



## The Art of Asking for Help

by Allison Shadday, LCSW

**W**hen I first learned I had MS, I was a medical social worker. It was my job to care for people who were ill. I knew how to give others my help, but not how to receive it. Requiring assistance, at any level, can radically alter our sense of independence. It makes us feel so vulnerable! **These tips may make reaching out a little easier:**

- ▶ Explore how you feel about needing and asking for help.
- ▶ Ask yourself how it feels to help others.
- ▶ Recognize that when you ask for assistance, you're giving someone a chance to feel useful.
- ▶ Plan on what to ask for when someone says, "Is there anything I can do?" Requests could be as simple as asking someone to go with you to a doctor's appointment.
- ▶ Identify at least three people you can call. It's important not to rely on one person for all needs.
- ▶ When folks come through for you, show your appreciation.
- ▶ Find ways to reciprocate. Let people know that you're there for them as well.

### Some benefits of asking for help

- ▶ Others gain a better understanding of what you're experiencing.
- ▶ It can help you to feel less alone.
- ▶ You will have more time for the things that can only be done by you.
- ▶ You may have energy for things you would really like to do.





**(919) 834-0678**

Publication of the  
National Multiple Sclerosis Society,  
Eastern North Carolina Chapter

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**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.

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

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Eastern North Carolina Chapter

## President's Column



This past spring our Eastern North Carolina Chapter had another spectacular walk season. Thousands of people worked toward a world free of MS by raising over three quarters of a million dollars! A record 388 people became Gold Club members, each raising \$500 or more.

Another record was the number of people with MS who participated in our walk campaign. In 2007, 158 people with MS participated in the walk. This year, 248 joined the movement in this important way and raised over \$165,000! That is a 57% increase in participation.

This is significant. People with MS raise more money than the average walk fundraiser (\$670 vs. \$130) and they also bring along more friends and family members.

The chapter needs to continue its revenue growth trend if it wants to successfully fulfill its aspirations which include dramatic increases in research funding and working to improve access to expert health care. Our walk fundraising campaign has tremendous opportunity for growth, and it all comes down to getting more people to participate.

It is not too early to begin planning your personal fundraising campaign for Walk MS 2009. Please call the chapter for information and support.



# Get budget-smart: develop a monthly spending plan

by Gary Sullivan

“MS is not a one-size-fits-all disease,” Helen Kim Bass, CSA, told **MS Connection**. Bass is a MetDESK Specialist at New England Financial who volunteers as a legal and financial advisor for the Society’s Southern California Chapter. “But it makes sense for **all** of us to economize.”

## Taking the first step

Bass recommends a bare-minimum savings cushion to cover six months to a year’s worth of bills. “Above that, you should plan to save 10% to 20% of your income every month.”

How to do this? Create a budget. Accurately detail your monthly income and your monthly expenses.

Break down your expenses into two categories: **fixed expenses** and **other**. Fixed includes rent or mortgage payments, groceries, prescriptions, transportation, utilities, insurance, and outstanding credit card or loan debts. If you pay any of these in annual or semi-annual payments, break them down into what they cost per month.

“Everything you spend beyond your total fixed expenses—other than unplanned emergencies—can be saved,” Bass said.

## Learning to save—more

- ▶ Dine out less. Take a sack lunch to work.
- ▶ Can you get a more economical cell phone plan? Cheaper Internet service? Do you really need cable TV?
- ▶ Shop for low-cost entertainment (community centers, local colleges, libraries) and ask about free passes for people with disabilities.
- ▶ Many utilities and telephone companies have programs for people unable to work full-time because of a disability. Ask!
- ▶ Pay down credit card debt as quickly as possible to avoid all that interest. If the minimum monthly payment is \$100, pay \$150 or \$200. If you have more than one card, use the one with the lowest interest rate, and put others away.
- ▶ Loan and credit card payments can sometimes be negotiated. Call the bank and tell them you have a medical condition. You may have to ask to speak with a manager.
- ▶ If you are fully disabled, check with your county property tax board. You may be eligible for a break.

# Report suggests ways to improve MS treatment

A landmark report by the National MS Society in partnership with Teva Neuroscience suggests that greater collaboration among health-care professionals may hold the key to more effective management of MS. It also suggested that collaboration could stem the tide of neurologists who are leaving the field of MS care.

## About the report

Last year the Society surveyed nearly 2,000 people with MS, along with neurologists, case managers, specialty pharmacists, and managed care professionals about quality of life, cost and reimbursement for MS health care, and ongoing treatment of MS and its symptoms.

## Among the findings:

- ▶ More than 90% of people with MS said they rely heavily on their neurologist for treatment. A majority would welcome a disease-management program involving other professionals.
- ▶ More than 60% of the neurologists said that they are reluctant to take on new MS patients because there are so many administrative barriers. Many said they would welcome an increased role by specialty pharmacies to help provide patient education and support.
- ▶ Some 90% of managed care organizations now use specialty pharmacies to distribute the MS disease-modifying drugs and nearly 60% of the specialty pharmacies said they routinely have contact with people with MS.

The Society plans to set up meetings with managed care organizations in the coming months to discuss the findings and ways to move forward.

**The Multiple Sclerosis Trend Report** can be read online. Or call us and ask for a copy.

## Energy management proven to fight fatigue

It seems that fatigue—the most commonly reported MS symptom—can be reduced by using one’s energy more efficiently. And a Society-funded study has found that people with MS gain long-lasting benefits from learning energy management.

Study participants learned to balance rest and work, how to position their bodies for certain activities, and when to delegate tasks to others. They reported an immediate reduction in fatigue and a substantial increase in their ability to function at home and at work.

The follow-up study found that one year later fatigue was still significantly reduced, and people reported a better quality of life.

## Volunteers Taking the Lead Make



## All the Difference!

Last fall a team of volunteers came together determined to find ways to increase awareness about MS and the National MS Society in their hometown of Fayetteville, NC. These volunteers realized that raising awareness in this area was going to take something different – something innovative. So taking on the challenge they planned, organized and managed a series of activities focused on MS Awareness Week, March 10th – 17th and the Fayetteville Walk on April 19th.

Using their community connections, unique talents and creativity – they did some amazing things. Volunteers developed and managed such activities as a faith leader outreach and breakfast, a booth at the Fourth Friday Arts Festival in downtown Fayetteville, and an active speaker’s bureau whose members continue to make community presentations. They also wrote letters, articles and op-eds which were published in the local newspapers.

These volunteers took ownership of the project and found exciting new ways to raise awareness. One volunteer contacted a local businessman who was willing to donate space on an electronic billboard. The Chapter provided 4 different ads that were shown 24 hours a day for 7 days during MS Awareness Week on one of the busiest roads in Fayetteville. Another volunteer even got permission from the city to allow her nephew to paint a graffiti mural advertising the walk on a business near downtown Fayetteville.

As a result of their efforts, participation in the Fayetteville Walk increased by 25%, with new participants being over 39%, and donations increased by 20%. People in Fayetteville are learning about MS in new and different ways because a group of dedicated volunteers decided to do something about MS NOW!

You can do the same thing in your community ...What will you do?



## Change in Blood Donation Policy at American Red Cross

Until recently, people with multiple sclerosis (MS) were not permitted to donate blood at American Red Cross donation centers. The ban has now been lifted because no scientific evidence exists that MS is contagious or can be transmitted via blood. As of May 2007, if other qualifications are met, blood from a person with MS may be donated to the American Red Cross.

## MS Adventures Camp Chestnut Ridge

August 15-17

Join us for a weekend retreat at beautiful Camp Chestnut Ridge in Efland, NC (near Chapel Hill). This camp is targeted towards kids, ages 10 –14 years old, who have a parent/guardian with MS. A great time is being planned including food, games, crafts, swimming and educational programs. There is no cost to attend camp but space is limited so register now!

For more information, call 1-800-344-4867.

## “Women on the Move ”

2nd Annual Conference for Women

Join us on Saturday, **September 27th** at the North Raleigh Hilton for a conference specifically for women living with MS. Planned by a subcommittee of women living with MS, this conference will offer break-outs on social security and disability, yoga, alternative therapies, how MS affects women and making the most of your physician visits. The conference will also feature a variety of vendors and a fashion show during lunch. Plan on joining the movement and meeting other women with MS. Look for a brochure in your mailbox in June.

## Professional Education Program Raleigh

In collaboration with Wake AHEC, the chapter will offer a continuing education program for health care providers. The program is scheduled for September 24,

2008 at the Andrews Center, WakeMed Hospital, Raleigh. For more details or to register, please go to [www.wakeahec.org](http://www.wakeahec.org).

## Collaborative Teleconference Series

Join us for free monthly teleconferences! Contact the chapter to register.

The upcoming monthly teleconferences include:

**July 8, 2008**

“Clear Thinking about Alternative Therapies”

*Presenter: Emily Riser, MD*

**August 12, 2008**

“Targeted Research and Clinical Trials”

*Presenter: Patricia O’Looney, PhD*

**September 9, 2008**

“Be in Command of your Bladder”

*Presenter: Heather Simpson, MS, PT*

## Volunteer Counselors for Medicare Needed!

Volunteers are needed for Linking Individuals in Need with Care and Services (LINCS), a program designed to help people with Medicare understand their options. Volunteers are trained to counsel people with Medicare by phone from their own homes. If you are interested in volunteering for LINCS, please complete an application [www.medicarerights.org/lincs.html](http://www.medicarerights.org/lincs.html).

## Annual Meeting

Moving Forward Together

Mark your calendars for the Chapter's 39th Annual Meeting and Education Conference taking place on Saturday, **October 25th** at the Marriott Crabtree Valley Hotel. Dr. Aaron Miller, director of the Corinne Goldsmith Dickinson Center for Multiple Sclerosis at the Mt. Sinai School of Medicine will be the speaker. A brochure with details will arrive in mailboxes in early September.

### The floor is open for nominations!

Each year at our Annual Meeting & Education Conference, we recognize the following individuals. If you would like to nominate someone in one or more of these categories, please contact the chapter for a nomination form.

#### Employer of the Year

A small employer (100 employees or less) and a larger employer (100+ employees) will be recognized for their efforts in accommodating employee(s) with MS. These employers will have made significant contributions toward the hiring and retention of workers with MS. This award is intended to recognize employers for positive employment practices. While support of fund raising activities is laudable, it does not meet the criteria of this award.

#### Self-Help Group Leader of the Year

This award recognizes an outstanding self-help group leader – an individual who goes above and beyond the call of duty. It recognizes a leader who has exhibited outstanding leadership through their group involvement.

#### MS Advocate of the Year

This individual will be recognized for active involvement in spreading awareness of MS and issues/legislation that impacts the lives of people living with MS.

## NCHIRP Update

The North Carolina Health Insurance Risk Pool (NCHIRP) is scheduled to begin accepting individuals on January 1, 2009. If you would like more information, please visit their website at [www.nchirp.org](http://www.nchirp.org). To add your name to the mailing list, visit <http://nchirp.org/news/maillinglist.html> or call the Department of Insurance, Consumer Services Division, Health and Life Insurance Questions at 1-800-546-5664.

NCHIRP allows for a reduction in the pre-existing condition waiting period if you have been insured in the months preceding enrollment in the Pool. If you currently have health insurance coverage and think you might enroll in the health insurance risk pool, do not terminate your coverage until you verify the impact of termination on future benefits.

# What's Cooking?

Cindy Gackle, OTR/L, MSCS,

A staff therapist at the University of Minnesota Medical Center, Fairview, in Minneapolis, has ideas on conserving energy while creating great meals.



## Plan ahead

"If you have help to carry your groceries you might be able to do a week's worth of shopping," Gackle said. "If you don't have help, see what you can cut out and save for next time."

- ▶ Make big meals so that leftovers can be frozen and heated up when you don't feel like cooking.
- ▶ Investigate online or phone shopping, especially for buying in bulk.

## Make your kitchen work

"Design a work area that meets your needs," Gackle said. "Arrange items close enough to you so that you don't strain yourself or lose balance."



## Shop smart

- ▶ Create a master shopping list and make copies. Circle items as you need them, and you won't have to make a new list each time.
- ▶ Shop when your energy is highest and your market is least crowded.
- ▶ Go to markets you know the layout of, or take a friend until you learn the layout.
- ▶ Choose a market that has motorized carts for you to ride on if you get tired.



- ▶ Choose pre-skinned garlic, frozen chopped onions, and pre-washed and pre-cut veggies to cut prep time.

- ▶ Keep your most-used ingredients for everyday cooking out on countertops.
- ▶ Keep your kitchen well lit with clip-on task lighting.
- ▶ Make a cutting surface you can use while sitting down by pulling out a drawer,

draping it with non-skid fabric (like drawer liner) and sticking a cutting board on top.

## Invest in labor savers

- ▶ **Clip-on fans** help keep you cool in the kitchen. Try [ANTonline.com](http://ANTonline.com). Or keep a supply of cooling products to beat the heat, such as neck coolers from [bodycooler.com](http://bodycooler.com).

- ▶ **Non-skid rolls.** This webby rubber material, sold as “drawer liners,” is multipurpose. Use it under cutting boards, on serving carts, or anywhere you don’t want objects to slip. Available at [housewares.hardwarestore.com](http://housewares.hardwarestore.com) and many home goods stores.
- ▶ **Over-the-stove mirrors** let you see what’s cooking without craning your neck. Available at [Sammonspreston.com](http://Sammonspreston.com).
- ▶ **Immersion blenders.** Anything from soups to smoothies can be

pureed in the pan they were prepared in, without heavy lifting. Visit [kitchenaid.com](http://kitchenaid.com).

- ▶ **Knives with big handles** decrease the amount of effort needed for cutting. Sammons also has an L-shaped knife for less strain.



## Shop for a Cure

There are several new ways, simply by shopping, that you can support the National MS Society and our mission to end the devastating effects of MS. So get out your credit card and log on to your computer.

You can buy the hCard today and \$12.50 will be donated directly to the chapter. With the hCard you can receive discounts and savings from national and local retailers or you can use your hCard to shop from any store in their Online Mall and a percentage of up to 12% is paid to the National MS Society! You can also sell the hCard as a team fundraiser. If you would like more information on how to make the hCard work for you, please contact Suzanne Belnap at [ssbelnap@gmail.com](mailto:ssbelnap@gmail.com). To learn more please visit <http://www.nationalmssocietyenc.schoolheart.com/>

The National MS Society now has an online store where you can shop for society branded apparel, jewelry and accessories. Your purchases help us move toward a world free of MS. Visit <http://www.msstoreipp.org/index.php> and fill your shopping cart.

The Food Lion Shop & Share program is another easy and convenient way to raise money for our chapter. Each time you shop at Food Lion and use your MVP card, a portion of your total grocery purchase will be donated to the chapter. First, you have to link your MVP card to the chapter. Go to [www.foodlion.com](http://www.foodlion.com), scroll down to “In the Community” on the left hand side and click on “LionShop and Share.” Then click on “Register Your MVP card.” You’ll be prompted to enter Raleigh, North Carolina and we are listed as National Multiple Sclerosis Society, Eastern NC Chapter. Thanks for shopping!

# MS Activists Take to Capitol Hill

The National Multiple Sclerosis Society 2008 Public Policy Conference was a great success! On May 8, Eastern NC Activists **Elizabeth Page** and **Sarah Mayfield** joined more than 400 MS Activists on Capitol Hill to speak with their Members of Congress about three key issues of importance to the MS Community. The three key policy issues and action items discussed on May 8th were:

- ▶ **Urging Representatives to co-sponsor the brand new National MS Disease Registry Act (H.R. 5874)**, which will establish a registry within the Agency for Toxic Substance and Disease Registry (ATSDR) to help determine an accurate measure of the incidence and prevalence of MS in the United States;
- ▶ **Supporting federal investment in MS research through the Congressionally Directed Medical Research Programs (CDMRP) at the Department of Defense (DoD); and,**
- ▶ **Asking Senators and Representatives to co-sponsor the Ending the Medicare Disability Period Act (S. 2102/H.R. 154)**, which would phase out, over 10 years, the Medicare 24 month disability waiting period.



**Bob Bryan, Elizabeth Page and Sarah Mayfield**



Congressman **Brad Miller** meets with MS Activists from his district

## Congressional MS Caucus Update

Senators **Byron Dorgan** (ND) and **Orrin Hatch** (UT) launched the Congressional MS Caucus in the Senate in early April. Their efforts echo those efforts of their colleagues in the House of Representatives. Senator Burr and Reps Price, Miller and McIntyre are all members of the Congressional MS Caucus.

## You Can Get Involved

It is important that legislators hear this message from all MS Activists, not just those who were able to be in Washington, DC. Your voice makes a difference. Speaking directly with your legislator and their staff here in North Carolina is one of the most effective ways to advocate, educate, and have your message heard. Please contact the chapter to get more involved with the Society's ACTIVISTS efforts.

# Tax rebate includes low income people

This May, the IRS begins sending out “economic stimulus” rebates to everyone who filed a federal tax return form for 2007. People on Social Security, disabled vets, and those who have incomes of \$3,000 or more a year will receive **\$300 for individuals** or **\$600 for couples**, even if they haven’t filed before.

While the tax filing deadline is April 15, there is no penalty for filing late if you do not owe anything. And you don’t get a check without filing. **File by October 15, 2008.**

Visit [irs.gov](http://irs.gov) or call 800-829-3676 for more information and a copy of the form.

## Research needs brain tissue

Brain tissue research has the potential to tell us more about MS—from what causes it to how to prevent it. But less than 1% of people with MS make arrangements for a posthumous donation of brain tissue—not enough for researchers to work with.

Researchers also need tissue from healthy brains. The Society is supporting a number of tissue and DNA banks throughout the United States.

In February the Society convened the first MS Tissue and DNA Banks Investigators Meeting. Sue Strauss, a marketing expert in the field of organ donation who helped facilitate the meeting, summed up: “As a person with MS, I’m excited to be working to speed up the process of gathering information about the disease, its causes, and its manifestations.”



## Two important points

- 1) Tissue must be taken within hours of death to be of use to researchers, so arrangements must be made in advance.
- 2) There is no disfigurement of the body and funerals can take place promptly.

If you want to make this generous gift, discuss your wish with several family members and sign up with a facility..

### Tissue banks:

#### Rocky Mountain MS Center

Phone: 303-788-4030

Web site: [mscenter.org](http://mscenter.org)

#### Human Brain and Spinal Fluid Resource Center Neurology Service

Phone: 310-268-3536

Web site: [loni.ucla.edu/uclabrainbank](http://loni.ucla.edu/uclabrainbank)

#### Multiple Sclerosis Tissue Repository at University of Illinois at Chicago

Phone: 312-996-5763

## Donations for genetic studies

How do we find the genes that make one susceptible to MS? Investigators agreed on the need for DNA, especially from Asian Americans, African Americans, Native Americans, and Latinos. A simple blood donation is all it takes.

#### UCSF MS Genetics Group

Phone: 866-MS-GENES (866-674-3637)

Web site: [ucsf.edu/msdb](http://ucsf.edu/msdb)

#### Accelerated Cure Project

Phone: 781-487-0008

Web site: [acceleratedcure.org](http://acceleratedcure.org)

# Making an Investment

At the National MS Society, we feel that when you make a donation, you are making an investment in the work of our organization. So, where do your donated funds go?

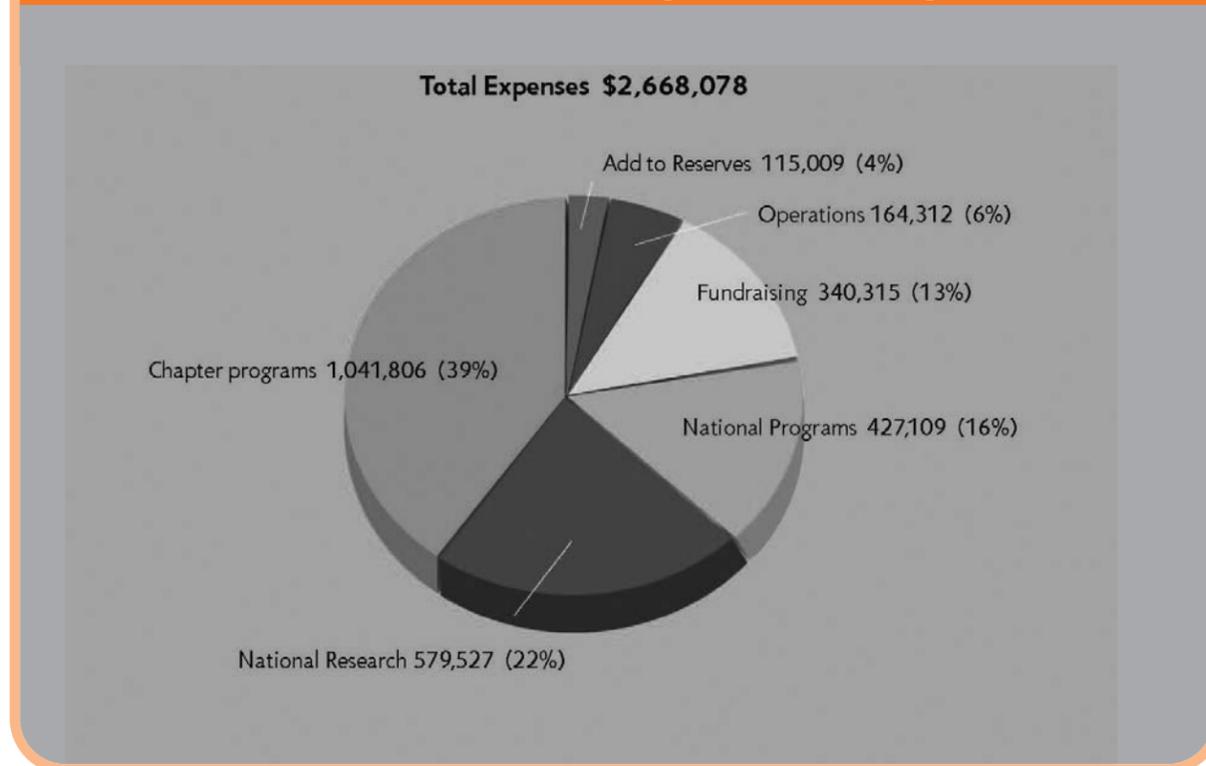
The movement to create a world free of MS will take the efforts of millions of people, each making a contribution in their own way. From writing a personal check, to making a planned gift, to volunteering your time for an event or program, you get the personal satisfaction of knowing you made a difference in the lives of people with MS. It's easy to begin now by checking out the many opportunities available. There's only one requirement – your interest in doing something about MS NOW.

Join the movement and donate now to create a world free of MS. Your contribution will help fund cutting-edge research, drive change through advocacy, and provide programs and services to help people with MS and their families move their lives forward.

## Ways to Give:

- ▶ **Outright donation** – a one-time or recurring gift
- ▶ **Tribute or Memorial Gift**
- ▶ **Planned giving** – Gifts through a bequest, charitable gift annuity, trust, or other estate plan
- ▶ **Support a Walk MS or Bike MS event participant**

## Eastern North Carolina Chapter 2007 Expenditures



Donate your time. Lend a hand.  
**Volunteer with us.**

Volunteers take a leading role at the National MS Society. We partner with individuals like you every day, at every level, and with every project. We welcome volunteers with a wide range of talents, and we will work with your availability and lifestyle.

Many opportunities are available to provide support for an individual living with MS or their families in your community. Our volunteers lead committees, manage projects, even recruit and train other volunteers. You can:

- ▶ Help with repairs or chores for someone living with MS
- ▶ Help out at our Bike MS or Walk MS events
- ▶ Participate in local government affairs
- ▶ Help out at the Chapter office
- ▶ Raise funds to support college scholarships

Contact the Eastern North Carolina Chapter office at (919) 834-0678 to get involved.

**Get started today.**

*Come Together*  
for a

# CAUSE

*Denim & Diamonds Dinner of Champions*

*Celebrate the*

# GIFT

*September 4, 2008 - Prestonwood Country Club*

*Please don your best denim and brightest jewels and join us for an exciting evening celebrating the positive contributions of Health and Life Science organizations*

**Thursday, September 4**  
Prestonwood Country Club

6:30 p.m. Cocktails, Hors D'oeuvres and Auction  
8:00 p.m. Dinner, Program and Entertainment

Chaired by Chris Viehbacher  
*President, North American Pharmaceuticals, GlaxoSmithKline*  
With featured speaker former four-term Governor James B. Hunt, Jr.

Proceeds to benefit the Access to Health Care Fund of the National Multiple Sclerosis Society, Eastern North Carolina Chapter

Additional information can be found at [www.MSDinnerofChampions.org](http://www.MSDinnerofChampions.org) or by calling 919.834.0678

walk  
MS

# A Success!

Some walked, some ran, some rolled, and some strolled across the finish line at this year's Walk MS event. Despite these differences in physical participation, the common thread through all of our participants was their passion for our mission. Early in the Walk MS fundraising season, we realized that only 4 to 5% of people living with MS in Eastern North Carolina were participating in the event. That means that 95% of those who have the most to gain were not involved in the event at all. So, we invited and encouraged these individuals to put their passion into action. As a result, Walk MS welcomed 90 more participants living with

MS which is a 57% increase over last year! These 90 new participants were not only welcomed into a community of people who share a common vision – to create a world free of MS, but were given the opportunity to fight this disease in a very concrete, tangible way by raising money for research, programs, and services.

Through this community's efforts, Walk MS raised \$787,837 to end the devastating effects of multiple sclerosis! We hope that you will join this movement of passionate individuals by participating in Walk MS next spring.

## Many Thanks to our Generous Walk MS Sponsors

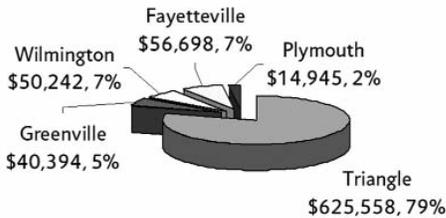


# Walk MS: The Results

What a fantastic Walk MS fundraising season!

Approximately 5,000 participants raised a total of \$787,837 to create a world free of MS! Please join us in congratulating our top fundraisers for their outstanding efforts this year!

Walk MS Fundraising Total By Site



## Top Fundraisers

1. Barry Roberts \$30,500
2. Roger Cawiezell \$28,555
3. James Scalise \$25,820
4. Lisa Thompson \$11,676
5. Jennifer Froning \$10,875
6. Terry Brown \$8,510
7. Ronald Sherrill \$8,385
8. Kelli Ketner \$7,110
9. Billie Jo Leonka \$5,510
10. Brian Little \$5,310
11. Ann Windham \$5,255
12. Tim Jones \$4,742
13. Staci Broughton \$4,670
14. Deanna Thorne \$4,255
15. Richard Munio \$3,964
16. Kim Stoddard \$3,750
17. William & Barbara Ware \$3,720
18. Terence Heath \$3,555
19. Kathleen Johnson \$3,451
20. Erika Braun \$3,230

## Top Fundraising Teams

1. the get'er dones \$48,833
2. Biogen Idec \$40,252
3. endure \$33,039
4. Team Roberts \$32,150
5. Ivy Cottage Collections \$25,970
6. WAKEMED \$20,540
7. EMC Squares \$18,606
8. Terry's Team \$11,035
9. Governors Club \$10,578
10. DPT Cruisers \$9,952
11. WACK \$9,558
12. UNCPT S'myelin Solemates \$8,627
13. MomentS \$7,391
14. Apex Avengers \$7,250
15. White Tiger Black Belts \$7,016
16. Team Nowajones \$6,477
17. MS Wrecking Crew \$6,375
18. Stock Studs \$6,229
19. AAMS African American Movers and Shakers \$5,993
20. Long Ridge Angels \$5,790



We also want to recognize our 2008 Gold Club members for their valiant fundraising efforts this year. Of the 5,000 participants, 731 individuals stepped up to the challenge of raising \$500 or more during this year's Walk MS fundraising season. Of those 731 passionate, eager participants, 388 individuals conquered the challenge. While

we applaud everyone who accepted the challenge for their willingness to put forth the extra effort, we want to give the 388 Gold Club members a standing ovation for their dedication to our mission. Gold Club members, we truly appreciate you and hope that you enjoyed your VIP treatment at the event! To view a list of Gold Club members, please visit [walknct.nationalmssociety.org](http://walknct.nationalmssociety.org) and click on the Gold Club Wall of Fame link.

# Walk MS: Volunteers

**Volunteers, we salute you!** This year, it took approximately 200 volunteers to execute our five Walk MS events in eastern NC. These volunteers did everything from planning the events, to setting up registration and rest stops, to breaking down tables and picking up trash after the event. It takes determination, flexibility, and a good sense of humor to work as hard as our volunteers do! **We would like to recognize the following volunteers for their amazing efforts at this year's Walk:**

## Fayetteville

Paulette Bennett  
Linda Lockamy  
Roger Ostrander  
Pamela Ray  
Deana Spangler  
Amanda Lockamy  
Yvonne Kelly  
Margie Metz  
Jackie Blue  
Alfonso Woods  
James McKoy  
Toria Jones  
Diane Leverette

## Greenville

Ann and Terry Windham  
Heather Brockway  
Mandy and Sean Bieber  
Jeff Foster

## Plymouth

Shelly Brabble  
Arlander Cherry

## Triangle

Darlyne and Graham  
Peterson  
Ann and Mac Wright  
Erica Ellis

Laura Lee Ellis

Al Slonim  
Kathy Mackintosh  
Lauren Hoffman  
Holly Woodard  
Shay Murdock  
Sean Odom  
Robert Thompson  
Billy Jones

## Wilmington

Heather Campbell  
Barbara Tyndall  
Carroll Russell  
Shannon Knoll



If you are interested in assisting with the planning process for next year's event, please contact Bethany Coggins at [bethany.coggins@nct.nmss.org](mailto:bethany.coggins@nct.nmss.org). If you would like to volunteer with the National MS Society on a regular basis or at similar events, please contact Phoebe Coggins at [phoebe.coggins@nct.nmss.org](mailto:phoebe.coggins@nct.nmss.org).

# bike MS

## A Weekend to Remember



**H**ow often do you get the opportunity to make history? To be a part of something larger than yourself? On September 13th & 14th in New Bern, NC we are giving you the chance to do just that! The 20th anniversary of Bike MS is upon us and we are pulling out all the stops to make this an event to remember. Cyclists, volunteers, and supporters from all over the region will join together to pound the pavement and take a stand against MS! It is through your commitment and dedication that we can reach our goal of \$1.6 million to create a world free of MS. Join the movement today!

### Top 10 Reasons to Join Bike MS:

1. IT'S OUR 20TH ANNIVERSARY!
2. Funds raised directly benefit individuals and families living with MS.
3. Optional 30, 75, or 100 mile routes available each day.
4. Bike MS supports 4,300 individuals living with MS in eastern North Carolina.
5. Be a part of something HUGE: Bike MS is the largest cycling series in the United States.
6. Great parties, catered meals, live music, and riding with 2,000 of your closest friends!
7. Historic New Bern offers a beautiful, scenic (and flat!) ride and accommodations along the waterfront.
8. Fully stocked rest stops and SAG vehicles offer unlimited support to cyclists of all abilities.
9. Bike MS is more than a ride, it is an experience of a lifetime!
10. MS stops people from moving. Bike MS exists to make sure it doesn't!

Register today! Visit [www.msbike.org](http://www.msbike.org) or call 1-800-FIGHT MS.

### Dates to Remember

**August 24th**  
Advanced Rider Check-in & VIBE Deadline

**September 1st**  
Registration fee increases to \$55

**September 12th-14th**  
Bike MS: Historic New Bern Ride

**October 6th**  
Bike MS Fundraising Deadline

## MEMORIALS

**Rosemary McCaffrey**  
Mildred Brickel  
William Lord L. Coleman

**Hennrietta Monfort**

Gary Yager  
Beverly Taylor  
Mary Joan Race  
Dora Burnett  
Constance Mccune  
Gene Kuechler  
Dorothy P. Grossfeld  
Margaret M. Sweitzer  
Susan E. Concordia  
Christine B. Vereckey  
William Judge  
Shannon M. Fuhrmann  
Jean Lipary  
Stephanie Bertsche

**Darla Liesegang**

IBM Employee Services  
Center  
L. O. Noell

**Cynthia Hudson Jackson**

Mr. Robert B. Hudson

**Alice Radez**

Anonymous Donor  
Laura E. Folley  
Lisa F. Mangum  
Cheryl M. Wilson  
Kathryn A. Davis  
Betria D. Stinson

**Virginia Hodges**

Kaye Gooch

**John McCabe**

Kathleen Camera

**Janet Worden**

Ayden Elementary School

**Ted Gentry**

Strickland Law Firm PA  
Marcella M. McCarthy  
Harness, Dickey & Pierce,  
P.L.C.

**Brian Walter Mahoney**

Franky P. Waters

**Rosemary Rosenberg**

Harriet Rosenberg

**Vicki Machuga**

Charles E. Wood

**Janet Worden**

Thomson Charitable  
Foundation

## TRIBUTES

**Mara Deutsch**

Myrna Frommer

**Mona Deutsch**

Myrna Frommer

**Caroline Farmer**

Capital City Garden Club

**Richard Sheaff**

Paula Stell

**Bob Bryan**

Craig T. Lynch

**Erin Kissmann**

Kristin Kissmann

**Pat Ellington**

Katherine J. Engle

## New Self-Help Group for Singles!

The Chapter is currently hoping to start a new Self-Help Group in the Cary/Morrisville area for Singles. The group will meet once a month, although the day and time is not confirmed. If you would be interested in participating in this group, please contact Jennifer at 919-834-0678.

## Information in Spanish

Are you more comfortable reading in Spanish, or do you know someone who is? Dozens of the Society's most popular brochures, videos, and Web casts are now available free in Spanish, including:

**Saber es Poder** (Knowledge is Power, for the newly diagnosed—call 1-800-344-4867, press 1)

Call us or visit [nationalmssociety.org/Spanish](http://nationalmssociety.org/Spanish) for a complete list and instructions in Spanish on downloading or ordering.



**African-American  
Wake County**

Michelle, 919-844-6664.  
*Please call for details.*

**Cary**

Mary Ann, 919-779-2101.  
WakeMed Cary Hospital,  
Conference Room. *Call for details  
on date & time. Will not meet in  
July and August*

**Chapel Hill**

Vanessa, 919-544-2188; Barbara,  
919-968-1530. Last Tuesday,  
6:30 p.m. at 88 Vilcom Center,  
McClamrock Hall Board Room.

**Durham- Day**

Barry, 919-667-0753. 3rd Wed.,  
12:30 p.m. *Call for location.*

**Durham-Evening**

Lisa, 919-323-4072. 3rd Thur.,  
6 p.m. at John F. Kennedy  
Towers Community Room-4900  
North Roxboro Road. **Will not  
meet in July and August**

**Durham - Weekend**

Art, 919-544-9011. 1st Saturday,  
2 p.m. at the Parkwood Library  
in Durham.

**Fayetteville**

Paulette, 910-487-3093; Jackie,  
910-822-2449. 3rd Saturday,  
1 p.m. at the Bordeaux Library.

**Fort Bragg**

Theresa, 910-245-4259.  
2nd Thur., 4:30 p.m. at the VA  
Medical Center 2300 Ramsey  
Street, Building 41T.

**Fuquay-Varina**

Mary, 919-552-7680; Cathy,  
919-552-4442. 2nd Thur., 7 p.m.  
in Room 131A at Fuquay Baptist  
Church, 301 N.Woodrow St.  
**Will not meet in July and  
August**

**Goldsboro**

Glen, 919-965-6452;  
Maxine, 919-242 9641.  
2nd Monday, 7 p.m.  
Madison’s Restaurant,  
New Hope Rd

**Granville/Vance Counties**

Sarah, 919-693-1621; Audrey,  
919-693-4439; Helen,  
252-492-8981. 3rd Tuesday,  
7 p.m. at Granville Medical  
Center cafeteria.

**Jacksonville**

Phillip, 910-327-3536. 3rd Thur.,  
7-9 p.m. at Onslow Memorial  
Hospital – Education Building.

**Morehead City**

Ann, 252-240-1914.  
*Call for details.*

**Pitt/Greene Counties**

Scott, 252-531-7185; Jimmy,  
252-524-5431. 1st Tues., 7 p.m.  
at Ayden Free Will Baptist  
Church.

**Plymouth**

Shelly, 252-793-2006. Last Tues.,  
7 p.m. at the Education building  
behind the hospital.

**Raleigh - Day**

Lyn, 919-550-9634. 2nd Mon.  
10:30 a.m. at Trinity Baptist  
Church. **Will not meet in July  
and August**

**Raleigh - Evening**

Holly, 919-779-3487; Cherry,  
919-850-9324. 3rd Wed., 6:30  
p.m. at Applebee’s at Celebration  
Station off of Six Forks Rd. **Will  
not meet in July and August**

**Raleigh Wellness**

*“Making Waves”*  
Kim, 919-832-2651; Jean  
919-616-6529. 1st Wed.,

12-1:30 p.m. at Pullen Aquatic  
Center class-room, 410 Ashe  
Ave. Raleigh. *Please bring your  
own lunch. Will not meet in  
July and August*

**Rocky Mount-Day**

*“Multiple Smiles”*  
Kat, 252-972-2232 ; Vicki,  
252-443-6839. 1st Tuesday,  
11 a.m. *Call for location.*

**Roxboro**

Christine, 336-364-1131;  
Rick, 336-597-5944; Tammy,  
336-597-4380. 2nd Tues. 7 p.m.  
at Roxboro Senior Center. **Will  
not meet in July and August**

**Scotland County**

Juanita, 910-291-7327. 2nd  
Thurs., 5:30 p.m. at the Dulin  
Center at Scotland Memorial  
Hospital Community Health and  
Rehab Center.

**Triangle Men’s**

Dave, 919-662-4236. 2nd  
Monday, 6:30 p.m. at Raleigh  
Neurology Associates.

**Wilmington**

Deborah, 910-762-7213;  
Brian, 910-791-8723. 2nd  
Thursday 7 p.m. at the  
Wilmington YMCA.

**Wilson County**

Robert and Ann, 252-237-0943.  
3rd Tuesday. 7 p.m. at Westview  
Christian Church in Wilson,  
beside Harris Teeter.

# New to Lending Library

## **The First Year: Multiple Sclerosis: An Essential Guide for the Newly Diagnosed**

From the moment of her diagnosis in 2000, Margaret Blackstone took charge and educated herself on every aspect of her condition. Now, as a “patient-expert” she guides those newly diagnosed step-by-step through their first year with MS.

## **Living with Progressive MS: Overcoming the Challenges, 2nd Ed.**

This concise and practical overview educates you about diagnosis, disease-modifying therapies, new drug treatments, management of difficult symptoms, and coping strategies. These authors, both leading experts in MS,

emphasize a wellness approach that includes weighing your options, planning for the future, and maintaining humor and composure in the face of adversity.

## **The Disabled Woman’s Guide to Pregnancy and Birth**

*The Disabled Woman's Guide to Pregnancy* supports the right of all women to choose motherhood, and will be useful for any disabled woman who desires to have a child. The subjects covered include an introduction to the ninety women and their specific disabilities. Empathetic, balanced, comprehensive, and practical, this guide provides all the facts needed by disabled women and their families.



**National  
Multiple Sclerosis  
Society**

Eastern NC Chapter  
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Raleigh, NC 27609

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