

# MS CONNECTION NEWSLETTER



CONGRATULATIONS TO DR. CARY TWYMAN (LEFT), MS NEUROLOGIST AT SAINT JOSEPH NEUROLOGY ASSOCIATES! HE WAS RECENTLY HONORED FOR HIS GREAT WORK AND COMMITMENT TO THE MS COMMUNITY AT OUR 2013 CRYSTAL BOOTS AND SILVER SPURS LEXINGTON. PICTURED WITH STACY FUNK, CHAPTER PRESIDENT.

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**CONNECT WITH US ONLINE:**

**Kentucky-Southeast  
Indiana Chapter**

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**NATIONAL MULTIPLE SCLEROSIS SOCIETY**

**Kentucky-Southeast Indiana Chapter**

1201 Story Avenue, Suite 200  
Louisville, KY 40206  
1-800-344-4867

**Chair:** Michelle Husted

**Treasurer:** Dennis Dirksen

**Secretary:** Debbie Nelson

**Chapter President:** Stacy Funk

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Kentucky-Southeast Indiana Chapter

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## GIRL SCOUT GOES FOR GOLD WITH PUMPKINS

*Racing to Raise Awareness About Multiple Sclerosis with the MS Pumpkin Derby*

SATURDAY, NOVEMBER 2, 2013  
LOUISVILLE SLUGGER FIELD

Ellie McDearman, an Ambassador Girl Scout with Troop 884, has made it the goal of her Gold Award project to educate the public about the invisible symptoms of Multiple Sclerosis (MS), hoping that with better education, folks will make better friends, employers, etc. and therefore help the lives of those with MS. So what is the obvious way to achieve this goal? Racing pumpkins of course.

Unlike a typical “awareness” event that raises funds for research or programs, this event truly is just about educating the public, so Ellie needed something fun to draw in families that were not related to the MS community. Pumpkin Racing was the ticket! She created her own non-profit, the MS Pumpkin Derby, to hold the event at Louisville Slugger Field each year. While there, the public will be educated about MS through interactive MS games that simulate symptoms, an art gallery based on MS symptoms and through the MS Awareness Village which is a teaching outlet for groups like the MS Society. In addition to the MS activities there is a Kids Fun Zone with inflatables from kazooing, face painting, crafts and games.

The racing event has four divisions and should be a great event for families, individuals and school or corporate teams.

“I just want the public to understand that people with MS can look totally fine but have lots of hidden symptoms. If I can help people to understand the symptoms just a little bit better, then maybe the people with MS will be treated in a better way.”

More information on the event can be found at [www.mspumpkinderby.com](http://www.mspumpkinderby.com), which will also direct you to the Facebook page and YouTube channel.

## ANNUAL MEETING

We are excited to team up with the MS Pumpkin Derby for our Annual Meeting!

Jack Daniels Lounge  
Louisville Slugger Field  
November 2, 2013  
9:30 - 11:00 AM

Join us for a complimentary breakfast, awards, and all kinds of fun! Space is limited, so RSVP today! To register call 1-800-344-4867 option 1 or visit [www.nationalMSSociety.org/kyw](http://www.nationalMSSociety.org/kyw)

# WALK WITH US!

## WWW.WALKMSKY.ORG

**Walk MS: Central Kentucky**  
**Saturday, September 7, 2013**  
**Freeman Lake - Elizabethtown**

**Walk MS: Bowling Green**  
**Saturday, September 14, 2013**  
**Preston Miller Park**

**Walk MS: Madisonville**  
**Saturday, September 21, 2013**  
**Madisonville City Park**

**Walk MS: Paducah**  
**Saturday, September 28, 2013**  
**Noble Park**

*For more information contact Mary Carabella at 502-526-5303 or [mary.carabella@nmss.org](mailto:mary.carabella@nmss.org).*

**Walk MS: Lexington**  
**Saturday, September 14, 2013**  
**RJ Corman - Nicholasville**

**Walk MS: Pulaski County**  
**Saturday, September 21, 2013**  
**Pulaski County High School**

*For more information contact Tiffany Smith at 859-294-7060 or [tiffany.smith@nmss.org](mailto:tiffany.smith@nmss.org).*

## CONGRATULATIONS TO TEAM SHANNON IN CENTRAL KENTUCKY!

A huge shout out to Team Shannon in Central Kentucky for winning the Breakfast Challenge. They will be served hot breakfast at Walk MS: Central Kentucky in Elizabethtown by our very own staff members, Mary Carabella and Jacque Vissing, with their own tent and team banner provided by us.



## COUNTRY CURES CONCERT

Save the date for the Country Cures Concert on April 19, 2014 at the Carson Center in Paducah, KY. Tickets will be \$25 and go on sale in November. More details coming soon! Go to [www.togetheragainstms.org](http://www.togetheragainstms.org) for more information.

## EMPLOYEE SPOTLIGHT

# ALL ABOUT JACQUE

**Name:** Jacqueline Vissing

**Position:** Programs and Services Coordinator since May 2013

**Degree:** University of Louisville/B.S. Communications

**Previous work experience:** Arthroplasty Foundation as a Clinical Research Coordinator

**Places lived:** Jeffersonville, IN

**Hobbies:** Organizing

**Favorite Color:** Orange

**Three words that best describe you:** Energetic, Passionate, Fun-loving

**Last movie watched:** "Grown Ups"

**Something few know about me:** My favorite sports team is the Detroit Red Wings

**My favorite part about working for the Society:** There is never a dull moment!

To contact Jacque, call 502-451-5473 or email [jacqueline.vissing@nmss.org](mailto:jacqueline.vissing@nmss.org).



JACQUE VISSING  
PROGRAMS & SERVICES COORDINATOR

## UPCOMING EVENTS

CRYSTAL BOOTS & SILVER SPURS  
SOUTHERN INDIANA

September 28, 2013  
Floyds Knobs, IN

For more information go to [www.crystalboots.com](http://www.crystalboots.com). For tables, tickets, or to volunteer contact Maria Wheatley at 502-648-2283 or [mariau@macconstruction.com](mailto:mariau@macconstruction.com).



BECOME OUR FRIEND ON FACEBOOK!  
[WWW.FACEBOOK.COM/KYNMSS](http://WWW.FACEBOOK.COM/KYNMSS)

## LIVING WITH MS

SOCIETY SCHOLAR  
LEARNS FROM MS

BY LAUREN MEINTSMA



Multiple sclerosis shouldn't stand in the way of an education, which is why the National MS Society's scholarship program exists — to help highly qualified students with MS or who have a parent with MS achieve their dreams of going to college. Since its creation, the program has continued to grow, and in 2013, nearly \$1.2 million was awarded to 679 scholars. Thirty-one of those students are Hispanic.

An exceptional student selected from the Pacific South Coast area is Alexander Salazar, a high-school senior from La Mesa, Calif. His Hispanic roots come from his Colombian father. At the age of six, he moved to the United States with his mother. Then, in 2009, Alexander's mother was diagnosed with MS. Alexander shared that while his mother's MS is not severe, it is an ob-

stacle in her life. As an English teacher, she has had difficulty with the speech issues that can come with MS.

Even though MS has meant changes at home for Alexander, he said having a family member with MS has helped him grow. In his scholarship application, he emphasized the compassion he has for his mother and for others living with MS, the patience he must show on a daily basis and his responsibility to believe in himself and his family.

Alexander has also gotten involved in Society fundraising events alongside his mother. This past April, he was a fundraiser for his mother's Walk MS team in Carlsbad, Calif. "This disease is affecting lives, and I just hope that through our collective effort, we can find a cure," he says.

Alexander will be using his Society scholarship to attend Chapman University in Orange, Calif., in the fall. He wants to become a broadcaster, scriptwriter or actor. He says he is motivated by his mother. "She sacrificed a great deal of her life in order to give me opportunities she never received. It's the reason I have so much ambition to be successful."

Scholarship applications are available as of Oct. 1, with a deadline of Jan. 15, 2014. For information, call **1-800-344-4867** or visit **[www.nationalMSSociety.org/scholarships](http://www.nationalMSSociety.org/scholarships)**. ■

Lauren Meintsma is a marketing and public relations intern with the Upper Midwest Chapter and is studying communications and French at Luther College in Decorah, Iowa.

**MONEY MATTERS**

**MAKING HEALTH INSURANCE CHOICES**

Starting Oct. 1, most people who don't already have health insurance will have new options for coverage when the **Health Insurance Marketplace**—a component of the Affordable Care Act—begins enrollment for coverage to begin Jan. 1, 2014.

The Web-based Health Insurance Marketplaces, (sometimes called “exchanges”) are a new way of shopping for health insurance coverage, allowing people to compare plans, get tax credits and other cost help. The program also includes government-certified “navigators,” who are expert health insurance counselors funded by the marketplaces to provide unbiased information, education and enrollment help to consumers at no cost. Coverage through marketplace plans is guaranteed regardless of pre-existing conditions, such as multiple sclerosis, and covers preventive and needed care, such as doctor's visits, hospitalizations, maternity leave, emergency room care and prescriptions.

All plans that participate in the marketplace have to show costs and what is covered in simple, understandable language that allows people to make “apples to apples” comparisons between plans. Enrollment begins October 1st at [www.healthcare.gov](http://www.healthcare.gov). Call the Society at **1-800-344-4867** or visit [www.nationalMSSociety.org/ACAkickin](http://www.nationalMSSociety.org/ACAkickin) for more information.

**WAYS TO GIVE**

**GIVE AT THE OFFICE**

Every year, people nationwide help create a world free of multiple sclerosis by contributing through their employer's charitable giving campaign.

Most campaigns kick off in the fall, so if you've been looking for an easy and efficient way to join the movement, act now. Simply designate your annual pledge to the National MS Society. Your donation will be automatically deducted from each paycheck to fund cutting-edge research and provide programs and services to help people affected by MS move their lives forward.

Federal government employees and military personnel are eligible to participate in the Combined Federal Campaign (CFC), the nation's largest workplace giving program. If you participate in the CFC, designate your gift to the Society using **CFC#11409**.

If your company offers a workplace giving program, look for the Society listed under Community Health Charities. If your employer doesn't offer a giving program, talk to your benefits administrator or call us at **1-800-344-4867, option #2**, to see if we can help.



## ADVOCACY

# HAPPY ANNIVERSARY ADA! NOW, WHERE ARE WE?

BY NATIONAL MS SOCIETY SOUTHEAST  
REGIONAL ADVOCACY TEAM

This month marks the 23rd anniversary the Americans with Disabilities Act (ADA). This historic piece of civil rights legislation was signed into law by President George H. W. Bush in the summer of 1990.

President Bush, upon signing the measure, said “let the shameful wall of exclusion finally come tumbling down.”

It is our job to now ensure that inclusion is achieved.

It is not enough that folks living with chronic diseases gain employment; it is pertinent that jobs gained are good jobs, including careers with the prospect of upward mobility. Today just about one-fifth of Americans living with disabilities are active in the workforce. Of these individuals, almost fourteen percent were unable to garner employment in the month of May, according to a report cited by Bloomberg Businessweek. In the same piece, the author points to the company Walgreen, as a shining example of what all employers should be aiming to emulate. Walgreen compared variations in performance differences between its distribution centers; some with workforces comprised of mainly people living with disabili-

ties, and others with non-disabled workforces. This three-year study showed that employee turnover was cut in half with the more diverse workforce, composed predominantly of people with disabilities. Of note, productivity differences were virtually indistinguishable.

I watched an old video clip recently which depicted the “Capitol Crawl.” Hundreds of folks living with disabilities lined the Capitol steps and laid down their canes, crutches, wheelchairs and other assistive devices and climbed or were carried up the front stairs of the U.S. Capitol Building. This activism “caught on camera” undoubtedly played a powerful role in the passage of the ADA. Activists putting skin in the game can move mountains.

We need this exact momentum now. As we celebrate the 23rd anniversary of the ADA, it should also serve as a reminder that there is still work to do. We must fight for job advancement opportunities and we must work to increase awareness of the huge potential that an entire population has to offer in the labor market. We must have a seat at the table as historic reforms in health care delivery take effect in this country. The National MS Society is tracking these reforms, working to educate folks on its impact and to serve as a voice for those living with MS in Washington D.C., and in every state house.

We are ramping up our efforts in advocacy, too. We’ve recently launched a new approach to advocacy which will be guided by a unified state policy agenda. Together we will leverage our voices, resources, and strategies to be the most effective activists we can be. Contact your

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southeast Chapter of the MS Society today to learn how to become more involved. From sending an email to directly educating members of congress, advocacy comes in all sizes—every bit of which goes toward ensuring an end to MS. ■

To get more involved as an MS Activist or to participate in our MS Activism Day in Frankfort next winter, contact Jacque Vissing, Programs and Services Coordinator. Call 502-451-5473 or email [jacqueline.vissing@nmss.org](mailto:jacqueline.vissing@nmss.org)



**CONGRATULATIONS TO STEVE SARSON FOR BECOMING A “BIG SHOT” AT THE 2013 BIKE MS: BLUEGRASS, BIKES & BOURBON**

## WAYS TO GIVE

# BIKE MS A HUGE SUCCESS!

Bike MS: Bluegrass, Bikes & Bourbon was a huge success raising almost \$180,000! Thank you to our Bike MS participants, volunteers, and sponsors for helping to create a world free of MS. We couldn't have done it without you!

### Top 5 Fundraising Teams:

- Team Dot Louisville -- \$20,525
- JudeMar Juggernaut -- \$12,725
- Highland Fitness -- \$11,365
- Chino Hill ReCyclers -- \$10,005
- UPS -- \$8,439

### Top 5 Fundraising Individuals:

- Phillip Patterson -- \$11,375
- Andrew Miller -- \$6,050
- Jeffrey Hamilton -- \$5,885
- Brad Kruer -- \$5,000
- Maurice John -- \$4,695

A special thank you to our sponsors and supporting bike shops: Four Roses, Woodford Reserve, Wild Turkey, KBR Building Group, Capitol Auto Park, Kentucky One Health, Brown Forman, Thorntons, Clarksville Schwinn, Main Street Bikes, Middletown Cycling & Fitness, and Scheller's Fitness & Cycling.

## CALENDAR PROGRAMS

Join us at one of our two locations for our Healthy Steps Lunch Bunch series! Participate in an educational and support program from 11:30 AM to 12:30 PM. Bring your caregivers, family, and friends and enjoy a FREE lunch. Space is limited, so please RSVP by calling 1-800-344-4867 option 1.

### Lexington Lunch Bunch September 30, October 28

Last Monday of the month at Cardinal Hill in the Center of Learning Room 3, on 2050 Versailles Road in Lexington.

### Louisville Lunch Bunch October 1, November 5, December 3

First Tuesday of the month at Kosair Charities in the Community Room at 982 Eastern Parkway in Louisville.

### Teleconference

**September 10** - Research: Where are we now? Where are we going?

This call will discuss what is happening in MS research, and what is on the horizon. You will learn what we know now about new treatments that have come on the market within the last year and how to connect with clinical trials.

Register for the upcoming teleconference by calling 1-800-344-4867 option 1.



CONGRATULATIONS TO TEAM WALKING FOR HOPE IN BOWLING GREEN FOR RAISING NEARLY \$5000 AT THEIR 2ND ANNUAL SPAGHETTI DINNER IN RUSSELLVILLE, KY

## MOVING MOUNTAINS FOR MS 2013 FAMILY WEEKEND RETREAT

October 11 - 13, 2013  
General Butler State Resort Park  
Carrollton, KY

Enjoy a fun two-day retreat for the entire family! The program is targeted to families with children and is exclusive to families where a child or parent is living with MS. A \$25 per family registration fee is required. Space is limited! Accommodations, lunch, and dinner will be provided with the registration fee. Financial assistance is available for registration fees and transportation.

To register: call 1-800-344-4867 option 1 or visit [www.nationalMSSociety.org/kyw](http://www.nationalMSSociety.org/kyw)

Thank you to Kosair Charities, the Etscorn Foundation, and Genzyme for making this program possible.

## TALK MS GROUP MEETINGS

### BOWLING GREEN

Contact Tim at (270) 535-9161  
6:00 PM, Sky Rehab Clinic  
2nd Tuesday of each month

### FRANKFORT

Contact Michelle at (502) 803-6239  
6:30 PM, Frankfort Regional Medical Pavilion  
2nd Friday of each month

### LEXINGTON

Contact Leslie at (859) 269-4036  
11:30 AM, Location TBA  
1st Wednesday of each month

### MADISONVILLE

Contact Dan or Carolyn at (270) 639-5679  
6:00 PM, Trover Clinic 8th Floor  
4th Monday of each month

### MIDDLESBORO

Contact Nina at (606) 499-1987  
6:00 PM, Middlesboro ARH  
2nd Tuesday of each month

### PADUCAH

Contact Jessica at (270) 804-0817  
6:30 PM, Lourdes Hospital  
Marshall Nemer Pavilion, Borders Room  
1st Tuesday of each month

### OHIO COUNTY

Contact Tim at (270) 535-9161  
6:30 PM, Ohio County Wellness Center

### SOMERSET

Contact Rick at (606) 872-6876  
6:00 PM, Lake Cumberland Regional Hospital  
3rd Thursday of each month

### WINCHESTER

Contact Joy at (859) 595-7838  
6:00 PM, BCTCS  
1st Tuesday of each month



MARYLIN LOVES HER NEW COOLING VEST! THANK YOU KENTUCKY COLONELS FOR YOUR GENEROUS DONATION, KEEPING MANY PEOPLE WITH MS COOL DURING THIS HOT SUMMER.



**National  
Multiple Sclerosis  
Society**

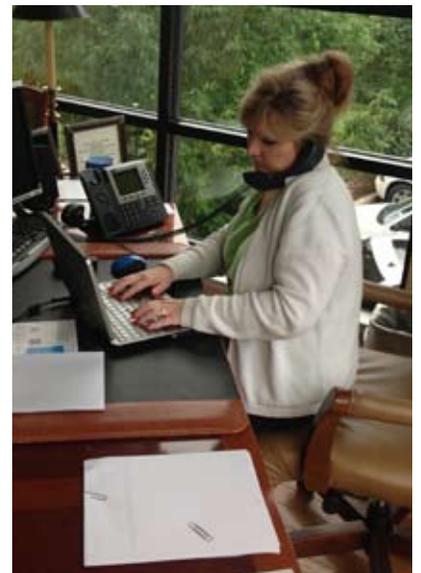
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Louisville, KY 40206

Free Matter for  
the Blind or  
Handicapped



## VOLUNTEER SPOTLIGHT: **NANCY HECKLER**

Nancy Heckler is an MS Nurse Navigator for KentuckyOne Health Multiple Sclerosis Center and Saint Joseph Neurology Associates. She has been working in the field of MS for the last 5 years both in clinical research as well as patient care. She initiated and coordinated with the KentuckyOne Health rehabilitation department, the National MS Society, and the YMCA of Central Kentucky to develop and bring MS Wellness programs to the Lexington community. She created and now runs two support groups in Lexington and London. Nancy volunteers with our Lexington Lunch Bunch, Family Retreat, Holiday Program, Walk MS, and Crystal Boots & Silver Spurs Lexington. “I believe that my greatest impact for the MS community is developing the role of the nurse navigator and with education.” She strives to improve the overall quality of life for patients living with MS. She is an advocate for the patient for better access to health care, better access to medications, and better programs to be available in our community. “I want our patients to know they are not alone in this fight, that we are here to educate and empower our patients to focus on all they can do,” says Nancy. She recently collaborated in developing a professional Women’s Group for those who work in the field of MS. Nancy Heckler is such an asset to the MS community and the National MS Society is so lucky to have her as a dedicated volunteer.



**NANCY HECKLER, RN**