

# MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | VOLUME 24 • EDITION 3

## A CURE IS OUR FINISH LINE

Over the course of several weekends in April and May, thousands of walkers came out to join the Movement® and unite as one community in the Walk MS events presented by Giant Eagle. Whether walking through the newly reconstructed Columbus Zoo, enjoying the warm evening at the Muskingum River Parkway in McConnelsville, or strolling through the paths at The Dawes Arboretum in Newark, all walkers were united toward a common goal of raising money toward a world free of MS. At each of the 12 walk sites across the Ohio Buckeye Chapter area, walkers enjoyed the camaraderie of their fellow walkers and volunteers after successfully completing their route.

This year marked the first-ever Walk MS in Wooster, Ohio. Close to two hundred individuals came out on Saturday, April 25 to the Ohio Agricultural Research and Development Center in support of those living with the unpredictability of MS. One of the teams at that site was Team Friendly, led by captain Connie Bernard who got involved since her daughter has MS. By hosting a fundraising brunch, the group was able to raise more than \$6,500 for Walk MS.

First-time team KV'S Krew had 109 walkers who participated in honor of Cathy Villella who was diagnosed with MS in 2008.

CONTINUED ON PG 3



## INSIDE THIS ISSUE



Research  
Page 6



Advocacy  
Page 10



Events  
Page 16



Volunteers  
Page 21



**1-800-667-7131**

**PUBLICATION OF THE NATIONAL  
MULTIPLE SCLEROSIS SOCIETY**

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

**Chair, Board of Trustees • Douglas Price**  
**President • Janet Kramer**  
**Vice President, Marketing • Jennifer Hamilton**  
**Vice President, Finance • Lois Walters**  
**Editor • Guyla Wehman**

The National Multiple Sclerosis Society does not endorse products, services or manufacturers. Such names appear here solely because they are considered valuable information. The Society assumes no liability for the use or contents of any product or service mentioned.

Information provided by the Society is based on professional advice, published experience and expert opinion. Information provided in response to questions does not constitute therapeutic recommendations or prescriptions. The Society recommends that all questions and information be discussed with a personal physician.

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.

© 2009 National Multiple Sclerosis Society,  
Ohio Buckeye Chapter

**Advertise Your  
Message in the Next  
MSConnection**

**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: July 31

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

**CONTACT:**

Jennifer Hamilton  
1-800-667-7131  
[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 1-800-667-7131 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.**

## A CURE IS OUR FINISH LINE

Another team that participated for the first time at the Mahoning Valley site was KV's Krew. Team captain Samantha Vilella was inspired by her mother who was diagnosed with MS. The team kept growing until they had 109 walkers who raised more than \$7,000.

Walk MS offers many team members and individual walkers an opportunity to share time together with their loved ones and even their furry friends, as many Walk MS sites are pet friendly. Volunteers are also an integral part of Walk MS and we thank everyone who volunteered their time. Every walker and volunteer who participates in Walk MS is a vital partner in the success of keeping those Ohioans with MS moving forward.

Thank you to all those who contributed financially as we are moving in the right direction toward a world free of MS. However, our work is not done. Reaching for a goal of \$1,300,000, we still need your help to accomplish this mission. Help us help those with MS by continuing your fundraising efforts after Walk MS. The prize deadline is Friday, August 14. You can still help our efforts to support those living with MS by:

- Calling 1-800-667-7131 and making a Walk MS contribution
- Visiting [www.MSohiowalk.org](http://www.MSohiowalk.org) and donating online

For more information about the 2009 Walk MS and to see photos from all the sites, please visit [www.MSohiowalk.org](http://www.MSohiowalk.org).



## 150 Miles. One Destination. A World Free of MS.

Bike MS Pedal to the Point Ride 2009 presented by Giant Eagle is a two-day ride held each year to raise funds that support programs to enhance the lives of the 18,000 Ohioans living with MS, as well as support vital research to help find a cure. Accept the challenge by signing up to ride on August 15 and 16. We will be there to support you every mile.

A few changes have been introduced for the 2009 ride including a new start/finish location. The ride will be starting and finishing at the Polaris Career Center in Middleburg Heights, located down the road from the Cuyahoga County Fairgrounds. All other portions of the ride will remain the same and this year's event promises to be as exciting as ever.

Riders are given the option of riding an additional loop of 25 miles on Saturday. This loop will be renamed the Kent Clapp Extra Lap in memory of Kent Clapp, CEO of Medical Mutual of Ohio, who died in a chartered

plane crash in December. Medical Mutual is a Platinum Sponsor for Bike MS and their team has been riding since 1998. In 2008, Team MMO had 32 riders and raised \$17,323.50.

Riding isn't the only way to Join the Movement®. Bike MS is only possible because of the strength of the volunteers who make it successful. More than 400 volunteers are needed to make Bike MS the ride of a lifetime. Whether you prefer serving lunch to a rider or cheering on your favorite team as they cross the finish line, you'll find there is a volunteer opportunity for everyone.

Stay connected to Bike MS and the Society by joining our social network on Facebook, Blog and Twitter. It's a great way to share fundraising ideas, post team events and brainstorm. For more information on Bike MS or to register, please call 1-800-667-7131 or visit [www.MSohiobike.org](http://www.MSohiobike.org).

**Register today at [www.MSohiobike.org](http://www.MSohiobike.org) or call 1-800-667-7131.**



Creating artwork, like her "Playtime" painting, allows Chenne Richardson to express herself and escape the reality of having MS.

## My Transformation with MS

By Chenne Richardson,  
MS Ambassador

I can't believe it's been nine years since my initial diagnosis. It has been a difficult journey getting here. So many unexplained annoyances throughout the years relative to my health. It finally was coming together in one afternoon. FINALLY! It now had a name ... multiple sclerosis aka MS! But, what the heck was MS? No one in my family ever had it.

I had more questions than answers and, believe you me, no one was in a hurry to approach me about it. I was sick, disabled and confused. My first attack mimicked that of a stroke. It was a challenge just to swallow and to speak. I had even lost my vision.

To say the least, I was not a happy camper. In fact I was downright angry. I made anyone, and everyone, who crossed my path miserable too. What else could I do? I had no control. You're talking about a woman who had maintained a family and a career for 20-plus years, but yet, couldn't control this one thing...MS!

Following the advice of a resident doctor I went to the Internet to look for answers. That was the dumbest advice ever given. There was so much information that it flooded my brain. Fear set straight in and I panicked. I went deep into depression. It took me two years to gain control of my thoughts and another three to control my actions. I was in for the biggest fight of my life.

I decided I had to paint, draw, scribble or do anything to get away from MS if only for just a minute. Art had always been my muse,

but now it had to become my salvation. Several of my close friends started submitting pieces of my work to art shows. I remember in the beginning how dark the pieces were. To look at them today you could never tell. Now they're rich, bold, vibrant, and full of color and light.

During this time I became familiar with the National MS Society. That did nothing but fuel my anger. I started taking it out on them. I didn't discriminate. The denial was so strong.

Finally, I walked into a self-help group meeting. It was not what I expected but was everything that I needed. That was four years ago and not only am I still involved with the self-help group, I help to co-facilitate the group. I also serve as an MS Ambassador and during the month of March for MS Awareness Month, I helped to raise awareness about MS by doing interviews with two television stations, one radio station and my local newspaper. It has been a long journey with MS, but one that has transformed me over time.

## Health Promotion for People with MS

A study to help promote health and wellness is being conducted by Chung-Yi Chiu, a PhD candidate in the Department of Rehabilitation Psychology and Special Education at the University of Wisconsin-Madison. The team is seeking to recruit 200 adults diagnosed with MS to respond to an online survey about participants' health actions and information on the various aspects of disease activity, quality of life and life satisfaction.

Survey participants must have a diagnosis of MS and be between the ages of 18 and 65. Participation is voluntary and all information will be kept confidential. Surveys may be completed anonymously but those who provide a name and mailing address will receive a \$10 gift card.

To complete the survey visit [www.mshealthsurvey.blogspot.com](http://www.mshealthsurvey.blogspot.com).

For questions and comments, please contact Dr. Chiu at 608-332-5048 or [cchiu3@wisc.edu](mailto:cchiu3@wisc.edu).

## MS Navigators: Finding Answers and Getting Help

Have you ever wondered what improvements can be made in your home to improve accessibility and help with energy conservation?

Are you working right now and wondering what services are available to help you in working with your employer and what information you might need to disclose to your employer regarding your disability-related symptoms?

Did you know that in many communities accessible and affordable transportation services are available that can assist you in getting to and from doctor's appointments, grocery shopping or other social outings, and for just a couple of dollars for roundtrip service?

Finding answers and making decisions depends on having the right information at the right time. Information is everywhere, but finding the right information can be a challenge. The Ohio Buckeye Chapter provides a team of licensed social workers that act as MS Navigators, to help you find the information and resources you need.

To assist us in processing your request, please complete a [Financial Assistance Application](#). A member of our staff will review the submitted documentation and respond to your request within two business days.

We're here to help you navigate the challenges of MS with a personalized response to your unique needs. Contact the Outreach Department at 1-800-667-7131, option#1 or e-mail [oha@nmssoha.org](mailto:oha@nmssoha.org).

## New MS Awareness License Plate

The new Ohio MS awareness license plate is now available for purchase. The plate will cost an additional \$25 of which \$15 is returned to the Ohio Chapters of the National MS Society.

If you have a personalized plate, you can still get the MS awareness plate. And if you already renewed your plate in 2009 and would like to switch to the MS license plate, you can

do so by paying the \$25 charge plus a \$5.39 fee. Visit the Ohio Bureau of Motor Vehicles Web site at [www.ohiobmv.com](http://www.ohiobmv.com).





## Study Shows Link Between Vitamin D and MS Susceptibility Gene

For the first time, researchers have found evidence of a direct interaction between vitamin D and a common genetic variant, the presence of which increases the risk of developing multiple sclerosis. The research highlights the importance of studying the interaction of genes and the environment to search for the underlying triggers of MS.

While the causes of MS are unclear, it has become evident that both

environmental and genetic factors play a role. Previous studies have shown that populations from Northern Europe have increased risk of MS if they live in areas receiving less sunshine. This and other research supports a link between deficiency in vitamin D, which is produced in the body through the action of sunlight, and increased risk of developing the disease.

The largest genetic effect by far comes from the region on chromosome six containing a gene variant, termed DRB1\*1501, that helps dictate immune responses, and from adjacent DNA sequences. However, not all individuals who develop MS have this particular disease susceptibility gene.

In a study funded by the MS Society of Canada, the UK MS Society, the Wellcome Trust and the Medical Research Council, Dr. Julian Knight (University of Oxford, UK) and collaborators at Oxford and the University of British Columbia have established a direct relationship between DRB1\*1501 and vitamin

D. The researchers found that proteins activated by vitamin D in the body bind to a particular DNA sequence lying next to the DRB1\*1501 variant, in effect switching the gene on. They believe that vitamin D deficiency may lead to lowered expression of this gene, in turn altering immune processes that ultimately trigger the immune attack on brain and spinal cord tissues in MS.

This study confirms the importance of studying the interactions of genes and the environment to understand mechanisms underlying the development of MS. Further studies are needed to determine whether vitamin supplements could reduce the risk of MS, and there is insufficient evidence yet that vitamin D supplements can affect the course of MS once it has begun. Currently, there are well-designed studies investigating vitamin D in MS, and trials in progress that may clarify the potential value and possible risks of vitamin D supplementation in MS within a few years.

# Are You Getting Enough Vitamin D? By Allen Bowling, MD, PhD

Recent studies have significantly changed our understanding of the role of vitamin D in health and disease, and some of these new understandings have important implications for people with MS.

In the past, it was assumed that most people had adequate vitamin D levels and that the effects of vitamin D were restricted to regulating calcium absorption and maintaining bone health, including the prevention of osteoporosis (thinning bones). Studies over the past decade have shown that these views are incorrect and that up to 90 percent of American children and seniors may be vitamin D deficient.

In addition to effects on calcium absorption and bone health, vitamin D exerts important actions on many other body systems, including the immune system. Adequate levels may improve muscle strength and prevent or decrease the severity of MS. Inadequate levels have been implicated in several forms of cancer, heart and lung diseases, depression, schizophrenia and a number of other autoimmune conditions.

Much additional research on vitamin D is clearly needed. But based on current information, there are options for people with MS to consider. One is to have a blood test known as "25-hydroxyvitamin D." The test shows how much vitamin D is actually in a person's body and that's the real measure of a deficient or adequate level. If the vitamin D level is low, supplements in appropriate doses can be taken.

Another option is simply to take vitamin D supplements without the blood test. The disadvantage of this "blind" approach is that vitamin D supplements may be unnecessary or the doses too small or too large.

The final option is to do nothing. People who take this option won't spend money on testing or supplements, but if they are vitamin D deficient, they won't obtain the potential benefits.

To determine an appropriate vitamin D strategy, people with MS should discuss their situation with their health care provider.

Dr. Allen Bowling is the medical director of the Multiple Sclerosis Service at the Colorado Neurological Institute (CNI) and clinical associate professor of Neurology at the University of Colorado-Denver and Health Sciences Center. Additional information about unconventional medicine may be found in his book, "Complementary and Alternative Medicine and Multiple Sclerosis" and on his Web site, [www.neurologycare.net](http://www.neurologycare.net).

## Sources of Vitamin D

- Sunshine, but most people with MS need to avoid overheating and all people need protection from skin cancer (sunscreen, sunblock, hats)
- Fortified foods, including brands of orange juice, cereals, and dairy products
- Oily fish, such as salmon
- Supplements

**Is MS PAIN slowing you down?**

We are evaluating the investigational use of an approved medication to determine if it is effective at relieving MS pain in adults.

You may be eligible to participate if you:

- Are at least 18 years of age
- Have been diagnosed with MS for at least 1 year
- Have been experiencing nerve pain at least 4 days a week for the past 3 months

Symptoms include:

- Burning, stabbing, and shooting pain in legs and arms
- Numbness, tingling, prickly, or "pins and needles" sensations

• Are able to attend up to 6 clinic visits over 5 months

Additional criteria will be assessed by the study doctor to confirm eligibility.

We are looking for interested patients.

 **NEUROLOGY & NEUROSCIENCE ASSOCIATES, INC.**  
[www.nnadoc.com](http://www.nnadoc.com)

130 West Exchange St. • Akron, OH 44302  
or email [smihalus@nnadoc.com](mailto:smihalus@nnadoc.com)

Call Research Dept.: **330-376-1902 ext. 227**  
[www.msainstudy.com](http://www.msainstudy.com)

## Clinical Trial: Blood Stem Cell Transplant for MS

The HALT-MS study is seeking volunteers to participate in an NIH-sponsored clinical trial of blood stem cell transplantation for the treatment of multiple sclerosis. HALT-MS is short for "High Dose Immunosuppression and AutoLogous Stem Cell Transplant for MS."

The treatment being studied has three stages. First, the participant's own stem cells are collected from their blood and stored for a brief time. Next, high doses of chemotherapy drugs are used to suppress the immune system. Then, the patient's stem cells are returned to their blood so that they can repopulate the immune system with new cells. Researchers hope to show that the newly produced immune cells will function properly without attacking the nervous system.

This is an experimental treatment for MS. However, similar stem cell transplants are used successfully for blood cancers and have been tested in hundreds of people with MS and other autoimmune diseases in Europe and North America.

The study is open to individuals who have relapsing-remitting MS or progressive-relapsing MS and who have experienced relapses while on currently approved MS therapy. More details may be found at [www.halt-ms.org](http://www.halt-ms.org).

The HALT-MS study is being conducted by the Immune Tolerance Network and is sponsored by the National Institute of Allergy and Infectious Diseases, a part of the National Institutes of Health.

## Celebrity Takes an Amazing Ride Across America

Phil Keoghan, host of "The Amazing Race," recently completed an amazing feat of his own. Over the course of 40 days and 3,500 miles, he rode his bicycle from Los Angeles to New York. His cross-country cycling adventure, known as "Phil Rides Across America," was presented by GNC Live Well.

From March 28 to May 7, Phil was able to generate an amazing amount of awareness about MS and more than \$450,000 for the National MS Society. He has participated in the Southern California Chapter's Bike MS event and is dedicated to the cause since his cousin has MS.

"Phil's efforts galvanized the entire MS community," said Joyce Nelson, President and CEO of the National MS Society. "His incredible focus and commitment to both his amazing ride and the MS movement is unique and inspiring to everyone impacted by multiple sclerosis."

To follow up on Phil's trek across the country, visit [www.philridesacrossamerica.com](http://www.philridesacrossamerica.com).



Chapter staff greeted Phil Keoghan when he took a break and made a scheduled stop at the GNC store in Columbus.

# Dinner of Champions Galas

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.

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 5 at the Executive Caterers at Landerhaven in Mayfield Heights.

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

## On the Move Luncheon

The On the Move Luncheon will feature Dr. Michael Roizen as the keynote speaker. Dr. Roizen is cofounder and author of several "RealAge" books and the Web site, [www.RealAge.com](http://www.RealAge.com). He appears regularly on "The Oprah Winfrey Show," "Today," "20/20" and locally on "The Good Company Show." Good Company co-host, Andrea Vecchio will be serving as Mistress of Ceremonies at the event.

The luncheon will be held September 10 at 11:00 a.m. at the Embassy Suites in Independence. Individual tickets are available for \$50 and patron tickets are \$100. The luncheon will also feature a fabulous raffle. If you would be interested in donating to the raffle or would like to join the planning committee, please call Wanda Scott at 1-800-667-7131 or e-mail [wanda.scott@nmssoha.org](mailto:wanda.scott@nmssoha.org).

## EVENTS



## Run MS is Taking Off

More than \$4,000 has been raised since the creation of Run MS in October 2008. To date, twelve people have participated in the new fundraising program. Special thanks to the following participants who have committed to Run MS: Sean Andrews, Casey Cherwin, Christopher Dvorak, Matt Faulkner, David Halperin, Aaron Hawkins, Kara Hulse, Rukmini Sivaraman, Jayme Smith, Kristen Stih, Scott Wilburn and Lucas Young.

Join the Movement® by joining Run MS at any time. All Run MS participants receive an official Run MS dri-fit running t-shirt, a training/fundraising guide and a personal fundraising Web page.

Run MS is a proud charity partner for the following events coming up this year:

- The Akron Marathon - September 26
- The Columbus Marathon - October 18

If you know any runners, please encourage them to participate in a marathon, half-marathon, 10k, or 5k as a part of Run MS. For more information about Run MS, please call Matt Faulkner at 1-800-667-7131, ext. 4 or e-mail [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org).



Congresswoman Mary Jo Kilroy (second from left) met with Tony Bernard (left), Linda Gruespan and Chris Hill.

## Electric Experience in Washington D.C.

By Linda Gruespan,  
MS Activist and  
MS Ambassador

In 1986, in my mid 30's with my family life in harmony and my career beginning to soar, I was diagnosed with MS. At the time, I didn't even know what that meant. I laid in my hospital bed (hooked up to an IV, ACTH), having lost sight in one eye and my walking severely impaired, and I decided, I must have this MS thing for a reason. I knew I would have to figure it out.

As the years went by and I gave up my job, I did begin to figure it out. I know that if I did not have MS I would

never have met so many incredible people. I learned a whole new career from the women of the MS Women's Committee and the National MS Society. They taught me how to care and to work toward making a difference in our community.

About three years ago, I began to volunteer in the Ohio Buckeye Chapter office. I was honored beyond words when I got a call from Tony Bernard asking me to represent the chapter at the 18th Annual Public Policy Conference in Washington, D.C., held March 9 to 11.

I felt a kind of electricity just being in D.C. and the conference definitely had that electricity. Over 300 strong, the activists were enthusiastic and excited to be in attendance. We were briefed and educated for the first two days. We had the best of presenters teaching us the importance of the issues we would discuss with our state officials.

The main issues we discussed were:

1. Support for the National Multiple Sclerosis and Parkinson's Disease Registry Act. The registry will provide accurate information about the incidence and prevalence of MS for future planning of health care needs, detect changes in health practices, assess disease burden,

promote advocacy and support a wide range of research initiatives.

2. Support of Comprehensive Health Care Reform, which includes eliminating Medicare's 24-month disability waiting period, creating a mechanism for generic biologics, and create provisions to reduce out-of-pocket costs, eliminate lifetime caps on benefits and include coverage for clinical trials.

3. Support for a \$15 million appropriation to the Congressionally Directed Medical Research Programs (CDMRP) for MS research.

Our day "on the hill" was jam-packed with excitement, as we met with senators and representatives and their staff assistants. In our meetings, we introduced ourselves, spoke about our personal connections with MS and asked for support of the issues. We received positive responses from all the representatives and the staffers we spoke with.

I am forever grateful to the Ohio Buckeye Chapter for giving me the opportunity to make the most important impact for MS that I could ever have hoped for. My experience in Washington D.C. definitely ranks at the top of my list of rewards of having MS.



MS activists visited the Statehouse in Columbus on March 4 for State Advocacy Day.

## Become an MS Activist

Sign up to receive news and updates on health policies, help find solutions to MS issues and take action on legislation that matters. You can help shape the policies and programs that impact people living with multiple sclerosis. Join with thousands of other MS activists nationwide. Encourage others to get involved too. Sign up today to get involved. Visit [www.nationalmssociety.org](http://www.nationalmssociety.org).

Recent advocacy activities include:

- Congresswoman Mary Jo Kilroy joined the MS Caucus. She joins Ohio MS Caucus members Congresswoman Betty Sutton, Congressmen Tim Ryan, Zachary Space and Pat Tiberi and Senator Sherrod Brown.
- HR 1632, which is the National MS and Parkinson's Disease Registries Act sponsored by Congressman Chris Van Hollen of Maryland, has 70 co-sponsors. Ohio co-sponsors are Congresswoman Marcia Fudge, Congressman Zachary Space and Congressman Dennis Kucinich. The Registry should allow for a better understanding of the MS population in the United States. It should also provide accurate information for future planning of health care needs, detect changes in health practices, assess disease burden, promote advocacy and support a wide range of research initiatives.
- MS received a \$5 million line item in the Congressionally Directed Medical Research Program (CDMRP) budget this year. Members of Congress are being asked for a \$15 million appropriation for FY 2010. Thus far, Congresswoman Mary Jo Kilroy, Congressman Dennis Kucinich and Senator Sherrod Brown have signed on to support MS Research in the CDMRP.

## 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).

## Learn about Job Strategies at MS Learn Online®

Seventy percent of people with MS are unemployed and at least half of those people would like to be working. If you're one of them, or know someone who is, check out the latest offering from MS Learn Online®. One of a series of free webcasts, "MS in the Workplace," is a two-part program that presents strategies to help you reenter the workforce and maintain your place once you're in it. "MS in the Workplace" is located at [www.nationalMSSociety.org/mslearnonline](http://www.nationalMSSociety.org/mslearnonline).

Part 1 is targeted toward the employee or potential employee with MS. Rehabilitation counselor Dr. Kurt Johnson addresses issues as varied as how to harness energy and improve cognition to how to navigate your health care and the human resources department in a prospective company.

Part 2 is targeted to people in hiring positions, gives employers the basics on MS and features some who have employees with MS. "Their personal stories show that people with MS are as productive as anyone else," said John Aden, senior manager of program development for the National MS Society. It also shows what "reasonable accommodations" mean, and

under what circumstances an employer is responsible for putting them in place.

"This video clears up misgivings an employer might have," said Aden. "Someone with MS or a member of his or her family can send this link to an employer."

Other employment webcasts include:

- Career Crossroads
- Health Insurance and Medicare
- Understanding Insurance Coverage
- Understanding Your Employment Rights

For more information about employment issues or if you have any questions, please call the Outreach Department at 1-800-667-7131, option #1 or e-mail [oha@nmss.org](mailto:oha@nmss.org).

### MS Learn Online

MS Learn Online programs address a variety of issues including basic MS facts, family life and relationships, symptom management, treatment options and research advances. There is even a celebrity webcast featuring a conversation with country music star Clay Walker. All the programs are accessible any time of day or night. No registration is required. Go to [www.nationalMSSociety.org/mslearnonline](http://www.nationalMSSociety.org/mslearnonline).



## Annual Report Available

The newest annual report is now available. If you would like a copy to learn about programs, fundraising events and financial highlights of 2008 please call 1-800-667-7131. The annual report is also available online at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) in the "About This Chapter" section.

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

## Nominations for Chapter Awards

Nominations are being sought for several annual awards. These awards are presented to individuals, groups or companies who inspire, persevere and assume the challenges of multiple sclerosis.

For more information and to obtain a [nomination form](#) check the Web site at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-667-7131.

**Carolyn P. Konnert Achievement:** This award goes to an individual with multiple sclerosis who goes above and beyond expectations in the challenge to live fully with this unpredictable disease.

**Mother/Father of the Year:** Awarded to a mother/father with multiple sclerosis who handles the challenges of parenthood with courage, creativity, and compassion.

**Employer of the Year:** This employer has gone the extra mile to meet the needs of people with disabilities, specifically multiple sclerosis. The results of these efforts may be continued employment for an individual with a disability or greater understanding among coworkers for the needs of employees with disabilities.

**Isroff Program Volunteer:** Awarded to a person who, through volunteer hours or contributions, supports and promotes the Society's programs and services.

**Development Volunteer:** This individual's contribution of time and talent has directly contributed to the success of an MS Society's fundraising activity or event.

**Taubman Community:** Awards are given to individuals, groups or businesses that provide a contribution of services, goods, and/or monetary donations of an exemplary nature.

**Youth Support:** Awarded to children and teens involved in the fight against MS who have handled the challenges of caring for a parent with MS.

## Birdies for Charity

The Birdies for Charity program is offered and underwritten by Northern Ohio Golf Charities Foundation, Inc. It's a raffle with a "guess how many" component.

Individuals guess how many birdies will be scored during the Bridgestone Invitational Golf Tournament from August 6 to 9 at Firestone Country Club in Akron. Just make a pledge at any amount from \$.05 to \$1.00 per birdie or pledge a flat fee of at least \$10.00. There were 821 birdies scored in 2007 and 979 birdies scored in 2008.

All those who guess the correct number of birdies will go into a drawing for \$5,000. All correct and incorrect entries will be combined for a drawing of some fantastic prizes.

The National MS Society will receive 100 percent of the funds generated. The Northern Ohio Golf Charities Foundation will pay all expenses associated with this project, including postage. For more information and pledge cards, please call Carol Southwood at 1-800-667-7131 or e-mail [carol.southwood@nmssoha.org](mailto:carol.southwood@nmssoha.org).

## Dates to Remember

### **Moving Forward:**

#### **A Program for the Newly Diagnosed**

**Date:** Tuesday, July 14

**Time:** 6:00 p.m. - 8:30 p.m.

**Location:** J. Liu (formerly Jason's of Worthington), 6880 North High St., Worthington, OH 43085

This program is for people diagnosed with MS in the past five 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. Michael Racke, Chair of the Neurology Department at The Ohio State University 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. Program is offered free of charge but donations are accepted to defray the cost. Dinner will be provided. Deadline for registration is July 6.

### **8 Hours to a Lifetime of Relationship Satisfaction**

**Date:** Saturday, August 8

**Time:** 9:00 a.m. - 5:00 p.m.

**Location:** The Fawcett Center, 2400 Olentangy River Rd., Columbus, OH 43210

**Cost:** Registration is \$25 per couple. Fee waivers are available.

Come with your significant other to learn about relationship building from presenter Kathleen Orosz, LISW.

You will learn how to:

- Recognize communication danger signs and blocks
- Understand your natural style of communication, as well as other styles
- Develop a plan for de-escalating arguments and peacefully resolving conflict
- Use effective communication skills for listening and speaking
- Establish a way to solve problems that works for everyone
- Manage your relationship proactively
- Discuss MS challenges and concerns using these skills

Couples completing the entire eight-hour day are eligible to receive a \$50 AMEX gift check.

### **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 100 guests. Lunch will be provided. Deadline for registration is September 8.

**CONTINUED ON PG 15**

## Dates to Remember, cont.

### 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 and Wellness Center-West, Summit Room, 4125 Medina Road, Akron, OH 44333

This program is for people diagnosed with MS in the past five 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 to get involved with the National MS Society. This is an adult-only program. Lunch will be provided. Program is offered free of charge but donations are accepted to defray the cost. Deadline for registration is September 11.

## Professional Education Program

### Multiple Sclerosis: A Course for Occupational and Physical Therapists

**Date:** Thursday, June 25

**Time:** 8:30 a.m. - 4:30 p.m.

**Location:** The Fawcett Center, 2400 Olentangy River Rd., Columbus, OH 43210

This continuing education course is about multiple sclerosis management for occupational and physical therapists. The Society has developed the program to improve the knowledge of rehabilitation therapists about the needs of people who have MS.

Dr. Kottil Rammohan, Director of the Multiple Sclerosis Center at The Ohio State University, Sue Kushner with the Graduate School Physical Therapy at Slippery Rock University and Kristy Royle with Summa Health Systems will present during this educational conference.

Registration for this program is \$100 prior to June 15. After June 15 the fee becomes \$125. A light breakfast will be available in the morning. Lunch will be provided.

This program has been approved for 6.5 contact hours for occupational therapists by the Ohio Occupational Therapy Board and 6.25 hours from the Ohio Physical Therapy Association.

## Teleconference Program Recordings Now Available

During the past year, the Ohio Buckeye Chapter has offered teleconference programs on a variety of topics. The topics have included:

- Bladder Problems
- Cognition Problems
- Pain Management
- Spirituality
- Stress Management During the Holidays

Recordings of all the programs are now available. You can access the recording of the programs from the Web site at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) by clicking on the section "Programs and Services," and then "Teleconference Recordings." Or you can call the Outreach Department at 1-800-667-7131, option #1 and they can send you a CD of the program from the lending library.



A Special Thanks To:





**KOOL**  
101.7FM WNKO  
CLASSIC HITS

first  
community  
village

Two Caterers  
Contemporary Cuisine

To view more photos go to [www.MSohiowalk.org](http://www.MSohiowalk.org).

FAIRFIELD  
MEDICAL  
CENTER

NNA NEUROLOGY &  
NEUROSCIENCE  
ASSOCIATES, INC.  
Multiple Sclerosis Center

Northwestern  
HEALTHCARE CENTER

Panera  
BREAD

OhioHealth

www.ohiohealth.com

POWER  
105 WXTQ  
Real Music Variety!

Provide A Ride

RELIABLE  
Snow Plowing Specialists

MORE LOCAL NEWS  
2/11  
Wfmj  
Youngstown, Ohio

98.1  
WKDD  
Today's Best Music!

CARIBOU  
COFFEE

# 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. Free membership. 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:

[rswob@roadrunner.com](mailto: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

**Columbus Westside Group**

1st Thursday 6:00 p.m.  
 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**

Call for information  
 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](mailto: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**

**A Proud Member of  
Community  
Health Charities®**  
*Ohio*  
WORKING FOR A HEALTHY AMERICA

## Early diagnosis and comprehensive care for persons living with MS



Improving the  
quality of life  
for MS patients

Multiple  
**Sclerosis**  
Center at NNA



**NEUROLOGY &  
NEUROSCIENCE  
ASSOCIATES, INC.**  
www.nnadoc.com

130 W. Exchange St., Akron, OH 44302 • 330.376.1902

The Multiple Sclerosis Center at Neurology and Neuroscience Associates, Inc. (NNA) offers state-of-the-art resources and advanced, comprehensive, compassionate, innovative care for patients with MS and their families. Through a team approach, staff members in our MS Center focus on the early diagnosis of the disease as well as comprehensive management to address the physical, emotional, cognitive and rehabilitation needs of our patients and their family members.

MS Center physicians include neurologists and neuropsychologists with ample subspecialty experience in MS care. We provide high quality service in imaging the brain and spinal cord with standard, high resolution MRI equipment operated by an expert team. We offer comprehensive electrodiagnostic and other tests to assist in the early detection of MS lesions.

All of the FDA approved treatment options are available in the MS Center at NNA. Spasticity management via the use of baclofen pumps and botox injections provide significant symptom relief in patients with MS and MS-related disorders. In addition, the MS Center at NNA provides significant clinical research opportunities available for our patients.

### VOLUNTEER SPOTLIGHT



Robin Alford (center) presented a check for \$1,000 to Chapter President Janet Kramer. She was accompanied by Mary Beth Carroll (right), FirstEnergy Foundation President.

### VOLUNTEER GOES ABOVE AND BEYOND

Robin Alvord is a volunteer member of the Akron Walk MS planning committee. She is also the team captain of Team FirstEnergy.

Robin supports the National MS Society since her mother, Sally Kocsis, has been living with MS since 2003. Since the MS cause is close to Robin's heart, she wants to do her part to ensure that research continues to be done to find a cure and to provide support to people with MS.

Robin's employer, FirstEnergy, honored her with the D. Bruce Mansfield Community Service Excellence Award, giving her another chance to show her commitment to helping others. The award was accompanied by a \$1,000 check from the FirstEnergy Foundation and Robin chose to donate the money to the National MS Society.