volunteerMS

October-November 2012

e-newsletter

Volunteers needed for the following:

- **Join an event planning team –** We're looking for task force members for Walk MS, Bike MS, and our On the Move Luncheon. Click here to email Ashley if you're interested.
- **Office assistants - Albany, Binghamton, Rochester, and Buffalo.** Are you willing to help in the office on an as-needed basis? Click here to find out more.
- **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.
- **Do you want to help raise awareness in your area?** Join the MS Awareness team! We are looking for creative volunteers to help raise awareness about the MS cause across the chapter. If you are interested, or would like more information, click here to contact Ashley.

Are you an MS Ambassador?

MS Ambassadors are grassroots volunteers who are trained to spread the word about the MS cause in their communities by way of healthcare professionals, community centers, the media, and health fairs. MS Ambassadors have the chance to increase the chapter capacity through fundraising, advocacy, and overall awareness efforts. We rely heavily upon the efforts of volunteers to communicate the availability of vital chapter programs and services to communities.

The chapter will have a formal training in November for anyone interested in becoming an MS Ambassador. Click here to find out more!

Albany-Area Volunteers – We need you!

We are looking for a few volunteers to help at Faddegon's Nursery in Latham on October 13. They are hosting a Pumpkin Festival and Llama Walk with proceeds to benefit the National MS Society Upstate New York Chapter. Are you willing to attend this fun, family event and help out at our information table for an hour? If so, please contact Ashley today!

Be a Friendly Visitor.

The Friendly Visitor program provides companionship and emotional support to nursing home residents and individuals isolated in their home due to the effects of multiple sclerosis. Click here to learn more about volunteering as a Friendly Visitor.

Feedback or Suggestions?

Do you have any feedback about volunteering? Please click here to provide your thoughts, suggestions and questions about volunteering.

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