

# MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | VOLUME 25 • EDITION 2

## MARCH IS MS AWARENESS MONTH

Progress on multiple sclerosis can't wait. That's why the National MS Society is encouraging people to join the movement to end MS and to help more than 20,000 Ohioans living with MS to move their lives forward.

March 2010 is the fourth anniversary of MS Awareness Month in Ohio. Celebrating the month is important since increased awareness about MS can lead to earlier diagnosis, reduced progression of the disease course, increased funding for MS research and better support services.

MS ambassadors are raising awareness by making community presentations and doing media interviews throughout the month. MS activists are attending State Advocacy Day on March 24 to educate Ohio legislators about MS and to advocate for specific health care issues that are important to people with disabilities. Several educational programs are being held



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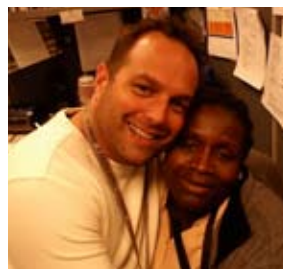
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**1-800-344-4867**

**PUBLICATION OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY**

Ohio Buckeye Chapter  
6155 Rockside Rd., Suite 202  
Independence, OH 44131-2217

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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

**Advertise Your  
Message in the Next  
MSConnection**

**FAST FACTS**

- Published four times a year reaching a maximum of 14,300 people with MS living in 38 Ohio counties, including the Akron, Cleveland, Columbus and Youngstown metropolitan areas
- 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: April 15

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1/2 page: 1x \$500 4\*x\$1,500  
1/4 page: 1x\$250 4\*x\$750

\*Discount of one free issue when entire series is purchased

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[jennifer.hamilton@nmssoha.org](mailto:jennifer.hamilton@nmssoha.org)

**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 health care professional and contact the National MS Society's Ohio Buckeye Chapter at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.**

## MARCH IS MS AWARENESS MONTH

in March including a special art exhibit and auction at the Local Girl Gallery in Lakewood on March 12. The show, "It's a Green World: MS Awareness Art Exhibit," features a variety of pieces focusing on animals, nature and the outdoors.

The Blue Jackets are holding National MS Society Night on March 27 at the Nationwide Arena in Columbus. A portion of the ticket sales from the hockey game will be donated to the Society.

Other community events held in March to benefit the Society include a Las Vegas themed party presented by the Chagrin Valley Women's League. Their "Welcome to Las Vegas – Valley Style" event is March 13 at Sammy's at Legacy Village in Cleveland. The Columbus Police Department is showing support through a St. Patrick's Day Celebrity Bartending Contest at the Park Street Patio in Columbus. All tips from the March 17 event will be donated to the Society.

Thanks to all of the individuals and organizations that are doing their part to raise awareness about MS in March.

### Move it During MS Awareness Month

- Tell others that March is MS Awareness Month
- Make MS Awareness Month part of your e-mail signature
- Call the office about volunteer opportunities
- Form a team for Walk MS or Bike MS
- Sponsor a walker or cyclist for Walk MS or Bike MS
- Make a donation online or send it in by mail
- Visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) to learn more

## WE KEEP MOVING

We Keep Moving is a program designed to tell the stories of people living with and affected by MS. The stories will be captured by video through a ten-week journey across the country, where a team comprised of a host/writer, videographer and photographer – all living with MS – will travel to a new, voter-driven location each week. They will capture the unique and inspirational stories of people with MS, family and friends, and those who raise funds for the cause.

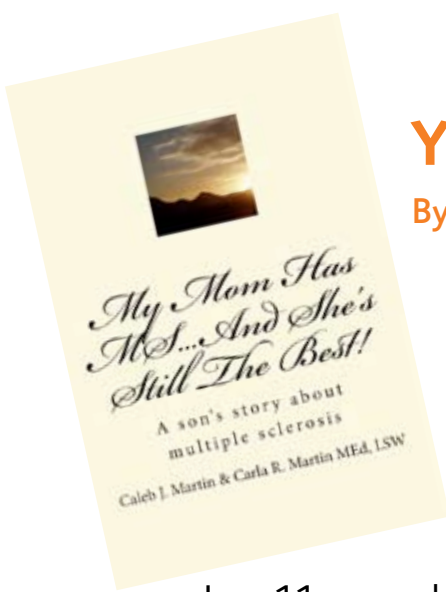
The project launched on February 11 with a call-to-action video featuring Jason DaSilva,

the project host. A team of reviewers selected 30 finalists from all of the submitted stories. Each week beginning March 8, three of the stories are available for viewing and voting at [www.wekeepmoving.org](http://www.wekeepmoving.org). All votes are tallied to determine which story will be filmed and where the team will be traveling the following week. Keep checking the website and vote every week until the program ends on World MS Day on May 26.

The We Keep Moving website and videos are supported in part by Novartis Pharmaceuticals Corporation.

# Young Writer Shares Story of Mom's MS

By Caleb Martin, Author of "My Mom Has MS ... And She's Still the Best!"



I am 11 years old and I wrote a book for kids like me who have a parent or a loved one who has a chronic illness. A chronic illness is a disease that is incurable, meaning that there is no cure for the disease. My mom has a chronic illness. My mom has multiple sclerosis. MS is a really scary disease.

A lot of people ask me why I wrote the book, "My Mom Has MS ... And She's Still the Best!" The main reason why I wrote this book was being frustrated and being scared. And I think being scared was the biggest reason of them all. My mom was diagnosed with MS in 2003, when I was five years old. I kind of understood that my mom wasn't feeling that well but it really didn't affect our lives because she was still able to work and life went on.

But as time went on, MS started to take its toll on my mom. Nurses visited more often and my mom got worse. Activities slowed

down because mom was the one in charge of taking us. I tried to explain to my friends, but no one understood MS and I was the only kid I knew whose mother was sick. That was when the frustration came in. I began to hate MS. When my mom was getting really bad, my grandfather took sick with lung cancer. I knew that my Pop Pop was going to leave us. It was something that I knew before anybody else knew and I also knew that my mom was getting sicker and weaker by the day, and I was scared that she would also leave us. I was having a really hard time with everything so my parents got me into therapy and I was told to keep a journal. In my journal I was able to write down my thoughts, my fears and to understand MS better.

So when people ask me why I wrote my book, I tell them, I wrote to let kids know that they are not alone. I wrote to let kids know that I understand. I wrote to educate kids about MS. I wrote to get rid of my fears and frustration. And

I wrote to give kids some hope, hope to let them know that there will be both good and bad days, and I understand.

To order a copy of Caleb's book visit [www.amazon.com](http://www.amazon.com) or to borrow the book from the chapter's library visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-344-4867.



Caleb Martin describes his feelings about his mom's MS in a book that was published in 2009.



# Join the movement®

Walk to create a world free of MS

Be there. Because every movement you make and every dollar you raise supports the mission to create a world free of MS. This movement is by and for people with MS. Join others that care about people affected by MS by participating, volunteering or recruiting others.

## Get involved in a **Walk MS** event near you!

Date	Check-in Time	Location
<b>April 10</b>	8:00 a.m.	<b>Cleveland</b> - Cleveland Browns Stadium
<b>April 17</b>	9:00 a.m.	<b>Athens</b> - Athens Community Center
	7:30 a.m.	<b>Columbus</b> - Columbus Zoo and Aquarium
	9:00 a.m.	<b>Lancaster</b> - Fairfield County Fairgrounds
	8:00 a.m.	<b>Newark</b> - The Dawes Arboretum
	8:00 a.m.	<b>Wooster</b> - Ohio Agricultural Research and Development Center
<b>April 23</b>	5:30 p.m.	<b>McConnelsville</b> - Muskingum River Parkway
<b>April 24</b>	8:00 a.m.	<b>Akron</b> - Blossom Music Center
	8:00 a.m.	<b>Mahoning Valley</b> - Canfield Fairgrounds
	8:00 a.m.	<b>Massillon</b> - Massillon Rec Center
	8:00 a.m.	<b>Mentor</b> - Mentor High School
	8:00 a.m.	<b>North Canton</b> - Price Park

Can't make it to one of our Walk MS event sites this year? No problem!

Register as a **Virtual Walker** - you'll still have access to all of our fundraising tips and online tools.

**Form a team** to walk in your honor - this is a great way to get others involved in the fight against MS in your honor.

**Volunteer** - it takes hundreds of volunteers to make Walk MS a success. We have volunteer positions for all ages and size groups.

For more information on any of the above information, visit us **online** or give us a call at 800-344-4867.



## The Use of Medical Marijuana for MS

The New Jersey bill allowing chronically ill patients access to marijuana for medical purposes was recently signed into law. Although New Jersey is the 14th state to pass such a law, it is among the first on the East Coast. The law is stricter than most, only permitting marijuana use as a treatment option for specific diseases, including multiple sclerosis.

In Ohio, Representative Kenny Yuko has indicated that he is considering introduction of legislation to legalize marijuana for medicinal purposes. Its use can help to alleviate pain and other symptoms of MS.

The National MS Society is currently funding new research for marijuana as a possible treatment for MS. Prior research has not yet provided confirming evidence for a reasonable risk:benefit ratio. In the meantime, the Society respects the rights of patients to work with their physicians and access marijuana through the designated state-monitored dispensaries. For additional information on the use of marijuana to treat MS, please visit <http://www.nationalmssociety.org/about-multiple-sclerosis/treatments/complementary--alternative-medicine/marijuana/index.aspx>.

## FDA Approves Ampyra to Improve Walking

The U.S. Food and Drug Administration has approved the marketing of Ampyra™ (formerly known as fampridine SR from Acorda Therapeutics) for its ability to improve walking speed in people with any type of multiple sclerosis. This is the first therapy specifically approved to treat a symptom of MS, and this oral therapy represents a big step forward for the many people who may benefit.

“The FDA’s approval of Ampyra is wonderful news for many people with MS who experience problems with walking,” said John R. Richert, MD, Executive Vice President for Research and Clinical Programs at the National MS Society. “This brings a welcome symptomatic therapy that may restore some function and make a real difference in quality of life for a large number of people with different types of MS.”

According to the sponsor, Ampyra is expected to be ready for prescription by March 2010. The drug will be taken two times a day, approximately 12 hours apart. It will be distributed through a network of specialty pharmacies and coordinated by a team providing support services to facilitate access to the drug for patients and health care providers.

Further study and clinical practice may help determine the extent to which the drug may impact other functions not measured in the clinical trials and provide hints as to which individuals are most likely to respond. For more information visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or talk to your health care provider.

## Cleveland Clinic Seeking Participants for Research Study

The Cleveland Clinic Foundation is conducting a Phase I study investigating Mesenchymal stem cell (MSC) transplantation in terms of its safety and how well it is tolerated in MS patients. Twenty-four patients, ages 18-55, diagnosed with relapsing-remitting, secondary progressive/progressive relapsing MS will be enrolled.

A small amount of bone marrow will be removed from the participant’s hip and MSCs will be purified from the marrow. These cells will be grown in a lab until a sufficient cell number is achieved. The cells will then be given back to the patient through an IV. The subjects will be monitored very closely, through physical exams, blood work and brain MRI scans to

## Cleveland Clinic Seeking Participants for Research Study, continued from page 6

determine how safe the procedure is and how well it is tolerated. Participants will be followed for six months after receiving the MSCs.

If this study demonstrates that MSC transplantation is a safe procedure in MS patients, further studies will be developed to determine if MSC transplantation might be an effective form of treatment for MS.

To get more information on the study, including specific details for the inclusion/exclusion criteria, please visit the clinical trial database at [www.clinicaltrials.gov](http://www.clinicaltrials.gov) (study # NCT00813969, titled: Autologous Mesenchymal Stem Cell Transplantation in MS).

After reviewing the site and meeting the qualifications, please e-mail the project manager, Sarah Planchon Pope at [planchs@ccf.org](mailto:planchs@ccf.org) or the research nurse Cynthia Schwanger at [schwanc@ccf.org](mailto:schwanc@ccf.org).

## Karen Foundation Provides for Respite Services

In 2007, the Karen Foundation for MS was created with the mission of providing care services and assistance to people with MS and their families. The foundation, named in honor of Karen Bradley who has lived with MS for many years, raises funds through a variety of events including the annual NFL Draft Day Benefit Party for MS.

Karen's sons, Joe and Mike Bradley, along with longtime friend Dan Johnson, organized the first Draft Day party in 2001. The event outgrew the Bradley's basement as it became increasingly popular every year. It will be celebrating its 10th anniversary in 2010.

All proceeds from the Karen Foundation are used to help provide respite services to people with MS residing in Northeast Ohio. The foundation is recognized for being the largest third-party contributor to the Ohio Buckeye Chapter.

"Respite care is an underfunded need," said Joe Bradley. "Our goal is to provide not only hope, but immediate help."

Through their donations more than 100 families have received assistance through the Society's respite program. For more information about the Karen Foundation visit [www.TheKarenFoundation.org](http://www.TheKarenFoundation.org).



Dan Johnson (far left) and Joe Bradley (far right) presented Greg Kovach and Janet Kramer with \$17,000 from the Karen Foundation for MS.

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## Bike MS: Pedal to the Point Ride 2010

Strap on your helmet and hop on your bike. Bike MS Pedal to the Point Ride is back and scheduled for August 14-15! The success of Bike MS is directly related to each and every participant. With your help we hope this year proves to be the most successful Bike MS event we have had yet.

If you're new to the event, make sure to take advantage of our Rider Rewards Program and get FREE registration. It's never too early to register and start fundraising. We can't continue to make great strides in the fight against MS without your support and participation in events like this. For more information on Bike MS visit [www.MSohiobike.org](http://www.MSohiobike.org) or call 1-800-344-4867.

## Walk MS and Bike MS Opportunities

The National MS Society is looking for corporate support for our Walk MS and Bike MS events. Sponsorships start at \$500. Market your products and services to more than 12,000 people with one common goal - to create a world free of MS. Volunteers are also needed to help make our events successful. There are a variety of volunteer opportunities available for Walk MS and Bike MS. Contact Matt Faulkner at 614-515-4629 or [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org) for more information.



## Have a Weakness for Chocolate?

This spring the National MS Society is participating in an online fundraising activity with Malley's Chocolates. You can place online orders through March 29.

This Internet fundraising program allows you to create a free personal website through Malley's Chocolates. You forward the link to friends and family and then they can purchase quality special occasion sweets without leaving their homes. Internet ordering is simple, convenient and most importantly, supports the Ohio Buckeye Chapter.

- The Society receives 33 percent of the purchase amount
- Easy fundraising for Walk MS or Bike MS (dollars raised from sales are credited to 2010 pledges)
- Order \$200 to receive a free ticket to Cedar Point or King's Island
- Forty percent discount on shipping for orders over \$60 (to the same address)
- Same prices as in Malley's stores

To set up your fundraising account call Bill Malley at 1-800-835-5684. For more information about candy sales, including Malley's chocolate bars (available all year), contact Carol Southwood at [carol.southwood@nmssoha.org](mailto:carol.southwood@nmssoha.org) or 216-503-4160.



## Pick a Marathon and Run MS

Help support the National MS Society while running in the Columbus Cap City Half Marathon (May 1, 2010), Cleveland Marathon (May 16, 2010), Akron Marathon (September 25, 2010) or Columbus Marathon (October 17, 2010). Run MS is a program designed for runners to fundraise while participating in the race of their choice. All Run MS participants receive a technical running shirt, online fundraising page and tools to help with fundraising. No minimum pledge required. Please visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) for more information.

## Get Ready for the Catch of the Day

Can you think of a better day than getting five of your friends, customers or coworkers together, out of the office, for an entire day of fishing on Lake Erie? How about knowing that you will be helping move toward a world free of MS at the same time?

The day at the Shamrock Companies MS Walleye Fishing Tournament includes: fishing for you and five guests, a fully-stocked boat, a licensed charter boat captain, a continental breakfast, your catch cleaned and bagged to take home, a light dinner and lots of prizes.

First, second and third prizes will be awarded for largest fish and stringer. You can get all of this for just \$1,200 per boat. Even if you don't have five people to go fishing with, you can still participate. Single tickets are available for \$250.

Join us on June 9 at Port Clinton's Midway Marina for the best walleye tournament around. To register for the event visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-344-4867.



## Become a Bike VIP

For the Bike MS Pedal to the Point Ride 2010 join two riders in becoming a Bike VIP. Last year Tim Pistell and Paul Wellener raised more than \$15,000 to establish their status as a VIP for the Bike MS event.

Tim's involvement with Bike MS began in 1996. As captain of Team Parker, his commitment has grown stronger every year. Last year, Tim Pistell raised \$17,225 and his team raised a total of \$22,605.



Team Parker

Paul has participated in three Bike MS events and he serves as team captain of Team Deloitte. He personally raised \$15,593 while his team raised \$50,476, making them the top fundraising team for 2009.



Team Deloitte

Both riders attribute their fundraising success to a large and generous network of family, friends and coworkers who support the MS cause. Thanks to Tim and Paul for their outstanding efforts and ability to raise Bike MS funds for local programs, services and MS-related research efforts.

# join the conversation



Your questions about living with MS answered LIVE!

Talk MS is taking the show on the road!



- Your questions answered by leading physicians and nurses
- Connect with others living with MS
- Share your perspective

**Don't Miss Out! Bring your friends.**

Wednesday, April 14, 2010  
 Registration: 6:00 pm  
 Program: 6:30 pm

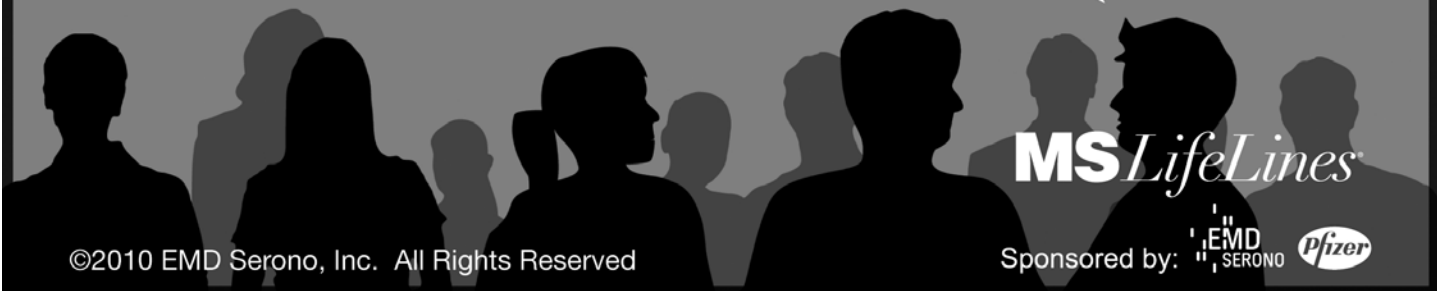
Bridgewater Banquet and  
 Conference Center  
 10561 Sawmill Parkway  
 Powell, OH 43065

Featuring:  
 Dr. Geoffrey Eubank  
 MS LifeLines® Nurse  
 Cheryl Poole, RN, BSN, MSCN  
 MS LifeLines® Ambassador  
 David D.

**Register today for this free event.**

**Call 1-866-756-0494**

Complimentary refreshments will be served - and parking is free.  
 Please contact the venue directly for directions from your local area.  
 For more information about other talk MS programs, visit [www.msllifelines.com](http://www.msllifelines.com)





From left to right: Akron Dinner Chair Richard Marsh (retired from FirstEnergy Corporation), Speaker Dr. Joseph Zarconi (Vice President for Medical Education and Research, Summa Health System), Honoree Thomas Strauss, and Martin Hauser (President of Summa Care).



Acron dinner presenting sponsors Vanita and Jim Oelschlager of Oak Associates.



From left to right: Cleveland dinner Co-chair Don Misheff (Ernst & Young), Master of Ceremonies Ed "Flash" Ferenc, Honoree Christopher Connor and Co-chair Thomas Zenty (University Hospitals).



Cleveland dinner speaker Sheryl Reitmann.

## Local Leaders Honored at Dinner of Champion Galas

Two local honorees recently received the Norman Cohn Hope Award, the National Multiple Sclerosis Society's most prestigious award. It is granted for community service and commitment to helping people living with multiple sclerosis.

Thomas Strauss, President and CEO of Summa Health System was honored at the 3rd Annual Akron/Canton Dinner of Champions Gala presented by Oak Associates on September 30, 2009 at Quaker Station.

The highlight of the evening was a good-natured roast of Strauss, including a Clevelander's translation of words spoken by Strauss as a Pittsburgh native and an audience sing-along making fun of his beloved Pittsburgh Steelers. Guests were welcomed with hospital-style wristbands and jello appetizers, as if they were checking in for a stay at a Summa hospital.

Christopher Connor, Chairman and CEO of The Sherwin-Williams Company, was honored at the 14th Annual Cleveland Dinner of Champions Gala on November 5, 2009 at Executive Caterers at Landerhaven.

Highlights of the evening included a silent auction, colorful paint can themed

decorations and a talk by former Sherwin-Williams employee Sheryl Reitmann, about living with MS.

All proceeds from the Dinner of Champion Galas are used to provide local programs and services and to fund MS-related research efforts to help find the cause and a cure for MS.



### SAVE THE DATE

**4th Annual Akron/Canton Dinner of Champions**  
July 13, 2010  
Quaker Station

**Honoree:** Ann Amer Brennan, President and CEO, Brennan Industrial Group

**5th Annual Columbus Dinner of Champions**  
September 21, 2010  
Columbus Zoo and Aquarium

**Honoree:** "Jungle Jack" Hanna, Director Emeritus, Columbus Zoo and Aquarium

**15th Annual Cleveland Dinner of Champions**  
November 17, 2010  
Executive Caterers at Landerhaven

**Honoree:** Medical Mutual of Ohio

# Treasurer's Report

Fiscal year 2009 was a challenging time for the entire country. The impact was certainly felt by the Ohio Buckeye Chapter of the National Multiple Sclerosis Society. The chapter's operating revenues of \$3,500,000 in 2009 represented a decline of \$383,000 or 10 percent from the prior year. The generosity felt in the past from individuals, foundations, and corporations was strained and, in some cases, completely diminished due to the economic downturn in Ohio, specifically in the Ohio Buckeye Chapter area.

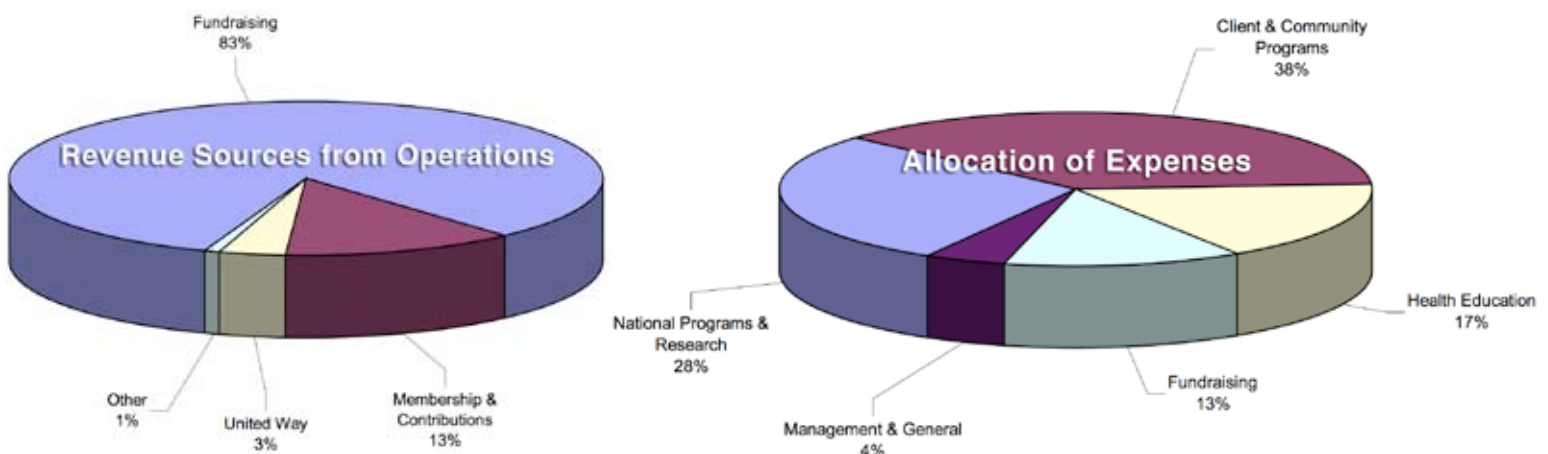
Unfortunately, because of the decrease in revenues, the chapter was forced to make a reduction in local programs and services for people with MS and their families. However, even with the reductions, the chapter was still able to fund services for people with MS and community programs in the amount of \$1,362,000. In addition, professional and public education was funded at \$612,000. Finally, an increased awareness and consistent monitoring of expenses helped the chapter lower fundraising and management expenses by 16 percent over the prior year.

While the chapter worked very hard to reduce expenses, the savings just were not enough to offset the decrease in revenues. The chapter intends to continue the cost reductions implemented in 2009, as well as look for additional ways to save money and increase revenue streams.

In 2009, \$1,037,901 was sent to the National MS Society's home office for national programs and research. The amount sent for research was \$539,293. In 2008, the chapter sent \$1,043,349, of which \$566,256 was for research.

The firm of Meaden & Moore, Ltd. performed the annual audit. A copy of the Ohio Buckeye Chapter audit can be reviewed by contacting the Independence office at 1-800-344-4867.

- Alan M. Zang, Chapter Treasurer





John Simonetti



Dr. Richard Ransohoff



Dr. Caroline Whitacre

## Three Volunteers Inducted into Hall of Fame

Three very special volunteers were inducted into the National MS Society's Volunteer Hall of Fame. It was an honor for John Simonetti, Dr. Richard Ransohoff and Dr. Caroline Whitacre to be recognized for their volunteer efforts with the Ohio Buckeye Chapter.

John was inducted into the Hall of Fame for fundraising. He has been involved with the Society since his wife, Gail, was diagnosed with MS in 1992. His level of involvement has been extraordinary as he has served on the Board of Trustees since 1994 and been a Bike MS participant since 2002. Through his leadership and fundraising abilities, John has generated more than \$102,000 to benefit people living with MS.

Dr. Ransohoff was inducted into the Hall of Fame for health professionals for his dedication to helping the MS community for more than 25

years. He treats patients with MS and conducts MS-related research at the Cleveland Clinic Foundation. His involvement with the Society includes serving on the chapter's Board of Trustees, chairing the Clinical Advisory Committee and being an active member on several national committees.

Dr. Whitacre was selected for the Hall of Fame for scientific researchers. For 30 years, she has been on the forefront of MS research at The Ohio State University. Her research has focused on the immunology of MS including new developments in oral tolerance as a treatment strategy. Other research projects have included an in-depth look at MS as it relates to gender differences and pregnancy.

Each of the inductees has shared their special talents and skills to improve the quality of life for people with MS. Congratulations to them for their well deserved recognition.

## 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](http://www.MSohiobuckeye.org).

## Dates to Remember

### Moving Forward: A Program for the Newly Diagnosed

**Date:** Wednesday, May 12

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

**Location:** The Ohio State University MS Center,  
2050 Kenny Rd., Columbus, OH 43221

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 provides the knowledge and opportunities necessary for people to make informed, thoughtful decisions about their health care. Dinner will be provided. Deadline for registration is May 5.

### Employment Discrimination: Rights and Remedies

**Date:** Wednesday, May 19

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

**Location:** Telephone Program from Home

This call will cover the rights of persons with disabilities in employment, including the right to be free from discrimination in the application process and all other terms and conditions of employment. It will also cover the right to reasonable accommodations for one's disability, the remedies available to victims of discrimination and recent amendments to the American with Disabilities Act. Presenters are Jane Perry and Kevin Truitt, Attorneys at Law with Ohio Legal Rights Service. Support for this program is provided by Biogen, Idec. Deadline for registration is May 12.

## Program Registration is Easy

**1. Register online at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org)**

**2. Register by calling 1-800-344-4867**

Programs are offered free of charge but donations are accepted to defray the cost.

# Self-Help Groups

For exact times, locations, programs and other details call the National MS Society at 1-800-344-4867 or contact the person listed. You are encouraged to attend the group of your choice regardless of its location.

## **MS Ohio Online Group**

Every Tuesday, 11:00 a.m.  
and every Wednesday  
7:00 p.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](http://www.msworld.org).

### **For Information:**

[peachop@msworld.org](mailto:peachop@msworld.org)

### **For Ohio Loop/Support Group E-mail Information:**

[rs wob@roadrunner.com](mailto:rs wob@roadrunner.com)

## **Ashtabula County**

### **Ashtabula Icons**

3rd Tuesday 6:00 p.m.  
KSU Ashtabula Campus  
Marge 440-415-1092

## **Carroll County**

### **Carroll Group**

New Harrisburg  
Presbyterian Church  
Lois 330-484-5382

## **Coshocton County**

### **Positive Purpose Group**

CJ 740-824-4370

## **Cuyahoga County**

### **Brunch Bunch**

2nd Monday 10:30 a.m.  
Denny's  
Eric 440-826-3742

## **Eastside But You**

### **Look So Good Group**

Shaker Heights Library  
Teresa 216-408-7855

## **Eastside Newly DX/ Minimally Affected**

3rd Wednesday 7:00 p.m.  
Good Shepherd Church  
Charlene 440-349-3936

## **Fairview Park**

3rd Tuesday 7:00 p.m.  
Messiah Lutheran Church  
Sue 440-356-6622

## **Northwest Satellites**

2nd Wednesday 7:30 p.m.  
North Olmsted Senior Ctr  
Marge 440-777-4156

## **Parma Posse of Possibilities**

Last Friday 12:00 p.m.  
Ridgewood YMCA  
Pam 216-749-7133

## **Strongsville Group**

1st Thursday 7:00 p.m.  
Strongsville Recreation Ctr  
Norma 440-846-5957

## **Fairfield County**

### **Fairfield Group**

Ed 740-653-5501

## **Franklin County**

### **Columbus Eastside Group**

MCL Cafeteria  
Rachel 614-860-1968

## **Columbus Family and Friends Group**

1st Thursday 7:00 p.m.  
Riverside Hospital  
Health Center  
Jeanne 614-734-0504

## **Columbus Westside Group**

1st Thursday 6:00 p.m.  
Southwest Library  
Scott 614-279-0217

## **Grove City MS Group**

Last Monday 7:00 p.m.  
St. John's Lutheran Church  
Debbie 614-871-4800

## **Men's Group**

Chris 614-854-0423

## **Worthington Group**

2nd Tuesday 7:00 p.m.  
Anthem Blue Cross  
and Blue Shield  
Bobbi 614-775-9885

## **Knox County**

### **Knox County MS Support Group**

Last Sunday 3:00 p.m.  
Summerville at HillenVale  
Sharon 740-392-3156

## **Lake County**

### **Mentor's Best**

2nd Wednesday 10:30 a.m.  
Borders Books  
Kathy 440-254-4050

## **Mahoning County**

### **MS Musketeers**

2nd Thursday 12:30 p.m.  
4th Thursday 12:30 p.m.  
Jewish Community Center  
Dawn 330-782-1845



United Way  
of Central Ohio  
Member Agency



United Way  
of Summit County



WORKING FOR A HEALTHY AMERICA

**Medina County****Medina Evening Group**

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

**Muskingum County****Zanesville/Cambridge Group**

Misty 740-452-8108

**Portage County****Portage County Group**

Robinson Memorial  
Hospital  
Joyce 330-325-0458

**Stark County****But You Look So Good**

2nd Thursday 7:00 p.m.  
Village Hall  
Ray 330-877-3088

**Massillon Group**

2nd Monday 10:00 a.m.  
Cindy 330-833-2240

**Summit County****Akron Evening**

2nd Tuesday 7:00 p.m.  
Neurology Associates  
Pam 330-376-1902  
ext. 137

**Mighty Oaks Group**

1st Saturday 10:00 a.m.  
Green YMCA & Oak Clinic  
Tina 330-896-9706

**Mothers Assisting Mothers**

Bridgette 330-606-7104

**Wayne/Holmes Counties****Wooster Group**

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

## Advantages of Attending a Self-Help Group

by Teresa Smith, MS Ambassador and Self-Help Group Facilitator

I have had MS for 10 years. I facilitate the Eastside "But You Look So Good" Self-Help Group. The group has been meeting for about one and a half years. Although I facilitate the group all decisions are made as a group. The name of the group came from the typical response received when a person tells someone they have MS, "But You Look So Good."

Members consist of those diagnosed with MS, caregivers and significant others. The group also consists of people of all ages and varying degrees of mobility.

Our group believes strongly in supporting the National MS Society. In 2009, those able to walk participated in the Cleveland Walk MS event. Those unable to walk volunteered. We have a lot of fun together and look forward to our monthly meeting held at the Shaker Heights Library. The group feels very strongly about getting the word out about MS and is actively raising awareness for MS Awareness Month.

I got involved with facilitating a group because I needed to be around people who could empathize with me, even though I deal well with my diagnosis. Since our group is composed of people with varying degrees of mobility, everyone can relate to someone in the group. Members of the group feel comfortable asking questions or discussing situations they don't feel comfortable asking others.

Being a part of a group can be a great benefit for people with MS. It allows them to talk with others about things only someone with MS can understand. It allows them to listen to others with MS talk about issues that they themselves may be going through but thought they were alone. Last but not least, it allows them to feel free to be themselves and not be concerned about how they look, talk or walk or what others think, about how they look, talk or walk.

People who attend a self-help group are recognized for the person they are and not just as a person with MS. If you are a person with MS and have not yet attended a self-help group, I encourage you to do so. For questions about self-help groups visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-344-4867.

Members of the "But You Look So Good" Self-Help Group from left to right (front row) Theresa Minter, Ron Jackson, Stephanie Berry (back row) Carolyn Garvin, Teresa Smith, Linda Williams, Weddie Carroll and Keith Corbin.



## VOLUNTEER SPOTLIGHT



Janet Kramer (right) and Charles Gruenspan celebrate with Linda Gruenspan as she receives the Isroff Program Volunteer of the Year Award.

## Linda Gruenspan Named Volunteer of Year

The Isroff Program Volunteer of the Year Award was given to Linda Gruenspan for her continued support to the National MS Society's mission. Ever since Linda was diagnosed with MS about 23 years ago, she has been helping others living with the disease.

Initially, Linda offered her time and talent to serve as a friendly visitor and a member of the first Cleveland walk committee. For many years, she was involved with the MS Women's Committee and helped to host events that generated more than \$1 million to support the Society and the Mellen Center at the Cleveland Clinic. When the group revamped in 2007, Linda took on a lead role to serve as the co-chair of the On the Move Luncheon.

In addition, Linda works in the Independence office two days a week and serves as an MS Ambassador for the Society. She is a treasured volunteer who is known for her kind spirit and for keeping a positive attitude.



## IT'S BACK!

We are pleased to announce the reopening of **Just Cure It**, a 3-on-3 half court basketball tournament taking place on Saturday, May 22 at Thomas Worthington High School.

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.

Not interested in playing, but want to support the cause? You can sponsor a team by paying for their entry fee(s) and a sign with your name or phrase of choice will be placed on the team's bench. You can also **volunteer**, make a **donation** or attend the **all-you-can-eat pancake breakfast** from 8:00 - 11:00 a.m.



### Saturday, May 22, 2010

Thomas Worthington High School - Worthington, Ohio

Doors open at 8:00 a.m., Play begins at 9:00 a.m.

