ANNUAL MEETING- MS AWARENESS

WEDNESDAY, OCTOBER 28, 5 - 7:30 P.M.

AT CARLYLE ON THE GREEN

Bethpage State Park
99 Quaker Meeting House Road Farmingdale, NY

Registration and Exhibitor Area Open
5 - 7:30pm

Keynote Speaker - Zoe Koplowitz
Motivational Speaker and Award winning Author

Educational Breakout Sessions

A. Wellness
B. Employment/ SSDI
C. Zwanger-Pesiri Radiology

*See Page 7 for Educational Breakout Session information*

Registration is required. Please register by October 23,
Call 1-800-344-4867, option 1
www.nmssli.org
CONNECT WITH US ONLINE:

Like us: NMSSLI
Follow us: longislandms

NATIONAL MULTIPLE SCLEROSIS SOCIETY
Long Island Chapter
40 Marcus Drive, Suite 100
Melville, NY 11747
1-800-344-4867

For more information on Programs and Services, contact Jane Reilly at Jane.Reilly@nmss.org or Nick Bove at Nicholas.Bove@nmss.org

For information on fundraising events, please contact Natale Raimo at Natale.Raimo@nmss.org or Kristen Rodriguez at Kristen.Rodriguez@nmss.org

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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.

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VOLUNTEER SPOTLIGHT
Why I Volunteer for the National MS Society
Malcolm Gottesman, MD

Dr. Gottesman is Board Certified in Neurology and Psychiatry. He is the Co-Director of NeuroScience and Chief of Neurology at Winthrop University Hospital. Winthrop University is a designated Partner in MS Care, Comprehensive Care Center. Dr. Gottesman is responsible for coordinating clinical trials at the facility as well as monitoring and reporting strategies and outcomes to the hospital IRC, and Medical Board. His academic appointments include Associate Professor of Neurology, School of Medicine, State University of New York at Stony Brook. Dr. Gottesman has been a committed and strategically focused volunteer for over ten years, as the Committee Chair of the Chapter's Clinical Advisory Committee, and Chapter Programs Committee, which, in recent years was identified as the Professional Advisory Committee, and most recently the Healthcare Advisory Committee. He was significantly involved with the responsibility of explaining and orchestrating the transition for all the volunteers involved, as we continue to move forward. Dr. Gottesman has made himself available (at times with very little advanced notice) to speak to our membership and volunteers about varying topics related to living with MS, as he provides professional support as indicated. Dr. Gottesman’s presentations are educational, current, precise, on target and comprehensible to all audiences. He is cognizant of the varying levels of medical knowledge within a particular audience and conveys and clarifies his messaging accordingly – with both grace and professionalism. He continues to display leadership and creativity as with his WALK MS team from Winthrop University Hospital – a team which he originated, and he continues to attend and participate as a team member at this annual signature event. He encourages patients to become involved with the local MS Society, either as a volunteer or participant, as he is well informed of the wellness, support counseling programs and services available. He provides a personal as well as a practiced perspective, derived from years of experience interacting with and studying persons with a chronic progressive neurologic disability. These unique qualities, combined with an ambition to stay current, be well informed, and exercise personal and academic knowledge, validate the recognition to be presented as a “Volunteer Spotlight” feature story. Dr. Gottesman not only looks to the future but also is an asset to our collective future, as we continue to strive for people living with MS to live the best life they possibly can.
Ultra high-field 3T MRI is superb for detecting plaques in the brain and spinal cord, which helps in the treatment for multiple sclerosis patients.
PROGRAMS

COUNSELING SERIES

ADULT FAMILY MEMBERS
Melville, Long Island Chapter Office
Michael Greenberg, ACSW
Thursdays, 7 - 8:30 p.m.
In Progress- November 19

BUT YOU LOOK SO GOOD
Syosset Hospital, Doctors Lounge
Michael Greenberg, ACSW
Saturdays, 10 -11:30 a.m.
In Progress- November 28

HOMEBOUND CONFERENCE CALL
Karen Tuminello, MSW
Thursdays, 1 - 2 p.m.
October 22- November 3

MEDITATE YOUR WAY TO BETTER HEALTH
Melville, Long Island Chapter Office
Ruth Geller
Tuesdays, 7 - 8 p.m.
On-going

ADULT FAMILY MEMBERS
Carle Place
1 Old Country Road, Suite 295
Vicki Kulberg, ACSW
Saturdays, 12 - 1:30 p.m.
October 31- January 16

MOMS WITH MS CONFERENCE CALL
Karen Tuminello, MSW
Tuesdays, 1-2 p.m.
October 20- November 24

LIVING WITH MS
Mather Memorial Hospital
Conference Room
Karen Tuminello, MSW
Thursdays, 7 - 8:30 p.m.
October 22nd- December 17th

EAST END SUPPORT CONFERENCE CALL
Karen Tuminello, MSW
Mondays, 7 - 8 p.m.
October 19th- November 23rd

To register for these programs, please contact Nicholas Bove at 631-864-8337, option 2 or nicholas.bove@nmss.org.
PROGRAMS

WELLNESS

AQUATICS – OCEANSIDE
Barry and Florence Friedberg JCC
15 Neil Court
516-766-4341
Instructors, Helene Hines and Barbara Vitale
Mondays, 7 - 8 p.m. - ongoing
Thursdays, 10 - 11 a.m. - ongoing

AQUATICS - PLAINVIEW
Mid-Island Y JCC
45 Manetto Hill Road
516-822-3535
Mondays, 10:35 - 11:35 a.m.
In Progress- December 29
Wednesdays, 10:05 – 11:05 a.m.
In Progress- December 24

YOGA
East Meadow Jewish Center
1400 Prospect Avenue, East Meadow
516-483-4205
Instructor, Shelley Sidelman 516-802-3876
Wednesdays, 12 – 1 p.m.
In Progress- December 2

Millennium Diner
156 East Main Street, Smithtown
631-724-5556
Instructor, Shelley Sidelman 516-802-3876
Fridays, 10 - 11 a.m.
In Progress- December 4

Connectquot Public Library
760 Ocean Avenue, Bohemia
Yoga classes will begin in October on Tuesdays-
tentative time is 11 - 12 p.m.
*Please check the besite for session information:
www.connetquotlibrary.org or contact the instruc-
tor at karen@freeyourmindyoga.com

PHYSICAL THERAPY
St. Charles Rehabilitation Network
240 Middle Country Road, Suite 208
Brian Quinn, PTA- 631-382-4550
Wednesdays, 12 - 1 p.m.
Ocotber 14- November 18

Progressive PT & Rehab
266 East Pulaski Road, Suite 3
Therapist, Mike Roasti, PT- 631-673-4600
Ongoing, Tuesdays, 1 - 2 p.m

TENNIS - OCEANSIDE
Pointset Tennis
3065 New Street
516-536-2323
Instructor, Tonny Van de Pieterman
Tuesdays - ongoing, please call for session time

FALL HORTICULTURE CLASS
Town of Brookhaven Adult Horticulture class
Wednesdays through Ocotber 21
from 10 a.m. - 12 p.m.
Harold H. Malkmes Wildlife Education +
Ecological Center
249 Buckley Road- Holtsville, NY 11742
631-758-9664 ext. 10
OTHER WELLNESS

YOGA PROGRAMS
No prior experience necessary. Participants must be ambulatory. Please arrive 10-15 minutes prior for the class to begin on time.

WOODBURY
Absolute Yoga Studio
1 Guilles Lane
516-682-YOGA

Tuesdays, 12:30-1:45 p.m.
In Progress- November 17
Owner/Instructor, Leslie Luft

Thursdays, 11 a.m.-12:15 p.m.
In Progress- November 19
Instructor, Lisa Bachrach-Zeankowski*

*KLisa is a 200 hour certified yoga instructor and Reiki practitioner, who is also living with multiple sclerosis. Please contact Lisa with any questions at 516-287-9747 or lbloveslife@optonline.net.

KINGS PARK
Simplicity Yoga Studio
84 Main Street
631-546-8894

Thursdays 12:30-1:30 p.m.
October 1- November 19
Owner/Instructor, Rosanne Sihler

HOPEFITNESS
HOPEFitness combines exercising with fun and socialization to create a truly unique program. HOPEFitness believes that every individual has the right to a healthy lifestyle. Our facilities are designed to maximize participation and encourage members for ultimate success.

NASSAU LOCATION
2750 N. Jerusalem Road, North Bellmore
Fridays- 11:30-12:30 p.m.
In Progress- December 11

SUFFOLK LOCATION
3140 Veterans Highway, Bohemia
Mondays, 10:45 a.m.-noon
In Progress- December 14th

Advance registration is required. To register, please contact Nick Bove at 631-864-8337, Option 2.

GO GREEN!
If you prefer to receive the MS Connection via e-mail, please contact Nick Bove at (631) 864-8337, option 2 or nicholas.bove@nmss.org.
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AT CARLYLE ON THE GREEN

Bethpage State Park
99 Quaker Meeting House Road Farmingdale, NY

Registration, Check-in, and Exhibitor Area Open
5 - 7:30pm

Keynote Speaker - Zoe Koplowitz
Motivational Speaker and Award winning Author:
“The Winning Spirit- Life Lessons Learned in Last Place”

Educational Breakout Sessions

A. Wellness: “Balance, Coordination and Vestibular Therapy”
presented by Brian Halley, DPT, St. Charles Rehabilitation, Partner in MS Care

presented by Roberta Kushner, MS, CRC, Employment Connection, UCP
and Gary Glenn, Attorney at Law

C. Zwanger-Pesiri Radiology: “Imaging of Multiple Sclerosis: Signs and Symptoms”
presented by Matthew Young, D.O. Specialty in Neuroradiology at Zwanger-Pesiri Radiology

Light refreshments will be served during main event only.
Dessert, coffee and tea will be served in breakout rooms.

Registration is required. Please register by October 23, Call 1-800-344-4867,
option 1. When registering, please choose which breakout session you will attend,
(A, B, or C)
THANK YOU

On behalf of the D’Andrea Family, the National MS Society would like to acknowledge the support in memory of Gail Evans. Robin D’Andrea’s work as chair of the Government Relations Committee and her overall work with the National MS Society was supported both financially, and through the volunteer efforts of her mom. The family and the Long Island Chapter are grateful for the outpouring support received during this time.

EAST HILLS SUBARU MAKES MAJOR DONATION TO FIGHT MS

East Hills Subaru and Subaru of America (SOA) recently gave a gift of hope to the 2.3 million people worldwide affected by Multiple Sclerosis (MS). A $28,639 donation, raised as part of Subaru’s “Share The Love” campaign, was presented to the National Multiple Sclerosis Society on April 23rd.

This major donation had been collected during the seventh annual “Share The Love” campaign which began before Thanksgiving and ended just after January 2015, the New Year. Customers who purchased or leased a new Subaru vehicle had selected from a list of charities to receive a donation of $250. SOA selected the ASPCA, Make-A-Wish, Meals On Wheels Association of American and National Park Foundation. Subaru retailers could also add a fifth, local charity and East Hills Subaru chose National MS Society as its local partner.

“We are excited to partner with Subaru and National Multiple Sclerosis Society to help find a cure for MS,” said Ken Brodlieb, chairmen of East Hills Auto Group, “It is a very worthwhile cause.”
SELF-HELP GROUP MEETINGS

Please contact the peer facilitator before attending.

BAYSHORE/
LETS BE POSITIVE
Marie, 631-277-6552 or 516-297-9331
This group is for people with a diagnosis of MS and their current caregiver. Please call anytime if interested.

HAUPPAUGE/FREE SPIRITS
Tom, 516-220-4869
1st Tuesday or Thursday each month
Different restaurant each month
Call ahead for date, time and location.

GREENLAWN/REACHING FOR THAT SILVER LINING
Dennis, 631-495-0512
1 - 2:30 p.m., 1st Wednesday of the month
Harborfields Public Library
31 Broadway (small meeting room)

MASTIC BEACH/BALANCING YOUR CHANGES
Melissa, 516-991-3653
12 - 2 p.m., 2nd Thursday of the month
Grace Lutheran Church- 240 Mastic Road
Please call Melissa prior to meeting for more info

SEAFORD/
THE CHALLENGERS
Nancy, 516-489-9163
11:30 a.m. - 2 p.m., Alternate Wednesdays
St. William the Abbot- meet in the lower church abbey. Please call for details

WANTAGH MS SUPPORT GROUP
Donna, 516-279-8864
Teresa, 516-312-6171
11 a.m. - 1 p.m., 3rd Tuesday of the month
St. Frances de Chantal Parish.
Go to the back parking lot and enter school.

THANK YOU...

Self-help group leaders are people living with MS or caregivers of a person with MS. Our volunteer leaders participate at Walk MS as team captains and are active members of our wellness programs and support counseling services.

If you are interested in becoming a self-help group leader, please contact Jane Reilly at 631-864-8337, option 2 or jane.reilly@nmss.org.
**NEW GROUP**

**PLAINVIEW/PHOENIX GROUP**

Justin, 516-857-7427
First Meeting, Tuesday October 6
7-8:30 p.m. 1st Tuesday of each month
Island Neurological, 824 Old Country Road
This is a new group focused on all people living with MS seeking a positive, supportive, and energetic environment. Please call Justin prior to the meeting to confirm, as seating is limited.

**NEW GROUP**

**GARDEN CITY/MS SUPPORT GROUP**

Lucia DiSpirito, LMSW, Neuroscience Social Worker
3rd Wednesday of the month
3:30 - 4:30 p.m. In Progress- Dec. 16
Withrop Wellness Pavillion, 1300 Franklin Square Ave. Suite ML-5
The support group is geared toward anyone who is living with MS. It is an informal group where there will be occasional speakers and a time for people to provide support, insight and share updates on how they are coping with their MS and everyday life.

Call Lucia to reserve your place at 516-663-4593

**AVAILABLE RESOURCES**

**TELEPHONE SUPPORT**

**MS FRIENDS**
1-866-MS FRIENDS (673-7436)
The MS Friends program connects you with volunteers living with MS.

**HAVE MS FOR MORE THAN 10 YEARS?**
Sal, 516-752-1116
If you have been diagnosed with MS for more than 10 years and are having difficulty coping, please call.

**NEWLY DIAGNOSED?**
Karleen, RN 516-873-9220
Call any time- leave your name, number, and a message, and Karleen will return your call.

**LIVING COPING AND UNDERSTANDING MS**
Rosemarie, 516-937-9069 or 917-294-2182
Call anytime.
CLASSIFIEDS MARKETPLACE

FREE C350 POWER CHAIR
7 years old
Needs a Battery
Good Condition
Contact Phyllis at 516-318-3121

FREE COMMODE CHAIR
2 years old
Excellent Condition
Contact Phyllis at 516-318-3123

FREE AMIGO SCOOTER
Good Condition
Contact Steve at 347-337-0812

FREE- GOOD CONDITION
- 4 rollator walkers with seat (wheels)
- 5 rollator walkers (wheels)
- 3 standard walkers (no wheels)
- 1 standard wheelchair/ with leg rests
- 1 quad cand (4 little feet)
- 1 straight cane
Contact Nick at 631-864-8337 option 2

1999 MODIFIED VAN
Chrysler Town & Country
- Wheelchair ramp, Van lowers- kneeling
- 63,000 miles, good condition, dark blue
- As Is, Contact Dennis at 631-422-2036

For more listings, please visit mnsсли.org

ALMOST NEW ACORN STAIRLIFT
Used five times
Contact Arlene at 516-965-3020

ALPHA RAMP
Excellent Condition
18 Foot Steel Ramp
Comes apart into three pieces
Contact Pete at 516-825-3307

NATIONAL MULTIPLE SCLEROSIS SOCIETY MISSION STATEMENT

People affected by MS can live their best lives as we stop MS in its tracks, restore what has been lost, and end MS forever.
ONE DAY. THOUSANDS OF PEOPLE. WALK TO END MS

WALK MS: JONES BEACH FIELD 5
SATURDAY, MAY 21, 2016

REGISTER AT NMSSLI.ORG OR CALL 631-864-8337, OPTION 2