ALL SOCIETY GROUP
LEADERS SESSION
November 7, 2019
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
Welcome & Agenda

Suhaill 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 PODCASTS

Where to find Podcasts:
• realtalkms.com
• Apple podcast
• Google podcast
• Spotify
• Pandora

TOPIC SUGGESTIONS FOR FUTURE PODCASTS ARE WELCOMED BY EMAIL

JON STRUM-HOST
LIVE Q&A
CONNECTING TO OTHER LEADERS

Karen Hooper
VICE PRESIDENT
PROGRAM DEVELOPMENT & ENGAGEMENT

Jon Strum
HOST
REALTALK MS PODCAST
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
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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
Materials and Resources Available

https://www.nationalmssociety.org/EverydayMatters

<table>
<thead>
<tr>
<th>HE HAPPINESS ADVANTAGE</th>
<th>Happiness As A Habit</th>
<th>Adjusting Our Mindset</th>
<th>The Tetris Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Get Started</td>
<td>Learn How</td>
<td>Start Training Now</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Success Through Resilience</th>
<th>The Zorro Circle</th>
<th>The Path of Least Resistance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Learn How</td>
<td>Start Now</td>
<td>Learn More</td>
</tr>
</tbody>
</table>

National Multiple Sclerosis Society
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
Medicare Annual Open Enrollment Period

• Now until December 7th
• Plan searches available from MS Navigators now!
• National MS Society Website
  – nationalmssociety.org/insurance
• State Health Insurance Counselors (SHIP)
  – https://www.medicare.gov/Contacts/
Individual Plans also called Marketplace plans

• Now until December 15\textsuperscript{th}
• \url{localhelp.healthcare.gov}
• \url{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

Social Media/Web Chat
LIVE Q&A
RESOURCES TO SHARE

Sherry Perry
MANAGER, MS NAVIGATOR SERVICES DELIVERY