MS Connection Goes Digital!

Would you rather receive the MS Connection in your inbox instead of your mailbox? You now have the option to only receive a digital copy of the MS Connection through email and not in the regular mail. If you would like to become a digital subscriber, let us know!

Please contact Ellen Hannibal at ellen.hannibal@nmss.org to sign up.

Congratulations and Thank You to Walk MS 2013’s Elite Feet Club!

Elite Feet members raised $1,000 or more during the 2013 Walk MS season.

Jeffrey Adams-Held  
Erica Ames  
Lisa Anderson  
Melony Anderson  
Brett Amone  
Eleanor Barra  
Christy Batta  
Christie Bell  
Gary Bell  
Melody Bell  
Darlene Cannon  
Valerie Campbell  
Jen Campbell  
Emily Burton  
Monica Burgess  
Debbie Buchanan  
Carolyn Burton  
Jen Campbell  
Darlene Cannon  
Kristine Carroll  

Heather Hall-Beatty  
Mike Hammes  
Grechen Hanson  
Norman Hardy  
Marita Hayward  
Dana Henry  
Jason Henry  
Margaret Henry  
Dale Hollinger  
Lisa Holt  
Stephanie Duncan  
Linnea Elder  
Jessica Evensen  
Amy Faris  
Nicole Ferris  
Jen Fineran  
Janice Finkelstein  
Kimberly Ford  
Wendy Fox  
Rodney Fry  
Bill Gavin  
Glora Gilbert  
Bill Gill  
Erica Glass  
Ellen Golden  

Yianni Liadakis  
Sean Lige  
Trista Lige  
Mark Linnus  
Tiffany Loewer  
Ceil Madden  
Maria Marano  
Robin Marsatt  
Lisa Martin  
Salvatore Mastellone  
Kimberly McCarty  
Carl Miles  
Tara Mitchell  
Paula Moon  
Liz Morse  
Sandi Nanayakkara  
Sharon Oakley  
Linda Pacuzzi  
Diane Paulson  
Jeff Paulson  
April Penn  
Chris Peraia  
Katharine Peterson  
Elizabeth Philby  
Jennifer Poffenberger  
Kelli Polen  
Jane Price  
Timothy Purcell  
BJ Radhe  
Ralph Ranoschia  
Kellei Reardon  
Cindy Reinbold  
Guy Reinbold  
Lindsey Reinbold  
Celine Repol  
Tim Rhode  
Heather Rice  
Carol Ritz  
April Roberts  
Jennifer Roth  
Lois Ruffle  
Rachel Russell  
Edward Ryan  
Mary Ryan  
Lila Salvenon  
Charles Schaffer  
Debbie Schools  
Kearne Scott  
Devin Seabold  
Tracey Seabold  
Stacey Selle  
Katherine Shaffer  
Alecia Shelby  
Barbara Shelton  

Nicolle Simek  
Pam Smiley  
Cindy Solley  
Paul Sortino  
Elizabeth Stokinger-Jones  
Sue Sykes  
Cheryl Tartt  
Allison Thomas  
John Thomas  
Kati Towinsley  
Carlita Tuck  
Sharon Voith  
Nancy Wancowicz  
Jeffrey Werner  
Sonja Warner  
Jessica Watson  
Michelle Webb  
Alison Weilman  
Alice Wender  
Deborah Werwe  
Chrissa Williams  
Denise Worrell  
Susan Yaquant  
Katie Young  
Melissa Young  
Melissa Young  
Cathy Zitite

Staff Spotlight: Todd Robertson, Services Navigator

The MS Navigator program by the National MS Society is available nationwide to help individuals with MS navigate the unique challenges that they may face in their daily lives. The program provides a personalized response to an individual’s unique situation through up to date information, referrals and other practical resources.

As a Services Navigator, a large portion of my role is to locate resources in the community when the resources of an individual or family are insufficient and cannot overcome an obstacle caused by MS. We partner with other organizations that assist those in need, which include churches, benevolent organizations, private non-profits and governmental agencies at all levels. In some cases, this involves using the Chapter’s resources to directly help with emergency situations, medical equipment, medical transportation, health and wellness programs, home or vehicle modifications for accessibility and respite. Building connections with other organizations enables me to secure far more assistance for our membership than the Chapter could provide on its own.

I enjoy helping people remove the barriers they face preventing them from living a full and rewarding life. Moving forward, I hope to continue to expand the number and quality of our relationships with other groups in the community. Learn more about the MS Navigator program by calling 1(800) FIGHT-MS, via email at contactusnmss@nmss.org, or on Facebook at facebook.com/NavigatorMS.
Calendar of Events

Newly Diagnosed Teleconference Series
September 3: MS 101: Myth vs. Fact
September 10: Treatment Options
September 17: Talking with Family/Disclosure
Register at www.nmss-md.org

Challenge Walk MS
September 7 - 8, 2013
Accept the challenge and get ready for the journey of a lifetime. Join us at our new location, the Talbot County Community Center in Easton, MD! Visit www.challengewalkMSmaryland.org for more details.

Everyday Matters Program
Saturdays starting September 21 through October 19
This exciting five-week curriculum is called Everyday Matters: Living your Best Life and will teach you how to put positive psychology to work in your life! Learn more or register at www.nmss-md.org.

Bike MS: Bike to Bordeaux
September 28, 2013
Join us for the second Bike to Bordeaux at beautiful Linganore Winery in Mt. Airy, MD! Visit www.bikeMSvinyeard.org for more details.

2013 Research Symposium and Volunteer Awards
October 21, 2013
Hear the latest MS research from experts in the field and honor the volunteers that are dedicated to bringing us closer to a world free of MS. Tickets are $10 per person. Reserve your spot today - visit www.nmss-md.org or call 1-800-FIGHT-MS.

Discovery Weekend 2013
November 15 - 17, 2013
Join us again for a fun and educational weekend at the beach for Discovery Weekend! For more information or to request a registration packet, contact Crystal Leedy at 443-641-1224 or crystal.leedy@nmss.org.

Do you have questions about MS? Come to the Research Symposium and Volunteer awards and discuss your questions with MS experts like Dr. Ellen Mowry. Dr. Mowry became interested in MS before college and first performed research in MS as an undergraduate biology major at Georgetown University. As a neurology resident at the University of Pennsylvania, she began her MS clinical research activities, conducting a study of visual dysfunction and quality of life in MS. As a fellow at UCSF, Dr. Mowry evaluated prognostic factors in multiple sclerosis and examined health-related quality of life in multiple sclerosis, particularly as a marker of disease burden. Dr. Mowry continued as a member of the faculty. She explored the association of vitamin D status with the risk of relapses among children with MS and was subsequently awarded a grant from the NIH to study the role of vitamin D in the course of MS, some of which are ongoing. Dr. Mowry joined the Johns Hopkins Department of Neurology as an Assistant Professor in July 2011. In addition to other studies she is conducting, she is the principal investigator of a National MS Society-sponsored multicenter randomized controlled trial of vitamin D supplementation in MS.

Making Advances in Pediatric MS
An increasing number of medical centers across the United States are collaborating on research on how and why multiple sclerosis happens in young people. Their work is already yielding valuable information on early MS triggers. The Network of Pediatric MS Centers was initiated in 2006 through a grant from the National MS Society. Thanks to its multidisciplinary approach, researchers at participating institutions are gathering important data on the disease.

“We have been able to unravel key features, such as distinct characteristics of the disease on the MRI and in the spinal fluid of patients younger than 11,” says Emmanuelle Waubant, PhD, professor of Neurology and Pediatrics at the University of California – San Francisco (UCSF), which is currently running a large study aimed at unraveling the triggers of pediatric MS.

Thus far, the network has learned that MRIs of patients under 11 show larger and more poorly defined MS scars compared to adults and that MS scars in young patients often go away within a few weeks, which is very rare in adults. They also observed that the spinal fluid of young patients can show more inflammation than in adults. These findings have helped make the way forward clearer. “Now that these distinct features in younger patients have been identified, accurate diagnosis in children with MS is made easier, and early treatment can better prevent disability onset,” says Dr. Waubant.

To learn more about pediatric MS and research in the field, visit www.nationalMSsociety.org/pediatricMS.
JOIN THE MOVEMENT: national MS Society

Challenge Walk MS: Chesapeake Challenge - September 7 - 8, 2013

Challenge Walk MS: Chesapeake Challenge is so much more than just a walk. Of course you’ll be walking; you’ll walk 50k in two days across Maryland’s beautiful Eastern Shore.

But what you’ll remember is everything else: the sense of camaraderie that brings all challenge walkers together, the stories, the people you’ll meet, the miles you travel together and that you are part of an elite group who have chosen to show MS that you’re not going to back down from a challenge.

Challenge Walk MS: Chesapeake Challenge is a two-day, 50k event at the Talbot County Community Center. All participants agree to raise $300 to fund research into the cause, cure and treatment of MS. This year we are pleased to offer a completely new Sunday route, as well as free camping-style accommodations at the Talbot County Community Center.

ACCEPT THE CHALLENGE.
REGISTER TODAY!
challengewalkMSmaryland.org • 443-641-1200

Congratulations to Bike MS 2013’s Top Crab club members!

Gary Anderson
William Behrens
Kim Blair
Janet Brown
Jim Cafhey
Taura Cafhey
Kevin Carroll
Esther Collinet
Desmond Connall
Kristin Connall
Glen Drake
James Edison
Leslie Easlall
Jill Eisenberg
Kimberly Eppenheimer
Brad Entinger
Cindy Entinger
Frederick Eustis
Howard Feldmesser
Stephanie Foster
Eddie Frere
Edward Frere
Karen Frere
Kimberly Fusco
Lynne Gallastatos
Stavroula Gallastatos
Michael Garner
Marianne Gibson
Jim Givens
Laura Goodman
Jessica Graef
David Graybeal
Dawn Hammonds
Joseph Harris
Frank Hartman
Salli Hartman
Karen Hartwell
Samuel Hoffberger
Jim Holmes
Dustie Horn
Benjamin Jordan
Alan Karp
Paul Kastetter
Ray Kavata
Amber Kirk
Daniel Kolyk
Matt Kulp
Stan Lamberg
Gerrit Lang
Richard Lang
Jon Laxa
Johanna Ledley
Miriam Ledley
Joshua Lennon
Ira Malis
Julie Madam
Allison Marinczyk
Joshua Marshall
Norns Marshall
Chris Mangiula
Craig Martin
Warren Mathews
Jan Mayer
Austin McCain
Gabrielle Melka
Jason Meyer
Dan Millard
Christopher Morris
Jon Morrison
Tammie Mundie
Daniel Musolino
Elizaht Nightingale
Molly O’Connor-Gentile
Mark Palchick
Janice Paulshock
Amy Piunti
Greg Prewitt
David Raimist
Michael Rangel
Benjamin Jordan
Dustie Horn
Jim Holmes
Samuel Hoffberger
Norns Marshall
Craig Martin
Michael Rangel
Dustie Horn

From April 2013 - July 2013, gifts were made to the National MS Society, Maryland Chapter in honor of:

Adrienne Bailey
Carole Buckner
Doug Sommers

From April 2013 - July 2013, gifts were made to the National MS Society, Maryland Chapter in memory of:

Mary Ellen Arbour
Julia Ann Jacoby
William B. Richardson
Gus Athanasion
Edward Jahnigen
Carole Schwartz
Victoria E. Burton
Mary J. “Jo” Johnson
Marian Shor
Manda Lee Davis
Giovina (Vina) Landis
Howard Watkins
Lou Henderson
Richard Mack Jr.

Judy Henkin
Mrs. Leslie Miller
Charles H. Klotz
Ida Marie (Edith) Monacelli

Tributes & Memorials are a thoughtful and convenient way for you to acknowledge someone important to you while supporting the work of the Society. To make a contribution, please send your donation to the Chapter or visit us online at www.nmss-md.org. We will notify the honoree or family member you designate.

TRIBUTES & MEMORIALS

Don’t Miss Bike MS: Bike to Bordeaux September 28, 2013

Bike MS: Bike to Bordeaux is held at Linganore Winecellars in beautiful Mt. Airy, MD. Participants will enjoy beautiful scenic views and end their ride with a complimentary wine tasting and lunch at Linganore Winecellars.

Cyle 16, 38 or 65 miles through the challenging and hilly countryside of Frederick and Carroll counties. Bike to Bordeaux is fully supported with rest stops stocked with snacks, ice-cold drinks and cheering volunteers. Along the routes you’ll find Support and Gear vehicles, professional medical volunteers and bike mechanics to keep you going to the finish line.

All participants agree to raise at least $150 to participate. The money you raise will fund research into the cause, cure and treatment of MS as well as funding education, advocacy and local programs that enhance the quality of life for people affected by MS.

Make Every Day Matter with the Everyday Matters Program

Each of us envisions a way we want our life to go, but for those with multiple sclerosis, that idea can change due to the challenges of living with a chronic, unpredictable and lifelong disease. To address these challenges, the Society has developed a new, in-person program for people with MS, their support partners and family members. “Everyday Matters: Living Your Best Life with MS” teaches people how to incorporate the principles of positive psychology into their lives. Facilitators Erin High and Christy Lewis will coach participants in Positive Psychology, the scientific study of what makes people thrive.

The five-week series works best in a small group setting, so the class size is limited to 12 couples. Participants must commit to attending all five sessions. People with MS are encouraged to register with their spouse, care partner or companion. Register at nmss-md.org or by calling 1-800-FIGHT-MS. A $25 deposit will retain your enrollment; $5 will be refunded for each class attended.

REGISTER TODAY!
bikeMSvineyard.org • 443-641-1200

TRIBUTES
**Self Help Group/Physical Wellness Meetings**

To become a Self-Help Group Leader please call 443-641-1200.

**Baltimore City**
- **Baltimore City - All Together Group**
  - Second Saturday, 10:30 a.m.
  - Dana: (410) 644-0822
  - Isabelle: (410) 358-5267

**Baltimore County**
- **Catonsville – Weathering the Storms**
  - Second Saturday, 10:00 A.M.
  - Lyn: (410) 747-6540

  - **Perry Hall**
    - Third Thursday, 11:00 a.m.
    - Cathy: (410) 913-7925

  - **Parkville/Perry Hall - Mildly Affected Group**
    - Second Tuesday, 7:00 p.m.
    - Diane: (443) 567-6400
    - Julie: (410) 256-7880

  - **Carroll County**
    - **Westminster Evening Group**
      - Fourth Tuesday, 7:00 p.m.
      - Dawn: (410) 756-1033
      - Joan: (410) 848-8658

  - **Westminster Daytime Group**
    - Second Monday, 10:00 a.m.
    - Donna: (410) 875-4173

  - **Howard County**
    - **Columbia - Mildly Affected and Supportive Partners Group**
      - Third Wednesday, 7:00 p.m.
      - Ed/Evelyn: (410) 715-1325

  - **Harford County**
    - **Joppa - Multiple Sclerosis Faith Based Support Group**
      - Second Monday, 6:30 p.m.
      - Kim: (443) 807-8914

  - **Washington County**
    - **Hagerstown**
      - Third Tuesday, 7:00 p.m.
      - Debbie: (301) 797-3793
      - Carole: (301) 393-8589

**These groups are not affiliated with the National MS Society, but could be helpful to members:**

- **Pikesville/Owings Mills**
  - Third Wednesday, 10:00 a.m.
  - Cheryl: (410) 581-0332

- **Pain Connection Support Group**
  - Second Thursday 1:00 p.m. – 2:30 p.m.
  - Linda: (410) 533-2999 or (410) 672-0030
  - No cost to attend.

- **Perry Hall/Supportive Partners Group**
  - First Tuesday, 7:30 p.m.
  - Ken: (410) 391-939

- **Frederick**
  - An MS Foundation Sponsored Group
  - First Monday, 6:30 p.m.
  - Dean: (301) 293-6080

- **Kent Island**
  - Third Wednesday, 4:00 p.m.
  - Michelle: (410) 282-6990

- **Salisbury MS Lunch Group**
  - Third Thursday, 12:00 p.m.
  - Barb: (410) 835-2229

- **Edgewater**
  - First Monday, 7:00 p.m.
  - Bob: (410) 693-9302

- **Staying Well with MS**
  - A group for Veterans with multiple sclerosis
  - 2nd Monday of every month from 1:00 p.m. - 2:30 p.m.
  - Baltimore VAMHCS
  - Contacts: Maggie Kazmierski at 410-605-7000, ext. 6095 or email margaret.kazmierski@va.gov
  - Lisa Mitchell at 410-605-7000, ext. 4372 or email lisa.mitchell2@va.gov

- **Pasadena**
  - Second Monday, 5:30 p.m.
  - Laura: (410) 948-9817

**Making Health Insurance Choices**

Starting Oct. 1, most people who don’t already have health insurance will have new options for coverage when the Health Insurance Marketplace—a component of the Affordable Care Act—begins enrollment for coverage to begin January 1, 2014.

The Web-based Health Insurance Marketplaces, (sometimes called “exchanges”) are a new way of shopping for health insurance coverage, allowing people to compare plans, get tax credits and other cost help. The program also includes government certified “navigators,” who are expert health insurance counselors funded by the marketplaces to provide unbiased information, education and enrollment help to consumers at no cost.

As a reminder, never give out your Social Security number, bank account or credit card information to a source you cannot verify. To verify the legitimacy of a health insurance navigator or other counselor, contact the health insurance marketplace (or Exchange) in your state. Your state Department of Insurance is another reliable source of information.

Coverage through marketplace plans is guaranteed regardless of pre-existing conditions, such as multiple sclerosis, and covers preventive and needed care, such as doctor’s visits, hospitalizations, maternity leave, emergency room care and prescriptions.

All plans that participate in the marketplace have to show costs and what is covered in simple, understandable language that allows people to make “apples to apples” comparisons between plans. Enrollment begins October 1 at www.healthcare.gov. Call the Society at 1-800-344-4867 or visit www.nationalMSsociety.org/ACAkickin for more information.

**Connect, Learn and Relax at Discovery Weekend**

Join us in Ocean City November 15 – 17, 2013 for a fun, educational and relaxing weekend! Come by yourself or bring your family and get ready to meet others living with and affected by MS.

Saturday morning, hear from Kathleen Costello, R.N. about what’s new in the world of MS or sign up early for an Aquatics and MS class. In the afternoon, enjoy free time or come to our Drums Alive: Drumming & MS interactive workshop. After dinner, get dressed in your best Hawaiian outfit and join us for our luau-themed family party! On Sunday, learn from the Maryland Chapter staff about what’s happening in the society and how we’re working to create a world free of MS.

This event is designed to help people with MS and their families learn, relax and connect. Our new location The Clarion Resort offers easier access to the swimming pool as well as luxury accommodations. This event sells out every year — reserve your spot today!

**Discovery Weekend 2013 - November 15 - 17, 2013**

*at The Clarion Resort in Ocean City, MD*

- Get away for a fun and educational weekend at the beach and meet others living with and affected by MS.

**Cost:**
- $145 per adult (18 years old and up)
- $120 - Self Help Group Leaders Discount
- $90 per young adult (13-17 years old)
- $60 per child (4-12 years old)
- Free for children 3 years old and under

**For more information and to obtain a registration packet, please contact Crystal Leedy at 443-641-1224 or crystal.leedy@nmss.org.**