Connections Volunteers Drop-In Call September 24, 2020

Hosted by:

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Director Implementation & Engagement

Q&A: There will be time for questions after presentation
- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers
Today’s Time

• **NEWS:** Going digital through December 31\textsuperscript{st}

• We are here to support you! - New support email: 
  peerconnections@nmss.org

• Connections Program Volunteer Website:  
  http://nationalmssociety.org/ConnectionsVolunteers
Nuts and Bolts of a Virtual Group Meeting
Virtual Meeting Best Practices

- Check your Internet speed
- Make sure camera is eye level
- Pre-set your meeting to mute all participants
- Pre-load any websites/documents/videos you want to share
Virtual Meeting Best Practices

- Sit in a well-lit and quiet space
- Be mindful of your surroundings
- When presenting, give attendees a moment to absorb the information
- Embrace the pause
Materials/Resources for Virtual Delivery

- Computer with Microphone and Camera instead of a Smartphone/Tablet
- Strong Internet Connection – limit other activity during meeting
- Headset/Headphones with a microphone is helpful in preventing background noise
- Licensed Zoom Account – connect with your staff partner about this
The **Zoom Help Center** is the best place to find answers about zoom questions.

- Zoom tutorials cover a range of platform features:
  - Basic controls
  - Screen sharing
  - Breakout Rooms
  - Attendee Polls + More

- Connect with your staff partner to practice!
Zoom Tips: Microphone and Camera

• Click the microphone icon to unmute yourself and click the video icon to share your video
Zoom Tips: Viewing Options

- The top right corner of the screen gives you viewing options for the meeting
  - *What you choose will not affect anyone else’s screen*

![Speaker View](image1.png)

![Gallery View](image2.png)
Zoom Tips: Participants

• Click the participants button on the bottom of the screen to view each attendee’s name on the meeting
  – From here, you will have the option to “mute all participants”
Zoom Tips: Chat

- The chat button on the bottom of the screen will allow you to see what participants are discussing.
Zoom Tips: Share Screen

• The “share screen” button will allow participants to see your screen or PowerPoint

• You will have the option to either share your entire desktop or a singular application
  – When you click the “share screen” tab, make sure you check the “share computer audio” box on the bottom left of the screen and the “optimize” box on the bottom center of the screen
Zoom Tips: Breakout Rooms

• If you choose to do breakout rooms, click the “breakout” option on the bottom (central-right) of the screen.

• You can choose how many people you would like in how many rooms and are given the option of assigning the people at random or doing it manually.
Questions?
Society Resources
We are Here

National
Multiple Sclerosis
Society
Support for Leaders and Groups

• **We are going digital through December 31st**

• **Ongoing Drop In Calls**
  – Thursdays at noon PST/3EST
  – October 1: COVID Update

• **MS Navigator is available to help!**

• **Find Doctors and Resources Online**
Launching Today!

A space for Self-Help Group Leaders & MS Friends volunteers to connect through a private Facebook group.

Opportunity for connection volunteers to support each other, share ideas, facilitate discussions and connections, and access information about resources and opportunities.

Staff partners will be reaching out with more information and group invitations.
Ask the Expert:
Sleep and Multiple Sclerosis
September 25 at 1:00 p.m. ET/10:00 a.m. PT

Catherine F. Siengsukon, PT, PhD
Associate Professor Department of Physical Therapy & Rehabilitation Sciences
University of Kansas Med Center, Kansas City, Kansas
Spanish Ask the Expert

Vaccines and Disease Modifying Treatments in the era of COVID-19 – What you need to know

Roberto A. Cruz Saldana, MD. Neurologist. DHR Health Neuroscience Institute.

Wednesday, September 30, 2020 at 4:00 pm PST; 5:00 pm MST; 6:00 pm CST; 7:00 pm EST

Register at: https://www.nationalmssociety.org/Resources-Support/Library-Education-Programs/Ask-an-MS-Expert-Webinar-Series
CAFÉ CON LECHE

Conversation and Support in Spanish for People Living with Multiple Sclerosis

In the National MS Society, we want to make sure that everyone affected by MS can connect with others, feel supported, and receive reliable information regardless of where they are. In this opportunity, we invite the Hispanic/Latino MS community to join us for the video conference/phone call Café con Leche group.

Meetings are the 2nd Tuesday of each month at 4:00 p.m. ET. First meeting is October 13

For more information or to register call 1-800-344-4867, option 3, or nationalMSsociety.org/Espanol.
Connection Volunteer Website

For Connection Program Volunteers

Peer Connections: One-on-One

- For Connection Program Volunteers

🐶 IN THIS ARTICLE

- Resources for volunteers
- Recorded All Society Leader Calls
- MS 101 Webinars
- Group meeting discussion guides and toolkits
Emotional Support Resources

- Happy the App
- Find Doctors and Resources Tool
- Facebook Group: National MS Society Community
- MS Navigator is available to help!
- HelpPRO
  - Online search tool
- Behavioral Health Treatment Services Locator
  - Nationwide behavioral health services & resources
- NeedyMeds.org
  - Mental Health clinic locator
Need Support Connecting Your Group?  
Resources are Available!

✓ Skype
✓ Zoom
✓ FaceTime
✓ Google Hangout
✓ Facebook Messenger
✓ Free Teleconference Tools
✓ Support Group finder on Society Website

Connect with your Society Staff Partner to discuss your needs
SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society. To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at nationalMSsociety.org
CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders