

# MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | VOLUME 25 • EDITION 1



## BIKERS BEAT THE HEAT WHILE BEATING MS

The 23rd Annual Bike MS Pedal to the Point Ride 2009 kicked off at a new start and finish location. While trials and tribulations often accompany a new site, Polaris Career Center offered something to our riders that we've never been able to offer before – air conditioning! It was one of the hottest bike rides on record with temperatures escalating into the high 90s. Riders found it challenging to stay hydrated but they pushed on for a greater goal: a world free of MS.

While the heat was an unwelcome obstacle, many found comfort in honoring a lost coworker and supporter of the Ohio Buckeye Chapter. This year the Century Route was renamed the Kent Clapp Extra Lap in honor of Kent Clapp, CEO of Medical Mutual of Ohio, who died in a chartered plane crash. Medical Mutual has been a longtime supporter of Bike MS and this year was no exception. Eighty-three riders registered as part of Team MMO, a team high since their first ride in 1998.

Bike MS was also a special event for first-time rider Craig Washka, who was the last rider to cross the finish line. Completing the bike ride was a huge accomplishment for Craig who describes the experience in his own words:

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**1-800-344-4867**

**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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**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
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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 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.**

## BIKERS BEAT THE HEAT WHILE BEATING MS

"My name is Craig Washka and I've been battling the steady progression of MS since my diagnosis in 2005. I had the absolute pleasure of completing the bike ride with a hand cycle!

I believe family and friends are some of the greatest medicine, so one phone call from a great friend asking me to be his Champion in the bike ride inspired me to find a way to ride! The second I saw a picture of a hand cycle in the Momentum magazine, I knew it was the freedom machine I needed to get in shape and ride in the event. One year after purchasing the bike and training, including a medicine change and physical therapy, I was signed up to ride.

The ride meant so much to me on so many different levels. I was inspired, energized and overwhelmed by people's generosity and caring spirit as I raised funds for the event. I wanted to lead by example by completing 150 miles, inspire others to get out and ride and fight back against MS as well as help raise money and awareness.

The ride began on a beautiful Saturday morning with forecasts for sunny, but hot conditions. Immersed with 2,200 riders, my son and three great friends, I was energized to conquer the ride one mile at a time. Thanks to the National MS Society and countless volunteers, there was constant support along the way.

People constantly inspired me to crank on, especially the folks with MS I met at the rest stops. The rural scenery while cranking the open country roads was priceless. Getting sprayed by a spectator with a garden hose was a real treat too! The Gold Wing motorcycle riders kept a watchful eye on us and soon became our friends.

Returning Sunday made the event even more special. We picked up seven riders along the way who decided to stick with us and finish dead last! We became life-long friends and teammates for next year's ride.



Craig Washka completed the bike ride with his son, teammates and several friends he made along his Bike MS journey.



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### Volunteers:

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of Northern Ohio  
Gold Wing Road Riders Association  
Northeast Ohio Medical Reserve Corps

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## New Information & Referral Services

The Ohio Buckeye Chapter is pleased to announce that on January 21, 2010, we will be joining with our National Information Resource Center (IRC) to provide information and referral services. Inquiries regarding information on multiple sclerosis, programs, services and local resources will be directed to the IRC, where they will be handled by trained information and referral specialists.

"This is an exciting time for the chapter," said Chapter President Janet Kramer. "The outreach staff in our office have worked relentlessly to manage information and referral calls, as well as coordinate additional programs and services we offer. This move to the IRC will allow the staff added time for growth in local program and service delivery, while providing continued customer service and accurate information to people living with MS."

To contact the IRC, please call 1-800-FIGHT-MS (1-800-344-4867) and select option 1, or send an e-mail to [generalmailbox@nmss.org](mailto:generalmailbox@nmss.org).

## Home Energy Assistance

The Ohio Department of Development has increased the income eligibility guidelines for the Home Energy Assistance Program (HEAP). Households with income levels at or below 200 percent of the federal poverty guidelines are now eligible for HEAP assistance. HEAP helps low-income families with the cost of heating their homes. For more information, please visit [www.development.ohio.gov/cdd/ocs/heap.htm](http://www.development.ohio.gov/cdd/ocs/heap.htm).

## MS Navigators: Finding Answers and Getting Help

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 National MS Society provides a team of professional staff that act as MS Navigators, to help you find the information and resources you need.

To assist us in processing requests for a variety of programs, please complete a Financial Assistance Application, found online at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or by calling us to request an 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 us at 1-800-344-4867 or e-mail [generalmailbox@nmss.org](mailto:generalmailbox@nmss.org).

## Lifeline Telephone Assistance

Many people are faced with making difficult decisions and must choose between paying bills or getting other necessities. The Public Utilities Commission of Ohio (PUCO) and the Office of the Ohio Consumers' Counsel (OCC) want to remind consumers that there are programs to help reduce the cost of telephone service for individuals who are using Lifeline.

Lifeline-eligible customers receive a discount on their monthly basic telephone service rate, a waiver for service connection and a few other considerations. Assistance is available to customers who have a household income at or below 135 or 150 percent of the federal poverty level. The rate is set by each individual telephone company.

Customers should contact their local telephone service provider to apply for participation in the Lifeline program. More information is available at [www.PUCO.ohio.gov](http://www.PUCO.ohio.gov) or [www.pickocc.org](http://www.pickocc.org). Customers may also call PUCO at 1-800-686-7826 or OCC at 1-877-742-5622.

## Run MS Surpasses Goal

In its first year, the Run MS fundraising program surpassed its \$10,000 goal by generating more than \$12,400 for the National MS Society. This milestone was accomplished through the commitment of about 40 runners who participated in the Columbus, Cleveland and Akron marathon events.

As Run MS starts its second year, the Society is proud to announce OnPoint Promotions as the presenting sponsor for Run MS 2010. OnPoint Promotions is a full-service promotions and marketing company based out of Cleveland, Ohio. Their work can be seen on the 2009 Walk MS and Bike MS t-shirts, as well as the redesigned Run MS running shirts.

For more information regarding OnPoint Promotions, please visit [www.onpointpromos.com](http://www.onpointpromos.com) For more information regarding Run MS, please visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or contact Matt Faulkner at [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org) or 1-800-344-4867.

### EVENTS



Kim Johnson (left) and Susan Trianfo participated in the Columbus Marathon on behalf of Run MS.

## Run MS Participant Honored

Kim Johnson completed the Columbus half-marathon in memory of her older sister, Cindy, who died this summer from complications of MS. Kim decided to take on her first half-marathon as a way to live life to the fullest, just as her sister did.

Kim and her Optimists Team, which included co-captain Susan Trianfo and teenage daughter Emily Morgan, raised nearly \$5,000 through Run MS. Due to her commitment to Run MS, Kim was selected to receive one of the 2009 Spirit Awards at this year's marathon.

Thanks to Kim for her hard work with Run MS and congratulations on being chosen as a Spirit Award winner.

## On the Move with Dr. Roizen

Dr. Michael Roizen was the featured speaker for the On The Move Luncheon, held September 10 at the Embassy Suites in Independence. Dr. Roizen shared his "Real Age" insights with the guests and signed copies of his book, "You: Being Beautiful: The Owner's Manual to Inner and Outer Beauty."

Andrea Vecchio of the Good Company Show emceed the event and presented the first Individual of Inspiration Award to Kelly Kulick. Kelly, who has been living with MS for 20 years, was honored for her positive attitude and guidance to disabled students at Kent State University.



Left: Kelly Kulick was chosen to receive the first Individual of Inspiration Award.

Right: Committee members (from left to right) Charlene Press, Jean Dreifort and Linda Gruenspan helped to plan the luncheon featuring Dr. Michael Roizen.



## Cleveland Clinic Brain Bank

Cleveland Clinic's Mellen Center for MS Treatment and Research is one of only a few worldwide brain banks that uses donated brains for MS research. Since its inception 15 years ago, the Mellen Center has received nearly six dozen brain and spinal cord tissue donations from deceased patients. Dr. Bruce Trapp, chairman of the Neurosciences Department at Cleveland Clinic, leads a team of 12 that has made extraordinary headway in understanding MS, a disease that impairs motor, sensory, visual and cognitive systems.

In the first four years of the program, the team's research, published in the *New England Journal of Medicine*, proved that in addition to destruction of the fatty

coating around nerve fibers, MS also destroys the nerve fibers.

Specialized brain imaging provides comparative photographs the team has used to make other novel discoveries. In end-stage MS brains, they published evidence that the MS brain continues to repair itself by producing new myelin-forming cells and new nerve cells. They continue to use these pictures to draw conclusions about how the images tie in to the patients' progression through the disease.

Additionally, Dr. Trapp's team recently debunked the idea that MS affects only white matter in the brain, where the brain's channels of communication exist. What they have found is that the disease also targets gray matter, where message processing occurs. The effect on gray matter remains a focal point in their research.



Dr. Bruce Trapp is leading a research team that is studying brain and spinal cord tissue to learn more about MS.

Dr. Trapp is optimistic about the program, knowing that to many people with MS, it is important to give the gift of their brain and spinal cords to help defeat the disease.

The Mellen Center is the largest, most comprehensive program in the world for researching and treating MS, receiving more than 20,000 patients annually.

To learn more about the donation program, please call Cynthia Schwanger at 216-445-5788.

## Congressional Support from Ohio Legislators

Support for the National MS Society and Parkinson's Disease Registry Act continues to grow. The registry will provide accurate information about the incidence and prevalence of MS for future planning of health care needs. It will help to detect changes in health practices, assess disease burden, promote advocacy and support a wide range of research initiatives. The following members of the U.S. House of Representatives from the chapter area have signed on as co-sponsors of HR 1362: John Boccieri, Marcia Fudge, Dennis Kucinich, Steven LaTourette, Zachary Space and Pat Tiberi.

In addition, Representatives Marcia Fudge, Mary Jo Kilroy and Tim Ryan have agreed to co-sponsor HR 3799 which is titled the Affordable Access to Prescription Medications Act of 2009. This bill will help to improve prescription drug coverage, under both public (Medicare Part D) and private plans. The legislation is intended to protect individuals from high out-of-pocket costs on prescription drugs.

Thanks to the Ohio legislators who have joined the movement to improve the quality of life for people with MS.



Representative Marcia Fudge (left) co-sponsored HR 1362 and HR 3799 after meeting MS activists.

# Help Make a Difference with Year-End Gift

This winter you will receive many giving requests from different organizations including the Ohio Buckeye Chapter of the National MS Society. When you open this piece of mail we hope that you will take to heart the unpredictability of multiple sclerosis and the needs of those who live with it every day.

Although 2009 was a year that funding for the chapter was down, it was also a year that saw many exciting things taking place in the world of MS - enough to give us a wonderful sense of accomplishment for 2009 and hope for the future.

One achievement in 2009 centered on health care in Ohio. We advocated for more Ohioans to have access to affordable, quality health care. Though many cuts were made to the 2010-2011 State of Ohio budget, there

was some good news for consumers of health care, especially those with pre-existing conditions and young adults under age 28 who will benefit under expanded coverage.

In addition, we are fortunate that there is so much MS research happening in Ohio. We have 24 researchers currently working on 27 research projects in the Ohio Buckeye Chapter alone! Many clinical trials are taking place in Ohio, including a trial to test the safety and effectiveness of an oral drug. It is extremely exciting to see the progress that is being made and to know that one day soon we will have several new medicines available to treat and manage MS, not to mention our hope for a cure.

In spite of the year's economic challenges, we are trying very hard to continue

to have a positive impact on those living with MS and their families. In a time filled with negative news, we want to hold on to the encouraging news in the MS community and keep the momentum moving forward. Times will get better. But in the meantime, please help us help those who need it most - those living with MS. Your help can make a difference.

As you evaluate the many requests you receive, we hope you strongly consider giving a gift that will make a difference for those living with MS. To make a secure gift, visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) and click on the "Donate" button or call 1-800-344-4867. For more information regarding other avenues of giving to the Society, please contact Janet Kramer at [janet.kramer@nmssoha.org](mailto:janet.kramer@nmssoha.org) or 1-800-344-4867.

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

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.

**Multiple Sclerosis Center at NNA**  
NNA NEUROLOGY & NEUROSCIENCE ASSOCIATES, INC.  
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# walk MS

## Walk MS 2010

EVENTS

Join the Movement and help the 2010 Walk MS events become a success! There are several ways to get involved.

- **Become a Walk MS Planning Committee Member.** Walk MS is looking for dedicated volunteers to help solicit in-kind donations, help form Walk MS teams, and help generate and implement ways to improve each of the Walk MS sites. Walk MS committees generally meet once a month for an hour from January to May. For a listing of the 2010 Walk MS sites, please visit [www.MSohiowalk.org](http://www.MSohiowalk.org). If you would like to join the Walk MS Planning Committee at a site near you, please e-mail Rebecca Bailey at [rebecca.bailey@nmssoha.org](mailto:rebecca.bailey@nmssoha.org) or call 1-800-344-4867.

- **Become a Walk MS Team Captain.** Walk MS is looking for enthusiastic volunteers to step up their commitment and lead a team at Walk MS 2010! Teams raise approximately 75 percent of all money collected at Walk MS. Team captains help recruit others to participate in Walk MS and provide fundraising tips to their team. Creating a Walk MS team is a great way to engage your company, organization, church or personal network in the movement to create a world free of MS. To request a team captain information kit or to schedule a Walk MS team presentation, please contact Matt Faulkner at [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org) or 1-800-344-4867.

## Coupon Books Available

Purchase the new 2010 Save Around Akron, Save Around Cleveland or Save Around Columbus coupon books. Each book sells for \$20.00 and up to 50 percent of the purchase price is donated to the Ohio Buckeye Chapter.

The books include discount coupons from businesses such as Baskin Robbins, BW3's, Domino's Pizza, Dick's Sporting Goods, Cleveland Cavaliers and many others. All coupons are good through December 2010. For more information, e-mail Valerie Braham at [valerie.braham@nmssoha.org](mailto:valerie.braham@nmssoha.org) or call 1-800-344-4867.

8 | JOIN THE MOVEMENT: [MSohiobuckeye.org](http://MSohiobuckeye.org)



The Motivate Steph Team was inspired by Stephanie Ferenc (holding sign) who was diagnosed with MS in 2008 when she was 18 years old.



Walk MS participants enjoyed the bagels and coffee supplied by sponsors Panera Bread and Caribou Coffee.

- **Become a Walk MS Sponsor.** Show your corporate support and reach more than 10,000 Walk MS participants and volunteers throughout Ohio. Walk MS sponsorships help support programs, services and research for those living with MS. Plus, it's a tax-deductible contribution. You can sponsor Walk MS for as low as \$500. Contact Matt Faulkner at [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org) or 1-800-344-4867.

# Grant Acknowledgements

The Ohio Buckeye Chapter would like to express sincere thanks to the following foundations and corporations for program support in fiscal year 2009.

**Beck Foundation** - \$1,000 for the Equipment and Home Modification Program in the Columbus area

**Biogen Idec Neurology Inc.** - \$1,500 for the "What's Hot in MS" Program

**Glenn R. and Alice V. Boggess Memorial Foundation** - \$500 for the Transportation Assistance Program in Summit County

**CareSource Foundation** - \$3,000 for the Respite Care Program

**The Mary S. and David C. Corbin Foundation** - \$7,500 for the Equipment and Home Modification Program in Summit County

**Christopher and Dana Reeve Foundation** - \$10,000 for the Equipment and Home Modification Program

**Deaconess Community Foundation** - \$10,000 for the Equipment and Home Modification Program in Cuyahoga County

**Eaton Charitable Fund** - \$5,000 for the Equipment and Home Modification Program in Cuyahoga County

**The Albert W. and Edith V. Flowers Charitable Foundation** - \$1,000 for the Respite Care Program in Stark County

**Thomas R. Isroff Memorial Fund** - \$2,874 for the Equipment and Home Modification Program in Cuyahoga County

**The Karen Foundation for MS** - \$10,000 for the Respite Care Program in Cuyahoga County

**W. Paul Mills and Thora J. Mills Memorial Foundation** - \$500 for the Transportation Assistance Program in Summit County

**The Harry K. Fox and Emma R. Fox Charitable Foundation** - \$3,000 for the Equipment and Home Modification Program in Cuyahoga County

**The GAR Foundation** - \$5,000 for the Equipment and Home Modification Program in Summit County

**The Hankins Foundation** - \$2,000 for the Transportation Assistance Program in Cuyahoga County

**Harry S. Moores Foundation** - \$15,000 for the Equipment and Home Modification and Respite Care Programs in the Columbus area

**The R. C. Musson and Katharine M. Musson Charitable Foundation** - \$2,500 for the Equipment and Home Modification Program in Summit County

**The Nordson Corporation Foundation** - \$3,000 for the Individual Counseling Program in Cuyahoga County

**Kate Obstgarten Private Foundation** - \$10,000 for the Promise 2010 Research Campaign

**Paralyzed Veterans of America, Buckeye Chapter** - \$4,000 for the Moving Forward Programs for persons newly diagnosed with MS

**The Charles E. and Mable M. Ritchie Memorial Foundation** - \$2,000 for the Equipment and Home Modification Program in Summit County

**The Sisler McFawn Foundation** - \$8,000 for the Equipment and Home Modification in Summit County

**Lloyd L. and Louise K. Smith Memorial Foundation** - \$500 for the Respite Care Program in Summit County

**Ethel M. Tyler Charitable Trust** - \$500 for the Promise 2010 Research Campaign to support the Pediatric MS Centers of Excellence

**Nora Wilder Charitable Trust** - \$500 for the Promise 2010 Research Campaign to support the Pediatric MS Centers of Excellence

**Crane Fund for Widows and Children** - \$2,000 for the Respite Care Program

**The Milton and Tamar Maltz Family Foundation** - \$10,000 for medical research related to MS

**Medtronic, Inc. Neuromodulation** - \$1,000 for the "MS: A Course for Occupational and Physical Therapists" Program and \$1,000 for "What's Hot in MS" Program

**The Swagelok Foundation** - \$4,000 for the Equipment and Home Modification Program in Cleveland

**Teva Neuroscience, Inc.** - \$1,500 for the "What's Hot in MS" Program

**United Way of Summit County**

**United Way of Central Ohio**



Patti Substelny shares some tips to help alleviate stress during the holiday season.

**I dream big. I greet my guests at the door. Everyone is laughing and jolly. The newest arrivals warm themselves by the crackling fire while eggnog is passed around. Nat King Cole is crooning about chestnuts in the background. The turkey and stuffing appear on the dinner table without thought and everyone sits down to a meal content to share in the joy of being together during this most magical time of year. Harmony reigns over all gathered. Outside a light snow falls. You can picture the scene, right?**

## Holiday Survival Guide By Patti Substelny

This scene only exists in my head. In the real world, the stack of dishes in the sink includes the sticky caramel sauce from dessert and the half-eaten cranberries. The snowfall which was so beautiful is causing tempers to rise with the discussion of who should brush off the cars.

I have learned that the holiday season is the best time to manage expectations for the sake of my health and happiness. Here are some tips I have formulated over the years to help manage expectations during the holiday season.

1. Understand that your favorite memory of the holiday is likely to be something you didn't plan for. Whether it is a gift you unexpectedly give or a laugh you have about a cookie that is grotesquely deformed, it will not be contrived, and it will not be repeatable. But it will define the holiday for you.

2. Remember to pace yourself. If you have three parties in one weekend, plan for real recovery time. Napping is preferred. Do not fool yourself by saying that sitting and wrapping

presents is resting. It is not. In my book, resting requires closed eyes.

3. If you are hosting a gathering, try to think of ways to make it easier on yourself. Catering is always an option. Supermarkets have great prepared foods. Use the short cuts. They are made for us.

4. Don't set yourself up for disappointment by wishing for and imagining perfect settings. Currier and Ives are both dead. The counters will be cluttered and there will be crumbs on the kitchen floor.

5. Understand that everyone will not get along. Disagreements about everything from food, to what happened 15 years ago will come out. The holidays are a very emotional time for a lot of folks. Strife happens.

6. Keep true to the holiday. Remember the meaning of the holiday you celebrate. There is always a place for joy.

With these tips in mind I plan on enjoying a lower stressed holiday season. I wish you and yours joy in the coming year.

## BIKERS BEATING MS, CONTINUED FROM PG 3

Crossing the finish line gave me the greatest sense of accomplishment! I was on cloud nine. Finishing with my friends was empowering, inspirational, joyful and priceless - a moment I will never forget. The entire MS support staff was there to cheer us on and present medals. I realized that a person with MS can ride in the Bike MS event and by all means should give it a try! This event can change your life in many ways and it's just plain fun! The added bonus is meeting great people along the way."

Craig's positive attitude and determined spirit is contagious. He believes it's important to set goals and then work toward them. Craig is being proactive in asking riders to join his team in 2010 and can be reached at [craigwashka@aol.com](mailto:craigwashka@aol.com).

Special thanks to all the riders, sponsors, supporters and volunteers who braved the heat and helped make Bike MS 2009 a success. More than \$1.2 million was raised for local programs, services and MS-related research efforts to benefit people with MS. And while the ride is over, you can still support Bike MS and your favorite rider. Online donations can be made at [www.MSohiobike.org](http://www.MSohiobike.org) or send contributions to the National MS Society, 6155 Rockside Road, Suite 202, Independence, OH 44131. **To see more photos go to [www.MSohiobike.org](http://www.MSohiobike.org).**



## 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:** Thursday, January 7

**Time:** 5:00 p.m. - 6:30 p.m.

**Location:** Chatroom through MS World

This program is for people diagnosed with MS in the past two years. Dr. Joanne Lynn, a neurologist with The Ohio State University MS Center will be available to answer your questions. Deadline for registration is January 3.

### Parenting with a Disability

**Date:** Wednesday, January 27

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

**Location:** Telephone Program from Home

This program will offer facts about MS and parenting, what we know about children who have a parent with MS, reasons for parents to talk to their children about MS and raising children while managing MS. The presenter is Deborah Miller, PhD, LISW, of the Mellen Center at the Cleveland Clinic. Deadline for registration is January 20.

### Family Communication

**Date:** Saturday, February 20

**Time:** Participants can choose the morning session from 10:00 a.m. – 12:00 p.m. or the afternoon session from 1:00 p.m. – 3:00 p.m.

**Location:** Cleveland Airport Marriott, 4277 West 150th St., Cleveland, OH 44135  
or

### Family Communication

**Date:** Saturday, March 6

**Time:** Participants can choose the morning session from 10:00 a.m. – 12:00 p.m. or the afternoon session from 1:00 p.m. – 3:00 p.m.

**Location:** Columbus Airport Embassy Suites, 2886 Airport Dr., Columbus, OH 43219

Understanding the emotional aspects of MS and how it affects one's life and relationships is a critical part of living with MS. This program exists to help you and your loved ones apply skills to deal with challenges related to MS. This interactive program will cover

issues related to family communication and developing support systems including:

- Talking about invisible symptoms, role changes and plans for the future
- Talking with kids, ages 4 to young adult, about MS
- Building closeness through better communication
- Improving communication tools to cope with everyday stresses

This seminar has been developed and is presented by Kathleen Orosz, MSW, LISW. Lunch will be provided at noon for morning and afternoon participants. Family and/or support system must attend together to participate. Registration is limited to a person with MS and up to three additional guests. Participants must be 16 years or older. Program is free but is limited to 20-25 people per session.

### Intimacy and MS

**Date:** Wednesday, March 10

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

**Location:** Telephone Program from Home

The call will focus on how MS affects sexual function, improving intimacy in relationships, strategies for communication and ways to manage the effects of MS on sexual function. The presenter is Marie Namey, an advanced practical nurse at the Mellen Center at the Cleveland Clinic. Deadline for registration is March 3.

### Moving Forward:

### A Program for the Newly Diagnosed

**Date:** Saturday, March 13

**Time:** 10:00 a.m. – 12:00 p.m.

**Location:** Brecksville Community Center, Meeting Room A, One Community Dr., Brecksville, OH 44141

This program is for people diagnosed with

**CONTINUED ON PG 13**

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. Coffee, water and bagels will be provided. Deadline for registration is March 4.

### **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 will provide 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.

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

**Date:** Saturday, May 15 - 16

**Time:** 12:00 p.m. on May 15 until 3:00 p.m. on May 16

**Location:** The Lodge and Conference Center at Geneva State Park, 4888 State Highway 534, Geneva-on-the-Lake, OH 44041

**Fee:** \$50.00 per couple

Come get away with your spouse or significant other to this retreat and 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

Meals and overnight accommodation will be covered. A limited number of fee waivers are available based on financial need. Fee will not need to be paid until you are sent a letter confirming your registration has been accepted. Both the person with MS and their spouse/significant other must be able to attend to participate. Registration is limited to 15 couples. Couples completing the entire eight-hour program are eligible to receive a \$50 AMEX gift check. Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FFE0090.

### **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 discuss 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, the right to reasonable accommodations for one's disability, the remedies available to victims of discrimination, and recent amendments to the Americans with Disabilities Act. Presenters are Jane Perry and Kevin Truitt, Attorneys at Law with Ohio Legal Rights Service. 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**  
Unless noted, all 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.

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:**

[rswob@roadrunner.com](mailto:rswob@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

Wendy 440-268-9300

## **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

Bobbie 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.  
Jewish Community Center  
Dawn 330-782-1845

**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

**MS Warriors - Standing Tall  
Together Group**

4th Tuesday 7:00 p.m.  
NeuroCare Center  
Jainyl 330-454-5482

**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



United Way  
of Central Ohio  
*Member Agency*



United Way  
of Summit County

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## Help Drive MS Away by Donating Your Vehicle

The donation of your car, truck, motorcycle or trailer can be used to help fund programs for people living with MS and research that will get us closer to a cure. Unlike other auto donor programs, the Ohio Buckeye Chapter receives 100 percent of the proceeds from the sale of your vehicle.

We can accept a vehicle in any condition. This includes cars that do not run.

The National MS Society is a non-profit, 501 (c) (3) corporation, so your donation is also tax deductible to the extent allowable by law. Please refer to your tax professional for specific details.

We make donating your vehicle simple. To begin the process or learn more, please visit [www.AU-TOS4MS.org](http://www.AU-TOS4MS.org) or call our office at 1-800-344-4867.

## VOLUNTEER SPOTLIGHT

# Vanita Oelschlager Honored for Support

Vanita Oelschlager, longtime supporter of the National MS Society, was honored by the United Way of Summit County Women's Leadership Giving Society. Vanita was recognized as the Woman Philanthropist of the Year at the group's Power of the Purse Luncheon.

Vanita and her husband Jim founded the Oak Clinic for Multiple Sclerosis. The facility serves about 2,000 patients with MS, offering them comprehensive medical care, physical and occupational therapy, psychological treatment and educational opportunities.

Vanita also wrote the book, "My Grampy Can't Walk," which talks about Jim's life with MS and his relationship with his grandchildren. By writing the "Grampy" book and reading it to schoolchildren, Vanita has helped to raise awareness about MS.

A second book by Vanita is a collection of poems called "Air Mask." Not only did Vanita write the poems about survival as a caregiver, she has taken the time to read the book to those attending MS programs and self-help groups. She has discussed her experiences to help others who face similar problems.

Thanks to Vanita for her continued support of the National MS Society and for sharing her talents to help people living with MS.



Janet Kramer (left) congratulates Vanita Oelschlager for receiving the Woman Philanthropist of the Year Award.



**National  
Multiple Sclerosis  
Society**

Ohio Buckeye  
Chapter

**Ohio Buckeye Chapter**  
6155 Rockside Rd., Suite 202  
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