

FALL 2009

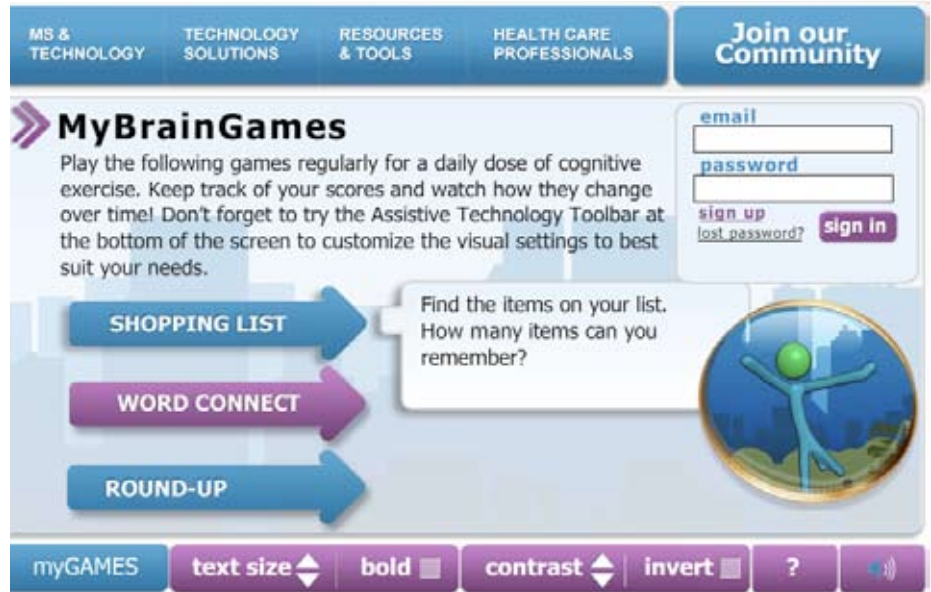
OHIO BUCKEYE CHAPTER

MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | VOLUME 24 • EDITION 4

ONLINE GAMES EXERCISE BRAIN POWER

The MS Technology Collaborative has created a new way for people living with MS to exercise their brain power. The Collaborative, an alliance of Bayer HealthCare Pharmaceuticals, Microsoft, and the National MS Society, has launched MyBrainGames, a collection of online cognitive games.



Approximately 50 percent of people living with MS develop cognitive challenges, often in the areas of processing speed, working memory and complex attention. These challenges can involve difficulty in learning and remembering information, maintaining and shifting attention, organizing, planning and problem solving.

MyBrainGames, available for free at www.MyMsMyWay.com are the first online games designed specifically for people with MS. The new resource provides a series of fun and interactive cognitive games for the MS community.

“Many times our patients are doing well physically but they may still struggle with cognitive ability,” said Dr. Stephen Kirzinger, director of the MS Program at the University of Louisville and one of the healthcare professionals who oversaw development of the game. “This game

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1-800-667-7131

**PUBLICATION OF THE NATIONAL
MULTIPLE SCLEROSIS SOCIETY**

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The National Multiple Sclerosis Society mobilizes people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Ohio Buckeye Chapter

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FAST FACTS

- Official quarterly newsletter with an annual circulation of 56,000
- Received by people with MS, family members, event participants, donors, sponsors, health professionals, volunteers and others who support the MS cause
- Distribution months:
March, June, September, December
- Next deadline: October 15

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| 1/4 page: | \$500 |
| 1/2 page: | \$1000 |
| Full-page insert: | \$2,000 |

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Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your healthcare professional and contact the National MS Society's Ohio Buckeye Chapter at www.MSohiobuckeye.org or 1-800-667-7131 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

presents the first step in assessing whether games can help counter the cognitive challenges of MS.”

The games challenge the player’s processing speed, working memory, attention and task switching ability. Each game is available at varying levels of difficulty and players can even create customized levels to best suit their individual abilities. All scores can be saved, allowing users to track their performance over time.

Because people with MS experience a range of physical limitations in addition to cognitive challenges, MyBrainGames was also developed with technical modifications to ensure that the games are accessible. The game’s “accessibility toolbar” offers the option for color inversion, changes in contrast, and bold and enlarged game text. To account for individuals with limited dexterity, minimal mouse and keyboard movement is required.

As a follow-up to MyBrainGames, the Collaborative is working with healthcare professionals and game developers to secure a research grant to evaluate the impact of playing online games on cognitive function.

Breastfeeding and MS

A recent study, published online in the Archives of Neurology in June 2009, suggests breastfeeding may benefit women with MS. In the study, only 36 percent of women with MS who breastfed exclusively for at least two months after birth experienced an exacerbation, as compared to 87 percent who did not breastfeed or who supplemented with formula.

While the study was small, the results question the benefit of forgoing breastfeeding in order to resume MS treatment after birth. According to lead researcher Dr. Annette Langer-Gould, not breastfeeding reactivates the ovaries, a process that may be the reason MS exacerbations typically increase after birth.

The researchers will be conducting a larger study to confirm the findings and possibly identify the immunosuppressive factor in breastfeeding.

Female Volunteers Needed

The Ohio State University is looking for women with relapsing-remitting MS for a 24-month study to see if there are less relapses with the treatment of Copaxone injections plus oral estriol as compared to the treatment of Copaxone injections plus oral placebo. To be eligible you must be female aged 18 to 50, diagnosed with relapsing-remitting MS, able to walk without any mobility aids and had at least one relapse within the last two years.

You are not eligible for the study if you are pregnant, breastfeeding, smoke or have other serious medical conditions. Those treated in the past with Copaxone, Avonex, Rebif or Betaseron will not be excluded.

This study is being conducted by the Department of Neurology at The Ohio State University. If you are interested, call Study Coordinator Lisa Hafer at 614-293-7877 or e-mail lisa.hafer@osumc.edu for additional information.

This trial is funded by the National Multiple Sclerosis Society and the National Institutes of Health.

The Skinny on Skin

Most organs like the kidneys, liver and stomach are tucked inside and out of view. But what protects them? Skin, the largest organ of all.

Skin keeps germs, dirt and damaging sun rays out, and important things, such as water, blood and fat in. Some MS symptoms, such as bladder and bowel problems, numbness and lack of mobility can negatively impact the skin's health.

To maintain healthy skin:

- Don't smoke. It dries out skin and makes it harder to heal from injection-site reactions.
- Keep hydrated. This is one more reason to drink the recommended eight glasses of water a day.
- Take the advice of beauty magazines. Moisturize regularly.
- Wear hats, long sleeves and pants in the middle of the day. Use a broad-spectrum sunscreen with an SPF factor greater than 15.
- Inspect skin regularly for bruises, cuts, marks or other damage. Don't forget the soles of the feet and in between the toes.
- For bladder or bowel issues, be sure to clean and dry skin regularly and after any incontinence. Tuck dry underwear, moist wipes and soft paper toweling in a baggie and stash in a backpack, briefcase or shoulder bag.
- Since numbness is essentially a decrease in sensation, it's possible to burn or injure skin more easily. Keep an eye on anything hot like the stove, candles or radiators. With coffee or other hot beverages, use a mug with a lid to prevent spills and wait awhile for the drink to cool down before

taking a sip. And think about getting a set of unbreakable dishes.

Injectable MS drugs can also affect skin. Skin reactions at injection sites can range from annoying to serious. Reactions can include redness, itchiness and swelling. Subcutaneous injections tend to cause more skin reactions than intramuscular injections, although the latter may produce mild bruising and be slightly more painful. More severe reactions include wounds, ulcerations, lumps or atrophy. Occasionally, surgery and antibiotics are needed.

Hints for using injectable drugs:

- Learn a good injection technique from a nurse or the patient-assistance program offered by the drug company.
- Make sure skin is cleansed with soap and water and then disinfected with alcohol before injecting.
- Let medication warm to room temperature to reduce burning or stinging.
- Rotate injection sites.
- Talk with your healthcare provider about applying a warm or cold compress beforehand. Some people do better with one or the other.
- Ask your healthcare provider about an autoinjector, which allows people to choose injection depths.
- Topical agents such as lidocaine can be applied to the site to help decrease pain or irritation.
- For itchiness, try an over-the-counter antihistamine such as topical Benadryl.

Be sure to let your healthcare provider know if you are having any problems or if you need other suggestions for taking good care of your skin.

Avon is known for their cosmetics, fragrance and skincare, but they also carry lines of jewelry, apparel, accessories and gifts. Their products are made for the whole family.

Now you can purchase your favorite Avon products and support the National MS Society's Ohio Buckeye Chapter at the same time. Purchasing the products is simple.

All you need to do is:

- Visit www.beautyfundraising.com
- Select the "Register a Fundraiser Customer" link at the top of the page
- Fill out the form with your information and enter the Ohio Buckeye Chapter fundraiser code of 840037
- Complete the registration and begin shopping

The Avon products will be shipped to your door and 15 percent of the total cost of merchandise will be donated to the Ohio Buckeye Chapter.

Two Volunteer Groups Provide Help and Support

Volunteers throughout the community came together in support of United Way of Summit County's 14th Annual Day of Action. More than 1,100 corporate volunteers donated their time and effort to help at various nonprofit organizations including the National MS Society.

Sixteen volunteers from Allstate Insurance Company in Hudson donated their time to assemble and deliver "Thinking of You" gift bags to people with MS living in long-term care facilities throughout Summit County. In addition, they helped to prepare a Bike MS mailing.



Volunteers from Allstate participated in United Way of Summit County's Day of Action.

Another group also helped with preparations for the August Bike MS event. Nine volunteers from KeyBank in Cleveland, who participated in Neighbor's Day, helped to assemble the rider numbers.



KeyBank volunteers made a difference by participating in Neighbor's Day.

Thanks to these amazing volunteers and their organizations for helping with projects that positively impact people living with MS.

Study Adds Evidence That Smoking Worsens MS

Harvard researchers report results of a new study comparing smokers, ex-smokers and never-smokers, all of whom had multiple sclerosis. The study, by Alberto Ascherio, MD, Brian Healy, PhD, and colleagues, was published in the July issue of *Archives of Neurology*.

Previous studies, including some supported by the National MS Society, have suggested that cigarette smoking increases a person's risk for developing MS. Some of the studies hinted that smoking could contribute to disease progression and at least one previous study failed to find a link between smoking and MS progression.

In the latest study, the Harvard team set out to evaluate whether MS progresses faster in smokers than in never-smokers by taking smoking histories and tracking disease progression using several disease severity scales and MRI measures of brain lesions (damaged areas) and brain atrophy (shrinkage). The study involved 1,465 people

who visited the Partners MS Center at Brigham and Women's Hospital in Boston and were tracked for an average of three years. At baseline, 257 were current smokers, 428 were ex-smokers and 780 were never-smokers.

The team evaluated whether smoking history was related to MS severity at the beginning of the study, then looked at whether baseline smoking history related to future disease progression over the course of the study. At baseline, they found that current smokers had significantly worse clinical disability scores than ex-smokers or never-smokers, and that smokers were more likely to have a primary progressive course of MS. Smokers also had more MRI-detected indicators of disease severity at baseline than ex-smokers or never-smokers, including lower brain parenchymal fractions, a measure of brain volume that indicates atrophy.

The investigators asked the question of whether smoking contributed to the conversion from relapsing-remitting course of MS to the secondary-progressive course. Tracking a sub-group of 891 participants (154 smokers, 237 ex-smokers, 500 never-smokers) for an average of three years, the investigators found that converting from relapsing-remitting to secondary progressive MS occurred



faster in smokers than in ex-smokers or never-smokers. They did not find a significant difference in the likelihood of smokers to show clinical progression of disability over two years, but did find that smokers were more likely to show increased volumes of brain lesions and greater decrease in brain parenchymal fraction than ex-smokers or never-smokers.

This study adds to growing research suggesting that cigarette smoking has a negative impact on MS progression and speeds conversion to a progressive course of the disease.

"If there is a silver lining to this study, it is the finding that quitting smoking appears to delay MS progression," said John R. Richert, MD, the National MS Society's vice president of research and clinical programs. "Since there are few other MS risk factors that are actually controllable, this study should offer more reasons for people to quit smoking."

Is a Clinical Trial Right For You?

Scientists are testing new medications for MS in clinical trials across the country and around the world. These trials depend on people who are willing to participate. Volunteering means you could help find a groundbreaking new treatment for you and other people with MS. But there are issues to consider.

What are the risks?

If the treatment works, you have first access. But there can be side effects of the test drug and adverse events, either mild or serious. Talk with your healthcare provider about the risks and benefits of any clinical trial.

What are the costs?

An "informed consent" form shows which costs will be billed to you. Contact your insurer to find out what they will cover. Travel and hotels may or may not be reimbursed. You may lose work time for appointments. Ask, "Can I afford it?"

How is the study controlled?

In many trials, some participants receive the drug being tested while others receive a placebo, or inactive "dummy" look-a-like of the medicine. You won't know what you're getting, but you can ask what the odds are that you'll be on active therapy. That's important because you may be giving up the safety net of your normal medication.

Are you eligible?

Scientists study how medications work with people at different stages of the disease, at different ages, and sometimes of a specific gender, ethnicity or physical makeup. Most of the requests for clinical trial volunteers include eligibility requirements.

Without volunteers, scientists could not look forward to new and better therapies. For more information about clinical trials call 1-800-667-7131 or visit the research section at www.nationalmssociety.org.

Volunteer to Be a CSI

Do you like to surf the internet? Do you like to volunteer? Did you know you could do both?

The Ohio Buckeye Chapter is looking for people to be Community Service Investigators (CSI). These volunteers use their internet surfing skills to locate information about community service providers.

There are many volunteer opportunities with the National MS Society. Learn more about volunteering and find a list of volunteer job descriptions by visiting www.MSohiobuckeye.org.

Malley's Fundraising

Purchase Malley's Chocolates as holiday gifts and raise event contribution dollars at the same time. Use the Internet in conjunction with Malley's Chocolates to create a personal web page and then forward the link to friends and family who can shop from the online catalog. One-third of all sales will be credited to your Walk MS or Bike MS contribution account. Contact Bill Malley at 1-800-835-5684 to set up your personalized web page.

Malley candy bars are available for year-round event fundraising. It is a quick and easy way to raise funds for Bike MS and Walk MS. For more information about this fundraising opportunity contact Carol Southwood at 1-800-667-7131 or carol.southwood@nmssoha.org.

Run MS

Not a walker or a cyclist? You can join the movement this fall by joining the Run MS team at either the Akron Marathon on September 26 or the Columbus Marathon on October 18. Run MS is an official charity partner for both events.

We are currently recruiting runners to participate in these two events and to fundraise on behalf of the National MS Society. Anyone who registers for Run MS will receive a short-sleeved technical running shirt and a personalized fundraising website. Other incentives and prizes are available. No fundraising minimum is required.

To register, please visit www.MSohiobuckeye.org or contact Matt Faulkner at matt.faulkner@nmssoha.org or 1-800-667-7131.

Walk MS

Are you interested in promoting your company, organization or product to more than 10,000 Walk MS participants? Become a Walk MS sponsor and you will be able to market and promote your company while making a tax-deductible contribution to the National MS Society. Walk MS sponsorships help support programs and services for people with MS living in Ohio. You can be a sponsor for as low as \$500 and we can create a world free of MS! For more information, contact Matt Faulkner at matt.faulkner@nmssoha.org or 1-800-667-7131.

Save Acme Receipts

Acme grocery store coupon savers are needed! If you shop at an Acme grocery store or have family and friends that do, please join other Ohio Buckeye Chapter volunteers and save receipts! Last year our volunteer coupon savers raised more than \$800.

If you would like a reminder about the program, which starts in September, contact Kincaid Early at 1-800-667-7131 or kincaid.early@nmssoha.org. We will be happy to add you to the reminder list and will send you envelopes to make it easy for you to turn in your receipts.

Flying Pancake Breakfast

Come hungry and catch 'em if you can and support the National MS Society on Saturday, October 3 at Thomas Worthington High School in Worthington. We will be featuring an all-you-can-eat pancake breakfast from 8:00 to 11:00 a.m. The breakfast will consist of pancakes, sausage, juice and coffee - all for \$5 a person.

The breakfast will also kick off Just Cure It, a 3-on-3 basketball tournament. Stick around and enjoy the games. No reservations are needed for the breakfast. For more information on Just Cure It or the breakfast, visit www.MSohiobuckeye.org or call Rebecca Bailey at 614-515-4609.

Two Honorees at Dinner of Champions Galas



Thomas Strauss

The 3rd Annual Akron/Canton Dinner of Champions Gala will honor Thomas Strauss, President and CEO of Summa Health System. He will be awarded the Norman Cohn Hope Award, the Society's most prestigious award.

The Akron/Canton Dinner of Champions will be held September 30, beginning at 6:00 p.m. with a cocktail reception and silent auction followed by dinner and the program at 7:30 p.m. It will be held at the Quaker Station at Quaker Square in Akron.



Chris Connor

The 14th Annual Cleveland Dinner of Champions Gala will honor Chris Connor, Chairman and CEO of Sherwin-Williams Company, with the Norman Cohn Hope Award for his dedication to community service.

The event will be held November 5th at the Executive Caterers at Landerhaven in Mayfield Heights.

For more information on corporate tables or patron tickets, please contact Wanda Scott at wanda.scott@nmssoha.org or 1-800-667-7131.

Help Spread Holiday Cheer!

Coping with nursing home life or being isolated at home because of a chronic illness can be emotionally difficult. Each year the Ohio Buckeye Chapter distributes small holiday gifts to people with MS in these situations during the holidays to help them feel connected and let them know that others care. Thanks to your generous donations in 2008, we delivered approximately 600 holiday bags! We are planning to deliver even more this year and we need your help once again.

We need donations of the following items (donations should be gender neutral, and personal hygiene items must be new and in their original packaging so that we can be sensitive to those who have allergies to certain ingredients):

- Adult diapers
- Socks
- Blankets and quilts (twin size)
- Shower gels or body washes
- Shampoos
- Body sprays
- Picture frames
- Small stuffed animals
- Water bottles with long straws
- Small radios
- Small photo albums

If you would like to donate any of these items to the holiday gift bag program, please send or drop off your items at the following locations:

National MS Society
6155 Rockside Rd,
Suite 202
Independence, OH 44131

National MS Society
651G Lakeview Plaza Blvd.
Worthington, OH 43085

If you would like to volunteer to help deliver the bags, or if you have questions about the program, please contact April Wolfe at 1-800-667-7131 ext. 4185 or april.wolfe@nmssoha.org.

Passage of House Bill 1

Thank you to everyone that made calls, visits, sent letters and e-mails to state legislators as your efforts have made a difference. The passage of House Bill 1 supports changes to make health insurance available to an additional 97,500 Ohioans.

House Bill 1 will help to:

- Lower premiums in the Open Enrollment Program, allowing 52,000 additional Ohioans with pre-existing conditions to afford health insurance in the individual market;
- Allow dependents up to age 28 to be covered by family health insurance policies at no cost to employers if they have been continuously covered, providing a coverage option to an age group that is generally healthy yet has the highest rate of being uninsured;

- Provide cafeteria plans for uninsured employees of small businesses to buy coverage with pre-tax dollars, saving these workers up to 30 percent of the premium cost;
- Require insurers to report the portion of premium dollars spent on health care compared to marketing, administration and profits—vital information for making health care more affordable.

According to the Ohio Consumers for Health Coverage (OCHC), a nonpartisan coalition that includes National MS Society Ohio Chapters, House Bill 1 leaves health care for the most vulnerable Ohioans in critical condition. OCHC recognizes and appreciates that some funds were restored to community health centers; however, they remain concerned that the steep cuts to healthcare programs across the board are a step backwards for health care reform. The devastating cuts to health care, including community mental health, alcohol and drug treatment, prenatal care, services to allow elderly Ohioans and Ohioans with disabilities to remain in their

homes, further undermine an already overburdened healthcare safety net.

As well, a variety of Medicaid and other services are funded with tobacco settlement dollars, which have not yet been approved by the court in current litigation. As the recession creates increased demand for prenatal and child health, mental health, and community healthcare services these services will be scarce or unavailable.

OCHC will continue to work with state leaders toward their goal of achieving affordable, high quality health care for all Ohioans. We hope we can count on your continued support as we continue to work on additional healthcare reform and other issues. For more information or to become an MS activist, please contact Holly Pendell at holly.pendell@nmssoha.org or 1-800-667-7131.

Society Joins National eHealth Collaborative

The National MS Society's fight for better health care has accelerated to a new level. President Barack Obama and Congress directed the Secretary of Health and Human Services to accelerate a nationwide program to assist healthcare providers in adopting, implementing and effectively utilizing health information technology to improve the quality, safety, efficiency and accessibility of health care for their patients. The National eHealth Collaborative (NeHC) was formed to support this requirement.

In response to the hard work and dedication of Julie Butcher, CIO, National MS Society, Janet Kramer, President of the Ohio Buckeye Chapter, and David Stallman, Director of Information Technology of the Ohio Buckeye Chapter, the Society received unanimous approval by the NeHC Board of Directions for membership into this important collaborative. As a member of the collaborative, the Society will have the opportunity to:

- Identify breakthrough strategies to accelerate health IT adoption and interoperable use;
- Participate in the development of a governance framework white paper for the Nationwide Health Information Network;
- Provide expertise on policies related to an interoperable, standards-based electronic healthcare system;
- Support the implementation of health IT through market-driven approaches;
- Provide and share technical resources to accelerate health information technology interoperability.

In addition to being invited to be a Collaborative member, the Society specifically asked to be a part of the Policy Committee.

The National eHealth Collaborative operates in partnership with the Office of the National Coordinator for Health Information Technology (ONC/HHS), the Healthcare Information Technology Standards Panel (HITSP), the Certification Commission for Healthcare Information Technology (CCHIT), and the Nationwide Health Information Network (NHIN).

Tributes and Memorials

If you want to honor someone with multiple sclerosis or have lost a loved one to the disease, please consider naming the Ohio Buckeye Chapter of the National MS Society as the charity of your choice for donations. All contributions help to support local programs and services and fund MS-related research efforts.

All tributes and memorials are appreciated. All gifts are listed on the chapter's website under the "Donate" section at www.MSohiobuckeye.org.

Jim Tressel Honored for Community Service

Jim Tressel, Head Football Coach of The Ohio State Buckeyes, was awarded the Norman Cohn Hope Award by the National Multiple Sclerosis Society. Tressel received the award during the Society's 4th Annual Dinner of Champions Gala. The event was held May 21 at the Hilton Columbus/Polaris.

Highlights of the evening included a visit by OSU mascot Brutus and the selection of many silent auction items, including a one-week stay at a Tuscan Villa in Italy that was donated in memory of Andy L. Marzilli.



Jim Tressel received congratulations from Janet Kramer, President of the Ohio Buckeye Chapter.

Board member John Simonetti (right) and his wife, Gail, greeted Ellen and Jim Tressel.



OSU mascot Brutus visited with Board Chairman Doug Price, Board Member Dick Kulick and Jason Oster (from left to right).



Chapter President Janet Kramer accepted a corporate gift from Dale Boblua (left) and Chris Filomena of Enterprise Rent-A-Car.

Foundation Support

Many thanks to the Enterprise Rent-A-Car Foundation for their recent donation of \$1,000. The gift was restricted to programs and services in the Ohio Buckeye Chapter service area. The check was presented to Chapter President Janet Kramer by Dale Bobula, Assistant Manager Commercial Trucks, and Chris Filomena, Group Truck Manager Commercial Trucks.

Multiple Sclerosis Stops People From Moving. The National MS Society Exists To Make Sure It Doesn't.

Society Awards Two Scholarships

Megan Molnar was awarded a \$3,000 scholarship from the National Multiple Sclerosis Society. Megan received the Kathryn Dailey Tribute Fund Scholarship, in memory of Kathryn Dailey, Vice President of Programs and Services. Over the course of 20 years, Kathryn developed many national programs to benefit people living with multiple sclerosis and was instrumental in the growth of the Society's Scholarship Program.

Megan was chosen to be the recipient of this scholarship since she was from Ohio, Kathryn's birthplace, and demonstrated a desire to achieve academic success and to spend time helping others.

Megan graduated first in her class from Springfield High School, located in New Middletown. She is attending Duquesne University in Pittsburgh, PA and majoring in physical therapy.



Megan Molnar

"I have seen how beneficial physical therapy can be for a person with a physical handicap," Megan said about her choice of study. "I want to have the chance to be a part of making someone's life easier."

Megan's mother, Jill Molnar, was diagnosed with secondary-progressive multiple sclerosis about 14 years ago. At a young age, Megan learned how to help around the house by cleaning, doing the laundry, going grocery shopping, making dinner and running errands.

"I think that this has made me a stronger person," Megan said about the influence of multiple sclerosis on her life. "My mom has taught me a lot of life lessons in her fight against MS. The most important lesson that she has taught me is that even when the going gets tough you have to stay strong and not give up."

A second scholarship for \$1,000 was awarded to Cassandra Shull. Cassandra is the daughter of Lt. Col. Jeffrey Shull of the United States Air Force and a former resident of Newark.

Cassandra graduated from Ramstein High School in Germany, where she was living with her father, who served as the Director of Operations for the 21st Operational Weather Squadron at the Sembach Air Base. The Shulls returned to the United States over the summer so Cassandra could attend the University of Nebraska-Omaha to study secondary education.



Cassandra Shull

Cassandra was 15-years-old when she was diagnosed with MS. She learned to adapt to giving herself injections of one of the disease-modifying drugs to slow the progression of the disease. Despite the diagnosis and the injections, Cassandra has kept an open mind and a positive attitude.

"I think MS has not affected me that much in a negative way because I do not let it," Cassandra said. "I keep looking positively into the future when someday there will no such thing as an incurable MS patient. Until that day, I am going to keep living my life like I normally would with or without a disease."

The Society established the Scholarship Program in 2003 for people living with MS or their children who were pursuing a college or technical school education. Applications are evaluated based on financial need, academic record, leadership and volunteer activities, a statement of educational and career goals, a personal statement about MS and letters of recommendation.

Scholarship applications for 2010 will be available on the Society's website beginning October 15, 2009. The 2010 application process will close on January 15, 2010. To receive an application, please call 1-800-537-4180, ext. 471 or visit www.nationalmssociety.org/scholarship.org.

Ohio Buckeye Chapter Annual Meeting

The Ohio Buckeye Chapter will be holding the Annual Meeting this fall in the Cleveland area. During the Annual Meeting, the Ohio Buckeye Chapter will elect the Board of Trustees, present the Board of Trustees' Annual Report and the Treasurer's Report of the chapter's accounts. Nominations to the Board of Trustees (which should include the name, address, telephone number and brief background of the nominee, as well as your name and telephone number) must be submitted to: Board Development Committee, National MS Society, 6155 Rockside Rd, Suite 202, Independence, OH 44131. If you cannot attend but would like to vote by proxy, please return the following form or call 1-800-667-7131 by September 30, 2009.

National Multiple Sclerosis Society: Annual Meeting Proxy Vote Only

Mail to: National MS Society, Rockside Square 1,
6155 Rockside Rd., Suite 202 Independence, OH 44131

Name: _____

Address: _____

City, State, Zip Code: _____

I am unable to attend, but would like to assign my proxy vote to:

Janet Kramer, Chapter President

Other: _____

Annual Meeting Registration

For more information about this free program or
to register please call 1-800-667-7131.

Aloha at Hawaiian Luau

The National MS Society and Northwestern Healthcare Center in Berea worked together to plan and host a lively social for 24 residents living with MS and their guests. The group was treated to a Hawaiian luau which featured a catered luncheon and the live music of "Island Jeff."



Left: Cecelia Alexander enjoyed the afternoon festivities at Northwestern Healthcare Center.



Right: Mary and Jeff Loudin were happy to be spending time together at the luau.

Dates to Remember

What's Hot in MS?

Date: Saturday, September 12

Time: 9:00 a.m. - 2:15 p.m.

Location: Embassy Suites, 5800 Rockside Woods Blvd., Independence, OH 44131

The National MS Society and the Cleveland Clinic's Mellen Center for MS Treatment and Research have teamed up to offer an informative program on research being done to better understand and treat the disease. This program is designed for people living with MS and their family members. Participants will learn about current clinical trials, new technologies and have an opportunity to attend a breakout session to learn about key areas in managing MS.

Program is free but is limited to 150 guests. Lunch will be provided. Deadline for registration is September 8.

Moving Forward:

A Program for the Newly Diagnosed

Date: Saturday, September 19

Time: 10:00 a.m. - 2:00 p.m.

Location: Akron General Health & Wellness Center-West, Summit Room, 4125 Medina Road. Akron, OH 44333

This program is for people diagnosed with MS in the past two years and an adult guest. Participants will learn about MS, symptoms, and treatment options. Moving Forward will provide the knowledge and opportunities necessary for people to make informed, thoughtful decisions about their health care. Dr. Adrienne Boissy a neurologist with the

Cleveland Clinic's Mellen Center for MS will present and answer questions you may have. Participants will also learn about the programs, services and how they can get involved with the National MS Society.

This is an adult-only program. Lunch will be provided and registration is limited to the person with MS and one adult guest. Program is offered free of charge but donations are accepted to defray the cost. Deadline for registration is September 11.

MS Symptom Management

Date: Tuesday, October 20

Time: 6:00 p.m. - 8:00 p.m.

Location: Columbus Marriott Northwest, 5605 Blazer Parkway, Dublin, OH 43017

This program is for people wanting to learn more about managing the symptoms of MS. Kottil Rammohan, M.D. from The Ohio State University MS Center will be the featured presenter. Registration will start at 6:00 p.m. and the program will start at 6:30 p.m. Dinner will be provided. The program is being offered in collaboration with Serono Pharmaceuticals.

CONTINUED ON PG 16

Dates to Remember, cont.

Halloween Social

Date: Saturday, October 24

Time: 11:00 a.m. - 2:00 p.m.

Location: Lion's Park, 641 Silver Lake Ave.,
Cuyahoga Falls, OH 44221

Enjoy time with family and friends or make some new friends at the Halloween Social. Come and enjoy a fall afternoon of good food, fun, games, Halloween activities and a costume contest! Program is offered free of charge but donations are accepted to defray the cost. Registration is limited to 100 people. Deadline for registration is October 13.

Moving Forward:

A Program for the Newly Diagnosed

Date: Wednesday, October 28

Time: 6:00 p.m. - 8:00 p.m.

Location: Muskingum County Library, 220
North Fifth St., Zanesville, OH 43701

This program is for people diagnosed with MS in the past two years and an adult guest. Participants will learn about MS, symptoms, treatment options. Moving Forward will provide the knowledge and opportunities necessary for people to make informed, thoughtful decisions about their health care. Neurologist Joshua Nelson, D.O. will present and answer questions you may have. Participants will also learn about the programs, services and how they can get involved with the National MS Society.

This is an adult-only program. Registration is limited to the person with MS and one adult guest. Program is offered free of charge but donations are accepted to defray the cost. Dinner will be provided. Deadline for registration is October 21.

Caring for Yourself

While Caring for Others

Date: Tuesday, November 17

Time: 7:00 p.m. - 8:30 p.m.

Location: Telephone Program from Home

We invite you to spend a little time learning how to take care of yourself while caring for someone else. This program will describe what we know about the challenges faced by caregivers and provide tips for staying well, avoiding burnout, and getting the support and help you need. Take this time for yourself and use the opportunity to learn from others and get answers to your questions. The presenter for this call is Rosalind Kalb, Ph.D., Director of the Professional Resource Center at the National MS Society. She has edited two books, **Multiple Sclerosis: The Questions You Have; The Answers You Need** and **Multiple Sclerosis: A Guide for Families**. She is the senior author of **Multiple Sclerosis for Dummies**, and co-author with Dr. Nicholas LaRocca of **Multiple Sclerosis: Understanding the Cognitive Challenges**.

This program is free. Deadline for registration is November 10.

Self-Help Groups

For exact times, locations, programs and other details concerning self-help group activities call the National MS Society at 1-800-667-7131 or contact the person(s) listed for more information. The Ohio Buckeye Chapter encourages you to attend the group of your choice regardless of its location. We suggest you call first to confirm the meeting day, time and location which are subject to change.

MS Ohio Online Group

Every Tuesday

11:00 a.m.

Ohio chat room can be accessed through MSWorld. You will need to become a member of MSWorld in order to chat. Membership is free. Visit www.msworld.org

For Information:

peachop@msworld.org

For Ohio Loop/Support

Group E-mail Information:

rswob@roadrunner.com

Ashtabula County Ashtabula Icons

3rd Tuesday 6:00 p.m.
KSU Ashtabula Campus
Blue-Gold Room
3325 W. 13th Street
Ashtabula 44004
Wendy 1-800-667-7131

Carroll County Carroll Group

Call for information
New Harrisburg
Presbyterian Church
3066 Waynesburg Rd. NW
Carrollton 44615
Lois 330-484-5382

Coshocton County Positive Purpose Group

Call for information
CJ 740-824-4370
Angie 740-545-0620

Cuyahoga County Brunch Bunch

2nd Monday 10:30 a.m.
Denny's
4331 W. 150th
Cleveland 44135
Kathy 440-333-5573
Eric 440-826-3742

Eastside But You Look So Good Group

Call for information
Shaker Heights Library
16500 Van Aken Blvd.
Shaker Heights 44120
Theresa 216-408-7855

Eastside Newly DX/ Minimally Affected

3rd Wednesday 7:00 p.m.
Church of the
Good Shepherd
23599 Cedar Road
Lyndhurst 44124
Charlene 440-349-3936
Lynn 216-382-5955

Fairview Park

3rd Tuesday 7:00 p.m.
Messiah Lutheran Church
21485 Lorain Road
Fairview Park 44126
Sue 440-356-6622

Northwest Satellites

2nd Wednesday 7:30 p.m.
North Olmsted Senior Ctr
28114 Lorain Road
N. Olmsted 44070
Marge or Burt
440-777-4156

Parma Posse of Possibilities

Last Friday 12:00 p.m.
Bring brown bag lunch
Ridgewood YMCA
6840 Ridge Road
Parma 44129
Pam 216-749-7133

Strongsville Group

1st Thursday 7:00 p.m.
 Strongsville Recreation Ctr
 18100 Royalton Road
 Strongsville 44136
 Wendy 1-800-667-7131

Fairfield County**Fairfield Group**

Call for information
 Ed 740-653-5501
 Vickie 740-687-0089

Franklin County**Columbus Eastside Group**

Call for information
 MCL Cafeteria
 5240 E. Main Street
 Whitehall 43213
 Rachel 614-860-1968 or
rbibb007@aol.com
 Chene 614-453-5115

Columbus Family and Friends Group

1st Thursday 7:00 p.m.
 Riverside Hospital
 Health Center
 500 Thomas Lane
 Columbus 43214
 Jeanne 614-734-0504
 We are looking for a co-
 leader. Please call Jeanne if
 you are interested.

Columbus Westside Group

1st Thursday 6:00 p.m.
 Time and location are
 subject to change soon.
 Please call for details.
 Southwest Library
 4740 W Broad Street
 Columbus 43228
 Judee 614-876-0202
 Scott 614-279-0217

Grove City MS Group

Last Monday 7:00 p.m.
 St. John's Lutheran Church
 3220 Columbus Street
 Grove City 43123
 Debbie 614-871-4800

Men's Group

Every other month
 Call for information
 Old Worthington Library
 820 High Street
 Worthington 43085
 Chris 614-854-0423

Worthington Group

2nd Tuesday 7:00 p.m.
 Anthem Blue Cross
 and Blue Shield
 6740 N. High Street
 Worthington 43085
 Bobbie 614-775-9885
 Kathy 614-846-2861

Knox County**Knox County MS Support Group**

Last Sunday 3:00 p.m.
 Summerville at HillenVale
 1615 Yauger Road
 Mt. Vernon 43050
 Sharon 740-392-3156 or
smorrison002@columbus.rr.com
 Amy 740-397-9097

Lake County**Mentor's Best**

2nd Wednesday 10:30 a.m.
 Borders Books
 9565 Mentor Ave.
 Mentor 44060
 Louise 440-255-4053
 Kathy 440-254-4050

Mahoning/Trumbull Counties

MS Musketeers

2nd Thursday 12:30 p.m.
Jewish Community Center
505 Gypsy Lane
Youngstown 44504
Dawn 330-782-1845

Medina County Medina Evening Group

4th Wednesday 6:30 p.m.
Medina County Office for
Older Adults
246 Northland Drive
Medina 44256
Janel 330-273-4707

Muskingum County Zanesville/Cambridge Group

Call for information
Misty 740-452-8108
Barb 740-454-2301

Portage County Portage County Group

Call for information
Joyce 330-325-0458

Stark County But You Look So Good

2nd Thursday 7:00 p.m.
Village Hall
202 West Maple St.
Hartville 44632
Jay 330-699-9507

Massillon Group

2nd Monday 10:00 a.m.
Call for information
Cindy 330-833-2240
Carolyn 330-879-3190

MS Warriors - Standing Tall Together Group

4th Tuesday 7:00 p.m.
NeuroCare Center
4105 Holiday St. NW
Canton 44718
Jainyl 330-454-5482

Summit County Akron Evening

2nd Tuesday 7:00 p.m.
Neurology Associates
130 W. Exchange Street
Akron 44302
Pam 330-376-1902 ext. 137

Mighty Oaks Group

1st Saturday 10:00 a.m.
Green YMCA & Oak Clinic
3838 Massillon Road
Uniontown 44685
Anna 330-923-2704
Tina 330-896-9706

Mothers Assisting Mothers

For mothers with MS
and their children
Call for information
Bridgette 330-606-7104
Katie 330-603-1995

Wayne/Holmes Counties

Wooster Group

2nd Monday 7:00 p.m.
Wooster Comm Hospital
1761 Beall Avenue
Wooster 44691
Pixie 330-345-7374



**United Way
of Central Ohio**
Member Agency



**United Way
of Summit County**

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Saturday, October 3, 2009
Thomas Worthington High School - Worthington Ohio
Doors open at 8:00 a.m., Play begins at 9:00 a.m.

Lace up your Air Jordan's, pump up your Reebok's and join us for Just Cure It. A 3-on-3 basketball tournament benefiting the National MS Society. So, get your roster ready and hit the court! On Saturday, October 3, 2009 the first ever Just Cure It will tip off. And don't fret - Ohio State doesn't play until 7:00 p.m. so you will be home in plenty of time to catch the game!

Registration for Just Cure It is available in two forms for both the men's and women's divisions. The Baller Registration is \$100 and includes entry for a team of 3 - 5 players. The Shot Caller Registration is \$125 and includes entry for a team of 3 - 5 players as well as t-shirts and lunch for all players. All participants must be 16 years of age or older.

An all-you-can-eat flying pancake breakfast will also be available from 8:00 - 11:00 a.m. for \$5 a person. Bring your appetite and your A game. For more information or to register, visit our [website](#) or call Rebecca Bailey at 614-515-4609.



VOLUNTEER SPOTLIGHT



Tina Long was recognized as a priceless volunteer during United Way's Volunteer Celebration.

RECOGNITION AT VOLUNTEER CELEBRATION

The United Way of Summit County Volunteer Center, in conjunction with National Volunteer Week, celebrated the spirit of volunteerism through its 8th Annual Volunteer Celebration "Volunteers...Priceless!"

More than 350 people attended the volunteer celebration including Tina Long who was recognized for her volunteerism with the National MS Society. Tina has been an energetic and enthusiastic volunteer for more than seven years. She has made a difference in the lives of people with MS by delivering holiday bags to those who are homebound or living in long-term care facilities. Her caring, upbeat attitude has been especially helpful to the members of the Mighty Oaks Self-Help Group. Tina has been the group's facilitator for three years, helping to make sure that everyone feels welcome at the monthly meetings. In addition, she serves as team captain for the Mighty Oaks Support Team for the Society's Walk MS event.

Tina is a genuinely caring person who clearly makes a difference in the lives of people with MS and their family and friends.