

MS CONNECTION NEWSLETTER



DR. STEPHEN KIRZINGER, FAMILY RETREAT COMMITTEE CHAIR AND BOARD MEMBER, LED US TO OUR MOST SUCCESSFUL FAMILY WEEKEND EVER! OVER 45 FAMILIES JOINED US FOR THIS FUN-FILLED WEEKEND IN OCTOBER AT GENERAL BUTLER STATE RESORT PARK.

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Indiana Chapter**

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NATIONAL MULTIPLE SCLEROSIS SOCIETY

Kentucky-Southeast Indiana Chapter

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Vice Chair: Diana Quesada

Treasurer: Bob Montgomery

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Chapter President: Stacy Funk

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Kentucky-Southeast Indiana Chapter

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.

PROGRAMS START THE NEW YEAR OFF WITH A BANG!

We started off our new fiscal year in October with a fun-filled educational program for families affected by MS. Thanks to generous funding from Kosair Charities, the Etscorn Foundation, and Genzyme, we were able to host our Moving Mountains for MS: 2013 Family Weekend Retreat at General Butler State Resort Park.

The weekend was filled with educational speakers, fun activities, theatre games for children, hiking, support, entertainment from Kristie Salerno-Kent provided by Acorda Therapeutics, and so much more!

“It was our first time at the retreat. A wonderful experience! Great topics, food, accommodations. Have had MS for 10 plus years and learned something new!” said one family.

Save the date for our next Family Retreat on October 10 - 12, 2014!



OUR KOSAIR KIDS!



Our 2013 Annual Meeting in conjunction with the MS Pumpkin Derby was also a hit! Almost eighty people attended to find out more about MS research from Dr. Greg Anderson of KentuckyOne Health Neurology Associates and help us appreciate some of our outstanding volunteers from the year.

Congratulations to our Martha Montgomery Tribute Award recipients: Lisa Gilbert, Dan Herron, Brad Kruer, Laura Sanders, Greg Scheller, Rick Sexton, Nina Shoemaker, Charlotte Smith, and Robin Todd.



AMANDA FARMER, STACY FUNK, AND JEANNIE UNRUH

And, congratulations to Amanda Famer, Junior Sylvie of the Year Award recipient and Dennis Dirksen, Sylvie of the Year Award recipient!

A special thank you to our sponsors: Associates in Neurology Clinical Research, Elderserve, Healthsource of Louisville Downtown, HomeFit Personal Training Company, Medi Home Care, and Novartis.

SAVE THE DATE FOR A WALK MS NEAR YOU!

Walk MS: Bell County
Saturday, April 12, 2014

Walk MS: Pulaski County
Saturday, April 26, 2014

Walk MS: Lexington
Saturday, May 31, 2014

Walk MS: Louisville
Saturday, May 31, 2014

Walk MS: Central Kentucky
Saturday, September 6, 2014

Walk MS: Paducah
Saturday, September 13, 2014

Walk MS: Bowling Green
Saturday, September 27, 2014

For more information contact Mary Carabella at 502-526-5303 or mary.carabella@nmss.org. Register today at www.walkMSky.org!

TEMPTATIONS IS A SUCCESS

We received a lot of great press at the Temptations Holiday Boutique this year with multiple television interviews. We were also featured in the Courier Journal's Velocity.



THANK YOU TO SIMPLY PR FOR ALL YOUR SUPPORT OF THE CHAPTER! PICTURED LEFT TO RIGHT: STACY FUNK AND CAROLINE KNOPP, SIMPLY PR

Over 1,000 shoppers came through the doors at The Olmsted to get an early start on their holiday shopping. This event is tremendous visibility for the National MS Society in the community. We are grateful to all of the vendors at Temptations Holiday Boutique for having us back again this year!



BECOME OUR FRIEND ON FACEBOOK!
WWW.FACEBOOK.COM/KYNMSS

EMPLOYEE SPOTLIGHT

ALL ABOUT JERIKA

Name: Jerika Amos

Position: Senior Development Manager since September of 2012

Degree: B.A. – Communications from the University of Louisville

Previous work experience: Fundraising and Events at Metro United Way and Brightside, Advertising at the Courier-Journal, Soccer Coach at University of South Carolina–Aiken

Places lived: West Virginia, South Carolina, and Kentucky

Hobbies: Snowboarding, cycling, running, soccer, traveling to new places & cheering on my University of Louisville Cardinals in all sports!

Favorite Color: I haven't found a color that I didn't like

Three words that best describe you: Determined, adventurous, and eclectic

Last book read: "Gone Girl"

My favorite part about working for the Society: Using my skills and experience to make a difference. There is nothing more satisfying than working with a wonderful group of people and helping to improve lives.

To contact Jerika, call 502-526-4031 or email jerika.amos@nmss.org.



JERIKA AMOS
SENIOR DEVELOPMENT MANAGER

BIKE MS

BLUEGRASS, BIKES, & BOURBON

May 17 - 18, 2014

Gallrein Farms - Shelbyville, KY

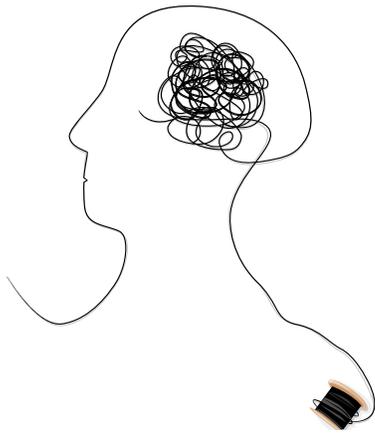
Finish line party at Four Roses in
Lawrenceburg, KY!

For more information go to
www.bikeMSky.org, or contact Jerika at
502-526-4031 or jerika.amos@nmss.org.

HEALTHY LIVING

IS THIS NORMAL?

BY LAURIE CLEMENTS LAMBETH



At a recent appointment, I listed my cognitive lapses over the past year.

I have mild cognitive impairment; I was tested after 25 years with MS and suspi-

cions that I wasn't quite up to my old speed of thought. Dividing my attention, shifting focus and finding words have steadily grown more difficult. But three recent events had felt different: sudden, strange, like the seizure I had nearly 20 years ago—misfires, blips, spikes on some tiny chart kept by little scientists in my brain wearing white lab coats and horn-rimmed glasses. The charts ribbon out of their little machines, and when a blip occurs, the scientists rip them from the machines and conceal them in their lab coat pockets.

So I asked the physician's assistant the question we all ask at some point: "Is this normal?"

SUPERMARKET BLIP

My husband was somewhere behind me, getting milk while I ducked the supermarket scooter into a quiet aisle. He approached and said,

"Chobani's on offer."

"Chobani?" I said.

"You know, Chobani."

"What . . . is . . . Chobani?" I asked slowly. His face went from quizzical to startled. I play little practical jokes sometimes, and he thought at first this was one of them. But then he realized I was far from joking. I was confused.

"You really don't remember what Chobani is?" he asked.

"No." I panicked. "Is it bread?" I thought of another word that begins with a ch- sound, but couldn't place it. Ciabatta.

Two years before, I had come home from a trip to a writer's retreat telling him all about the Chobani Greek yogurt I had for breakfast while I was there. So you can imagine his surprise that I did not recognize the name. I wanted to shrink into myself. How strange it felt, as though a shell of silence had formed around me and nobody could come in or let me out.

THE "OH . . ." BLIP

I forgot. Please hold. I need to find my list in my purse to jog my memory. Listen to some Muzak while you wait, or talk amongst yourselves. La la la . . .

Found it: my list says, "time concept."

I was scheduled for a haircut and color at 1:00 p.m. It takes me half an hour to 35 minutes to drive to the salon. At 11:45 I was answering email and feeling as though I had plenty of time.

I took a shower. Then it was 12:20. I dressed, did my makeup. I took my time. Then I glanced at the clock. How did it become 1:09?

There was no way I could make it. I was beyond late. At 12:15 I should have been thinking of leaving. At 11:45 I should have realized I was running late. I couldn't tie it together.

Imagine two strands of yarn. One is the hours ticking by, time itself, and at 1:00 I had my appointment. The other strand of yarn represents the amount of time needed to prepare and drive. The problem is, in my head the two strands of yarn were very far apart, and parallel. I could not connect them. They were loose and felt tiny in my mind, like when my hand is weak or shaky and I can't grasp a small object.

PARKING BLIP

At the vet's office there's a steep little hill you need to accelerate to climb. At the top I eased the brake. The car sped up. Why aren't we stopping, I thought. Something's wrong with the car. I pressed harder. We headed faster toward the building. Just as I reached for the emergency brake I saw my foot firmly pressing the gas pedal, not the brake. I lifted my foot and slammed on the brake just in time.

It took me two days to tell anyone. No harm, but I was shaken, ashamed, confused.

When I asked if having cognitive blips is "normal," the physician's assistant paused a moment.

"It's—common," she said, her voice measured

and lifting.

And I was grateful: more common than normal, strange but shared. ■



Laurie Clements Lambeth's first book **Veil and Burn** was selected for the 2006 National Poetry Series. To learn more about her work, visit

www.laurieclementslambeth.com.

WHAT THE SYMPTOMS MEAN

Unusual symptoms should be reported to your doctor. They may signify MS-related disease activity that your doctor may wish to treat, or they may be unrelated to your MS. For example, changes in cognition may be caused by many different factors, including MS, depression, stress, medications (for example, some bladder medications), or aging. Your doctor may refer you to a cognitive specialist/neuropsychologist to help you determine the cause of whatever changes you may be experiencing.

- Rosalind Kalb, PhD, vice president of Clinical Care at the National MS Society

MONEY MATTERS

WHERE TO FIND EMPLOYMENT HELP

BY STEVEN W. NISSEN, MS, CRC

Are you considering changing jobs? Have you been out of the workforce, but are thinking about returning? Do you have questions about disclosure in the workplace or how to accommodate symptoms on the job?

CALL AN MS NAVIGATOR

An MS Navigator can address many of your employment-related questions and refer you to helpful resources, including employment-related publications and videos. Call the Society at 1-800-344-4867 and visit www.nationalMSSociety.org/employment.

JAN CAN HELP

The Job Accommodation Network (JAN) is a free service of the U.S. Department of Labor Office of Disability Employment Policy that can provide technical assistance and support regarding accommodations, the Americans with Disabilities Act, disclosure and self-employment for people with disabilities. Contact JAN at 1-800-526-7234 or visit www.askJAN.org for a wide variety of resources and publications.

IN YOUR STATE

Each state has a vocational rehabilitation agency whose goal is to assist individuals with disabilities to gain and maintain employment. For a full listing of vocational rehabilitation agencies, visit askjan.org/cgi-win/TypeQuery.exe?902.

ONE-STOP SERVICES

The purpose of local one-stop employment centers is to assist job seekers, with or without disabilities, in finding employment. However, if you choose to self-identify that you are living with MS, the office may be able to provide some additional support services. To find your closest center, visit www.servicelocator.org.

TARGETED RECRUITMENT

Several online resources feature employers who are actively recruiting qualified people with disabilities, including:

- Equal Opportunity Publications Career Center - www.eop.com/career.php.
- GettingHired - www.gettinghired.com.
- National Business & Disability Council - www.viscardicenter.org/services/nbdc.

Working with MS is possible and you don't have to do it alone. Get connected to stay on top of your employment options. ■

Steve W. Nissen, MS, CRC, is the Society's senior director of Employment & Community Programs.

CRYSTAL BOOTS & SILVER SPURS

Thank you to our top sponsors Wells Fargo Insurance Services and MAC Construction and Excavating.

We would also like to thank our Silver Sponsors, Wayne Supply - The CAT Store Rental, PNC Bank, Globe Mechanical, BB&T Insurance Services, Mountjoy Chilton and Medley, L&D Mail Masters, and Promedia Group.

Save the date for September 27, 2014! For more information about the event contact Maria Unruh at mariau@macconstruction.com.



A SPECIAL THANK YOU TO THE UNRUH FAMILY FOR ALL OF THEIR HARD WORK. CONGRATULATIONS ON YOUR "MILLION DOLLAR YEAR" IN 2013!



ROBERT & KARLA HEINZ AND VICKI & DAN WILLIAMS WERE THE LUCKY WINNERS OF ONE OF OUR GREAT AUCTION ITEMS., A DONNY & MARIE OSMOND SHOW. HERE THEY ARE PICTURED WITH DONNY AT THEIR PRIVATE MEET AND GREET!

UPCOMING EVENTS

New this year is a "Country Cures" concert in Paducah, Kentucky hosted by the National MS Society and Together Against MS at the Carson Center. Save the date for Saturday, April 19, 2014. Tickets will go on sale soon for \$25. You can visit the website at www.countrycuresms.com.

Save the date for Best of Louisville Bash on July 31!

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 January 27, February 24, March 31

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

Louisville Lunch Bunch February 4, March 4, April 1

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



DENNIS DIRKSEN, 2013 SYLVIE OF THE YEAR (LEFT)

TELECONFERENCES

Top 10 List in MS February 11, 2014

This teleconference will highlight the top happenings in the field of MS, looking at diagnosis, current treatment options, rehabilitation therapy and more. Speaker: TBD

Overcoming Cognitive Challenges May 13, 2014

Memory problems, difficulty concentrating and slowness in processing information are all cognitive challenges associated with MS. In this teleconference participants will learn about the role of cognition in MS as well as information on cognitive rehabilitation, and tips to help manage cognitive symptoms. Speaker: Kristine Herfkens, PhD

Alternative Therapies in MS August 12, 2014

Alternative therapies are difficult to define and can include anything from drugs and diet to food supplements, mental exercises and lifestyle changes. This teleconference will help identify and discuss alternative options. Speaker: Sibyl E. Wray, MD

Join us for a free series of informative conference calls on a variety of topics for people living with MS and their families. **All teleconferences are from 7:30 - 8:30 PM EST.**

TO REGISTER: Call 1-800-344-4867, option 1

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
1st Tuesday of each month

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



CONGRATULATIONS TO THE MONTGOMERY FAMILY FOR HOSTING ANOTHER GREAT EVENT! JAM FOR A CURE 2014 WAS A HUGE SUCCESS THIS YEAR THANKS TO THE CONTINUED SUPPORT OF DIANNE, AARON, AND BOB.



PICTURED LEFT TO RIGHT: AARON MONTGOMERY AND MARY CARABELLA



**National
Multiple Sclerosis
Society**

1201 Story Avenue
Suite 200
Louisville, KY 40206

Free Matter for
the Blind or
Handicapped



VOLUNTEER SPOTLIGHT: JIMMY JONES

Jimmy is a Paducah native, married for 27 years with two daughters and three granddaughters. His wife Tena was diagnosed with relapsing and remitting MS in 1996. He has been involved in the entertainment business for the last 18 years and is also a low voltage technician. Over the last 17 years he has been learning more and more about MS as his wife has been involved in numerous research programs in hopes of one day finding a cure. Approximately 2 years ago he was approached by a band from Nashville with the idea of putting together a benefit concert. It was pitched to him as possibly doing a relay for life event. He immediately was on board with the idea as long as it could be done for MS as he felt it was his turn to do something for MS research. His wife had been doing her part for the last several years. After a year of planning the event, he made the call to the National MS Society to present the idea to them. With the assistance of the National MS Society and many other people, he now is the director of Together Against MS, a Paducah based organization. Jimmy has scheduled the first annual Country Cures MS event to be held at the Carson Center in Paducah April 19, 2014 with Ronnie McDowell, T. Graham Brown, Blend and Flat River Band. He hopes this event will be the beginning of many more events to come. To find out more about the event go to: www.countrycuresms.com.



TENA AND JIMMY JONES