



SHIFTING GEARS

Inside this issue:

Jack & Back Early Packet Pick-up	2
Start your own TEAM VILLAGE	2
Alana Healthcare WALL OF HOPE	3
Fundraising Tips & Dinner Slots	3
2012 Calendar	4

Lunch on DAY 1 this year will be served at the FINISH LINE at MOTLOW. There is NO mandatory stop at the TN Fire and Codes Academy!

Special Points of Interest:

- Our Bike MS Rides require a minimum of \$300 in pledges from each rider. Riders have until 7:29 am on the Saturday of the ride to raise and turn in the \$300 minimum. No exceptions!
- Please send your fundraising checks to:
214 Overlook Circle
Ste. 153
Brentwood, TN 37027

Champion Spotlight

We would like to recognize , Lisa Rose, and thank her for her commitment to the fight against MS. Please read Modena's moving story about her life with MS.

I have MS. The spring of 2001 was a life altering experience when I first got involved with the Mid-South Chapter. I was introduced to a young lady by the name of Amy Brown, who along with the rest of the MS society's support team changed my life. My initial thought was if everyone at the MS society was anything like Amy, I couldn't lose this challenge that I had been given. Over the years, the staff has changed, but their goals have remained constant. They have always had our best interest at heart. I do not consider them just friends, but first and foremost...FAMILY.

They are there for us at every turn. Their jobs are not the traditional 8-5. I have seen them working from 5am until 10pm at the Bike to Jack & Back. This group of individuals takes their jobs very seriously, with their main responsibility being to us, the clients. By all of the riders and walkers raising the funds throughout the year, they can provide the much needed services and monies that are needed for research.

Personally, I don't know where I would be without them. I know that I can never give back to them, what they have given to me. They give us all hope and peace of mind. With the Mid-South Chapter doing what they do---WE WILL FIND A CURE.

How to raise \$500 in seven days!

How to raise \$500 in seven days:

- Day 1: Sponsor yourself for \$20
- Day 2: Ask five family members to sponsor you for \$25 each.
- Day 3: Ask four friends to contribute \$20 each.

Day 4: Ask five co-workers to donate \$15 each.

Day 5: Ask five neighbors to contribute \$10 each.

Day 6: Ask your boss for a company donation of \$50.

Day 7: Ask four businesses you frequent for a



re·source·FULL

Being a resourceful person often means skillfully and promptly dealing with new situations and change in one's life. Nowhere is this more telling than for those living with a chronic medical condition.

A big part of life management relies on resources, or assets. People are often the most under-utilized of all assets. We rarely take inventory of who our human assets are until we need them. Furthermore, it is not unusual to rely on a single individual for support.

Identifying, planning and building our resources is important to ensure we have the tools we need each and every day. So, where to begin? How do we identify and attain a team that effectively helps us move more easily through life?

The best place to start is with ourselves. As individuals, we are the only people who understand exactly how we feel, what we need and how we cope within our unique lives. As a result, we are our best asset.

Asset Inventory

Starting with what we know, we must identify the following types of assets.

Family /Friends – Amongst our family and friends, who helps to comprise our support networks? Identify those that are able to help with family responsibilities (kids, pets, homes), transportation, emotional support and spiritual needs. For instance, a spouse or partner is often well suited to provide emotional support, transportation, act as power of attorney, etc. Furthermore, above and beyond their ability to provide comfort, children are also great at providing technical assistance with computers and help around the house. Lastly, friends can do everything your family can do, and more, providing respite for your spouse and children.

Health Professionals – Many of us have more than one doctor, pharmacist, therapist, etc. Each fulfills not only a different medical need, but also vary from one to the other in terms of quality, attentiveness and availability. Identify the primary care physician, specialist(s), physical therapist(s), trainers and other health providers to be considered assets. Your medical team members can coordinate care and resources as they pertain to your medical, insurance and home needs.

Work – Many of those who work out of the home look to their Human Resource (HR) departments for solutions in the workplace. Yet some may be surprised to learn that HR professionals are often trained to provide various types of support that can help employees throughout their lives. If possible, look to HR departments for additional resources.

Finances – A point of stress and challenge for most, financial resources can always seem to be in low supply and/or out of reach. Some people have more needs than others. Understanding of your financial situation early on will help you define the resources that you will need.

Asset Utilization

Without a clear plan of how these assets work independently and collectively, they don't do us much good. Once an asset inventory is exhausted, it is time to develop a plan for tapping into them appropriately. This step in preparation is very important, as it takes much of the guesswork out of addressing unexpected challenges. As with the asset inventory, proper asset utilization begins by asking and answering numerous questions.

- 1) How is my general health?
- 2) Is it time to change, improve and/or optimize well-being?
- 3) How well do I know my disorder(s)/health challenges?
- 4) How am I able to adapt to changes in my health, both positive and negative?
- 5) Aside from myself, how can each of my human assets, my friends and family members be best utilized?
- 6) Do I understand the treatments and therapy options available?
- 7) How am I managing stress, if at all?





"JACK & BACK"

TEAM VILLAGE

TO RESERVE YOUR SPACE AT THE MOTLOW TEAM VILLAGE PLEASE
EMAIL LAUREN BY SEPTEMBER 24 AT lauren.looser@nmss.org

Welcome to the Team Village!
It is our honor to invite you to join us. We know it takes many to pull it all together. From the volunteers that assist you, to the donors who write the checks, to the family members who support your training and fundraising, to those with MS who motivate and inspire... all are working together for a cure. What better way to celebrate your team's accomplishment than to gather all your friends, family, supporters and team members under one tent at the event to toast your team's victory! This is what the Team Village is all about. *If you have*

questions ,please call: Lauren Looser at 615-690-5349

What is the Team Village?

The Team Village is a group of tents placed at Motlow State Community College on Saturday, October 1, for teams and their members. Each team that chooses to participate will have their own tent in the Village for their team members, family members, co-workers and friends to enjoy.



How it Works

Teams rent or bring their own tent, tables, and chairs that are set up by coworkers or family

members in the Team Village. Teams can get donations of food, solicit massage therapists only for their team, have volunteers set up decorations and much more.

Things to Bring:

- A tent for your team!, chairs, tables, etc.—Have a friend or coworker set these up
- Arrange for your own team massage therapist.
- Paraphernalia to hand out (i.e. key chains, stickers, etc.)
- Disposable cameras and/or video cameras



re·source·FULL cont.

Answers to these questions and others should be numbered in order of importance. It also doesn't hurt to gather input regarding priorities from your network of family and friends. Doing so can enrich relationships and illuminate potentially unexplored areas of your life.



Being "resourcefull" is an ongoing process. Consider the tips presented here as a starting point. Life presents us with many challenges, and "making lemons out of lemonade" is usually harder than it sounds. Knowing exactly who we have to help us through difficult times, and how they best fit within each of our lives, can make all the difference in the world.

Maggie Davidson, RN

Maggie is the Director of Pharmacy Operations for Nashville-based Alana HealthCare.

Alana HealthCare is a provider of health care services for those living with chronic disease and the physicians who treat them, offering infusion therapy in the home and at their Alana Infusion Center located in Nashville, TN. Learn more at www.AlanaHealthCare.com

DINNER SLOTS

If you have not done so already, please be sure and sign your TEAM up for a TEAM dinner slot.

Individual cyclists & volunteers will also need to sign up for a dinner slot.

Choose between:

- 5PM-6:30PM
- 7PM-8:30PM

Please keep in mind your team's level of expertise and route selection when choosing a dinner slot.

The hill when be cleared in between each time slot.

The Official Newsletter of Bike MS

National MS Society Nashville:
214 Overlook Circle
Suite 153
Nashville, TN 37027

National MS Society Memphis:
5341 Estate Office Park Dr.
Suite 2
Memphis, TN 38119

Phone: 1-800-FIGHT MS
Fax: 615-269-9470

JOIN THE MOVEMENT

2012 Calendar of Events

JOIN THE MOVEMENT

SEPTEMBER

- Jack & Back Early Packet Pickup: September 17-21
- Jack & Back Volunteer Training: September 27

OCTOBER

- Jack & Back Ride: October 6-7
- Post ride Team Week: October 22-26

NOVEMBER

- Post-Ride Prize Deadline: November 9



TOGETHERinMS.com

SPECIAL THANKS

TO:

