubber material, sold as "drawer liners," is multipurpose. Use it under cutting boards, on serving carts, or anywhere you don't want objects to slip. Available at [housewares.hardwarestore.com](http://housewares.hardwarestore.com) and many home goods stores.
  - Over-the-stove mirrors let you see what's cooking without craning your neck. Available at [Sammonspreston.com](http://Sammonspreston.com).
  - Knives with big handles decrease the amount of effort needed for cutting. Sammons also has an L-shaped knife for less strain.

## Research Needs Brain Tissue

**B**rain tissue research has the potential to tell us more about MS—from what causes it to how to prevent it. But less than 1% of people with MS make arrangements for a posthumous donation of brain tissue—not enough for researchers to work with. Researchers also need tissue from healthy brains. The Society is supporting a number of tissue and DNA banks throughout the United States.

In February the Society convened the first MS Tissue and DNA Banks Investigators Meeting. Sue Strauss, a marketing expert in the field of organ donation who helped facilitate the meeting, summed up: “As a person with MS, I’m excited to be working to speed up the process of gathering information about the disease, its causes, and its manifestations.”

### Two important points

- 1) Tissue must be taken within hours of death to be of use to researchers, so arrangements must be made in advance.
- 2) There is no disfigurement of the body and funerals can take place promptly.

If you want to make this generous gift, discuss

your wish with several family members and sign up with a facility as soon as possible.

### Tissue banks:

#### Rocky Mountain MS Center

Phone: 303-788-4030

Web site: [mscenter.org](http://mscenter.org)

#### Human Brain and Spinal Fluid Resource Center Neurology Service

Phone: 310-268-3536

Web site: [loni.ucla.edu/uclabrainbank](http://loni.ucla.edu/uclabrainbank)

#### Multiple Sclerosis Tissue Repository at University of Illinois at Chicago

Phone: 312-996-5763

### Donations for genetic studies

How do we find the genes that make one susceptible to MS? Investigators at the meeting agreed on the need for DNA, especially from Asian Americans, African Americans, Native Americans, and Latinos. A simple blood donation is all it takes. Contact one of the following:

#### UCSF MS Genetics Group

Phone: 866-MS-GENES (866-674-3637)

Web site: [ucsf.edu/msdb](http://ucsf.edu/msdb)

#### Accelerated Cure Project

Phone: 781-487-0008

Web site: [acceleratedcure.org](http://acceleratedcure.org)

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

July 8 – Clear Thinking about Alternative Therapies

August 12 – Targeted Research and Clinical Trials

September 9 – Be in Command of Your Bladder

1-800-FIGHT-MS

# Central NC Chapter Self-Help Groups

## Newly Diagnosed Group

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

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

Mixed Group - Greensboro  
Every 3rd Tuesday, 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  
Call for location  
Lisa 336-454-6785

## Kernersville

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

## 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

## Lexington

Shelia 336-746-5420  
Call for meeting information

## 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

Leaps and Bounds  
1st and 3rd Monday, 10:00 AM  
2nd and 4th Monday, 7:00 PM  
Old Town Community Center  
Theresa 336-924-2707

## Self-Help Groups Continued

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

### Wilkesboro

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

## Save The Date: Annual Meeting

October 11, 2008

### Embassy Suites in Greensboro

What's in store for this year's Annual Meeting? Well, one thing is for sure, you won't want to miss it! The day will start with breakout sessions where you will get the opportunity to choose from 2 educational workshops and attend the one that most interests you. One breakout is "Mind, Memory and MS" and the other is to be announced. Weyman Johnson, Chairman of the National Board of Directors, is the afternoon keynote speaker.

Weyman Johnson has multiple sclerosis and will speak to you about his perspective of living with the disease. He will share his personal and family experience with MS in a way that will show his passion for doing something about MS NOW.

Please join us to celebrate another successful year in programs, fundraising and research! Watch your mailbox for the brochure and registration form.

### 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 Tuesday, September 2.

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_

\_\_\_ I am unable to attend. I would like to assign my proxy vote to:  
 \_\_\_ Don Burton, Board of Trustees Chair  
 \_\_\_ Other (Please print Name: \_\_\_\_\_)

Send completed form to:  
 National MS Society,  
 2211 W Meadowview Rd, Ste 30  
 Greensboro, NC 27407

## The 2008 National MS Society Winston Salem Dinner of Champions Honoring Coach Jim Grobe; Fowler Receives Hope Award

The 2008 Winston Salem Dinner of Champions honoring Coach Jim Grobe, head football coach at Wake Forest University, was held Thursday, May 22nd at Bridger Field House at BB&T Field. The event raised more than \$55,000 to benefit the Chapter and was attended by nearly 300. Bob Reed and Jerry West served as the dinner co-chairs and news anchor and reporter, Cameron Kent, was the master of ceremonies. We would like to extend a special thank you to our Champion Level sponsors BB&T, Wake Forest University Baptist Medical Center and Wake Forest University and to our dinner committee and event patrons. Highlights of the evening included keynote remarks from Coach Jim Grobe, a research update and presentation of the Norman Cohn Hope Award to Rob Fowler by Dr. John Richert, Vice President of Clinical Research and Programs for the National MS Society, and a live auction.

The distinguished Norman Cohn Hope Award was presented to Rob Fowler as part of a special presentation by Dr. Richert. This

prestigious award is given to individuals who have changed the ability of a Chapter to deliver the mission through a significant role in public awareness and resource development. Since becoming involved with the Central North Carolina Chapter, Rob Fowler has increased our Chapter's ability to deliver the mission through exemplary generosity and inspiring dedication. As CEO and President of Modern Automotive Network, Fowler has supported and sponsored Walk MS since 2002. Rob and his wife Bonnie have also promoted public awareness and resource development by supporting Promise: 2010 and Rob served as honorary chair of the 2004 MS Dinner of Champions, honoring Mike Helton, President of NASCAR. His exceptional level of support has strengthened our Chapter's ability to fund MS research and local programs and his vision of creating a world free of MS has inspired many others to join the movement.

The next Winston Salem dinner will be held in 2009. More information will be posted in future MS Connections issues.

### TAILGATE PARTY AND PIG PICKIN' FEATURING LIVE MUSIC BY THE FABULOUS LUMPSTERS

October 18, 2008

Greensboro Cultural Arts Center

Price Bryan Performance Place

Tickets \$50 - includes dinner, beer & wine, live music, & more!

If you are interested in purchasing tickets, sponsoring this event, or serving on the committee, please contact April Nicholson at 336-299-4136 or [april.nicholson@ncc.nmss.org](mailto:april.nicholson@ncc.nmss.org).



COMING SOON!

## High Point Luncheon: Another Successful Year

The 8th Annual High Point MS Luncheon held on March 5 had another record breaking year. The High Point MS Luncheon continues to grow and achieve tremendous success each year due to the leadership and dedication of luncheon chair Rena Norcross and her husband Mark. Thanks to the leadership of Rena Norcross and her husband Mark, and the very generous High Point community, the High Point luncheon raised over \$140,000!



From left to right: Mike Magoon, Elizabeth Green, Laura Bingham, Jeanne Robertson, Rena Norcross, William Newman, Emily Johnson, Lyl Clinard and Jess Scholten

The High Point MS luncheon has turned into one of the premier fundraising events in the Triad, and one of the most successful luncheons in the country.

The theme of the luncheon was “butterflies”. The setting was absolutely beautiful with the ballroom transformed into a butterfly aviary. Even the cupcakes were decorated with edible chocolate butterflies.

We are also grateful for the 40 table hostesses and committee members who dedicated their time and energy to inviting friends, family and co-workers to attend the luncheon to learn more about MS and the local programs and research progress they make possible. Jeanne Robertson, a local humorist, was the featured speaker and brought a wonderful element to the luncheon through her southern style sense of humor. Her message of finding humor in every day life is a reminder to us all that the chal-

lenges and struggles we face are not insurmountable.

At the luncheon, Elizabeth Green, Chapter president of the Central North Carolina Chapter, shared with the guests that the success of the High Point MS luncheon has not gone unrecognized on the national level and that last October, Rena Norcross was inducted into the National MS

Society Volunteer Hall of Fame, an honor bestowed upon individuals for outstanding leadership and dedication to the National MS Society and a commitment to a world free of MS. Green noted that the MS Society is privileged to have an ambassador with Rena’s passion and commitment to our cause and a true desire to make a difference.

Rena has embraced our mission and has engaged the High Point community in this fight against MS. The generous contributions that the High Point community has made over the years have allowed our Chapter to provide important programs and fund vital research.

To enable all of the funds raised through the luncheons to directly support programs and research, Mark and Rena Norcross have generously continued to underwrite the luncheon.

We are grateful to Mark and Rena Norcross, the sponsors, table hostesses and the High Point community for their tremendous support of the MS Society through the MS luncheon.

# JOIN THE MOVEMENT

## See Your Name on the Back of a Cyclist's Jersey!

We need new Linking Lives partners for Bike MS: BB&T Tour to Tanglewood presented by VF Corporation. Please help us by offering to be a cyclist's partner. This year's event is September 6-7 and it's predicted to be bigger and better than ever! Picture this: 1,750 cyclists participating in a 90 mile ride, raising \$1.2 million for our Chapter! The money will be used to fund research as well as to provide more great programs and services to nearly 2,300 people who live with MS in this area.

We know you'll want to be a part of this unique celebration and the Chapter's most prestigious fundraising event. Here are a few of the reasons why joining Linking Lives is so rewarding:

- Experiencing the joy of making a friend to ride in your honor and add personal meaning to your participation.
- Winning heartfelt gratitude for becoming a partner.
- Cheering for your partner at the finish line or cheering in spirit.
- Encouraging and supporting each other in your partnership.
- Increasing your knowledge and appreciation of the Chapter's fundraising events.
- Gaining that "feel good" feeling from being a Linking Lives partner.

## Want to know more? We're glad to answer any questions!

Please contact Jen at the Chapter office, 336-299-4136 or [jennifer.horton@ncc.nmss.org](mailto:jennifer.horton@ncc.nmss.org).



## Let's Put an End to the 24 month Waiting Period for Medicare!

In the year ahead, the National MS Society is embarking on a state and federal campaign to eliminate the 24 month gap in health care coverage after receipt of Social Security Disability Insurance (SSDI). In addition, NC-CAN is working on advocating getting a resolution in NC to eliminate the 24 month waiting period for Medicare. To support our campaign, the Society is collecting personal stories to demonstrate the hardships created by the excessive wait.

If you have experienced medical debt or other financial issues or have not sought treatment for multiple sclerosis due to lack of health insurance coverage while waiting for Medicare, please share your story with us by contacting Jessica Thomas at 336-299-4136 or [jessica.thomas@ncc.nmss.org](mailto:jessica.thomas@ncc.nmss.org).

During your 2-Year wait for Medicare (previously or currently):

- Did/Do you ever skip a treatment, medical appointment or not take a prescription that was recommended by your doctor?
- Please estimate the cost of your medical treatments compared to your income.
- How were these medical expenses paid?
- Did/Do you cut back on or fail to pay for necessities such as food, rent or utilities?
- Please tell us in your own words how your health and/or financial security was impacted by the 24 month wait for Medicare.

# 2008 National Public Policy Conference

May 6-8, 2008 were busy and fun filled days for staff and volunteers who attended the 2008 National Public Policy Conference in Washington DC. The event started with a reception followed by a day of educational preparation on advocacy issues. The event ended on May 8 after a long day of advocating with Legislators on Capitol Hill. All three of the North Carolina Chapters were well represented with staff and volunteer activists. This year the Chapter was able to bring four volunteers, Amy Berrier, Chris Burton, Valerie Watson and Chapter Board Chair, Don Burton. Also in attendance were Chapter President, Elizabeth Green and Chapter Programs and Services Manager, Jessica Thomas.

The event turned out to be a true success when Congressman Howard Coble agreed to sign onto the Congressional MS Caucus!

## Issues that were advocated for during the conference:

- MS Research Funding in the Congressionally Directed Medical Research Program (CD-MRP)
- The Development of a National MS Disease Registry System
- Eliminating the Medicare 24 Month Disability Waiting Period



From left to right: Valerie Watson, Chris Burton, Don Burton, Jessica Thomas, Congressman Howard Coble, Amy Berrier and Chief Legislative Assistance, Jane Miller

## Join us in applauding our Walk MS: Modern Automotive 2008 Top Fundraising Individuals and Teams!

### Top 5 Individuals

1. Ron Roe - \$11,480
2. Julie Giljames - \$8,224
3. Arnita Allison - \$7,500
4. Shirl Klunder - \$7,500
5. Bob Snow - \$5,295

### Top 5 Teams

1. Modern Automotivators, Arnita Allison, \$25,093
2. Beat the Odds, Kim Heil, \$12,145
3. Three Sisters One Fight, Julie Giljames, \$9,059
4. Jaclyn's Team, Karen Ranson, \$5,361
5. Pucketts for Tammy, Hazel Russell, \$4,658

## VOLUNTEERS ARE LIFESAVERS!

We first want to thank all the volunteers who participated in MS Awareness Week and Walk MS 2008. It is volunteers like you that make our events fun and enjoyable for our fundraisers and share our mission with the community. Thanks for choosing to JOIN THE MOVEMENT by volunteering.

We are excited to announce that we have brand new volunteer opportunities. We are now registering volunteers for Bike MS: BB&T Tour to Tanglewood 2008. The event will be held September 6-7, 2008 and there are a number of volunteer assignments available. Register to volunteer for the Tour at <http://bikencncc.nationalmssociety.org> and click on the section titled Volunteer. We also need office volunteers for various proj-

ects at our local office. This position is not a regularly scheduled position, but per request as needed. If you or your civic organization is interested in volunteering please contact Davishia Baldwin, [davishia.baldwin@ncc.nmss.org](mailto:davishia.baldwin@ncc.nmss.org), call 336-299-4136 ext. 213 or visit [www.nationalmssociety.org](http://www.nationalmssociety.org) for more information.

The Central NC Chapter also needs specialized volunteers such as attorneys, dietitians/nutritionist, personal trainers, financial advisors, counselors, therapists and handy persons to volunteer their services to those living with MS. This is a great chance to use your expertise to help your community! If you are interested in being a specialized volunteer, please contact Stephanie Phipps, at [stephanie.phipps@ncc.nmss.org](mailto:stephanie.phipps@ncc.nmss.org)

## New Service Offered by the Chapter!

Starting in mid-October, the Central NC Chapter will be working with the Information Resource Center (IRC) at our home office to provide enhanced customer service and information on MS. Inquiries regarding information on MS, programs, and local resources will be directed to the IRC, and handled by the highly skilled Information & Referral Specialists. By moving this function to the IRC, the Chapter will be offering the best of both worlds - allowing the Chapter staff added time for growth in local programs and services delivery and providing excellent customer service and accurate information to our clients. We are working diligently to make the transition a smooth one and will be interested in your feedback on the results.

The North Carolina Health Insurance Risk Pool (NCHIRP) is scheduled to begin accepting individuals on January 1, 2009. If you would like more information, please visit their website [nchirp.org](http://nchirp.org). To add your name to the mailing list visit <http://nchirp.org/news/maillinglist.html> or call the Department of Insurance, Consumer Services Division, Health and Life Insurance Questions, 800-546-5664.

NCHIRP allows for a reduction in the pre-existing condition waiting period if you have been insured in the months preceding enrollment in the Pool. If you currently have health insurance coverage and think you might enroll in the health insurance risk pool, do not terminate your coverage until you verify the impact of termination on future benefits.

## Want to Host Your Own Fundraising Event? We Can Help Make it Happen!

Are you interested in hosting a fundraiser outside of our Special Events to raise funds for the Chapter? Do you have a great suggestion for a fundraiser to benefit the Chapter that you would like to pursue? If so, please contact April Nicholson at 336-299-4136 or [april.nicholson@ncc.nms.org](mailto:april.nicholson@ncc.nms.org), or visit the "Events" section of our website: [www.nationalmssociety.org/ncc](http://www.nationalmssociety.org/ncc) to learn more about third party events. Past third party event fundraisers have included: concerts, dinner parties, golf tournaments, donating the proceeds from product sales and donating pledges collected from participating in sports.

### Upcoming Third Party Events

- |                 |  |
|-----------------|--|
| June 21         | Auto Supply Company Inc<br>Golf Benefit Invitational |
| July 11-July 13 | The Piedmont<br>Triad Omnium                         |
| November 8      | Fun Day Fundraiser for<br>MS Awareness               |

If you are interested in attending any of the third party events listed above, please contact April Nicholson.



**Luanna Harris**



**Wendy Booker**

## Greensboro Luncheon Featuring Wendy Booker Raised More than \$40,000; Dedicated to LuAnna Harris

Nearly 400 Greensboro area women and men attended the 8th Annual Women Against MS luncheon, which was held at The Empire Room in Greensboro on March 12th. The event, dedicated to LuAnna Harris, raised over \$40,000 and was chaired by Jeanne Blaisdell and Caroline Shogry. Wendy Booker gave the keynote address. The success of this event would not have been possible without the leadership of the chairs, support of our event sponsors and patrons and efforts of the table hostesses. Thank you to you all.

Diagnosed with MS in 1998, Wendy Booker began training to tackle marathons and mountains, becoming the first woman living with MS to climb Mt. McKinley. Wendy's story is about overcoming obstacles whatever they may be through a journey of self-discovery, serendipity and stubbornness. Wendy is on a mission to prove to others that a diagnosis of multiple sclerosis does not have to stand in the way of a dream. So far, she has summited five of the Seven Summits and completed nine marathons since 2000.

If you are interested in getting involved in next year's luncheon, please call 299-4136. The event will be held in the spring of 2009. More details will follow in future MS Connections issues.

## MS Awareness Bling



As "MS Awareness Week" 2008 kicked off this March, Christopher & Banks launched their second limited-edition MS Jewelry line.

This year, the MS Collection includes pearl and crystal earrings (\$14), a lavalier-style quartz and pewter necklace (\$20), and an elasticized pearl, quartz, and crystal bracelet (\$24). Half of the proceeds will benefit the National MS Society. Last year, Christopher & Banks raised more than \$120,000 through MS Jewelry sales.

The collection is available in nearly 800 Christopher & Banks and CJ Banks stores nationwide, as well as on their Web site. Visit [christopherandbanks.com](http://christopherandbanks.com) and type "MS" in the search field.

## MS Research Loofa Dog

Got a pooch who loves to play? Dogs and dog-lovers alike will love this exclusive, orange plush toy with its super-wide grin and MS Awareness message. Loofa Dog's long (12") tubular shape makes him easy to pick up and carry around—and he squeaks when squeezed (or chewed).

Visit [carealotpets.com](http://carealotpets.com) and type "MS Loofa Dog" in the search field. Care-A-Lot will donate the profits to the Society's Promise: 2010 Campaign.




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### About Promise: 2010

This is a nationwide Society effort to raise \$30 million for MS research by the year 2010. Read more about the promise at [nationalmssociety.org/Promise2010](http://nationalmssociety.org/Promise2010).



**National  
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Society  
Central North Carolina Chapter**

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