# volunteerMS

August – September 2013

# e-newsletter

***Volunteers needed for the following:***

- **MS Service Day Volunteer Teams –** Online registration is now open. Sign up today to volunteer.
- **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.
- **Join a Task Force! –** 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.
- **Become an MS Activist** and join 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!

## Bike MS Volunteers Needed

Click here to volunteer at one of these great cycling events near you:

**Southtowns Shuffle:** Orchard Park, NY – August 10, 2013

- rest stop volunteers and medical support needed

**Hudson River Ramble:** Schodack, NY – September 21, 2013

## Festivals Abound

It's festival season in Upstate New York, and the National MS Society Upstate New York Chapter is using the opportunity to reach people in their communities and inform them about multiple sclerosis.

We are currently looking for volunteers to help with information tables at the following fairs:

- **Central New York** Volunteer Fair at Destiny USA – September 17, 3 p.m. to 7 p.m.
- **Orchard Park** Jaycees Quaker Arts Festival – September 21 and 22, 10 a.m. to 4 p.m. *various shifts*

Email Ashley at Ashley.Greenman@nmss.org if you are willing to help at a fair near you.

## MS Service Day Volunteer Teams Needed

We're looking for teams of volunteers interested in helping with house projects/cleaning in the following counties:

- **Monroe**
- **Niagara**
- **Erie**
- **Alleghany**
- **Cattaraugus**
- **Ontario**
- **Wayne**
- **Steuben**
- **Herkimer**

Sign up online or contact Ashley at Ashley.Greenman@nmss.org or 1-800-344-4867 (press 2).

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