Connections Volunteers Drop-In Call
October 22, 2020

Desiree Schnoor
Manager 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 31st

• We are here to support you! - New support email: [peerconnections@nmss.org](mailto:peerconnections@nmss.org)

• Connections Program Volunteer Website: [http://nationalmssociety.org/ConnectionsVolunteers](http://nationalmssociety.org/ConnectionsVolunteers)
Bi-Weekly Ongoing Drop In Call Dates

- October 29th
- November 5th
- November 15th
- December 3rd
- December 17th
Support for Leaders and Groups

• **We are going digital through December 31st**
• **Bi-Weekly Ongoing Drop In Calls**
  – Thursdays at noon PST/3EST
  – October 29: Veterans Information and Services.
  – November 5: COVID Update
  – November 19: Open Enrollment/Marketplace Insurance
• **MS Navigator is available to help!**
• **Find Doctors and Resources Online**
Halloween Webcam Friendly Attire

Happy Halloween
National MS Society
CONNECTIONS VOLUNTEERS
Meeting the Need
National MS Society Connections Volunteers

Who is considered a National MS Society connections volunteer?

- Self-help group leaders
- Self-help group co-leaders
- MSFriends
How to find the group?

www.facebook.com/nationalmssociety
Joining the group

Membership Questions

Question 1
Please list your first and last name and city, state.

Question 2
Please select your volunteer role with the Society.

Question 3
Please list the name of your staff partner here, if known.

01 Group Membership
This group is for National Multiple Sclerosis Society Connection Volunteers only. All group members must be a Society affiliated Self-Help Group Leader, MS Friend or Peer Support Volunteer to join.

02 Respect Differences
We know everyone's experience with MS is different. Because of this, we value and welcome diverse perspectives. Let's treat each other with respect and kindness.

03 Evidence-Based Resources
We are a science and research-based community. Please ask questions. Resources provided by the Society are backed by the latest data. We will not support unsubstantiated theories, hypotheses or ideas.

04 Respect Everyone's Privacy
Please refrain from screenhooting or sharing group information with others outside of this group. In addition, please do not share any identifying details about others without their permission.

05 No Medical Advice
Refrain from providing medical advice. We ask that you consult with your physician about medical related questions or contact a Society MS Navigator at 1-800-344-4867 or contactusnmsss@msss.org.

06 No Hate Speech or Bullying
Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.

07 No Promotions or Spam
No self-promotion, spam, pharmaceutical advertisements, requests for surveys/research studies, related links, and promotion or selling of products, medications, or healthcare services.

08 No False Accusations
Play nice. No false accusations about the Society, unsolicited bulk or repeat messages, or promotion of false or unproven claims about MS and/or products/services related to the treatment of MS.

09 No Donation Solicitation
Refrain from posting donation requests for fundraising events, crowdfunding platforms, or other personal, professional or team sites.

10 Admin Rights
The group administrators reserve the right to remove any content or members that don't abide by these rules.
Connect and Engage

- Share your successes and challenges
- Ask questions
- Interact with other connections volunteers
- Make new friends!
## Exploring the Group

### UNIT 1

**National MS Society Connections Volunteers Group**

**Units/Resources**

- **Group Rules**
  - Text

- **Volunteer Roles**
  - Link

- **Resources**
  - Link

- **Self-Help Group Meeting Disclaimer**
  - Text

- **Diversity and Inclusion Statement**
  - Text
Join the group!

Introduce yourself!

Engage!
Society Resources
We are Here
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
Ask an MS Expert
Living Well with Multiple Sclerosis

Experts

Mary Alissa Willis, M.D.
Department Chair, University of Mississippi Medical Center
Medical Director, Mellen Center MS Cleveland Clinic

Deborah Miller, PhD
Psychologist and Director of Comprehensive Care at the Mellen Center
Spanish Ask an MS Expert: Symptom Management
October 28th at 7:00 PM EST

MS Symptom Management
Join us for a discussion with Dr. Angel Chinea, Medical Director of the San Juan Multiple Sclerosis Center in Puerto Rico to learn key strategies to manage common MS symptoms.
Date: Wednesday October 28th, 2020.
Time: 4:00 pm PST; 5:00 pm MST; 6:00 pm CST; 7:00 pm EST

Manejo de los Síntomas de la EM
Los invitamos a participar en una conversación con el Dr. Angel Chinea, Director Médico del Centro de Esclerosis Múltiple de San Juan, Puerto Rico, acerca de estrategias para manejar los síntomas más comunes de la esclerosis múltiple.
Fecha: Miércoles, 28 de Octubre del 2020
Hora: 4:00 pm PST; 5:00 pm MST; 6:00 pm CST; 7:00 pm EST
Readiness for In-Person Gathering Survey

The National MS Society faces important decisions about how and when to resume in-person gatherings. To help us in our planning and decision-making, we want to hear how comfortable you would feel attending various in-person activities. Please take this 5-minute survey to share your feedback.

https://www.surveymonkey.com/r/9BY8YQP
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