



# CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Spring 2008

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Ohio Buckeye Chapter

## What Will You Do? Join the Movement During MS Awareness Month in March!

**M**ark your calendars. In March 2008, we will be celebrating the third anniversary of MS Awareness Month, when Ohio became the only state in the nation to have the month-long special designation for MS awareness.

This year, we want to recognize the millions of people who have already joined the movement – people like you! We also want to welcome new people who are joining the MS movement for the first time.

We are asking that all of you who are a part of the MS movement to take time during MS Awareness Month to do something NOW to show your commitment to achieving a world free of MS.

What will you do? It's easy! Every action that you take helps to raise MS awareness. The following are some things you can do today and/or on each consecutive day during MS Awareness Month to raise visibility and support for the MS movement.

- Tell 10 people it's MS Awareness Month – ask them to tell 10 more people

- Call us to find out about different volunteer opportunities
- Form a team for Walk MS or Bike MS
- Sponsor a walker or cyclist for Walk MS or Bike MS
- Make a donation online or send it in by mail
- Make MS Awareness Month part of your e-mail signature
- Make your voice heard by e-mailing your local government officials about an issue important to people with MS. Or call us to find out what MS activists are doing in Ohio.
- Network! Explore our affiliated self-help groups, committees and educational programs. To learn more visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org).
- Make your mark against MS at [www.nationalMSSociety.org](http://www.nationalMSSociety.org)

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

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**1-800-667-7131**

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

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

*The National Multiple Sclerosis Society is dedicated to achieving a world free of MS.*

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## Advertise Your Message in the Next MSConnection

### FAST FACTS

- Official quarterly newsletter with an annual circulation of 56,000
- Received by people with MS, family members, event participants, donors, sponsors, health professionals, volunteers and others who support the MS cause
- Distribution months: March, June, September, December
- Next deadline: April 15

1/4 page ..... \$500  
1/2 page ..... \$1000  
Full page insert ....\$2,000

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

## Chapter President Celebrates 15th Anniversary

Janet Kramer celebrated her 15th year as the President of the National MS Society's Ohio Buckeye Chapter on January 4, 2008. Under her leadership, the chapter has undergone many changes but Janet has remained steadfast in her desire to improve the quality of life for people with multiple sclerosis.

Over the years, Janet has been responsible for increasing the chapter's service area from 15 counties to 36 counties and for increasing the number of people served from about 5,000 to 10,500 people. The chapter has also doubled its financial growth, from a \$1.8 million organization to a \$4 million organization.

Following the direction of the Board of Trustees, Janet has worked with her leadership team to increase funding and increase the quality of services, especially in outlying areas such as the Mahoning Valley.

This work has led to the Bike MS and Walk MS events raising more than \$1 million each in recent years. It also led to the Chapter's receipt of the National MS

Society's coveted Cavallo Award in 2006 for being the leading provider of innovative programs.

"This is not a one-person job," Janet said. "It takes teamwork and I have been very fortunate to have a professional team that is dedicated to their work to benefit people with MS."

In addition, Janet has encouraged collaboration with other chapters, which has led to regional programming efforts and regional data entry. She has also been through a merger of two chapters and the consolidation of three offices.

Janet is dedicated to raising awareness about MS and to helping people with MS live full, independent lives. Throughout her 15 years of service, she has demonstrated a strong belief in educating people about their health and well-being.

"I have met so many wonderful people who live with MS and hundreds of unselfish volunteers who have devoted their time to our organization," Janet said. "They are my motivation."



Janet Kramer has led the Ohio Buckeye Chapter since she was hired on January 4, 1993.

## Four Volunteers Honored at National Conference

**F**our local volunteers received national recognition at the Society's 2007 National Conference in Dallas, Texas. The chapter was honored to have Dr. Jeffrey Cohen, Kenny Yuko, Mel Maurer and Sue Nerlinger inducted into the Volunteer Hall of Fame.

**Dr. Jeffrey Cohen** was selected for being a dedicated health professional and researcher who has served as a Society volunteer for 18 years. He has served on the local Board of Trustees and Clinical Advisory Committee and devoted time to numerous national committees and advisory groups. He has made a personal commitment to helping people with MS as the staff physician and Director of the Clinical Neuroimmunology Fellowship at Cleveland Clinic's Mellen Center for MS Treatment and Research.

**State Representative Kenny Yuko** was inducted into the Hall of Fame for Advocacy for introducing the legislation to declare March as MS Awareness Month in Ohio. His efforts led to the bill's passage on March 5, 2006 giving Ohio the distinction of being the only state in the nation to have this special designation for MS awareness. Representative Yuko has rallied to raise awareness about MS and has shared his story of living with MS since being diagnosed in 2000.

**Mel Maurer** was also honored for his advocacy work on behalf of the Society. As a member of the Government Relations Committee for 11 years, he has advocated for many issues including accessible

accommodations, abuse and neglect protections, accessible and affordable healthcare and long-term care options. Mel is a strong advocate for people with MS, including his wife who has lived with the disease for 40 years.

**Sue Nerlinger** was inducted into the Programs and Services Hall of Fame. Since being diagnosed with MS in 2000, she has been a caring, compassionate volunteer for the Society. Sue facilitates a self-help group and serves as an MS Ambassador. She has shared her story with local and national media to raise awareness about MS.

Each of the inductees has shared their special talents and skills to improve the quality of life for people with MS. Congratulations to them for their well deserved recognition.



Congratulations to honorees (from left to right) Dr. Jeffrey Cohen, Sue Nerlinger, Mel Maurer and Representative Kenny Yuko.

## Dealing With Bladder Dysfunction

**D**avid Lander, known for his role as Squiggy on the Laverne and Shirley sitcom, often addresses audiences about his life with multiple sclerosis. He likes to open by saying, "People make statements these days that just don't hold water. Well, I have multiple sclerosis, so neither do I."

Lander understands two things about MS. Bladder problems are common and it helps to keep a sense of humor about them. That can be a tall order in the face of the urgency, frequency, dribbling, interrupted sleep and embarrassing accidents.

Bladder dysfunction, which occurs in at least 80 percent of people with MS, can usually be managed quite successfully. Treatment strategies include dietary and fluid management, medications, and intermittent or continual catheterization (inserting a thin tube into the bladder to remove urine).

Bladder dysfunction occurs when MS lesions block or delay transmission of nerve signals in areas of the central nervous system that control the bladder and urinary sphincter. The sphincter is the muscle surrounding the opening of the bladder, which controls the storage and outflow of urine. It is this muscle that gives people voluntary control over urination.

Symptoms of bladder dysfunction may include:

- Frequency and/or urgency of urination
- Hesitancy in starting urination
- Frequent nighttime urination
- Incontinence

These symptoms may be caused by a spastic bladder that is unable to hold the normal amount of urine, or by a bladder that does not empty properly, and thus always retains some urine in it. Retaining urine may lead



David Lander deals with everyday problems of living with MS with a sense of humor.

to complications such as repeated urinary tract infections or kidney damage. Left untreated, bladder dysfunction may also cause emotional and personal hygiene problems that can interfere with normal activities of living and socialization.

It is important to seek appropriate medical evaluation and treatment early. Many people avoid discussing bladder dysfunction with their physician because they are embarrassed, but it is the best way to determine the treatment of symptoms and the prevention of further complications.

More information about bladder dysfunction is available in the booklets, "Controlling Bladder Problems in Multiple Sclerosis" and "Urinary Dysfunction and MS." Call 1-800-667-7131 for a copy of the booklets.

***We are moving to raise \$1.2 billion by the year 2010 to help create a world free of MS.***

## Progress Made in Repairing MS Damage

**W**ith aggressive funding from the National MS Society and many 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 laboratory studies.

It may not have the most memorable name, but rHlgM22 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 132nd Annual Meeting of the American Neurological Association in October 2007. 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 in people with MS.

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, 2007 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 as well.

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.

Biogen plans to continue researching this possible new approach to MS treatment. For more information about MS research efforts, please visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-667-7131.



## Support for the Equipment and Home Modification Program

The Ohio Buckeye Chapter's Equipment and Home Modification Program provides durable medical equipment to people with MS. Wheelchairs, walkers, bathroom equipment, grab bars, and ramps are provided as funding is available. The Society supports the equipment program through fundraising events, including Walk MS, Bike MS and Dinner of Champion Galas.

Corporate and foundation grants also contribute important support to the Equipment and Home Modification Program. In 2007, Cardinal Health, a global healthcare company based in Dublin, Ohio, funded this program. The Cardinal Health contributions covered the purchase and repair of medical equipment for people with MS who lived in the central Ohio area.

A portion of Cardinal Health's contribution was used to help Rick Woodyard, a person with MS, to obtain a Kool Vest and a temporary wheelchair loan while his motorized wheelchair was being repaired. The Kool Vest enabled Rick to maintain a cool body temperature. He said the Kool Vest made a big difference in his ability to



Cardinal Health's support of the equipment program directly benefited Rick Woodyard.

withstand high temperatures and kept his MS symptoms from worsening due to the heat.

Last year, the Equipment and Home Modification Program was partially funded by grants from the Beck Foundation, Biogen Idec, Inc., Cardinal Health, Community Foundation of the Mahoning Valley, Mary S. and David C. Corbin Foundation, Deaconess Community Foundation, Harry K. Fox and Emma R. Fox Charitable Foundation, Thomas R. Isroff Memorial Fund, R.C. Musson and Katharine M. Musson Charitable Foundation, Charles E. and Mable M. Ritchie Memorial Foundation, and the Sisler McFawn Foundation.

For more information about the Equipment Program, please call 1-800-667-7131 or visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org).

*Research study to assess oral, investigational medication*

### Do you have relapsing-remitting MS?

You may be eligible to participate in a clinical research study.

Are you between the ages of 18 and 55?

Are you willing to complete all study procedures including once-daily oral therapy up to 24 months?

Eligible study participants may receive study-related medical care, study medication, laboratory work and evaluations at no cost. This is a placebo-controlled study.

**We are looking for interested patients.**

Please contact  
 Margie McCormick, R.N.  
 330-376-0334 ext. 156  
 130 West Exchange St.  
 Akron, OH 44302, or e-mail  
[mmccormick@nnadoc.com](mailto:mmccormick@nnadoc.com)

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## Treasurer's Report

The Ohio Buckeye Chapter of the National Multiple Sclerosis Society navigated through our challenging economic climate in 2007 to achieve a modest 1% increase (\$52,000) in operating revenues over the prior year.

Nonetheless, the chapter was able to provide a 3% increase in local program services from the previous year: Client and Community Programs (\$1,713,000) and Professional and Public Education (\$674,000). A \$136,600 increase in supporting services was due to restructuring at the chapter. These actions in 2007 are

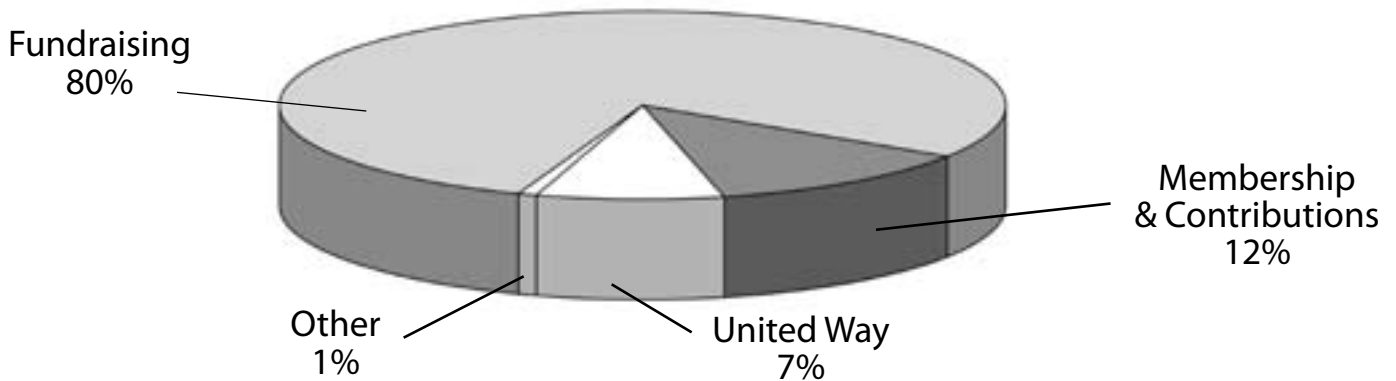
intended to better position the chapter for future economic growth.

Total national program expense amounted to \$1,110,740 (2007) and \$1,178,315 (2006) of which \$605,419 and \$689,295 respectively was restricted to research.

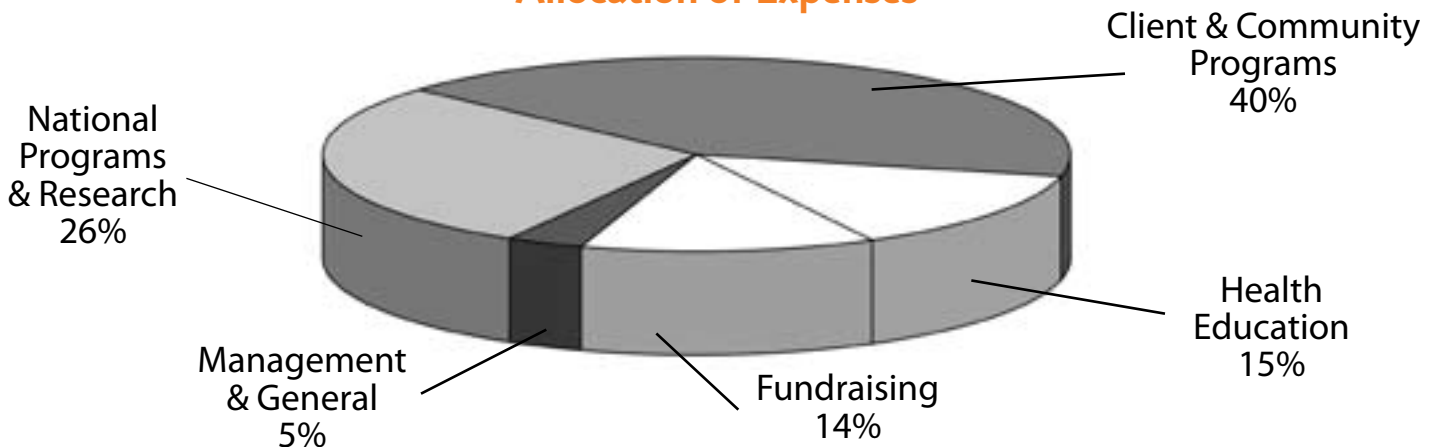
The firm of Meaden & Moore, Ltd. performed our annual audit. A copy of the Ohio Buckeye Chapter audit can be obtained by calling 1-800-667-7131.

- Andrew I. Press, Chapter Treasurer

### Revenue Sources from Operations



### Allocation of Expenses



## Plan to Make a Planned Gift

**W**ould you like to make a generous gift to the National MS Society's Ohio Buckeye Chapter without using any of your current income? It is possible with a planned gift.

A planned gift allows you to make a gift later if you are not able to give one now, or you can make a final gift after a lifetime of giving. To leave a legacy you must first find the right strategy for you.

The chapter welcomes most forms of planned gifts including bequests, charitable gift annuities, charitable remainder trusts and donor advised funds.

A bequest in your will to the Society is an easy way to make a difference without affecting your current cash flow. You can leave a specific dollar amount or a percentage of your estate. You may also bequeath property or specific assets. If you're interested in adding a bequest to your will, simply have your estate-planning attorney contact us for our formal bequest language as it can easily be amended or changed.

In many cases, legacy gifts keep giving past your lifetime. For example, an endowed gift provides permanent support by using only a small fraction of the fund you established while the majority of the fund remains invested for the future. Focusing on methods of giving that endure and choosing an organization, cause or program that is close to your heart enables you to preserve your values for future generations.

One final strategy is leverage. A life income gift allows you to make a gift in trust. In return, you receive an annual amount for life. This type of plan provides you with needed retirement income and the remainder leaves a legacy for tomorrow.

Call today to talk about designing a legacy, large or small, which will represent your enduring values. Please call Deborah Bowsher, Donor Relations Officer, at 1-800-667-7131 or e-mail [deborah.bowsher@nmssoha.org](mailto:deborah.bowsher@nmssoha.org). There is no obligation and any information you provide will be kept confidential.

## Still Time to Participate in Couples Retreat Weekend

**A**pplications for the 3<sup>rd</sup> annual **Couples Retreat Weekend** are due May 1, 2008. The retreat will take place August 1-3 at the Conference Center at NorthPointe just outside Columbus. The focus of the weekend is on communication. Presenters will discuss the invisible symptoms of MS, intimacy and spirituality and how these areas affect communication in a relationship. Cost is

\$50 per couple, which includes hotel and food, and fee waivers are available to those with financial need. We are only able to take 10 couples so there is an application and interview process. For more information or an application, call 1-800-667-7131 or download the information from the Web site at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org).



walk to  
create a world  
free of MS

You'll move. You'll be moved. Joining the movement with thousands of Ohioans is an experience like no other. We walk together during the Walk MS event to make a powerful statement, and to keep us moving toward a cure. Join a team, raise funds and walk to help people affected by MS. Each step you take brings us closer to a world free of MS!



## Get involved in a **Walk MS** event near you!

Date	Check-in Time	Location
<b>April 12</b>	7:30 a.m.	<b>Columbus</b> - Columbus Zoo & Aquarium
	9:00 a.m.	<b>Mahoning Valley</b> - Canfield Fairgrounds
	9:00 a.m.	<b>Athens</b> - Athens Community Center
<b>April 18</b>	6:00 p.m.	<b>McConnelsville</b> - Muskingum River Parkway
<b>April 19</b>	8:00 a.m.	<b>Newark</b> - The Dawes Arboretum
	9:00 a.m.	<b>Lancaster</b> - Fairfield County Fairgrounds
<b>April 26</b>	9:00 a.m.	<b>Cleveland</b> - The Time Warner Cable Amphitheater at Tower City
	8:00 a.m.	<b>Akron</b> - Blossom Music Center
	9:00 a.m.	<b>Mentor</b> - Mentor High School
	9:00 a.m.	<b>Massillon</b> - Massillon Recreation Center
	9:00 a.m.	<b>Hartville</b> - Quail Hollow State Park

### Team Up!

Share the fun at Walk MS with your family, friends and co-workers. It is never too late to join the movement and be a part of a team. For more information regarding Walk MS Teams, contact Matt Faulkner at [matt.faulkner@nmssoha.org](mailto:matt.faulkner@nmssoha.org) or 614-515-4629.

### Be a Champion

The Champions program is a way to bring together those living with MS and those who walk to create a world free of MS.

What does a Walk Champion do? Those who sign up for the program will be paired with a team. Champions are asked to submit a picture and brief biographical information sheet to be shared with their Walk Champion Team and work closely with their team to empower them to raise money for a cure!

**Register today at [www.MSohiowalk.org](http://www.MSohiowalk.org) or call 1-800-667-7131.**



Join the movement on **August 16-17** with thousands of other Ohioans who want to do something about multiple sclerosis. You're up for the challenge and ready for the ride of your life! The sense of accomplishment that you'll feel as you cross the finish line can only be matched by the difference you'll be making in the lives of the Ohioans affected by MS. Sign up to ride and we'll be there to support you every mile with tools to help you train and fundraise. Accept the challenge. It will be the most rewarding journey you'll ever make.

**Saturday, August 16 - Sunday, August 17, 2008**

**Cuyahoga County Fairgrounds in Berea, Ohio to Sandusky, Ohio, & back**

### **New Underage Rider Policy**

In an effort to help minimize risk during the Bike MS event, the Ohio Buckeye Chapter has adopted a new policy for underage riders. Please visit us at [www.MSohiobike.org](http://www.MSohiobike.org) to review the entire policy.

Register today at [www.MSohiobike.org](http://www.MSohiobike.org) or call 1-800-667-7131.

## **Two Professional Education Programs**

**T**he chapter will hold a **Professional Education Day** on May 15, 2008 at the Holiday Inn in Independence. Two programs - **Multiple Sclerosis: A Course for Occupational and Physical Therapists and Psychosocial Intervention in Multiple Sclerosis: Strategies for Mental Health Professionals** - will be offered. Continuing education hours will be offered to occupational therapists, physical therapists, psychologists, counselors, social workers and marriage and family therapists who complete these programs. For more information on these programs, visit the Web site at [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org) or call 1-800-667-7131.

## **MS Lunch Bunch Series**

**T**he Ohio State University Lunch Bunch Series will offer the following programs :

- |          |                              |
|----------|------------------------------|
| March 14 | Cognitive Behavioral Therapy |
| April 11 | Couples Therapy              |
| May 9    | Recreational Therapy         |
| June 13  | Yoga                         |

Programs will take place from Noon-1:00 p.m. at the Martha Morehouse Pavilion, 2050 Kenny Rd., Columbus, OH 43221 in the Green Room (1st floor). Please call 614-293-4964 to register.

## Try Hosting a Third-Party Event

The Ohio Buckeye Chapter is incredibly fortunate to have so many families, friends, clubs and organizations hosting a variety of outside events. Regardless of the type of event – from a bake sale, bowl-a-thon or dress down day at work to a golf outing and everything else in between – the events are a great way to raise funds and raise awareness about multiple sclerosis.

In 2007, third-party events raised more than \$35,400 for local programs, services and MS-related research. Two recent events included an evening with celebrity bartenders and a night of dining and dancing.



The Greek Orthodox Youth of America hosted a dinner/dance fundraiser to benefit the Society.

The dinner/dance event was held Nov. 30, 2007 at St. Paul's Greek Orthodox Church in North Royalton. Outback Steakhouse in Independence donated all the food. The proceeds from ticket sales along with live and silent auctions generated \$5,010 for the Society.

Groucho's Saloon in Middleburg Heights featured six members of the Cleveland Browns as celebrity bartenders on December 10, 2007. Funds totaling \$3,574 came from cover charges, bartending tips and live auctions of autographed Browns' clothing, helmets and other memorabilia donated by the players.

Special thanks to all the individuals and groups who have joined the movement by holding third-party events. If you would like to conduct an event on behalf of the National MS Society, please call Carol Southwood at 1-800-667-7131 or e-mail [carol.southwood@nmssoha.org](mailto:carol.southwood@nmssoha.org).



Fans had a fantastic time with Derek Anderson (top) and Joshua Cribbs at Groucho's Saloon.

## Evening Hours

Don't forget that we are now offering extended hours on Wednesday evenings. We will be available every Wednesday from 8:30 a.m. until 7:00 p.m. to answer your calls. If you have any questions about MS, our programs and services or Society-sponsored events, please give us a call at 1-800-667-7131.

## Get Ready for the Catch of the Day

**D**o you love to fish? Would you enjoy getting five of your friends, customers or co-workers together and out of the office for an entire day? Then the MS Walleye Fishing Tournament is just what you are looking for. What could be better than a day of fishing and fun out on Lake Erie? Even better, you will be helping the Society to move toward a world free of MS.

Your day includes: fishing for you and five guests, a fully stocked boat, a licensed charter boat captain, a continental breakfast, your catch cleaned and bagged to take

home, a light dinner and lots of prizes. First, second and third prizes will be awarded for largest fish and stringer. You can get all of this for just \$1,200 per boat. Don't have five people to go fishing with you? Don't worry, you can purchase a single ticket for \$250 and still be able to enjoy the day.

Join us on June 11 at Port Clinton's Midway Marina for the best walleye tournament around. To register for the event, please call Tony Bernard at 1-800-667-7131 or visit [www.MSohiobuckeye.org](http://www.MSohiobuckeye.org).

## Have a Weakness for Chocolate?

**T**he National MS Society is participating in a spring fundraising activity with Malley's Chocolates. You can fill your baskets while helping to support the MS cause.

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

- The Society receives 33 percent of the order cost
- Easy fundraising for Walk MS or Bike MS (dollars raised from sales go towards 2008 pledges)
- Free shipping on orders over \$75 (to the same address)
- Same prices as Malley's stores

To set up your fundraising account contact Bill Malley at 1-800-835-5684. For more information contact Carol Southwood at [carol.southwood@nmssoha.org](mailto:carol.southwood@nmssoha.org) or 1-800-667-7131.

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# Join the Movement Volunteer Workshop and Annual Meeting

RECOGNITION

The 2007 Annual Meeting held December 1 at the Conference Center at NorthPointe in Lewis Center featured a series of workshops for volunteers. The workshops proved to be a popular addition to the program as guests learned more about how they could join the movement.

The occasion was also the perfect opportunity to recognize outstanding volunteers for their work throughout the year. Congratulations to each of the award winners and thank you to all the volunteers and event participants.



Liz Thompson and her husband, Bob Thompson

### **Carolyn Konnert Achievement Award Liz Thompson**

Liz Thompson has lived with the challenges of MS and the hardships of being hearing impaired. Despite everything, Liz has flourished as a reporter and freelance writer. She has used her talent to raise awareness about MS and recently finished writing the book, "Day by Day: The Chronicles of a Hard of Hearing Reporter."



Lynne Kerr with her son, Max Kerr

### **Mother of Year Award Lynne Kerr**

Lynne Kerr was diagnosed with MS two years ago but that hasn't stopped her from working hard every day to make sure her son, Max, has the love and support he needs. Max has cerebral palsy so the mother and son are well aware of what it's like to live with a chronic illness. As co-leader of Max's boy scout troop, Lynne has encouraged the scouts to participate in Walk MS at the Massillon site.



Laura Popelar

### **Isroff Program Volunteer Laura Popelar**

Laura Popelar has used her expertise as a nurse to help people with MS. She has volunteered to speak at numerous programs including the Moving Forward Program, Couples Retreat and self-help group meetings. She has also served on several committees and been a longtime participant in the Columbus Walk MS event.

### **Top Team Fundraising Awards**

The Top Fundraising Team for the 2007 Walk MS event, raising \$22,041, was the Chill FAF Team.

The Top Fundraising Team for the 2007 Bike MS event, raising \$50,965, is Patti's Paladins.



Karen Hill, team captain for Chill FAF, and her husband Chris Hill



Rick Garcia (second from left), team captain for Patti's Paladins with co-captain Rebecca Garcia, Patti Substelny and Mike Substelny



Judge Linda Tucci Teodosio (far right) with Mike Herman, Pat Hylkema, Kendall Herman and Katie Herman

**Employer of the Year Award  
Summit County Juvenile Court**

Katie Herman, who has lived with MS since 1998, nominated the Summit County Juvenile Court for the Employer of the Year Award. The court has made accommodations for Katie, which have enabled her to stay employed. The changes have been invaluable, as she has fewer travel demands and a more flexible work schedule. Judge Linda Tucci Teodosio accepted the award on behalf of the court.



Dick Kulick and his wife, Kelly Kulick

**Development Volunteer of the Year  
Dick Kulick**

Dick Kulick has donated his time to serve as the volunteer liaison for Walk MS in Massillon. Due to his diligence, the site surpassed its goal and raised \$90,000 in 2007. In addition, Dick has provided affordable printing services through Shamrock Companies, and he also personally donated many items such as bookmarks and labels to promote MS Awareness Month.



Landre Kiser and Lorain County JVS Superintendent Bill Aubuchon

**Taubman Community Award  
Lorain County JVS**

The Lorain County JVS became involved with the National MS Society five years ago through the "Pedal to the Point" Bike MS event. The school has been the official "lunch stop" for riders. They have been extremely accommodating, directly impacting the success of the event. Superintendent Bill Aubuchon accepted the award for Lorain County JVS.

**Mission Possible Awards**

The Mission Possible Award is presented to event participants raising at least \$1 for each person living with MS in the chapter area. Six individuals met this challenge of raising more than \$10,000.

Belinda Grassi rode in the Bike MS event for the first time in 2007 and raised more than \$12,000.

Jim Manos, who has lived with MS since 1980, raised \$14,920 through the Walk MS event in Columbus.



Belinda Grassi (left) with Lisa Bradley



Jim Manos

*Other Mission Possible Award winners not pictured are:*

- Keith Fitz raised \$11,400
- Dan Herman raised \$11,418
- John Simonetti raised \$12,500
- Tim Pistell raised \$23,385

## Dates to Remember

### MARCH

#### Emergency Preparedness and Self-Advocacy for People with Disabilities

Learn how to plan for personal emergencies and emergencies that affect communities. Understand your rights during emergencies and how to be a self-advocate and community advocate before emergencies occur.

**Date:** Thursday, March 6  
**Time:** 7:00 p.m.- 8:30 p.m.  
**Location:** Teleconference  
**Cost:** Program is free

### APRIL

#### Sleep and MS

We know it is important to get a good night's sleep. There are many commercials offering products to help you sleep. This teleconference will discuss ways to get back to sleeping well using complimentary and alternative therapies.

**Date:** Wednesday, April 23  
**Time:** 6:30 p.m.- 8:00 p.m.  
**Location:** Teleconference  
**Cost:** Program is free

### MAY

#### Moving Forward: A Program for the Newly Diagnosed

This educational program is for people diagnosed with multiple sclerosis within the past two years and their caregivers. Medical and social service professionals will provide information on MS, symptoms and treatment options. Participants will also learn about Society programs and services and how they can get involved with the National MS Society.

**Date:** Saturday, May 17  
**Time:** 10:00 a.m. – 2:00 p.m.  
**Location:** Akron General Health & Wellness Center  
 4125 Medina Road  
 Akron, OH 44333  
**Cost:** Program is free

#### Columbus Long-Term Care Luncheon

Join us for a tour of the unique botanical collections and beautiful gardens of the Franklin Park Conservatory. This social luncheon is for people diagnosed with MS who are currently living in a long-term care facility and their caregivers. The luncheon will give both the person with MS and their caregiver an opportunity to socialize with other people with MS.

**Date:** Wednesday, May 21  
**Details:** For more information call 1-800-667-7131

#### Research Update 2008

Hear about the latest findings in MS research presented at the American Academy of Neurology's Annual Meeting. You can view this web program at one of two sites or from your home computer.

**Date:** Wednesday, May 21  
**Time:** 6:30 p.m. – 8:00 p.m.  
**Location:** Watch from your home computer or view the program at the following sites:

Martha Morehouse Medical Plaza  
 Camera Center  
 2050 Kenny Rd.  
 Columbus, OH 43220

Embassy Suites  
 5800 Rockside Woods Blvd.  
 Independence, OH 44131  
**Cost:** Program is free

CONTINUED ON PG 19



## Program Registration

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

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

\_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ County \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Day \_\_\_\_\_ Evening \_\_\_\_\_ E-mail \_\_\_\_\_

Research Program Only, I intend to participate:  In Columbus  In Independence  
 At Home

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

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

\_\_\_\_\_

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_

Address \_\_\_\_\_ County \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone Day \_\_\_\_\_ Evening \_\_\_\_\_ E-mail \_\_\_\_\_

Research Program Only, I intend to participate:  In Columbus  In Independence  
 At Home

Enclosed is \$\_\_\_\_ Registration Fees  Fee Waiver Requested

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

Check if you would like more information on  Wellness Programs

## JUNE

### Cleveland Long-Term Care Luncheon

Come and take a break from your everyday routine. Spend the day exploring the Cloud Forest of Costa Rica, the Traditional Japanese Garden and many more colorful gardens at the Cleveland Botanical Garden. This social event is for people diagnosed with MS who are currently living in a long-term care facility and their caregivers. This social luncheon will give both the person with MS and their caregiver an opportunity to socialize with other people with MS.

**Date:** Wednesday, June 4  
**Details:** For more information call 1-800-667-7131

### Columbus COSI Family Fun Day

Explore science...discover fun! Enjoy lunch, fellowship and take a tour of Columbus COSI.

**Date:** Saturday, June 21  
**Time:** 10:30 a.m. -2:00 p.m.  
**Location:** COSI Columbus  
 333 West Broad Street  
 Columbus OH 43215  
**Cost:** \$10.00 per person. *A limited number of fee waivers for people with MS are available based on financial need. Registration is limited to a person with MS and up to three guests. There is a limited amount of free parking so carpooling is suggested.*

### Cleveland Dave & Buster's Family Fun Day

Join us for great food and big fun at the Westlake Dave & Buster's! Lunch buffet and game power cards are available to all guests attending the program.

**Date:** Saturday June 28  
**Time:** 11:00 a.m. – 2:00 p.m.  
**Location:** Westlake Dave & Buster's  
 25735 First Street  
 Westlake, OH 44145

**Cost:** \$10 per person. *A limited number of fee waivers are available based on financial need. Registration is limited to a person with MS and up to three guests.*

### Ongoing Wellness Programs

Aquatics: Chapterwide  
 Golf: Akron & Columbus Areas  
 Therapeutic Horseback Riding: Akron, Cleveland & Youngstown Areas  
 Land Exercise: Akron Area  
 Yoga: Columbus and Cleveland Areas

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

## Think Spring Think Swing

**A**re you looking for an alternative to traditional exercise programs? Did you know that there are two golf programs available in the Ohio Buckeye Chapter?

The Challenge Golf Course is located in the Akron area. The course is offering a clinic for people with MS beginning Saturday, April 5. The charge is \$15 per person per class. In the Columbus area, Forehope also offers clinics for people with MS.

The benefits of golf include balance, decision-making skills, independence, strength and endurance.

Fee waivers are available for people with MS who participate in the golf program. Please call 1-800-667-7131 for more information about the golf clinics and other wellness programs.

## A Very Common Question

By Patti Substelny, MS Ambassador

I attended a family gathering recently and an uncle asked me, "How are you?"

I responded, "I am great." He looked at me as if I were lying – that being in a wheelchair precludes me from ever being great again. Does my MS diagnosis change the rules on how to answer this very common question?

Before I was diagnosed, "How are you?" was not a hard question to answer. I'd say, "I am perfect in every way, and yourself?" That answer often made people laugh and always made people think about their response.

Now I struggle to answer, "How are you?" To avoid awkward situations there are a lot of things I need to consider before answering. How much of my MS battle do I want to share with this person? Do I think they are asking because they really care or are they merely curious? Do they want a short answer in order to quickly move on to other conversations, or do they seriously want an update? Even worse - how do I deal with people not asking how I am doing?

When friends or relatives do not ask me anything, I need to temper my response. If this person is not asking me how I am doing because the situation doesn't warrant it, then I remain silent on the matter. However, if they are awkwardly talking quickly and desperately, then I will bring up the subject myself. I usually start out with, "Because I know you are too polite to ask, may I give you an update on how I am doing?"

I am a very positive person. I do not dwell on the difficulties of my situation. They are what they are - I cannot change them. I do have the power to choose my outlook and I wield that power daily. No person or disease can ever take that away from me. It is not always easy



Patti Substelny ponders the answer to a very common question.

to choose a positive attitude, but it makes the hard days easier to handle.

Some people do not share my positive attitude. They see my struggle before they see me. So when they ask, "How are you?" they expect a negative response because they only see the negatives in the situation.

The real difficulty comes in situations like with my uncle, who could not believe my positive attitude. I can imagine that he had a lot of things going on in his head. He was probably seeing the struggle, his fear for himself and for me and my future, and the disease. He was definitely not seeing me. He was seeing the trappings of the disease and using it to define who I am in the world. I will not be defined by the disease I happen to have.

In the end, I refuse to take on the feelings of others when it comes to my life. If I tell someone that I am doing great and they can't believe it, then that is their problem and not mine.

*If you are a person living with MS and would like to share a personal story or experience, please call Guyla Wehman at 1-800-667-7131 or e-mail [guyla.wehman@nmssoha.org](mailto:guyla.wehman@nmssoha.org).*

## Tributes and Memorials

If you want to honor someone with multiple sclerosis, or have lost a loved one to the disease, please consider naming the Ohio Buckeye Chapter of the National MS Society

as your charity of choice for donations. All contributions will help support local programs and services and fund MS-related research efforts.

### In Honor of...

#### On Behalf of His Clients:

**Allegiant Asset Mgt, Delaware Investment Advisors, Diamond Hill Capital Mgt, FAF Advisors, Federated Investors, Fifth Third Asset Mgt, Friess Assoc, George Weiss Assoc, ING Clarion Real Estate Inv Mgt, Legg Mason Fund Advisors, Mellon Private Asset Mgt, National City Bank, National Rural Electric Advisors, Pilot Advisors, Schneider Capital Mgt and T. Rowe Price**

Jim Macko, Keybanc Capital Markets

#### **Linda & Donald Blatzer (Merry Christmas)**

Linda Simons

#### **Margaret Bednarik**

Debra & James Bastian

#### **Rita Bline**

June Trettel

#### **Emily Bullock**

Jane & Michael Endres Family

#### **Anna Collins**

Kathleen Bencin & Michael Wanzer  
John Bondra

Andrea & Daniel Collins

Civita & David Collins

Dolores & Francis Collins

Marjorie & Charles Frank

Agnes & Matt Golobic

Charles Green

Anthy Greene

Joan Lorence Inman

Alla & Michael Kirsch

Mary & Clarence McMurray, Jr.

Charlene & John Naso  
Lorraine & Robert O'Brien  
Amy & Bryan Seekely  
Lise Wilson

#### **Dorothy & George Doerschuk**

Shelley & Robert Doerschuk

#### **Bob Dykes**

Jane & Michael Endres Family

#### **Sarah & Jim Felder (Wedding)**

Louise Vavrus

#### **Members of the Finley Family**

Lois Finley

#### **Louise Fishleigh**

Michelle Mastrangelo

#### **Terri & Tom Flick**

Sarah Flick

#### **John French (Wonderful Neighbor)**

Elaine Hlaves

#### **Jay E. Gerlach**

Nellie & William Booth, Jr.

#### **The Goldsmith (Family Christmas Gift)**

Patricia Schiff

#### **Renee McNeezer Green**

Caroline Daniels

#### **Suzanne Havranek**

Doug Anderson

#### **Rabbi & Rabbis Henkin (New Grandson)**

Stacy Leeman

Gary & Yaakal Liebesman

#### **Frank Holowach**

Raymond Voelker

#### **Laura Hunt**

Mary Susan & Charles Rath

#### **Linda & Joe Igel**

Joanne Turk

#### **Addie Kirschenbaum (Big Birthday)**

Shirley & Fred Gold

#### **Debbie Kackley**

Julie & Kenneth McGee

#### **Bruce Korodi (Holiday Season)**

Mary & Jud Roberts

#### **Jeanne Lawson**

Dr. Mary Reaman

#### **Dr. Beno Michel**

The Staff of Drs. Nina Petroff & Beno Michel

#### **Dr. Nina Petroff**

The Staff of Drs. Nina Petroff & Beno Michel

#### **Dr. Richard Ransohoff**

Off The Record Research LLC

#### **The Riggs (Family Christmas Gift)**

Patricia Schiff

#### **Janet Roppel**

Patricia Dardis

#### **Julie Wagner-Rucker**

Vincent Spiert

**Gill & Bill Stoer**

Jane & Michael Endres Family

**Edith & Benjamin Weiss  
(Anniversary)**

Ellen Wolf

**Josie Yoho (4<sup>th</sup> Birthday)**

Marie Yoho

**Kenny Yuko**

Patty & Paul Antonelli

**In Memory of....**

**Mollie Antz**

Janet Antz  
Kathy & Michael Grant  
Mickey Mason  
Janice, John, Amanda & Corey  
Papcun  
Emily & James Pryor  
McKim Wertz  
Miriam & Kristi Wertz

**Joseph Bejcek**

Rita Braves & John Marks

**David Blum**

Odette Blum

**Teri Booth**

Elizabeth Clark  
Karen & Ronald Davis  
Lori & Norman DiCesare  
Arlene DiFonzo  
Rennada & Edward Francis, Jr.

**Nancy Briggs**

Linda & Harry Fox  
Maureen & Frank Frisina  
Deborah Gardner  
Judy Goodman  
Robin & Stephen Karaffa  
Diane Leone  
Sandra Miller  
Kimberly & Ronald Nosko  
Marie Wielgus  
Laura Wilhelmi

**Wilma (Jean) Brown**

Eastside MS Self-Help Group

Linnie & Tom Gramlich  
Laurette Payette

**Raymond Casey**

Fraternal Order of Police Assoc.  
Lodge No. 31  
ServiceMaster by Corbett On  
Location  
Summa Health System Volunteer  
Dept.  
Summa Pastoral Care Services

**Aileen Crozier**

Mollie & Dick Bassler

**Giuseppe Della Serra**

Martha Bedell  
Marsha & Mike Curry  
Colomba Della Serra  
Barb Hickey  
Kathleen Mueller

**Marie Stephenson Daily**

Martha Kelly

**Larry Doty**

Phyllis, Gary & Kevin King

**Bea Ecklund**

Renee & Rusty Boomhower  
Joyce & John Carbon  
Karen & Thomas Jones  
Sandra & Greg Panik  
Janice Switzer

**Rosemary Fabian**

Kimberly & Michael Koller  
Margaret Marshall  
Juliann & Ernst Nagael  
G. Jean & Dennis Thomas  
Travee Family  
Joan & Jack Trifiletti

**Susan Ann Frey**

Nicolette & Michael McNary  
Anita & Charles Rayburn  
Lana Marie Smith

**Lynn Ruth Lawrence Geyer**

Ron Partin

**James Guitar**

Charlene & Jeffrey Joyce

Sophia Karnavas & Victor Tonino  
Elizabeth Moore

**Sandy Hosek**

Mathew Avon

**Herbert Hunt Jr.**

Debbi Myers & Family

**Arlene Karklin**

Paula & Dan Herman

**Paul Kelley**

Penny Campbell

**Alice Kopala**

Daniel Kopala  
Mr. & Mrs. Anthony Rowe  
Margaret Trotta

**Caroline Kraszewski**

Marie Wielgus

**Harvey Charles Krebs**

Georgia Hinde & William Davis

**Albert Krejci**

Shirley & Osborne Ward

**Kristi Lapinski**

Debra & James Bastian

**Ray F. Lewis**

Annette Black  
Gay Boden  
Marjorie Carlson  
Linda & Marc Craig  
Cynthia & Richard Doyle  
Jon & Phyllis Dwyer & Family  
Deborah & Terry Finch  
Jay Halverson  
Kathleen Lafferty  
Catherine Looker  
Jane McCormick  
Jeannette & Roland McKenzie  
Gay, Zach & Jamie McQuirt  
Dorcas Russo  
Steven Smith  
Leonard Staeger  
Kevin Staten  
Linda & Dane Stotzer  
Lynn, Bill & Samantha White

**Janet Livornese**

Brenda Gilardi

**Robert Logan**

Association of Fundraising  
 Professionals – Greater Cleveland  
 Chapter  
 Buckingham, Doolittle &  
 Burroughs  
 Rita & Marvin Crouch  
 Amy & David Drechsler  
 Nancy & Vincent DiGirolamo  
 Geraldine & John Halland  
 Kimball Consulting, LLC  
 Northfield VFW Post 6768  
 Charities, Inc.  
 Poland Giant Eagle #604  
 The John A. Zahuranec Family

**Erry Loewenthal**

Susan Weingold

**Kathleen Madden**

The Cillo Family  
 '98 Cleveland Warriors of  
 Winterhurst Hockey Assoc.  
 Elizabeth & Thomas Denk  
 Diane Dineen  
 Shirley & Peter Fronizer  
 Lucia Jezior  
 Deborah & Gerald Marisch  
 Mary Jane McLucas  
 Mary & Gary Raymont  
 St. Charles Sports Boosters Club  
 Kathleen & Wayne Smith

**Ileen Malitz**

Lara &amp; Robert Geuder

**Beverly Mankowski**

The Physicians of Neurological  
 Associates

**Bonnie Matelski**

Jerry Greenspan  
 Lisa Matelski  
 Mary Pierson  
 Natalie Watral

**Alice Mathias**

Grace &amp; Donald Case

**Christine Matthews**

Sherri Maynard

**Mitchell McGuire**

Beth &amp; Richard Lenzi

**Hugh McKinley**

Helen, Charles, Nancy & Susan  
 Harbage  
 Cecil Smith  
 Edna & John Warner

**Bettilu McKinney**

William Fladung  
 Shirley & Ernest Gibson  
 Phyllis Milligan  
 Leslie & Allen Peterson

**Samuel Meitin**

Ronna Kaplan

**Josip Muhvic**

Rene, Jeff, Jamie &amp; Noah Kraig

**Darlene Neville**

Larry Amacher

**Dan Osborne**

Joanne & Richard Bollas  
 Marilyn & Michael Mirwald

**Violet Paul**

Joyce &amp; Howie Welch

**Bruce Plumer**

Anthone Colovas  
 Ted Lesniak  
 Virginia Miller  
 Renate Steingel  
 Bonita & David Walker

**Janet Pratt**

Marilyn Rowe

**Faye Richards**

Mary Lou Manning

**Dorothy Schuller**

Mike Absten  
 Kim & Dennis Baus  
 Helen Bendel  
 Julie Blackwood  
 Suzanne & Matthew Chizmar

Jeannette Clayton

Michelle Cotner

Barbara Falter

Alma &amp; Robert Ingersoll

Steve Kline

Kimberly &amp; David Lewis

Nancy &amp; Dr. Ignacio Luna

G. Machwherter

Criss Occhiuzzi

Christine Pukalski

Jon Pukalski

Christine Scales

Matilda Stefanick

Jeri Triplet

Diane Winbigler

**George Ray Scott**

Edith Goodall

Mary &amp; Donald McCutcheon

Marjorie &amp; William McMullen

**Jack Sefluth**

Marty &amp; Tom Macko

**Louis Shadday**

Harold Demaree

James Ferguson

Diana &amp; Charles Hughes

Ruby &amp; Franklin Gwinn

Paul Jenks

Macedonia Baptist Church

Lois &amp; Stu Martons

Rodney Nay

Carol &amp; James Poling

Mr. &amp; Mrs. James Shaddy

J.M. &amp; S.A. Stephens

Estel Vernon

**Ronald Shrank**

Rose &amp; Richard Davis

Frank Meznarich

**Carolyn Knapp Smith**

Martha Hartman

**David L. Smith**

Joan Davis

Giant Auto Parts

Jean &amp; Dick Grimstad

Caroline &amp; Frank Hann

Janet &amp; Wilson Hawk

Joanne &amp; Phil Kolp

Marilyn, Roger &amp; Sparky Kolp

Joy & Michele MacGregor  
 Mary Ann Meade  
 Hazel Mohler  
 North Canton Police Dept.  
 Benevolent Assoc.  
 Earl Scheetz  
 Gladys & James Smith  
 Pamela Spence & Christopher  
 Smith  
 Catherine Taylor

**Patricia (Tish) Smith**  
 Bev & Frank Curson  
 Linda Douglas  
 Evelyn & Roger Haag  
 Nancy & Kirby Harder  
 Amy Hayden  
 Karen Hayes

Harvey Kelly  
 Marilyn & Anthony Menich  
 Marsha Molnar  
 Frances & Robert Moore  
 Judi & Jim Rader  
 Beth & Brian Roe  
 Annette Wanick

**Mary Snyder**  
 Libby Alessio

**Patricia Snyder**  
 Sandi Carsey  
 Mark & Elizabeth Yanko

**Narcissia Starks**  
 Marguerite & Michael Thomas

**Margaret Stegmeier**  
 Agnes Benedict  
 Susan & Tom Campbell  
 Judith & David Quillen

**Irene Teschner**  
 Friends from Battelle

**Joe Weinberg**  
 JoAnn & Gerald Millman

**Raymond Wetzel**  
 Lakewood High School Adult  
 Boosters

**Charlie Zack**  
 Cam Taylor Co., LTD Realtors

## Book Review on "Battling the Beast Within: Success in Living with Adversity"

By Liz Thompson, MS Ambassador

**D**avid Williams, the author of "Battling the Beast Within: Success in Living with Adversity," is very clear in his book about his experiences with MS. In particular, he talks about how the disease affected his career and family life. His credits are long but Williams writes that his success is primarily due to his family. There is no doubt of his affection for his loved ones.

Another aspect of his 128-page book that I like is his use of "people first" terminology. He was part of the original group, which formed the American with Disabilities Act that has become so important to people with disabilities and had such an impact on our country.

Williams has had his ups and downs throughout his life with his career and his MS, which he calls "The Beast." He uses quotes throughout his book to drive his meaning home. I am a quote lover, but I found this aspect of the book to be a bit overdone.

I found his chapter called; a setback is a setup for a comeback, to be particularly interesting. Williams always grabs onto hope and then keeps moving forward. He writes:

"Every aspect of human existence carries with it the inevitability of occasional setbacks. However, a bright future awaits those of us who see each setback as an opportunity to make a comeback - to build on our failures, mistakes, or misfortunes to achieve even greater things."

Later, in this same chapter, he writes:

"We are each personally responsible for everything that is done to us or for us. As difficult as it is to accept this, doing so allows you to grow. That is what a comeback is - personal growth based on a bad or unpleasant experience."

CONTINUED ON PG 27

## Self-Help Groups

For exact times, locations, programs and other details concerning self-help group activities call the National MS Society at 1-800-667-7131 or contact the person(s)

listed for more information. The Ohio Buckeye Chapter encourages you to attend the group of your choice regardless of its location.

### **MS Ohio Online Group**

Every Tuesday  
11:00 am and every  
Wednesday 7:00 pm  
MSWorld private chat  
room  
www.msOhio.org  
For information:  
rswob@roadrunner.com  
For Pal Program:  
peachop@msworld.org  
E-mail Group:  
rswob@roadrunner.com  
E-mail Loop Group:  
rswob@roadrunner.com

### **Ashtabula County**

**Ashtabula Group**  
3rd Tuesday 6:00 pm  
KSU Ashtabula Campus  
Blue-Gold Room  
3325 W 13th St  
Ashtabula 44004  
Wendy 1-800-667-7131

### **Athens/Hocking Counties**

**Athens/Hocking Group**  
Call for information  
The Plains Library  
14 S. Plains Rd  
The Plains 45780  
Barbara 740-591-0664  
ramseybarbara@yahoo.com

### **Carroll County**

**Carroll Group**  
Call for information  
New Harrisburg  
Presbyterian Church

3006 Waynesburg Rd NW  
Carrollton 44615  
Wendy 1-800-667-7131

### **Coshocton County Positive Purpose Group**

Call for information  
CJ 740-824-4370  
Angie 740-545-0620

### **Cuyahoga County Brunch Bunch**

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

### **Eastside Newly DX/ Minimally Affected**

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

### **Fairview Park**

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

### **Northwest Satellites**

2nd Wednesday 7:30 pm  
North Olmsted Senior Ctr  
28114 Lorain Rd

N Olmsted 44070  
Marge or Burt  
440-777-4156

### **Parma Posse of Possibilities**

Last Friday 12:00 pm  
Bring brown bag lunch  
Ridgewood YMCA  
3840 Ridge Rd  
Parma 44129  
Pam 216-749-7133

### **Strongsville Group**

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

### **Fairfield County Fairfield Group**

2nd Tuesday 7:00 pm  
Fairfield Ctr for Disabilities  
& Cerebral Palsy  
681 East 6th Ave  
Lancaster 43130  
Ed 740-687-0668  
Vickie 740-687-0089

### **Franklin County Columbus Eastside Group**

Call for information  
5240 East Main St  
Whitehall 43213  
Rachel 614-860-1968 or  
rbibb007@aol.com

**Columbus Family and Friends Group**

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

**Columbus Northside Group**

3rd Tuesday 7:00 pm  
North Broadway Methodist  
Church, Room 111  
48 E. North Broadway  
Columbus 43214  
Nancy 614-488-5620  
Geri 614-263-4310

**Columbus Westside Group**

1st Thursday 6:00 pm  
Glenwood United  
Methodist Church  
2833 Valleyview Dr  
Columbus 43204  
Jon 614-577-1453  
Judee 614-876-0202

**Men's Group**

4th Thursday 7:00 pm  
Dublin Public Library  
75 N. High St  
Dublin 43017  
Chris 614-854-0423

**Worthington Group**

2nd Tuesday 7:00 pm  
Anthem Blue Cross and  
Blue Shield  
6740 N. High St.  
Worthington 43085  
Linda 614-846-7268 or  
lcwyman@  
columbus.rr.com  
Kathy 614-846-2861

**Knox County****Knox County MS Support Group**

Last Sunday 3:00 pm

Summerville at HillenVale  
1615 Yauger Rd  
Mt Vernon 43050  
Sharon 740-392-3156 or  
smorrison002@  
columbus.rr.com

**Lake/Geauga County****Lake Day Group**

1st Wednesday 10:30 am  
Borders Books  
9565 Mentor Ave  
Mentor 44060  
Louise 440-255-4053  
Kathy 440-254-4050

**Licking County****Licking Group**

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

**Madison/Union Counties****U-MAD Group**

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

**Mahoning/Trumbull Counties****MS Musketeers Group**

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

**Medina County****Medina Evening Group**

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

**Medina Day Group**

Call for information  
Karen 330-723-7283

**Muskingum County****Zanesville/Cambridge Group**

3rd Tuesday 6:30 pm  
Muskingum County Senior  
Center  
200 Sunrise Center Dr  
Zanesville 43701  
Misty 740-452-8108

**Stark County****But You Look So Good**

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

**Massillon Group**

2nd Monday 10:00 am  
Call for information  
Cindy 330-833-2240  
Carolyn 330-879-3190

**MS Warriors – Standing Tall Together Group**

4th Tuesday 7:00 pm  
NeuroCare Center  
4105 Holiday St NW  
Canton 44718  
Jainyl 330-454-5482

**Summit County****Akron Evening**

2nd Tuesday 7:00 pm

Neurology Assoc  
130 W Exchange St  
Akron 44302  
Pam 330-376-1902 ext. 137

**Mighty Oaks Group**

1st Saturday 10:00 am  
Green YMCA & Oak Clinic  
3838 Massillon Rd  
Uniontown 44685  
Anna 330-923-2704  
Tina 330-896-9706

**Mothers Assisting Mothers Group**

Call for information  
Bridgette 330-920-9310

**Washington/Monroe Counties**

Call for information  
Sharon 740-568-0429  
Judy 740-374-6733

**Wayne/Holmes Counties**

**Wooster Group**

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

**FROM PAGE 24**

His other chapters include: self-pity is a useless emotion; anger breeds isolation and loneliness; give your love freely; family is the leavening that raises the bread; stay true to yourself; dream big dreams and face your fears squarely.

Williams is a fighter, not a quitter. He is a former director of government relations at Invacare Corporation. He has experience in the fields of nuclear medicine and public service and is a former member of the senior staff to the governor of Ohio, a lobbyist, and a public policy analyst specializing in health care issues.

The book did seem geared more to the politically and career-minded person, with or without MS. But I found I was more interested in his personal battle than any of his accolades.

Another aspect of the book that I liked is that Williams is from Ohio. I found it interesting to hear about familiar people and places. Overall, it is a well-written book and a good read.

**Visitation Volunteers Are Needed**

**A**s a visitation volunteer, you will provide friendship and support to people living with MS who are in need of companionship. All volunteers are able to make their own schedule and can visit as frequently as they choose. For more information about the Visitation Volunteer Program, please call Ann Ingling at 1-800-667-7131 or e-mail [ann.ingling@nmsssoha.org](mailto:ann.ingling@nmsssoha.org).



United Way of Summit County



United Way of Central Ohio  
Member Agency



# Thanks to Generous Donors and Volunteers

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

Volunteers also helped to ensure that Society-sponsored holiday programs were fun and festive. More than 550 people attended the self-help group holiday parties with their friends and family.

Thank you to all the donors for the gift bag items and thank you to the volunteers for helping to stuff the holiday bags and for taking time during the busy holiday season to make the deliveries. For more information about volunteering and donating items for the holiday gift bag program, please call 1-800-667-7131.



Nancy Pfeiffer volunteered her time to deliver a holiday bag and good wishes to Dale Pillevant.



**National  
Multiple Sclerosis  
Society**

Ohio Buckeye  
Chapter

**Ohio Buckeye Chapter**

6155 Rockside Rd., Suite 202  
Independence, OH 44131-2217

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