

## MS CONNECTION NEWSLETTER



## ADVOCACY

## Inspired and empowered, an MS Activist is born

When Veronica Chase used to think about “activists,” she pictured angry and aggressive rioters tossing red paint on fur coats and throwing bricks through shop windows. Now, when she wants to picture an activist, she just looks in the mirror.

**“I never realized how influential I could be simply by telling my own personal story to legislators,” Veronica says. “It’s empowering!”**

Diagnosed with MS in 2009 at the age of 27, Veronica very quickly lost her ability to work. While trying to manage the exhaustion, depression and physical and cognitive issues caused by her MS, she was also caring for her younger sister, who has cerebral palsy. Fortunately, Washington’s so-called “Disability Lifeline”

program was truly just that – a lifeline that covered Veronica’s \$4,000 a month prescription drug bills and provided a safety net for housing and other expenses.

Veronica became an office volunteer for the Greater Northwest Chapter, spending 15 hours a week helping to connect people living with MS to community resources like food banks, physicians and home adaptation contractors. When the Chapter suggested she expand her volunteerism to include advocacy, she was initially reluctant.

*Inspired and empowered, continued on page 3*

### WE’VE GOT A NEW LOOK!

*MS Connection* debuts this month with a fresh design and format. Our goal is to give our readers useful, thought-provoking and inspirational news to help you live your life to the fullest. And remember, if you have impaired vision, you can use Adobe Reader’s magnifying glass icon to read the PDF version of *MS Connection* online. Find the latest issue by visiting [MSnorthwest.org](http://MSnorthwest.org) and clicking on Chapter News.

## EVENTS

## Bike MS



*Thank you to the MS Champs who volunteered their time during Bike MS weekend. To learn more about the Champs program, please contact us at 800-344-4867.*

## CONNECT WITH US ONLINE:

National MS Society,  
Greater Northwest Chapter  
MSnorthwest.org  
MSnorthwest@nmss.org



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Watch us:  
youtube.com/  
GreaterNorthwest/

From the flowering fields and mountains of Red Lodge, Montana, to the lush rolling hills of Mount Vernon, Washington, to the breathtaking mountain views of Girdwood, Alaska, more than 2,000 Bike MS cyclists took to the roads this summer to support the MS movement. Cyclists are now on the final uphill push with their fundraising, working hard to reach the \$2.2 million goal. Learn more about Bike MS or donate now at [bikeMSnorthwest.org](http://bikeMSnorthwest.org). ■



## Take action and make a difference

Whether you write a letter, meet with your state senator or simply have a conversation with friends at the local diner, taking action for MS can make a huge difference.

“Advocacy happens just as much when you’re at the dinner table as when you’re in a legislator’s office. It’s all about changing the public conversation,” explains Chapter Advocacy Director Jim Freeburg. “Putting a post on Facebook about political news affecting MS, writing a letter to the editor, speaking out to your neighbors – those things have power just as much as being in the State Capitol.”

By becoming an MS Activist, you’ll learn about many different ways that you can advocate for changes in public policy benefiting people who live with MS. Learn more by visiting one of these state advocacy websites: [AKmovesMS.org](http://AKmovesMS.org), [MTmovesMS.org](http://MTmovesMS.org) or [WAmovesMS.org](http://WAmovesMS.org). ■

Inspired and empowered,  
*continued from page 1*

Then she learned that a gaping hole in the state budget had put the Disability Lifeline program on the chopping block.

“I was really intimidated at the very thought of going to Olympia and talking to legislators,” Veronica recalls. But the Chapter made it easy for her by providing step-by-step tips for the meetings, talking points on the budget bill and even a carpool with another MS Activist. She felt well prepared.

On the Day of Activism on Jan. 31 – one day before her state benefits were due to expire – Veronica found herself chatting with some of the most powerful lawmakers in the Capitol. Shy at first, she soon “just started talking to them like regular people, telling my story from the heart and putting a name and face to the programs they were considering cutting.”

As she left, the chair of the House Ways and Means Committee told her, “You’ve got to come back to Olympia and tell your story to more legislators. They need to hear you.”

And so she did go back, testifying before the committee and following that up by writing a passionate letter to the editor of the committee chairman’s hometown newspaper.

The Disability Lifeline program was spared by the budget ax.

“We live in a democratic system – it’s not a spectator sport – and legislators really do want to listen to us,” says Veronica. ■



## NATIONAL MULTIPLE SCLEROSIS SOCIETY

National Multiple Sclerosis Society  
Greater Northwest Chapter Regional Office  
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Seattle WA 98109

800-344-4867

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## FALL FITNESS

# As days grow shorter, take your fitness routine indoors

When autumn approaches and opportunities diminish for walks around the neighborhood or bicycling to the park, don't let your fitness routine wind down with the sunshine. Plenty of indoor activities are excellent for people living with MS.

In addition to being essential to general health and well-being, exercise is helpful in managing many MS symptoms. A study published by researchers at the University of Utah in 1996 was the first to demonstrate clearly the benefits of exercise for people with MS. Those patients who participated in an aerobic exercise program had better cardiovascular fitness, improved strength, better bladder and bowel function, less fatigue and depression, a more positive attitude, and increased participation in social activities. Since 1996, several additional studies have confirmed the benefits of exercise.

Here are some tips for staying true to your wellness goals during the fall:

- **Talk to your neurologist** or other health care provider to ensure a new exercise is right for you. If you have trouble with medications or experience an exacerbation, wait until those issues have stabilized.
- **Consider a gym membership.** Many fitness clubs have fall specials to take advantage of people who are moving their exercise indoors after summer.
- **Mall walk.** Invite friends to join you at the local mall and do laps while window shopping. Purchase a pedometer to keep track of your mileage, or simply set a time goal.
- **Exercise inexpensively at home.** For under \$75, you can purchase a pair of 5-pound weights for strength training, a low-impact aerobics CD for cardiovascular fitness and a mat for stretching.
- **Investigate community classes.** Many nonprofit organizations and parks and recreation departments offer free or low-cost exercise classes.
- **Turn to us!** See the box below to find other resources online. Or, call 800-344-4867 and **press 1.** ■

## YOUR LOCAL FITNESS RESOURCES, MS-TRAINED AND ONLINE!

You asked and we listened... and now you can visit [MSnorthwest.org](http://MSnorthwest.org) for a list of exercise resources and instructors throughout the Greater Northwest Chapter who've been trained on MS and physical activity.

In a survey we conducted last year, people throughout the Chapter emphasized to us how important physical activity is for people living with MS. And it would be a bonus, you told us, to work with someone who knows how MS affects movement and flexibility.

That's why, this summer, we started giving fitness instructors access to a free, online course about MS that explains the disease and offers specific strategies

for adjusting exercise routines to accommodate a diverse MS population. Those instructors are ready to help you meet your fitness goals.

- Just go to [MSNorthwest.org](http://MSNorthwest.org) and click on Programs and Services/Exercise is Medicine, for a list of Chapter-trained fitness instructors in your area. You may also call 800-344-4867 and **press 1** to get the same information.
- We are working on increasing our list of resources, so please let us know at [MSnorthwest@nmss.org](mailto:MSnorthwest@nmss.org) if there's a fitness studio or gym near you that you'd like us to contact about the training.
- If you're a fitness instructor who'd like to learn more about MS and be featured in our online list, contact us at [MSnorthwest@nmss.org](mailto:MSnorthwest@nmss.org).

## FALL FITNESS

# Keeping active keeps her MS on the run



## WALK MS 2013: SAVE THE DATES!

It's not too early to start planning for Walk MS 2013! Go to the website at [walkMSnorthwest.org](http://walkMSnorthwest.org), or call the Chapter at 800-344-4867, to find out when your local Walk MS will be held. Mark your calendar now!

No one has to remind Dawn Nelson to stay active all year long.

With 8- and 10-year-old boys, she can hardly avoid it. Dawn and her husband, a former Navy pilot who now flies for Delta, keep the family on the go with snowboarding, hiking, biking and horseback riding. Dawn also runs a small clothing store in Enumclaw, Washington; helps a local ceramics company with quality control and distribution; and heads the art program at her kids' school.

But it's not just family bonding and the need for income that gets Dawn out the door every day. She was diagnosed with MS in 2005, and she finds that regular physical activity throughout the year keeps her migraines and fatigue at bay. The horseback-riding especially helps strengthen muscles that aid in balance, another common MS-related concern.

Also, as the leader since 2008 of a small but "generous and dedicated" team of Walk MS enthusiasts, Dawn finds that any type of exercise — especially the kind that comes disguised as fun — keeps fundraising for the event at top of mind year-round.

You don't have to be a snowboarder or equestrian like Dawn to stay in shape. Consistent activity that gradually increases is the key. Today, try walking around the block, but next week, walk to the corner store. And maybe down the road, train for a 5K walk. People living with MS also might find that regular activity can help alleviate their symptoms. And when Walk MS rolls around next spring, you'll be well-prepared to hit the road!

In fact, keeping active is something Dawn has done her whole life, including when she was newly diagnosed with MS seven years ago.

"I've always gotten out there and done something physical at least a half-hour every day," Dawn says. "I kept that up through my diagnosis, too, because I wanted to enjoy it while I could and prolong my fitness as much as possible. Regular activity also helps battle the depression that can come with MS."

While her family, dogs and horses usually help Dawn hit that daily 30-minute mark, she also has a treadmill at home to keeping her moving when the weather is bad. ■

**"The more active I am now," she says, "the more chance I have to stay active going into the future."**

## ENGAGEMENT

# Growing awareness and involvement – one friend at a time

## ONE MOM TAKES ON THE COMMUNITY WHILE HER DAUGHTER LIVES WITH MS – AND TAKES ON LIFE

When Pat McDonald's daughter, Camron, was diagnosed with MS in 2009, mother and daughter came to an agreement: Camron would focus privately on beating her disease while Pat would focus publicly on beating the drum for MS education and research.



ON THE MOVE LUNCHEON AND WALK MS TEAM CAPTAIN PAT MCDONALD (FIRST ROW, SECOND FROM LEFT) WITH TEAM CAMRON.

It's an arrangement that's benefited both while also advancing the MS movement as Pat has quickly become a dedicated proponent for engaging her community in the cause.

A yoga teacher and physical fitness enthusiast who had always been healthy, Camron thought she was having a stroke when she began experiencing numbness in her legs and tingling in her fingers. She later learned that what she was going through was a major exacerbation of multiple sclerosis.

Pat knew little about MS and her head was swimming with questions. How would MS affect her then 32-year-old daughter? What did the future hold? She realized education and research were the keys to helping Camron and others who live with MS. And the best way to advance education and research would be to raise funds for the National MS Society.

Nearly \$33,000 later, Pat's already making a difference. That's how much she's raised for the Society by recruiting friends to become table captains for Seattle's 2011 On the Move Luncheon – who, along with Pat, brought at least 60 guests to the event – and by organizing 50 people to participate in Team Camron at the 2011 and 2012 Walk MS events.

The key to getting people involved, Pat says, is reaching out to those you're closest to and not being afraid to ask them to get involved.

Today, Camron is doing well and has continued to stay active. And her mother has no plans to slow down on her end of the bargain.

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**“Getting people involved is not about finding 100 individuals to come to a luncheon,” Pat explains. “Start with the smallest denominator: one person, two people, a core group of five. Find 10 people who are willing to invite 10 more. It’s just about being committed.”**

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See page 9 for tips on engaging your friends in the MS movement. ■

## SCHOLARSHIP

# Scholarships fund dreams — and life beyond MS

Jake Nyden has always loved science fiction and realized years ago that he wanted to design airplanes and spacecraft. Now, his dreams are set to skyrocket as the 2012 high school graduate plans to attend Embry Riddle Aeronautical University in Florida with the help of a National MS Society scholarship.

**SCHOLARSHIP RECIPIENT**  
**JAKE NYDEN ON HIGH SCHOOL GRADUATION DAY WITH HIS MOTHER, SABINE ELKINS, AND STEPFATHER, RICHARD SELF.**



As sure as Jake is about where he’s going, he’s just as rock-solid on what brought him to this point and made him into the man he’s turning out to be. His mom lives with MS and he’s been her chief caregiver since he was 13.

“She has secondary-progressive MS with optic neuritis in her right eye, pain in her left leg and occasional numbness in her hands. She sometimes has trouble with her balance and she hasn’t had a full night’s sleep in five years,” Jake recounts, sounding as much like a clinician with a deep understanding of the disease as he does a devoted 18-year-old son.

In helping his mom with her daily living needs for several years, Jake has picked up several life lessons a lot earlier than his peers. He’s had to grow up faster and take on the responsibilities of a money-managing, bill-paying adult, a caregiver and a full-time student all at once. Money’s always been tight and the scholarship will be a huge help.

Jake is taking a year off to join the Air Force before heading to college. He and his mom are hopeful that an impending stem cell treatment will improve her condition enough that she can safely get around the home and care for herself now that he’ll be gone.

As he looks back on the years and thinks about how MS has changed both his mother and himself, Jake says, “I’ve fought for her for so long. Even though I’ll be leaving for the Air Force and college, I’m still fighting for her to get a treatment that works.”

For a proud mother living with MS and the resilient young man she has raised, it’s a victory they both deserve. ■

## APPLY SOON FOR 2013 SCHOLARSHIPS

MS should never stand in the way of an education. That’s why the National MS Society implemented a college scholarship program in 2003 — and we’re still helping people realize their educational dreams 10 years later.

Applications for 2013 scholarships will be available online October 1. Visit [NationalMSSociety.org](http://NationalMSSociety.org) and click on **Living with MS**, then **Society Programs and Services**, then **Scholarship**. Awards range from \$1,000 to \$3,000 and are renewable for up to three additional years. Find eligibility details online.

## RESEARCH

# Connecting the dots: vitamin D and MS

BY DR. LINDA BUCHWALD

Exciting new research is beginning to identify both genetic and environmental factors involving vitamin D that could increase one's risk for developing MS and could influence disease progression. Research is also targeting vitamin D as a potential therapy, with clinical trials being planned or already underway to determine whether it can prevent or treat MS.

## THE LATITUDE EFFECT

There's a long-standing observation that population rates of MS increase the farther away one is from the equator and from the sun, exposure to which is our major source of vitamin D. Could the two be connected? Researchers have been exploring that very question.

Studies of who gets MS have confirmed that higher levels of sun exposure and higher blood levels of vitamin



JOHN, DIAGNOSED IN 2001

D were both associated with decreased risk of a first demyelinating event—often the first indicator of developing MS. In addition, there is evidence that high levels of vitamin D in utero and during adolescence and adulthood also have a positive effect on reducing the risk of developing MS.

Other research suggests that vitamin D may have an effect on the inflammatory processes that occur during MS flares. In a small safety study at St. Michael's hospital in Toronto, researchers found that immune T cells involved in MS attacks were suppressed in people who had higher blood levels of vitamin D.

## GENES, VITAMIN D AND MS

Studies done in families where multiple individuals have MS have resulted in new information that potentially links genetic factors related to vitamin D activation.

In December, Canadian and British researchers published the results of a study that set out to look for rare genetic changes that could explain strong clusters of MS in some families. They studied DNA in 43 individuals selected from families with four or more members with MS.

The team compared the DNA changes they found against existing databases, and identified a change in the gene CYP27B1 as being of interest. The CYP27B1 gene plays an important role in converting Vitamin D to a biologically active form. The researchers then looked for the same rare gene variant in over 3,000 families of unaffected parents with a child with MS. They found 35 parents who carried one copy of this variant along with one normal copy. In every one of these 35 cases, the child with MS had inherited the mutated version of the gene.

## THE ROAD FORWARD

Further research now underway will determine if vitamin D may have preventative as well as disease-modifying effects. In EAE, the animal model of MS, vitamin D supplementation prevents and slows the progression of the disease, while vitamin D deficiency

worsens the disease. We also know that high vitamin D levels in people with MS have been associated with decreased risk of exacerbations and less severe disability.

To what extent vitamin D can influence the course of MS once someone's been diagnosed is still unclear; however, research is being planned to clearly define the role of vitamin D in the prevention, progression and treatment of MS. For instance, researchers at Johns Hopkins University are leading a multicenter controlled clinical trial funded by the Society to determine whether high-dose vitamin D added to standard therapy with Copaxone further reduces disease activity in people with MS. (To learn more about this trial, which is still recruiting participants, visit [www.clinicaltrials.gov/ct2/show/NCT01490502](http://www.clinicaltrials.gov/ct2/show/NCT01490502).)

What is clear is that vitamin D deficiency is extremely common in many parts of the country. The optimal approaches for vitamin D supplementation in the general population and in those with MS have not been established, yet it is important that everyone take a minimum daily amount of vitamin D supplement. I recommend at least 2,000 IU and no more than 4,000 IU per day for my own patients with MS; however, official recommendations are lower (see [www.ods.od.nih.gov/factsheets/VitaminD-QuickFacts](http://www.ods.od.nih.gov/factsheets/VitaminD-QuickFacts)), so ask your healthcare providers what they recommend for you. Due to the inherited risk of MS and the possible preventative effect of vitamin D supplementation, also discuss the possible implications of vitamin D deficiency and supplementation for your children. ■



**Dr. Linda Buchwald** is chief of Neurology at Mount Auburn Hospital in Cambridge, Mass., and the medical director of the Mount Auburn Hospital

Multiple Sclerosis Care Center. She is a trustee of the Society's Greater New England Chapter and Clinical Advisory Committee member.

This article originally appeared in the Greater New England Chapter's Spring 2012 MS Connection.

## ENGAGEMENT

# How to draw others to the MS movement

Mom and expert friend-raiser Pat McDonald has figured out what it takes to bring more people into the MS community. Here are a few thoughts from Pat and from the Chapter:



- **Your efforts to engage others will grow exponentially.** Begin with just a few friends and then watch your influence grow – like throwing a pebble in the water and watching the rings move out.
- **Be vocal about the impact of MS on your loved one when you talk**

**to people.** That can lead into a discussion of how they can get involved and help the cause.

- **Let people know that research related to MS may also help others affected by different autoimmune diseases.** This widens the circle for friend- and fund-raising.
- **Just do it, as the ads say.** Each time you ask someone to do something – attend an event, pledge to support a Walk MS team, make a donation – you'll gain confidence for the next time.

There are dozens of ways that you can get involved in the MS movement and bring others along with you. Go to [MSnorthwest.org](http://MSnorthwest.org) and learn how you can volunteer, participate in a fundraising event, become an advocate for the MS movement and more.

## PROGRAMS

# Living and learning with MS

The Greater Northwest Chapter offers many opportunities to improve your health, enhance your relationships and learn new things. All our programs are free — and many are accessible conveniently and privately by phone, online or in your community. Each program requires preregistration and some have limited space, so sign up early. To register, visit the website at [MSnorthwest.org](http://MSnorthwest.org) and click on **Programs and Services**, or call 800-344-4867 and press 1.

## TELECONFERENCES: PARTICIPATE FROM HOME

Free and available to everyone in the Greater Northwest Chapter area — and beyond!

**MS and the Eye:** Visual symptoms are common in people with MS — in fact they are the first symptoms for many people. Dr. Eugene May of Neuro-ophthalmic Consultants NW will discuss how MS affects vision and eye movements, and how ophthalmologists and neurologists evaluate and treat MS-related vision problems.

Thursday, Oct. 4, 6:30 – 7:30 p.m. PT  
OVER THE PHONE

**Aging and MS:** Dr. James Bowen of Swedish Neuroscience Institute will address the issues of MS and aging, including age and disability-related difficulties, relationship changes, cognitive changes, and effects on employment and Medicare. He'll conclude with advice to help people remain optimally functional as they age.

Thursday, Dec. 6, 6:30 – 7:30 p.m. PT  
OVER THE PHONE

### Mark your calendar for 2013 teleconferences:

All take place on Thursdays, 6:30 – 7:30 p.m. PT

- Complementary and Alternative Medicine, Feb. 7
- Employment and Benefits, April 4
- Sleep Management, June 6
- Intimacy and Family Planning, Aug. 1

**Taking Control of MS: Living a Full Life in the Community:** In collaboration with the Greater Northwest Chapter, Full Life Care hosts this symposium on managing your MS symptoms. Speakers will present on the following:

- Chronic disease self-management
- Nutrition and MS
- Community resources
- Exercise and MS
- Therapeutic tai chi
- Caregiver support

Full Life Care ([www.fulllifecare.org](http://www.fulllifecare.org)) has served King and Snohomish counties in Washington for more than 30 years, assisting adults of all ages in various stages of chronic illness or disability.

EVERETT, WA

Saturday, Sept. 22, 1:00 – 5:00 p.m.  
Full Life Care, 2931 Rucker Avenue

SEATTLE, WA

Saturday, Oct. 13, 1:00 – 5:00 p.m.  
Full Life Care, 4712 35th Avenue S

**Doc Talk:** “Handling New Symptoms and Managing Old Ones” with Lily Jung Henson, MD, MMM, FAAN

Dr. Jung Henson will discuss symptoms associated with MS, how to manage them, when to call a health care provider and “when to chill,” plus additional topics submitted by participants. You'll also learn about programs and services available through the Greater Northwest Chapter.

ISSAQUAH, WA

Tuesday, Sept. 25, 6:30 – 8:30 p.m.  
Swedish Issaquah, 751 NE Blakely Drive

## MS Roadshow in Sequim

The MS experts from Swedish Neuroscience Institute will teach skills and strategies for living your best life with MS. This prestigious team of medical professionals visits Sequim to present “MS 101,” an update on research, exercise and MS, mood and sleep management, sex and intimacy, and Social Security and vocational issues. Refreshments provided.

SEQUIM, WA

**Saturday, Oct. 20, 12:30 – 5:00 p.m.**

Holiday Inn Express & Suites, 1441 E Washington

## Working for Us: Research in Understanding and Treating Progressive Multiple Sclerosis

This informative, two-hour program will highlight the different areas of research in progressive MS, challenges to researchers, and new and exciting ways that researchers are studying progressive MS. Dr. Roger Williams, retired neurologist and MS specialist, will speak and answer questions in layman’s terms. Refreshments provided.

BILLINGS, MT

**Tuesday, Oct. 23, 6:30 – 8:30 p.m.**

Mansfield Health Education Center,  
2900 12th Avenue N

## “MS for the Fresh and the Seasoned” with the MS Center at Virginia Mason Medical Center

If you’re new to MS, join Virginia Mason’s successful MS newly-diagnosed seminar. And for the long-diagnosed, a parallel program will provide the latest updates on research, treatment, exercise, complementary medicine, programs and services available to you from the National MS Society and more. You do not need to be a patient of Virginia Mason Medical Center to attend.

SEATTLE, WA

**Saturday, Nov. 3, 9:30 a.m. – 3:00 p.m.**

Virginia Mason Medical Center, 1100 9th Avenue

## “Improving Well-Being and Function in MS” with the UW Medicine Multiple Sclerosis Center

The MS experts from UW Medicine Multiple Sclerosis Center, now located at Northwest Hospital & Medical Center, will help you gain skills and strategies for living your best life with MS. A prestigious team of medical professionals will discuss advances in MS, emotional well-being and coping strategies, thought and memory changes, and exercise programs. Also featured will be a panel discussion and Q & A with the speakers. You do not need to be a patient of UW Medicine Multiple Sclerosis Center to attend.

SEATTLE, WA

**Saturday, Nov. 10, 1:00 – 5:00 p.m.**

Northwest Hospital, 1536 N 115th Street

### THE NATIONAL MULTIPLE SCLEROSIS SOCIETY IS DEDICATED TO CREATING A WORLD FREE OF MS.

The National MS Society, Greater Northwest 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.

### IF YOU OR SOMEONE YOU KNOW HAS MS

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.

### GRUPO DE APOYO EN ESPAÑOL

La Sociedad Nacional de Esclerosis Múltiple ha comenzado un grupo de apoyo en español, por teléfono, para las personas con EM. El único requisito para participar es haber sido diagnosticado de esclerosis múltiple. Este programa es totalmente gratis. Para más información, o para registrarse, por favor llame al 800-344-4867, y oprima el número 3.



**National  
Multiple Sclerosis  
Society**  
Greater  
Northwest  
Chapter

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[MSnorthwest.org](http://MSnorthwest.org)

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## THE CHAPTER'S ANNUAL MEETING

The Chapter's annual meeting takes place on **Tuesday, Oct. 16**, from 5:00 to 7:30 p.m. at the Rainier Club, 820 4th Ave. in Seattle. At the meeting, we'll present awards to individuals, corporations and community partners whose generosity, professional expertise and volunteerism have moved us closer to a world free of MS. For more information, contact Lauren Spero at 800-344-4867, press **option 2** then 40241.

## ON THE MOVE LUNCHEONS

**Enjoy lunch, be inspired,  
get connected**

People in Western Washington have two opportunities to support the MS cause at annual **On the Move Luncheons** in Seattle and Tacoma.



**Tuesday, October 30**  
SHERATON SEATTLE

Keynote speaker, Sally Johnston, knows first-hand about the impact of multiple sclerosis, not just on those living with the disease but also on their families. Her

husband, Tim, was diagnosed with MS in 2010. His father, long-time Seattle Times reporter Steve Johnston, lived with MS for 27 years before passing away in 2010.

Today, Sally and Tim are helping a third generation – their two young sons – learn to navigate the sometimes challenging, always unpredictable and often inspirational

life of a family living with MS. Sally will share her personal experiences and insights to connect luncheon guests to their own roles in helping advance the vision of a world free of MS.

**Thursday, November 8**  
GREATER TACOMA  
CONVENTION  
& TRADE CENTER

Since Ryan Asdourian, also known to Seattle Seahawks fans as “Blitz” the mascot, was diagnosed with MS in 2008, he has emerged as a visionary leader who tirelessly builds awareness and mobilizes people to join the MS movement.



In 2011, Ryan was presented with the Volunteer of the Year Award from the National MS Society. His inspiration of Team Blitz for Walk MS has raised more \$135,000 to advance the mission of the National MS Society. Don't miss this opportunity to hear Ryan's inspiring story!

To register or learn more, go to:  
[luncheon.MSnorthwest.org](http://luncheon.MSnorthwest.org)