volunteerMS

February-March 2013

e-newsletter

Sign up now for the following volunteer opportunities in 2013

- **"Distribution Days" —** We need help distributing event information near you. Click here to email Ashley if you can help.
- **Walk MS** — Volunteer Registration is now open for 2013. Click here to sign up to volunteer at a site near you!
- **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.
- **Bike MS** — Volunteers needed at rides in the Finger Lakes, Hudson Valley and Western New York regions. Click here for date and location information.
- **MS Service Day — Start a Team NOW!** Be part of a vital community outreach initiative on October 5 to help with house projects for someone who has MS. Click here to start a team near you.

MS Awareness Week volunteers needed!

MS Awareness Week is March 11-17 and we're looking to raise awareness across the chapter in many different ways. Can you set up a table of information at a local community center or mall? Can you contact your town, village, or city and have them light a prominent area in orange? Let us know what you're doing in your area to raise awareness!
Email Ashley.Greenman@nmss.org, or call 1-800-344-4867.

Rochester-area Volunteers:

We need your help March 11-22 in the office. If you have a few hours during that time to help us make phone calls in preparation for Walk MS, please let us know. Email Ashley.Greenman@nmss.org, or call 1-800-344-4867 if you can help.

Become a Friendly Visitor.

The Friendly Visitor program provides companionship and emotional support to nursing home residents and individuals isolated in the home due to the effects of multiple sclerosis. Click here to learn more about volunteering as a Friendly Visitor. We are currently in need of Friendly Visitors in the following areas: **Lockport, Porter, Buffalo, and Binghamton**.

MS Ambassadors: training now scheduled!

MS Ambassadors are spokespersons in one or more of the following roles: health fairs, MS activism, media interviews, speakers to community groups or at special events, event champions, community health volunteers, and research advocates. Click here to sign up for one of the trainings in February: MS Ambassador Training Registration.

Do you have a special skill that you can share with the MS movement?

Are you a graphic designer?

If you have skills in graphic design and are willing to do some pro bono work, we would love to connect with you about upcoming projects!

Are you a photographer?

Would you like to use your photography skills to capture special moments at our events? Let us know if you would like to be considered among our volunteer photographers. Email Ashley.Greenman@nmss.org, or call 1-800-344-4867 to let us know about your skills.