

# MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | JUNE - AUGUST • 2012

## CHAPTER AWARDS \$23,500 IN COLLEGE SCHOLARSHIPS

Providing an opportunity for students to continue their education is a priority of the Society. This year, a total of \$698,675 in scholarships was awarded to 409 deserving students across the country, including \$23,500 to 11 from the Utah-Southern Idaho Chapter. All excel in their academics, demonstrate tremendous character and either have a parent with MS or have MS themselves.

“The Society’s scholarship program is possible because of the efforts of each and every person who supports the National MS Society,” said Chapter President Annette Royle-Mitchell. “MS can be an expensive disease and it should not stand in the way of an education. We are hopeful this program gives families some relief while also inspiring the recipients to reach for their dreams.”

The Chapter’s highest scholarship honor, the Val and Edith Green Scholarship, which grants \$6,000 over the course of two years, was awarded to Mikka Wallace (Fruit Heights, Utah). She plans to study business at Utah Valley University and does not let her MS diagnosis stop her.

In addition to being a good student, she is active in her

church, is a teacher’s assistant and is a member of the Future Business Leaders of America. Mikka had also been an avid athlete in several different sports, but when MS presented her with some challenges, she did not let it hold her back. She transitioned from being a basketball player to the team manager.

“I may not be able to go out on the floor and play the game, but I can be a support to the team by being a team manager,” she shared. “I intend to apply this principle in every situation where MS may interfere in my life.”

For the last nine years, the Society’s scholarship program has helped qualified and exceptional students impacted by MS pursue an education. Applications for 2013 will be online in October.

### Scholarship Facts:

- Since 2003, \$6.9 million awarded to 3,513 recipients nationwide
- First qualified students from our chapter received scholarships in ‘07
- More than \$94,000 awarded in our chapter

“Scholarship” continued on page 4

## INSIDE THIS ISSUE



BIKE MS  
PAGE 6



RESEARCH UPDATE  
PAGE 7



ADAPTIVE GARDENING  
PAGE 9



VOLUNTEER SPOTLIGHT  
PAGE 11



**National  
Multiple Sclerosis  
Society**  
Utah-Southern Idaho  
Chapter

## FOCUS ON WELLNESS WITH MS SMART MOVES



Summer is in full swing. If you are like the majority of Americans, your New Year's Resolution is long forgotten. MS Smart Moves is here to help you regain that focus you had at the beginning of the year. MS Smart Moves is a nine-week wellness program designed just for people with MS. The goal is to perform daily healthy tasks in the areas of mind, body and spirit. By the end of nine weeks, we hope the small changes you made have become lifelong healthy habits. You will receive points each day for things such as drinking enough water, doing physical activity and reading. Just keep track of your points and turn them into the Utah-Southern Idaho Chapter each week. At the end of the nine-weeks, we will award a grand prize to the individual with the most points. The Chapter will be there with you along the way, with

weekly emails full of health and wellness tips and also reminding you to turn in your points.

MS Smart Moves begins June 18 and runs until August 19. Visit our website or call us for more information and to register. Let's keep moving this summer!



## THANK YOU: WALKING STRONG AT WALK MS



Photo Courtesy of Shawnda Gillespie

Program presentation speakers at Salt Lake City

A round of applause for everyone who participated and volunteered in our April Walk MS events! Both Boise and Salt Lake City were amazing!

X Games Gold Medalist Tom Wallisch, who did the 3-miles in his ski boots, joined the 4,500 participants in Salt Lake City where we raised \$250,000 and are still working to our goal of \$300,000. The morning started with DJ "DB" from 97.1 ZHT's Morning Zoo and the national anthem sung by the fabulous Utah Voices.

In Boise, KBOI 2 News broadcasted live from the Walk interviewing participants and volunteers about what the event means to them. DJ "Jesse James" from WOW 104.3 and KBOI Sports Director Chris Nettleton kicked off the program and announced the top fundraising teams before people headed out on the route. We met our fundraising goal of \$92,250 and are on track to break \$100,000.

*\*Final fundraising totals were not available before press time.*



Chris Nettleton interviews Andrea Varela

**800-344-4867**

**PUBLICATION OF THE  
NATIONAL MULTIPLE  
SCLEROSIS SOCIETY  
UTAH-SOUTHERN  
IDAHO CHAPTER**

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at [nationalMSSociety.org](http://nationalMSSociety.org) or 800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

The National MS Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The National MS Society assumes no liability for the use of contents of any product or service mentioned.

Information provided by the Society is based upon professional advice, experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National MS Society recommends that all questions and information be discussed with a personal physician.

The National MS Society is dedicated to creating a world free of MS.

© 2012 National Multiple Sclerosis Society, Utah-Southern Idaho Chapter

National MS Society  
Utah-Southern Idaho Chapter  
6364 S. Highland Drive, Suite 101  
Salt Lake City, UT 84121

Boise Office << **NEW LOCATION**  
4696 W. Overland Rd., Suite 222  
Boise, ID 83704

Follow us:  
[facebook.com/MSutahIdaho](https://facebook.com/MSutahIdaho)  
[twitter.com/cureMSutahIdaho](https://twitter.com/cureMSutahIdaho)

**PRESIDENT'S MESSAGE**



**MAKING A DIFFERENCE**

When a picture with Dr. John Rose of the University of Utah Neurology MS Clinic arrived in my in-box last month, I was inspired. It was a picture sent by my friend Rachel who had just returned from a bike ride with Dr. Rose. She wanted to share that it was pretty amazing to ride alongside the guy who has kept her moving for so long. It made me smile. After all, that's what we're all here trying to do – to keep people moving.

Walk MS is another inspiration to keep moving. Our spring Walks in Boise and Salt Lake City rallied approximately 6,000 people to step up to make a difference. We've raised more than \$350,000 and are still counting, with more community walks coming this fall. My good friend Jay took 100 steps at this year's Walk, and I had the pleasure of walking across the finish line with my friend Bob who walked the 3-mile course in 4.5 hours – his own personal marathon. Events like this not only inspire, but they also raise funds to support research and local programs and help us raise awareness about multiple sclerosis.

We all can do something to create awareness. All of our walkers and cyclists are making a huge difference by talking with friends, neighbors and employers about why it is important to support the National MS Society. Some people, like Chris Nettleton at KBOI 2News in Boise, Idaho, or Tom Wallisch, X Games gold medalist from Park City, Utah, help us by using their celebrity to shed a light on the disease. Together we can better educate our community about the effects of multiple sclerosis and rally support to provide programs, services and dollars to help us find a cure.

I'm grateful to live and work in a community that is so generous, and helping us day-by-day make a difference. Thank you!

A handwritten signature in black ink that reads "Annette Royle-Mitchell". The signature is written in a cursive, flowing style.

Annette Royle-Mitchell  
Chapter President

## CONGRATULATIONS! 2012 SOCIETY SCHOLARS

from page 1

Val and Edith Green Scholarship

**Mikka Wallace, Fruit Heights, UT – \$6,000**  
(allocated between 2012 and 2013 school years)

Kevin Bauer Scholarship

**Madison Maners, Nibley, UT – \$2,500**

Willie Blocker Scholarship

**Joseph Vernon, Highland, UT – \$2,500**

Kimberly Gerard Scholarship

**Alexander Locker, Filer, ID – \$2,000**

Christopher Bias Scholarship

**Holly Sagers, Ogden, UT – \$2,000**

Greg Eades Scholarship

**Shelby Vaughn, Riverdale, UT – \$2,000**

Ryan Ren Scholarship

**Karlie Major, North Logan, UT – \$1,500**

Andrea Townsend Scholarship

**Morgan Ryan, Salt Lake City, UT – \$1,500**

Mark Purcell Scholarship

**Julie Dyer, Layton UT – \$1,500**

Kathryn Dailey Scholarship

**McCall Heaton, Payson, UT – \$1,000**

Utah-Southern Idaho Chapter Scholarship

**Jacquelyn Hoogendyk, McCall, ID – \$1,000**

## SOCIETYBLOG

Fatigue, isolation, doctor's visits—and yes, sex with MS—are just a few of the topics covered in the Society's new blog at [blog.nationalMSSociety.org](http://blog.nationalMSSociety.org).

Not much is off-limits to Society bloggers and commenters. Instead, people with MS and MS specialists dig into very personal issues—and universal ones. "In these cyber pages, we intend to open up the doors which have long been closed (by society, by our families and—quite frankly—by many of us living with MS) to discussion," wrote blogger Trevis Gleason on January 4.

## ONLINECOMMUNITY

Earlier this year, the Society launched a new online community! Make meaningful connections - when, where and how you want - with easy access to the best content and resources the MS community can bring you through this new environment. Visit [MSconnection.org](http://MSconnection.org) to learn, share, and connect with others—it's just a click away!

## CAFE CONLECHE

Invitamos a las personas hispanas/latinas con esclerosis múltiple a participar una vez al mes en un grupo telefónico gratis totalmente en español. Para más información o para inscribirse llame al 800-344-4867, opción 3.

(Hispanic /Latino people with MS can participate by phone in a free monthly Spanish-language support group. For more information, call 800-344-4867 and press 3.)

## YOUR NECK OF THE WOODS

What good things are happening in your area? We want to know about it. Please share your good news with Juliann.Fritz@nmss.org.

### SOUTHWEST IDAHO

The NOW (No Opportunity Wasted) and Novartis for MS women's cycling team competed in the Exergy Tour the end of May. Race stages were held in Boise, Nampa, Kuna, Crouch/Garden Valley and Idaho City. Phil Keoghan, host of "The Amazing Race" and NOW research champion, helped put the inspirational team together. Learn more about the team at [nowcyclingteam.com](http://nowcyclingteam.com).

### BOISE

To celebrate a successful Walk MS Boise, Payette Brewery hosted Kegs 4 A Cure in honor of the walkers, with a portion of the evening sales also being donated to the Society.

### HAGERMAN

High school senior Jared Knott helped spread MS awareness by hosting several information booths at his school and outside Malad Gorge State Park. He made an info display board and passed out orange ribbons and fact sheets about MS. Thank you, Jared!

### RIVERTON

For Hayden Ayers' Eagle Scout project, he recruited and led 50 volunteers to help set-up Walk MS Salt Lake City. He also raised money to feed them dinner once they completed preparing and organizing the registration area that would welcome approximately 4,500 people the next day for Walk MS.

### SALT LAKE CITY

While many throughout the Chapter supported MS Awareness Week, we give a big thank you to Comcast, Wendy's restaurants of Utah and Storage Pro for donating their marquee reader board signs to help spread MS awareness during the Week.

### ST. GEORGE

Chili's of St. George hosted a Community Give Back Day, with 15% percent of each purchase on March 27 being donated to the Chapter. Chili's donated more than \$200. Thank you to everyone who participated!



Walk MS volunteers organized by Hayden Ayers

## ONLINE PEER SUPPORT

Do you currently volunteer with us in a peer support program, or would you like to learn how to do so? Are you interested in participating in a new nationwide peer support program? If yes, read on ...

The Society's Online Peer Connections program is currently seeking people with MS or family members of people with MS who are interested in becoming peer support volunteers. As a volunteer, your profile would be included in an online database, searchable by demographics such as age or mobility status. Once a person with MS selects you as their peer support person, you would then arrange to speak one-on-one either via email or telephone on an agreed-upon topic. All conversations are confidential.

Visit [nationalMSsociety.org/onlinepeerconnections](http://nationalMSsociety.org/onlinepeerconnections), or contact Monica Aden, Online Peer Connections program coordinator, at 303-698-6100, ext. 15169, [Monica.Aden@nmss.org](mailto:Monica.Aden@nmss.org) to learn more.

## RIDING WITH MS AND MOVING FORWARD



Renee's Support System – Sons Keenan and Zak

A few years ago, Renee Burkley of Heber City, Utah, began to experience weakness and foot drop in her right leg. She assumed it was nerve damage from a surgery she had in the past. However, doctors told her something more was going on. Soon she began to experience extreme dizziness, fatigue, weakness, appeared to have had a stroke and could hardly move. Last November, she was diagnosed with MS. Even though Renee has a hard time walking, the one sport she refuses to give up is cycling.

Renee will experience her first Bike MS: Harmons Best Dam Bike Ride in June. With her husband, son and friends by her side, she has a goal to ride as far as her body will allow her. "I am glad to keep my body in motion. I enjoy doing that especially on my bike," she says. "Motion is lotion, the more you move your joints the easier it is to keep them moving."

Despite the pain in her hips and weakness in her legs,

Renee pushes herself to ride once or twice a week on the beautiful country roads near her home to prepare for Bike MS. Her goal is to work her way up to being able to ride one and a half to two hours each time.

Renee initially worried about the Bike MS event, wondering what she would do if she didn't feel well when she wakes up. What should she do if she can only go 5 or 10 miles? Soon she realized what's important is enjoying the event and connecting with the MS community. "I believe the reason this has come into my life is to connect with others who have MS and to help them find resources they weren't aware of.

"Laughter is also healing and I want to share with the MS community some of the funny situations that we all experience with this disease, so if anyone has a funny anecdote they would like to share, please email me at [rlburkley@gmail.com](mailto:rlburkley@gmail.com)."

Renee would like to thank those supporting Bike MS and wants them to know they are supporting research and hope for a future cure. She invites all to come join her as a participant or volunteer at Bike MS this year.

### **DON'T JUST RIDE. BIKE MS!**

Sign up today. It's an event that isn't just measured in miles.

**June 23-24**  
Logan, Utah

**August 18-19**  
McCall, Idaho

## BIKE MS CHAMPION

Sign up to be a Bike MS Champion. This program pairs people living with MS with cyclists who ride in their honor. Donate your story and be extra inspiration behind a participant's efforts. Click on "News and Updates" at [bikeMSUtah.org](http://bikeMSUtah.org) or [bikeMSIdaho.org](http://bikeMSIdaho.org).

## SURVEY SAYS WALKING ISSUES IMPORTANT TO ADDRESS



Susan Cohn-Child, diagnosed in 1995, walks with son Zach

Seventy percent of people with MS who have difficulty walking see that as the most challenging aspect of managing their disease, according to a recent survey

sponsored by the National MS Society and Acorda Therapeutics, maker of Ampyra, a drug intended to improve walking.

Respondents to the survey reported that problems with mobility restrict their daily activities and affect their emotional and financial well-being. Some 60% of adults with MS who experience difficulty walking have fallen; for a third of them, a fall resulted in an injury.

While 65% of those surveyed reported walking difficulties or trouble with balance, 40% “rarely or never” discussed the issues with their doctor.

“Clearly we need to encourage and empower people with MS to discuss walking impairment with their doctor, including newly diagnosed patients who may be experiencing only mild problems with walking or balance difficulties,” said Nicholas LaRocca, PhD, vice president for Health Care Delivery and Policy Research at the Society.

## RESULTS IN FOR POTENTIAL MS THERAPIES

- In a two-year Phase III trial, the oral MS therapy BG-12 significantly reduced—by up to 51%—the average number of annual MS relapses. More than 1,400 people with relapsing-remitting MS participated in the study. BG-12 is thought to inhibit the immune cells and molecules that are involved in MS attacks on the brain and spinal cord. This study should help to define further the safety and promise of BG-12 as a potential therapy for relapsing MS.
- The experimental intravenous MS therapy alemtuzumab significantly reduced relapse rates and the worsening of disability in a two-year Phase III study that compared alemtuzumab to Rebif. The study, called CARE-MS II, involved 840 people with relapsing-remitting MS. The FDA has fast-tracked alemtuzumab, which should speed up future review.
- A study of 324 patients comparing the MS oral therapy teriflunomide with Rebif found no significant difference in the numbers of participants in each group who experienced events defined as treatment failure. Teriflunomide is thought to prevent damage to the nervous system by immune cells. A previous phase III trial was more successful and three others are ongoing. The FDA is reviewing an application for marketing approval of teriflunomide.

To stay current on MS therapies in the pipeline for FDA approval, sign up for MS eNEWS at [nationalMSSociety.org/signup](http://nationalMSSociety.org/signup).



## Is BETASERON therapy right for me?

### Choose BETASERON

► Early treatment with BETASERON  
delayed conversion to CDMS by 50%  
( $p < 0.0001$ ) at 2 years<sup>1</sup>

► BETAPLUS®—the MS support program rated  
best\* by physicians for:

- 24/7 MS-trained BETA Nurse support
- \$0 copay<sup>†</sup>



► **Indications and Usage:** **BETASERON® (interferon beta-1b)** is indicated for the treatment of relapsing forms of multiple sclerosis to reduce the frequency of clinical exacerbations. Patients with multiple sclerosis in whom efficacy has been demonstrated include patients who have experienced a first clinical episode and have MRI features consistent with multiple sclerosis.

► **Important Safety Information:** **BETASERON** should be used with caution in patients with depression

- Injection-site necrosis has been reported in 4% of patients in controlled trials. Patients should be advised of the importance of rotating injection sites
- Severe hepatic injury, including cases of hepatic failure, has been reported. Patients should be monitored for liver enzyme elevations while taking **BETASERON**
- **BETASERON** should be used with caution in patients with seizure disorders or cardiac disease
- Female patients should be warned about the potential risk to pregnancy
- Cases of anaphylaxis have been reported rarely
- The most commonly reported adverse reactions are lymphopenia (low numbers of a certain kind of white blood cell), injection-site reaction, asthenia (general weakness), flu-like symptom complex (flu syndrome and/or a combination of at least two Adverse Events from fever, chills, muscle aches, tiredness and sweating), headache and pain. Gradual dose titration and use of analgesics during treatment initiation may help reduce flu-like symptoms

See "Warnings," "Precautions," and "Adverse Reactions" sections of full Prescribing Information.

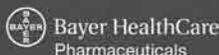
**Please see accompanying full Prescribing Information.**

**Reference: 1.** Kappos L, Polman CH, Freedman MS, et al; the BENEFIT Study Group. Treatment with interferon beta-1b delays conversion to clinically definite and McDonald MS in patients with clinically isolated syndromes. *Neurology*. 2006;67:1242-1249.

\* In a survey of 199 physicians conducted by JZM/Phoenix Healthcare Practice, BETAPLUS®, an MS patient support program for those on BETASERON, was rated "best" for affordable therapy, copay assistance, and nurse access and training, compared to MS support programs for Avonex®, Copaxone®, and Rebif®. *Attitude, Awareness and Use Tracking Study Among Physicians*, June 2008.

<sup>†</sup> Some restrictions apply. Copay assistance is limited to \$9500 per patient per calendar year. Patients who are enrolled in any type of government insurance or reimbursement programs are not eligible. As a condition precedent of the copayment support provided under this program, e.g. copay refunds, participating patients and pharmacies are obligated to inform insurance companies and third party payors of any benefits they receive and the value of this program, as required by contract or otherwise. Void where prohibited by law, taxed, or restricted. Patients enrolled in Bayer's Patient Assistance Program are not eligible.

Model used for illustrative purposes only.



BETASERON, Bayer, the Bayer cross and BETAPLUS are registered trademarks of Bayer. All other registered trademarks are the property of their respective owners.  
©2011 Bayer HealthCare Pharmaceuticals Inc. Wayne, NJ 07470 All rights reserved. 521-93-0001-11 March 2011

## THE DIRT ON ADAPTIVE GARDENING

Gardening is one of the most popular hobbies in the United States, one that can benefit people both mentally and physically, as well as provide fresh and healthy food. Utah resident LD Artman agrees. She grew up gardening and reaping the benefits of her family's homegrown harvest. Years later, with an MS diagnosis, her passion for gardening has not diminished.

"I love getting my hands in good rich soil. So I started growing a lot of our vegetables and herbs in large containers. These containers allow for the plant to be waist to head high so that I can easily plant, weed, pinch back undesirable growth and then harvest the vegetables, even from my wheelchair!"

LD and her husband have worked out a system in which he fills pots with dirt and surrounds her with what she needs to fill them. This gives her the opportunity to "be creative" and personalize the containers with the colors and types of plants she enjoys.

"There is nothing like a juicy sun-warmed tomato plucked from your own garden or in my case, from my deck and sidewalk."

Adaptive gardening is simply about creating your own space, and gardening experts note that there are few limits to what can be grown in pots. This summer, go play in the dirt and enjoy the fruits – literally – of your labor!

### BE PREPARED – HELPFUL GARDENING TIPS

- Gardening is a "hot" activity in more ways than one. To beat the sun, do outdoor work early or late in the day. Set up a shady rest area with a stool or folding chair on a deck, or under a tree, umbrella or arbor. Wear a hat, gloves and a cooling vest, or carry a spray bottle filled with cool water. (Call 800-344-4867 for information about cooling resources or visit [msassociation.org/programs/cooling](http://msassociation.org/programs/cooling).)

- Set a timer to remind you when to take a break.
- Ergonomic gardening tools, such as add-on handles for trowels or extendable hoes, can help make gardening tasks easier. Go to [AbleData.com](http://AbleData.com) and search for "garden tools" to get an idea of what's available.
- Enlist a buddy, such as a friend or volunteer from a Scout troop or 4-H club, to help with tasks such as hauling bags of potting soil. Local community gardens, botanical gardens or garden clubs may also offer communal space and resources.
- Search online for barrier-free, adaptive or accessible gardening or ask your public library if they have any books on the topic to get an idea of what's possible.



Gardening in a raised bed

## GET INVOLVED, STAY INVOLVED



Both the Utah and Idaho 2012 legislative sessions have come to an end. While the next sessions for both states begin again in January 2013, that does not mean there is not important work to be done between now and then. Whether you have a few minutes, a few hours or want to make a long-term commitment, there are numerous ways to get involved in MS advocacy.

### Get Educated

With the busy pace of the legislative session over, this is a great time to educate yourself. Make some time to get acquainted with your state's legislative website

([le.utah.gov](http://le.utah.gov) and [legislature.idaho.gov](http://legislature.idaho.gov)). Each site has links to identify who your legislators are, what meetings are happening, and ways to contact your legislator. You can also visit [MSactivist.blogspot.com](http://MSactivist.blogspot.com) to learn more about important federal issues.

### Share Your Story

As someone living with or impacted by MS, you have a story to tell. Take the time to tell it. Call or send an email to your legislators telling them which issues are important to you. You can even set up a time to meet with them. In addition, share your story with us and let us know which issues are important to you. Visit our website at [cureMSutah.org](http://cureMSutah.org) or [cureMSidaho.org](http://cureMSidaho.org) and click on the Share Your Story link.

### Get Involved

There are plenty of ways to get involved in MS advocacy that don't involve a large time commitment. For example, sign up for the Action Alert emails. It is the easiest way to stay up to date on state and federal issues and to know when your legislators need to hear from you. Sign up today at [nationalMSSociety/advocacy](http://nationalMSSociety/advocacy). If you have more time to dedicate to advocacy, we would love to hear from you. Whether you want to attend meetings at your state capitol, meet with your federal legislators or organize other MS activists in your community, let us know. Email [Brook.Osterland@nmss.org](mailto:Brook.Osterland@nmss.org) or call us at 800-344-4867, option 2, and get involved.

## THANK YOU ACTIVISTS! MS ON COMPASSIONATE ALLOWANCES LIST

Thanks to hard work by Society activists, an aggressive form of MS now qualifies for the Compassionate Allowances Program, which expedites the review of Social Security Disability Insurance (SSDI) applications at the Social Security Administration. Thanks to passionate and articulate testimony by MS Activists Dr. John Booss and Yvonne Brown at a March 2011 Autoimmune Hearing held by the Social Security Administration, "malignant MS" was added to the Compassionate Allowances List, allowing people with more aggressive forms of the disease to qualify for SSDI more quickly.

## AMY WOODLAND AND MARISA HYLAND MILLENNIALS ARE ENERGIZED AND READY TO GET INVOLVED



Amy Woodland and Marisa Hyland felt the spirit at Walk MS

If you think high schoolers are too busy with homework, college applications and social activities to volunteer, you haven't met friends Marisa Hyland, 18, and Amy Woodland, 17. These young women have spent the last year volunteering with the Chapter at three special events, as well as making calls and doing community outreach. Both were honored at the January volunteer social for their dedication to the Society, and they keep coming back for more!

Marisa first contacted the Society after hearing about volunteer opportunities through Murray High School. Marisa and Amy both know people with MS, and they were ready to get involved. They immediately signed up to volunteer at the 2011 Walk MS in Salt Lake City, where they encouraged walkers to fill out Wall of Hope cards stating why they walk. At Bike MS Utah, they stayed up in Logan all weekend registering riders and cheering at the finish line. Both said feeling the energy and accomplishment when riders crossed the finish line was their favorite memory from Bike. Marisa remembered watching as a woman with MS couldn't quite finish the ride, so her brother pushed her the rest of the way.

So why should millennials like Amy and Marisa volunteer? Amy said the best part of volunteering is "seeing how many people it impacts and how the events bring people together." She feels that volunteering positively impacts her life and makes her a better person. Marisa loves the anticipation she feels before Walk, which distracts her from the stress of school, and added, "It's better than watching TV!"

## VOLUNTEER OPPORTUNITIES

### MS Movement Ambassador

Do you like educating people about MS? Helping to connect others with MS resources? We are looking for you! Become an MS Movement Ambassador today. Ambassadors help promote the mission of the Society by educating your community about MS, spreading awareness about local programs and services, and reaching out to community agencies in your area.

### Bike MS

These two-day events (Utah – June 23-24 and Idaho – Aug. 18-19) require more than 300 volunteers to help make them a success. There are a mix of

positions and timeframes available from stuffing packets in the weeks leading up to Bike MS to registering and helping cyclists the day of the ride.

### Professional Services

Are you a professional looking to give back via your talents? We welcome support in many ways, including data entry, graphic design, photography, marketing support, legal services, wellness programs, among other services.

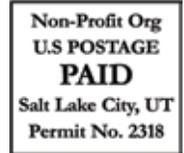
Learn more on our website, email [GetInvolved@nmss.org](mailto:GetInvolved@nmss.org) or call 800-344-4867



**National  
Multiple Sclerosis  
Society**

Utah-Southern Idaho  
Chapter

6364 S. Highland Drive, Suite 101  
Salt Lake City, UT 84121



Join us on Facebook  
MSutahIdaho

# YOUR MSCONNECTION HAS ARRIVED

## CALENDAR @ A GLANCE

New programs are always being added and many require advance registration. Please check the **Chapter's online calendar** ([cureMSutah.org](http://cureMSutah.org) or [cureMSidaho.org](http://cureMSidaho.org)) or call 800-344-4867 for more information and to RSVP.

### JUNE

- 7 Teleconference: Mothers and MS
- 18 MS Smart Moves program begins (see page 2)
- 20 MS Education Series: Pharmacological Management of MS, Meridian
- 23-24 Bike MS Utah: Harmons Best Dam Bike Ride, Logan

### JULY

- 5 Teleconference: Empowered Living with MS
- 18 MS Education Series: MS Research Update, Meridian

### AUGUST

- 15 MS Education Series: Intimate Relationships, Meridian
- 18-19 Bike MS Idaho: Road, Sweat and Gears, McCall
- 19 MS Smart Moves program ends (see page 2)

### ONGOING

- M, W, F WRAP MS Exercise Group, University of Utah
- T MS Exercise Group, Orem Sports Medicine
- T, TH MS Aquatics Class, West Boise YMCA

### SUMMER

Utah-based **Common Ground Outdoor Adventures** has various recreational opportunities this summer for people with MS. They're offered for free or at minimal cost. Read about these outings on the Chapter's online calendar.

**Living Well with Chronic Conditions**, a six-week self-management program, takes place in various communities and at different times. Learn more on the Chapter Calendar or by calling the organizer at 800-705-1699.

Do you know of a program in your community that benefits people with MS? Tell us about it and we'll add it to the Chapter's Calendar.