volunteerMS

August - September 2012

e-newsletter

Volunteers needed for the following:

- **Bike MS** – Volunteers needed at bike tours in the Hudson Valley and Western New York regions in September. Click here for date and location information.
- **DIY Fundraising** – Create your own volunteer experience in your neighborhood. Rally the help of friends, neighbors and co-workers to find creative ways to raise awareness and critical funds for MS research, programs and services. Click here to learn more about DIY Fundraising.
- **Join an idea team –** Do you have ideas about events that you would like to share? We're looking for task force members in your area. Click here to email Ashley if you're interested.
- **"Distribution Days" for Bike MS locations –** We need help distributing event information near you. Click here to email Ashley if you can help.

Make a (Lemonade) Stand Against MS.

Volunteer in your own community while raising awareness about MS: host a lemonade stand by August 31 and donate the proceeds to the National MS Society Upstate New York Chapter. Click here for a flyer template to get your Stand started. This is a great volunteer opportunity for families! Click here for more information about the Stand Against MS.

Join in Behind the Scenes!

"Behind the scenes" is a bustling environment that is fun and engaging. Being an office volunteer provides the opportunity to build relationships, meet new people, and give back to the community through individual impact. As an office volunteer, you will perform a wide variety of office support duties related to the preparation for special events and programs in a given area. These duties may include making phone calls, data entry, creating flyers, etc. Contact Ashley to discuss how you might get involved at the office near you. Email: ashley.greenman@nmss.org. Phone: 585-271-0805

Student Internship Opportunities

We are currently recruiting interns for the fall semester in Rochester, Buffalo and Binghamton. Click here to learn more about the internships we offer and how to apply. Be sure to pass this along to college students you know who may be looking for an internship.

Become an MS Activist

Become part of a group of dedicated individuals who want to influence legislation on local, state, and federal levels of government that will improve the lives of people with multiple sclerosis. The MS Action Alert makes advocating for people with MS easy.
Click here to find out more or to join now!

Feedback or Suggestions?

Do you work for a company that provides rewards for volunteer efforts? Check with your employer or contact Ashley Greenman to find out about possible volunteer partnership opportunities.

Be sure to click "opt out" below if you do not want to receive the volunteer e-news.