volunteerMS

April – May 2013

e-newsletter

Volunteers needed for the following:

- **Walk MS** – Various dates and locations throughout Upstate New York. Click here to sign up at a site near you!
- **Bike MS** – Volunteers needed for bike rides in the Finger Lakes, Hudson Valley, and Western New York. Click here for dates and locations.
- **MS Service Day Volunteer Teams** – Online registration is now open. Sign up today to volunteer.
- **Data Entry in May –** Do you have experience with Excel? We need your help in the Rochester area for a few days in May. Click here for more information.
- **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.

"Volunteers don't just do the work, they make it work." – Carol Pettit

April is Volunteer Appreciation Month! We recognize that our work is only possible with the help of dedicated volunteers. YOU are a crucial part of the movement toward a world free of MS. Thank you for giving your time, energy and skills as part of the movement to "make it work".

Have you signed up to volunteer at Walk MS yet?

Sign up today. We need a whole bunch of volunteers at each Walk MS site to "make it work" in the following roles: parking directors, registration coordinators, greeters, photographers, route support, food service workers, and more! Click here for more information or to register as a volunteer.

DIY Fundraising pin-ups

Do you want to help with fundraising but don't have time to plan a full-scale event? We have a solution!

Pin-ups allow purchasers to sign their name and post it on a wall to show their support for the National MS Society. You can sell them yourself or collaborate with your local store to have store employees sell them for $1 each. This is a great way to help with fundraising. **If you have an idea on how to use DIY Fundraising pin-ups, email Ashley at Ashley.Greenman@nmss.org.**

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.

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