

MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS | VOLUME 26 • EDITION 1

MILESTONE IN MS THERAPY

The U.S. Food and Drug Administration approved the first pill to treat the underlying causes of multiple sclerosis on September 22. The oral medication manufactured by Novartis will be used to reduce the frequency of MS attacks and delay the accumulation of physical disabilities in people with relapsing forms of MS. The drug, called Gilenya, will be available as a first-line treatment, meaning there are no recommendations for people to try other MS therapies before trying Gilenya.

Gilenya is a new approach to controlling MS. It blocks receptors on some of the same T and B immune cells that have been implicated in causing MS damage. The drug causes some of these cells to remain in lymph nodes, inhibiting them from migrating into the brain or spinal cord.

"The FDA's approval of the first oral disease modifying therapy is a significant step for people with MS," said National MS Society Chief Medical Officer Aaron Miller, MD,

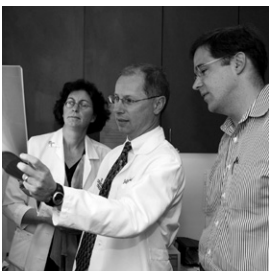


professor of neurology and medical director of the MS Center at Mount Sinai Medical Center in New York. "It helps address the unmet need for additional therapies."

Jeffery Cohen, MD, professor at the Cleveland Clinic Lerner College of Medicine and director of experimental therapeutics at the Mellen Center for MS, agreed about the need for new therapies, especially therapies that can be

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National
Multiple Sclerosis
Society

1-800-344-4867

**PUBLICATION OF THE NATIONAL
MULTIPLE SCLEROSIS SOCIETY**

Northeast Ohio Office
6155 Rockside Rd., Suite 202
Independence, OH 44131

Central & Southeast Ohio Office
651G Lakeview Plaza Blvd.
Worthington, Ohio 43035

Philip Mazanec • Chair, Board of Trustees

Janet Kramer • President

**Jennifer Hamilton • Vice President,
Marketing & Outreach**

Lois Walters • Vice President, Finance & IT

Guyla Wehman • Editor

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

The National Multiple Sclerosis Society mobilizes people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Ohio Buckeye Chapter

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FAST FACTS

- Published two to four times a year (depending on funding) reaching a maximum of 14,000 people with MS living in 38 Ohio counties, including the Akron, Cleveland, Columbus and Youngstown metropolitan areas
- 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: January 14

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CONTACT:

Jennifer Hamilton: 1-800-344-4867
jennifer.hamilton@nmssoha.org

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 and contact the National MS Society's Ohio Buckeye Chapter at www.MSohiobuckeye.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.

Milestone in MS Therapy, continued from page 1



Dr. Jeffrey Cohen (center) reviews the results of an MRI scan with Dr. Lael Stone (left) and Dr. Michael Phillips.

administered in a convenient way. However, he recommends that patients be cautious about changing their MS medication if they're doing well with their current course of treatment.

"This is a brand new category of medications which is exciting because it's a new way of attacking the disease but it also means we must be careful," said Dr. Cohen. "There may be issues we haven't encountered."

Dr. Cohen has been the principal investigator of a multinational study sponsored by Novartis. More than 1,200 patients

participated in the clinical trial that determined the oral medication was well tolerated and more effective than an approved, injected medication.

One of the patients, Brad Canankamp, participated in the study for the past three years. He was newly diagnosed with MS in 2007 and was grateful that he was a good candidate for the study.

"I didn't want to have to deal with the shots," Brad said about the existing disease-modifying drugs. "I'm glad that the drug was approved and that I'm able to be on it. I hope that it works for a lot of people."

While oral drugs have long been a goal for MS researchers, the choice will not be quite as simple as putting down a needle and popping a pill. Gilenya is a powerful drug with potential side effects and risks as well as possibilities. More information about Gilenya is available through MS Learn Online webcasts at www.nationalmssociety.org under Multimedia Library/MS Learn Online Treatments. Or call 1-800-FIGHT-MS (344-4867) for details.

HELP GET THE WORD OUT ABOUT MS

Volunteers are needed as we plan activities for MS Awareness Month in March 2011. We are looking for help to deliver posters and other materials about MS and MS Awareness Month in the community. We also need help getting in contact with

businesses, organizations, local newspapers and radio stations to get the word out. If you are interested in helping, please contact Tony Bernard at tony.bernard@nmssoha.org 614-515-4608.

In addition, we are looking for individuals to share their

story about living with MS. If you would like to tell your story and serve as an MS Media Ambassador to raise awareness about MS, please contact Guyla Wehman at guyla.wehman@nmssoha.org or 216-503-4167.

New Board Chair Honors Father with Service

The Ohio Buckeye Chapter is pleased to announce the appointment of Philip Mazanec as Chair of the Board of Trustees for a two-year term starting in October 2010. Philip has been a board member for five years and has served as Secretary and Vice Chair of the Executive Committee.

Philip works as the Chief Operating Officer (COO) of The Center for Health Affairs, the leading advocate for Northeast Ohio hospitals and one of the oldest hospital associations in the country. As COO, Philip helps shape the organization's role in advocacy and public policy and oversees the operations of its business affiliate, CHAMPS. He is also responsible for the company's internal service divisions including accounting, human resources, management information systems and facilities.

Philip will be using his expertise and experience to help the Society during tough economic times to step up fundraising efforts and cost control measures without losing sight of the mission to serve people living with MS.

Until a cure is found for MS, Philip is determined to continue creating more awareness of MS in the community and to continue to do everything possible to keep programs and services at an extraordinarily high level.

Philip chose to get involved with the Society since his dad was diagnosed with MS. His mom was the principal caregiver but she relied on help from her four sons, including Philip, who is the youngest.

"I experienced the ebbs and flows of the disease," Philip explained. "I saw how MS

affects not just the afflicted person but the entire family."

He credited his family for coming together and sharing in his dad's experience of MS.

Before his dad's death in 1992, the family loved, hoped and fought for each precious moment of time.

"My dad is the reason I am on the Board of Trustees," Philip said. "Someday soon I hope that we can all join together and celebrate the moment when we have found the cure for MS."



Board Chairman Philip Mazanec is honoring his father by serving on the Board of Trustees for the Ohio Buckeye Chapter.

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of LIVING*

Karen Foundation Honored for Making a Difference

PROGRAMS

The Karen Foundation for MS was honored at the Into the Wild with Wine and Chocolate event that was held September 23 at the Cleveland Metroparks Zoo. The foundation, named in honor of Karen Bradley who has MS, received the Inspiration Award for its ongoing commitment to helping others living with the disease.



Joe Bradley accepted the Inspiration Award on behalf of the Karen Foundation for MS.

Karen's sons, Joe and Mike Bradley along with longtime friend Dan Johnson, organized their first fundraising Draft Day Party in 2001. The event has grown in popularity every year and celebrated its 10th anniversary in 2010. In 2007, they created the Karen Foundation for MS to provide care services and assistance to people with MS and their families. All proceeds from the Draft Day Party and an annual golf outing are used to provide for respite services to people with MS residing in Northeast Ohio.

Inspired by their mother, this family along with some friends, have made a monumental difference in the lives of people with MS.

WHEN THE DIAGNOSIS IS PRIMARY PROGRESSIVE

Copies of the new book, ***Primary Progressive Multiple Sclerosis: What You Need to Know*** are now available upon request. Topics include symptom management, treatment options, rehabilitation, technology and adaptations, quality-of-life issues and care partner resources. It was written by MS experts Dr. Jack Burks, Dr. Nancy Holland and Dr. Diana Schneider.

The 156-page book, sponsored by the National MS Society and the Multiple Sclerosis Association of America, comes with a companion DVD, featuring five people who are living with primary-progressive MS. Their comments also appear throughout the book, grounding the advice in real-life situations.

The book and DVD were developed following recommendations of a Society task force on the needs of people affected by this type of MS. Publication and free copies to people with primary-progressive MS have been made possible by a generous educational grant from Genentech.

To receive a free copy of the book, please call 1-800-FIGHT-MS (344-4867).

ARTIST EXHIBITORS NEEDED!

The Ohio Buckeye Chapter is holding an art exhibit at the Akrona Galleries in Akron for MS Awareness Month in March 2011. The theme for the exhibit is Expression: Colors of Spring. We are looking for paintings, photography and sculptures to be displayed for the exhibit. If you are interested in providing artwork or have questions, please contact Tony Bernard at tony.bernard@nmssoha.org or call 614-515-4608.

RIDERS ACCEPT THE CHALLENGE



Karl Spicker (on bike) and his wife Anne, (fourth from right) with some members of the Spinners for the Cure Team.

The Bike MS: Pedal to the Point Ride held on August 14 -15 was once again a success. We would like to thank all those who participated, volunteered and supported the 24th Annual Bike MS Ride. Whether you rode for yourself, a family member, a friend or a co-worker, or if you volunteered your time and resources, you made a difference in the lives of more than 20,000 people living with MS in Ohio.

Over 1,500 riders battled through the heat and rain to overcome the challenge of the ride and the ultimate goal: a world free of MS. One of those riders was Karl Spicker who was diagnosed with MS in 1998. Karl's wife, Anne, had participated in the 2008 and 2009 Bike MS event and Karl decided that he wanted to be more than a spectator in 2010. They rode with their Spinners for the Cure Team, comprised of 20 members including some from California, Indiana and New York.

"This year I realized that in spite of my MS the only thing keeping me off the road was me!" Karl said, explaining that he purchased

a three-wheeled tricycle so he could ride safely. He practiced by putting on more than 1000 training miles and worked with a physical trainer to help build stamina and rebuild muscles.

Karl didn't quite finish the two-day ride but he completed nearly 100 miles. He described the experience as "gratifying and rewarding" and he enjoyed being with his team mates, other riders, the volunteers and everyone else he met along the way.

"Physically I may not have completed the ride," Karl said. "However, mentally and emotionally I have just begun it ... and I will finish."

Karl accepted the challenge of riding in Bike MS. He set a goal and he is not giving up. He said, "My motto for years has been that I have MS, but MS does not have me. I now feel that I can say that with a renewed belief and commitment."

Karl was a first-time rider and there were many other first-time riders, along with other "firsts"

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Thank you to our sponsors:



Riders Accept the Challenge, continued from page 6

for this year's Bike MS ride. This was the first year for themed rest stops, which added a new level of enthusiasm and entertainment to the ride. Another addition was an after-ride party on Saturday night at Big O's Bar & Grille, which gave riders the opportunity to meet one another and share their experiences.

We know how hard everyone worked to make a difference in the lives of so many. While this year's economic conditions were a challenge, we are pleased to announce that we've raised more than \$1.3 million dollars and have nearly met our goal. The vital funds raised by this ride are more important than ever, as researchers come ever closer to finding the cause, a cure and better treatment options for MS. This research includes the first oral disease-modifying therapy for MS which was

recently approved by the U.S. Food and Drug Administration, a significant milestone for people living with MS and their physicians.

We look forward to seeing you in 2011, as we continue to raise awareness and funds to improve the quality of life for people living with MS.

For more photos from Bike MS visit www.MSohiobike.org.

Registration is open for:
25th Anniversary Celebration

Bike MS: Pedal to the Point Ride
August 13-14, 2011

For more information and to register visit www.MSohiobike.org or call 216-503-4183.

JOIN THE MOVEMENT

Walk to create a world free of MS!

We are excited to begin another Walk season and happy to announce registration is open for all Walk MS 2011 sites. Walk MS is our rallying point, a time and a place for us to stand together and to be together. To raise critical funds to help people with MS move their lives forward. To register or for more information on a Walk near you, visit MSohiowalk.org or call 1-800-344-4867.

Interested in becoming a committee member for a Walk MS site near you or distributing brochures and posters to local businesses? Contact Rebecca Bailey at 614-515-4609 for more information on joining the Walk MS movement.

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

Date	Location
April 09	Cleveland - Cleveland Browns Stadium
April 15	McConnelsville - Muskingum River Parkway
April 16	Athens - Athens Community Center
	Columbus - Columbus Zoo and Aquarium
	Lancaster - Fairfield County Fairgrounds
	Newark - The Dawes Arboretum
April 30	Akron - The University of Akron
	Mahoning Valley - Canfield Fairgrounds
	Massillon - Massillon Rec Center
	Mentor - Mentor High School
	North Canton - Price Park
	Wooster - OARDC

HOLIDAY THOUGHTS

By Jennifer Whelan, MS Mom and MS Ambassador

The holidays bring happiness, joy and stress! Anyone who tells you stress is not a big part of the holiday season is not being 100 percent truthful. So each holiday season, all kinds of publications will feature articles that share ideas for a “stress-free” holiday. This is not such an article. Instead, this article shares a few thoughts for having the happiest holiday that you can.

I am a wife, a mom to identical five-year-old girls and a full-time professional in the financial industry. I also happen to have MS.

Jennifer Whelan plans how family time will be spent with input from her husband Rick, and twin girls, Allison and Amanda.



I must confess to being an all-star worrier, striving for what I know is impossible – perfection. So to say stress is my everyday companion is a big understatement. I know how adding the hustle-bustle and family complexities of the holiday season can make the time physically and mentally draining, instead of joyful. So how do you combat the craziness? How can you fight it?

Don't! That's right. Don't fight it. Instead, think about what you and the people most important to you would enjoy the most. And don't let the expectations of others drive your decisions.

Sounds simple, right? But I realize it isn't as

easy to put into practice. So here are a few simple steps to help make it happen.

First, remember that you don't have to do everything. You are not required to attend every event you are invited to and you are not responsible for making everyone else in your world happy.

Second, sit down with your spouse or significant other and children (if they are old enough) and discuss what each family member would really like to do over the holidays. As a family, think about:

- ★ Who do you really want to spend time with over the holidays?
- ★ What special events/traditions do you want to participate in?
- ★ What parties/gatherings do you want to attend?

Third, agree as a couple or family the priority of things that are most important to do over the holidays. This will allow you to more easily make plans of your own and respond to invites or requests from others.

Finally, be strategic in scheduling your activities. Knowing what activities are most important to you will allow you to plan better to make the most of your energy. Need to spend time shopping for a specific item? Then let your fingers do as much work as possible via the computer or the phone.

Following these simple steps should help you spend the precious time and energy on the activities that mean the most to you and your family. Whether shopping for just the right present, attending or hosting a holiday gathering, baking or cooking something special or just sitting down together as a family to watch a favorite family movie or to review photo albums, you will have a happier, less stressful holiday.

So remember, don't try to meet everyone else's expectations. Just spend your time and energy meeting your own. And while this is especially important for anyone with a chronic illness like MS, it is a helpful reminder for everyone.

KUDOS TO COMMUNITY EVENT ORGANIZERS

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

In 2010, community events raised more than \$60,000 for local programs, services and MS-related research. Regardless of the size, all community events help people living with MS.

The largest fundraiser was the “Welcome to Las Vegas Valley Style” gala hosted by the Chagrin Valley Women’s Committee, held March 13 at Sammy’s at Legacy Village. The group voted to award the majority of the proceeds, totaling \$32,496, to the Society.

“We do a big gala every year with a different

theme,” said Sandy Wurzburger, MS volunteer and member of the Chagrin Valley Women’s



Eric Prill added the 1-800-FIGHT-MS number to his dad’s 1962 Lotus Super 7 race car.

Committee. “This was our most successful one and I’m thrilled that the National MS Society was chosen to receive the money this year.”

The Prill family held the first “Paul Prill Memorial Double National Race” at Nelson Ledges Race Course over the July 4th weekend. Paul Prill had loved racing cars. For 23 years he had raced a 1962 Lotus Super 7 in the Sports Car Club of America races. However, his MS progressed and he had to quit driving in 1994 – turning over the gloves – to his son, Eric.

Eric wanted to symbolize his dad’s journey and

CONTINUED ON PG 15



Sandy Wurzburger (left) presented the check for \$32,496 to Chapter President Janet Kramer.

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

All tributes and memorials are appreciated. All gifts are listed on the chapter’s website under the “Donate” section at www.MSohiobuckeye.org.

DATES TO REMEMBER

A Financial Fire Drill: Planning for Uncertain Times

Date: Thursday, January 20

Time: 7:00 p.m. - 8:30 p.m.

Location: Telephone program from home

Learn how to be financially prepared to face adversity. Presenter Michael Kucharson, Certified Public Accountant and Certified Financial Planner, will discuss ways you can prepare should your income change. Deadline to register is January 13.

Living with Advanced MS (Two Part Teleconference Series)

Part One: Progressive MS – An Overview

Date: Tuesday, January 25

Time: 6:30 p.m. - 7:30 p.m.

Location: Telephone program from home

Increase knowledge of progressive MS symptoms, symptom management, emotional issues, coping strategies, family issues and resources when family help is not enough. The presenter is Dorothy Northrop, MSW, ACSW. Deadline to register is January 18.

Part Two: The Ex-Rated Guide to Living with MS

Date: Tuesday, February 1

Time: 6:30 p.m. – 7:30 p.m.

Location: Telephone program from home

Living and living well are two different things. Is MS limiting your life? Learn from someone who has lived with severe disability due to primary progressive MS for over 30 years. Learn how giving in to life's challenges does not have to mean giving up. Learn how you can make creative compromises to make life more manageable and enjoyable. Using words like "explore," "execute," and "expand" has never been so sexy! The presenter is Shelley Peterman Schwartz, an author, speaker and educator. Deadline to register is January 25.

Moving Forward: A Program for the Newly Diagnosed

Date: Thursday, February 3

Time: 7:00 p.m. - 8:30 p.m.

Location: Telephone program from home

This program is for people diagnosed with MS in the past three years and adult guests. Participants will learn about MS, symptoms and treatment options. Moving Forward will provide the knowledge and opportunities necessary for people to make informed, thoughtful decisions about their health care. The presenter is Dr. Alexander Rae-Grant, neurologist with the Cleveland Clinic's Mellen Center for MS. Deadline to register is January 27.

8 Hours to a Lifetime of Relationship Satisfaction Workshop

Date: Saturday, March 5

Time: 8:30 a.m. - 5:00 p.m.

Location: Hilton Garden Inn, 5251 Landmark Blvd., North Canton, OH 44720

This is a group-based program for couples living with MS. Couples can be married, cohabitating or dating. The workshop is designed to have couples work together on their relationship. The program has a combination of lecture and slides, small group activities as well as a split group so each partner can work with his/her peers. A continental breakfast, lunch and afternoon snack will be provided. Program registration is \$20 per couple. A limited number of fee waivers are available for those needing assistance. Program is limited to 15 couples.

8 Hours to a Lifetime of Relationship Satisfaction Retreat

Date: Saturday and Sunday, May 14 and 15

Time: 12:00 p.m. May 14 - 3:00 p.m. May 15

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"Thank you so very much for arranging the ride for me to attend my brother-in-law's funeral. Your kindness made a very difficult day less stressful. Please extend my thanks to the National MS Society for providing this service. Thank you again!"

Pat, Summit County

HELP MAKE A DIFFERENCE WITH YEAR-END GIFT

Those with multiple sclerosis, like Pat, succeed in part because of the generosity of supporters like you. You recognize the importance that private gifts have on the ability to keep Pat and countless other Ohioans moving forward. I know many of us like to support organizations and initiatives close to our hearts, and we should continue to do so. However, gifts to the Ohio Buckeye Chapter directly affect our ability to provide resources to enhance the lives of those living with MS.

This winter you will receive many giving requests from different organizations including the Ohio Buckeye Chapter of the National MS Society. We invite you to further enhance the lives of those Ohioans living with the unpredictability of MS by making your 2010 gift before December 31. This is a unique opportunity for you to allow us the ability to

turn visions of even greater excellence into a vibrant reality.

Now is the time to help us continue to improve upon our standard of excellence and continue to reach new heights. As the end of the year approaches, please take this moment to show your support for the Ohio Buckeye Chapter by making a generous gift to the Annual Fund. I hope you will accept this invitation to again invest in the future of 20,000 Ohioans living with MS.

To make a secure gift, visit www.MSohiobuckeye.org and click on the "Donate" button or call 1-800-344-4867. For more information regarding other avenues of giving to the Society, please contact Janet Kramer at janet.kramer@nmssoha.org or 1-800-344-4867.

DATES TO REMEMBER, *continued from page 10*

Location: Mohican Lodge and Conference Center, 1098 Ashland County Rd 3006, Perrysville, OH 44864

This is a group-based program for couples living with MS. Couples can be married, cohabitating or dating. This two-day retreat is designed to have couples work together on their relationship. The program has a combination of lecture and slides, small group activities as well as a split group so

each partner can work with his/her peers. Meals and lodging will be provided. Program registration is \$50 per couple. A limited number of fee waivers are available for those needing assistance. Program is limited to 15 couples.

Program Registration is Easy

1. Register online at www.MSohiobuckeye.org **2. Register by calling 1-800-344-4867**
Unless noted, all programs are offered free of charge but donations are accepted to defray the cost.

Grant Acknowledgements

Beck Foundation - \$1,000 for the Equipment and Home Modification Program in the Columbus area

Biogen Idec Neurology Inc. - \$2,000 for the 2010 Teleconferences

Glenn R. and Alice V. Boggess Memorial Foundation - \$500 for the Transportation Assistance Program in the Summit County area

Chagrin Valley Women's Leauge - \$32,496 for the Equipment and Home Modification Program and Respite Care Program in the Chagrin Valley area

The Mary S. and David C. Corbin Foundation - \$7,500 for the Equipment and Home Modification Program in the Summit County area

Eaton Charitable Fund - \$6,500 for the Equipment and Home Modification Program in the Cuyahoga County area

The Albert W. and Edith V. Flowers Charitable Foundation - \$1,000 for the Respite Care Program in the Stark County area

The Harry K. Fox and Emma R. Fox Charitable Foundation - \$3,500 for the Equipment and Home

Modification Program in Cuyahoga County

The GAR Foundation - \$5,000 for the Equipment and Home Modification Program in Summit County

The Hankins Foundation - \$2,000 for the Transportation Assistance Program in the Cleveland area

Thomas R. Isroff Memorial Fund - \$1,769 for the Equipment and Home Modification Program in Cuyahoga County

The Karen Foundation for MS - \$17,000 for the Respite Care Program in the Cuyahoga County area

Licking County Foundation - \$3,000 for services in Licking County

W. Paul Mills and Thora J. Mills Memorial Foundation - \$500 for the Transportation Assistance Program in the Summit County area

The R. C. Musson and Katharine M. Musson Charitable Foundation - \$2,500 for the Equipment and Home Modification Program in the Summit County area

The Nordson Corporation Foundation - \$3,000 for the Individual Counseling

Program in the Cuyahoga County area

Kate Obstgarten Private Foundation - \$10,000 for the Promise 2010 Research Campaign

Robert O. and Annamae Orr Family Foundation - \$5,000 for the Respite Care Program in Summit and Stark Counties

Paralyzed Veterans of America, Buckeye Chapter - \$1,000 for the Moving Forward Programs for persons newly diagnosed with MS

Parker Hannifin Corporation - \$10,000 for services in the Cleveland area

The Charles E. and Mable M. Ritchie Memorial Foundation - \$1,000 for the Equipment and Home Modification Program in Summit County

The Sisler McFawn Foundation - \$8,000 for the Equipment and Home Modification Program in Summit County

Lloyd L. and Louise K. Smith Memorial Foundation - \$500 for the Respite Care Program in Summit County

Ethel M. Tyler Charitable Trust - \$500 for the Promise

The Ohio Buckeye Chapter would like to express sincere thanks to the following foundations and corporations for their support in fiscal year 2010.

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Columbus Dinner of Champions

"Jungle Jack" Hanna, Director Emeritus of the Columbus Zoo and Aquarium, was honored by the National MS Society at the 5th Annual Columbus Dinner of Champions on September 21. He received the Norman Cohn Hope Award for his longtime, significant commitment to supporting charitable organizations in the community and throughout the world.

More than 200 guests flocked to the Water's Edge area of the zoo to bid on silent auction items and see a live animal show. Guests enjoyed making new friends as zoo staff gave close-up encounters with a flamingo, an albino python and other exotic and endangered species.

Hanna shared his personal connection to MS. His brother-in-law, Jack Egli, has lived with MS for 40 years. Egli was unable to personally attend the event, but he sent a powerful message by video to the guests.

Other speakers included Mysheika LeMaile-Williams of Columbus Public Health, Dr. Caroline Whitacre, MS researcher from The Ohio State University and Katelyn Oster, NMSS college scholarship recipient.

Proceeds from Dinner of Champions events in the Ohio Buckeye Chapter have totaled nearly \$5.3 million. Funds are used to provide programs and services as well as fund MS-related research.



Enjoying the evening were (from left to right) Chapter Board President Philip Mazanec, Emcee Angela Pace of WBNS 10 TV, Board Member Jack Davis, Chapter President Janet Kramer and Vivian Witkind Davis.



"Jungle Jack" Hanna (center) signed autographs and met with guests including Louise and Chester Porembski.

Grant Acknowledgements, continued from page 12

2010 Research Campaign to support the Pediatric MS Centers of Excellence

Nora Wilder Charitable Trust - \$500 for the Promise 2010 Research Campaign to support the Pediatric MS Centers of Excellence

The Milton and Tamar Maltz Family Foundation - \$20,000 for medical research related to MS

EMD Serono, Inc. - \$3,000 for the "Living Well with MS as a Woman" Program

The Swagelok Foundation - \$4,000 for the Equipment and Home Modification Program in Cleveland

United Way of Summit County - \$71,661 for services in Summit County

Welty Family Foundation - \$3,500 for the Respite Care Program in the Summit County area

Self-Help Groups

For exact times, locations, programs and other details call the National MS Society at 1-800-344-4867 or contact the person listed. You are encouraged to attend the group of your choice regardless of its location.

MS Ohio Online Group

Every Tuesday 11:00 a.m. and every Wednesday 7:00 p.m.

Ohio chat room can be accessed through MSWorld. You will need to become a member of MSWorld in order to chat. Membership is free. Visit www.msworld.org.

For Information:

peachop@msworld.org

For Ohio Loop/Support

Group E-mail Information:

rswob@roadrunner.com

Ashtabula County

Ashtabula Icons

3rd Tuesday 6:00 p.m.
KSU Ashtabula Campus
Marge 440-415-1092

Carroll County

Carroll Group

New Harrisburg
Presbyterian Church
Lois 330-484-5382

Columbiana County

Making Strides Group

3rd Wednesday 6:00 p.m.
Jackie 330-385-0145

Coshocton County

Positive Purpose Group

CJ 740-824-4370

Cuyahoga County

Brunch Bunch

2nd Monday 10:30 a.m.

Denny's
Eric 440-826-3742

Eastside But You Look So Good Group

Shaker Heights Library
Teresa 216-408-7855

Eastside Newly DX/ Minimally Affected

3rd Wednesday 7:00 p.m.
Good Shepherd Church
Charlene 440-349-3936

Northwest Satellites

2nd Wednesday 7:30 p.m.
North Olmsted Senior Ctr
Marge 440-777-4156

Parma Posse of Possibilities

Last Friday 12:00 p.m.
Ridgewood YMCA
Pam 216-749-7133

Strongsville Group

1st Thursday 7:00 p.m.
Strongsville Recreation Ctr
Norma 440-846-5957

Fairfield County

Fairfield Group

Ed 740-653-5501

Franklin County

Columbus Eastside Group

MCL Cafeteria
Rachel 614-860-1968

Columbus Family and Friends Group

1st Thursday 7:00 p.m.

Riverside Hospital
Health Center
Beth 216-503-4185

Columbus Westside Group

1st Thursday 6:00 p.m.
Crossroads Methodist
Church
Scott 614-279-0217

Grove City MS Group

St. John's Lutheran Church
Debbie 614-871-4800

Worthington Group

2nd Tuesday 7:00 p.m.
Anthem Blue Cross
and Blue Shield
Bobbie 614-775-9885

Knox County

Knox County MS Support Group

Emeritus at HillenVale
Sharon 740-392-3156

Lake County

Mentor's Best

2nd Wednesday 10:30 a.m.
Borders Books
Kathy 440-254-4050

Mahoning County

MS Musketeers

2nd Thursday 12:30 p.m.
4th Thursday 12:30 p.m.
Jewish Community Center
Dawn 330-782-1845

Medina County
Medina Evening Group
 4th Wednesday 6:30 p.m.
 Medina County Office for
 Older Adults
 Janel 330-273-4707

Muskingum County
Zanesville/Cambridge
Group
 Misty 740-452-8108

Portage County
Portage Family and Friends
Group
 3rd Tuesday 7:00 p.m.
 Robinson Memorial
 Hospital, Medical Arts
 Bldg., Room 25
 Joyce 330-325-0458

Stark County
But You Look So Good
 2nd Thursday 7:00 p.m.
 Hartville Village Hall
 Ray 330-877-3088

Massillon Group
 2nd Monday 10:00 a.m.
 Jackson Township Buehler's
 Cindy 330-833-2240

Summit County
Akron Evening
 2nd Tuesday 7:00 p.m.
 Neurology Associates
 Pam 330-572-1011 ext. 137

Mighty Oaks Group
 Green YMCA & Oak Clinic
 Tina 330-896-9706

Mothers Assisting Mothers
 Bridgette 330-606-7104

Wayne/Holmes Counties
Wooster Group
 2nd Monday 7:00 p.m.
 Wooster Comm Hospital
 Pixie 330-345-7374



Kudos to Community Event Organizers, continued from page 9

to raise awareness about MS so he painted the Society's 1-800-FIGHT-MS on the front and back of the car. He also painted the number on his helmet.

After Paul passed away in January 2010 due to complications from MS, the family decided to honor Paul by naming the race after him and collecting \$346 in donations from the other drivers.

"The event ended on a great note," Eric said, noting the race was his 100th race which tied the number of races his dad ran in. "I won my race. What we took away from our experience is to never stop fighting for a cure."

Another unusual event to raise funds for the Society was a Bakugan Tournament held July 24 at Victory Park. Ten-year-old Evan Citro came up with the tournament idea since his mom, Jan, has MS. He took his love for

Bakugan, a strategic game played with cards, characters and marbles to raise \$150 to help others living with MS.

"I'm really proud of Evan," Jan said. "He did a really good job. He's already planning to do it all over again in 2011."

Special thanks to all the individuals and groups who have joined the movement by holding a community event. If you would like to conduct an event on behalf of the National MS Society, please contact Matt Faulkner at matt.faulkner@nmssoha.org or 614-515-4629.



Evan Citro (standing next to sign) helped to educate children about MS by hosting a fundraising Bakugan Tournament.



**National
Multiple Sclerosis
Society**

Ohio Buckeye
Chapter

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

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VOLUNTEER SPOTLIGHT

Charlene Press (left) served on the Into the Wild with Wine and Chocolate Committee with Ann Nickman Jacobson (center) and Linda Gruenspan.



Volunteerism Leads to Lasting Friendships

By Charlene Press

When I was diagnosed with MS in 1991 I was working full time as the director of volunteers at a large nursing home. I didn't have much time or energy for any extra activities.

My husband, Andy, got involved with the chapter before I did. He joined the Board of Trustees and served as the treasurer and a member of the Finance Committee. He's the reason I started volunteering.

I have been a longtime member of the Program Committee and served as committee chair for several years. I also helped to start the East Side Newly Diagnosed/Minimally Affected Self-Help Group. I still co-facilitate the monthly meetings.

When I retired from work in 1998, I became the volunteer librarian. I go to the Independence office weekly to check in items and send out books and other materials.

I have also served on the committee that planned three fundraising luncheons and the inaugural Into the Wild with Wine and Chocolate event. Then I agreed to be a member of the newly-formed Volunteer Engagement Committee, which seemed to be a natural fit for me.

I always say that the best aspect of MS is the many wonderful friends I have made through my volunteering and by attending the MS aquatics class.