Resilience
June, Las Vegas, NV
nationalMSsociety.org/CALcalendar

Hollywood Bowl
July 4th Spectacular
nationalMSsociety.org/CALcalendar

Everyday Matters
• July, Los Angeles, CA
• Saturday, September 16, Reno, NV
nationalMSsociety.org/CALcalendar

Live Fully, Live Well
• August, Santa Barbara, CA
• Saturday, September 16
  Los Angeles, CA
nationalMSsociety.org/CALcalendar

Dinner of Champions
• Thursday, August 24, Reno, NV
  Honoring Anthony Slonim, MD, DrPH/President & CEO,
  Renown Health
• Thursday, September 28, Las Vegas, NV
  Honoring Jan Jones Blackhurst, Executive Vice President, Public
  Policy & Corporate Responsibility, Caesars Entertainment
• Date TBD, Los Angeles, CA
Advance tickets required; contact
linda.lott@nmss.org or
775-827-4257 x66801

Walk MS®: South Lake Tahoe
Saturday, September 16
Camp Richardson Resort-Hotel
Register at walkMS.org

Exercise and MS
Mondays June 12-August 28
10 a.m.-12 p.m.
UCLA MS Achievement Center
nationalMSsociety.org/CALcalendar

Bike MS®: Vegas
Saturday, October 28
Register at bikeMS.org

Challenge Walk MS®:
Southern California
November 3-5, San Diego
Register at challengewalkMS.org

MuckFest® MS
Saturday, November 11
Register at muckfestMS.org

Walk MS: Bakersfield
Saturday, November 18
Register at walkMS.org

THANK YOU TO OUR 2017 WALK MS NATIONAL SPONSORS:
A Breakthrough with Your Name on It

In March, the Food and Drug Administration approved a new multiple sclerosis therapy, marking the first-ever disease-modifying treatment for primary progressive MS and an important new option for people with relapsing forms of the disease (p. 3).

It’s a significant milestone toward finding solutions for ALL people with MS. This achievement gives me renewed optimism that the next generation of treatments—particularly for progressive MS—is just around the bend and that a world free of MS is not far behind.

This is a breakthrough with your name on it. It was made possible by your activism, your volunteering, your giving, fundraising and more. We made this happen through our collective and deliberate work—Together We Are Stronger.

Thank you for all you do to help change the world for people with MS! Here’s to many more breakthroughs ahead.

Julie Kaufer
President, Southern California & Nevada
Measuring treatment effect

The effect of treatment is more difficult to measure in progressive versus relapsing MS. Clinical trials involving people with relapsing MS often rely on counting relapses or doing MRI scans to detect immune activity. In progressive MS, there are few or no relapses, and few or no recovery or remission periods when major symptoms improve. So progression is more difficult to measure and usually happens over long periods of time. This difference makes it hard to quickly detect whether a therapy is impacting progression and thus has made therapy development for progressive MS a challenge.

Ocrelizumab (Ocrevus™, Genentech, a member of the Roche Group) was approved by the Food and Drug Administration (FDA) in March for use in primary progressive and relapsing forms of MS. This is the first FDA-approved medication for primary progressive MS. Read more at nationalMSsociety.org/ocrevus. You—as part of the MS movement—helped the Society fund early work that led to the development of this B-cell therapy. Thank you!

YOU CAN HELP ADVANCE MS RESEARCH:

• Join an event and fundraise, or give nationalMSsociety.org/donate
• Advocate for government support of medical research nationalMSsociety.org/MSactivist
• Participate in research studies nationalMSsociety.org/researchparticipation
**What’s next in progressive MS research?**

Researchers are exploring what drives injury to the brain and spinal cord in progressive MS—to identify new potential therapeutic targets that may stop the damage along the injured pathways. Other focus areas include:

- Identifying factors that contribute to progression risk
- Finding a way to measure and predict the transition to progression
- Developing better animal models to inform the study of the mechanisms underlying MS and progression
- Testing approaches for preventing and treating MS progression, including repurposed FDA-approved therapies and strategies to repair nerve-insulating myelin and shield the nervous system from damage
- Exploring the potential of different types of stem cells and stem cell therapies such as HSCT for turning off immune attacks or stimulating repair; learn more at nationalMSsociety.org/celltherapy

Over the past few decades, several medications that have FDA approval for diagnoses other than MS have been prescribed by doctors for the treatment of MS—also called “off-label” use. For each of these medications there is some, but often limited, clinical trial evidence of efficacy. Get the details at nationalMSsociety.org/offlabel.

**More must be done to stop disease progression**

We need to continue our investment in research to find solutions for progressive MS. We welcome the success of Ocrevus, and we remain focused on finding more and better solutions for treating all forms of progressive MS.

The International Progressive MS Alliance is a growing global initiative to end progressive MS. The Alliance brings together the world’s leading experts in MS to identify the critical knowledge and treatment gaps where progress must be made to change the world for people with progressive MS. Read more at progressiveMSalliance.org.

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**WHAT IS A BREAKTHROUGH?**

It’s being able to button your shirt in the morning. It’s walking to the supermarket, and all the way back home. It’s getting back up on that bike, that surfboard, that horse. Feeling strong enough to fall in love. Continuing the job you were made for.

It’s knowing that you and your loved ones will never worry about MS again—ever.

LEARN MORE AT BREAKTHROUGHMS.ORG
JUST THE TWO OF US
BIKE MS® BRINGS A COUPLE CLOSER TOGETHER

After Joe Benassi had what he calls “the time of his life” riding in Bike MS, his wife, Josie, wanted to join him.

“I didn’t know what to say. I wasn’t sure she would be able to do that,” Joe says.

Josie has faced mobility challenges since being diagnosed with multiple sclerosis in 2009. Wanting to support his wife, Joe set out to find a solution.

“I found a used tandem bike on Craigslist,” he says. “It was life-changing for us. I’d come home from work, and Josie would be in her spandex ready to ride. It has changed her outlook on having MS. She’s gained better acceptance of the disease because she has a way of coping with it now.”

Together, Joe and Josie—who have been married for 19 years and have three children—have cycled more than 3,000 miles and raised $33,000 (and counting) for the National MS Society.

“It’s brought us closer. We talk the whole time. It’s our time to connect,” Josie says.

To conquer the summer heat, Joe, an electrical manufacturing engineer, put his engineering knowledge to use and designed a cooling vest for Josie that circulates ice water through a tank on the back of the bike. With the help of a 3-D printer, he also created a custom cane-holder attachment for their bike so Josie can use her cane at rest stops.

Joe and Josie, diagnosed in 2009, at Bike MS
In November 2016, Josie experienced an MS flare-up that caused her to be hospitalized and threatened her ability to continue cycling. To keep her going, Joe found a tandem bike that could be custom built with individual pedaling that would allow Josie to rest if needed. Problem is, it also came with a $6,000 price tag. That’s when a good friend stepped in to help.

“He called me and said, ‘It’s done. I’m buying the bike. I signed up to ride [in Bike MS], and I want Josie riding next to me,’” Joe remembers.

This year, the couple’s 14-year-old son, Andrew, will also be riding alongside them. And the new tandem bike was completed in April—just in time for Joe and Josie to begin training for Bike MS.

“I’m ready to go,” Josie says.

The couple says participating in Bike MS is one of the best decisions they have ever made.

“The bike allowed her to be proud,” says Joe. “Now she wears her ‘I Ride With MS’ jersey and she’s like, ‘Yeah, I have MS—and I’m going to be the best I can be.’”
NAVIGATING THE CHALLENGES OF MS

MS Navigators connect people to the information, resources and support needed to move their lives forward.

MS Navigators are highly skilled professionals who are supportive partners and help navigate the challenges of MS unique to each person’s situation.

MS Navigators are trained to connect and provide:

• Information and education to help people with MS and their support teams powerfully advocate for what they need, when and how they need it
• Emotional support resources for people with MS as well as family and carepartners, including support groups and ways to connect with others living with MS
• Help to navigate the complexities of finding a healthcare provider, benefits, insurance and access to coverage, and employment
• Resources to face financial challenges and plan for the future
• Wellness strategies that can make an impact on quality of life with MS including diet, exercise, emotional well-being and connection to local wellness resources
• Assessment for personalized case management through the Edward M. Dowd Personal Advocate Program
• Crisis intervention in times of need

Call 1-800-344-4867 or visit nationalMSsociety.org/navigator to connect to the information, resources and support you need to move your life forward—with the help of the MS Navigator® Program.

The National Multiple Sclerosis Society is proud to be a source of information on topics related to MS. The information provided is based on professional advice, published experience and expert opinion, but does not constitute medical or legal advice.
ONLINE & IN-PERSON RESOURCES

Find your next opportunity to learn new skills—and polish up old ones—to live your best life with MS.

LIVE FULLY, LIVE WELL
A Collaboration with Can Do MS®
Lifestyle behaviors and choices can impact both MS and quality of life. You can build hope, self-confidence and motivation to pursue your wellness goals—and develop your personal approach to living well with MS. Find a program near you at nationalMSsociety.org/livefullylivewell or 1-800-344-4867.

RESILIENCE: ADDRESSING THE CHALLENGES OF MS
Even if resilience—a mindset of growth and opportunities, of seeing obstacles as challenges rather than threats—isn’t your natural tendency, you can learn strategies and practice them.
Move past coping and learn to thrive.
Find a program near you at nationalMSsociety.org/resilience or call 1-800-344-4867.

EVERYDAY MATTERS: LIVING YOUR BEST LIFE WITH MS
Increase your knowledge of positive psychology and develop a personalized plan for implementing these principles and achieving greater life satisfaction.
Find a program near you, or start now at nationalMSsociety.org/everydaymatters or 1-800-344-4867.

WEBINAR & TELELEARNING SERIES
A Collaboration with Can Do MS
Held monthly on the second Tuesday, 8–9:15 p.m. ET:
• June 13: Accessibility
• July 11: Resilience / Coping Skills
• August 8: Advancing MS
• September 12: Navigating Healthcare
Register to join (online or by phone) at nationalMSsociety.org/telelearning or 1-800-344-4867.
BIKE MS® AT THE PASADENA ROSE BOWL

After two years of riding from Santa Monica to Santa Barbara, Bike MS: Coastal Challenge moved to the historic Pasadena Rose Bowl in 2017.

“I wanted to do something to help make a difference and help others, but in the end I was more inspired by this great group of riders and volunteers,” said cyclist Susan Maldoon.

The ride began at Rose Bowl Stadium and traveled through the stunning San Gabriel Mountains, allowing cyclists to experience some of Los Angeles’ most iconic landmarks while raising critical funds to create a world free of multiple sclerosis.

More than 700 cyclists chose 30-, 60- or 100-mile supported routes with fully-stocked rest stops every 10-12 miles and felt like champions as they crossed the Finish Line in the nation’s most famous college football stadium.

Cyclists celebrated the accomplishment with a Finish Line Party complete with music, beer garden and delicious food.

“The entire day was full of fun and inspiration that when people work together they can accomplish anything. Thank you for a memorable day I’ll never forget!”

Save the date for 2018!
Visit bikeMS.org
### SUPPORT, CONNECTION & SELF-HELP GROUPS

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<th>Location</th>
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<td>Central LA</td>
<td>4th Sat, 12p</td>
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<td>Downey, The Force</td>
<td>Th, 10a</td>
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<td>Downey, Young Professionals</td>
<td>2nd Sat, 10a</td>
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<tr>
<td>Lakewood/Long Beach</td>
<td>3rd Sun, 1p, Fran 562-925-4405</td>
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<tr>
<td>Los Angeles</td>
<td>3rd Th, 6p, Michael 213-804-1249; Alison 323-876-7606</td>
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<tr>
<td>LA: Veterans Administration</td>
<td>Ken <a href="mailto:kenney357@me.com">kenney357@me.com</a></td>
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<tr>
<td>Monrovia/Pasadena</td>
<td>2nd M, 10a, Ayn 626-303-4343</td>
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<tr>
<td>North Hollywood: Drumming</td>
<td>2nd Sat, 12p, Beth 818-219-1715</td>
</tr>
<tr>
<td>Santa Clarita</td>
<td>2nd Th, 6:30p, Eire 661-297-6887</td>
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<tr>
<td>South Bay/ Harbor City</td>
<td>3rd Tu, 4:15p, Pattie 310-769-0694</td>
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<tr>
<td>Tarzana/ Northridge: Spanish Speaking</td>
<td>2nd Sat, 9a, Maria 818-370-803</td>
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<tr>
<td>Tarzana: Let’s Play Social</td>
<td>3rd Sat, 12p, Linda 818-222-7678</td>
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<tr>
<td>West Covina</td>
<td>2nd &amp; 4th W, 11a, Tadd 626-962-7909</td>
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<tr>
<td>West LA: Men’s Group</td>
<td>3rd W, 6:30p, Larry 310-926-1641</td>
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<tr>
<td>Channel Islands: Arroyo Grande</td>
<td>2nd Tu, 6p, Ellen 805-343-6094</td>
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<tr>
<td>Santa Barbara</td>
<td>3rd F, 11:30a, Michael 805-886-3000</td>
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<tr>
<td>Santa Barbara</td>
<td>2nd W, 6:30p, Laura 805-637-5580</td>
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<tr>
<td>Simi Valley</td>
<td>1st M, 11a, Dennis 805-584-2526, Tina, 805-581-2264</td>
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<tr>
<td>Thousand Oaks</td>
<td>3rd W, 1p, Tina 805-581-2264; Ken 818-518-4226</td>
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<tr>
<td>MS Lunch Club</td>
<td>Last F, 11:30a, Donna 805-798-2201</td>
</tr>
<tr>
<td>Ventura Social</td>
<td>3rd Th, 3p, Tammy 805-648-6402</td>
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<tr>
<td>Inland Empire and Coachella Valley</td>
<td>Apple Valley/Victorville — 1st Th 10a, Katrina 951-906-1752</td>
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<tr>
<td>Colton</td>
<td>3rd Th, 9a, <a href="mailto:tbrown@inlandcaregivers.org">tbrown@inlandcaregivers.org</a>; <a href="mailto:jlopez@inlandcaregivers.org">jlopez@inlandcaregivers.org</a></td>
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<tr>
<td>Hemet</td>
<td>1st W, 10a, Sarah 760-580-0658</td>
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<tr>
<td>Ontario</td>
<td>1st Sat, 10a, Emily 909-851-6204; Kathy 909-621-3519</td>
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<tr>
<td>Palm Desert</td>
<td>2nd Th, 1p, Richard 760-899-4174</td>
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<tr>
<td>Palm Springs</td>
<td>2nd Sun, 12p, Tony 760-831-6365</td>
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<tr>
<td>Rancho Cucamonga: Moms with MS</td>
<td>2nd Tu, 10a, <a href="mailto:awzmom@yahoo.com">awzmom@yahoo.com</a></td>
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<tr>
<td>Riverside</td>
<td>1st Sat, 10a, Gilbert 951-544-1441</td>
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<tr>
<td>Temecula</td>
<td>1st M, 10a, Maby 760-562-4533; Jacqueline (Español) 951-302-3529</td>
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<tr>
<td>Temecula: Men’s Group</td>
<td>Last M, every other month, 1p, Ric 619-985-5736</td>
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<tr>
<td>Upland</td>
<td>Last W, 10a, Denise 909-519-4410</td>
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<tr>
<td>Yucaipa</td>
<td>3rd Tu, 1p, Clare 909-795-5128; Tom, 909-795-1717</td>
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<tr>
<td>Nevada and Northeastern California</td>
<td>Las Vegas/Henderson: Oasis Group — 2nd Th, 6:30p, Gina 702-604-6165</td>
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<tr>
<td>Las Vegas: Young People with MS</td>
<td><a href="mailto:geoff.carlvin@gmail.com">geoff.carlvin@gmail.com</a></td>
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<tr>
<td>Las Vegas: MS Under 40</td>
<td>Last W, <a href="mailto:sotloc2@yahoo.com">sotloc2@yahoo.com</a></td>
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<tr>
<td>Las Vegas: MS Lunch Club</td>
<td>1st Tu 11:30a, Carol 702-633-4158</td>
</tr>
<tr>
<td>Las Vegas: WestSide Stories</td>
<td>3rd W, 6:30p, Gaby 702-328-6989</td>
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<tr>
<td>Reno/Sparks</td>
<td>2nd Th, 2:30p, Chris 775-560-1215</td>
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<tr>
<td>Reno/Sparks</td>
<td>2nd Tu, 10a, Mary 775-772-3306</td>
</tr>
<tr>
<td>Reno: Young People with MS Under 40</td>
<td>3rd W, 5:30p, Dana 775-843-0784</td>
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<tr>
<td>Truckee</td>
<td>2nd Th, 5:30p, Rick 530-550-0654</td>
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<tr>
<td>San Joaquin Valley</td>
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<tr>
<td>Bakersfield</td>
<td>2nd &amp; 4th W, 11a, Ron 661-833-0388</td>
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<tr>
<td>Bakersfield Spanish Speakers</td>
<td>Alfredo 661-699-4171</td>
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<tr>
<td>Clovis/Fresno</td>
<td>3rd Sat, 9:30a, Yolanda 559-908-4644</td>
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<tr>
<td>Fresno: Newly Diagnosed/Working Professionals</td>
<td>3rd W, 6p, Myrna 559-349-0423, Cherish 559-287-3042</td>
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<tr>
<td>Fresno: Spanish Speaking</td>
<td>Sharon 559-579-4096</td>
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<tr>
<td>Hanford</td>
<td>1st Sat, 10a, Debra 559-585-8054</td>
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<tr>
<td>Tehachapi</td>
<td>2nd Th, 5p, Linda 661-822-7440</td>
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<tr>
<td>Tehachapi: Wheels in Motion</td>
<td>3rd Tu, 10a, Linda 661-822-7440</td>
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<tr>
<td>Visalia</td>
<td>2nd Sat, 10a, Mary Ann 559-936-3960</td>
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For an up-to-date list of groups and meetings visit nationalMSsociety.org/CALSHG, call 1-800-344-4867 or email contactusNMSS@nmss.org.
ONE DESTINATION: A WORLD FREE OF MS.

Bike MS: Vegas
Saturday, October 28

Thank you to our Premier National Sponsors

Bicycling  PRIMAL