



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Volume 2008 • Issue 3

Long Island Chapter

2008 Walk MS Wrap-Up



walk to create a world free of MS

Thank you for making the 2008 Walk MS a huge success!
Turn to pages 24 & 25 for our Walk Wrap-Up!

INSIDE THIS ISSUE:



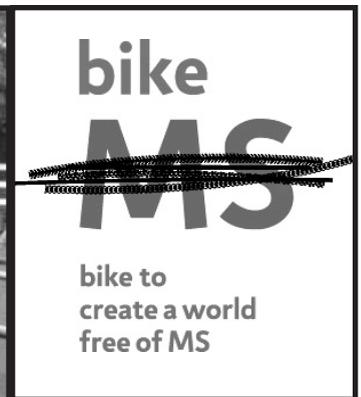
Keep Cool
Page 3



Research
Page 8



Fall Programs
Page 19



bike to create a world free of MS

Bike MS
Page 27

August 2008

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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.

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

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

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

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Long Island Chapter

President's Message

The MS Movement is growing. We asked for your help and you've responded. You've attended Walks, held fundraisers, participated in MS Awareness activities and have been advocates for public policy changes. You've volunteered to help in our Walk MS and at many other events.



Pamela J. Mastrota
President & CEO

You've shared your ideas about how to make your mark in our battle against MS. You've actively demonstrated your fierce passion for eradicating MS. Through your efforts, we are working together to enable:

- more effective treatments for MS
- repair of MS damage
- prevention for future generations

Our Promise: 2010 campaign is geared toward finding those cures. To date, we've raised almost \$150,000 of our \$250,000 goal. We've also been fortunate to have received gifts and pledges in amounts ranging from \$50 - \$25,000 from people who believe that the Promise: 2010 campaign research projects are promising and provide hope.

You too can be a part of Promise 2010. Join us on November 22, 2008 at Carnegie Hall for a very special evening. Sixteen year old violinist, Jourdan Urbach will perform along with the Park Avenue Symphony. Jourdan's passion for the violin and for a world free of MS is an inspiration to all ages. All of the proceeds from this evening will benefit the Promise 2010 Campaign. For more information about this evening, please see page 9. I look forward to seeing you at Carnegie Hall.

Our volunteers are making it happen. Research is the key to a world free of MS. Everything that you do for The Movement is getting us closer to that world.

Sincerely,

Pamela J. Mastrota

Be Cool Tricks

If you are newly diagnosed, you may be new to the impact heat has on many people with MS. (To learn why, visit nationalMSsociety.org. Type "heat" in our search feature.) But can you still be cool as a cucumber? You bet.



Body coolers can help you beat the summer heat smackdown. Here are just a few you can find online:

Silver Eagle Outfitters (silvereagleoutfitters.com) offer an item called the "Dew Rag" (\$16), a cooling head wrap that looks good on its own or even fits under a bike helmet. If you're gardening or just lazing on the porch, check out the cool brimmed summer hat and vest at Polar Products (polarsoftice.com) for \$110. The hat uses the evaporation method; the vest fits gel packs. Polar also

offers a gel-pack-loaded "Cooling Seat Pad" ready to go with you on your scooter or to cool you off at your desk.

Steele Body Cooling Comfort Systems at steelevest.com has a \$10 gel hat cooler you can stick under almost any headgear; they also have gel bra coolers for \$10, and neck scarves that can be filled with cold water.

You can also get wrist, ankle and foot coolers ranging from \$12 to \$25 at coolbandcity.com and polarsoftice.com.

Hold down your costs and keep your cool with a little ingenuity. Freeze plastic bottles of water. Wrap in a towel to make cool packs and drink once the ice has melted. (Leave a few inches of empty space at the top, because ice needs more room than water.) Carry a squirt bottle of water for a cool mist as needed. Before going out, get into a bathtub of cool water. The water should be comfortably lukewarm to start. Then add cooler water as you soak.

Be Cool with No-Cook Meals

Baby, it's hot outside! Keep it cool inside by **not** cooking. The Internet offers a cornucopia of ideas for no-cook meals.

- Myrecipes.com has a wide selection of no-cook menus. Scroll down to "Easy ways to find recipes" and plug in "no-cook."
- A search for "no-cook" on Epicurious.com brings lots of mouthwatering results, but check that they don't require any preparatory cooking. It's easier to look under Epicurious' "drinks" section, where you'll discover unusual options like Cucumber-

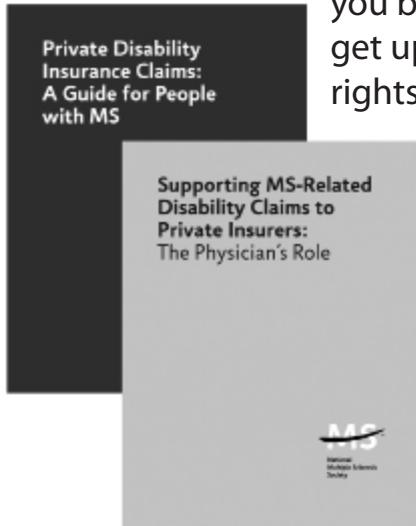


Lime Agua (or Blackberry-Thyme Margaritas if you like your drinks with a kick) that at most require a stint in the freezer.

- Foodnetwork.com has an entire section devoted to no-cook menus. Click the "Holidays & Parties" tab, then "All Parties," where you will see the link.
 - Visit Chow.com/tags/281-no-cook to find off-the-beaten-track no-cook recipes like Kulfi (an Indian dessert) or Double Cheese and Black Bread Terrine.
- Happy no-cooking!

Private Disability Insurance Claims: A Guide for People with MS

If you're covered by a disability insurance policy through your employer, or one that you bought on your own, get up to speed on your rights and responsibilities **before** you file a disability claim.



The Society's new guide offers a step-by-step explanation of the claims process, with tips to help you get approved.

A companion guide for professionals, **Supporting MS-Related Disability Claims to Private Insurers: The Physician's Role**, provides doctors with a checklist of things to include in their supporting statement to document their patients' claims for benefits. Call us for a copy of either booklet. Or go to nationalMSSociety.org/insurance and click on "Other Insurance."

How're We Doing? See our Annual Progress Report

Moving Forward Together is now on the Society Web site, reporting on milestones for fiscal year 2007. (The 2007 fiscal year began October 1, 2006, and ended September 30, 2007.)

Type "annual report" in the search box on the Society's home page for a colorful look at the year's achievements.

4 JOIN THE MOVEMENT: nationalMSSociety.org

Live links connect to the complete financial spreadsheets and to other resources on our Web site. If you cannot access the Internet, please call us and we'll print one out for you.



Café con Leche

Buenas noticias para las personas hispanas/latinas con EM. **Café con Leche** ha regresado. Para más información llame al **1-800-344-4867**.



living with ms in your 20s and 30s

Wondering how to balance your career and your MS? Is fatigue interfering with your social life? Considering telling the person you are dating you have MS? At **Real Talk. Real Answers. Living with MS in your 20s and 30s** you'll find discussions on these topics and more—and get some answers to the questions that matter. Go to realtalkrealanswers.com for live webcasts, virtual journals, tips from others living with MS, and other features.

Real Talk. Real Answers. is made possible through a collaboration of the National MS Society and MS LifeLines.

African American Advisory Council Reaches Out



While Caucasians have a higher incidence of MS, the disease can follow a different and sometimes more severe course in African Americans. The newly formed National African American Advisory Council held its first meeting in February to discuss how to get the message about MS out to the African American community.

Dr. Mary Hughes, a member of the Society's board of directors and a neurologist at Medical College of Georgia, whose sister Dora has MS, chaired the meeting. Other attendees included neurologists, people with MS and family members, physical therapists, counselors, a public health expert, a pediatric nurse, and a neuro-ophthalmologist. The Society received a grant from the Medtronic Foundation for this meeting.

Dr. Mary Hughes (L) and Dr. Dora Hughes



Milton Morris Photography

ADVOCACY

Inviting people in

Following the council's recommendations, the Society will seek to develop relationships with African-American celebrities, historically black colleges, and leaders of churches and other faith-based institutions to raise awareness about the disease.

Other recommendations include developing a booklet for African Americans with MS, and encouraging more African Americans with MS to participate in MS clinical trials.

The Council agreed that meeting once a year was not enough, and is planning to talk again.

MS activists visit Capitol Hill

In May, more than 400 MS activists from all 50 states visited their U.S. senators and representatives asking for support of:

- **The Ending the Medicare Disability Waiting Period Act of 2007** (S. 2102/H.R. 154). This bill would phase out Medicare's 24-month disability waiting period.
- **The National Multiple Sclerosis Disease Registry Act** (H.R. 5874), which will get an accurate measure of the incidence and prevalence of MS in the United States.
- **Federal investment in MS research** at the Department of Defense through the Congressionally Directed Medical Research Programs. Research on the increased MS incidence among combat veterans could lead to better understanding of potential environmental triggers.

Add your voice! Go to the MS Activist Toolkit (nationalMSSociety.org/ActivistToolkit) on our Web site to learn how to fit activism into your life.

The Skinny on Skin

Most organs like the kidneys, liver and stomach are tucked inside and out of view. But what protects them? Skin, the largest organ of all.

Skin keeps germs, dirt and damaging sun rays out, and important things, such as water, blood and fat, in.

Some MS symptoms, such as bladder and bowel problems, numbness (see sidebar), and lack of mobility can negatively impact the skin's health.

The injectable MS drugs can also affect skin. Skin reactions at injection sites can range from annoying to serious.

Maintaining healthy skin

- Don't smoke. It dries out skin and makes it harder to heal from injection-site reactions.
- Keep hydrated. Here's one more reason to drink the recommended eight 8-ounce glasses of fluid a day. And, as beauty magazines say, moisturize regularly.
- Wear hats, long sleeves and pants in the middle of the day. Use a broad-spectrum sunscreen with an SPF factor greater than 15, even if your skin is very dark.
- Inspect skin regularly for bruises, cuts, marks, or other damage. Don't forget the soles of the feet and in between the toes. "If you notice something is not healing, let your health-care provider know as soon as possible," Anjali N. Shah, MD, told

Decreased sensation or numbness

There is no medical treatment for numbness. Because numbness is essentially a decrease in sensation, it's possible to burn or injure skin more easily. Keep an eye on anything hot—the stove, candles, radiators. With coffee or other hot beverages, use a mug with a lid to prevent spills, and wait a while for your drink to cool down before taking a sip. Get a set of unbreakable dishes.

MS Connection. Dr. Shah is the director of Neurorehabilitation at the University of Texas Southwestern Multiple Sclerosis Center in Dallas.

Incontinence

If you have bladder or bowel issues, make sure to clean and dry your skin regularly and after any incontinence.

Tuck dry underwear, moist wipes and soft paper toweling in a baggie and stash in your backpack, briefcase, or shoulder bag.

Managing injection-site reactions

Reactions can include redness, itchiness, and swelling. Subcutaneous injections tend to cause more skin reactions than intramuscular injections, although the latter may produce mild bruising

and be slightly more painful. More severe reactions include wounds, ulcerations, lumps, or atrophy. Occasionally, surgery and antibiotics are needed.

Dr. Shah recommends:

- Learn a good injection technique from your nurse or the patient assistance program your drug company offers.
- Make sure skin is cleansed with soap and water and then disinfected with alcohol before injecting.
- Let medication warm to room temperature to reduce burning or stinging.
- Ask your health-care provider about an autoinjector, which allows people to choose injection depths.
- Rotate injection sites!

- Topical agents such as lidocaine can be applied to the site to help decrease pain or irritation.
- Talk with your health-care provider about applying a warm or cold compress beforehand. Some people do better with one or the other.
- For itchiness, try an over-the-counter antihistamine such as topical Benadryl.

Ask your health-care provider for other recommendations.

Beat the Heat—Get Active in the Water

“In water, people can move in ways that they can’t on land,” Sue Kushner, MS, PT, told **MS Connection**. Kushner is an associate professor of Physical Therapy at Slippery Rock University in Pennsylvania, and a long-time MS Society volunteer. “In the water, people have an opportunity to improve their flexibility, balance and coordination, strength, and cardiovascular endurance—and take all that back to land,” she said. “Some may even find some relief from pain or a decrease in spasticity.”

Now, as the temperature soars, it’s a good time to think about starting an aqua exercise program.

Something for everyone

You don’t have to be a swimmer: Aqua exercise can be anything from gentle moving in the water to a full program of vigorous exercises. Routines should suit your mobility and fitness level; your health-care provider can give you a prescription for a physical therapist.

Tips for success:

- **Check the temperature:** Experts suggest

MS CONNECTION

a water temperature of 82 to 84 degrees, but try anything below body temperature to find what’s right for you.

- **Improve balance:** Walk along the pool wall forward, backward and sideways. “Hold on to the wall,” Kushner said. “And make sure you are moving in all directions.” Also try braiding, where you put one foot in front of or behind the other to further challenge your balance.
- **Get flexible:** Stand facing the pool wall. Stretch one leg straight behind you and bend the other knee as you lean forward. Then reverse legs (a typical runner’s stretch). Or, stand at a corner of the pool where the water is waist or chest deep, place your hands flat against each wall, and bend your arms as you lean into the corner. This stretches the chest muscles.
- **Stay afloat:** Strap on a flotation vest to help you remain upright, kick one leg in a circle clockwise and the other counterclockwise (an “egg-beater” kick). You’ll increase flexibility in legs and hips.
- **Get help:** Call us at **1-800-344-4867** for a list of physical therapists or aqua exercise programs. Your parks department will also know about accessible pools. And visit the American Physical Therapy Association’s Web site at **apta.org**.



Researchers Need You

Is a Clinical Trial Right For You?

Scientists are testing new medications for MS in clinical trials across the country and around the world. These trials depend on people who are willing to participate. Volunteering means you could help find a groundbreaking new treatment for

you and other people with MS. But there are issues to consider.

What are the risks?

If the treatment works, you have first access. But there can be side effects of the test drug, and adverse events, either

mild or serious. Talk with your health-care provider about the risks and benefits of any clinical trial.

What are the costs?

An “informed consent” form shows which costs will be billed to you. Contact your insurer to find out what they will cover. Travel and hotels may or may not be reimbursed. You may lose work time for appointments. Ask, “Can I afford it?”

How is the study controlled?

In many trials, some participants receive the drug being tested; others receive a placebo, or inactive “dummy” look-a-like of the medicine. You won’t know what you’re getting, but you can ask what the odds are that you’ll be on active therapy. That’s important because you

may be giving up the safety net of your normal medication.

Are you eligible?

Scientists study how medications work with people at different stages of the disease, at different ages, and sometimes of a specific gender, ethnicity, or physical makeup. Most calls for clinical trial volunteers include eligibility requirements.

Without volunteers, we could not look forward to new and better therapies. For more information on volunteering and for details on clinical trials taking place in your area, visit nationalMSSociety.org/Need.

Intriguing Leads

- Can robots help train the brain to restore functions that are necessary for walking?
- Will there be more accurate ways to predict how an individual’s MS will change over time?
- Can an adult’s own store of stem cells be tapped to repair MS damage?
- Could the \$28 billion that MS costs the U.S. economy every year be trimmed? Would reducing employment discrimination pay off? Or better health-care delivery? Or reforms in health insurance systems?
- Will there be disease-modifying drugs in pill form any time soon?

Read all about current research on these questions in **Intriguing Leads on the Horizon**. Just click “Research” in the top bar on the Society’s Web site (nationalMSSociety.org). And keep abreast of breaking news on MS research by logging on regularly.



Clinical Trials on Long Island

Research is alive and well on Long Island. The MS Care Centers on the island are involved in numerous clinical trials to further advances in MS therapies. Here is a sample of what is in progress on Long Island.

The following studies are currently being conducted at the Multiple Sclerosis Treatment Center at Winthrop University and The Comprehensive Multiple Sclerosis Care Center at South Shore Neurologic Associates PC.

COMBI RX Study - This is a combination study using Copaxone and Avonex in RRMS patients who have recently been diagnosed with RRMS and have never been on any medication to treat their MS (other than steroids).

CONFIRM Study - This is an oral agent BG12 being used to treat MS patients. Patients between the ages of 18 - 55 years old diagnosed with

RRMS, never have been on Copaxone, could have been on other medications, but are off at this time.

TYGRIS Study - Patients starting on Tysabri are eligible to enroll in the TYGRIS Program after their first dose of Tysabri and before their 4th dose of Tysabri. This is study which will follow these patients for a total of 5 years to monitor safety. This study is currently being conducted at the Comprehensive Multiple Sclerosis Care Center at South Shore Neurologic Associates PC.

For more information please contact:

Winthrop – Kim Byrnes, (516) 663-9582

South Shore Neurological Associates PC –
Lori Fafard or Laura Graffitti, (631) 758-1910 ext. 2187

Save the Date: November 22, 2008 Concert for a Cure



Please join us at 7:30 pm at

Carnegie Hall

Isaac Stern Auditorium

A night at the Symphony with 16 year old

Violin Virtuoso **Jourdan Urbach** and the

Park Avenue Chamber Symphony

Performing the Tchaikovsky Violin Concerto and
the World Premier of an electric violin piece that

will **ROCK THE HOUSE** by an Emmy & Grammy
Award Winner. **Surprise Celebrity Host!**

All proceeds benefit the

Promise 2010 Research Campaign.

Please call Barbara Travis at (631) 864-8337 ext. 224 for tickets

Ways to sell

Whether it's a lovingly hand-knitted scarf or an outgrown pair of jeans, now there's a way you can sell your wares **and** help fund the movement at the same time.

When you offer items through the "Community Marketplace" on the Society's Web site, you can designate the percentage of proceeds that you'd like to donate to the Society and you can specify what chapter you would like the proceeds to benefit. The Community Marketplace is powered by **missionfish.org**, the administrator of eBay's Giving Works program. It allows sellers to give proceeds from their sales to a nonprofit organization of their choice.

From bracelets to binoculars

A sampling of the items recently on sale at the Marketplace includes multiple sclerosis "hope" necklaces and awareness bracelets, a Chicago Bulls "Ultimate" card collection, Roy Orbison's all-time greatest hits (on vinyl!), spaghetti paintings, original photographs, purses, sandals, vintage comic books, knitting patterns, binoculars—and loads more.

Become a seller—and a supporter

If you're already an eBay seller, click the "Sell" tab at the top of the listings. If you're not a seller, but would like to become one, the site will lead you step by step on how to register after you've chosen where you'd like your donation to go. Anything that can be sold on eBay can be sold on Community Marketplace, whether it's a first edition of **To Kill a Mockingbird**, or a dog-eared paperback of John Grisham's latest. While all sellers pay fees, which usually range

between 3–7% of the final sale price, eBay gives a fee credit to sellers who donate through eBay Giving Works. The credit will be reflected in their account approximately six weeks later.

Getting there

Click "Get Involved" at the top of the Society's homepage at **nationalMSSociety.org**. This will lead you to a link to the Community Marketplace—as well as to the Society Store and the Movement Marketplace.

The Society Store offers top-quality wearables and collectibles — with our logo and in our brand colors — at a fair price, providing an opportunity to show support and increase awareness of the MS movement. The Movement Marketplace features special offers from the Society's corporate supporters.

KNOWLEDGE is POWER

Tahirah, diagnosed in 2004

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

Join the movement.

MS
National Multiple Sclerosis Society

Society offers free financial planning

Staying up late at night worrying about the bills, covering the mortgage, changing your job? We can help.

“We’ve enlisted over 600 financial advisors across the country to give free advice to Society members,” said Michael Elder, director of the Society’s Financial Education Partners Program (FEP), a collaboration between the National MS Society and the Society of Financial Service Professionals.

“We offer financial education, literacy training and one-on-one consultations, much of it offered on the phone. People with MS are often presented with situations that seem overwhelming—financial matters may be one of them.”

The financial advisors working with the Society cover over 15 specialties—from retirement planning to health insurance to legal services. “These experts can help with employment issues, budgeting, and even health care,” Elder said. “Often more than one will work together to help a client.”

A common concern among people with MS is career transition. “Our clients want to know, ‘Can I leave my job? And can I afford to be retrained?’ You can find an advisor to help with the financial planning involved in that decision,” Elder said.

The program also addresses financial areas specific to women. “There is a high rate of



divorce among people with MS,” he said. “Men are still more often the breadwinners. We wanted to address the money issues that arise for women out of that situation.” The FEP set up a free “Women with MS” financial workshop in Society chapters with the highest demand.

Elder stressed that the program always looks at the whole picture. “Sometimes people need the services of more than one expert,” he said. “Recently, to address the problems of a family facing foreclosure, the FEP put together a team including a planner, a real estate professional and a lawyer.”

In 2007, the National MS Society awarded the Society of Financial Service Professionals with the National Organization of the Year Award for their many hours of free service.

Call us to speak with a financial consultant and visit nationalMSsociety.org/Insurance for more information.

Self Help Groups

Please contact the peer facilitator before attending a meeting.

Amityville

Sharing Our Cares Away

1st & 3rd Friday, 11 am
Carolyn (631) 608-5639

Bayshore

4th Monday, 7 pm
Rich (631) 745-0478

Bayshore

Let's Be Positive

Southside Hospital
2nd Tuesday,
6:30 pm – 8:30 pm
Marie (631) 277-6552 or
(516) 297-9331

**This is group for people with a
Diagnosis of MS and their
current Caregiver (if interested)*

Hampton Bays

First Monday, 7 pm – 9 pm
Theresia (631) 288-2161

Hauppauge

Free Spirits

1st & 3rd Tuesday, 12 pm
Tom (516) 220-4869

Huntington

Reaching for that Silver Lining

Huntington Library
2nd Tuesday, 11 am
Louise (631) 470-5565
Dennis (631) 495-0512

Long Beach

Parents, Caregivers and Friends

Sharon (516) 448-0928
** if interested in group please
call*

Melville

Caregivers (spouses or partners)

Meets monthly in early evening
Call for details
Andrea (516) 466-4955

Melville

Social Group

Bertucci's Restaurant
881 Walt Whitman Road
2nd Tuesday
6:00 pm – 8:00pm
Anthony (516) 609-9708

Nesconset

But You Look So Good

Tuesday Evenings
Call or email for details
Patty (631) 656-9019
pattycakerose@optonline.net

Port Jefferson

Handicapped Support

Last Tuesday
1:30 – 3:30 pm
Barbara (631) 474-6365

Seaford

Seaford Challengers

Alternate Wednesdays
11:30 am
Jim (516) 826-8514
Nancy (516) 489-9163

Shirley

Looking Good

Mastic, Moriches, Shirley
Library
2nd Thursday, 7 pm- 8 pm
Karen (631) 255-4744
mshopefuls@yahoo.com

Syosset

Couples Concerns

3rd or last Thursday
6:30 pm – 8 pm
Jodi (917) 592-1376

Valley Stream

Friends

1st & 3rd Tuesday , 7:00pm
Tracy (516) 792-1567

Wantagh

MS Support Group

St. Francis de Chantel Parish
3rd Tuesday, 10:30 am – 12 pm
Anastasia (516) 808-6784
Christine (516) 851- 0947
Donna (516) 242- 2132

Teen Talk* – (ages 12 – 17) EAST

Call for details
Alex (516) 541-0909

Teen Talk*– (ages 12-17) WEST

Call or email for details
Allie (516) 621-6645
Akolb109@gmail.com
**these groups are for teens with
a relative with MS.*

Yapank

Our Voices

John J. Foley Skilled Nursing
Facility
Alternating Fridays, 1:30 pm
Jeannie or Connie
(631) 495-0642
**this group is currently for
residents of facility only.*

Meet the Attorneys Wednesday, October 1, 2008



MEET THE ATTORNEY

Please join us between 6:00 - 8:00 p.m., for "Meet the Attorney One on One" at our Chapter office in Melville. This program is FREE and designed to help answer your legal questions and concerns. As a participant, you will receive a private 30 minute consultation with an attorney who specializes in the following topics of your choice:



- Elder Law
- Social Security Disability
- Matrimonial
- Living Wills and Health Proxies

Light refreshments will be served

Participants must register in advance to hold appointment time.

For registration and information, please call
Jane Reilly 516.740.7227 or 631.864.8337 ext. 218
or email jreilly@nmssli.org.

Winthrop-University Hospital Multiple Sclerosis Treatment Center Conducting Clinical Trials

**The Multiple Sclerosis Treatment Center
in conjunction with Winthrop-University Hospital Clinical Trials Center offers patients with
multiple sclerosis (MS) the opportunity to participate in various medical research studies.**

All eligible participants receive study-related medication and medical care at no cost.
All trials are considered investigational. Some trials evaluate FDA-approved medications for
investigational purposes, while some evaluate investigational medications alone.
Oral investigational medications are sometimes available.

We are seeking answers to scientific questions, however, patient safety is our primary concern.
All trials are carried out under the auspices of an Institutional Review Board
whose sole responsibility is patient protection.

If you or someone you know might be interested in one of our programs,
kindly call **(516) 663-9582** or e-mail clinicaltrials@winthrop.org for further information.



CAREGIVER'S GROUP

Saturdays, October 4th - December 6th

12:00 – 1:30 PM

1 Old Country Rd. – Suite 295, Carle Place, NY

Caregivers and former caregivers meet to discuss situations that arise while caring for a person with MS. This group is a forum to discuss helpful coping strategies. Participants learn from each other to learn what has been successful when helping MS patients. Topics include recent therapies and treatment protocols. Meetings provide an outlet to express various emotions and an opportunity to meet with others people in similar situations.

LIVING WITH MS: AN INFORMATIVE AND INTERACTIVE GROUP FOR PEOPLE WITH A DIAGNOSIS OF MS

Starts Tuesday, October 7th - December 16th

10:30 AM - 12:00 PM

Meets in Salisbury Park Clubhouse on Carman Avenue, East Meadow, NY

To register for these programs, please call the Long Island Chapter at (631) 864-8337 or (516) 740-7227 or Vicki Kulberg, CSW at (516) 739-0957

Are You Interested in an Adult Day Program?

The Long Island Chapter of the National Multiple Sclerosis Society is pursuing opportunities to collaborate and offer Adult Day Services to individuals with multiple sclerosis.

The program will provide the opportunity for individuals with MS to participate in programming for up to 5 days a week. Transportation is included.

If you are interested in an Adult Day Program, or would like additional information, please contact Gene Veigl at (631) 864-8337 (516) 740-7227 ext 222, or at eveigl@nmssl.org

SOCIAL SECURITY DISABILITY

Long Term Disability

◆
Accidents

◆
Disability

◆
Lectured at MS conferences and support groups; active on Long Island Chapter's MS Committees

◆
27 YEARS EXPERIENCE

◆
OFFICES

200 Broadhollow Road, Melville, NY
225 Broadway, New York, NY

FREE CONSULTATION
LAW OFFICES OF GARY GLENN
(516) 829-5551
(631) 423-0182

Stephen M. Newman, M.D.
Director, The Comprehensive MS Care Center
Island Neurological Associates, P.C.

In the coming years, there will be many new approaches for multiple sclerosis treatment. Trials are now underway, evaluating the efficacy of intravenous medications, as well as vaccinations. In this article, I will highlight several of these medications.

FTY720 (Fingolimod) is currently in Phase III clinical trials (FREEDOMS). It is taken orally, on a daily basis, and is being tested in patients with relapsing remitting multiple sclerosis only. It traps inflammatory T cells, in secondary lymphoid tissue, thereby preventing these cells from entering the central nervous system and causing damage. Inflammatory T cells are one of the prominent causes of nervous system damage in multiple sclerosis. During induction of this medication, there can be changes in blood pressure and possible shortness of breath. A higher incidence of skin lesions and macula edema has also been found. Our office is currently involved in the FREEDOMS trial.

BG-12 (oral fumarate) is another promising oral agent. Two ongoing Phase III clinical trials are currently in progress. The CONFIRM trial compares BG 12 with Copaxone and placebo. The DEFINE trial compares BG 12 with placebo. The major adverse effects of BG 12, are nausea, and flushing of the skin. Our office is one of the investigational sites for the CONFIRM trial. Three other oral medications are also in Phase II, and Phase III trials. Cladribine is being tested in the CLARITY trial. Also being tested are Teriflunomide and Laquinimod.

Monoclonal antibodies are currently being tested in clinical trials. These medications are given intravenously. Our body normally makes antibodies to fight infections. Monoclonal antibodies are specially formulated to target different proteins that are necessary for inflammation. An example of a monoclonal antibody that is FDA approved and is currently being used in patients with relapsing remitting multiple sclerosis is Tysabri.

Rituximab is another monoclonal antibody, currently being used for B cell lymphoma. Ocrelizumab is a newer type of Rituxan that causes fewer infusion reactions. This medication is now being tested in a Phase II clinical trial for relapsing remitting multiple sclerosis. Our office is currently participating in testing this medication. Two other monoclonal antibodies being tested are CAMPATH (Alemtuzimab), and Daclizumab.

For more information on new therapies, please call Tiffany at (516) 822-2230 ext. 131.

Bulletin Board

- **Boflex complete gym, Never used**
Asking \$1,400.00. Call Paul at (631) 281-3106
- **Invacare Powerchair**
Seat tilts, hardly used, excellent condition
Asking \$3,000.00 negotiable. Call Nathalia at (631) 435-2172
- **1990 150 Ford Econo Line Van**
New lift installed, good shape, new tires and air conditioning. Call Victor for more information at (631) 586-4564
- **Invacare Powerchair**
Never used, needs new battery
Asking \$250.00. Call Stan at (516) 799-5432
- **Invacare Reliant 350 Power Stand Up Lift**
Like new allows for easy standing assistance, seating and toilet transfers
Feature include simple sling attachments, wide push handle. Access for clothing removal, wide non slip footplate. Asking \$2,000.00 negotiable. Call Jennifer at (516) 390-3012
- **1988 Ford Van – Accessible**
Low mileage, new battery, Wheelchair lift, hand controls for driver. Asking \$5,000.00 negotiable. Call Doreen after 6 pm at (516) 868-2980
- **Electric Lift for outside the house**
Asking \$4,000. Call Grace at (516) 694-1962
- **Two Twin Sealy Memory Foam Beds**
6 months old, includes remote unit. Best offer! Contact Barbara at (516) 384-0588
- **BRAND NEW! Hoveround wheelchair**
With Atari hand controls. Best offer!
Contact Glen at (631) 654-1918 or (631) 803-7935

Recreation and Socialization

These programs provide an outlet for fun in a social arena. They include a variety of craft projects as well as refreshments.

You may join at any time. These programs are funded by the Wolfson family.

Bayshore

Southside Hospital, Neuroscience Institute, North Shore LIJ Health Systems
Montauk Highway
Alternating Fridays 10:30 am - 1:30 pm
Lorrie Prescott, CTRS
October 3, 17, November 14
December 5, 19, January 5

Freeport

Freeport Recreation Center
130 East Merrick Road
Saturdays 12:00 - 3:00 pm
Gerry Albers, CTRS
October 11, 25, November 8, 15, 22
December 6, 13, January 10, 24, 31

Ronkonkoma

Community Programs Center
2210 Smithtown Avenue
Eleanor Reub
*(631) 585-2020
Mondays 11:30 am - 3:30 pm

*Please call for start dates and schedule. For more information, please contact Jane Reilly, (631) 864-8337 or (516) 740-7227 ext. 218 or email jreilly@nmssli.org

PATIENT EDUCATION SERIES

HOSTED BY THE MS CARE CENTER AT STONY BROOK UNIVERSITY HOSPITAL

To be held at the Neurology Outpatient Offices
179 Belle Mead Road, Setauket, NY (631) 444-1975

This series is open to individuals with MS and their family members.

9/11/08 A Primer on Multiple Sclerosis

- MS – What Does it Mean? Dr. Lauren Krupp
- State of the Art Treatments Dr. Patricia Coyle

9/18/08 Living with MS

- Remaining Independent Candi Rienzie, DPT
Eva Rodriguez, OT

9/25/08 Hope for the Future

- Latest and Greatest Advances in MS Research Patricia Melville, NP

10/2/08 MS Tool Box

- Memory Enhancing Strategies Christopher Christodoulou, PhD
- Depression/Mood Dr. Yashma Patel
- Resources Dawn Madigan, RN

Sessions will start at 7:00 p.m. and will last for approximately one hour, with time for Q & A.
Refreshments will be served.

Space is limited. To register, please call (631) 444-8096

\$10,000 Grant from the Roslyn Savings Foundation benefits Long Island Chapter's Respite Program

The Long Island Chapter of the National Multiple Sclerosis Society received a donation of \$10,000 from the Roslyn Savings Foundation. The funds are restricted to the Respite Care Program. The program is designed to keep families intact by giving care-givers much needed time off to conduct business, run errands for the household or to enjoy some private time to rejuvenate.

Gene Veigl, Programs Director, Long Island Chapter and
Marian Conway, Executive Director, Roslyn Savings Foundation.



Available Resources. You are not alone.

PHONE SUPPORT

Phone Support

- Pregnancy and Post Partum Issues? Call Jodi at (917) 592-1376 in the afternoon.
- Have MS for more than 10 years and have trouble coping? Call Sal at (516) 752-1116
- Trouble leaving your home? Call Eileen at (516) 579-5097
- Newly Diagnosed? Call Karleen, RN at (516) 873-9220 between 6-8 p.m.
- Need to talk? Call Bob at (631) 648-0570 until 6 p.m.
- Want to talk about your spiritual journey as you live with MS? Call Sister Jo at (631) 928-2975 leave message until 8 p.m.
- Living, Coping and Understanding MS? Call Rosemarie at (516) 937-9069 anytime.

Primary Progressive MS Teleconference

"Ways to Stay Independent"

Functional tips for dressing, grooming, meal preparation and getting out and about.

September 18, 2008

10:30 - 11:30 am

Shelly Peterman Schwartz

Ms. Schwarz was diagnosed with primary-progressive MS in 1979, and has been sharing her insights and personal experiences with audiences for twenty years. She is the author of *Making Life Easier*, a book on living with primary progressive MS

Register by contacting Gene Veigl at (631) 864-8337 (516) 740-7227 ext 222 or email eveigl@nmssli.org by September 12, 2008

LONG ISLAND CHAPTER SCHOLARSHIP WINNERS 2008

The Long Island Chapter is proud to award scholarships to three worthy students this year. Each student will receive a scholarship of \$2,500 for a total of \$7,500 provided by the Long Island Chapter.

Congratulations to this year's recipients!

Vanessa Cavanagh

Arianna Tantillo

Efren Cortes

Fall 2008 Wellness Programs

To register for the following programs, please contact the facility or instructor listed.
Instructors will provide registration forms and waivers.

AQUATICS:

A low-impact form of exercise to improve strength, balance and coordination. This program is funded by the Dee Kaplan Memorial Fund

Oceanside – Barry & Florence Friedberg JCC

12 Neil Court
516.766.4341

Instructors, Helene Hines and Barbara Vitale

MONDAYS – 7:00 - 8:00 p.m.

August 4, 11, 18, 25;

September 1, 8, 15, 22, 29

THURSDAYS – 10:00 - 11:00 a.m.

August 7, 14, 21, 28;

September 11, 18, 25

NO CLASS September 4

Please see website for additional Fall / Winter classes www.nmssli.org

Bay Shore – Great South Bay YMCA

200 West Main Street
631.665.4255 – Maureen Kiernan

MONDAYS – 1:00 – 1:45 p.m.

September 8, 15, 22, 29;

October 6, 13, 20, 27;

November 3, 10, 17, 24;

December 1, 8, 15

THURSDAYS – 9:30 – 10:15 am & 6:00 – 6:45 pm

September 11, 18, 25;

October 2, 9, 16, 23, 30;

November 6, 13, 20;

December 4, 11, 18

NO CLASS November 27

Commack – Suffolk Y JCC

74 Hauppauge Road
631.462.9800 – Nancy Briel

Instructor, Ann Meisen

(continued)

WEDNESDAYS – 10:00 – 11:00 am

September 10, 17, 24;

October 29;

November 5, 12, 19, 26;

December 3, 10

(make up day, if needed, will be December 17)

Plainview – Mid-Island Y JCC

45 Manetto Hill Road
631.822.3535

Instructor, Lisa Klobus

MONDAYS – 10:15 – 11:15 a.m.

September 22;

October 6, 27;

November 3, 10, 17, 24;

December 1, 8, 15, 22

WEDNESDAYS – 11:00 – 12:00 noon

September 24;

October 29;

November 5, 12, 19, 26;

December 3, 10, 17

FRIDAYS – 11:00 – 12:00 noon

September 26;

October 3, 10, 17, 24, 31;

November 7, 14, 21;

December 5, 12, 19

East Hills – Sid Jacobson JCC

300 Forest Drive
516-484-1545 – Audrey Kurland

TUESDAYS – 9:45 – 10:30 a.m.

September 9, 16, 23;

October 7, 28;

November 4, 11, 18, 25;

December 2, 9, 16, 23;

January 6, 13

NO CLASS 09/30; 10/14, 10/21

GROUP PHYSICAL THERAPY:**East Meadow – STARS Rehabilitation
801 Merrick Avenue, Suite 170S**

Instructor, Doug Griffin, PT - 516.393.8900

MONDAYS – 1:30 – 2:30 p.m.

September 15, 22, 29;

October 6, 13, 20, 27;

November 3, 10, 17, 24;

December 1

**Greenlawn – Progressive PT & Rehab
266 East Pulaski Road, Suite 3**

Instructor, Mike Rosati, PT - 631.673.4600

TUESDAYS – 1:30 – 2:30 p.m.

October 7, 14, 21, 28;

November 4, 11, 18, 25;

December 2

**Smithtown – St. Charles Rehab Network
240 Middle Country Road**

Instructor, Brian Quinn, PTA - 631.382.4550

PROPOSED DATES

TUESDAYS – 11:00 -12:00 noon

October 7, 14, 21, 28; November 4, 11

THURSDAYS - 1:00 - 2:00 p.m.

Thursdays - October 9, 16, 23, 30

November 6, 13

HORTICULTURE:

Gardening is a healing process for the body, mind and spirit. Benefits include increased concentration and dexterity.

Holtsville – Holtsville Ecology Center
249 Buckley Road (meeting room behind the greenhouses)
631.758.9664 ext. 10

Instructor, April Perry

CLASSES ARE EVERY OTHER WEEK

THURSDAYS - 10:00 - 12:00 noon

September 18;

October 2, 16, 30;

November 13;

December 4

TENNIS:

Group tennis instruction held at an indoor racquet club. No experience necessary. Includes Wheelchair Tennis.

Oceanside – Point Set Indoor Racquet Club

3065 New Street

516.536.2323

Instructor, Dan Dwyer

TUESDAYS – 12:00 – 1:00 p.m.

September 1, 8, 15, 22, 29;

October 6, 13, 20, 27;

November 3, 10, 17, 24;

December 1, 8, 15

THERAPEUTIC EQUESTRIAN:

Please contact either Horseability or Pal-O-Mine directly to request information on dates and times for these programs.

Islandia – Pal-O-Mine

829 Old Nichols Road

631.348.1389

Sept. - Nov. 2008

**Please contact Pal-O-Mine
for riding time**

Melville – Horseability

238 Round Swamp Road

631.367.1646

September - November 2008

Please contact Horseability for riding times



YOGA:

Stretching and breathing exercises to promote whole body relaxation and wellness.

Bohemia – Connetquot Library

760 Ocean Avenue

Instructor, Ann Davis - 631.921.0112

THURSDAYS – 1:30 – 2:30 pm

Weekly classes are ongoing through the fall. To obtain an up-to-date schedule, please contact the instructor, Ann Davis.

East Meadow - East Meadow Jewish Center

1400 Prospect Avenue

Instructor, Shelley Sidelman - 516.802.3876

WEDNESDAYS – 1:00 - 2:00 p.m.

September 3, 10, 17, 24;

October 29;

November 5, 12, 19;

December 3, 10, 17

Freeport – Freeport Rec Center

130 E. Merrick Road

Instructor, Shelley Sidelman - 516-802.3876

THURSDAYS – 12:00 -1:00 p.m.

September 4, 18;

October 2, 16, 30;

November 6, 20;

December 4, 18

PLEASE NOTE:

The following classes will be held at Hendrickson Park, Valley Stream (123 S. Central Ave).

September 11, 25;

October 23;

November 13;

December 11

***Please continue to consult our website www.nmssli.org for new classes, last minute changes in dates or class cancellations.**



Hauppauge – Paradise Diner

579 Veterans Memorial Highway

Instructor, Shelley Sidelman – 516.802.3876

FRIDAYS – 10:00 – 11:00 a.m.

August 1, 8, 15, 22, 29;

September 5, 12, 19, 26

October 3, 17, 24, 31;

November 7, 14, 21;

December 5, 12, 19

Plainview – Mid Island Y JCC

45 Manetto Hill Road

631.822.3535

Instructor, Anthony Guerino

MONDAYS – 7:00 -8:00 p.m.

September 22, 29;

October 6, 13, 27;

November 3

Setauket – First Presbyterian Church

5 Caroline Avenue

Instructor, Ann Davis - 631.689.2507

WEDNESDAYS – 10:00 – 11:00 am

Weekly classes are ongoing through the fall. To obtain an up-to-date schedule, please contact the instructor, Ann Davis.

Wantagh – St. Frances De Chantal Church

1309 Wantagh Avenue

Instructor, Shelley Sidelman – 516.802.3876

FRIDAYS – 12:00 – 1:00 p.m.

September 5, 12, 19, 26;

October 3, 17, 24, 31

November 7, 14, 21;

December 5, 12, 19



Counseling Series Fall '08

COUNSELING SERIES

Adult Family Members

Carle Place

1 Old Country Road, Suite 295
Vicki Kulberg, ACSW
Saturdays, 12:00 Noon – 1:30 pm
October 4th through December 6th
(No sessions October 18th or November 29th)

Adult Family Members

Melville

MS Society Chapter Office
Michael Greenberg, ACSW
Thursdays, 7:00 pm – 8:30 pm
October 2nd through December 4th
(No sessions October 9th or November 27th)

But You Look So Good

Syosset Hospital

Michael Greenberg, ACSW
Saturdays, 10:00 am – 11:30 am
October 4th through November 22nd

Home Bound Conference Call

Karen Tuminello, MSW
Thursdays, 1:00 pm – 2:00 pm
October 23rd through December 18th
(No session November 27th)

Parenting Conference Call

Karen Tuminello, MSW
Wednesdays, 1:00 pm – 2:00pm
October 22nd through December 10th

Living With MS

Lake Ronkonkoma, Senior Center

Karen Tuminello, MSW
Wednesdays, 7:00 pm – 8:30 pm
October 15th through December 10th
(No session November 26th)

Living With MS

Mather Memorial Hospital

Karen Tuminello, MSW
Thursdays, 7:00 pm – 8:30 pm
October 16th through December 11th
(No session November 27th)

Living With MS

Salisbury Park, Meeting House

Vicki Kulberg, ACSW
Tuesdays, 10:30 am – 12:00 Noon
October 7th through December 16th
(No sessions October 21st, November 4th & 11th)

Living With MS

Central Islip

575 Clayton Street
Nancy Ciaffane, MS, RN, C.
Christina Vergara, LMSW
Alternating Thursdays, 1:00 pm - 2:30 pm
Starting September 18th
(631) 234-0550

Living Well With MS

Melville

MS Society Chapter Office
Sharon Daverio, RN, CSW
Saturdays 12:00 noon – 1:30 pm
October 4th through November 22nd

East End support group

Riverhead

Peconic Bay Hospital
Karen Tuminello, MSW
Mondays, 7:00 pm – 8:30 pm
October 20th through December 8th



\$10 for Each Program. Please make checks payable and mail this form to:

**National MS Society, Long Island Chapter
40 Marcus Drive, Suite 100 Melville, NY 11747**

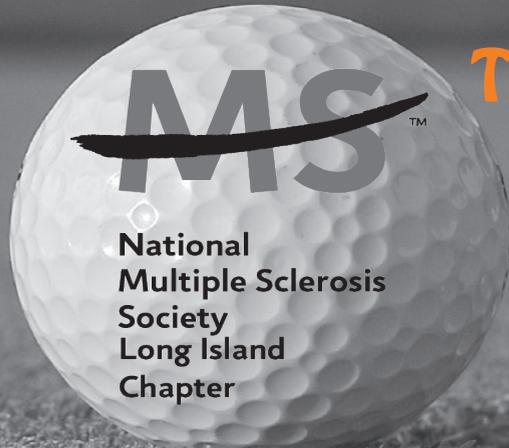
Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Series: _____ Amount: \$ _____

For more Information,
please contact
Jane Reilly at
(631) 864-8337 or
(516) 740-7227
ext. 218
or jreilly@nmssli.org



**Thank you to all who attended the
22nd Annual MS Golf Classic**

**Founded by Fred Weingarten
on August 4th!**

**Your commitment and dedication to create a world
free of MS is what made the event a huge success!
Thank you for joining the movement!**

**A special thank you to David Frenkel for all of your
hard work!**

Save the Date!

Thursday, September 25th

Dinner of Champions

Carlyle on the Green

Honoring:

David Leviton,

★ Cushman & Wakefield of Long Island, Inc.

The Kolb Family

***Comprehensive Multiple Sclerosis Care Clinic at
South Shore Neurologic Associates, PC***

***Please contact Stacy Bona at (631) 864-8337 or
(516) 740-7227 ext. 230 or email sbona@nmssli.org for more details***



walk to
create a world
free of MS

Thank you for your support at the 2008 Walk MS!

2008 WALK MS

On May 3th, 2008 at Jones Beach and Belmont Lake State Parks, participants helped raise critical funds for Long Islanders affected by MS. Despite the rain and chill, 10,000 people and 150 pooches marched on to raise \$1,036,000! There is still time to donate to reach our goal of \$1,100,000! Join the movement and help us reach our goal by visiting www.nmssli.org

Thank you to our 2008 Walk MS Sponsors!



Volunteers Make a Difference!

A Special thanks to our friends at One Communications who kindly volunteered their time by loading all of our Walk MS Trucks!



The Long Island Chapter Congratulates these Top Fundraisers!

Congratulations to Capell Vishnick LLC for being our top team fundraiser at the 2008 Walk MS! The Capell Vishnick LLC team walked at Jones Beach State Park on Sunday, May 3, 2008 and raised \$63,000. Thank you Capell Vishnick LLC for moving us one step closer to a world free of MS.



Capell Vishnick LLC

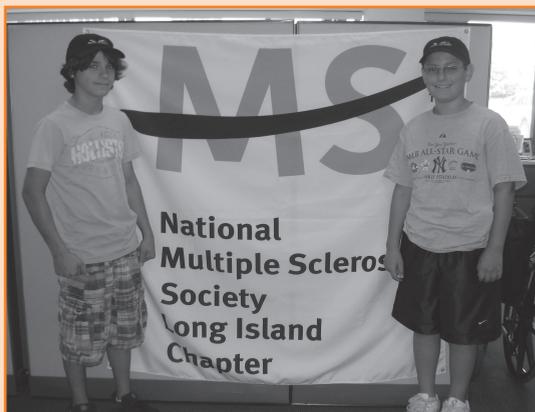


Gail Warrack

Congratulations to Gail Warrack!

Gail is our 2008 Walk MS top fundraiser! Gail participated at Belmont Lake State Park and Pooch Parade and raised \$34,295. Thank you Gail, for joining the movement to end the devastating effects of MS.

Young Fundraisers who Joined the Movement: Team Friends



Vinny Catala, Jr & Joe Jarzynka

“The reason why I have been fundraising for Multiple Sclerosis is because my friend’s mother and my mother’s friend’s sister have the disease. I have been participating in Walk MS since I was a toddler. In 2006, Team Friends raised \$10,000. Before 2006, I have only raised a few hundred dollars with my partner/best friend. In 2007, me and my team raised \$14,000 for the cause. I do this because I really want to find a cure for this devastating disease.” Joe Jarzynka, 13 years old

“The first year I started raising money for Multiple Sclerosis, I was unaware of the disease. I found out about the disease through my friend’s mother. I had started in 2004 just walking at Long Beach and then moved on up in 2005 to Jones Beach. In 2004, I raised almost \$1,500. I have friends and family with this disease. I am fundraising and walking so we can try to find a cure to help the people affected by this devastating disease.” Vinny Catala, Jr., 13 years old



Capell Vishnick LLP

*Compassionate Attorneys
Vigorous Advocates*

Our areas of practice:

- Estate, Probate and Trusts
- Estate Litigation
- Elder Law
- Disability Planning
- Matrimonial and Family Law
- Real Estate and Business
- Litigation
- Taxation



OUR TEAM

More than 100 members of Team CV walked the length of Jones Beach boardwalk together with more than 7,000 other walkers, on a beautiful Sunday morning. Team CV was one of the top Long Island fundraising teams, having raised in excess of \$65,000.00 towards the walk event.

Capell Vishnick LLP

Contact: Joseph G. Milizio, Esq.
3000 Marcus Avenue, Suite 1E9, Lake Success, NY 11042
t 516.437.4385 f 516.437.4395
www.CapellVishnick.com

TEAM CV: WE DON'T FIGHT ALL OUR BATTLES IN COURT!



Bike MS Twin Forks Bike Ride

September 13 - 14th, 2008



Why I Ride

"My name is Michael Estrada, and I am 17 years old and currently a senior at Kellenberg Memorial High School. I am the founder and leader of Cruzin' for a Cure, one of the Long Island Chapter's bike ride teams. This will be the second year the team rides together in the Bike MS Twin Forks Ride.

I first got started with the MS Society last year when my mom found a newspaper article about the ride. I went online to find out more information. Before I knew it, I was signed up with my dad and my best friend, Tyler Pastori, as my team members. The day the bike ride finally arrived, we were all at the starting line, with a sense of excitement that was beyond belief. It was this feeling of how much I was helping that gave me the strength to complete those two days. Even though I am not personally related to anyone that has MS, I love to ride and to help those in need. I am looking forward to September and the coming years to bike more for a cure for MS."



Cruzin' for a Cure



Bike MS is just around the corner. Join Team MS!

What is Team MS? Are you a leader in your company, organization, or school? Do you have a connection to someone with MS? Does your company have a matching gifts program?

Then you should join Team MS. It's easy! Appoint a team captain, recruit team members, raise funds for multiple sclerosis, and ride! Team MS is fun for everyone.

For more information about forming a team or becoming part of Team MS; contact Tara Murphy at (631) 864-8337 or (516) 740-7227 ext. 225 or email tmurphy@nmssli.org

Volunteers Wanted!

Volunteers are critical to the safe operation of the Bike MS Ride. Please consider "joining the movement" and ask your friends, colleagues and family members to do the same. We welcome volunteers with a wide range of talents and skills. There are many jobs to choose from, including registration, hosting a rest stop, rider check-in, route marking, and cheering at the finish line.

To register, please contact Stefanie Taylor, Volunteer Coordinator at (631) 864-8337 or (516) 740-7224 ext. 215, or by sending an email to staylor@nmssli.org

Newly Diagnosed Orientation

**Wednesday, October 15, 2008, 7:00 – 8:30 p.m.
at the Chapter Office (40 Marcus Drive, Melville)**

This program is designed to provide support and guidance to those individuals diagnosed with MS within the last 12 months.

- Hear up-to-date information from a neurologist specializing in the treatment and management of MS**
- Speak to individuals who have MS and who can provide a personal perspective on the impact of MS on their lives**
- Learn about services and programs the Chapter provides**
- Seek advice from an employment counselor**
- Ask questions of the Long Island Chapter staff**

To register, please make sure to contact Michelle Lenox at (631) 864-8337 or (516) 740-7227 ext. 206 or email mlenox@nmssli.org by Monday, October 13.



Long Island Chapter
40 Marcus Drive, Suite 100
Melville, NY 11747

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