



Finding Legitimate Internet Jobs

An estimated 45 million Americans worked from home in 2006, up from 41 million in 2003. For people with disabilities, telecommuting may offer a way to keep working despite mobility or fatigue issues.

The kinds of work that can be done at home include auditing, data entry, design, editing and writing.

Is telecommuting right for you?

“Most of our calls are from people with disabilities who want to work from home,” **Kim Cordingly**, PhD, told **MSConnection**.

Dr. Cordingly is a self-employment consultant at the Job Accommodation Network, a service of the U.S. Department of Labor that provides information on job accommodations, self-employment and small business opportunities.

“Legitimate jobs exist, but it’s important to be a good consumer when looking for online work,” Dr. Cordingly advised. To help people avoid scams, the Federal Trade Commission’s

“Work at Home Schemes” page (ftc.gov/bcp/menus/consumer/invest/workhome.shtm) lists popular schemes and how to avoid them.

“If you feel unsure about a company or what they’re offering, feel free to investigate,” Dr. Cordingly said. First, check with the Federal Trade Commission (ftc.gov) and the Better Business Bureau (bbb.org) to see if any complaints have been filed against the company. It is also okay to ask for references and ask those people about their experiences.

continued to page 7



(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 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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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.

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Eastern North Carolina Chapter

President's Column



The Society's work is truly significant. As a result, millions of people invest in that work through gifts and by volunteering. You have a stake in our success, and you should feel confident that your chapter and the Society are good stewards of the resources that we are given.

This goes beyond the fact that we keep our fundraising and management expenses at the appropriate level. It even goes beyond the care with which we select research projects and how frugal we are with our program expenses.

Right now the Society is undergoing a process of reconsidering all our assumptions about how we operate. That process is led by the "Charting our Future" Task Force. It is the logical next step to setting tremendously aggressive goals. It will answer the question: "How do we best go about achieving those goals?"

The result should be a more efficient, more maneuverable, more focused organization that serves you better and that finds ways to further accelerate the research agenda. The willingness to deliberately examine itself and to act on the outcomes of that examination should give you even more confidence that this is an organization worthy of your confidence, your charitable giving and your time.

A handwritten signature in black ink that reads "Bob Bryan". The signature is written in a cursive, slightly slanted style.

Looking Good

by Madeleine Prince

Beauty is only skin deep, but feeling attractive can lift your spirits and help you face the world. So here are some tips for looking your personal best.



► **Start with the basics.** Eating right and getting enough sleep are the foundation for looking good.

► **Take care of your smile.** An MS diagnosis doesn't mean you can skip going to the dentist! A great smile can go a long way in brightening your day, so keep those appointments. And check out energy-conserving devices like electric or battery-operated toothbrushes.

► **Pamper yourself.**

Take time to do something nice for yourself, out of your usual routine: a massage, a good haircut, a bright scarf or new cap.



► **Get tips and tricks from the pros.**

"Occupational therapists can help you with ideas and little tricks, such as how to shave safely or hold your hairbrush if you're having numbness in your hand," said Gail Hartley, a nurse practitioner.

► **Accessorize!** Turn assistive devices into great-looking accessories. Decorate devices with colorful fabrics. Splurge on a carved cane. "Men in particular like hiking sticks, because they look cooler than canes," Hartley told **MSConnection**. But first consult a physical therapist to make sure you're using the safest device and using it properly.

► **Ask for help.** Hartley remembered a person with MS who showed up to each appointment perfectly groomed. Her stylist? Her husband, who learned to do all of her makeup. Ask partners, friends, or family to help with hair, makeup, nails or clothes. They like it when you look good.



► **Be who you are.** If pedicures weren't part of your life before your diagnosis, then don't feel obliged to have them now if you won't really enjoy them. As Hartley said, "You are the same person today that you were before you got the diagnosis."

Madeleine Prince is a freelance writer and editor.

Progress made in repairing MS damage

With aggressive funding from the National MS Society and other sponsors, researchers are pursuing ways to reverse the damage done by MS to nerve fibers and the protective myelin coating that surrounds them.

Encouraging results have emerged from two recent studies.

Mayo Clinic zeroes in on an antibody

It may not have the most memorable name, but **rHIgM22** recently made news when Dr. **Moses Rodriguez** and his Mayo Clinic team reported success in repairing myelin when they injected



a single dose of this monoclonal antibody into mice with an MS-like disease.

The results were presented at the Annual Meeting of

the American Neurological Association in October. Although these findings will need to be confirmed by further animal and human studies, the results take us one step further to stimulate myelin repair.

Block that LINGO

Researchers funded by Biogen Idec, Inc., which makes the MS disease-modifying drug Avonex, recently reported success in repairing myelin in mice by blocking a myelin molecule called LINGO-1. Dr. **Sha Mi** and colleagues wrote about their findings in the September 30 online edition of **Nature Medicine**.

LINGO-1 is part of a complex of molecules within myelin called the Nogo receptor complex that has been shown to inhibit the regeneration of nerve fibers. In an earlier study, published in the March, 2004, issue of **Nature Neuroscience**, Dr. Mi's team reported that remyelination occurred and the health of nerve fibers improved when LINGO-1 was disabled.

In the current study, the Biogen team first induced EAE, an MS-like disease, in mice with and without LINGO-1. Both groups developed EAE symptoms, but they were significantly milder in mice without the molecule. Studies of tissue samples showed significant myelin repair in these mice.

The team then administered a LINGO-1 antibody capable of blocking LINGO-1 activity to mice that already had symptoms of EAE. The treatment stabilized disease progression after two weeks. Tissue analysis showed that treatment reduced nerve fiber damage and enhanced myelin repair in the spinal cord, compared with untreated mice.

What motivates you to volunteer?

For some people, the motivation to volunteer comes from the sense of accomplishment gained through successfully completing a project. For others it is the experience of influencing or inspiring people to accomplish an important goal. For still others, the motivation comes from developing interpersonal relationships with members of a team. Your motivational style will determine the kinds of volunteer assignments you will find most meaningful. We can help you find just the right fit.

Whether you enjoy working alone on special projects or working with a team of other volunteers to plan innovative programs, we have a place for you to channel your passion to do something about MS NOW!

Contact **Paula Lipford**, Manager of Volunteer Support at the Chapter office (paula.lipford@nct.nmss.org) to find out more about how you can be involved. Or check out the volunteer page on the Chapter's website www.nationalmssociety.org/nct. Volunteer orientations and speaker's bureau trainings are ongoing.

I am only one, but still I am one. I cannot do everything, but still I can do something; and because I cannot do everything, I will not refuse to do the something that I can do.

Edmund Everett Hale

Volunteer Awards

At the chapter's 38th Annual Meeting on November 17, the chapter recognized several key volunteers with the chapter's inaugural "MOVE" awards (Medals of Valor in Excellence for Leadership).



Self-Help Group Leader of the Year
Lyn Knapp



MS Activist of the Year
Sarah Mayfield

Leadership Awards

- Michael Brookman**
- Al Slonim**
- Elizabeth Page**
- Barry & Joanne Roberts**
- Rick Dupree**



Norman Cohn Hope Award
National MS Society's highest volunteer award
Milo Brunick

Collaborative Teleconference Series

May 13 – Effecting Change: Getting What You Need

Presenter: Dorothy Northrup, MSW, ACSW

Learn how to be your own best advocate when working with community, health and government agencies.

June 10 – The Way We Were – The Changing Face of Relationships

Presenter: Shelley Peterman Schwarz
Award winning writer, radio and TV personality and author of “7 Tips for Making Life Easier” book

July 8 – Clear Thinking about Alternative Therapies

Presenter: Emily Riser, MD

MS Adventures Camp Chestnut Ridge

August 15-17

Join us for a weekend retreat at beautiful Camp Chestnut Ridge located near Chapel Hill. This camp is targeted towards kids, ages 10 –14 years old, who have a parent 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.](tel:1-800-344-4867)

Respite Care

Need to get out for a while but have no one to stay with your loved one with MS while you're gone? The chapter offers respite care services to those in need of nursing aide (not medical) services.

Respite care is a program designed to improve the quality of life for people with MS and their caregivers. [Call 1-800-344-4867 if you have questions or would like to apply for the program.](tel:1-800-344-4867)

“Research Night” Genders Differences & MS

Our annual Research Night will be held on Thursday, **May 15th** at the Raleigh Marriott Crabtree Valley. This year's topic will focus on gender differences in MS.



The speaker will be **Caroline Whitacre, Ph.D.** Dr. Whitacre is a Professor in Department of Molecular Virology, Immunology and Medical Genetics at Ohio State University.

Dr. Whitacre's laboratory studies gender differences in autoimmune diseases, specifically differences in the immune response to explain why women tend to get autoimmune diseases more often than men, yet men often exhibit a more rapidly progressive course of disease. A reception will be held from 6 – 7:15 p.m. and the program begins at 7:30 p.m. Registration is required. A brochure with more details will arrive in your mailbox soon.

Camp Carefree

Join us on **Friday, May 2 – Sunday, May 4** for our annual camping retreat at Camp Carefree. Held in Stokesdale, NC (Rockingham County), Camp Carefree provides an opportunity for people with MS and their families to have fun, meet



others and just relax. Activities include games, arts-n-crafts, horseback riding, a Saturday night party and more!

Cost is \$25/person (children 12 and under are free). To request a registration packet or for more info, please contact the chapter. **Space is limited and on a first-come, first-serve basis.**

Couples Retreat Refresh and Revitalize Your Relationship! A Couples Retreat

“Refresh and Revitalize Your Relationship” is a program for couples affected by MS. Held **May 30 – June 1** at Caraway Conference Center in Asheboro, this weekend is designed to allow couples to experience a deeper understanding of one another and their relationship. The workshop will begin with dinner on Friday evening and finish by 11 a.m. on Sunday morning. Facilitators are Len and Cheryl Chatman. The weekend includes group discussions, break-out sessions, games, sharing and making new friends.

Cost is \$25/couple. If you are interested in receiving a registration packet, you must contact the chapter office. Space is limited for this program, so once we receive your completed packet, you will be placed in a lottery. On May 9th we will randomly select the participants and will notify you by letter.

Singles Program

Mark your calendar for a day-long program specifically for singles living with MS on **Saturday, June 18th**, somewhere in the Raleigh/Durham area. Stay tuned for more details.

continued from page 1

Get ready

Teleworktools.org provides a comprehensive toolkit for potential teleworkers, including a self-assessment questionnaire, information on benefits and financial help, and an exhaustive list of links to telecommuting resources on the Web.

Get set up

Dr. Cordingly highlights two organizations that specialize in helping potential telecommuters find work.

The National Telecommuting Institute describes itself as “a unique educational/job-matching organization.” NTI staff work together with employers, vocational rehabilitation agencies, and people with disabilities to help potential employees train for and work online.

CORA Works trains and mentors people with disabilities and matches them with the needs of employers.

Go: Resources

CORA Works
coraworks.com
Phone: 800-571-2397

Job Accommodation Network
jan.wvu.edu
Phone: 800-526-7234; TTY: 877-781-9403

National Telecommuting Institute
nticentral.org
Phone: 800-619-0111

Handling an MS attack

An exacerbation (also called an attack, a relapse, or a flare) is caused by inflammation in the central nervous system, which leads to a sudden worsening of an MS symptom(s), or the appearance of new symptoms. An exacerbation usually lasts several days to several weeks.

While you may not be able to change the fact of an exacerbation, you can work on how you respond to it. Here are some tips:

- ▶ So you missed your workout, had a fight with your spouse, and ate a giant piece of chocolate cake—none of those caused your exacerbation. It doesn't mean you did something "wrong," so don't stress trying to figure out why it happened.
- ▶ Most exacerbations resolve on their own. Or your doctor may prescribe a course of steroids. It's important to get the rest you need and talk to your doctor about the best way to manage whatever symptoms you are having.
- ▶ An exacerbation doesn't mean your disease-modifying medication isn't

working. In fact, none of the available medications stops the disease completely. Work with your doctor to decide if your current medication needs to be changed.

- ▶ "Pseudoexacerbations"—temporary aggravations of MS symptoms—can happen if you get overheated, overtired, or run a fever. The symptoms will gradually disappear as your body temperature returns to normal. But if you're worried, call your doctor.

Adapted from "The Emotional and Psychological Impact of Multiple Sclerosis Relapses," by Rosalind Kalb.

New on our Web site

New Video: The Clues of Epidemiology

Are you more likely to have MS if you're a man or a woman? Over 30 or under 30? If you live at the beach or in the mountains? What do "clusters" of people with MS in specific geographical areas, tell us about the disease?

Discover the answers—and the relevance of

these questions for people living with MS—in the Society's new MS Learn Online video series, **The Clues of Epidemiology**.

The video explores epidemiology, or the study of disease patterns, in this two-part documentary, featuring internationally renowned epidemiologists.

To view the two 15-minute segments, go to nationalmssociety.org/mslearnonline.

All Hail Inventions

The da Vinci Awards recognize innovative adaptive and assistive technologies that can overcome challenges as much as their users do. The 2007 recipients of the awards were honored in September. This year's winners include:

High tech mobility

WalkAide (walkaide.com) uses electrical stimulation to help people with foot drop. This battery-operated device, approved by the FDA is worn just below the knee and costs \$4,495. Not all causes of foot drop will respond to the WalkAide technology, so a careful assessment by a professional is necessary. Insurance companies may not reimburse the cost.



Conquering the car

Another recipient was the Handybar (handybar.com). This

affordable lightweight portable handle with a nonslip grip fits into car doors to provide support when getting out. But you may not need to get out as often, thanks to the FuelCall System (inclusionsolutions.com/gasstations.htm). FuelCall allows drivers with disabilities to push a button at a service station that signals employees to refuel their car.

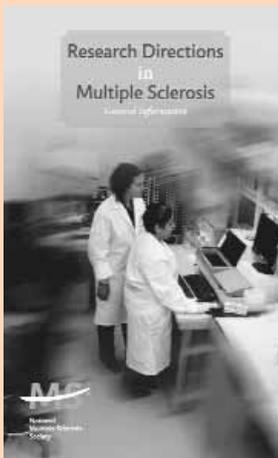
Visionary technology

EagleEyes (eagleeyes.org) is a program developed by Boston College that allows users to point and click at a computer screen using eye movements. Boston College recently signed a licensing agreement with the Opportunity Foundation of America to build miniature EagleEyes and distribute them free to universities, special needs schools, centers for assistive technology, and non-profit organizations.

Nomination forms for the 2008 da Vinci Awards are available at davinciawards.org.

Research Directions in Multiple Sclerosis

This new publication—written by Drs. **John Richert** and **Diana M. Schneider**—explores recent advances in MS research: what we know now, and where research will be headed



for the next decade. Dr. Richert is the executive vice president of Research and Clinical Programs at the Society and Dr. Schneider is president and CEO of DiaMed, LLC/DiaMedica Publications.

To download a copy, go to nationalmssociety.org and visit the Brochures section of the Library. Or call us to have a copy sent to you.

Application for an NC National Multiple Sclerosis Society License Plate

(Contact chapter for sample – Subject to NC DMV approval)

Mail this application to: National MS Society, 3101 Industrial Dr. Ste 210, Raleigh, NC 27609. If you opt to pay the fee, please make your check payable to the National MS Society and enclose it with this form.

- I want an MS license plate! **FREE** *A prefix or suffix will be assigned once the NC DMV receives the first 300 applications.*
- I want a Personalized MS license plate! **\$30**
- I want an MS license plate, but I opt to pay the fee! **\$25** The personalized spaces can be letters only or a combination of numbers and letters. Numbers only are not permitted.
- I want a Personalized MS license plate, but I opt to pay the fee! **\$55** **NOTE:** You are allowed four spaces for a personalized message. 1st Choice: _____ Alternate: _____

Once the MS license plate is available through the NC DMV, you will be charged an ANNUAL \$25 / \$55 (personalized) fee which will be due in addition to your annual license plate registration fee.

Name *(To agree with certificate of title):*

FIRST MIDDLE LAST

Address:

CITY STATE ZIP CODE

Home Phone:

AREA CODE TELEPHONE NUMBER

Business Phone:

AREA CODE TELEPHONE NUMBER

E-mail:

Current North Carolina Plate Number:

Current North Carolina Driver License Number:

Vehicle Identification Number:

YEAR MODEL MAKE BODY STYLE

Owner's Certification of Liability Insurance

I certify for the motor vehicle described above that I have financial responsibility as required by law.

PRINT OR TYPE FULL NAME OF INSURANCE COMPANY AUTHORIZED IN N.C. – NOT AGENCY OR GROUP

POLICY NUMBER – IF POLICY NOT ISSUED, NAME OF AGENCY BINDING COVERAGE

SIGNATURE OF OWNER

DATE OF CERTIFICATION

Success!

The President signed the Defense Appropriations funding bill (H.R. 3222) on November 13, 2007, in response to the voices of more than 100,000 MS activists urging Congress to increase federal funding for MS research. MS research is now eligible for funding under the Department of Defense (DoD) for the first time.

Proof that the MS drugs delay disability

There's been ample proof that Avonex, Betaseron, Rebif, and Copaxone decrease both the number of active MS attacks and "silent" damage in the brain or spinal cord as seen on MRI for people with relapsing forms of MS. Now a team of Canadian researchers has published a review of clinical experience over more than 20 years, before and since DM drugs came into use. According to their estimates, these drugs also delay disability—significantly. Visit nationalmssociety.org/bulletins.

Take a personal tech snapshot



Get a quick pic of solutions to problems, such as reading text on the screen or using a mouse. Visit mysmyway.com and answer a few simple question on the Snapshot quiz.

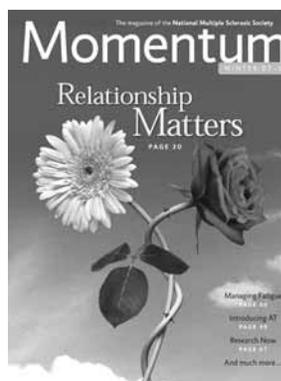
You'll get customized information detailing solutions—including many that are low cost.

International MS meeting reports on new therapies

Last October the European Committee for Treatment and Research in MS (ECTRIMS) reported on studies in MS development that are building a better picture of the differences between progressive and relapsing forms of MS. The meeting also reported on new drugs just beginning their trip through the long process of testing. Among them are MS vaccines, monoclonal antibody treatments, blood or bone marrow transplantation, and a drug composed of a synthetic fragment of myelin protein, the material that insulates healthy nerve fibers.

To learn more about the findings, visit nationalmssociety.org/bulletins and look for **Research Progress Reported at International ECTRIMS Meeting**.

Momentum is the new InsideMS



The Society's national magazine is now Momentum, an 80-page quarterly. If you have MS, **Momentum** is a Society benefit. Others may request it with their contributions. Call us for information.

Wants to Donate

Trapeze BarActiveaid Shower/commode wheelchair (never used), Hospital Bed (electric); Amigo scooter, mattress overlay, walker, drop arm bedside commode.

Kathi at (919-606-7499).

600 Walks / 100 Rides ... and some are right here!

It's Walk MS and Bike MS season again. Time to train, time to plan. Our chapter Walk and Bike events welcome movers of every kind.

- ▶ **Hard to move?** Ask us about an accessible walk, a route that's friendly to wheelchairs, baby carriages, and slow walkers.
- ▶ **Less than Olympic cycling skills?** You may be able to consider skates, recumbent bikes or tandems, those bicycles built for two.
- ▶ **Training is a bore?** Ask us about starting a team—and get the spirit that gets you going.
- ▶ **Getting pledges is a chore?** Ask us about easy online fundraising—with just a few clicks!
- ▶ **Just coming out helps us move.** Call our office about volunteering to greet finishers with medallions and thank you's (Oh yes, and water and bananas.)

Bike MS and Walk MS events are not one-shot deals. **Join the movement and get involved today!**



A DOUBLE DESTINATION

With nearly 600 Walks and 100 Rides all over the country, many people are planning a double destination—raising money to fight MS and having a reunion with family or far-flung friends. For information on events where and when, visit www.nationalmssociety.org/nct.

Walk MS

If you've ever participated in Walk MS, you know that it's not just about walking. Ask **Theresa Johnson**.

Theresa, who was diagnosed with MS in 2000, is the team captain of the Fayetteville SCI/D Rollers. The team is comprised of U.S. veterans with spinal cord injuries and diseases (SCI/D), friends, family, and members of the healthcare staff of the SCI/D team at the Veteran's Administration Hospital in Fayetteville.



Theresa, who has volunteered with the Society since 2002, recruited her team through the hospital's SCI/D and her MS support groups. In 2007, their first year participating in Walk MS as a team, 17 team members volunteered, rolled, scooted, pushed, and walked their way toward a cure. Collectively they raised \$2,887 through friends and family. In 2008, their goal is to beat that number by asking companies to support their team.

"I volunteered for several years at the walk doing registration and such, so I truly wanted to participate on the other end. My first time walking/rolling was last year and I truly enjoyed it," said Theresa.

For this fun-loving team, Walk MS is more than a walk. It's a celebration of friends, family, and fundraising. But, most importantly, it's a celebration of hope.

Register for your local Walk MS event at walknct.nationalmssociety.org.

Walk MS

We are well on our way to meeting our \$820,000 Walk MS fundraising goal thanks to thousands of volunteers and participants just like you. However, we still need your help.

Walk MS is about moving together as a community to create hope for people living with MS. Because of your fundraising efforts, the National MS Society can provide hope through programs, services, and advocacy and research efforts. Quite simply, the more funds you raise, the more hope we can provide.

So remember: your fundraising efforts don't have to stop when the events end. The Walk MS fundraising deadline extends until May 26. Let's make a final push together by sending out a few more fundraising emails and letters to end this Walk MS season with a bang!



Join us for our 20th Annual Bike MS celebration in Historic Downtown New Bern on September 12-14, 2008. With 30, 75, or 100-mile routes to choose from each day, tons of food and live entertainment, and the beautiful historic atmosphere of New Bern, this is an event you don't want to miss. You can expect fun and excitement as we celebrate an event that spans two decades and directly benefits thousands of individuals and families living with MS.

With new treatments developing at unprecedented rates and fundraising levels at an all-time high, we are closer than ever to ending the devastating effects of MS. That is why Bike MS is so vital to our mission. It is only through the support and dedication of individuals like you that we continue to shatter our fundraising goals and truly make a difference in the lives of those living with MS.

In 2007, over 2,000 cyclists and volunteers raised \$1.44 million! What will you do in 2008 to help us meet and exceed our \$1.6 million goal to create a world free of MS?

Register and Raise

Challenge yourself, your friends, and family to support Bike MS by riding one of our fully-supported routes and by exceeding the \$200 fundraising minimum.

Join the Club

Raise \$1,000 or more to become a member of our elite Jewelry Boomerang Club and receive lots of perks and prizes.

Start a Team

Enlist friends, family, and coworkers to ride and fundraise with you. As a team captain or member, you will enjoy the camaraderie and festivities of our Team Village!

Volunteer

Sign up and recruit friends and family to make the trip to New Bern and help us execute this amazing event.

For more information or to register, go to www.msbike.org or contact the chapter at **1-800 FIGHT MS**. We hope to celebrate with you at our 20th Annual Bike MS event in September!

Want to be Part of the “In” Crowd?

Raise \$1,000 during the 2008 Bike MS season and become a member of the elite Jewelry Boomerang Club for 2009. Jewelry Boomerang Club members will receive a special event jersey, discounted registration fee, special check-in at the 2009 tour, and first access to reserved hotel rooms for next year’s ride.

In 2007, 407 participants reached the Boomerang level and collectively raised over \$700,000 – that’s 49% of our overall total. In order to make your efforts as successful as possible, here are some proven techniques that will help you not only reach your goals, but will help you achieve more than you ever thought possible.

Letter Writing

Send compelling personal notes to friends and family members asking for their support. Visit our website www.msbike.org for more tips, techniques, and sample donation request letters.

Online Fundraising Tools

Your online Bike Participant Center is your one stop fundraising shop. After registering, you will be able to create a personal and team webpage, send fundraising and recruitment emails, and check your fundraising progress with just the click of your mouse!

Mini Fundraisers

Host a fundraiser to raise money for MS. Participants have hosted golf tournaments, concerts, dinner parties, garage sales, bake sales, raffles...if you can dream it, we have seen it done. Be creative!

Here’s another fun approach!

Raise \$1,000 in 9 Days!

- Day 1:** Self pledge for \$50.
- Day 2:** Ask two family members to give \$50.
- Day 3:** Ask ten friends to each contribute \$20.
- Day 4:** Ask five coworkers to each contribute \$20.
- Day 5:** Ask five neighbors to contribute \$20.
- Day 6:** Ask ten people from your place of worship to donate \$10.
- Day 7:** Ask your boss for a company contribution of \$50.
- Day 8:** Ask five businesses working with your company to sponsor you for \$40.
- Day 9:** Ask four businesses you frequent to contribute \$25.



Volunteer to Join the Movement!

Each year it takes more than 500 volunteers performing more than 1,000 jobs to support our signature events, Bike MS and Walk MS. Volunteers check in participants, hand out snacks and water, set up tables and chairs, provide communications, cheer on participants and thank them for their accomplishments and their fundraising. Are you ready to lend a hand?



Amateur Radio Club Volunteers Keep the Lines of Communication Open at Walk MS

Volunteers like you are the heart and soul of the National MS Society and with your help we can fund research and provide programs, services and advocacy for the 4,300 people in Eastern North Carolina living with MS. We welcome volunteers with a wide range of talents and skills. There is only one requirement: to want to

do something about MS NOW. Your valuable skills and fresh perspectives will make the Society a stronger and better organization.

As a volunteer, you are able to fundraise for the events just like participants AND you are eligible for fundraising prizes. Consider asking friends in the community to support you by donating to your event. Most people want to know how they can help and welcome the opportunity to donate to a special cause.

Register to volunteer today for Walk MS at walknct.nationalmssociety.org or for Bike MS at www.msbike.org. You can also register by calling **1-800 FIGHT MS**. Most people who volunteer do so because they were asked by a friend. Get three of your friends or co-workers to join you and you can start a team. Working together we can make a difference in the fight against MS.

"We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop."

--Mother Teresa

New daytime aquatic class beginning for people with disabilities (including MS) at the Triangle Aquatic Center in Cary.

Call 919-459-4045 for details.

Ways to Give



What will your legacy be?

People who include a bequest to the National MS Society in their will

send a strong message: they believe in the work the Society is doing and want to help move us to a world free of MS.

A bequest is about more than supporting a great cause. What you put in your will is your legacy. It is one of the ways that people will remember you. Estate gifts or bequests can be a donation of general support. Or they can be specific to your personal vision. For instance, a bequest might be restricted to research in a specific area, such as genetics or MS triggers. Or it can be earmarked for services, such as financial assistance, college scholarships, or educational programs. Bequests may be a specific amount or they may represent a percentage of your total estate. "Residual" bequests can be set up to help fund the National MS Society after family and friends are provided for. Have you already named the National MS Society in your estate plans? By letting us

know of your plans, we will thank you with recognition in our **Pillars of Society** program. Not only can we express our appreciation, but we can make sure that you are kept up to date with the latest research breakthroughs, local program offerings, or legislative successes.

The next step

Chapter staff can give you all the information and materials you and your advisor need to develop a bequest that reflects your values and fits your estate plan. Investing your assets to reflect what you consider most important can be deeply satisfying.

If you would like to talk with someone personally about your giving plans, please contact **Jim Mulvey** at the Chapter Office at 919-834-0678 or via e-mail at jim.mulvey@nct.nmss.org. Ask for our brochure, "**Creating a Legacy for Tomorrow.**" You may also visit nationalmssociety.org, click on "Donate" and then "Planned Giving" for more information.

MEMORIALS

Alice Radez

Ms. Laurette C. Benton
Ms. Joan D. DeFrates
Danyell M. Harmon
Mrs. Sharon K. Kroeger
Mrs. Anne R. Martin
Ms. Donna J. McCaskill
Mr. Gray W. McKay
Mrs. Sarah C. Obeldobel
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WC Humphrey

Mrs. Meredith Johnson



**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.

Chapel Hill

Vanessa, 919-544-2188 or
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 Wednesday, 12:30 p.m.
Call for location.

Durham-Evening

Lisa, 919-323-4072.
3rd Thursday, 6 p.m. at
John F. Kennedy Towers
Community Room-4900
North Roxboro Road.

Durham - Weekend

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

Fayetteville

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

Fort Bragg

Theresa, 910-245-4259.
2nd Thursday, 4:30 p.m.
Call for location.

Fuquay-Varina

Mary, 919-552-768.
2nd Thursday, 7 p.m. in
Room 131A at Fuquay Baptist

Church, 301
N.Woodrow St.

Goldsboro

Glen, 919-965-6452, or Maxine,
919-242 9641. 2nd Monday,
7 p.m. at Pizza Inn on Ash
Street.

Granville/Vance Counties

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

Jacksonville

Phillip, 910-327-3536.
3rd Thursday, 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 or
Jimmy, 252-524-5431.
1st Tuesday, 7 p.m. at Ayden
Free Will Baptist Church.

Plymouth

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

Raleigh - Day

Lyn, 919-550-9634.
2nd Monday 10:30 a.m. at
Trinity Baptist Church.

Raleigh - Evening

Holly, 919-779-3487 or
Cherry, 919-850-9324.
3rd Wednesday, 6:30 p.m. at
Applebee's at Celebration
Station off of Six Forks Rd.

Raleigh Wellness

"Making Waves"
Kim, 919-832-2651 or Jean
919-616-6529. 1st Wednesday,
12-1:30 p.m. at Pullen Aquatic
Center class-room, 410 Ashe
Ave. Raleigh. *Please bring your
own lunch.*

Rocky Mount-Day

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

Roxboro

Christine, 336-364-1131,
Rick, 336-597-5944 or
Tammy, 336-597-4380.
2nd Tuesday 7 p.m.
at Roxboro Senior Center.

Scotland County

Juanita, 910-291-7327.
2nd Thursday, 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

Brian, 910-791-8723.
2nd Thursday 7 p.m. at
the Lower Cape Fear Hospice
and Lifecare Center.

Wilson County

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

Why Take a Driver Safety Class?

The AARP Driver Safety Program has helped millions of drivers remain safe on today's roads. AARP has offered the course in the classroom for 25 years and now offers the same course online. It is designed to help you:

- ▶ Tune up your driving skills and update your knowledge of the rules of the road.
- ▶ Reduce your traffic violations, crashes, and chances for injuries.
- ▶ Drive more safely.

What Else Do I Need to Know and How Do I Sign Up?

- ▶ Though geared for drivers age 50 and older, the course is open to people of any age.
- ▶ AARP membership is not required to take the course.
- ▶ There is no final test to pass.

Find a safety class near you by calling **1-888-227-7669** or clicking on **http://www.aarp.org/families/driver_safety**.



**National
Multiple Sclerosis
Society**

Eastern NC Chapter
3101 Industrial Drive, Suite 210
Raleigh, NC 27609

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