

MS CONNECTION NEWSLETTER



TEAM YEAGER – INCLUDING (FROM LEFT) RAVEN FREE, KRISTIN KIRKENDOLL, JENA LONGANECKER AND PEG PETERSON – AT THE OLYMPIA WALK MS IN 2012.

ENGAGEMENT

Make 2013 your year to get involved

Get connected to the MS community in 2013! It's a sure way to make friends, have fun, learn a lot and live a healthier, more fulfilling life.

Living with MS gets easier when you connect with others and engage in the larger MS community. And friends, family and caregivers also will find it helpful to share the tips and resources that allow them to continue providing loving support.

It's easy to get involved. Call us today at **800-344-4867** to connect with an MS Navigator®, or visit **MSnorthwest.org** for more information. In the meantime, here are some ideas to get you going in this new year:

- Bookmark the Chapter's "Calendar of Events" page at calendar.MSnorthwest.org to keep track of upcoming activities.

HAVE A QUESTION ABOUT MS? CALL AN MS NAVIGATOR!

Interested in connecting with others living with MS? Looking for ways to volunteer? Need help accessing your benefits to get the co-pay for a wheelchair?

A good starting place for just about any MS-related question is to call an MS Navigator at **800-344-4867, press 1**. These trained and compassionate specialists will connect with you and guide you to local, state and national resources.

Finding answers and making decisions relies on having the right information at the right time. An MS Navigator provides answers to your questions and access to information about all of the options available to you.

- **Get educated.** Participate in one of our many in-person or online programs (see pages 10-11).
- Get involved in **Walk MS** during the spring or **Bike MS** in late summer.

Make 2013 your year to get involved,
continued on page 7

FROM THE PRESIDENT

Dear Chapter friends,



It's the connections we make with each other — as people living with MS, those who love and care for them, and the people who contribute their time, skills and financial resources to improve their lives — that have enabled the Greater Northwest Chapter to grow and serve even more people affected by MS through the years.

We are proud that in our fiscal year 2012, despite ongoing national economic difficulties, the Chapter was able to make a profound impact on people's lives. Here are just a few examples:

- We exceeded our budget projections, raising more revenue and effectively managing resources without ever compromising our care for people living with MS or our support of research.
- MS Activists fended off budget cuts that would have drastically impacted quality of life, while also protecting Medicaid coverage.
- Under the umbrella of our MS Navigator® program, we expanded our services by partnering with professionals in the areas of employment, financial planning, health insurance and benefits to support individuals affected by MS.

CONNECT WITH US ONLINE:

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



Like us:
facebook.com/MSnorthwest.org



Watch us:
youtube.com/GreaterNorthwest/

- Generous donations from our Board of Trustees and other loyal Chapter donors jumpstarted local momentum for the National MS Society's bold No Opportunity Wasted (NOW) Campaign to raise \$250 million for research by 2015.

Who made this all possible? That's easy. You!
Your passion and commitment bring a world free of MS even closer. We are grateful to:

- The more than 12,000 people living with MS in our Chapter community. Your courage inspires us to do our best for you each and every day.
- The nearly 50 percent of those we serve who have participated in one or more of the Chapter's free programs or services aimed at helping you live better with MS.
- The nearly 14,000 people who cycled, walked, dined and lunched to raise an incredible \$5.1 million to support research, programs and services.
- The other generous individuals and families who donated \$1.75 million to our Chapter to help bring about a world free of MS.
- The 1,400 volunteers who contributed more than 17,000 hours to help us fulfill our mission — the equivalent of nine full-time staff members.
- The Chapter's dedicated Board of Trustees and staff — quite simply, the very best in all of the National MS Society.

To everyone, thank you! We look forward to working with you and serving your needs throughout the coming year.

Sincerely,

Patty Shepherd-Barnes

Patty Shepherd-Barnes
Chapter President

GET INVOLVED

Heroes on wheels at Bike MS

Throughout the Chapter this past summer — from Hope, Alaska, to Mt. Vernon, Washington, to Billings, Montana — 2,247 heroes of the MS movement cycled to raise an impressive \$1,959,000.

But these weren't the only victories at Bike MS. More than 400 volunteers helped make it happen, and MS Champions played a key role, too. As people living with multiple sclerosis, MS Champions share, educate and build awareness about what MS means to them, both at Bike MS and Walk MS.

“We had more Champs than ever cheering at finish lines and throughout the courses, encouraging cyclists and passing out medals at the end of the day,” says Cara Chamberlin, the Chapter’s volunteer coordinator.

Through MS Champions, cyclists make real, meaningful connections with event participants.

“My daughter, Amber, and I love to pass out medals every year,” says Champion Karen Cuzzo, who was diagnosed in 1995. “It makes us happy to give back to cyclists and thank them. We’re there until the last one crosses the finish line.”

We need you to be an MS Champion for Walk MS this spring! To sign up or to learn more, contact Cara at 800-344-4867, press 2, ext. 40205, or cara.chamberlin@nmss.org. ■



MS CHAMPION KAREN CUOZZO'S DAUGHTER, AMBER, HELPS PASS OUT MEDALS AT BIKE MS.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

National Multiple Sclerosis Society
 Greater Northwest Chapter Regional Office
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ADVOCACY

Advocacy efforts sustain forward movement on critical issues

Fresh into 2013, advocacy efforts at the Greater Northwest Chapter are already in full swing. We have a keen eye focused on critical state and national issues that impact the quality of care and life of people living with MS.

In addition to monitoring the implementation of the Affordable Care Act, including Medicaid expansion and the creation of health insurance marketplaces, we are following and stand ready to take action on prescription drug costs, patient protections during clinical trials and long-term care.

We're also working to extend our community reach by forging relationships and building coalitions to more effectively advocate for change on your behalf. Here are some of the things we've been working on.

ALASKA

The Chapter has teamed up with the Alaska MS Center to share action alerts, partner on recruitment efforts and engage in collaborative outreach efforts. We are looking for new members to join our Government Relations Committee — contact us to learn more.

MONTANA

In advance of Montana's upcoming legislative session, we are coordinating with the leaders on our state Government Relations Committee to cultivate relationships with patient advocacy groups to ensure that the patient community is represented with a united voice when health care issues are discussed.

WASHINGTON

In anticipation of a lengthy legislative session, new governor and legislators, and a challenging fiscal environment, we are partnering with patient advocacy

and disability groups to build a strong base of cohesive support for issues. We'll continue to monitor and promote the implementation of the Affordable Care Act, while responding to ongoing budget challenges that may put programs for people with MS at risk.

FEDERAL ISSUES

The National MS Society continues to lobby Congress for adequate MS research funding to ensure that research dollars keep flowing into laboratories to stop MS in its tracks, restore lost function and end MS forever. This is just one of the many reasons our congressional leaders need to hear from you. As more MS Activists speak out, meet with their elected officials and take action, we'll keep the issues at the forefront in the midst of critical budget negotiations. ■

DAY OF ACTIVISM: YOUR CHANCE TO TELL YOUR STORY

The Chapter is gearing up for our annual Day of Activism in Alaska, Montana and Washington — a single day each legislative session that brings our local grassroots forces directly to elected officials.

We'll provide you with tips, training and support so you can meet with leaders and ask for their support on key issues impacting the MS community. It's a great way to share your personal journey, advocate for critical issues and get to know your representatives.

"We need all the voices we can get contacting our federal, state and local representatives to educate them on the needs of the MS Community," says Holly Hawker, chair of the Washington Activism Committee.

"Join us for the Day of Activism — our legislators pay attention to those orange scarves!" she adds.

Washington state's annual Day of Activism is February 19 in Olympia, and Montana's is set for March 28. The date for Alaska will be announced soon.

WE WANT TO HEAR FROM YOU!

To help the Chapter tell real stories to lawmakers about the impact of MS, we are seeking people to share their stories about these issues:

- Montana residents living with MS and paying extremely high costs for MS drugs.
- Residents of Alaska, Montana and Washington living with MS who have been denied Medicaid due to income.

It's easy to share your story. Contact the Chapter Advocacy Director, **Jim Freeburg** at jim.freeburg@nmss.org or 800-344-4867, press 2 then ext. 40237.



Five action steps you can take today

Now's the time to consider the many ways that you can take that first — or second — step to join the Society at the forefront of issues impacting MS care, research and quality of life. Whether it's attending an event, connecting with lawmakers or within your community, or staying up to date on the issues, you can get involved, play an important role and make a difference.

1. **E-mail your elected officials.** Our MS Action Alerts make it easy for you to connect with elected officials about legislation that improves the lives of people with MS. Sign up for alerts at NationalMSSociety.org/MSActivist.
2. **Stay up to date.** Find the latest Chapter advocacy updates and news on our We Move MS blog, WeMoveMS.blogspot.com, and updates on federal issues on our national blog, MSActivist.blogspot.com.
3. **Share your story.** Personal experiences are the strongest tools to convince elected officials to act. See the article to the left to learn about the stories we're seeking.
4. **Start a relationship with a newly elected official.** They want to know their constituents. Request a meeting, tell them your story and let them know why it's important to have their support.
5. **Volunteer.** There are many opportunities to get involved, especially in your community as an MS Activist.



CONTACTING YOUR ELECTED REPS IS EASY

With recent changes in legislative districts, you may be unsure of who represents you in your state legislature and in Congress. The Greater Northwest Chapter advocacy pages provide easy links for you to find your legislators or U.S. senators and representatives so you can get in touch with them.

Alaska: AKmovesMS.org

Montana: MTmovesMS.org

Washington: WAmovesMS.org

To learn more about these and other ways you can have an impact, call Chapter Advocacy Director **Jim Freeburg** at 800-344-4867, press 2 then ext. 40237, or e-mail him at jim.freeburg@nmss.org.

LIVING WITH MS

Giving Care

BY TERRI KUCZYNSKI, M.DIV., CT

All of us give care throughout our lives, whether it is through holding a hand or helping with daily needs from transportation to bathing. We give care when we listen to another's sadness and when we fix a meal. We give care when we send a card or manage medication.

Giving care to a loved one with MS can be very rewarding and at the same time unbelievably challenging. In some ways being a caregiver is like using a battery-powered drill. At first the drill is fully charged and the task at hand seems to be manageable. As the charge dies down, the task becomes more difficult until the drill just can't continue. The only way to go on is to recharge the drill. If the caregiver does not recharge over time, even the smallest task becomes overwhelming.

SOME WAYS TO RECHARGE ARE TO:

- 01 **Ask for help.** Even simple things such as getting a gallon of milk for you or providing respite care so you can take a walk around the block can make a big difference.
- 02 **Join a support group** or an Internet chat room set up for carepartners. (See 'Carepartners Connect' on following page for suggestions).
- 03 **Take care of your body** with proper nutrition, exercise and sleep.
- 04 **Do something** — call a friend, write a letter, read — that gives you a daily break from the caregiving role.
- 05 **Stay connected with community** — don't become isolated.
- 06 **Laugh.** Watch funny movies or TV programs.

If a caregiver does not recharge over time, even the smallest task becomes overwhelming.



Just recently I visited a friend who was caring for her husband. We talked about the many difficulties of caregiving. She talked about her feelings of helplessness and shared that at times she felt a lot of anger, which in turn made her feel guilty. She went on to tell me that her husband's physical care could be overwhelming, but keeping track of all the day-to-day activities of life sometimes seemed crushing. She felt weary and alone in this role that she was so unprepared for.

After we talked, I walked out of the room and, when I turned to say goodbye, I saw her struggling to help her husband transfer from the sofa to a wheelchair. I then witnessed the true meaning of giving care. In the middle of the transfer, I saw them share a loving embrace. It was very brief, but very intentional. At that moment I could not tell who was caring for whom. I saw two people caring for each other. What a great way for both to recharge. ■



Terri Kuczynski, M.Div., CT, is a patient/family counselor at the Rex Cancer Center in Raleigh, N.C.

Originally published in CARE eMagazine, Eastern North Carolina Chapter

CAREPARTNERS CONNECT

There is a wealth of ways for carepartners to connect online. Here are a few of them.

Those caring for someone with MS can create their own website or visit another's at **CaringBridge.org**. Here, carepartners can keep an online journal and photo gallery, ask for help with tasks, and post updates for friends and family who in turn can post messages of support.

Today's Caregiver at **caregiver.com** includes a map, clickable by state, of area support groups, and a special section where caregivers can post their tips for others. It also offers articles and information on everything from nutrition tips to long-distance care.

The Well Spouse Association at **wellspouse.org** is a nonprofit membership organization that offers peer-to-peer support and educates healthcare professionals and the general public about the unique challenges that "well" spouses face every day.

The National Family Caregivers Association at **thefamilycaregiver.org** provides an online forum for caregivers to post questions or talk to others in similar situations.

The Society's online community at **MSconnection.org** offers a secure place for carepartners to connect. Members can create a personal profile to share posts, updates, blogs, photos, videos and links, and search for other members by demographics, shared interests and more. The Society also offers a page for carepartners at **nationalMSSociety.org/carepartners** with information and resources on accessible housing, hiring home help and more. Carepartners can also participate in the Society's Online Peer Connections program, **nationalMSSociety.org/onlinepeerconnections**. Here they select a peer support volunteer from an online database and arrange to speak one-on-one via e-mail or telephone on an agreed-upon topic. All conversations are confidential. ■

Make 2013 your year to get involved, *continued from page 1*

- Visit **nationalMSSociety.org** and select Living with MS/Healthy Living for tips on eating well, exercise and stress management. Or go to **MSnorthwest.org** and choose Programs & Services/Exercise Is Medicine for links to local fitness resources and instructors who are knowledgeable about MS.
- Do something to generate awareness during MS Awareness Week March 11-17 or on World MS Day on May 29.
- Connect with a local **self-help group**. Find one in your area at **selfhelpgroups.MSnorthwest.org**.
- **Volunteer** from home, at the Chapter office or at Chapter events in your community.
- Go online and share with others whose lives are affected by MS. Visit **MSconnection.org** and **Facebook.com/MSnorthwest.org**.
- Join the **NOW Research Revolution** and help the National MS Society reach its goal of raising



\$250 million for MS research by the end of 2015. Become an MS Research Champion at **nationalMSSociety.org/research**.

- Become an **advocate** for public policy issues affecting people living with MS. (See pages 4 and 5 to learn more.)
- **Tell us your story** — We'd love to hear from you! Visit **MSnorthwest.org** and select **Volunteer/The Storybank**. ■

WELLNESS

MS Symptoms and winter weather

BY JULIE STACHOWIAK, PHD

Most of us with multiple sclerosis are heat intolerant to the point of being unable to function outside during peak summer temperatures. But when I asked people with MS on my blog at ms.about.com what their MS temperature “limits” were, I was surprised when several people said that the cold wasn’t so great for them, either.

Many people complained of increased spasticity in cold weather. Readers mentioned that their limbs “felt like wood” or that their joints ached during lower temperatures. A couple of people also mentioned that the MS “hug” could be intolerable in the cold. (The MS hug is the gripping feeling around the torso that is caused by a lesion in the spinal cord that results in spasms in the tiny muscles between the ribs.)

I also know that some people with MS tend to feel more fatigued in winter months. This could be an indirect result of coping with some of the symptoms mentioned above. It could also be that the shorter days

and limited sunlight exacerbate depression, which can be a symptom of MS. New data is emerging all the time on the role of vitamin D in MS.

Perhaps we feel our symptoms more acutely when our vitamin D reserves are at their winter lows, although this hasn’t been confirmed yet by scientific studies.

Here are a few tips to help you enjoy the colder months if you are bothered by frigid temperatures.

- **Soak up sunshine** during the warmest part of a sunny winter day to help your body produce vitamin D.
- **Don’t overdo the heat.** When I get cold, I tend to take really hot showers. Recently, I got dangerously dizzy during one. Remember, extreme heat is not our friend, either.
- **Warm yourself from the inside.** Drink a hot beverage to take the chill off.

Like many other situations that we must navigate through with MS, a little strategic planning of winter activities can help you have some control over symptoms. Put some thought into what you enjoy doing in the winter, take a couple more precautions and get the most out of the cold months. ■

Diagnosed with MS in 2003, **Julie Stachowiak, PhD**, is the author of *The Multiple Sclerosis Manifesto*.

Originally published on blog.nationalMSSociety.org.



RESEARCH

Understanding clinical trials

People with multiple sclerosis who participate in clinical trials help make new and better therapies possible. The National MS Society has updated information about ongoing clinical trials for MS at nationalMSSociety.org/2012trials. There, you can download PDFs on the following specific types of clinical trials:

- Trials funded by the National MS Society
- Large phase III trials in relapsing-remitting MS
- Trials in progressive forms of MS
- Trials of symptomatic treatments

The U.S. Food and Drug Administration (FDA) requires therapies to undergo three phases of clinical trials before they can be approved to treat people with MS:

- **Phase I:** The first step is to determine safety. In a small number of healthy volunteers or people with MS, researchers investigate how the body reacts to a therapy.
- **Phase II:** If the therapy proves to be safe, studies begin to determine a drug's effectiveness in people with MS. These studies may last several months or several years, and involve larger numbers of people. The study is "controlled" — that is, the drug is compared with the standard treatment or a placebo.
- **Phase III:** If an MS drug shows effectiveness, an even larger study is conducted in hundreds of people to gain a better understanding of the drug's effectiveness and possible side effects.
- **Phase IV:** These are not required for FDA approval, but might be conducted afterward to assess long-term safety and effectiveness.

For more on clinical trials, visit the clinical trials registry created by the National Institutes of Health at clinicaltrials.gov.



A CLINICAL TRIAL GLOSSARY

Here are a few commonly used terms in clinical trials.

BLIND

A clinical trial is "blind" if participants are unaware whether they are in the experimental or control group.

CONTROL GROUP

In many trials one group of participants is given an experimental drug or treatment, while a control group is given either a standard treatment or a placebo.

DOUBLE-BLIND STUDY

A clinical trial design in which neither participants nor study staff knows which participants are receiving the experimental drug and which are receiving a placebo (or another therapy).

RANDOMIZED

A study in which participants are randomly (by chance) assigned to one of two or more treatment groups.

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 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!

Complementary and Alternative Medicine

Dr. Allen Bowling will discuss options and lifestyle choices to consider when looking at complementary and alternative medicine, often used in combination with prescribed MS treatments.

OVER THE PHONE

Thursday, Feb. 7, 6:30 – 7:30 p.m. PT,
7:30 – 8:30 p.m. MT

Employment and Benefits

Joe Entwisle, MS, CLCP, a nationally recognized expert on employment issues for people with disabilities, leads an informative discussion on the impact of employment on public and private benefit systems.

OVER THE PHONE

Thursday, April 4, 6:30 – 7:30 p.m. PT,
7:30 – 8:30 p.m. MT

North American Education Program: “Managing Pain and Sleep Issues in Multiple Sclerosis”

More than six out of 10 people living with MS experience pain, and sleep disorders can similarly affect health and quality of life. An MS professional will attend each program to answer questions and speak further on these important topics.

CENTRALIA, WA

Saturday, Jan. 26, 10:30 a.m. – 12:30 p.m.

Centralia Timberland Library, 110 S Silver Street

Featuring Dr. Kevin Caserta

EDMONDS, WA

Thursday, Feb. 7, 6:30 – 8:30 p.m.

Swedish Medical Center, Edmonds Campus,
21601 76th Avenue W

Featuring Dr. Joyce Mauk

HELENA, MT

Friday, March 8, 6:30 – 8:30 p.m.

St. Peter's Hospital, 2475 Broadway Street

Featuring Dr. Nicole Clark

MISSOULA, MT

Saturday, March 9, 10:00 a.m. – Noon

Holiday Inn, 200 S Pattee Street

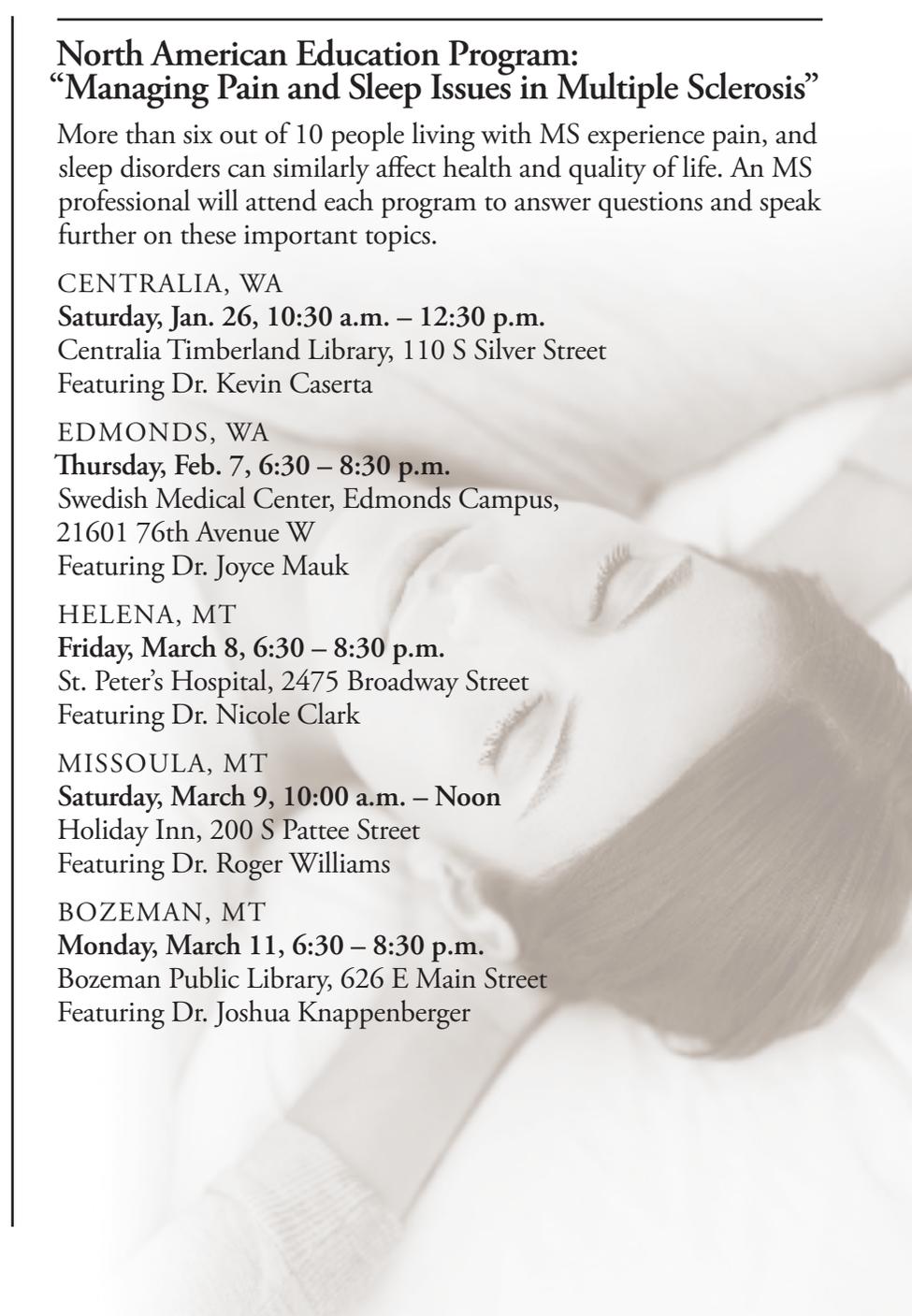
Featuring Dr. Roger Williams

BOZEMAN, MT

Monday, March 11, 6:30 – 8:30 p.m.

Bozeman Public Library, 626 E Main Street

Featuring Dr. Joshua Knappenberger



Doc Talk: “Exercise – How Much, How Often, How Intense?” with Ted Brown, MD, MPH

Dr. Ted Brown, physiatrist at the Evergreen MS Center, will lead an in-depth discussion about the benefits of exercise, what form of exercise is best (if any), and help answer “how much, how often, how intense?” Dr. Brown also will share tips for avoiding fatigue and how to sustain an exercise program for the long term. You’ll also learn about related programs and services available through the Greater Northwest Chapter.

UNIVERSITY PLACE, WA

Thursday, February 21, 6:30 – 8:30 p.m.

Pierce County Environmental Services Building, 9850 64th Street W

Strength, Peace and Balance with MS

Dr. Carolyn Taylor, neurologist and MS specialist with Northwest Neurology, will discuss new treatment options for MS. Melinda Hardin, licensed clinical social worker with Bayside Therapy Associates, will present on the importance of living well with MS by incorporating symptomatic treatments, proper diet, exercise and stress reduction. You’ll also learn about related programs and services available through the Greater Northwest Chapter.

BELLINGHAM, WA

Wednesday, March 6, 6:00 – 8:30 p.m.

St. Luke’s Community Health Education Center, 3333 Squalicum Parkway

A Community of Support

Access Alaska and the National MS Society, Greater Northwest Chapter have joined forces with local vendors — all to help Alaskans living with MS find information and access resources to lead the most independent, inclusive, productive and satisfying lives possible. Dinner is included.

FAIRBANKS, AK

Wednesday, March 13, 5:30 – 7:30 p.m.

Pikes Waterfront Lodge, 1850 Hoselton Road

Doc Talk: “MS Therapy Review” with Pavle Repvoic, MD, PhD

Neurologist and MS specialist Dr. Pavle Repovic will review recently approved MS therapies such as Aubagio (Teriflunomide) and others, as well as provide updates on older therapies (Interferon, Copaxone, Tysabri and Gilenya). You’ll also learn about related programs and services available through the Greater Northwest Chapter.

SILVERDALE, WA

Wednesday, April 3, 6:30 – 8:30 p.m.

Harrison Medical Center, 1800 NW Myhre Road

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 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
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EVENTS

Walk MS success is a breeze for first-time team captain



Yakima native Terri Beernink and her extended family and friends lead active lives, regularly participating in charity walks, running races and climbing mountains. Terri also hikes and rides four-wheeled ATVs when she's not working as a corrections officer.

So, getting involved with the National MS Society came naturally when Terri was diagnosed with MS in April 2011.

First, she kept moving through her busy life as always. Next, she became a team captain at Tri-Cities Walk MS. She found it fun, exciting and easy to do, with the support of the Chapter and the fundraising coach she was paired with.

"Everyone I encountered at the Chapter was great not only with logistics, but also with the moral support you need to pull a team together. My fundraising coach even offered to stop in Yakima on the way to the Tri-Cities to help if I needed it," Terri says. "No matter what the obstacle is, they have an answer for you, or they can find someone who does."

That support evidently worked well, as Team Terri's enthusiasm and energy — and fundraising success — were apparent to everyone at Walk MS.

"We just got outrageous and wore orange tutus, and we had a lot of fun," Terri recalls. "We had a fundraising goal of \$500 but were able to bring in \$1,770. It was fabulous!"

Walk MS 2013 dates

ALASKA:

Saturday, May 4
Fairbanks

Saturday, May 11
Anchorage

Saturday, May 18
Copper Valley
(Glennallen), Ketchikan,
Soldotna, Wasilla

MONTANA:

Saturday, May 4
Billings

Sunday, May 5
Bozeman

Saturday, May 11
Great Falls, Helena

Sunday, May 12
Missoula

September TBA
Butte

WASHINGTON:

Saturday, April 13
Bainbridge Island,
Bellingham, Kitsap
County (Silverdale),
Olympia, Snohomish
County (Tulalip),
South Sound
(University Place),
Tri-Cities (Kennewick)

Sunday, April 14
Seattle

Please visit
walkMSnorthwest.org
for the latest information.