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msconnection

Volume 22 • Issue 2

Ohio Buckeye Chapter

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



MARCH IS MS AWARENESS MONTH: JOIN THE MOVEMENT

Last year, our inaugural MS Awareness Month campaign focused on learning what it means to live with MS. We issued the challenge to “come face to face with multiple sclerosis.” This sparked the beginning of a new MS movement and platform to give voice to people with MS – one that we will build on during this year’s MS Awareness Month.

It is an extremely exciting and pivotal time for the National MS Society. We are on the brink of launching an entirely new MS brand. This means a new and bold attitude for our organization. This includes a whole new look and a new

way of talking about MS and the work that we all do. Joyce Nelson, president and CEO of the National MS Society, states “the National MS Society has declared that we will respond to MS by shining a BRITE light on its injustices: we will be Bold, Relevant, Inclusive, Transparent and Engaging. The movement to end MS is underway.”

In March, you will notice this movement begin to take form. The new MS brand will unite, energize and enable us to move forward together, faster than before, to a world free of MS. You will start to see a new Society logo

that makes a bold statement against MS. By adding a simple



**National
Multiple Sclerosis
Society**
Ohio Buckeye
Chapter

**MS stops people
from moving.
We exist to make
sure it doesn't.**

(continued on page 2)

Publication of the National Multiple Sclerosis Society's Ohio Buckeye Chapter.

1-800-667-7131

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For information regarding content contact Guyla Wehman at 1-800-667-7131. For interest in advertising contact Jennifer Hamilton at 1-800-667-7131.

The National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.

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mark to the letters MS, we can now express our opposition to the disease in the most direct way possible. A new color will also be implemented. The color is a warm orange, which creates urgency, and stands out in a world where so many other colors represent so many other things. Through research, we know orange is optimistic, contemporary and cutting edge. It is a color that people with MS find highly readable and can become a symbol for MS around the world. (Learn more about the agency that donated its services to help create the new brand on the back page.)

With the new brand platform we are introducing a new call to action: JOIN THE MOVEMENT. It is critical that we make what it means to live with MS relevant to the general public. Our new brand messaging does that in a simple and powerful voice: MS stops people from moving. We exist to make sure it doesn't.

New Society identifiers will also be available soon. Replacing the MS Band of Hope will be an MS Movement Bracelet, which is a unique stainless steel bracelet that has a moving slider with the MS logo imprint. An MS Movement Clip will also be available, as well as an MS Movement Marker that will allow you to "make your mark to end MS."

Now is the time to raise awareness and build a movement by and for people with MS. MS Awareness Month is a great opportunity to make this happen.

With that framework, during MS Awareness Month we are asking people to take an hour to do something that moves forward the lives of people living with MS. Every hour someone is newly diagnosed with MS; in that same hour you can do something – you can help move us toward a world free of MS.

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ADVANCES IN MS RESEARCH

By Dr. Ernest Freeman, Research Advocate

This past year has seen significant progress in several important areas of basic and clinical research that impact our understanding of multiple sclerosis. As a result of generous support, the National MS Society was able to invest \$42 million for more than 350 new and ongoing MS research projects to cure, treat and better understand MS.

Nationwide Research Highlights:

Key highlights include positive results with several oral therapies. In a Phase III, placebo-controlled clinical trial including 301 patients, Fampridine-SR showed an increase in walking speed of 25% versus those on inactive placebo. Acorda Therapeutics is expected to meet with the U.S. Food and Drug Administration (FDA) to determine the next steps needed to apply for marketing approval. In addition, several other oral therapies continue to progress through the pipeline. A Phase II controlled clinical trial of oral fingolimod (FTY720, Novartis Pharmaceuticals Corp.) in 255 people with active disease found that 77% remained free of relapses for over two years. A large Phase II trial is underway. Oral cladribine (an immunomodulating drug by Serono) is currently in a Phase III clinical trial internationally and has been designated by the FDA as a "fast track product" which will help expedite its future review. A multicenter, Phase II controlled clinical trial of oral BG00012 (an oral fumarate, Biogen Idec) reduced active inflammation by 69% in 257 people with relapsing-remitting MS. Also, a 144-week extension of

oral teriflunomide (an agent that may modulate T cells) for those on placebo during the original trial who switched to teriflunomide have experienced a 85% reduction in new, active areas of disease activity as seen using MRI.

The Society's initiative on Gender Differences has also seen progress as investigators at UCLA have begun the first large-scale trial of a sex hormone for the treatment of MS. The two-year study involves 130 women with relapsing-remitting disease taking estriol. If successful, this trial will lay the groundwork for larger more definitive trials that may lead to new treatment options for women.

Local Research Highlights:

Closer to home, the Ohio Buckeye Chapter is proud to be the recipient of one of the largest investments in MS research in the country. Almost \$8 million will be invested in the Chapter's service area supporting 26 research projects over the next three years. Investigators from Baldwin Wallace College, Case Western Reserve University, Cleveland Clinic Foundation, Cleveland State University, Kent State University and The Ohio State University have dedicated themselves to producing significant advances in the diagnosis, rehabilitation and symptomatic therapies for people with all forms of MS, and are bringing us ever closer to a cure.

At Baldwin Wallace College, Dr. Jacqueline Morris is investigating the mechanisms that control remyelination and is looking for *(continued on page 4)*

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clues to the reasons why myelin repair often fails after damage by MS. Dr. Feng Li of Case Western Reserve University is testing ways to reduce MS-like disease in mice by blocking the immune-mediated production of proteins that contribute to tissue damage.

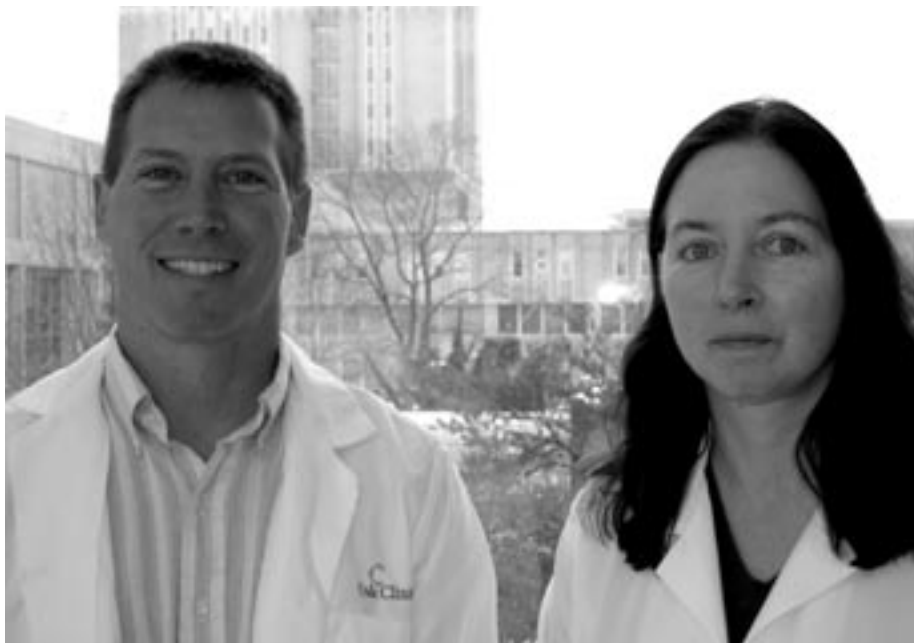
The Cleveland Clinic Foundation was chosen to receive a Collaborative MS Research Center Award, headed by Dr. Bruce Trapp, to support the collaboration of scientists' search for

of mechanisms that lead to nerve cell injury and for development of strategies to protect these cells. Dr. Caroline Whitacre, at The Ohio State University, is investigating how a particular protein influences disease progression and is looking for clues to stopping progressive disability in MS.

These are just a few of the important studies that are being done in Ohio by Ohioans. Local MS researchers are contributing and working to support some of the best MS research in the world.

Dr. Ernest Freeman, Ph.D. is the Head of Basic Research for the Oak Clinic for MS and Co-Director for the Oak Clinic/Kent State University Consortium for Multiple Sclerosis and Neurodegenerative Disease Research. He also serves as the Chapter's Research Advocate. Dr. Freeman and Dr. Jennifer McDonough, Ph.D. along with other Consortium researchers, are investigating mechanisms of neurodegeneration. Previous work by the group has

identified several important mechanisms that may underlie the neuropathology of MS, including mitochondrial dysfunction and the loss of a population of inhibitory neurons in the cortex. Other members in the Consortium are working on ways to enhance the visualization of MS lesions and the distribution of these techniques into clinical practice.



Dr. Ernest Freeman and Dr. Jennifer McDonough are dedicated to helping people with MS through their research efforts.

ways to stimulate cells that can generate new myelin after it has been damaged by MS. The team is identifying populations of brain cells that reside in adults and are finding ways to increase their potential as replacement cells.

At Kent State University, Dr. Jennifer McDonough is focused on the identification of genes involved in the neuronal pathology in MS. Her work is important for the understanding

A BRIGHT FUTURE WITHOUT A JOB

By Patti Substelny, MS Ambassador

In American society we are defined by our jobs. Careers bring focus to our existence. When asked about mine at cocktail parties, my position rolled off my tongue. I'm a Benefits Administrator. I'm a Compensation Analyst. I'm a Pension Plan Manager. The idea of a career encompasses everything from cocktail party small talk to the very definition of a person.

Recently, my doctor, case manager and I agreed it was time for me to avail myself of the company paid disability program. I realized I was lucky to have that option. But it left me with a difficult dilemma. How would I face society without a career? How would I define myself? When asked what I do at cocktail parties, how would I answer?

Some friends thought I'd won the lottery – to actually be paid not to work. I just felt like a quitter – like I was giving up when things got difficult. I was born, raised and educated to be a productive member of society, to give back, to use the years of education I received and to make a difference. That mindset kept me at work far longer than I should have been.

My epiphany came on a rainy morning as I gave the pep talk to riders at the start of the 2006 Bike Tour. I realized I could make a bigger impact, albeit

a different one, on disability. My job limited my focus to my employer. My role at work wasn't big enough to truly change the world, I could change small things and affect a few people, but not in a meaningful way. I could work for years at my job and leave no lasting legacy.

On disability, I can focus on broader changes. I can work with the National MS Society to influence legislation. I can become an MS Ambassador to increase awareness about MS, its effects and raise funds to fight this disease.

On disability I can focus on my

health. I can concentrate on exercise and eating right, which while I was working always seemed to take a back seat to the fatigue. I can volunteer for research studies in conjunction with my therapies. In this way I will help others with MS by having my

experiences documented. Eventually the research could help develop new therapies and new drugs, or even insight into a cure.

On disability, I can re-focus on my husband, family and friends, who have not been getting the time and attention they deserve. I can re-establish firmer ties with friends whom I have been neglecting, because I knew they would understand.

As I first faced *(continued on page 6)*



Despite the rain and wind, Patti Substelny (center) and her supporters came to the bike tour to offer inspiration to the cyclists.

(continued from page 5)

this change in my life, I thought I would be narrowing my focus and limiting my options. Now I realize the opposite is true. My worldview is much larger. As I step out of the comfort zone of defining myself by my career, I am looking out over a vast landscape of all that I can do for myself, my husband, my family, my friends and everyone with MS.

When asked at cocktail parties what I do for a living I think I'll say I'm changing the world.

Patti Substelny, diagnosed with MS in 1997, has had to make accommodations at her job in order to continue her work career. She has benefited from understanding supervisors and staff over the years, as she has battled MS and maintained a career that is important to her. Patti also credits the National MS Society for its publications that address job and career challenges for persons with MS. For example, she obtained advice about how to talk to a boss about MS, how to request accommodations in the workplace and about disability rights law. With adaptations in the workplace and assistance about how to obtain them, Patti has been able to balance her career with her MS. She encourages working persons with MS to request information from the Society about work issues and planning for the future.

(continued from page 2)

You can get involved as a program or event participant or volunteer. There are many opportunities available. Each one of us can do something about MS now. To learn more about how YOU can JOIN THE MOVEMENT visit www.MSohiobuckeye.org or call 1-800-667-7131.

A COMMUNITY COMES TOGETHER

Good neighbors and a caring group of contractors and volunteers have made life easier for Henry Senk. Henry, who was diagnosed with MS 15 years ago, was in dire need of a ramp for his home.

When John Bada, Tom Guerrieri and Kevin Gump found out about Henry's predicament, they took the lead to build a ramp and make other modifications including a new entryway into the home.

All the labor costs were donated and construction supplies were funded through a National MS Society grant from The Kennedy Family Foundation, a component fund of the Community Foundation of the Mahoning Valley. This Foundation is operated exclusively for charitable, educational and scientific purposes which effectively assist and promote the well-being of residents of Mahoning and Trumbull counties.

The project took about one month to complete but it was well worth the effort for Henry since it means a lifetime of accessible accommodation.

Henry has regained a sense of independence since it is much easier for him to go shopping and get to appointments, including his physical therapy sessions.

"The ramp gives me easy access in and out of my home," Henry said. "It's great."



John Bada was one of several volunteers who donated their time to add a ramp to Henry Senk's home.

EXERCISE: GOOD FOR MIND, BODY AND SPIRIT

There are many reasons to be involved in regular, moderate exercise. For example, exercise reduces your risk for heart disease, lowers blood pressure, helps to control weight and cuts your risk for diabetes. It is also a great stress buster.

Exercise classes are also a perfect place to meet and enjoy the company of others. Participation in a class may help to decrease feelings of isolation and depression.

If you're a person with MS dealing with fatigue, weakness, lack of coordination and spasticity you have extra incentives to stay fit! One study found that people with mild to moderate disability who participated in an exercise program gained strength in their arms and legs and improved bowel and bladder control. People in the study also reported reduced depression, fatigue and anger.

To maintain the benefits of exercise you need to keep up with it. The benefits will fade if you stop. Check with your doctor and then choose an exercise program that you will enjoy and one that fits your specific needs and schedule.

If you love the water you may want to try water aerobics. If you are looking for exercise on the land, you may want to try a gentle fitness or a stretch class. Other options include therapeutic horseback riding, challenge golf, yoga or Tai Chi.

The Chapter offers a number of programs in the Akron, Cleveland, Columbus and Youngstown areas. MS clinics and neurology offices often offer programs. Check with your local YMCA, Community Recreation Dept., Senior

Center, church or synagogue, and adult education programs. If you need help locating exercise locations we will help you search for possibilities. If you have limited resources and cannot afford the exercise program you locate, we may be able to help with that too!

If you are not interested in participating in a program outside of your home don't forget that the Chapter has exercise videos, DVDs and books that may inspire you to get moving. Check out the library section at www.MSohiobuckeye.org or call 1-800-667-7131.

NEW EVENING HOURS

We're pleased to announce that we are offering extended phone hours on Wednesday evenings. We will be available every Wednesday from 8:30 a.m. until 7:00 p.m. to answer your calls. If you have any questions about MS, our programs and services or Society-sponsored events please give us a call at 1-800-667-7131.

CENTRAL OHIO SURVEY

If you are a person with MS living in the Columbus area, we are interested in your opinion about our programs and services. Please call us toll-free at 1-800-667-7131 and answer some survey questions. Call weekdays from 8:30 a.m. until 4:30 p.m. or until 7:00 p.m. on Wednesday evenings.

THE AFRICAN-AMERICAN EXPERIENCE OF MS

“When your life undergoes a major change, it's only natural to reach out and seek others like yourself.

You need to share your questions and your answers, to compare experiences, and above all, to not feel so alone.”

– Marcella Durand, InsideMS

Unique challenges of living with MS in the African-American community will be addressed on March 21 and March 22. Dr. Mary Hughes, medical director of the Augusta Multiple Sclerosis Center, will join the Society for several programs being offered in Northeast and Central Ohio.

Each program will address the symptoms and treatments for MS as they relate to the African-American



Dr. Mary Hughes

population, as well as ways for the community to take action and do something about MS NOW!

To register or learn more about these events please call 1-800-667-7131.

NORTHEAST OHIO PROGRAMS

MS Challenges in Your Community: What You Need to Know (*A free breakfast for leaders within the African-American community*)

March 21 7:30-9:00 a.m.
InterContinental Hotel & Conference Center,
9801 Carnegie Ave., Cleveland

Multiple Sclerosis: The African-American Experience (*A free dinner program for people living with MS or those seeking information about the disease*)

March 21 6:30-8:00 p.m.
InterContinental Hotel & Conference Center,
9801 Carnegie Ave., Cleveland

CENTRAL OHIO PROGRAMS

MS Challenges in Your Community: What You Need to Know (*A free breakfast for leaders within the African-American community*)

March 22 7:30-9:00 a.m.
First Church of God
3480 Refugee Rd., Columbus

Multiple Sclerosis: The African-American Experience (*A free dinner program for people living with MS or those seeking information about the disease*)

March 22 6:30-8:00 p.m.
Confluence Park
679 West Spring St., Columbus

BOOK REVIEW: FACING THE COGNITIVE CHALLENGES OF MULTIPLE SCLEROSIS

By Liz Thompson, MS Ambassador

I will tell you that "Facing the Cognitive Challenges of Multiple Sclerosis" by Jeffrey Gingold is one of the best books I have read in some time. The writing is smooth, making his experiences visual so the reader can share in his private, cognitive struggles.

When he was lost driving in his own neighborhood, I felt I was right there sweating emotionally with him.

One evening Jeffrey looked at his wife, Terri, and did not know who she was. An excerpt where he tells his wife of this incident, gives a glimpse of his struggles and ability to write it beautifully:

"Something MS-bizarre happened, and this time it included you," I said.

"What did I do?" she said.

"Nothing, nothing at all," I quickly answered, "and you wouldn't necessarily have ever noticed anything."

She joined me at the kitchen table. As I glanced out of the window to collect my thoughts, Terri waited with the patience of a kindergarten teacher. As I turned toward her, I noticed that she had laid both of her hands flat on the table, as if she was bracing for impact. Pausing for verbal running room, I began to describe the couch incident.

"What do you mean you didn't recognize me?" she said. "How did I look different?"

"The longer that I stared at you, the more

your facial features seemed changed."

She appeared to be uncomfortable. She pushed her hardwood chair slightly away from the table and sat up straight.

"Dr. Matthias said this is another type of delay in the processing of recollection, similar to the driving incident," I said, "except it happens with recognizing people, too ... sometimes everything is so confusing that I question what I'm doing. It's not as if I don't know what is supposed to happen, but when there's a piece suddenly missing, everything seems out-of-place."



Liz Thompson (left) met author Jeffrey Gingold and his wife Terri during the Society's Leadership Conference in Orlando, Florida.

The cover of the book really grabbed my eye as the person stands inside a missing piece of a large puzzle - much like his comment about a piece suddenly missing.

When I met the author, he told me the best compliment he ever received was

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from an MS neurologist. The neurologist told Jeffrey that after he read the book he reworked his way of testing newly-diagnosed or suspected MS patients.

This book helped me understand what could happen, how I could cope with it and certainly that I was not alone in the anguish. I think it will help anyone with MS, spouses, friends and physicians.

I encourage you to read this 160-page book, especially if you suspect or know you have cognitive issues. It is available through the lending library. Requests

can be made through the Web site at www.MSohiobuckeye.org or by calling 1-800-667-7131.

This is Jeffrey Gingold's first book. As a result of learning to cope with his cognitive issues due to MS, he has become an advocate regarding cognitive disability. The Society's Wisconsin Chapter honored Jeffrey with the Outstanding Volunteer Award and he has donated 20% of the book's profits to them. The book was named the 2006 Book of the Year by the American Journal of Nursing.

LOCAL VOLUNTEERS RECEIVE NATIONAL RECOGNITION

Two very special individuals received recognition during the Society's 2006 National Conference in Orlando, Florida. The Chapter was honored to have Kurt Landefeld and Tim Pistell inducted into the Volunteer Hall of Fame.

Kurt was selected for his advocacy efforts and service on the Government Relations Committee for the last 17 years. For six of those years he acted as the committee's chairperson. Kurt has spent countless hours contacting legislators and making personal visits to educate them about issues that are important to people with disabilities. His knowledge and ability to articulate has been helpful during legislative hearings and media interviews.

Tim was honored in the

fundraising category since he has been a driving force behind the success of the MS 150 "Pedal to the Point" Bike Tour, helping the event to reach the \$1 million mark. As Team Parker captain, he has been an inspiration to other cyclists as he has been the top fundraiser for the past three years. His total fundraising efforts have generated more than \$196,000 for the Society.

Both men share their leadership skills as longtime members of the Chapter's Board of Trustees. They are active volunteers and fundraisers who have dedicated themselves to the mission of the National MS Society. Congratulations to Kurt and Tim for their outstanding contributions.



Kurt Landefeld (left) and Tim Pistell received national recognition when they were inducted into the Volunteer Hall of Fame.

TREASURER'S REPORT

In 2006, the Ohio Buckeye Chapter of the National Multiple Sclerosis Society had operating revenues of \$3,962,000, an increase of \$233,000 (6%) over the prior year. The increase was primarily due to bequests (\$166,000) and special events (\$62,000).

The Chapter continued to provide the highest level of program services resulting in Client and Community Programs (\$1,753,000) and Professional and Public Education (\$560,000). Supporting services decreased approximately 11%, which was

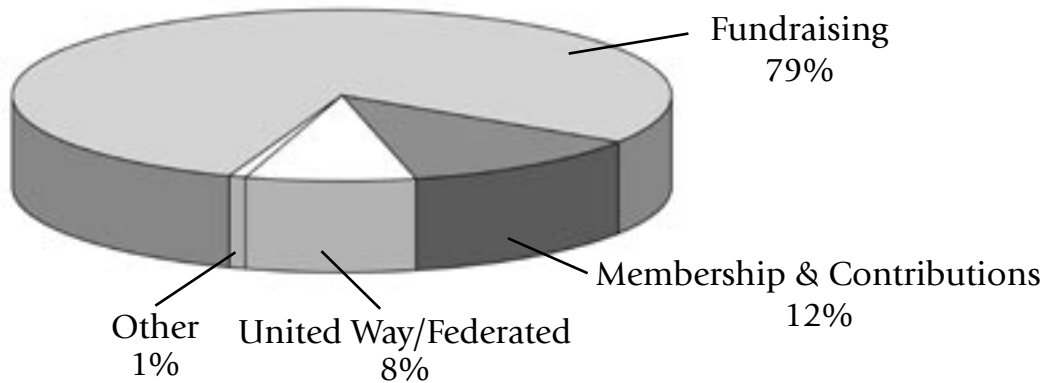
attributed to Fundraising (\$37,000) and Management costs (\$45,000).

Total National program expense amounted to \$1,178,315 (2006) and \$983,292 (2005) of which \$689,295 and \$516,851 respectively was restricted to research.

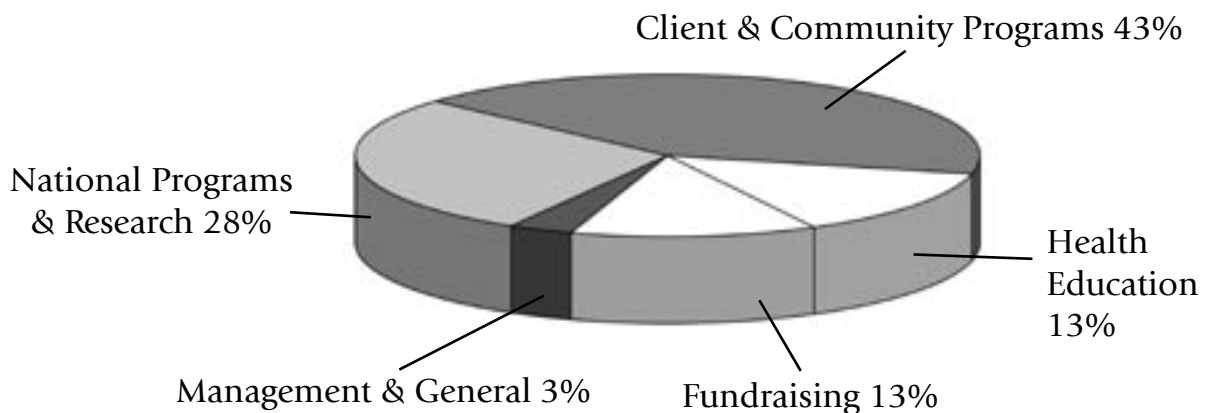
The firm of Meaden & Moore, Ltd. performed our annual audit. A copy of the Ohio Buckeye Chapter audit can be obtained by calling 1-800-667-7131.

– Frank J. Pedicini,
Chapter Treasurer

Revenue Sources from Operations



Allocation of Expenses



JOIN THE MS WALK MOVEMENT

This April, Join the Movement by becoming a part of the National MS Society's largest event, the MS Walk. Held in 13 locations throughout the Ohio Buckeye Chapter area, there is an MS Walk site near you! You can be bold in the fight against MS by getting involved in a variety of ways at the 2007 MS Walk:

- Walk - Become an event participant by joining 10,000 other MS walkers working toward a world free of MS.
- Virtual Walk - Join the Movement without even leaving your home! Virtual walkers raise funds just like actual event participants, but are able to log on at anytime to participate in a virtual walk online.
- Volunteer - If the MS Walk is not for you, become a volunteer. Volunteers are essential to the success of the MS Walk whether you hand out water at a rest stop or cheer oncoming walkers at the finish line.
- Become a Champion Against MS - A CHAMP is a person with MS who is

paired
with an
event



participant with the hopes of bringing together those living with MS and those who walk and raise funds. As a CHAMP you are giving inspiration to those raising money to help find a cure.

Make a difference this year by joining the MS Walk in your community as a participant, virtual walker, volunteer or CHAMP. In doing so, you are making a difference so we can become a world free of MS. Visit our Web site at www.MSohiowalk.org for more information on the MS Walk and how you can get involved.

MS WALK

April 13 – McConnelsville

April 14 – Athens, Lancaster, Mahoning Valley, Marietta, Newark, Zanesville

April 21 – Hartville

April 28 – Akron, Cleveland, Columbus, Massillon, Mentor

MAJOR DONOR OPPORTUNITIES

Did you know that you can support the National MS Society's spring and summer fundraisers all year round and into the future?

Many of you have participated in our longstanding MS Walk or the MS Bike Ride as a walker, cyclist or volunteer. It is true that funds generated through the MS Walk in April and the MS Bike Ride in August allow our Chapter to address the

everyday needs of those living with MS and to continue our search for a cause and cure of MS.

We deeply value the support of our event participants, yet we understand that some of you may not be able to walk or bike for a cure. Or it may be that you participate in these events, but want to know how you can do more to support the Society's efforts. This is where the major and

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START TO FINISH MS

On August 18-19, join thousands of riders committed to FINISH MS! The 2007 MS "Pedal to the Point" Bike Ride will begin at the Cuyahoga County Fairgrounds on Saturday and travel to Sandusky High School for an overnight complete with music, food and fun at Cedar Point. Riders will journey back to the fairgrounds on Sunday for an unforgettable FINISH!

Whether you are an experienced cyclist or first-time rider, the MS Bike Ride is a fully-supported event offering training and fundraising tips to prepare you for the ride and providing everything you need during the ride for a successful and safe experience.

Even those unable to participate as a rider can commit to FINISH MS as a volunteer, Champion Against MS or even a virtual rider. It takes more than 400 volunteers to make the MS Bike



Ride a success. If you are living with MS and would like to offer your support to our riders - sign up to be a CHAMP. The Champions Against MS program makes the event more meaningful to participants by offering cyclists the opportunity to dedicate their ride to a person living with MS.

If you are unable to join us in August, but still want to be a part of the Bike Ride, register as a virtual rider. Virtual riders receive the same great information and access to our online fundraising tools. Just mail in your donations on or before the event. If you

want to and are able, you can ride the 150 miles at a pace, place and time that's convenient for you!

To learn how you can Start to Finish MS and participate in the MS Bike Ride please call 1-800-667-7131 or visit www.MSohiobike.org.

VOLUNTEERS NEEDED FOR REHABILITATION STUDY

Individuals diagnosed with MS are needed for participation in a study entitled, "Mental Practice of Action as a Novel Tool for Rehabilitation in MS." To be eligible for participation in the study you must:

- Have a diagnosis of MS
- Be able to walk with no assistance or minimal assistance
- Not have had a relapse within the past three months

- Be available for study participation over a nine-week period

The study is being funded by the National MS Society and is being conducted at the Mellen Center for Multiple Sclerosis Treatment and Research. Qualified participants will receive a stipend for their time and travel. For more information please contact Dr. Andrew Slifkin at 216-875-9752 or by e-mail at a.slifkin@csuohio.edu.

VOLUNTEER CELEBRATION

The National MS Society depends on dedicated volunteers to accomplish its mission and to make the programs and fundraising events successful. Several outstanding volunteers and fundraisers were recognized for their work in 2006 during two Annual Meetings and Volunteer Celebrations, held October 17 in Columbus and November 28 in Independence.

Congratulations to the award winners and thank you to all the volunteers and event participants.

CENTRAL AND SOUTHEASTERN OHIO



Karen Kostelac, Isroff Program Volunteer Award



Robert Reed, Carolyn P. Konnert Achievement Award



James Manos, Mission Possible Award and Top Fundraiser for MS Walk



Jeff Widmar and Sue Nerlinger for W.A. Jones Optical Company, National Employer of the Year



Linda Fox, Isroff Program Volunteer Award



Dorothy Jacob, on behalf of her son Joe Jacob, Mission Possible Award

Not pictured:

Cindy Bowdish, on behalf of OhioHealth, Taubman Community Award

Susan Woodward, Development Volunteer Award

Paula O'Reilly, Mission Possible Award

Overcomers, Top Fundraising Team for MS Walk in Central and Southeastern Ohio



Scott Smith, Mission Possible Award

NORTHEAST OHIO



Jim Demboski, Father of the Year



MS Walleye Fishing Tournament Volunteers, Development Volunteers Award



Betty Troccoli, Carolyn P. Konnert Achievement Award



Bob Knaack, on behalf of the Northeast Ohio Medical Reserve Corps, Taubman Community Award



Thomas and Charles Karako, Youth Support Award



John Simonetti, Mission Possible Award

Not pictured:

William Lavigna, Mission Possible Award

Tim Pistell, Mission Possible Award and Top Fundraiser for MS Bike Tour

Team Parker, Top Fundraising Team for MS Bike Tour

Margaret McKeon, Top Fundraiser for MS Walk in Northeast Ohio

Englefield Oil Company, Top Fundraising Team for MS Walk in Northeast Ohio

COLUMBUS COOKIE ENTREPRENEUR BEING HONORED

Cookies are big business for Columbus entrepreneur Cheryl Krueger, president and CEO of Cheryl&Co. But business isn't everything to this Ohio native. Ranking among Krueger's greatest priorities is her unwavering commitment to the Columbus community. It is this strong sense of civic duty that makes Krueger a perfect candidate for the Society's Norman Cohn Hope Award.

The award is presented each year to individuals who demonstrate a dedicated commitment to community service. Krueger is passionate about her involvement with the James Cancer Hospital. She also serves on the Board of Trustees for the Columbus Academy and is an honorary board member for the Seal of Ohio Girl Scout Council.

Cheryl&Co. has been



Cheryl Krueger

recognized as an outstanding educational partner with a local high school for the School-to-Work program, the Cheryl&Co. Hometown Integrated Project (C.C.H.I.P.). Students start a cookie business, market their product and use the profits for scholarships for other students who have participated in the C.C.H.I.P. project.

An esteemed entrepreneur and leader, Krueger will be honored at the Columbus Dinner of Champions Gala

on April 19 at Confluence Park Restaurant, 679 W. Spring St. in Columbus. A cocktail hour and silent auction will begin at 6:00 p.m., followed by dinner at 7:15 p.m. Patron tickets are \$350 per person. For further ticketing information or to inquire about table pricing or sponsorship opportunities please contact Sandra Keaveney at 1-800-667-7131.

(continued from page 12)

planned giving arm of the Chapter comes into play.

Major gifts include significant donations of cash, stock, annuities, insurance and real estate. These gifts can be donated to the Society outright or legally promised to us for receipt at some future date.

We realize that most people cannot offer significant gifts out of pocket immediately or regularly. To

do something about MS NOW, many of us need to plan to make charitable contributions well in advance of the time we will actually donate the gift. This means anyone whose heart is committed to the work of the Society has what it takes to be a major donor.

To learn more about major and planned giving opportunities please contact Deborah Bowsher at 1-800-667-7131.

Program Registration

3 easy ways to register!

1. Use this registration form to register for any programs listed. Send this form to: National MS Society, 6155 Rockside Road, Suite 202, Independence, OH 44131
2. Register online at www.MSohiobuckeye.org
3. Call 1-800-667-7131

Upcoming Programs

1. **Moving Forward: A Program for the Newly Diagnosed** (March 3, no fee)
2. **Knowing the Basics about Health Insurance** (March 7, no fee)
3. **MS Challenges in Your Community for African-American Leaders** (March 21, see page 8)
4. **Multiple Sclerosis: The African-American Experience** (March 21, no fee, adults only, registration is limited to a person with MS and one guest)
5. **MS Challenges in Your Community for African-American Leaders** (March 22, see page 8)
6. **Multiple Sclerosis: The African-American Experience** (March 22, no fee, adults only, registration is limited to a person with MS and one guest)
7. **Research Update 2007** (March 28, no fee, please indicate if you plan to participate by teleconference or web cast)
8. **Choices for Independence Teleconference** (April 4, no fee)
9. **Moving Forward: A Program for the Newly Diagnosed** (May 12, no fee)
10. **Spring Safari** (May 19, \$10 per person, registration is limited to a person with MS and up to three additional guests)
11. **Young Adults Retreat** (June 1-3, \$50 per person due after registration is confirmed)
12. **Scrappers Game** (June 23, \$10 per person, registration is limited to a person with MS and up to three additional guests)

FEE WAIVERS ARE AVAILABLE

Program Registration

First person attending: Person w/MS Relative/Spouse Friend Health Professional

Please name the program (s) you will be attending (use **bold** name from registration page)

Name _____ Date of Birth _____

Address _____ County _____

City _____ State _____ Zip _____

Telephone Day _____ Evening _____ E-mail _____

Second person attending: Person w/MS Relative/Spouse Friend Health Professional

Please name the program (s) you will be attending (use **bold** name from registration page)

Name _____ Date of Birth _____

Address _____ County _____

City _____ State _____ Zip _____

Telephone Day _____ Evening _____ E-mail _____

Enclosed is \$____ Registration Fees

Enclosed is \$____ Donation to offset costs of program (s)

Check if you would like more information on

Wellness Programs

By sending in this registration page, I am also giving permission to the National MS Society and the Ohio Buckeye Chapter to use my name and any photograph taken of me during the program in any promotional materials or publications including the National MS Society Web site. I agree I disagree

MARCH**Moving Forward: A Program for the Newly Diagnosed**

This program is for people diagnosed with MS in the last two years. Learn about MS, find out about services the Society offers and the many opportunities to volunteer with us. Lunch will be provided.

Date: Saturday, March 3

Time: 11:30 a.m.-1:30 p.m.

Location: Muskingum County Welcome Center, 205 East Fifth St., Zanesville, OH 43701

Knowing the Basics about Health Insurance

This program will help you understand basic terms and what you should know when trying to get and/or keep health insurance. Topics include understanding terms such as preexisting condition, open enrollment and COBRA.

Date: Wednesday, March 7

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

Location: Teleconference

Multiple Sclerosis: The African-American Experience

This program is targeted to African-Americans who have MS or who are seeking information about the disease. It will address the symptoms and treatments for MS as they relate to the African-American population. Dr. Mary Hughes, medical director of the Augusta MS Center at the Medical College of Georgia will present. Dinner will be provided. Program is for adults only and registration is limited to a person with MS and one guest. This program is made possible through a grant from the United Black Fund of Greater Cleveland.

Date: Wednesday, March 21

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

Location: InterContinental Hotel Conference Center, 9801 Carnegie Avenue, Cleveland, OH 44106

Multiple Sclerosis: The African-American Experience

This program is targeted to African-Americans who have MS or who are seeking information about the disease. It will address the symptoms and treatments for MS as they relate to the African-American population. Dr. Mary Hughes, medical director of the Augusta MS Center at the Medical College of Georgia will present. Dinner will be provided. Program is for adults only and registration is limited to a person with MS and one guest. This program is made possible through an educational grant from Berlex, Inc.

Date: Thursday, March 22

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

Location: Confluence Park, 679 West Spring St. (at Souder Ave.), Columbus, OH 43215

Research Update 2007

Hear about the latest in MS research from the comfort of home. Dr. Micheal Racke from The Ohio State University Hospital and Dr. Omar Khan from Wayne State University are the presenting panelists.

Date: Wednesday, March 28

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

Location: Teleconference or Web cast

(continued on page 20)

(continued from page 19)

APRIL

Choices for Independence

This teleconference is designed for people with MS and their loved ones to learn about the options available in their community for long-term care. Participants will gain knowledge of the costs and eligibility criteria associated with various long-term care options in addition to learning how to access these various choices.

Date: Wednesday, April 4

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

Location: Teleconference

MAY

Moving Forward: A Program for the Newly Diagnosed

This program is for people diagnosed with MS in the last two years. Learn about MS, find out about services the Society offers and the many opportunities to volunteer with us. Lunch will be provided.

Date: Saturday, May 12

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

Location: Akron General Health and Wellness Center, 4125 Medina Rd., Akron, OH 44333

Spring Safari

Take a guided tour through the Wilds open-range animal areas where you will see groups of rhinos, giraffes, Asian horses, and many other species. As you ride along the seven-mile route, your guide will provide interesting facts about the animals you encounter and describe the role of the Wilds in conservation efforts worldwide. Participants will be able to enjoy a picnic lunch before or

after their tour. (available 11:00 a.m.-1:00 p.m.).

Date: Saturday, May 19

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

Location: The Wilds, 14000 International Road, Cumberland, OH 43732

Cost: \$10 per person, fee waivers available for people with MS, registration is limited to a person with MS and up to three guests

JUNE

Young Adults Retreat

This program, a recent recipient of the **Nationwide Excellence in Health Programs Award**, is an opportunity for those 21 to 35 who have MS (and one adult guest) to get away, discover more about themselves and explore one of the most picturesque settings in Ohio. The program will focus on learning, coping and living well with MS. Discussions are led by professionals who have experience working with people with MS. Nursing care is not provided, but accessible rooms are available. Topics and activities include yoga and aquatic exercise workshops, wellness and nutrition discussions, workshops on building your own peer support network, diet/nutrition and MS treatments and a game night: pool, table tennis, board games and movies. Registration is limited. First-time participants will be given priority. Deadline to register is April 15.

Date: Friday, June 1-Sunday, June 3

Time: Starts at 6:30 p.m. on Friday until 3:00 p.m. on Sunday

Location: Mohican State Park, 1098 Ashland County Road 3006 Perrysville, OH 44864

(continued on page 21)

(continued from page 20)

Cost: Registration fee is \$50 per person (due after participation is confirmed)

Scrappers Game

Enjoy a pre-game picnic and baseball game with the Mahoning Valley Scrappers.

Date: Saturday, June 23

Time: Picnic begins at 5:30 p.m. and game starts at 7:00 p.m.

Location: Eastwood Field, 111 Eastwood Mall Boulevard, Niles, OH 44446

Cost: \$10 per person, fee waivers

available for people with MS, registration is limited to a person with MS and up to three guests

Ongoing Wellness Programs

Aquatics: Chapterwide

Golf: Akron & Columbus Areas

Land Exercise: Akron Area

Therapeutic Horseback Riding: Akron, Cleveland & Youngstown Areas

Yoga: Columbus and Cleveland Areas

Craft Class is every Tuesday at 10:00 a.m. at Goodwill Industries, 570 E. Waterloo Rd., Akron, OH 44319

SWEET REWARDS

The National MS Society is participating in a spring fundraising activity with Malley's Chocolates, so fill your baskets while helping to support the MS cause.

This Internet fundraising program allows you to raise money for the Society by creating a free personal Web site through Malley's Chocolates. You forward the link to friends and family and then they can purchase quality special occasion sweets without leaving their home! Internet ordering is easy, convenient and most importantly, supports the National MS Society.

- The Society receives 33 percent of the order cost
- Easy fundraising for MS Walk or MS Bike Ride (dollars raised from sales goes toward 2007 pledges)
- Free shipping on orders over \$65 (to the same address)
- Same prices as Malley's stores

To set up your fundraising account contact Bill Malley at 1-800-835-5684. For more information contact Carol Southwood at 1-800-667-7131.

MS NATIONAL MULTIPLE SCLEROSIS SOCIETY

We're helping to find a cure....
 We give to causes where we can make a difference.

That's why we have a National MS Society Charitable Gift Annuity. We receive fixed payments for life, tax benefits and help find a cure.

Contact the Society to find out how your gift will make a difference in the lives of those with MS.

We care about a cure... this is why we give.

1-800-667-7131 www.MSohiobuckeye.org

THANKS TO DONORS AND VOLUNTEERS

The holiday season was brighter for many people with MS thanks to generous donors and gallant volunteers. Fifty-eight volunteers donated their time during December to visit people with MS who were homebound or living in long-term care facilities. These volunteers helped to distribute 600 holiday gift bags throughout the Chapter's service area.

Volunteers also helped to ensure that Society-sponsored holiday programs

were fun and festive. More than 700 people attended the self-help group holiday parties with their friends and family.

Thank you to all the donors for the gift bag items and to the volunteers for helping to stuff the holiday bags and making the deliveries. For more information about social activities and how to donate items for next year's holiday gift bag program please call 1-800-667-7131.

CALLING ALL ARTISTS

For some people, art can be a way to express themselves. It can be a way to relax, meditate and explore inner creativity.

Recognizing the importance of art therapy, the Chapter is developing an online art gallery where individuals with MS can showcase their paintings, drawings, sculptures, digital art, photographs, poetry and more. The Society wants you to Join the Movement by submitting your art to this online gallery.

Art can be scanned, copied or photographed for electronic submission. All art must be sent in a high-resolution format and accompanied by a name and description of each piece. Artists will be limited to only one submission so please send us your best work.

Send your artwork to webmaster@nmssoha.org or call David Stallman at 1-800-667-7131 for more information.

CALLING ALL ANGLERS

Are you an avid fisherman? Are you someone who would love to get five of your customers or staff members in one place for an entire day? Then the MS Walleye Fishing Tournament is the event for you!

Imagine an entire day of fishing and fun out on Lake Erie, all while helping in the fight against MS! Your day will include 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 prizes galore. For just \$1,200 per boat, you can help up move toward a world free of MS.

Join us on June 13 at Port Clinton's Midway Marina for the best walleye tournament around. To register for the event, call 1-800-667-7131.

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 will help support local programs and services and fund MS-related research efforts.

In Honor of...

Michele Alexander
Christopher Orlando

Tribute to Barbara Bostic and in memory of her mother-in-law Mildred Cohen
Ann Nickman Jacobson

John French
(A Good Neighbor)
Elaine Hlaves

Sam & Barry Gabel
Elizabeth Blake

Peggy Gordon
Christina Swift

Beverly Holl (Wife)
Richard Holl

Sandra Hughes
The Sunshine Club of Cincinnati Children's Hospital Outpatient Anderson/Eastgate

Duncan Jamieson
Kathryn Johnson

Kathy & Joel Kahn
Mom & Dave

60th Birthday of Marilyn Kravitz
Lora Guyuron

Tiffany Cannon-Malecek
Maryjean Cannon

Amanda McDonald
Traci Crowe

Carrie Offtermatt
Lisa Burbey

Steve Rolfes
Donna Rawue

Christopher Schiros
Jene Wilson

Brian Schiavoni
Grandpa Frank

Heather Sirney
Dennis Hawkins Jr.

David Slode
Meda Mason

Thomas Tolworthy
Donna Rawue

Carol Vadino
Kathy Anderson

Dennis Vaughn (Good Health)
Ann Nickman Jacobson & Philip Jacobson

Julie Wagner-Rucker
Vincent Spiert

In Memory of...

Jerome Barron
Shirley & Dick Berg

William Briguglio
Staff of Omni Manor
Laura, Joseph & Norma Pignanelli

Evelyn Butch
Margaret Ohl Grace

Nancy Cassel
Jeremy Holmes

Mary DeWitt
Linda & Gene Lindgren

Dolores (Dee) Dominic
James & Todd Fulmer
Lillian Specht
Nancy Wetzel

Joe & Nicole DuMond
Carolyn Wald

Cheryl Ann Ewald
Julie Brigner
Linda Brigner
H&R Block, E-File
Elizabeth & Patrick Kastner
Colleen & Peter Pavarini
Nancy & Michael Waite

Jean Filon
The Babcock & Wilcox Foundry Operation Employees
Sheila & Tom Beck & Family
Greg Kall
Karen & David Pierson
Summa Health System Employees:
Jennifer Smith, Lynn Ede, Bob Harrigan, Unhee Kim, Lynn Downs, Tom Strauss, Patrice Lange, Kelly Wessell, Rob Gerberry, Bill Powel, Jane Penttila, Diane Meredith, Mike Rutherford & Mary Tomaro

Paolucci Family
Kathleen Rice
Loretta & Harold Sandusky

Eileen Gallagher
Marian & Robert Conroy
Rosalie Duray
Janet & Lawrence Gresh Sr.

Claudia Geiger
Carol Schmidt Pulk

Virginia Gerlach
Nellie & William Booth, Jr.
Linda Davidson Frontino
Cynthia & Michael Miller
Frances & Jan Sears
Kiorella & Kenneth Waldeck

Wanda Gorcoff
Your Friends in Clothing &
Textiles
Anne, John, Ryan & Sarah
Ebert
Firestone Park Prime Timers:
Kelly & Gregory Strugala
Pamela & Thomas Schnee
Annette Uhrick

Jennifer Ann Gorman
Karen Bennett & Rodney

Mrs. Emery Hill
Patricia Jones
Mr. & Mrs. M.T. Whitehead Sr.

James Vernon Hopper
Carol & Dana Deshler
James Ferrell
Joyce & Jerry Slover

Elizabeth Irene Johnson
Elizabeth Johnson Family

Rose Kaprol
Madonna & John Mizenko

Mudge Klubert
Mr. & Mrs. J.A. Rush

Helen Klein
Dodi & Lou Cangelosi
Robin & Chuck Cangelosi
Sue & Jerry Cangelosi
Sandra Klee

Joseph Kolosai
Steve Delaney

Harvey Charles Krebs
Georgia Hinde & William
Davis

Florence (Babe) Leuchtag
Shirley & Fred Gold

Paul Lipman
Sharon & David Sheinbart

Mary Masten
Christine & Dr. Paul Janicki
Ted Westerhold Family

Esther McCurdy
Mary Pierce

Ann Mellis
Mel Mellis

Dick Mengel's Mother
Ann Nickman Jacobson &
Philip Jacobson

Mary Jo O'Malley
Cleveland Women's Rugby
Club
Shelly Buher
Mary Lou & William Call
Brian Colson
Wendy Riegel & John
Faustini
Michael Heil
Brian Nay
Amanda & Daniel Potts

Lynn & Earl Schulte, III

Gregory Mitchell
Terri Kirk-Hull & Gordon
Kirk
Nina & Ralph Stein

Dermot Schnack
Jonathan McKnight

Ruth (Leona) Settle
Martha & Tom Macko

Sue Sicherman
Martin, Adam & Jason Baker

Harold Swigert
Arc Medical, Inc.
Janet & James Burns
Chesapeake Bay Power Boat
Association
Pauline & Walter Funk
Frances LaPorte
Kenneth Porcher
Isabelle Waelde
Betty & Harold Wahl

Jeanne Walker
Elizabeth & Bob Williams

Linda Weigle
Leslie Scherry

Simon Zalben
Suzanne Blazar

*For a listing of tributes and
memorials from 2006 please
visit www.MSohiobuckeye.org.*

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.

MS Ohio Online Group

Every Tuesday
11:00 am and every
Friday 7:00 pm
MSWorld private chat
room

www.msOhio.org

For information:

shareop@msworld.org

For Pal Program:

peachop@msworld.org

E-mail Group:

RDNS@msOhio.org

E-mail Loop Group:

rswob@adelphia.net

Ashtabula County

Ashtabula Group

3rd Tuesday 7:00 pm
KSU Ashtabula Campus
Blue-Gold Room
3325 W 13th St
Ashtabula 44004
Wendy 1-800-667-7131

Athens/Hocking Counties

Athens/Hocking Group

Call for information
The Plains Library
14 S. Plains Rd
The Plains 45780
Carol 740-753-3204 or
cjdawley@webtv.net

Carroll County

Carroll Group

3rd Thursday 7:00 pm
New Harrisburg
Presbyterian Church
3006 Waynesburg Rd NW
Carrollton 44615
Wendy 1-800-667-7131

Cuyahoga County

Brookpark Group

Call for information
Brookpark Library
6155 Engle Rd
Brookpark 44142
Diane 216-573-9856

Brunch Bunch

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

Eastside Newly DX/ Minimally Affected

3rd Wednesday 7:00 pm
Church of the Good
Shepherd
23599 Cedar Rd
Lyndhurst 44124
Charlene 440-349-3936
Lynn 216-464-6721

Fairview Park

3rd Tuesday 7:00 pm
Messiah Lutheran Church
21485 Lorain Rd
Fairview Park 44126
Sue 440-356-6622

Northwest Satellites

2nd Wednesday 7:30 pm
North Olmsted Senior Ctr
28114 Lorain Rd
N Olmsted 44070
Marge or Burt
440-777-4156

Parma Family Group

3rd Wednesday 7:00 pm
Parma Health Ed Ctr
7300 State Rd #27
Parma 44134
Marianne 440-888-3285
Diane 216-573-9856

Strongsville Group

1st Thursday 7:00 pm
Strongsville Recreation Ctr
18100 Royalton Rd
Strongsville 44136
Sarah 1-800-667-7131

Fairfield County

Fairfield Group

3rd Tuesday 7:00 pm
Fairfield Ctr for Disabilities
& Cerebral Palsy
681 East 6th Ave
Lancaster 43130
Ed 740-687-0668 or
payne@ohiolinks.com

Franklin County

Columbus Eastside Group
2nd Tuesday 12:00 pm

MCL Cafeteria
5240 East Main St
Whitehall 43213
Merlyn 614-236-5275
Rachel 614-860-1968 or
rbibb007@aol.com

*Columbus Family and
Friends Group*
1st Thursday 7:00 pm
Riverside Hospital
Health Center
500 Thomas Lane
Columbus 43214
Jeanne 614-734-0504

Columbus Northside Group
3rd Tuesday 7:00 pm
North Broadway United
Methodist Church
48 East North Broadway
Columbus 43214
Jennifer 614-267-3466

Columbus Westside Group
1st Thursday 6:00 pm
Glenwood United
Methodist Church
2833 Valleyview Dr
Columbus 43204
Jon 614-577-1453

Eastminster Group
2nd Thursday 6:00 pm
Eastminster
Presbyterian Church
3100 East Broad St
Bexley 43209
Lee Anne 614-478-3898

Worthington Group
2nd Tuesday 7:00 pm
Anthem Blue Cross and
Blue Shield

6740 N. High St.
Worthington 43085
Linda 614-846-7268 or
lcwyman@
columbus.rr.com
Kathy 614-846-2861

Knox County

Knox Group
Last Sunday 3:00 pm
The Inn at HillenVale
1615 Yauger Rd
Mt Vernon 43050
Sharon 740-392-3156 or
wilderland@ecr.net

Lake/Geauga County

Lake Day Group
Call for information
Borders Books
9565 Mentor Ave
Mentor 44060
Louise 440-255-4053
Kathy 440-254-4050

Lake/Geauga Group
2nd Tuesday 7:00 pm
Kirtland Public Library
9267 Chillicothe Rd
Kirtland 44094
Dana 216-347-3700

Licking County

Licking Group
1st Monday 7:00 pm
American Red Cross
196 South Fifth St
Newark 43055
David 740-522-0623
Verna 740-344-2470
vern@alink.com

Madison/Union Counties

U-MAD Group
Call for information
First Presbyterian Church
210 W. Fifth St
Marysville 43040
Bill 937-644-9780 or
wgallowa@
columbus.rr.com
Susie 937-644-9722 or
jmorehar@
columbus.rr.com

Mahoning/Trumbull Counties

Day Group
2nd Thursday 12:30 pm
Jewish Community Center
505 Gypsy Lane
Youngstown 44504
Dawn 330-782-1845

Medina County

Medina Evening Group
4th Wednesday 6:30 pm
Medina County Office for
Older Adults
246 Northland Dr
Medina 44256
Karen 330-723-7283
Bob 330-721-7540

Medina Day Group
Call for information
Karen 330-723-7283

Muskingum County

Zanesville/Cambridge Group
3rd Tuesday 6:30 pm
Muskingum County Senior
Center
200 Sunrise Center Dr
Zanesville 43701

Misty 740-452-8108

Portage County

Evening Group
 3rd Tuesday 7:00 pm
 Robinson Memorial
 Hospital
 6847 N Chestnut St
 Ravenna 44266
 Joyce 330-325-0458
 Barb 330-678-6184

Stark County

But You Look So Good
 2nd Thursday 7:00 pm
 Village Hall
 202 West Maple St
 Hartville 44632
 Jay 330-699-9507

Massillon Group
 2nd Monday 10:00 am
 Wales Comm Church
 3310 Wales Rd NW
 Massillon 44646
 Cindy 330-833-2240
 Carolyn 330-879-3190

*MS Warriors – Standing
 Tall Together Group*
 4th Tuesday 7:00 pm
 NeuroCare Center
 4105 Holiday St NW
 Canton 44718
 Pam 330-835-4649

Summit County

Akron Evening
 2nd Tuesday 7:00 pm
 Neurology Assoc
 130 W Exchange St
 Akron 44302
 Pam 330-376-1902
 ext. 137

Mighty Oaks Group
 1st Saturday 10:00 am
 Green YMCA & Oak Clinic
 3838 Massillon Rd
 Uniontown 44685
 Anna 330-923-2704
 Wendy 1-800-667-7131

Tuscarawas County

*We are currently looking for
 facilitators in this county.
 If you are interested call
 Wendy at 1-800-667-7131.*

**Washington/Monroe
 Counties**

*We are currently looking for
 facilitators in this county.
 If you are interested call
 Wendy at 1-800-667-7131.*

**Wayne/Holmes
 Counties**

Wooster Group
 2nd Monday 7:00 pm
 Wooster Comm Hospital
 1761 Beall Ave
 Wooster 44691
 Ed or Tina 330-345-6647
 Pixie 330-345-7374.

SOLIDARITY '07

Solidarity is Ohio's largest conference planned by and for people with disabilities.

May 30 – June 1, 2007
 Hyatt Regency Hotel,
 Columbus, OH

Keynote Speakers:

Juliette Rizzo
 U.S. Dept. of Education
 & 2005 Miss Wheelchair
 America

Deborah Kendrick
 Columnist for the
 Cincinnati Enquirer
 & Columbus Dispatch

Entertainer:

Michael Beers
 Comedian

Special Features:

- Exhibits • Workshops
- Computer Lab
- Health Fair • Art Fair
- Legislative Visits

For more information and registration materials visit www.dnos.org or call 1-800-863-0344 or 614-888-2568, ext 203.



CREATING A MOVEMENT

Laura Wieden, the daughter of Dan Wieden, has been living with MS since she was 24. Dan's award-winning ad agency, Wieden+Kennedy, is famous for creating brands for organizations like Nike and ESPN. When the Society approached Wieden+Kennedy about working together on a new brand for the organization, Dan Wieden saw it as an opportunity to do something important and long-lasting for his daughter. He asked Buz Sawyer, managing director of the New York office, if he was willing to work pro bono on the project and he agreed. Sawyer's sister lives with MS and their mother died from the disease.

A team of strategic planners and creative staff developed the new brand, resulting in more than \$1 million worth

of time and talent for video, print ads, billboards and TV spots to debut in March. The new brand is authentic – every person featured lives with MS.

Thanks to everyone at Wieden+Kennedy, you'll notice a shift in how the Society looks and talks about itself and the disease. The brand is built around the core concept of movement. Since moving is so much of who we all are, we believe that everyone will be able to identify with this universal message and call to action.

The transformation is part of a long-term process. For a while you'll be seeing both of our looks – old and new – together.

To learn how you can Join the Movement visit www.MSohiobuckeye.org or call 1-800-667-7131.



NATIONAL
MULTIPLE SCLEROSIS
SOCIETY

Ohio Buckeye Chapter

National Multiple Sclerosis Society
Ohio Buckeye Chapter
6155 Rockside Rd., Suite 202
Independence, Ohio 44131-2217

Address Service Requested

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Cleveland, OH
Permit No. 3860