



**National
Multiple Sclerosis
Society**
Greater
Washington
Chapter



Moving forward

A 2009 ACHIEVEMENT REPORT TO OUR CHAPTER COMMUNITY

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visit our website:
www.MSwashington.org



"Times were tough in 2009. But so are we.

As our community faced nearly unprecedented economic challenges, our Chapter relentlessly pursued its mission to improve the lives of those with MS. By expanding partnerships, initiating new efficiencies and enhancing opportunities for everyone to be involved in the MS Movement, we came to the aid of hundreds of people with MS hit hard by the recession. Thousands more benefited from our continued focus on innovative programs and progressive research. As always, we couldn't have done it without our loyal donors. **Thanks to all of you who helped us keep up our momentum."**

Patty Shepherd-Barnes

PRESIDENT, National MS Society, Greater Washington Chapter

THE NATIONAL MS SOCIETY, GREATER WASHINGTON CHAPTER educates, inspires and empowers those affected by multiple sclerosis. We create innovative programs to meet the needs of people with MS and their families, host exciting fundraising events to give supporters a meaningful role in the MS movement, and fund cutting-edge research into treatments and a cure. With a passion for bringing about a world free of MS, we help everyone affected by the disease to live richer, healthier, more independent lives.

Headquartered in Seattle, the Chapter serves over **9,000 people** living with MS and more than **50,000 others** including friends, caregivers and health care professionals in **23 counties** in Western and Central Washington. We are an affiliate of the National MS Society, which was founded in 1946.



Out of every \$100 donated to the Chapter in 2009...

\$60 was spent to help people live richer, fuller lives with MS by providing them with financial assistance, programs to help enhance relationships with loved ones, educational seminars, wellness experiences and more.

\$21 was spent to support cutting-edge research into new treatments and a cure.

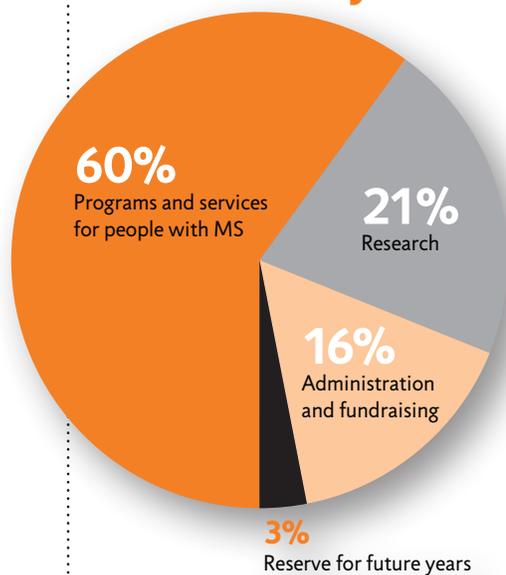
Only **\$16** was spent to support our administration, management and fundraising efforts.

\$3 was put into reserves for future years.

"Our two oldest went to college before my husband died, but Katy wasn't even considering it because she knew we couldn't afford it. Then, suddenly, **it seemed the MS Society was there right beside me**, making it possible for my children to pursue their education. Those scholarships made all the difference in allowing them to make the decision to go to college."

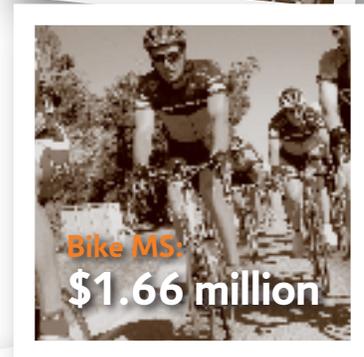
Stephanie Search, mother of three MS Scholarship recipients

Our efficiency



The Chapter's fiscal year begins Oct. 1 and ends Sept. 30

Revenue from our 2009 events



The National MS Society's **vision** is a world free of MS. Our **mission** is to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

visit our website:
www.MSwashington.org

toll-free number:
1-800-344-4867

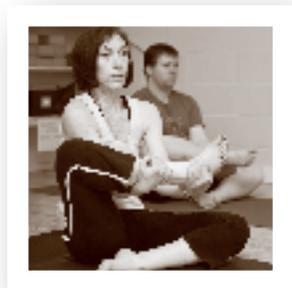
Educating, inspiring, empowering

HIGHLIGHTS OF 2009

- **Increased** financial assistance by 15% over 2008, helping people with MS survive temporary crises and manage the high costs of living with the disease



- **Served** 15% more clients with care management, providing direct in-home support along with connections to community services and resources



- **Sponsored** nearly 20 programs, teleconferences, retreats, socials and other events so that people with MS can live better with the disease



- **Supported** dozens of research projects, including local initiatives to find oral medications for MS, unlock the mysteries of the immune system, and use self-hypnosis and complementary therapies to manage MS pain and drug side effects
- **Engaged** more than 13,000 event participants in the MS Movement through Walk MS, Bike MS, MS Dinner of Champions and MS Luncheons
- **Warded off** the stiffest of proposed cuts in state funding to critical health, housing and employment programs through focused, grassroots advocacy

- **Collaborated** with partners – among them, Aging and Long-Term Care of Pierce County and Central Washington, ElderHealth Northwest, Financial Education Partners and Solid Ground – to leverage resources and better meet multiple needs
- **Merged** with the MS Association of King County, strengthening our services in the community



- **Graduated** our first class of four-year MS scholarship recipients



- **Inducted** Dr. Eugene May of Seattle into the National MS Society Volunteer Hall of Fame for his work in MS advocacy



“We made it. We’re on our way up. If it wasn’t for the Chapter, I’m not sure how we would have done all this.”

Jean and Jeff Henning moved into stable housing after living in their car thanks to financial help from the Chapter

Moving closer to a world free of MS, thanks to your support!

We are honored to recognize the following individuals and businesses for funds donated between October 2008 and September 2009. On behalf of the more than 9,000 people with MS in our Chapter community and the countless others who care for them, **we thank you for your contributions and your confidence.**

Gold

\$100,000 and up

Dr. & Mrs. Ellsworth C. Alvord, Jr.
EMD Serono
The Estate of Grace Hendry
Microsoft Giving Campaign and
Microsoft Matching Gifts
Multiple Sclerosis Association
of King County

Silver

\$50,000 to \$99,999

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“It took a lot of the stress away and showed us in the clinch that **there are people who will help.** It got us over hopelessness.”

Susan Hoddinott, *who received financial help with utility bills from the Chapter*

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"Everyone here is experiencing the same things I am so it makes it less scary. **It builds my confidence** because I see everything they've been through and what we're all still accomplishing."

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Every single dollar brings us that much closer to a world free of MS!



Get involved!

1 VOLUNTEER. We are seeking new ways to involve individuals in outreach to local physicians, community groups, other nonprofits, etc., to effect changes in significant issues such as housing and long-term care. We also welcome volunteers to serve in many other capacities – MS activists to advocate for changes in public policy, self-help group leaders, telephone mentors, office assistants and more. To learn more, go to www.MSwashington.org and click on Volunteer.

2 TELL SOMEONE you know who has MS about the many Chapter programs available to help make their life easier. For an up-to-the-minute list of all our programs, go to www.MSwashington.org and click on Programs and Services and then Chapter Calendar.

3 RESOLVE to get in shape in the New Year and start training early for next fall's two-day Bike MS Ride. Ask your colleagues at work to ride with you (commuting by bike is great for the environment and for physical fitness!) and form a Bike MS team. Learn more at www.MSwashington.org.

4 COMMIT to a "family and friends" team for this spring's Walk MS. Online tools make it easier than ever to recruit, inspire and support team members. Learn more at www.MSwashington.org.

5 DONATE. Make a gift to the Chapter in honor of friends on their birthdays, in memory of loved ones, or simply to support the MS Movement! Go online at www.MSwashington.org and click on Donate.