

# ALL SOCIETY GROUP LEADERS SESSION

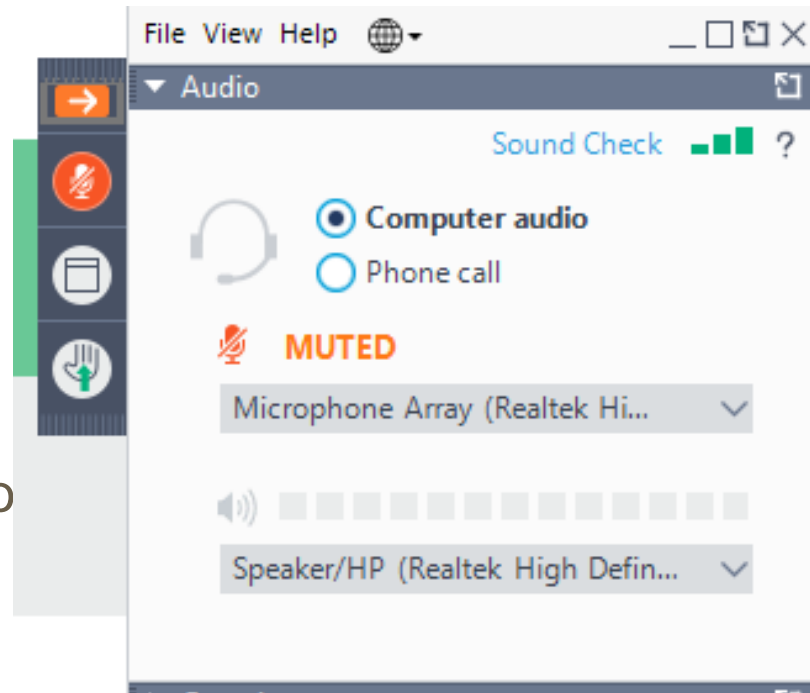
November 7, 2019



National  
Multiple Sclerosis  
Society

# Call Logistics

- All attendees are muted
- Audio options
  - Option #1: Select 'Computer Audio'
    - Plug headset with microphone into computer
  - Option #2: Select 'Phone call'
    - When you join the meeting
      - Dial number +1 877 309 2074
      - Enter access code 591-369-035
      - Enter unique audio pin-shown after joining
    - Audio pin is not an option via telephone-you will be muted
- Q&A: Question box and raise hand function



# NATIONAL MS SOCIETY PROGRAMS

# Welcome & Agenda



Suhail Ruano  
DIRECTOR  
PROGRAM DEVELOPMENT

# Top 3 areas we heard were important to you:

- Support and recognition
- Connecting to other leaders
- Group Promotion

# Agenda

- **Special Guest: RealTalk MS Podcast Host Jon Strum**
- **New Educational Topic For Group Discussion: Everyday Matters**
- **MS Navigator: Open Enrollment and Benefits**

# REALTALK MS PODCAST

## TOOLS AND RESOURCES



**Karen Hooper**

VICE PRESIDENT

PROGRAM DEVELOPMENT & ENGAGEMENT



**Jon Strum**

HOST

REALTALK MS PODCAST

# REALTALK MS PODCASTS



**JON STRUM-HOST**

Where to find Podcasts:

- [realtalkms.com](http://realtalkms.com)
- Apple podcast
- Google podcast
- Spotify
- Pandora

**TOPIC SUGGESTIONS FOR  
FUTURE PODCASTS ARE  
WELCOMED BY EMAIL**

LIVE Q&A

# CONNECTING TO OTHER LEADERS



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**Jon Strum**

HOST

REALTALK MS PODCAST



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# EDUCATIONAL TOPIC FOR DISCUSSION

# TOOLS AND RESOURCES



**Jason Klassen**  
MANAGER  
PROGRAM DEVELOPMENT



**Jeffery Fisher**  
MANAGER  
PROGRAM IMPLEMENTATION &  
ENGAGEMENT

# Everyday Matters: Living Your Best Life with MS

## Program Objectives

- Introduce the seven principles of positive psychology
  - Provide a new understanding of happiness as a choice
  - Use principles of positive psychology to address everyday challenges of living with MS
  - Learn simple and proven strategies for developing happiness generating behaviors and habits
  - Understand principles can make a real, lasting difference in our lives
-

# Materials and Resources Available

- Facilitator guide for group discussion to include:
  - Everyday Matters Videos
  - Survey Links
- Participant workbook
- Orientation Video for self help group leaders
- Promotional tools

All Materials and tools will be posted on the Connections Volunteers Resources landing page for download.

# Materials and Resources Available

[www.nationalMSSociety.org/connectionprogramvolunteers](http://www.nationalMSSociety.org/connectionprogramvolunteers)

The screenshot shows a web browser window with the URL [nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers](http://nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers). The page features the MS logo and navigation links for 'SIGN IN', 'NORTHERN CALIFORNIA CHANGE LOCATION', and 'DONATE'. A search bar is also present. The main navigation menu includes 'What is MS?', 'Symptoms & Diagnosis', 'Treating MS', 'Resources & Support', 'Living Well with MS', 'Research', and 'Get Involved'. The breadcrumb trail reads: 'RESOURCES & SUPPORT > FIND SUPPORT > PEER CONNECTIONS: ONE-ON-ONE > FOR CONNECTION PROGRAM VOLUNTEERS'. The main content area has a large heading: 'For Connection Program Volunteers'. Below this, there is a 'Peer Connections: One-on-One' sidebar with a link to 'For Connection Program Volunteers'. The main content area includes social sharing options (Facebook, Twitter, YouTube, Email) and a section titled 'IN THIS ARTICLE' with links to 'Resources for volunteers' and 'Recorded All Society Leader Calls'.

# Materials and Resources Available

[www.nationalMSSociety.org/connectionprogramvolunteers](http://www.nationalMSSociety.org/connectionprogramvolunteers)

## Group meeting discussion guides and toolkits

To facilitate dialog and discussion around issues important to people living with MS, the Society has developed guides for use in your meetings — to provide a framework for discussion around critical topics.

### **Everyday Matters for Group Discussions**

[Program Orientation Video \(.mp4\)](#)

[Facilitator Guide for Discussions \(.pdf\)](#)

[Discussion Module Summary \(.pdf\)](#)

[Participant Workbook - English \(.pdf\)](#)

[Participant Workbook - Spanish \(.pdf\)](#)



# Materials and Resources Available

<https://www.nationalmssociety.org/EverydayMatters>

nationalmssociety.org/Resources-Support/Library-Education-Programs/Everyday-Matters

**MS** National Multiple Sclerosis Society

SIGN IN IN YOUR AREA DONATE

Search our website

What Is MS? Symptoms & Diagnosis Treating MS Resources & Support Living Well with MS Research Get Involved

RESOURCES & SUPPORT LIBRARY & EDUCATION PROGRAMS EVERYDAY MATTERS

SHARE THIS PAGE








## Everyday Matters

- Everyday Matters
  - > Happiness As A Habit
  - > Adjusting Our Mindset

SHARE Like 11 Tweet Share 18

# Materials and Resources Available

<https://www.nationalmssociety.org/EverydayMatters>

<p><b>THE HAPPINESS ADVANTAGE</b> Happiness gives your brain the competitive edge.</p> <p><b>Happiness As A Habit</b></p> <p><b>Get Started</b></p>	 <p><b>Adjusting Our Mindset</b></p> <p><b>Learn How</b></p>	 <p><b>The Tetris Effect</b></p> <p><b>Start Training Now</b></p>
 <p><b>Success Through Resilience</b></p> <p><b>Learn How</b></p>	 <p><b>The Zorro Circle</b></p> <p><b>Start Now</b></p>	 <p><b>The Path of Least Resistance</b></p> <p><b>Learn More</b></p>
		



# LIVE Q&A

# CONNECTING WITH OTHER LEADERS



Jason Klassen

MANAGER  
PROGRAM DEVELOPMENT



Jeffery Fisher

MANAGER  
PROGRAM IMPLEMENTATION &  
ENGAGEMENT



Denise Franklin

VOLUNTEER  
SELF-HELP GROUP LEADER



# INSURANCE OPEN ENROLLMENT RESOURCES TO SHARE



Sherry Perry

MANAGER, MS NAVIGATOR  
SERVICES DELIVERY



National  
Multiple Sclerosis  
Society

# Medicare Annual Open Enrollment Period

- **Now until December 7<sup>th</sup>**
- **Plan searches available from MS Navigators now!**
- **National MS Society Website**
  - **[nationalmssociety.org/insurance](http://nationalmssociety.org/insurance)**
- **State Health Insurance Counselors (SHIP)**
  - **<https://www.medicare.gov/Contacts/>**

# Individual Plans also called Marketplace plans

- Now until December 15<sup>th</sup>
- [localhelp.healthcare.gov](http://localhelp.healthcare.gov)
- [nationalmssociety.org/insurance](http://nationalmssociety.org/insurance)
  - Application checklist
- Remember – cheaper premiums don't necessarily mean lower costs!
- MS Navigators

# MS Navigator

**Phone:** 1-800-344-4867

7:00 am – 5:00 pm MT (M – F)

**Email:** [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org)

## Social Media/Web Chat

LIVE Q&A

# RESOURCES TO SHARE



Sherry Perry

MANAGER, MS NAVIGATOR  
SERVICES DELIVERY



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Thank  
You



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