LIVING WITH MS

HANDLING HOUSEHOLD CHORES

BY JENNIFER LARUE HUGET

In the hierarchy of household tasks, we all have those that we actually kind of enjoy – or at least get satisfaction from doing. I don’t mind scrubbing toilets (mostly because I hate a not-quite-clean one) or doing laundry. I like washing towels because it’s so lovely afterward to fold them warm and fragrant from the dryer. And doing dishes brings me a sense of Zen, perhaps because while I stand at my kitchen sink, I look out the window at the yard, meadow and woods beyond.

On the other hand, I hate to vacuum. I mean, I hate it. Maybe it’s because our old Victorian farmhouse has mostly hardwood floors with area rugs strewn throughout, so I have to keep switching the vacuum from carpet to wood-floor mode. Our dogs are heavy shedders, which requires an extra effort to suck up all that fur – and empty the canister a zillion times.

I am grateful to be married to a man who offers to vacuum and does so regularly. That’s in addition to mowing the lawn and doing other outdoor chores. I can’t begin to tell you how much I appreciate that.

For many people with multiple sclerosis, maintaining a household is all about making tradeoffs and compromises. Those of us lucky enough to have supportive, helpful partners are, well, really lucky indeed, and we have to make

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LETTER FROM THE PRESIDENT

GREETINGS!

I am excited to join the Greater Carolinas staff as Chapter President. The enthusiasm and commitment of our local staff and volunteers inspires me.

In the next twelve months, I plan to get to know our local MS community by connecting with you: people living with MS, healthcare providers, volunteers, donors, corporate sponsors, walkers, cyclists and many more. The goal is for our chapter to understand how we can support you and to share the Society’s mission: we mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

Our chapter stands on the shoulders of the thousands who make-up our MS movement. It is important to me that we are united in our vision to create a world free of multiple sclerosis. I see our chapter’s role as that of a community builder. We help people with MS make the connections they need to navigate the complexities of MS. We create opportunities for people who want to do something about MS now to get engaged in our efforts. We build strong networks to advance the Society’s important work on behalf of our MS community.

While our chapter locally engages our community, the National MS Society is blazing trails as a world leader in MS research. I am proud that we are making significant impact on the quest for solutions for those with progressive MS. We are driving forward research to repair the damage done by MS and to give people back what they’ve lost to the disease.

As our chapter endeavors to raise more money and engage more people in our efforts, we will boldly ask you to support in whatever way suits you and invite you to let us know how we can help you. Every person living with MS in our community and those who care for them, deserve the very best on the frontlines driving our work forward. I look forward to engaging with you in this process.

I hope to see you at one of our annual meetings this fall!

Sincerely,

Kristina Fransel McGraw
Greater Carolinas Chapter President

CONNECT WITH US ONLINE:

Greater Carolinas Chapter
www.nationalmssociety.org/greatercarolinas
nct@nmss.org

Like us:
Facebook.com/NMSSGreaterCarolinasChapter

Follow us:
twitter.com/MS_GtrCarolinas

Watch us:
youtube.com/GreaterCarolinas

Join us:
everyconnectioncounts.blogspot.com
Information provided by the Society is based upon professional advice, published experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

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

THE MASK OF MS

BY MICHELLE MYERS WALL

I was introduced to multiple sclerosis when I met my soon-to-be mother-in-law, Jane. She had experienced a very rapid and severe onset of MS back in the mid-80s. Unfortunately, at that time, many treatments were not available. Even though she was no longer physically able to participate in many activities, she never lost her optimistic outlook and sunny disposition. She was a remarkable woman who was able to find joy under all circumstances. Sadly, Jane died from complications of MS in 2012.

In 2011, a friend told me about an event called MSquerade hosted by the National MS Society’s Emerging Leaders Council in Delaware. I thought the event sounded like a unique opportunity to raise funds and awareness about MS. My husband, Jason, and I attended the event, where I was very moved by graphic posters that featured people with MS wearing masquerade masks. They reminded me that there are two faces to MS: those who have visible symptoms and those who have invisible symptoms, living behind the “mask” of MS. I left that evening knowing that I wanted to become involved with the Society and future MSquerade events. So I immediately joined the Emerging Leaders Council and have been a part of planning MSquerade for the last three years.

THE GIFT OF HOPE

I often tell people that MSquerade is like attending a really fun wedding. However, instead of buying a wedding gift, you are supporting a gift of hope for many people living with MS. The event reminds me of my mother-in-law’s outlook on life and that people recently diagnosed with MS can continue to live their lives to the fullest. Eat, drink and be merry! Together at MSquerade, we celebrate with friends and family that advancements in treatments are being made and that the search for a cure is ongoing.

Michelle Myers Wall is an active Society volunteer and Walk MS team captain.

Originally published in the Greater Delaware Valley’s MSConnection newsletter.

Get your mask on at www.msquerade.org, or learn how to create your own DIY event at www.doityourselfMS.org.
The Annual Meeting of the American Academy of Neurology (AAN), held April 2014 in Philadelphia, featured thousands of presentations on neurological diseases. I was increasingly impressed with how many of these addressed wellness and lifestyle in people with multiple sclerosis. Entire sessions were dedicated to topics such as “Diet and Hormonal Influences in MS” and “Cognition and Fatigue in MS.” We are becoming more aware of the diverse paths toward finding solutions for everyone with MS.

DANCING WITH MS

And even salsa dancing! Mandelbaum, Lo and colleagues (Providence, R.I.) reported on a study in which they enrolled eight people with MS in a four-week salsa program. Individuals participated in dance sessions twice a week. Dancing resulted in significant improvements in gait and balance both right after the program and in a three-month follow-up. The National MS Society is now funding Dr. Lo of this team to conduct a larger study that may lead to more widespread use of dance as physical therapy for people with MS.

Finding Solutions for Fatigue

Fatigue is a significant problem that affects many people with MS – and one for which we don’t yet have enough solutions. I heard a report from Dr. Barak and a team from Israel on MS-related fatigue. Based on the increasing evidence that too-low levels of vitamin D may be a risk factor for MS, they administered a compound similar to vitamin D (alfacalcidol) or an inactive placebo to 158 people with MS once daily for six months. The group treated with alfacalcidol had significantly less fatigue, improved quality of life, and even reductions in relapses. I think this study presents a promising lead for reducing fatigue that certainly warrants further study.
Another group of researchers reported on other factors that might contribute to fatigue in people with MS. They used polysomnography – advanced technology used to diagnose sleep disorders – to examine 206 people with MS who reported that they had fatigue, but who had not reported sleep problems. This test revealed that 68% actually had obstructive sleep apnea. It was great to hear that there might be a way to reduce fatigue in MS by diagnosing and addressing sleep problems.

**GOING WITH YOUR GUT**

One of the most interesting factors in the complex picture of MS, to my mind, is the growing body of research on the role of the “gut microbiome.” Each of us has millions of bacteria living in our guts. Most of these bacteria are harmless as long as they remain within the inner wall of the intestine. But in MS, these bacteria may be contributing to the MS immune attack. Dr. Jhangi and colleagues at Harvard examined microorganisms in people with MS who were not on any disease-modifying treatment, those who were on treatment, and healthy controls. Certain bacteria that are known to promote inflammation were found to be increased in those with MS. Another type of bacteria known to block inflammation was lower in people with MS versus controls, but higher in those who were receiving one of the MS disease-modifying treatments.

Inflammation occurs in MS when the body’s own immune cells attack the nervous system, damaging the myelin that insulates nerve fibers. Researchers are hopeful that by finding ways to reduce inflammation they may be able to limit the damaging effects of the disease. From this preliminary study, it’s too early yet to say how emerging information on the gut microbiome might impact future treatment of MS, but it’s fascinating to think that, down the road, we might affect MS by altering our internal bacteria.

**IT’S FASCINATING TO THINK THAT, DOWN THE ROAD, WE MIGHT AFFECT MS BY ALTERING OUR INTERNAL BACTERIA.**

This is one small part of the AAN reports on wellness and lifestyle in MS. I am excited about the growing prospects for improving the daily life of people with MS. You can read more by browsing through the abstracts at [www.abstracts2view.com/aan](http://www.abstracts2view.com/aan).

Nicholas LaRocca is the vice president of Health Care Delivery and Policy Research at the National MS Society.

To follow the latest research news on wellness in MS, visit [www.nationalMSsociety.org/research](http://www.nationalMSsociety.org/research), or sign up to receive MS eNews monthly via email at [www.nationalMSsociety.org/signup](http://www.nationalMSsociety.org/signup). Talk about your own wellness strategies at [www.MSconnection.org](http://www.MSconnection.org).
ANNUAL MEETING
2014
“MAKE EVERY CONNECTION COUNT”

NOVEMBER 15
ALL 3 locations

Join us on Saturday, November 15th for
“Make Every Connection Count” our
2014 Annual Meeting and Education Conferences

Each conference will feature breakout sessions, a vendor
room and a keynote presentation, followed by the
annual meeting and awards luncheon.

COST TO ATTEND IS $5/per person

KNOWLEDGE IS POWER.
Learning all you can about MS will help you better
evaluate your options for managing symptoms and
treatments, coordinating with your health care team
and living well with your MS.

Join us to hear about a variety of topics important to you!

www.nationalMSsociety.org/nct
1 (800) FIGHT MS
REGISTER TODAY!
“FREE FROM FALLS”: 8 week Program on Falls Prevention

Studies indicate that falls are quite common among people with MS and are often associated with injuries and negative impact on quality of life. The Society has developed a new fall prevention program—an 8-week curriculum, designed for people living with MS who are ambulatory but who may be at risk for falling. Discussion, exercise, group and individual activities are elements of this engaging format where participants will learn about: fall risks, tips and strategies to reduce risk for falling and exercises to enhance balance and safety.

The course will be held on 8 consecutive Tuesdays, starting February 10 and ending March 31, 2015 from 5:30 – 7:30 p.m. at UNC Healthcare, Center for Rehabilitation Care, 1807 North Fordham Blvd, Chapel Hill.

For more details or to request a registration packet, please call 1-800-344-4867, option 1. Class size is limited and pre-registration is required, so contact us soon to reserve your space! Cost is non-refundable - $20/person

NOVEMBER IS NATIONAL CARE PARTNER APPRECIATION MONTH

Whether you care for or care about someone with MS, it can be both rewarding and exhausting. Partners, family and friends can be drawn closer by meeting the challenges together. In honor of these exceptional people, November has been designated National Care Partner Appreciation Month. The chapter would like to help you thank your special care partner by sending a coffee mug full of treats along with a letter from you! Please write a letter addressed to your care partner thanking them for what he/she has done for you. Limit one per family. Mugs will be sent out in November. Send your letter with the name and address of your care partner to the National MS Society, 3101 Industrial Drive, Suite 210, Raleigh, NC 27609 by November 30th.

TELELEARNING:

Connect to the information you need – information and guidance on current matters essential to living one’s best life with MS. The program offers seven different topics annually. Each free telelearning will feature topic-area expert(s) by phone with online presentations, and Q&A session.

Register online at http://www.nationalmssociety.org/telelearning or call 1-800-344-4867.

SCHEDULE AND TOPICS

Tips for People with MS and Their Partners – Planning for the Future

Tuesday, November 18, 2014 - 5 p.m, ET
Thursday, November 20, 2014 - 10 p.m, ET

Learn about the legal and financial considerations critical for partners and people living with MS. Presented by Dick Bell of Financial Education Partners Foundation and Bradley Frigon of the National Academy of Elder Law Attorneys.
MS Research – Your Questions Answered

Tuesday, January 20, 2015 - 7 p.m. ET
Thursday, January 22, 2015- 10 p.m. ET

Explore current work being done by the Progressive MS Alliance Initiative and the Wellness Work Group with Bruce Bebo, Executive Vice President of Research, National MS Society and Doug Landsman, Senior Director of International Research Programs, National MS Society.

TO REGISTER FOR ANY GREATER CAROLINAS CHAPTER PROGRAM OR FOR ADDITIONAL INFO:

1-800-344-4867 (option 1)
or
www.nationalMSsociety.org/Chapters/NCT

Do It Yourself Fundraising

is an opportunity for people in our community who are committed to the MS cause to raise awareness and critical funds for the MS movement in new and creative ways.

Activities can include golf tournaments, dinner parties, pub crawls, bake sales and more!

Get started today by visiting www.diyms.org to learn about our helpful resources.

For our Do It Yourself Fundraisers, we now offer a new platform designed for endurance athletes – Finish MS. Finish MS offers runners, cyclists, swimmers and endurance athletes of all types and abilities the chance to create a world free of MS while pushing their own personal limits. Learn more at www.finishms.org.
SELF-HELP GROUPS:

NORTH CAROLINA SELF-HELP GROUPS

Alamance County
- 2nd Thursday, 10:00 am, (Mar-June; Sept-Dec), Alamance Regional Medical Center, Conf Room 101, Annie 336-226-7712

Beaufort County, NC
- 1st Wednesday, 4:30 pm, Vidant Wellness Center, Washington, Sondra 252-916-5233

Buncombe County
- "Oh! You Look So Good" Group, 1st Tuesday, 6:00 - 8:00 pm, Grove Arcade Public Market, Conference Room, Asheville, Marci 828-298-1727, Virginia 828-683-9564
- Awareness Group- MS Community of WNC, Every Thursday, 12:00-3:00 pm, West End Bakery & Cafe, Asheville, Leslie 828-772-4920
- "A Place for Us" group, 2nd Thursday, 4:00-6:00 pm, Asheville Neurology Specialists, Leslie 828-772-4920, Marci 828-298-1727

Cleveland County
- 1st Tuesday, 6:30 pm, Dover Foundation YMCA, Shelby, Kristen 704-481-9628

Craven County
- New Bern Group, 3rd Thursday, 6:30 pm, Carolina East Medical Center, Education Classroom 1, New Bern, Karla 252-670-0158

Cumberland County
- Fayetteville Group, 3rd Saturday, 12:00-2:00 pm, Please call for location, Fayetteville, Paulette 910-487-3093, Jackie 910-261-7020

Davie County
- 2nd Monday, 6:00 pm, Davie Medical Center Bermuda Run exit Plaza 1, Cardiac Rehabilitation and Physical Therapy Classroom (1st floor), Jackie 336-909-5877

Durham County
- Durham Evening Group, 3rd Thursday (except July/Aug) 6:00 pm, John F. Kennedy Towers Community Room, Durham, Lisa 919-308-8889

Edgecombe/Nash Counties
- “Multiple Smiles” Group, 2nd Friday, 11:00 am, Please call for location, Rocky Mount, Kat 252-972-2232

Elkin/Tri-County
- Sharing the Journey Group, 1st Monday, 10:00 am, PruittHealth, Deb 336-835-8419

Forsyth County
- Kernersville, Newly Diagnosed and Minimally Affected, 4th Wednesday, 6:15 pm, Main Street United Methodist Church (parlor), Sherri 336-992-2134, Matt 336-750-0732
- Winston-Salem, You, Me and the Lord, too!, 2nd and 4th Tuesday, 10:00 am, Cornerstone Baptist Church, Dolores 336-784-8460

Granville/Vance Counties
- 3rd Tuesday, 7:00 pm, Granville Medical Center cafeteria, Sarah 919-693-1621, Audrey 919-693-4439, Helen 252-433-5181

Guilford County
- Greensboro, Aquatics Exercise Group, M-W-F 11:00 am, Spears YMCA, Wyn 336-852-2182
- Greensboro Men’s Group, Every Wednesday, 8:30 am, St Francis Episcopal Church, St. Mike’s House, John 336-545-0100
- High Point/Jamestown, But You Look So Good, 2nd Saturday 11:00 am, Poblanos Mexican Restaurant, Lisa 336-454-6785

Henderson County
- Social Group, 3rd Thursday, 9:30 am, Denny’s Restaurant, Hendersonville, Cathy 828-693-8172

Hoke County
- 1st Sunday, 4:00 pm, Something’s Brewing Coffee Shop, Heather 910-850-6803

Johnston County
- Clayton Group, 3rd Tuesday, 11:00 a.m., Church at Clayton Crossings, Clayton, Janet 919-553-5727, Lori 919-669-7406

Lee County
- Sanford Group, 2nd Monday, 6:30 p.m., Enrichment Center, Sanford, Rosemary 919-499-4230
Mecklenburg County
• Christian-Oriented Group, 4th Wednesday, 11:30 a.m., Church at Charlotte, Charlotte, Barbara 704-542-6012
• Minimally Impaired/Newly Diagnosed, 2nd Thursday, 7:00 p.m., Myers Park Presbyterian Church, Outreach Center, Charlotte, Becky & Lester 704-366-3536, Rick 704-541-2138

Moore County
• 1st Wednesday, 6:00 p.m., Please call for details, Dell 910-944-2567

New Hanover County
• Wilmington Group, 2nd Thursday, 7:00 p.m., New Hanover Regional Medical Hospital, Wilmington, Burt 910-383-1368, Lisa 910-399-7252

Onslow County
• Jacksonville Group, 3rd Thursday, 7:00 - 9:00 pm, Onslow Memorial Hospital Education Building Margaretta 910-353-2243

Orange County
• Chapel Hill Group, Last Tuesday, 6:30 pm, Seymour Senior Center, 2551 Homestead Road, Chapel Hill Barbara 919-968-1530, Nancy 919-638-5199, Alex 919-572-6336

Person County
• Roxboro Group, 2nd Tuesday, 7:00 pm, Senior Center 121 Depot St., Sherry 336-599-0014, Robert 919-641-8073

Pitt/Greene Counties
• 2nd Thursday (except July/August), 6:30 p.m, Elm Grove Church, Ayden, Jimmy 252-524-5431, Jane 252-653-4185

Rowan County
• 2nd Monday, 6:30 pm, YMCA Jake Alexander Blvd, Salisbury, Christine 704-798-3341, Jill 704-798-5088, Tonda 704-636-9405

Scotland County
• 2nd Thursday, 5:30 pm, Dulin Center at Scotland Memorial Hospital Community Health and Rehab Center, Laurinburg, Juanita 910-291-7327

Wake County
• Cary Group, Please call for details, Mary Ann 919-779-2101, Russell 919-387-8549, Trish 919-618-6956
• Cary Singles Group, Please call for details, West Regional Library, Cary, Tina -908-612-5957
• Fuquay-Varina Group, 2nd Thursday, 7:00 pm, Gathering Community Church, Fuquay Varina, Mary 919-552-7680
• Raleigh Evening Group, 3rd Wednesday, 6:30 pm, Please call for location, Holly 919-779-3487, Cherry 919-720-4843
• Raleigh Wellness “Making Waves”, 1st Wednesday, 1:00 pm, Please call for location, Kim 919-832-2651
• Raleigh Women’s Group, 3rd Tuesday, 6:30 pm, Total Wine (North Hills), Jackie, Kathy, Sherrie 919-389-9635 or nraleighwomensms@yahoo.com
• Triangle African American Group, Please call for details, Robbin 919-255-8210, JuJuan 919-604-1194 Kenyan 919-772-9222, Dannyell 919-675-1710

Wayne County
• Goldsboro Group, 2nd Tuesday, 7:00 pm, I-HOP, 1100 N Berkeley Blvd, Goldsboro, Maxine 919-242-9641, Glen 919-965-6452

Wilkes County
• Wilkesboro 2nd Thursday, 6:00 pm, Woodhaven Restaurant, (except December/January/February) Wanda 336-667-1889, Kent 336-903-1539

SOUTH CAROLINA SELF-HELP GROUPS
Aiken County
• 3rd Saturday, 10:00 am, St. Paul Lutheran Church Aiken, Pam 803-645-2092

Beaufort County, SC
• MS Low Country Group, 4th Friday, 10:00 am – 12:00 pm, Bluffton Medical Campus, Bluffton, Betty 843-757-4402

Charleston County
• Charleston Group, 3rd Sunday, 3:00 pm, Bon Secours St. Francis Hospital, 5th Conference Room, Debbie 843-532-9513
• Mt. Pleasant Group, 2nd Saturday, 10:30 am -12:00 pm, East Cooper Community Outreach, Mt. Pleasant Chris 843-884-6681, Becki 843-856-8391, Jed 843-856-8563
• North Charleston Area Group, 2nd Tuesday, 11:00 am, The Senior House, North Charleston, Sharon 843-640-1507
SOUTH CAROLINA SELF-HELP GROUPS

**Dorchester County**
- Summerville (includes care partners), 3rd Friday, 11:00 am, Bethany United Methodist Church Summerville, Elizabeth 843-873-0818, Valerie 843-376-9041

**Florence County**
- 3rd Tuesday, 5:00 pm, Carolinas Rehabilitation Hospital, Community Classroom, Florence, Casey 843-661-3745, Keith 843-862-3931

**Lexington County**
- 3rd Thursday (includes care partners), 1:00 pm, First Baptist Church of Lexington, Lexington, Michelle 803-520-0508, Joan 803-479-9594

**Orangeburg County**
- 2nd Saturday, 2:00 pm, Bushy Pond Baptist Church 1396 Wire Rd, Norway, SC, Valery 803-759-5671
- 3rd Thursday, 6:00 pm, First Baptist Church-Family Life Center, Orangeburg, Suzanne 803-531-9707

**Richland County**
- Columbia Daytime Group (includes care partners) 3rd Tuesday, 12:00 - 2:00 pm, Trenholm Road United Methodist Church, Columbia, Tim 803-348-0833, Darlene 803-272-0216
- Columbia Afternoon Group (includes care partners) 4th Monday, 2-4 pm, St. Michaels’ and All Angels Episcopal Church, Columbia, Bob 803-736-3174, Sandy 803-736-5073
- “Let’s Talk About MS” Columbia North East Group 4th Monday, 6:30 pm, Providence Hospital NE, Columbia Ranva 803-316-3653, LaRhonda 803-727-4962

**Spartanburg County**
- 3rd Monday, 5:30 pm, Mary Black Memorial Hospital Private dining room, Spartanburg Robin 864-461-5848, Rose Ann 864-419-3851, Rhonda 864-579-3988

FOR MORE INFORMATION ON JOINING A SELF-HELP GROUP:

For more information on joining a self-help group or starting one in your area, please call 1-800 FIGHT MS or visit us on the web at www.nationalMSsociety.org/greatercarolinas

SELF HELP GROUP LEADERS

Interested in learning more about how you and your group can be a part of Walk MS? Our staff can come to you!

Contact walk@nct.nmss.org to learn more and schedule a time for us to meet with your group!
Volunteers power the MS movement, and nowhere are volunteers more vital than with our special event fundraisers. One group of volunteers that has provided invaluable support for the chapter is from McGladrey LLP. Charles Smith, a CPA with the New Bern office of McGladrey LLP has been volunteering as a Rest Stop Captain and Money Counter for five years, and he has helped connect McGladrey employees with the chapter. As Charles relates, “I started volunteering after a staff member and a volunteer Talk MS speaker visited the Tryon Civitan Club in New Bern and made a presentation on the New Bern Bike MS events and their need for volunteers. The volunteer, who lives with MS, shared about her experiences since being diagnosed with MS and how much the Greater Carolinas Chapter had helped her. There was not a dry eye at the meeting after she spoke. I have also seen the challenges first hand as I have had numerous friends and extended family members diagnosed with MS. I knew I would never be a Bike MS cyclist (leave that to the pros), but I figured this would be a great way for me to actively participate and get my co-workers at McGladrey LLP involved in such a great event. The first year, I was worried that we would not have enough volunteers and whether they would enjoy themselves. I can say now, after five years, that all of my co-workers look forward to this event every year, and I never have a problem finding volunteers. Volunteering at this event allows a large number of McGladrey LLP employees to work together as a team to support our community. We all thoroughly enjoy volunteering, and the cyclists are always so appreciative of our work. We find that a large number of the cyclists work for our clients or know some of our employees in Raleigh or Charlotte, so it is a great branding opportunity for McGladrey as well. We enjoy volunteering so much that we are ‘going on the road’ and volunteering in Sunset Beach at Bike MS: Breakaway to the Beach this year also!”

Volunteers like Charles and his co-workers at McGladrey are such an integral part of the movement. Consider how you might connect a business or community group with the chapter and join in the fun of volunteering!

There are many other ways to get involved. Register as a volunteer now and we will help you find the best way for you to invest your time and talents. Complete a volunteer registration form on the volunteer page at www.nationalmssociety.org/nct or contact:

Paula Lipford, Director of Volunteer Engagement at Paula.Lipford@nmss.org, 919-792-1017

Diane Hartley, Community Development Coordinator at Diane.Hartley@nmss.org, 919-792-1014

Davishia Baldwin, Community Development Coordinator at Davishia.Baldwin@nmss.org, 336-297-0553
MS ACTIVISM NEEDED IN REMAINING DAYS OF 113TH CONGRESS

Post-election day on November 4, members of Congress will return to Washington for a lame duck session with several important issues to resolve. Namely, Congress must fund the federal government for 2015 by extending current spending levels past mid-December or combining all remaining spending measures, referred to as an omnibus. The National MS Society will be advocating that Congress pass the omnibus because it is the best chance that $10 million for the MS Congressionally Directed Medical Research Program— which was approved by the U.S. House of Representatives this summer—will be included in next year’s budget.

Additionally, the Society hopes that Congress will advance the bipartisan Ensuring Access to Quality Complex Rehabilitation Technology Act (HR 942/ S948). Thanks to MS Activists and more than 50 partnering organizations, the Act has gained nearly 90 co-sponsors just this year.

The bill would create a separate Medicare benefit for complex rehabilitation technology (CRT), protecting access to customized products like wheelchairs and seating and positioning systems so that people living with significant disabilities including MS can have their medical needs addressed and remain active members of their communities. CRT can currently be covered by Medicare’s durable medical equipment (DME) benefit, but a separate benefit category is warranted because CRT typically have incredibly technology advances that promote function and independence that simply did not exist when the DME benefit was created more than 40 years ago.

The complex rehab bill rightly allows supports community integration by covering CRT for people transitioning from skilled nursing facilities to the home and community. It also exempts CRT products from Medicare’s “in-the-home” restriction, an illogical policy only covering mobility devices when they are used inside a person’s home (and not for out-of-the-home necessary activities like grocery shopping).

Prior to the lame duck session, members of Congress need to hear from their constituents about the importance of MS research funding and complex rehab technology.

Get more information about all of the Society’s policy priorities at www.nationalmssociety.org/advocateforchange.
DINNER HONORING RICHARD CHILDRESS RAISES FUNDS AND AWARENESS
FOR THE GREATER CAROLINAS CHAPTER OF THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

On September 23rd, the Greater Carolinas Chapter of the National MS Society hosted “An Evening with Richard Childress” honoring NASCAR championship team owner, Richard Childress. Nearly 300 attendees gathered at Bridger Field House at BB&T Field in Winston-Salem. The dinner was presented by Wake Forest Baptist Medical Center and was part of the National MS Society’s Dinner of Champions series which honors outstanding philanthropic leaders and legends who make an impact in their communities.

TO DATE, THE DINNER HAS RAISED OVER $70,000.

Dr. John and Melinda McConnell were honorary chairs. Greg Johns and Jerry West served as the chairs. Richard gave keynote remarks. Chocolate Myers was the master of ceremonies. Dr. Nichole Taylor shared her story of living with MS and board chair, Jacqueline Jones shared remarks. Childress is also a proprietor of Childress Vineyards, a board member for both the National Rifle Association and Congressional Sportsmen’s Foundation and co-founder, along with wife Judy, of the Childress Institute for Pediatric Trauma at Wake Forest Baptist Medical Center, which focuses on funding vital research to improve treatment for pediatric trauma.

We are thankful to Richard, our event sponsors, chairs, dinner committee and patrons who made this event possible as we race to create a world free of MS.
(LONGMONT, CO) – Team Left Hand has successfully raised $1 million dollars for Multiple Sclerosis! The community team, led by Left Hand Brewing Company, broke the million dollar mark this year in their 7th year of riding Bike MS, a series of coast-to-coast rides presented by the National Multiple Sclerosis Society. TLH is a national team participating in 3 state rides including Colorado, Florida and North Carolina / South Carolina, raising funds and awareness for Multiple Sclerosis.

Team Left Hand began in 2008 with just 25 Colorado riders and raising $17,960 in their first season. The team’s inspiration to ride has always lied in the friends & family afflicted by Multiple Sclerosis, motivating each member to work towards their personal goal of raising at least $1000 a year. This year, the team has grown to more than 225 riders, helping the National MS Society fund research, advocate for change, and help people living with MS. like “We’ve ridden tens of thousands of miles over the years on our Bike MS journey & won’t stop until MS stands for Mystery Solved.” states Chris Lennert, Team Captain and VP of Operations for Left Hand Brewing. “Everyone has a connection to MS, they just might not know it. Help us fight this terrible disease by getting on your bike, raising funds, having fun and enjoying some pints along the way!” Team Left Hand will continue their momentum at the Florida ride, at Bike MS: PGA TOUR Cycle to the Shore and their upcoming North Carolina and South Carolina ride at Bike MS: Breakaway to the Beach on October 18-19th. By Team Left Hand’s 10th year, they strive to be one of six teams raising half a million dollars annually. To sponsor a rider or to learn more about Team Left Hand, visit lefthandbrewing.com.

About Left Hand Brewing Company

Celebrating twenty one years of brewing a well-balanced portfolio of craft beers, Left Hand Brewing Company is located at 1265 Boston Avenue in Longmont, Colorado. Left Hand is one of the most honored and recognized breweries in the state, with over 21 Great American Beer Festival medals, 9 World Beer Cup awards, and 6 European Beer Star awards. Famous for their Nitro series, Left Hand Brewery was the first craft brewery to release a bottled Nitrogenated beer. Left Hand’s collection of perennial and seasonal beers are available in 29 states. “Sometimes you’re not in the mood for what everyone else is having.”
THANK YOU

THREE BIKE EVENTS. ONE MISSION. END MS.

September and October are full of Bike MS activity with Bike MS: Historic New Bern Ride presented by Biogen Idec, Bike MS: VF Corporation & Wrangler Tour To Tanglewood presented by B&G Foods and Bike MS: Breakaway to the Beach. Cyclists, volunteers, friends, family and sponsors came from all over the region to participate in these three epic Bike MS rides aimed at funding programs, services and research. In fact, these events already raised over $2 million in the fight against MS and we are not done yet! We have so many people to thank who make this possible including our amazing corporate partners and official Bike Shops shown below. THANK YOU for all you do!
Special thanks to our title sponsor:
Modern Automotive

walkMScarolinas.org or 1.800.344.4867

MARCH 28, 2015
Aiken, SC

APRIL 11, 2015
Cabarrus/Rowan
(Kannapolis, NC)
Greensboro, NC
Greenville, NC
Rockingham County
(Reidsville, NC)
Charleston, SC

APRIL 12, 2015
Triangle
(PNC Arena,
Raleigh, NC)
Greenville, SC

APRIL 18, 2015
Wilmington, NC
Selby, NC
Spartanburg, SC

APRIL 19, 2015
Western
(Asheville, NC)
Sandhills
(Fayetteville, NC)

APRIL 25, 2015
Columbia, SC
Goldsboro, NC

APRIL 26, 2015
NC Zoo
(Asheboro, NC)

MAY 2, 2015
Charlotte, NC
Tanglewood
(Clemmons, NC)
March 28, 2015
Aiken, SC

BE INSPIRED. GET CONNECTED. WALK MS.

walkMS.org

NATIONAL SPONSORS

WALKMS.ORG

walk MS
JOIN US IN SAVANNAH!

MARCH 6-8, 2015
3 DAYS. 50 MILES.
CONNECT TO END MS.

challengeMS.org or 1.800.344.4867

EXPLORE THE CHALLENGE

Not ready to register yet? Explore the Challenge and find out if you have what it takes! Talk to Society staff and other walkers. Start building the unique connections that grow with each training walk, leading to ultimately conquering the Challenge itself. Join us at any of these Explore the Challenge dates and find out!

OCTOBER 24
863 Osprey Ridge Rd
Winston-Salem, NC
6pm - 7pm

NOVEMBER 10
National MS Society Office
2211 W Meadowview Rd
Suite 30
Greensboro, NC

November 15
DURING OUR ANNUAL MEETINGS

Embassy Suites - Cary, NC
201 Harrison Oaks Blvd

Embassy Suites - Concord, NC
5400 John Hammons Dr, NW

Hilton Columbia Center - Columbia, SC
924 Senate Street

To register for the full annual meeting, visit www.nationalmssociety.org/nct or call (800) 344-4867. The cost is $5. The program begins at 8 a.m. Challenge Walk presentations will take place at 9:45 a.m.
Achieving our mission, and ultimately ending MS forever, requires reliance on a broad base of support.

Individual Giving

Generous individual donors provide a substantial source of funding toward the mission. Donations at all giving levels contribute approximately 26% of the Society’s total annual revenue.

HOW CAN YOU DONATE?

- Workplace Giving
- Employer Matching Gifts
- Gifts of Stock or Securities
- Giving Circles
- Planned Giving

Visit us online at www.nationalMSsociety.org/donate