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msconnection

Southern New York Chapter

Dating and MS Teleconference

**July 13, 2006 at 7pm
- from the comfort of
your own home**

“How do I tell? When and What? What if they do not see beyond MS?” Issues and feelings regarding disclosure, self-esteem, and acceptance, as they arise with dating and MS will be discussed.

Listen to the experts: Dana Snyder-Grant is a social worker with over 20 years of clinical experience in chronic illness and disability. She has made countless presentations on the Challenges of Living with a Chronic Illness and has lived with MS for 25 years. Michele Maglione is a NYC chapter member who was diagnosed with MS in 2001. Recently married, her personal experience dating with a disability was prominently featured in a New York magazine article last year. To submit a question for the Q & A part of the program and/or to register please call 914 694-1655 or online at nvy@nmss.org



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Social Adult Day Program



Rick enjoys word games and Rita enjoys board games. Tom wanted to socialize and everyone wanted to exercise. Bring on the adult day program! A pilot program that began in White Plains this spring is a model of long term care activities sponsored by the Southern NY Chapter with a grant from Biogen Idec.

The purpose of this program is to promote socialization. The program is geared to those who have difficulty leaving the house or are alone frequently. The goals are to decrease isolation and improve well-being through therapeutic recreational activities and to

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MSConnection is published quarterly by
The Southern New York Chapter of the
National MS Society
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White Plains, NY 10604
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Southern New York Chapter

2006, Issue 3 - Published Quarterly

President's Letter

This is the first President's Letter to appear in the Southern New York Chapter's MS Connection. It will be a regular feature of all future issues. It will give me the opportunity to provide you with information on developments within the chapter and throughout the Society.

Towards the end of last year, we set about to conduct a chapter-wide Client Needs Assessment Survey. Using our internal database of persons with MS, we mailed individual survey forms to 1700 clients throughout our region in Westchester, Putnam, Rockland, Orange and Sullivan counties. We had a great response and we are grateful to those of you who completed this survey and returned it to us. Your input will help guide the Chapter as we work to offer the most effective types of assistance to those who need our help the most.

We take comfort in the fact that the vast majority of respondents rated those services of the Chapter very high. Many expressed their opinion that, even if they have not used the services of the Chapter personally, they were reassured in knowing they were available if needed. Information and referral services, physical health and wellness programs, Society brochures and MS Connections are some of the most widely used services.

On the other hand, we have noted that while the vast majority of respondents are covered by a private health insurance plan, closely followed by Medicare and then an HMO plan, their most frequent concerns continue to be financial. Covering the costs of prescribed medications, financial security

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Care Management

The Client Programs Department currently offers a number of direct services to help individuals and families manage the devastating effects of MS. These include: homecare, medical transportation, financial assistance, home or auto modification, durable medical equipment, and childcare. The Southern NY Chapter is pleased to announce the addition of a new service called care management.

Those familiar with the effects of MS are well aware that individuals and families are confronted with an array of needs and challenges. In turn, in order to address these needs, people have to cope with bureaucracies and systems that are often fragmented, confusing and unresponsive.

The purpose of care management is to help those in need navigate the available service systems and find the appropriate resources and programs. This can include such services as government benefits, healthcare, counseling, homecare, legal consultation, transportation, socialization and more.

Initially, the care manager and client will work together to make an assessment and develop a strategy to address the needs identified. In fact, one of the most important aspects of care management is to help set priorities and establish a plan of action. Having this clarification can go a long way in minimizing the stress and frustration involved in obtaining services.

For more information about the care management program at the chapter, contact Joan Damiani, LMSW, at 914 694-1655, ext. 45 or joan.damiani@nyv.nmss.org

Welcome New Staff

Carolyn Frankel has joined our staff as Administrative Coordinator and assumes the responsibility of managing our office administrative programs. Carolyn lives in Yonkers and completed her psychology studies at Manhattanville College. She is beginning her career in not-for-profit organizations.

We are pleased to announce a new position on our staff, Social Worker, filled by Joan Damiani, LMSW. Joan completed her Masters at Fordham University and has a record of success as a therapist and case coordinator with a number of State and Municipal health and community organizations. Joan will provide care management, counseling and information and referral services as well as spending time at the MS Care Center at White Plains Hospital.

Anne-Marie Annunziato returns to our Chapter after an eleven year absence, during which time she served United Cerebral Palsy, the Arthritis Foundation and the Alcott School. As Event Manager/New Ventures, Anne-Marie will direct several Chapter events as well as seek corporate support, promote major gifts and write grants.

Tips for Beating the Heat

With the hot summer months upon us, everyone is looking for ways to stay cool; but staying out of the heat is especially important for people with multiple sclerosis (MS). Many people with MS find their symptoms are aggravated by heat; therefore anyone with MS should take extra precautions to stay cool.

MS LifeLines Ambassador, Michelle Leighton, an avid athlete who has competed in triathlons, marathons and bike racing, has been living with MS since 2001. Michelle learned to modify her training and competing in order to deal with the hot weather by adapting her schedule. Instead of training in the middle of the day, she works out at night or in the early morning when the weather is cooler. She also makes sure to hydrate with plenty of liquids, sometimes even pouring water on herself during her rides to keep cool. Like Michelle, whether it is participating in sports or spending time with family outdoors, you do not have to let the summer heat stop you from doing what you love.



The following tips list easy ways to beat the heat:

- Use your air conditioner. This is one of the easiest ways to stay cool. Even if you don't have air conditioning in your

home, go to a mall, library or any place that has air conditioning and enjoy theirs!

- Don't go outside during the hottest times of the day. Instead, get out early in the morning before it has gotten too warm or at night, when things have cooled down. Also, be sure to stay out of the direct sun.
 - Drink lots of water. Carry an insulated water bottle to all of your summer activities. Many people with MS make the mistake of cutting back on water to accommodate their bladder, but this can lead to dehydration. Instead, plan trips to the bathroom or use medications directed by your doctor to control this symptom.
 - Wear cotton clothing. Cotton allows the skin to breathe, which can provide comfort in the hot weather. There are also several products designed to keep your body cool, including cooling vests.
- Take cool showers, baths or go swimming. This will lower your body temperature and feel great!
- Talk to your doctor about tips and specific suggestions for dealing with the heat.

Stay cool and enjoy your summer!

To read more tips about living well with MS, visit www.nationalmssociety.org and www.MSLifeLines.com.

Hit the Road, Jack

by Dana Bard

Last year, my significant other, Pat, and I headed off on a two-week road trip. I had wanted to spend the whole time camping under the stars, but Pat proposed a more MS-friendly plan that involved dividing our time among a suburban motel with a pool, a bed & breakfast in a small town, and two campgrounds—all of them accessible. Camping the whole time would have been a bit much for me, and the plan we made wound up providing us exciting variety.



Make sure your destination is accessible

“Accessible” is a word that seems to mean as many things to as many people as “multiple sclerosis.” Know where you’re going, and call ahead. Ask specific questions:

- Are the trails dirt, rock, or paved?
- How wide is the door into the bathroom and stalls?
- How high is the bed?
- Are there ramps for raised areas, or just steps?

Take a vacation from your vacation

There’s nothing worse than going back to work the day after you’ve returned home from a long trip. I usually plan to get home on a Thursday night or early Friday morning, giving myself a full three-day weekend before going back to the grind.

Based on the success of last year’s trip, we put together a list of things to remember for this year’s outing.

Driving tips

- **Take turns driving.** If you have lots of energy in the morning, let your partner take the wheel in the afternoon.
- **Keep travel time to a minimum.** Choose numerous destinations, no more than six hours apart, and plan to stay more than a day whenever possible.
- **Check the weather.** If it’s going to be hot, make sure your vehicle has adequate AC. Early summer road trips are usually cooler than July or August.
- **Keep a cooler with ice and a towel in the backseat.** Wrap the towel around your shoulders if you get overheated. Lots of bottled water is also a good idea or one of the cooling products.
- **The rest stop is your friend.** Don’t be shy! Pull over when you see a restroom sign, even at the slightest “urging.”

Last year, Dana Bard wrote about virtual camping. Go to nationalmssociety.org/IMSJune05-SeaToSea.asp for the article, which includes links to accessible travel resources on the Web.

Dana also recommends Candy Harrington’s *Barrier-Free Travel: A Nuts And Bolts Guide For Wheelers And Slow Walkers* and *There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers*. (Both published by Demos Medical Publishing; 800-532-8663; demosmedpub.com.)

A GIFT FOR THE FUTURE: TISSUE DONATION

Researchers study MS with cutting-edge technologies. But it takes more than technology to do the job. Sometimes researchers also need tissue from people who lived with the disease.



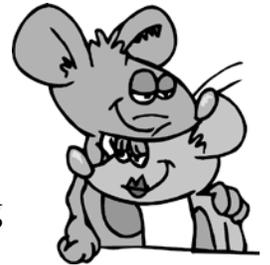
Tissue donations support such research as the Society's MS Lesion Project, an initiative of Promise 2010, which led to the discovery that there are four types of lesions, each of which can now be identified by MRI. Understanding lesion patterns and identifying the immune factors involved with tissue destruction can provide information about why the disease affects people differently and could lead to developing individualized treatment.

The decision to donate should be shared with family and doctors because all arrangements must be made in advance. Tissue is taken within a few hours of death. Minimal paperwork is involved and there is no cost to the donor or family. Strict privacy practices assure that tissue and medical records are not identified by name. Donation will not prevent normal funeral arrangements.

There is no substitute for this gift from individuals and families committed to MS research. Simply contact the Rocky Mountain MS Center Tissue Bank, 303-788-4030, ext. 105, www.mscenter.org, or the MS Human Neurospecimen Bank at UCLA, 310-268-3536, www.loni.ucla.edu/uclabrainbank. Both are supported by the Society. Information and links to these sites can be found at nationalms-society.org/tissuedonate.

MICKEY AND MINNIE HAVE DIFFERENT MYELIN

More and more, research shows males and females are really different.



Take myelin. A new study shows that myelin-making cells have different life-spans in male and female mice. Myelin, the insulation around nerve fibers, is damaged in people with MS. Cells that make myelin are called oligodendrocytes.

When researchers compared the number of oligodendrocytes in the brain and spinal cord of male and female mice, they found male mice had 20–40% more oligodendrocytes than females. Moreover, the male oligodendrocytes contained twice as many genetic instructions for making important myelin proteins.

Looking further, they found female mice produced greater numbers of new oligodendrocytes than males—but they had a shorter lifespan. Females also had higher levels of a protein associated with myelin damage.

To see if there was a hormonal connection, researchers removed a male sex hormone

(testosterone) from the male mice, which shortened the life of their oligodendrocytes. This suggests that testosterone keeps the oligodendrocytes revved up longer, possibly providing greater protection to the nervous system.

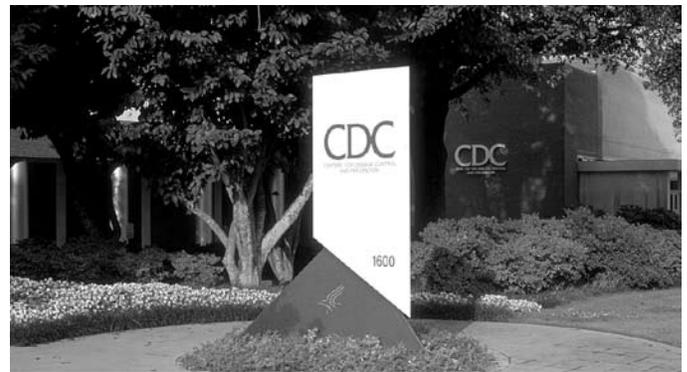
This study was funded through the National MS Society's Initiative on Gender Differences in MS and is reported in the February 2006 issue of **The Journal of Neuroscience**. It may shed a little more light on why women are twice as likely to develop MS as men. Exploring the role of gender has already led to clinical trials studying sex hormones in people with MS.

NATIONAL SURVEILLANCE OF MS

Knowing how many people are diagnosed with MS each year ("incidence") and how many have MS at present ("prevalence") is important information for health-care policy, advocacy, and planning.

Federal agencies and state health departments have not generally tracked chronic neurological diseases such as MS, focusing instead on infectious diseases such as TB. Steps are now being taken to change this. In March, researchers from the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR) held a workshop to discuss national surveillance of MS and ALS (amyotrophic lateral sclerosis, or Lou Gehrig's disease).

Plans are in the pipeline to develop pilot studies to track MS and ALS in a few geographic areas. The CDC is using MS and ALS to test the feasibility of ongoing surveillance for a number of chronic diseases, in part because substantial work,



much of it supported by the Society, has already been done.

The CDC/ATSDR has funded small studies in a few areas of the U.S. where possible MS clusters have been reported. However, it's difficult to determine whether a true cluster exists without solid numbers for the normal incidence and prevalence of MS in a given region. A surveillance system would establish those numbers. If clusters can be verified, they may provide clues to environmental and genetic risk factors which might contribute to triggering the disease.

Obtaining an up-to-date count of people with MS in the U.S. is one of the issues being considered by the Society's new Task Force on the Epidemiology of MS. (Epidemiology is the study of who gets a disease, its geographic distribution, and events that may contribute to a person's risk of getting it.)

The Task Force will be collaborating closely with the CDC/ATSDR in their efforts to develop a national surveillance system for MS. The Task Force will also consider the feasibility of MS studies on environmental risk factors, migration patterns, and racial/ethnic distribution. Better numbers about MS will help the Society in developing research initiatives, service programs, and advocacy priorities.

BUILDING THE FACE OF MS



FaceofMS.org features stories and portraits of people affected by MS. Anyone and everyone affected by the disease is invited to take part.

Since the launch of this online community on March 13, hundreds have participated. Each person's unique experience facing the disease adds to an emerging image of what it means to live with MS.

The individual narratives—about symptoms, diagnosis, relationships, work, school, and more—create a single force to educate the public to support everyone in facing up to MS.

FaceofMS.org wants you! Add your story to the Face and help build a true portrayal of MS in our communities. Written, video, and photo submissions are welcome. The site explains how to participate. Visit www.FaceofMS.org often for new stories and insights to explore.

FOR SSDI BENEFICIARIES WHO WORK OR WANT TO WORK

Do you receive SSDI (Social Security Disability Income)? The amount of money that can be earned during a "Trial Work Period" has been increased to \$620/month. Allowable earned income or "Substantial Gainful Activity" income has also been raised—to \$860/month for people Social Security considers disabled

but not blind and \$1450/month for people Social Security deems blind.

To make this work for you

Staying within these limits ensures that SSDI income and medical benefits are not affected. But first, contact the nearest **Social Security Benefits Planning Assistance and Outreach** program. Despite the awkward initials, people find that SSBPAO staff specialists are trained to help and have expert advice on all the ins and outs of Social Security's work incentive programs. SSBPAO is housed in community-based organizations, not in Social Security offices. For a state-by-state listing, visit www.socialsecurity.gov/work/ServiceProviders/BPAODirectory.html or call our office if you don't have access to the Internet.

COLA all around

Both SSDI and SSI (Supplementary Security Income) beneficiaries received a 4.1% COLA or cost of living adjustment starting January 2006. Call 800-772-1213 or your local Social Security office if you have questions.

NEXT MEDICARE PART D ENROLLMENT: NOV 15–DEC 31

If you are currently covered by Medicare but missed the May 15 deadline to enroll in a Medicare Part D prescription drug plan, your next opportunity to enroll will be during the open enrollment period Nov 15–Dec 31. Once enrolled in a Part D plan during the open enrollment period, coverage begins January 1, 2007. People on both Medicaid and Medicare (so-called "dual eligibles") who were not automatically enrolled in a Part D plan will be able to enroll between May 15 and Nov 15.

If you were eligible to enroll before May 15 and did not enroll, your premium cost will go up at least 1% per month for every month after May 2006 that you have delayed enrolling in a Part D plan. For a \$30 monthly premium, a 10-month delay adds 10% to become \$33. It adds up.

People who become eligible for Medicare after May 2006 can enroll in a Medicare Rx plan without penalty if they enroll when they first become eligible. In addition, anyone who wants to switch to a different Rx plan may do so between November 15 and December 31 of each year. The new plan would take effect January 1 of the following year.

The Society has a one-stop list of resources at nationalmssociety.org/medicare. There are links to your State Health Insurance Assistance Program and to Medicare's Web site where you can Compare Medicare Prescription Drug Plans.

For help with problems, call us at 1-800-FIGHT-MS (1-800-344-4867).

AAN ROUND UP

The results of more than 200 MS-related clinical trials and studies were presented at the American Academy of Neurology's 58th Annual Meeting in San Diego this past April. Among the highlights:

Researchers reported on the results from a phase 2 clinical trial of an oral MS drug, FTY720, or Fingolimod. Relapse rates and inflammation as detected by MRI were

significantly reduced in participants taking the drug, which blocks T cells and B cells from the central nervous system where they can cause MS-related damage.

A study funded by the National MS Society's Initiative on Gender Differences in MS showed that applying AndroGel (a testosterone gel) to the skin of 10 men with relapsing-remitting MS for one year improved cognitive function and slowed brain tissue loss.

An early study showed that a combination of BHT-3009, an immune system modifier, and Lipitor, a cholesterol-lowering drug, was safe and may provide protection from immune attack in MS.

The results of the BENEFIT study showed that, of 487 people at high risk of developing MS, the half given an inactive placebo was 50% more likely to develop definite MS than those given Betaseron (interferon beta-1b). Participants in this trial had CIS, or clinically isolated syndrome, meaning they had each had a single demyelinating event, but had not been diagnosed with MS.

Professor William A. Sibley, MD, of the University of Arizona, Tucson, received the 2006 John Dystel Prize for Multiple Sclerosis Research, given jointly by the National MS Society and the AAN. Dr. Sibley's research showed how infections can influence the occurrence of MS relapses.

THIS IS WHY...

Our mission is to end the devastating effects of MS. This is why we're dedicated. Ask how you can join the fight against MS.

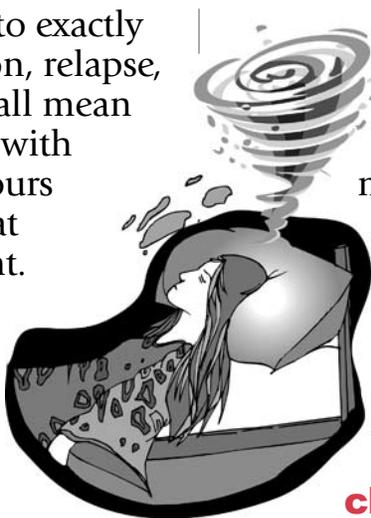
Exacerbation? Relapse? Attack? Episode? Flare?

by Dr. Lael Stone, Mellen Center for Multiple Sclerosis, The Cleveland Clinic

In MS, all these words refer to exactly the same thing. Exacerbation, relapse, attack, episode, or flare-up all mean a period of sudden worsening, with symptoms that last 24 to 48 hours or more. The length of time that symptoms last is very important. If neurologic symptoms have increased because a person experienced overheating, fever, or stress, the symptoms will resolve soon after the person cools off or calms down.

Exacerbations are characteristic of three of the four clinical courses in MS—relapsing-remitting, secondary-progressive, and progressive-relapsing.

The fourth course is called primary-progressive. These people will have the same good-day, bad-day phenomena that many people with MS and, indeed, many healthy individuals experience. But they



don't have a sudden worsening of symptoms, lasting longer than 48 hours. Instead they say that over several years or maybe even decades something has gradually worsened. For example a mild foot drop increased to the point where now the foot is slapping on the ground with every step.

Silent attacks and clinical attacks

Many MS attacks are silent or "subclinical"; that is to say, they are only seen on MRI of the brain or spinal cord. These people appear to be stable and don't notice any unusual symptoms, but when we take an MRI we can see that they have more lesions present.

Both clinical and silent attacks can be reduced and/or shortened by taking one of the disease-modifying medications.

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-FIGHT-MS to learn about ways to manage multiple sclerosis and about current research that may one day reveal a cure.

KNOWLEDGE
Is Power

Knowledge Is Power! is an 8-part free, at-home educational series for people who are newly diagnosed. Mail or e-mail formats. To register, call 1-800-FIGHT-MS, or visit www.nationalmssociety.org.

This is why we're here.

Do YOU have the knowledge to overpower MS?

The MS Swim Across the Hudson™ has a New Location!

The 2006 MS Swim Across the Hudson™ is moving up the river to a great new location. This year swimmers and kayakers will cross the Hudson River from picturesque Emeline Park in Haverstraw to the spacious Croton Point Park in Croton-on-Hudson. The distance from shore to shore is approximately 3 miles. Swimmers will be able to choose a 3 mile, 2 mile or 1 mile swim.

The date is set for Saturday, September 9th 2006. Registration opened on Thursday, June 1 and we hope that you, your friends and family will join us.

For the past 9 years the National MS Society, Southern New York Chapter, was pleased to be a partner with members of the Irvington community in organizing the swim from Piermont to Mathiessen Park. However, this year the Irvington members said it was time they worked

with another charity and we were obliged to make other plans.

The 2005 swim was the best ever, raising over \$220,000 for research and treatment programs for people diagnosed with multiple sclerosis. We are grateful to the people of Irvington for all of their support and generosity over the years and look forward to launching the MS Swim Across the Hudson™ from its new site in September.

We are delighted to join with the Village of Haverstraw, New York Waterway Tours, "Floating the Apple" and the Westchester County Department of Parks, Recreation and Conservation in providing a great day of challenge, fun and entertainment.

We look forward to seeing you there! For further information check our Chapter web site or go directly to www.weswim4ms.org.

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



The mission of the National Multiple Sclerosis Society is to end the devastating effects of MS.

Wheeling On the Boardwalk

By Nancy Herbst

Wow, what a find for wheelers who love nature!!!! Pinecliff Sanctuary is one of the sites belonging to the Saw Mill River Audubon. As you drive to the end of the residential Pinecliff Road you immediately see a welcoming sign indicating that the sanctuary is wheelchair accessible and was built to standards of the Americans With Disabilities Act. The trail is 1/4 mile of boardwalk, looping swamp and marshland as well as forest.

After the excitement of being at such a special place, you will notice the sounds around you: birds, chipmunks, bullfrogs. You can enjoy rolling along the boardwalk with friends and family of all ages as you view the 12 inch bullfrogs with their heads above the water, the wildflowers and trees. The boardwalk offers several views overlooking the swamp and benches for able bodied friends to sit and contemplate

this natural habitat. I have been told that the best time to be there is at dawn or dusk when nature is "talking". However, anytime you are there will truly be a treat.

The wheelchair accessible boardwalk was made possible through the financial support from a Westchester County Community Development Block Grant, through numerous contributions from local organizations, Audubon members and friends, and through the volunteer labor of Audubon members and sanctuary neighbors.

Pinecliff Road is off of route 120 (Quaker Street) approximately 1/2 mile north of the Route 120 Chappaqua Exit of the Saw Mill River Parkway in Westchester County.

There is no sanctuary sign on Route 120 so just look for the street sign on the right side of the road.

■ President's Letter

— continued from page 2

and difficulty in finding good health care professionals, including both doctors and physical therapists that are knowledgeable about multiple sclerosis, are the major concerns.

For those in Orange and Sullivan counties these concerns are compounded by problems with transportation that make it difficult to get to many service providers even when they have been identified and recommended.

As with all surveys there is always concern about those who did not respond and if

we are gaining a true picture of what is needed. We will continue to dig down into the responses we have received and conduct a series of follow-up focus groups with clients, health professionals and other service providers to help us be sure we are providing the best possible range of services for clients and family members.

If you have any comments or questions regarding this project I encourage you to contact me by e-mail at william.oreilly@nyv.nmss.org.

Bill O'Reilly, Chapter President

Disabled Riders Coalition

In the Fall of 2004 in response to the New York Transit Authority's plans to curtail certain services and increase fares within their covered areas, the Disabled Riders Coalition was formed to promote accessible public transportation throughout the New York Metropolitan area.

The Coalition attends MTA Board and Committee meetings, represents individuals with disabilities and advocates the needs of the disabled to provide greater access to the transportation system.

In addition, they offer a resource to riders with disabilities by providing door to door accessible route information from anywhere within the New York area, including parts of New Jersey and Connecticut.

There are several forms of membership in the Coalition, some starting as low as \$10. Members are entitled to 5 free route

information intra-state trips and one free interstate trip per year.

For complete information on membership and to receive all resources, go to www.disabledriders.org. There you can submit your trip information and a representative from the transportation team will respond with detailed travel options. Please note that your request may take up to 48 hours to process.

If you need directions sooner, please complete the form and then immediately E-mail travel@disabledriders.org and they will make every effort to accommodate your request. For immediate directions call 914-490-0518 (additional charges may apply).

Non-members are entitled to 1 free trip (limited time offer). Additional intra-city trips will be billed at \$2, intra-state trips at \$3, with interstate trips billed at \$4.



I got my life back....

Thanks to my self-help group I found a support network and understand what to expect living with MS.

My bequest to the National MS Society is like a gift of love to my family.

Contact the Society and ask how you can help others with MS through your will or trust.

I want to help those with MS ... this is why I give.

1-800-923-7727

visit nationalmssociety.org



One Step Closer to a Cure - Thanks to the 2006 MS Walk

Over 3,000 people, including 250 teams, participated in the Southern New York Chapter's annual MS Walks this past Spring. Every year, the Chapter holds an MS Walk in each of the 5 counties we serve: Westchester, Putnam, Rockland, Orange and Sullivan.

Starting the walk season off, was the largest of our walks, held at Playland Park. Although there was a down pour of 5 inches of rain, no amount of rain could dampen the spirits of our incredible walkers and fantastic volunteers whose dedication to the fight against MS was a testament to us all. These wonderful folks serve as a beacon for us all to stay the course and never give up the fight against MS until it is won.

Next was the Sullivan County MS Walk hosted by the Blue Horizon Diner in Monticello. This walk, organized by Society's long time friends Eve Korzelus and Sue Simon, saw an increase of 43% in participation.

This year, we were pleased to introduce a new walk site in Orange County, the beautiful Orange Heritage Trail. We express our thanks to Berkshire Bank for the use of their facilities and to Village of Goshen Police Chief James Witt and his officers for their services. Thanks to the efforts of countless people, we realized an 87% increase in participation- in Orange County.

The final weekend of walks included Bear Mountain State Park where we were honored by the presence of 8 year old, Marissa Englander, the grand daughter of



Carol Ann Mc Owen, MS Staff; Marissa Englander, grand daughter of Sylvia Lawry, and Bill O'Reilly, Chapter President.

Sylvia Lawry, founder of the National MS Society. Marissa walked in support of the Society as a member of team Manheim Steam Walkers.

The final MS Walk of the season, sponsored by Sayegh Law, was located in Carmel. Special events for the kids, games, face painting and clowns were provided and members of the 4H Club attended.

With much gratitude, we are pleased to announce, that to date, our dedicated individuals and teams raised \$667,000.

We express special thanks to all who participated in the 2006 MS Walk. We would especially like to thank some of our major sponsors and area businesses that helped make the MS Walk a success: Sayegh Law, Biogen Idec, Crystal Rock, D'Agostino, Cort Furniture, Entergy, Yorktown Baking Co., Cassone Bakery, Vista, Sysco Foods, Serono Pfizer, Cablevision, Redner's, News 12, and Teva Neuroscience.



Great TZ Bike Tour for MS

The 2006 Tappan Zee Bike Tour for MS is scheduled for Sunday, October 1st. The TZ Ride begins at Kraft Foods in Tarrytown where cyclists choose between 20 and 60 mile treks. After an exhilarating ride over the TZ Bridge, cyclists will stop at Rockland Lake State Park for refreshments. From that rest stop, 20-milers ride back over the TZ Bridge to the finish line while the 60-milers continue north to the Bear Mountain Bridge. After crossing the bridge, the cyclists then ride south along the Hudson River back to the finish line at Kraft.

Registration is now open. Registrations received before July 28th will be entered into a drawing for an Indoor Bike Trainer

donated by Danny's Cycles of Scarsdale.

All cyclists are required to raise a minimum of \$125 in donations to fight MS. Participants must be at least 12 years of age, and those younger than 14 must be accompanied by an adult.

Form a team, or cycle as an individual! Come join us! Even if you won't be riding, you can still contribute to this exciting event! Here are a few of the ways you can help: Volunteer on the day of the event. Come and cheer the cyclists as they cross the finish line. Join the planning committee. Or, recruit other cyclists, and help us spread the word about this important fundraising event!

■ Social Adult Day Program

— continued from page 1

support one another. They meet once a week for 3 hours and the group is facilitated by a therapeutic recreation specialist.

The community offers many adult day programs which are usually funded by Medicaid and based on a medical model. They offer comprehensive medical healthcare, as well as recreation. For many of our clients who do not qualify for Medicaid

and may already have comprehensive medical healthcare, recreational opportunities are rare. Privately paying for this type of program may be cost prohibitive and there are few social models available.

For additional information on recreational activities, call the chapter. One day you may find yourself playing golf, playing tennis or wheelchair dancing.

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-FIGHT-MS to learn about ways to manage multiple sclerosis and about current research that may one day reveal a cure.

Save the Date

July 13
September 7
September 9
October 1
October 14
October 19

Dating & MS: Teleconference
Hudson Valley Renegades
Swim Across The Hudson
Great TZ Bike Tour
Discovery Day with Randy Shapiro, MD
Annual Meeting with Mark Tullman, MD



CLASSIFIEDS

FOR SALE: one year old lightweight manual wheelchair, without legs.
 Contact Mrs. Hulle, 845 744-8897

FOR SALE: 1994 Ford, V8 full size van with a Braun lift. 91,000 miles, runs well. Asking, \$4000. Contact Fred, 914 277-2330



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 National Multiple Sclerosis Society
 2 Gannett Drive, Suite LC
 White Plains, NY 10604

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