



## Quality of Life: Making the Most of Every Day

Bob and Sharon Sturm talk about their experience using the Mid America Chapter's Quality of Life fund.

**M**ultiple sclerosis can often take away the simplest pleasures in life, from reading a book to taking a walk – things many people may take for granted.

Losing her sight and mobility are just a couple of the problems Sharon Sturm faces each day in her battle with MS. Fortunately, she has a loving husband who is with her every minute to make sure she is comfortable and happy.

Bob Sturm takes care of his wife without thinking twice. The decision to help, he said, wasn't hard.

"Yes, it is hard being a caregiver; you either show the love or run from it," Bob said. "I love Sharon and she appreciates me."

As many know, having love and partnership aren't always enough to get through during the hardest times. This is where the National Multiple Sclerosis Society steps in to help with the Quality of Life program.

This initiative helps people with MS who need financial support to keep their quality of life – and spirits – high. Through this program, Sharon was able to afford a new Quickie wheelchair.

"The new chair has made it easier on Sharon and her caregivers. It has a wider seat, neck and torso support," Bob said.

### Ask Us!

To find out more about the Quality of Life fund, call 1-800-344-4867 or email [info@nmsskc.org](mailto:info@nmsskc.org).

CONTINUED ON PAGE 2

INSIDE THIS ISSUE:



Advocacy in Action  
Page 5



Walk for MS  
Page 9



New KU Grant  
Page 9



Chapter Awards  
Page 14

**1-800-344-4867**

Publication of the  
National Multiple Sclerosis Society  
Mid America Chapter  
5442 Martway  
Mission, KS 66205

President  
Kay Julian

Board Chair  
Owen Buckley

Newsletter Editor  
Nicole Long

**If You or Someone You Know Has MS**

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 or contact the National MS Society at [www.nationalmssociety.org](http://www.nationalmssociety.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.

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

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

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

© 2007 National Multiple Sclerosis Society,  
Mid America Chapter

Having a properly fitted chair has helped Sharon's day-to-day life. She could have lived without it, but her happiness is important, too. The chair rotates, Bob said, which helps reduce swelling in Sharon's feet and allows her to nap in the chair.

"Sharon loves the chair – no more breakdowns on the buttocks. It's a night and day difference!" he said.

Having the chair, Bob said, has allowed Sharon to stay home where she wants to be. They tried a nursing home a few years ago, but the care was unsatisfactory.

"We don't want to experience the nursing home again," Bob said.

Sharon was diagnosed with MS about 30 years ago, 18 years after she and Bob were married. Fortunately, Bob said, Sharon was in remission for many years. Her first symptoms were loss of vision in both eyes.

"MS has made the whole family stronger and loving. Sharon appreciates everything the family and caregivers do for her. The disease has pretty much taken all of our social lives away," Bob said.

"I learned of the Quality of Life program when Erica Jordan, programs manager for care management, was a guest at one of our support meetings," Bob said. He thought another way the MS Society might help his family.

Everyone who has advanced MS should have a properly fitted chair, Bob said.

Through the MS Society, you or someone you love could receive the same assistance. Please contact Erica Jordan and the Quality of Life program at [ejordan@nmsskc.org](mailto:ejordan@nmsskc.org) or call 1-800-344-4847 and press 2.

- article by Danielle English

# My Decisions workbook

**T**eaming up with your **Healthcare Providers** is available on our Web site at [nationalmssociety.org/mylifeworkbook](http://nationalmssociety.org/mylifeworkbook) or by calling us for a copy. This is the first segment of four **My Life, My MS, My Decisions** workbooks—for newly diagnosed people and everyone else. The need to make decisions can occur at any time in life with MS.

## Based on experience

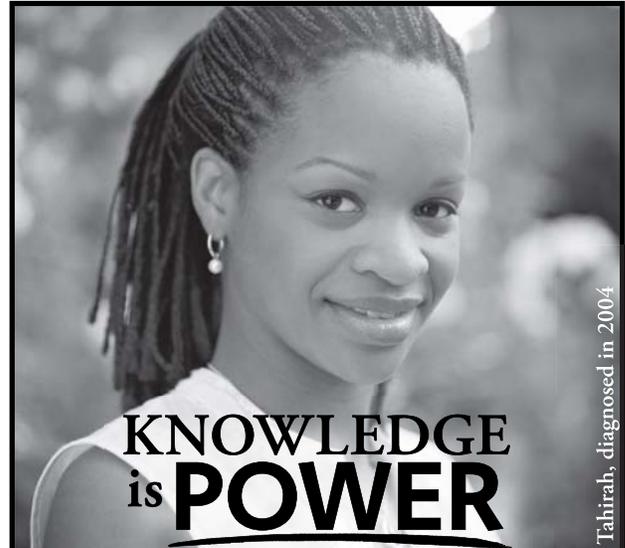
This workbook, focused on how to work with physicians and therapists, was written by Karen DeJoe, DO, a doctor who has had MS for over 10 years. She blends her experiences as a professional and a person with MS in discussing practical techniques for getting the best out of these important relationships.

The workbook presents case histories of real people with real problems giving users an opportunity to work out solutions to their issues. It also has sample letters, record-keeping forms, and an impressive list of resources for trustworthy information on MS.

Future segments in the **My Life, My MS, My Decisions** series will focus on treatments, clinical trials, and wellness.

*Dr. DeJoe is a physician consultant for the National MS Society and the Central New England Chapter and is writing a book about the lessons she has learned through having MS.*

*Biogen Idec, Novartis Pharmaceuticals, EMD Serono and Pfizer, and Genentech provided unrestricted educational grants to support this program.*



Tahirah, diagnosed in 2004

**KNOWLEDGE  
is POWER**

**Knowledge Is Power** is a six-week, free, at-home educational program for people who are newly diagnosed. Mail or e-mail formats. To register, call **1-800-344-4867**, or visit [nationalmssociety.org/knowledge](http://nationalmssociety.org/knowledge).

**This is why we're here.**



## Time to tell your boss you have MS?



Stop; breathe! Before your meeting ... get technical advice. There is much at stake. You need facts about the ADA (Americans with Disabilities Act) and advice about the kinds of accommodations that have worked well for other people with similar problems.

We also think you'll need some psyching up—just as you do for telling people in your personal life. The National MS Society wants to be your ally in this process. Call us.

Excerpt from **Disclosure: the Basic Facts**, a National MS Society brochure available on our Web site at [nationalmssociety.org/Disclosure](http://nationalmssociety.org/Disclosure), or call us.

## Ask medical questions on Curbside.MD

There's a new medical search engine—Curbside.MD—that lets you enter medical information, details about a condition, and full questions—even paragraphs. The more the better! You don't have to limit a search to one or two words or phrases.

The site searches the best medical databases for articles. What you get is a "Results Summary Page" organized into user-friendly categories. **Quick Consult** lists articles that give a broad overview of the topic (good if you want to learn more). **Best Evidence** provides in-depth articles for experts. **Best Hits** presents the most relevant results resources. Try [www.curbside.md](http://www.curbside.md). It's free.

## Virtual gathering for "Real Talk. Real Answers."

- Trying to have a normal social life without MS getting in the way?
- Wondering what to do when you're tired and your friends don't get it?
- Thinking about telling people at work that you have MS?



*living with ms in your 20s and 30s*

### Join us—for real!

If you're young and living with MS, take part in some candid conversation at the upcoming sessions of **Real Talk. Real Answers. Living with MS in Your 20s and 30s**. The series will be broadcast live on the Society's Web site.

### Relationships: family, friends, and significant others

Tuesday, September 25 at 6:00 p.m. CT; Live in Atlanta, Georgia

### Building a career path with MS

Saturday, November 3 at 12:00 a.m. CT; Live in Los Angeles, California

Each event will have a moderator, an expert presenter, and a group of young adults with MS for an interactive panel discussion. Viewers who register for the webcast can send in questions and get answers in real time.

### Attend—no matter where you live!

Visit [RealTalkRealAnswers.com](http://RealTalkRealAnswers.com) to learn how to join the discussion wherever you are. Registration is free. Can't make the event? The webcast will be posted on [realtalkrealanswers.com](http://realtalkrealanswers.com).

This program is sponsored by the National MS Society and MS LifeLines, a free resource sponsored by EMD Serono and Pfizer.

## OnStar needs you

The National MS Society and General Motors are looking for lost people with MS! Or rather, people who would have been lost but used the OnStar safety and security service to help them out while on the road. The story may be used by the Society and/or General Motors to highlight how innovative products like OnStar touch the lives of people with MS. To share an experience, please e-mail Virley Gottfried at [virley.gottfried@nmss.org](mailto:virley.gottfried@nmss.org).

General Motors has a longstanding relationship to the Society, including the GM National team (participating in multiple events), which last year raised \$144,420 for Society services and research.

## MS activists ready to move

**M**ore than 90% of people responding to a survey by the Society's Public Policy Office last May said they would like to be more involved in MS advocacy activities. The survey was sent to 14,000 people who have signed up for the MS Action Network. About 2,100 people—one in seven—responded.

The survey asked respondents about issues they found most important, tools they could use to be more effective activists, and their level of participation in MS activism.

### Ready to move

Many said they would attend a town hall meeting, a rally, or write a letter to the editor.

Nearly a quarter said they were willing to post information about MS issues on their blog, in chat rooms, or on a Web page. Many MS activists already do.

These are all easy ways to join the movement. Anyone can be an MS activist without leaving town, or even without leaving home.

### About the MS Action Network

The MS Action Network is a nationwide group of thousands of MS activists who stay informed on MS issues and take action when necessary. To find out about getting involved, visit [nationalMSsociety.org/advocacy](http://nationalMSsociety.org/advocacy).

## The ultimate in advocacy: Vote!

General elections will be held November 6, 2008. Get ready **now**:



1. Visit the U.S. Election Assistance Commission's Web site ([www.eac.gov](http://www.eac.gov)) to access the national voter registration form and information about voting regulations in every state.
2. Contact your local board of elections to find out if your polling place is accessible and what devices are available for people with low vision, poor manual dexterity, or anything else that could interfere with voting.
3. If your polling place lacks accommodation, request changes or ask for reassignment to a place that meets ADA guidelines. These guidelines are online at [www.ada.gov/votingchecklist.htm](http://www.ada.gov/votingchecklist.htm).
4. Some voters with disabilities opt for an absentee ballot. Some states have deadlines for these applications. Go to [www.vote411.org](http://www.vote411.org) and click on **Absentee Voting** for information.

No Internet? Call **1-800-344-4867** and ask for an MS Navigator.

## Get your word out

Every day, MS activists all over the country are at work educating policymakers about public policy of great importance to people with MS. Now you can read about what these activists are doing, and add comments and links of your own, at [MSActivist.blogspot.com](http://MSActivist.blogspot.com).

The blog is updated frequently. Visit often and let your voice be heard.

## Society funds major clinical trial of sex hormone

**N**eurologist Dr. Rhonda Voskuhl (UCLA) is leading a team of researchers at seven medical centers to conduct a two-year, controlled clinical trial of estriol, a female sex hormone, added to standard therapy with Copaxone (glatiramer acetate, Teva Pharmaceutical Industries Ltd.) in 130 women with relapsing-remitting MS. The trial is currently recruiting participants.

This study is being funded by the Society in partnership with the Society's Southern California Chapter and the National Institute of Neurological Disorders and Stroke.

### The role of hormones in MS

MS affects women two to three times as often as men. This and other gender differences spurred the Society to launch a research initiative into gender in 1998. Fifty projects supported through this \$10 million initiative followed.

Among the findings was the possibility that estriol may help protect against the immune attacks that underlie MS. Estriol levels rise significantly during pregnancy, when disease activity declines in most women with MS.

"We are very enthusiastic about this new agent," Dr. Voskuhl said. "Estriol has decades of human safety experience throughout Europe, and it will be given as a pill, not a shot."

For more information about this trial, visit [nationalmssociety.org/EstriolTrial](http://nationalmssociety.org/EstriolTrial). To read about the Society's gender initiative, visit [nationalmssociety.org/Gender](http://nationalmssociety.org/Gender). If you don't have access to the Internet, call us to have the information sent to you.



## Major trial for secondary-progressive MS treatment launched

**B**ioMS, which makes MBP8298, launched a phase III clinical trial this June to test the drug in more than 500 people with secondary-progressive MS. Positive results from a phase II trial and long-term follow-up were recently published in the **European Journal of Neurology**.

MBP8298 is a synthetic myelin basic protein fragment, or peptide. Researchers believe it may make the immune system of people with MS tolerant of myelin.

For more information about the trial, including information on participating, visit [clinicaltrials.gov/ct/show/NCT00468611](http://clinicaltrials.gov/ct/show/NCT00468611).

## True or False?

**The National MS Society only provides grants to support research of already successful therapies.**

**FALSE.** Research is about discovering things we don't know—as much as it is about verifying what we think we know. The Society is funding clinical trials of experimental treatments for MS, such as sex hormones (see page 6), and more, including 30 special “high-risk/high-reward” pilot grants to explore new and untested ideas. For more information on Society-funded research, visit [nationalmssociety.org/FundedResearch](http://nationalmssociety.org/FundedResearch).

**The Society is currently working across borders with researchers in Canada and other countries.**

**TRUE.** The movement to end MS is global, and the Society has long been involved on an international level funding research projects all over the world including, most recently, Australia, Cyprus, France, Germany, Israel, Italy, and the UK. To learn more about research the Society is funding worldwide, visit [nationalmssociety.org/InternationalResearch](http://nationalmssociety.org/InternationalResearch).

**The National MS Society's Web site only reports research conducted in the USA.**

**FALSE.** As part of its global outlook and commitment to the bigger picture, the Society posts MS-related study results from all over the world at [nationalmssociety.org/Bulletins](http://nationalmssociety.org/Bulletins).

**The National MS Society's Web site doesn't report information about research into alternative and complementary medicine.**

**FALSE.** Whether yoga classes, ginseng supplements, or acupuncture, recent studies

show that about 75 percent of people with MS use some form of alternative or complementary medicine. For that reason, the Society reports on the latest results of studies on stress management, herbal and nutritional supplements, reflexology, and other complementary and alternative medicines.

**The Society does not support research into progressive MS.**

**FALSE.** Since its inception, the Society has been actively involved in supporting studies related to progressive MS. The more than 380 research projects currently funded by the Society explore virtually every aspect of MS, as well as more basic research into nervous system development and repair and the workings of the immune system. To read about projects specifically focused on progressive forms of MS, go to [nationalmssociety.org/ProgressiveMS](http://nationalmssociety.org/ProgressiveMS), then scroll down and click on **Current Funded Research and News**. Or call us to have the information sent to you.

### CLINICAL TRIALS

101



For information about clinical trials currently testing MS treatments, go to [nationalmssociety.org/ClinicalTrials](http://nationalmssociety.org/ClinicalTrials). This page includes a link to trials currently seeking participants as well as an explanation of trial phases, and news of results.

Call 1-800-344-4867 if you have no Internet access.

## Adapted from “ADAPTING: Financial Planning for a Life with Multiple Sclerosis”

Here are some ideas to help get spending under control:

- Apply for all available programs for which you may be eligible, including VA benefits, Medicare, Medicaid, food stamps, state programs for low-income individuals, and pharmaceutical assistance programs offering lower-cost medications. (An MS Navigator can help. Call us.)
- Find a doctor you like and stay with him or her. Frequently changing doctors wastes time and money. (We can send names and our brochure, **Choosing the Right Health-Care Provider.**)
- Ask your doctor to write prescriptions for items you may need, such as a brace or a special bed. A prescription shows medical necessity, which makes it more likely that your insurance will reimburse you.
- Put away the credit cards—and only bring them out to pay for emergencies.
- Call your local housing authority or talk to your hospital social worker if you are having trouble paying your rent. Ask about “Section 8” programs, in which you pay part of the rent based on income, and the government pays the rest.
- If you do not make very much money, you may be able to use the Earned Income Tax Credit. This will reduce your taxes and may even result in a refund. You can claim this credit on IRS Form 1040. (Call the IRS for more information. The number is in the blue, or government, pages of the phone book.)
- If you have many medical expenses, you may be able to deduct them from your

income for tax purposes. Keep all of your medical bills, and all receipts for other expenses related to MS. These include mileage if you drive to doctor appointments and the cost of modifying your home. Show these receipts to your tax preparer.

For the entire 72-page book—*Adapting: Financial Planning for a Life with Multiple Sclerosis* visit [www.nationalmssociety.org/financeguide](http://www.nationalmssociety.org/financeguide) or call us for a free copy.

### Relationship Matters A Program for Couples Living With MS

Minimize the impact of MS on your life  
Free classes for couples:

- Communication and conflict resolution skills
  - Financial planning
  - Career choices
- Intimacy
- Having fun together
- Parenting

Each couple makes a personalized education plan with an MS Navigator. Options include:

Facilitated on-line chats  
Topic-based teleconferences  
Audio files for computer or iPod

Contact us:

1 800 FIGHT MS (1-800-344-4867)  
or at [couplesprogram@nmss.org](mailto:couplesprogram@nmss.org)

Relationship Matters when MS moves in.



Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FE009001.

# Get Walkin'

by Dana Bard

**A**utumn: The kids are back in school and the crisp weather has set off your inner alarm clock: time to get out and get walkin'!

**It's all about commitment**—First things first: Decide how many times a week you'll walk and for how long. Start small and stick with it. Fifteen minutes, twice a week for the first month; half an hour, three or four days a week after that. Write up a short contract, sign it, and hang it somewhere prominent.

**Get the right shoes**—The right shoe fits! It should provide arch support, cushioning, and compensate for any stride problems you may have. If you're buying walking shoes for the first time, test them out in the store. Make sure they're flexible (can you bend and twist the shoe?), with a relatively flat, unflared heel. Walkers strike with their heels first.

If MS has made your gait less steady, consider shoes with leather rather than rubber soles, which may cause you to trip. If you have difficulty finding shoes with leather soles, your shoe repair shop may be able to add one on to an existing shoe, or sand down part of the sole.

**It's not the destination**—but a destination helps. Today I'll walk to the video store to return the Harry Potter DVD. Later in the week I'll walk to the convenience store for milk rather than driving to the supermarket. Mix it up!

**Techniques to remember**—Start and finish with a few minutes of gentle stretching. As you walk, keep your chin up and your shoulders back. Swinging your arms will increase the intensity of your walking.

**Play it safe**—Avoid paths with uneven pavements/sidewalks. If you need balance

(continued on page 10)



## Face of MS is a winner

The Society's **Face of MS** Web site has won a **2006 INSIGHT Award of Excellence** from the National Association of Film and Digital Media Artists. The annual award is given to individuals, businesses, and organizations that have increased public awareness—through film and digital media—about issues that affect our world.

Visit **FaceofMS.org** where people share their MS experience and others learn about what it means to live with MS. If you haven't sent your story, do so! You can submit text, photos, and video. Easy how-to instructions are on the site. Or "post your thoughts" (on the top menu bar). Check in regularly and tell others about it. New stories are posted daily.

## ("Get Walkin' continued)

support, talk to your physical therapist—and walk easy with a cane or walking stick.

**Never forget**—Water, personal identification, a cell phone, keys to the house.

**Always wear**—Sunscreen! Consider a hat with a brim.

**Sorting it all out**—For me, walking alone is the perfect time for meditation, contemplation, or to work out problems I don't have time otherwise to think about.

**Walk with a friend**—Occasionally I'll walk with Joyce, who lives across the street. She has a spring in her step, a smile on her face, and a positive attitude—valuable traits in a walking partner. Walk buddies keep each other motivated.

**Discover a trail**—Visit [TrailLink.com](http://TrailLink.com) and search their online database to find a trail near you.

**Join a walking club**—Visit the American Volkssport Association's Web site, [www.ava.org](http://www.ava.org), to find walking events, clubs, workshops, and special programs. Or call **800-830-WALK**.

**Mall walks rule**—When there's rain or sleet, or blistering heat, I drive to the Ridgemont Mall for a temperature controlled environment. No stops at the food court.

Keep walkin' and you'll be ready for next year's 2008 MS Walk. Call us for details or visit [nationalmssociety.org/Walk](http://nationalmssociety.org/Walk) to register, learn about setting up your own Walk team, or sponsor someone with a pledge.

## JOIN THE MS MOVEMENT WITHOUT LEAVING YOUR DESK.

The National MS Society has been at the core of virtually every major breakthrough in treating and understanding the disease during the last 60 years....while supporting those affected by multiple sclerosis.

Show your commitment to a world free of MS through workplace giving. Donations can be automatically deducted from each paycheck and sent directly to the National MS Society. Just designate the National MS Society in the Combined Federal Campaign or ask about supporting the National MS Society through your company's employee giving program.

Designate CFC #11409 and join the movement.

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

**CFC #11409**

**MS**™

National  
 Multiple Sclerosis  
 Society

# New Grant Awarded to University of Kansas Researcher

## Study to examine anti-oxidants and multiple sclerosis

The National Multiple Sclerosis Society has awarded a pilot research grant of \$44,000 to a local scientist as part of its current \$45 million international endeavor to spur momentum in cutting-edge MS research. This financial commitment is the latest investment in the Society's relentless research effort to prevent, treat and cure multiple sclerosis.

Peer reviewers awarded a grant to Sharon Lynch, MD of the University of Kansas Medical Center for a study entitled "Glutathione as a measure of oxidative stress in magnetic resonance spectroscopy (MRS) in brains of MS patients." The study is investigating the ability of MRS to detect brain levels of a natural anti-oxidant in people with secondary-progressive MS.

Oxidative stress refers to an imbalance in the work our bodies do to clear away by-products of breathing and other processes that keep cells working. In certain disease states, by-products such as "free radicals" may build up and cause tissue injury. Oxidative stress has been implicated in animal models of MS and in MS itself, but it is difficult to measure in living people.

Dr. Lynch is testing the ability of non-invasive scanning by magnetic resonance spectroscopy (MRS) to measure a chemical

that may indicate oxidative stress.

The chemical, called glutathione, is an anti-oxidant that can help clear away by-products. Using MRS, Dr. Lynch's co-investigator, Dr. Choi, has found a reduction of glutathione in the brains of individuals with Alzheimer's disease compared to healthy individuals, suggesting oxidative stress is occurring.

The team is now using MRS to measure oxidative stress in people with secondary-progressive MS. If this technique works, it may provide a non-invasive tool to study underlying disease mechanisms beyond the inflammation and

other immune activity normally measured in multiple sclerosis.

"Dr. Lynch's work shows the continued commitment of the National MS Society and scientists around the world to end MS," said Kay Julian, President of the Mid America Chapter. "This is an exciting time of research and progress toward a cause and cure for this disease."

Since its founding, the National MS Society has invested over \$550 million to advance MS research, which has already led to the development of six FDA-approved therapies that affect the underlying disease process and other therapies that help in symptom management.



**Sharon Lynch, MD**



# MS and Stress

## Your response can make it good, bad or ugly

**S**tress is a daily fact of life, especially as the holidays draw near. Stress hormones jump start your brain and body into action. They make your heart race when you're falling in love, help you escape a burning building—or prep a meal for the extended family.

Stress can be triggered by external and internal sources. External stressors can include your crying baby, loss of a job, a job promotion, problems with an intimate relationship, and having a chronic disease. Internal stressors have to do with your attitude and your positive or negative view of the external stressor.



### Good stress goes bad

Stress is like a light that turns on when you need it. But when you can't turn it off, you run the risk of burnout which can impact your health.

Chronic stress weakens the immune system and increases the risk for a number of illnesses including heart disease, diabetes, and depression. Most research studies about the effects of stress on MS have been inconclusive, but one study by Dr. David Mohr at the University of California, San Francisco, found significant increases in MS relapses following stressful life events.

### You CAN take control of runaway stress

It's important to keep stress in check for your overall health. Here are some ways to "give your body a rest" from holiday stress.

**Get physical.** Exercise reduces the effects of stress hormones on the body.

Consult your healthcare professional about starting an exercise program. Check out local classes on page 13.

**Learn and practice stress management techniques** such as visualization, meditation, or relaxation and breathing exercises. Classes and other audio/visual resources are available to lead you through these activities.

**Change focus.** Get off the stress cycle by doing something that gives you pleasure. Read, write in a journal, listen to soothing music, or pursue your hobby.

**Reach out.** Call a friend to share what's troubling you. Build a support network.

**Get some rest.** Develop regular sleep habits. And take a break during the day if fatigue gets in the way.

**Learn a one-minute stress reducer** to use anywhere or anytime. Find a special word to repeat ("one", "home", or "love" are good ones); take slow, deep belly breaths, or call up a happy picture in your head.

**Get a whiff.** Many people find that aromatherapy helps promote relaxation. Among the essential oils that seem to promote relaxation are lavender, geranium, mandarin, neroli, and ylang ylang. Put a drop on a tissue and breathe. A little goes a long way.

**Laugh.** Keep a few comedy tapes or DVDs on hand.

**Develop gratitude.** Take time to appreciate something good in your life each day.

**You CAN!**



You CAN! is brought to you with the help of The Heuga Center. Visit online at [www.heuga.org](http://www.heuga.org).

# Swim Your Stress Away

Attend an aquatics or yoga program in your area. To find out more, call 1-800-344-4867 and press 1.



## Swim Fit Aquatics

*YWCA of Topeka*  
 225 SW 12th St.; Topeka, KS  
**Mondays & Wednesdays, 11 a.m.-1 p.m.**  
**Fridays, 8:45-9:30 a.m. & 10:15 a.m.-1 p.m.**

## Yoga for MS

*YWCA of Topeka*  
 225 SW 12th; Topeka, KS  
**Mondays & Wednesdays, 5:30-6:30 p.m.**  
**Tuesdays, 12:15-12:50 p.m.**  
**Saturdays, 11 a.m.-noon**

## MS Aquatics Classes

*St. John's Sports Center*  
 2135 South Fremont Ave.; Springfield, MO  
**Tuesdays and Thursdays**  
**8:30-9:30 a.m. and 5:30-6:30 p.m.**

## Yoga in Chairs

*Roger T. Sermon Community Center*  
 201 N. Dodgion; Independence, MO  
**Tuesdays, 10:30-11:30 a.m.**

*North Lindenwood Support Center*  
 315 North Lindenwood Drive; Olathe, KS  
**Wednesdays, 6-7 p.m.**

*Lee's Summit United Methodist Church*  
 114 SE Douglas Street; Lee's Summit, MO  
**Thursdays, 2-3 p.m.**

## YMCA MS Wellness Program

*Red Bridge YMCA*  
 11300 Holmes Rd.; Kansas City, MO  
**Wednesdays, 1-2 p.m. Land class**  
**Fridays, 1-2 p.m. Aquatics class**

# Resources for Kids & Teens

**K**eeP S'myelin is a colorful newsletter filled with stories, interviews, games, and activities that highlight a variety of topics about multiple sclerosis. Issues are available in an interactive online version (Flash), or original print version (PDF). To be mailed free copies of printed issues, call 1-800-344-4867.

**T**alkin' Teens, a chat room on MSWorld for teens with MS, is open to teens ages 13-18. The chat room will be open every Thursday at 6 p.m CT. Teens must register with MSWorld in order to participate in the chat room; participants will need to be pre-approved by the moderator. Go to [msworld.org](http://msworld.org) to sign up, then send your username to [joycecoc@msworld.org](mailto:joycecoc@msworld.org).



**Beverly, diagnosed 2001**

*National MS Society Scholarship*

Looking for some assistance as you or your child heads off to college? The National MS Society has an **annual scholarship program** for first time students. Beginning October 1, you download an application on our website [www.nationalmssociety.org](http://www.nationalmssociety.org) (search for Scholarship) or call 1-800-344-4867. Good luck!

*Accessible Apartments*

The Melissa Anne Hanger Apartments, located in Topeka, KS, are fully-accessible, **independent living opportunities** for individuals with a wide range of disabilities, including multiple sclerosis. If you or someone you love is interested, please call 1-800-344-4867. You may press or say '2' and ask for Erica.

*Care Management*

This free service is provided by the National MS Society for individuals diagnosed with MS, their caregivers, and families. The service can assist in a time of need and provide skills and resources required to pursue and accomplish goals.

Help is available on a time-limited basis for transportation, housing, insurance issues, respite care, durable medical equipment and more.

If you or someone you know is in need of care management, please call the Chapter today at 1-800-344-4867.

## Mid America Chapter Awards

Nominate someone who stands out in a crowd.

Do you know an extraordinary person living with multiple sclerosis? Here's your chance to nominate



them for our annual **MS Achievement Award**. The Award honors what people with MS can and do accomplish in their personal and professional lives despite the obstacles they face because of their disease.

It's also time for us to recognize those individuals who make living with MS just a little easier. Do you know an **Outstanding Parent of the Year** or **Carepartner of the Year**? What about a **Volunteer of the Year** or **Self-Help Group Leader of the Year**? Nominate them for our awards to honor their contributions to your life.

If you have a nominee, it's easy for them to be recognized! Just tell us their name, contact information and a brief description of why they deserve the award. You just need a few sentences, and your friend or loved one could win! Don't forget to include your contact information, too.

Mail your submissions to 5442 Martway in Mission, KS 66205. Or send us a quick email at [info@nmsskc.org](mailto:info@nmsskc.org). The deadline is October 22, and winners will be announced at our November 9 Annual Meeting. Thanks in advance for your submissions!

## Holiday Parties

### Kansas City Branch

December 5; 5:30-7:30 p.m.

Shawnee Town Hall

11600 Johnson Dr.; Shawnee, KS

You and your loved ones are invited to our Winter Wonderland. We'll have dinner, live music and lots of holiday fun. Be sure to check your mailbox for an invitation closer to the event. Registration begins November 14. Call 1-800-344-4867 and press 1 to sign up.

### Ozark Branch

December 10; 6:00-8:00 p.m.

Oasis Convention Center

2550 N. Glenstone Ave; Springfield, MO

The biggest party in Springfield is back for another year! Mark your calendars now so you can join us for a wonderful holiday evening. Call 1-800-344-4867 and press 1 to RSVP.

### Eastern Kansas Branch

December 16; 4:00-6:00 p.m.

World Cup Cafe

1501 SW 21st; Topeka, KS

Enjoy dinner and our annual ornament exchange with all of our friends from Eastern Kansas. We want to share the holidays with you! To RSVP, call 1-800-344-4867 and press 1.

## Fall Fun at the Farmstead

October 17; 1:00-4:00 p.m.

Deanna Rose Farmstead

138th & Switzer; Overland Park, KS

Bring your family and enjoy Fall fun together. Hot cider and cookies will be provided at the Southeast picnic shelter located across from the Farmstead, before we spend a free afternoon inside.

Take a look around Helen's Country Schoolhouse, enjoy the Kanza Indian Encampment and feast your eyes on the garden area which will be beautiful with Fall plantings. Or cast your line at the fishing pond for a minimal fee. There will also be an opportunity to pet the goats, and watch the day-to-day antics of the resident cows, sheep, ponies, donkeys, chickens, turkeys, geese, and ducks.

Please mark your calendars for this event, as we will not be sending out a separate invitation. To RSVP, please call 1-800-344-4867 and press 1.

## Send us your e-mail addresses

In an effort to maximize every dollar raised by our hardworking event participants, we are taking a close look at our budgets for 2008. A large amount of funds is spent on printing and mailing various pieces to promote upcoming programs. We would love to reallocate some of that money to financial assistance and other programs that directly benefit individuals living with MS. But we need your help!

### Please give us your e-mail addresses

and allow us to send you information on upcoming programs. We'll never sell your address to an outside party or send things unrelated to the National MS Society.

**Simply send your name, address and email address to [info@nmsskc.org](mailto:info@nmsskc.org) and get signed up today!**

## 2008 CALENDAR OF EVENTS

April 2008 MS Walks throughout the Chapter

May 30, 31 & June 1 MS Challenge Walk

September 6 & 7 Kansas City MS Bike Ride

September 13 & 14 Ozark MS Bike Ride

September 20 & 21 Topeka MS Bike Ride

To find out more about these events, please visit [msmidamerica.org](http://msmidamerica.org) or call 1-800-344-4867.

# New look for a new world free of MS

The National MS Society is committed to building a movement by and for people with MS that will move us closer to a world free of this disease.

To ignite this movement, we have developed a new language and look to help people better understand what it means to live with MS. We have dedicated ourselves to being Bold, Relevant, Inclusive, Transparent and Engaging. Our new look will be reflected in all aspects of the Society - from newsletters to the website from special events to programs.



Carole, diagnosed 2005

We believe that moving is not just something you can or can't do, rather who you are. That if you are alive, you are connected to the potential, the hope, the momentum of it all. Multiple sclerosis stops people from moving. We exist to make sure it doesn't. You can join the movement, in whatever way you choose, and help us move toward a world free of MS. Visit [www.jointhemovement.org](http://www.jointhemovement.org).



**National  
Multiple Sclerosis  
Society**  
Mid America Chapter

5442 Martway  
Mission, KS 66205

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE  
PAID