



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Summer/2007

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Michigan Chapter



Home Is Where the Heart Is

New Chapter President comes back to her roots

Elana Sullivan,
*incoming president of
the National Multiple
Sclerosis Society,
Michigan Chapter*

This has been a very big year for Elana Sullivan, who was recently announced as the new President of the National MS Society, Michigan Chapter in Southfield. With the year only half over, Elana recently married in March and by July 9th will be behind the wheel of the

Southfield-based National MS Society Michigan Chapter. This is not her first visit.

Fresh out of Michigan State University in 1990, Ms. Sullivan joined the National MS Society's Michigan Chapter. As her career

grew over the next 11 years, she would hold eight different positions with the Society, finally earning the office of Vice President, Marketing and Development.

In 2001, Elana left the National MS Society and joined Henry Ford Health System (HFHS) where, as Senior Director of Corporate Development and Philanthropy Events, she was responsible for raising millions of dollars annually. "It was at HFHS that I learned the true art of fundraising and donor cultivation," Sullivan continues. As she returns to her former employer, she brings these valuable skills and will endeavor to apply them to raise money for the fight against MS. "My major

da Vinci Awards



da Vinci
AWARDS

See page 17 for
details!

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The Michigan Chapter of the National Multiple Sclerosis Society is proud to be a source of information about multiple sclerosis. Our comments are based on professional advice, published experience and expert opinion, but do not represent therapeutic recommendations or prescriptions. For specific information and advice, consult a qualified physician.

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The mission of the National MS Society is to end the devastating effects of multiple sclerosis.

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goal here is to eradicate this disease, and we need to raise substantially more funds to do so," observes Elana.

What brought her back? She kept in touch with her old comrades and continued as a supporter, financially and otherwise. Pat McDonald, recently retired chapter president, had become a dear friend. "It was over lunch one day that Pat shared with me her intention to retire. The MS cause has always been close to my heart, and I'd developed many dear friends at the Michigan Chapter. I could feel my passion for the cause rising again," she recalls.

Henry Ford was very supportive of Elana's opportunity. Her soon to be ex-boss, Senior Vice President of Philanthropy at Henry Ford, Gary Rounding, even went so far as to help her weigh the opportunity. Needless to say her departure was on a very positive note.

If you subscribe to the saying "home is where the heart is," then the National MS Society is where Elana Sullivan belongs. And her new husband?...she first met him 17 years ago as she was planning the MS 150 Bike Tour to fight the disease.



Elana Sullivan



MS
National Multiple Sclerosis Society
Michigan Chapter

JOIN THE MOVEMENT
nationalMSsociety.org/mig

The complex block features a grayscale image of two hands clasped together in a supportive grip. To the right of the image is the MS logo (the letters 'MS' in orange with a black swoosh underneath) and the text 'National Multiple Sclerosis Society Michigan Chapter'. Below this is the slogan 'JOIN THE MOVEMENT' in orange and the website URL 'nationalMSsociety.org/mig'.

The MS Technology Collaborative: Making Technology Work for You

The new MS Technology Collaborative wants to raise awareness of how technology can help people with MS live well. It wants to break down barriers for those who aren't comfortable using technology and educate people on how to choose, use, and maximize the impact of technology on their lives no matter how MS affects them. The collaborative plans to

- Explore how people with MS currently use technology, including computers, cell phones, PDAs, and Web communities;
- Identify techniques and applications that can solve individual problems;
- Increase everyone's awareness of available solutions; and
- Develop new solutions to fill in the gaps.

Visit mymsmyway.com to learn more.

Access for all

The MS Technology Collaborative is a unique initiative by the National MS Society, Microsoft, and Bayer Healthcare Pharmaceuticals, a division of Bayer Schering Pharma AG (formerly Berlex). The three partners are creating a future where technology can be used by anyone living with MS. That includes people who have blurred vision, uncooperative fingers, and iffy memories. It includes those who are newly diagnosed or have progressing MS related symptoms. The MS Technology Collaborative is founded on the belief that improved technology can help people with MS move their lives forward. From telephones to global positioning systems, technology provides access to the world—offering entertainment, education, employment, and personal connections.

Technology has even more potential for those living with MS. Health care

systems will increasingly use computer communication for partnerships in selfcare and health education. Computer use may soon be a link to healthy living with MS. Also go to nationalmssociety.org/mig for more information

Preparing the way

Before mymsmyway.com went live, the collaborative first formed a steering committee of diverse people living with MS across the country. That committee is providing ongoing input. Next, the collaborative fielded a nationwide survey to get the big picture into focus: What is the role of technology in the lives of people with MS?

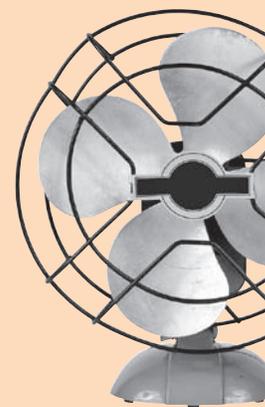
The survey asked pointed questions about how people currently use technology, what limitations they experience, and whether technology helps them to live better. Survey results will be posted on both mymsmyway.com and the Society's Web site as soon as an analysis is finalized.

The MS Technology Collaborative hopes to develop a personalized, interactive Web experience that can deliver information tailored to the needs of a specific individual. Just how that will work is very much a work in progress. Be part of the future. Visit www.mymsmyway.com today, and join in.

COOL TIPS FOR HOT DAYS

Avoid the hot seat

Keep your car cooler with reflective shades for the windshield and fabric car seat covers. Available at auto supply stores.



Nerve Pain is Different

All pain is transmitted by nerves, but nerve pain is different. “Phantom limb pain” is a vivid example of “neuropathic” or nerve pain. This type of pain originates in the central nervous system in injured nerve pathways, not in the bones or muscles. A person with phantom limb pain feels pain in a body part that was amputated in the past.

MS lesions can injure nerve pathways and produce neuropathic pain—or unpleasant sensations called dysesthesias (or “di-es-THESE-ee-ahs”). The burning, aching, stabbing, prickling, or itching may start and stop or drag on. MS lesions may also cause “allodynia” (“Al-oh-DIN-ee-ah”)—



which is pain from something that shouldn't be painful. A soft touch, the weight of bed covers, even a cool breeze can be the trigger.

Neuropathic pain is not soothed by the over-the-counter medications that work on muscle pain. Even powerful prescription medications such as Percocet, Lortab, Oxycontin, or Darvocet are not effective for this kind of pain.

Instead, physicians need to prescribe medications that work on nerves. They may be anti-convulsants

(such as Tegretol, Dilantin, or Neurontin), antidepressants (such as Elavil), or new drugs approved for diabetic pain (such as Lyrica or Cymbalta). It's not uncommon to try out drugs to find what works best.

COOL TIPS FOR HOT DAYS

Water and...

Keep a plastic water bottle half filled in the freezer. Top it off and you'll have a drink that stays cool all day.



Herbal teas—fruity blends, peppermint, and ginger—are good chilled and have little or no calories if you make your own.

Avoid sugary drinks. They leave you thirstier—and heavier too, because of all the calories.

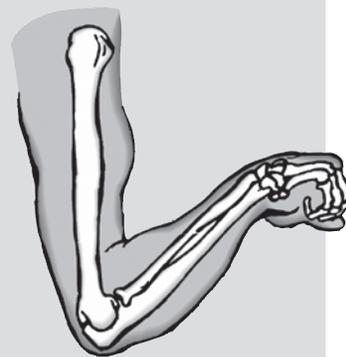
Drink fruit juice the light way by extending with ice, water, or a fruity herbal tea.



Muscle and bone pain happen too

People who have difficulty walking may develop pain from the stresses placed on muscles, bones, and joints. Sitting also stresses body parts.

Muscle and bone pain responds to physical therapy—and to standard pain medications. A person with MS might have more than one kind of pain. The first step to pain control is a professional diagnosis.



Global survey shows communication critical to pain relief

A seven-country survey by Harris Interactive* shows that doctor-patient communication is essential for diagnosis and treatment of nerve—or neuropathic—pain.

The survey found that many general practitioners (family doctors) did not find it easy to recognize this type of pain. The survey also found that people with nerve pain waited from 5.7 to 19.5 months before talking to a physician about it. Many believed the pain would go away by itself.

**Funded by the Neuropathic Pain Network and Pfizer, Inc.*

Try nondrug approaches right away

While you and your physician investigate meds, pain specialists say it's smart to add complementary therapies right away. Nerves can become habituated to pain, making the pain harder to control.

Consider relaxation techniques, meditation, guided imagery, self-hypnosis, prayer, or music therapy. Joining a support group, pursuing a hobby, or having a good laugh watching comedy videos are also known to minimize pain.

Experiment with applications of heat, cold, or pressure. Try massage, acupuncture, yoga, tai chi, or physical therapy.

Oddly enough, neuropathic pain does not mean the MS is getting worse. But it could make life worse.

Language matters

Success involves two-way communication. People who were able to describe intensity, duration, location, and how a pain feels—and physicians who asked for these descriptions—were far more likely to have successful outcomes. They used descriptive words like dull, throbbing, stabbing, numb, achy, prickly, burning, pins and needles, and shock-like.

The survey contacted approximately 700 people diagnosed with nerve pain because of MS, diabetes, herpes, cancer, stroke, or other conditions and 700 physicians in Finland, Germany, Great Britain, Korea, Italy, Mexico, and Spain.

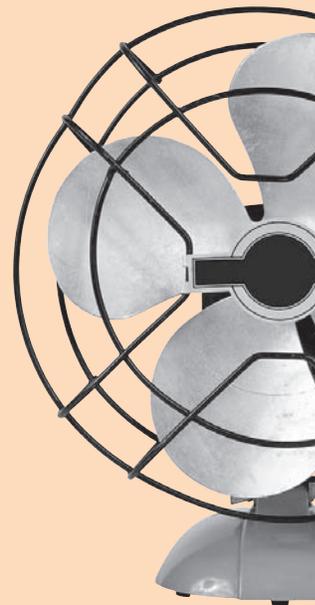
Tell your doctor

The National MS Society's Professional Resource Center Clinical Bulletin, "Pain in Multiple Sclerosis" by Heidi Malone, PhD, RN, can be downloaded at nationalmssociety.org/PRC. It includes charts on pharmacological management and an extensive bibliography.

COOL TIPS FOR HOT DAYS

Snackin' cool

Smoothies and slushies pack a cool nutritional punch. In a blender, combine banana, melon, strawberries, or peaches with low-fat milk or fruit juice. Then pile in the ice. Add a few drops of vanilla for an exotic touch.



Anything New in Your World?

By Sue Chapman MA, MSW

Ahh, the good old summertime! Or is it the **same** old summertime; being hot and watching the world go by. A few years back, an article ran requesting ideas for making activities of daily living, ADL's, easier. As readers, you supplied lots of suggestions; ways to ease daily tasks, coping strategies, and even different routines. It's time, again, to share your ideas, tips and tricks! What makes your life run more smoothly? Caregivers, too, what've you found that lightens your load as parent, spouse, friend and caregiver? Now, maybe something comes to mind but you dismiss it as either 'so obvious' or 'too simple.' Please, tell us about it anyway; you'd be surprised how valuable that tip just might be to another reader!

For instance, how do you keep your cool during the hot weather? Cooking tips for instance, double the recipe; eat one and freeze one. Time savers, clothing tips, travel suggestions (user friendly getaways), and parenting pointers (especially with kids home for the summer); anything you've found that's made a difference in your life.

During the next few weeks, think about suggestions or strategies you use that might just help someone deal better with their

world. Then, send it to the NMSS, MI Chapter, attention: Sue Chapman, 21311 Civic Center Drive, Southfield, MI 48076. Or you may call the Society, 1-800-344-4867, Option 2, Ext. 243 (Ask the Nurse line) and leave your ideas to my attention on voice mail. Please include your name and phone number, slowly and clearly, so you may be contacted, if necessary. Deadline: August 1.

Here's a suggestion to start your creative juices flowing. The world's changing so quickly, but like everyone's, your life may seem dull and boring at times. Just for fun, take a trip to one of the home health care providers' showroom. You'll be surprised at how much has been developed to make life with a disability more comfortable. Not only in facilitating daily necessities but technology has found ways to enhance the recreational aspects of life as well. You'll find things you never knew were out there. Knowledgeable people will help you explore the wide range of adaptations and accommodations available. Always remember, the National MS Society is here to help you with any referrals you might be seeking. Look forward to hearing from you and enjoy the summer!

Michigan Chapter Announces New Service with IRC

The Michigan Chapter contracted with the Information Resource Center (IRC) in June. Inquiries regarding information on MS, programs, and local resources are now directed to the IRC, and handled by the trained Information & Referral Specialists. Rose Jones Taylor, Chapter Programs and Services Vice President, said "This is an exciting time for the Michigan Chapter! The Programs Specialists and

Managers in our office have worked relentlessly to manage I & R calls, and coordinate the additional programs we offer. The IRC will allow the staff added time for growth in local programs delivery, and will assure continued customer service and accurate information to our clients." To contact the Information Resource Center dial 1-800-FIGHT MS (1-800-344-4867), and select option 1, or by email at generalmailbox@nmss.org.

Game On

By Dan Digmann, *self-help group leader in Alma, and a frequent contributor to the MS Connection.*

*You can try with all your might,
But you're reminded every night
That you been judged and handed life
Down in the Jackson Cage.*
- Bruce Springsteen

I didn't have a choice when I was diagnosed with having multiple sclerosis.

Oh, I guess I could have kept the numbness in my hands, chest, and feet to myself. But the abundant scarring on my brain was kind of hard to

deny while the neurologist held my MRI scans up to the light as though he was presenting evidence in a high profile court TV case.

Hindsight being 20/20, I should have shouted, "I object!" when he formally issued my diagnosis.

Multiple sclerosis: A chronic, unpredictable neurological disease that affects the

central nervous system. Not terminal, but no known cure. Two to three times as many women as men have MS.

Lucky me.

The phrase that looped through my head the entire ride home and all the next day was reminiscent of when I pleaded for my parents to mercifully overturn a childhood grounding: "But I didn't do anything."

And just like my brother would stand behind Mom and Dad pointing and making fun of me, MS was in the back of my mind laughing as she made herself at home.

MS was here to stay. I didn't have a choice.

But I soon realized that the choice was all



mine when I decided how I was going to live with the disease. Empowered by lyrics in the Bruce Springsteen song Jackson Cage and using the title as a euphemism for multiple sclerosis, I began endurance training for my competition of a lifetime.

*And it don't matter just what you say
Are you tough enough to play the game
they play
Or will you just do your time and fade away
Down into the Jackson Cage.*

Game on, I said. Game on, I continue to say every single day.

I have no control over what the disease may do to me. But it is my choice and it's the choice of every other person living with MS whether to get into the ring and give it our best shot every day.

These are just a few of the things in my life that came about because I chose not to give up after I was diagnosed with having MS:

I didn't choose to have the disease, but I did choose to start taking better care of myself by eating more healthy foods and exercising regularly. Oh yeah, and I lost nearly 40 pounds as a result.

I chose to help others and myself deal with the disease by starting and leading a self-help group. Take that, MS!

I chose to befriend a National MS Society programs manager who helped me develop as a writer and introduced me to Jennifer, the woman who became my wife. Thanks, Karen.

Game on, and may we all be champions in our respective competitions.



**National
Multiple Sclerosis
Society**
Michigan Chapter



Direct Assistance Now Available

The National MS Society, Michigan Chapter, is offering new financial assistance services to address the needs of individuals with multiple sclerosis and their families.

The goal of Direct Assistance is to provide financial support to enhance the quality of life and help individuals with MS achieve their highest level of independence.

This program helps Chapter members with MS obtain financial assistance in the areas of:

- Transportation for medical appointments ONLY.
- Respite Care - care when the usual caregiver is temporarily unavailable because of travel, illness or other demands.
- Short-Term Counseling - counseling for those facing unexpected challenges as a result of their MS. Limited counseling services are available through in-person and telephone sessions.
- Medical equipment, home and auto modifications, emergency response systems and window air conditioners.

All assistance is based on financial need and provided according to a sliding scale.

To obtain assistance, the Chapter requires:

- A verification of diagnosis
- Completion of a confidential financial assistance application
- Some items/services also require a physician's prescription

For more information or to apply for financial assistance, call 800-344-4867.

Services provided depending on available resources. Advance notice required for all services.



National
Multiple Sclerosis
Society
Michigan Chapter

JOIN THE MOVEMENT

ACTION ALERT - SIGN UP!



ADVOCACY

The National MS Society, Michigan Chapter, advocates for legislation that will ensure fair treatment of people with disabilities and promote awareness of issues that impact people with MS. A strong voice and joint effort are needed to impact our leaders and lawmakers at the national and state levels.

We address issues such as biomedical research funding, health care, and health insurance reform. Michigan issues being emphasized are Medicaid Home and Community Care Waiver funding, long-term care reform and accessible housing.

The National MS Society is a collective group of passionate individuals who want to do something about MS Now. Together, we can change the future and bring an end to multiple sclerosis. You can join the movement by registering in the Action Alert network.

Members are asked to write, call, e-mail, or visit their legislators to voice support or opposition to proposed legislation. Action Alert announcements are distributed about six times a year. Often a sample letter is included. **These grassroots efforts are a powerful way to impact the legislative process.**

Join Action Alert! Now, more than ever, legislators need to hear from you. Help give us greater "strength in numbers."

Name _____
 Address _____
 City _____ Zip _____
 E-mail _____
 Phone () _____

I want to be on the state issues Action Alert list to impact issues such as home care, Medicaid, and transportation.

I want to be on the national issues Action Alert to impact issues including Medicare, public funding of MS research, and bio-generic drugs.

Send form to:

Ruth Linnemann, Advocacy and Programs Director
 P.O. Box 215, Haslett, MI 48840

Or for more information go to nationalmssociety.org/mig and click on Advocacy.

We need your influence. We strongly encourage **you** to **Join the Movement!**

Legal Briefs

By Ina Cohen



There are many legal issues that have particular impact on the lives of those diagnosed with MS. While the local chapter cannot provide legal services, it does try to provide general information

and referrals to resources. Ina C. Cohen is an attorney and member of the Board of Trustees, National Multiple Sclerosis Society, Michigan Chapter, Inc.

Q: I am having difficulty taking care of my finances because I can't get to the bank and it is difficult for me to write and sign my checks. I need to pay my bills. What should I do?

A: There are a number of possibilities. You can arrange for automatic bill payment for your routine monthly bills. By completing a form, your checking or savings account will be charged on the due date. You will still receive your regular bill so you will have an opportunity to challenge any errors, make adjustments etc. before the due date. This service is generally available for no charge you don't even pay postage.

You can also have someone else's name put on your bank account so he/she can handle your business. However, a creditor of that individual might be able to collect a judgment against of the account (which is risky for you) and cause you considerable aggravation. You can also give someone a power of attorney to transact business for you but that can be difficult. Banking institutions are reluctant to honor powers of attorney and always want currently signed powers.

There are also drawbacks in using powers of attorney (see prior article on Powers of Attorneys).

Many businesses will now accept telephone authorizations to debit a checking or savings account. I am not even mentioning using the internet because it is not always available or accessible to individuals with disabilities.

You need to analyze your own situation and speak with your bank or credit union to find a way to handle your transactions. Continuing to struggle could ultimately cause you to lose your independence and control. If you don't make arrangements to compensate for mobility or vision limitations, tremors and other symptom related impairments while you still have the capability, you might find yourself in a bad situation.

Aside from being contacted by creditors and not meeting your expenses, someone could file a petition in Probate Court to have a conservatorship created for you and you would lose control over various aspects of your life. Relatives, medical personnel, social workers and anyone who has knowledge of your difficulties can petition the court to have someone take over these tasks.

A conservatorship is granted when an individual is (1) unable to handle his/her own financial affairs due to physical illness or disability and (2) either property will be wasted or dissipated unless proper management is provided or the adult or his/her dependents are in need of money for support, care and welfare and protection is necessary to obtain or provide money. This standard is not particularly difficult to establish in the Probate Court. If such a proceeding is started and a conservator is

appointed, that individual will handle all of your financial affairs, will control where your money is kept, how it is invested and how bills are handled. There will be annual reports required by the court, the conservator will be paid a fee for his/her services and your funds will thereby be reduced.

The best approach is to make secure, reasonable arrangements for your financial business so that you can avoid ever being the subject of a conservatorship. You should identify someone who is trustworthy and willing to assist you. Plan how your bills will be paid, how you will get sufficient cash for day to day needs and whatever other issues need to be addressed if you experience an

exacerbation or deterioration that prevents you from managing as you currently are. So much can be done automatically that it is much easier to avoid the imposition of a conservatorship than ever before. It is very difficult to terminate a conservatorship once it is ordered by a Probate Court.



MS Activists' Influence Grows

More members, more calls

Our nationwide network of MS activists has increased by more than 80% this year. That means members of Congress have heard from more MS activists on more MS issues than ever before. MS activists made more than 64,000 calls and e-mails to their legislators so far this year. That is almost double the number of contacts made in all of 2006.

Does it work?

With the help of these calls and e-mails, the **Lifespan Respite Care Act** passed the U.S. House and Senate last year. Signed into law in December 2006, the act provides almost \$300 million over five years for competitive grants for states to increase the availability of respite care services for family caregivers of individuals with special needs regardless of age.

On our agenda

- Support for funding MS research through the Department of Defense is growing impressively.
- Legislators who are on one of the Appropriations Defense Subcommittees are currently being contacted.
- Activists will be on hand at the Iowa, New Hampshire, and other presidential primary stops to question candidates about health care, prescription drug coverage, and more.

Get updates online

It's easy to get involved. Sign up at nationalmssociety.org/advocacy. We'll send updates on news from Washington, hot issues, and ways to take action. As an MS activist, you'll help ensure that our volunteer work, research investment, and programs are supported by laws and regulations that make sense.

Become an MS activist. Join the movement.

Ina Meets OnStar

An Accidental Encounter

It was a trip to the doctor's that Ina Cohen would not soon forget. On I-696, in heavy traffic, Ina swerved her Buick LaCrosse to avoid another car and lost control of hers. Sliding and spinning, the car finally came to rest against the concrete barrier. Air bags discharged. Two wheels had snapped completely off. Perhaps miraculously, Ina was only shaken and her car had not hit anyone else.



Ina Cohen

Then she heard the voice "This is OnStar calling...are you all right Ms. Cohen?" OnStar had received the signal that air bags had deployed and they called for assistance; an automatic response to the

bags. With GPS integrated into the two-way communication system, the exact location of the car was transmitted to the police and rescue responders. "They knew my name, and beyond that, even called my doctor's office to let them know I'd be missing the appointment." recalls Ina.

Although this is an interesting story, it doesn't end there.

Ina Cohen is a board member of the National Multiple Sclerosis Society, Michigan

Chapter and while she doesn't have MS, she does use adaptive pedals on her car. Ina is also an attorney whose practice specializes in representing people with disabilities. Strangely, having this accident brought home a point...OnStar is an amazing device for people with mobility impairment.



"Most American automobile companies provide a 'mobility reimbursement' for those in need of adaptive technology, cites Ina, but General Motors takes this one step further. OnStar gives people People who purchase a new GM vehicle equipped with OnStar and use the mobility allowance in their first year of ownership get an additional two years of OnStar service for free... for a total of three years of service since the first year is included on all new OnStar-equipped GM models."

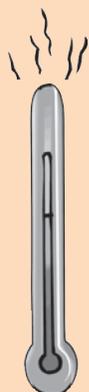
For people who are disabled or drive with specially equipped vehicles and may have difficulty walking for gas or changing a tire this kind of added protection can definitely come in handy. Ina makes another point: "I even get a monthly e-mail from OnStar giving me vehicle diagnostics, so I know in advance if I'm low on oil or in need of other maintenance".

It seems OnStar has made a believer out of Ina. For more information about the GM Mobility Reimbursement Program with OnStar, visit gmmobility.com or call 1-800-323-9935.

COOL TIPS FOR HOT DAYS

Tax deduction

With a doctor's prescription, you can claim a new air-conditioner as a taxdeductible medical expense.



Michigan Chapter Program Calendar

July 7 – August 11,

Aquatics – Summer Session

11:00 am, Kalkaska Kaliseum

This is a wonderful opportunity to explore water exercise. You'll be amazed at how much easier it is to exercise in the water.

For more information please call 800-344-4867.

July 23 & 24, *After You've Been Told Statewide*

This is a two-part teleconference for those who have been newly diagnosed with MS. It will be held on Monday, July 23 and Tuesday, July 24 from 6:30-8:00 pm each night. A presentation will be given from 6:30-7:30, with time for questions from 7:30-8:00. Professionals will speak on medical and emotional issues related to MS. **For more information, please call 800-344-4867.**

August 11 & 18, *MS Journey Club*

Frederik Meijer Gardens and Sculpture Park, Grand Rapids, MI

Wanted: Adventurous families in the Grand Rapids area who want to learn about MS in a fun, relaxed and supportive environment. The Program: two consecutive Saturdays in August (families must attend both sessions) at a family-friendly and fun location. Five hours each session - think family education with a summer camp twist. Ideal participants: Parents with MS, spouses/significant others, and children between the ages of 5 and 12. Older kids are welcome to help volunteer with young kids. Interested? **Please call 800-344-4867.**

August 15, *Family Day at Camp Independence - Big Bay, MI*

Join us as we come together at Camp Independence for a day of fun and games, ending with a BBQ chicken dinner. Free of charge, but please call and register so we can plan to see you. **For more information or to register call 800-344-4867.**

September 15, *Getting There: Staying Mobile with MS*

Offered in Alpena & Traverse City, MI.

Watch for a flyer with details.

An informative video presentation will feature medical professionals from Michigan, and interact with rehab specialists who can answer your questions. It is also a chance to meet with an equipment vendor. **For more information call 800-344-4867.**

September 8, *Something For Everyone*

Novi Sheraton Hotel, Novi, MI

Don't miss out on this exciting program. We are offering you the chance to choose from a variety of topics on MS presented by experts in their field. The day will begin with our keynote speaker, Dr. Robert Lisak, presenting updates on MS research. Breakout sessions will follow that include Medicare/Medicaid, self-advocacy, family dynamics, managing optic neuritis, and pharmacology. Lunch will be provided. The cost of this program is \$5.00 and complimentary admission is available. Pre-registration is required for the program. **For more information, please call 800-344-4867.**

September 8 - November 10***Aquatics - Fall Session*****Civic Center Pool, Traverse City, MI**

Here is another chance to join with those who take part in water-based exercised.

For more information call 800-344-4867.

September 22- *Finding the Silver Lining- Benefits in Adversity* - Flint, MI

Psychologists have discovered that people get psychologically stronger after adversity by way of stress-induced growth. Doug Scheventor, MSW, will facilitate a powerful workshop describing the five phases of coping with crisis or adversity. You will learn how to meet challenges head-on and nurture from them. A manual filled with valuable information describing this process will be provided to you on how to apply this information to your life. There will be opportunities throughout the program for participants to share information about their own thriving experiences. The program is scheduled from 10:00-2:00. Lunch will be provided. The cost of this program is \$5.00 and complimentary admission is available. Pre-registration is required. **For more information, call 800-344-4867.**

October 6, *Speak Up for Yourself*
Marquette, MI

Learn to be your own advocate and to get the results you want when dealing with difficult situations. Ruth Linnemann will present the skills we all need to practice in our interactions with others. As a special treat, we will have a chance to learn about "Yoga Laughter." **For more information call 800-344-4867.**

October 20, *Recruiting your MS Team*
Kalamazoo, MI

How can professionals assist you in dealing with MS? What is the role of a PT versus an OT in your life? How can a financial planner help you with your future? What can you gain from a mental/emotional health professional?

This program is designed to empower you to make the smart choices and understand what options you have. It will be held in the Lawrence Center at Borgess Medical Center, 1521 Gull Rd. **For more information call 800-344-4867.**

**Young People with MS**

You're Young. You have MS. You're not alone! Join the Living with MS in Your 20's and 30's Network. For information, support, and the opportunity to connect with peers, contact Amy at amy.piscopink.taylor@mig.nmss.org.

If you'd like to meet up with other young adults with MS in the Lansing area once a month email the now-forming area self help group at mstransitions@gmail.com.

East Lansing High Grad Receives National MS Society Scholarship

Mother's Disease Prompts Career Path

Sara Heins is a recent graduate and honor student from East Lansing High School. She is also a long-distance runner and currently training to take part in a triathlon.

With the help of a National MS Society scholarship, Sara will attend Cornell University where she plans to enroll as a Biology and Society major. Upon graduation, Sara plans to pursue an epidemiologist



Sara Heins

position at the Center for Disease Control, researching the environmental factors that contribute to multiple sclerosis and other complex autoimmune diseases.

Sara's mother, a professor at Michigan State University and diagnosed with multiple sclerosis six years ago, has a huge influence on her.

"The biggest way MS has affected my life, has been how it has changed my future career goals." Sara comments, "When my

mother was first diagnosed, we were very scared because we did not know how the disease would affect her. So far, weekly injections of interferon have helped keep the symptoms from progressing, but even when MS does not make you physically disabled, the emotional impact can be devastating."

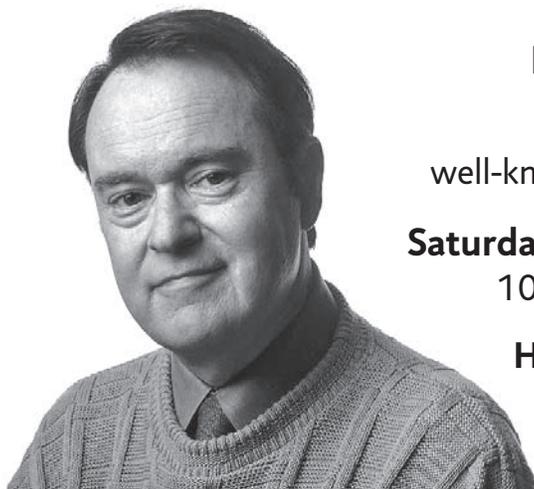
The cause of MS is one of the most baffling questions in the medical world. Multiple sclerosis cannot be explained by genetics alone. "I am very interested in the effect of the environment on the disease and the overall health of different populations," Sara observes. She is also a board member on the Student for Environmental Action Committee.

To learn more about multiple sclerosis and how the National MS Society Michigan Chapter provides support and assistance to some of the 16,000 people in Michigan diagnosed with this disease, visit

www.nationalmssociety.org/mig Join the Movement!

SAVE THE DATE

2007 Chapter Annual Meeting and Volunteer Recognition Luncheon



Featured speaker

David Lander:

well-known actor and comedian

Saturday, November 10, 2007

10:30 a.m. – 2:30 p.m.

**Hilton Detroit/Troy
Troy, MI**

Watch for flyer in the mail. You won't want to miss it!

Get Going With Two New Resources

Begin with MS Learn Online

Fearful, depressed, confused? A person can feel all of this after an MS diagnosis. But perspective—and hope—are available in the MS Learn Online webcast “Where do I begin? Newly Diagnosed with MS.”

Three people, with more than 30 years of living with MS between them, talk about their lives and recall their feelings at the time of their diagnosis. They discuss relationships and support, becoming one’s own healthcare advocate, and the possibility of reinventing oneself while managing life with a chronic illness.

To view the 23-minute webcast and explore the full roster of MS Learn Online offerings, go to nwww.nationalmssociety.org/mslearnonline.



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.

This is why we're here.



COOL TIPS FOR HOT DAYS

Dress light and loose

Loose cotton blends and micro-fiber fabrics allow perspiration to evaporate. Try a wide-brim hat. Canvas or mesh sneakers are cooler than leather.



Cool clothing

Commercial cooling garments, such as vests, bra inserts, and headbands, can help you stay cool for hours. Search ABLEDATA (www.abledata.com or call 800-227-0216) or call us for referrals.

Spray instead

Sweat evaporating on skin is how your body stays cool. Carry water in a spray bottle and wet your shirt and hat for the same effect. Stand in front of a fan for instant A/C.

New! KIP Teleconference Series

The **Knowledge Is Power** home study program (KIP) for people newly diagnosed and their family members answers many questions. But you may still have more. KIP is beefing up by offering a series of free telephone conference calls hosted by MS experts.

Neurologists and other MS professionals will answer questions on topics such as symptom management, relationships, employment, and more. These calls not only provide information, they offer a chance to interact with others who are also facing a new MS diagnosis—all from the privacy of home.

Register for KIP and receive a teleconference schedule as part of this free, six-week course. See ad this page for details.

The 2007 *da Vinci Awards*

PRESENTED BY



LEADERSHIP CHAIR



Chet Huber
President, OnStar

The *da Vinci Awards* recognize the most innovative developments and research in adaptive and assistive technology that embraces the Universal Design principle. Since its inception in 2001, the *da Vinci Awards* has become a recognizable and prestigious international symbol of recognition and has raised more than \$1.7 million for the Michigan Chapter.

This year's Special Award recipients include:



The *Lifetime Achievement Award*, recognizing a lifetime of significant contributions to advancing accessibility, will be presented to Dr. Rory A. Cooper. Dr. Cooper began his career as a soldier in the United States Army and in the late 1970s qualified to represent the U.S. Army during the Olympic trials. Unfortunately, his Olympic aspirations were derailed by a tragic bicycle accident which left him paralyzed. After his spinal cord injury, he returned to the States where he earned his undergraduate, masters, and doctoral degrees in engineering. Dr. Cooper's energy and devotion to the field of rehabilitation engineering and assistive technology are unmatched. His career has been dedicated to improving the lives of individuals with disabilities. Today, Dr. Cooper is currently the President of Rehabilitation Engineering and Assistive Technology Society of North America (RESNA).



The *Spirit of da Vinci Award*, will be presented to Dana Bowman in recognition of the creative use of assistive technology. Bowman was a member of the U.S. Army's elite parachute team, the Golden Knights. In 1994, he lost his legs when he collided in midair with his teammate during a training. Nine months later, Bowman turned this tragedy into a triumph when he became the first double amputee to re-enlist in the Army. Bowman's hobbies include skydiving, scuba diving, skiing, snowmobiling and bicycling. He spends time helping other amputees and disabled or physically challenged people and works on designing parts for prosthetic limbs to improve their function. Bowman's motto is, "It's Not the Disability – It's the Ability™." His life shows that there is no limit to what a person with a disability can achieve.

LOCATION: Ritz-Carlton, 300 Town Center, Dearborn, MI

DATE AND TIME: September 28, 2007 beginning at 6:00 p.m.

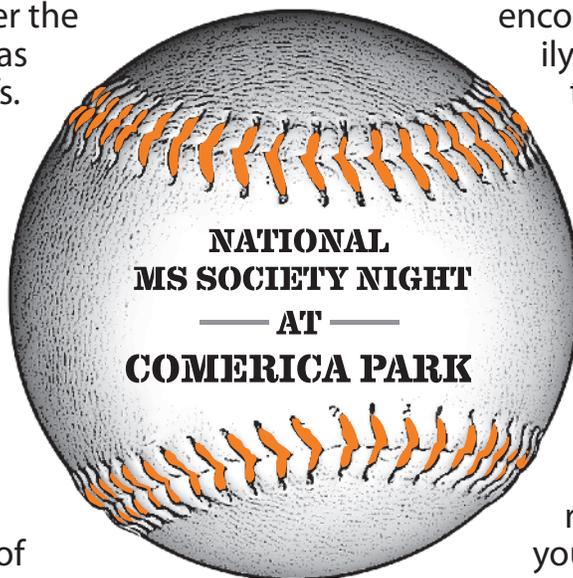
INDIVIDUAL TICKET PRICES: \$300 per ticket; \$450 per couple, and \$3,000 for a table of 10.

For more information and to register for tickets go to www.davinciawards.com

Join the National MS Society for a Fun Filled Night at Comerica Park

The National MS Society is having its Second Annual Night at Comerica Park event and we need your involvement. Join us on Monday, August 13, 2007, as we cheer the Detroit Tigers on to victory as they take on the Oakland A's. The game starts at 7:05pm after a special pre-game ceremony during which the National MS Society will be recognized.

Tickets sold through the National MS Society are \$20 with \$9 from each ticket going toward the Society's mission of ending the devastating effects of multiple sclerosis. We have more than 1,000 tickets with all seats in the Upper Box behind home plate. Accessible seating is also available. Last year, we had the same number of tickets and were sold out so we encourage you to get your tickets early to avoid missing out on this fun filled event. We are also asking ticket purchasers to Join the



Movement and wear orange in support of the National MS Society and its mission.

The National MS Society Night at Comerica Park is a family event and we encourage you to bring your family members and loved ones to share in this special event that will help make a difference in the lives of the more than 16,000 Michigan residents living with MS.

Last year, the National MS Society Night at Comerica Park raised nearly \$10,000 and we hope to knock this year's fundraising right out of the ballpark. With your help, we are confident that we can do it.

Tickets for this event can be purchased online via our Web site at www.nationalmssociety.org/mig or by calling Judy Harris at **248-351-2190 ext 214**. Comerica Park is located at 2100 Woodward Avenue in downtown Detroit.

Engaging Others in the Fight Against MS - Judy Harris

Judy grew up in Kenya and moved to the United States in 2001. She is now attending graduate school at Wayne State University where she hopes to obtain her Masters in Public Administration with a concentration in Non-Profit Management.

Due to her commitment and love for the cause she is now doing her internship as an Event Coordinator for the *National MS Society Night at Comerica Park*, Monday August 13th.

We are very lucky to have Judy on our team and look forward to helping her get the experience she needs to achieve her dreams and make a difference in the lives of others! For more information about this event please call Judy at 800-243-5767 ext. 214.



Judy Harris

Dow, Loons Partner for Family Fun in the SUNday to Promote MS Bike Tour



The Dow Chemical Company and the Great Lakes Loons joined forces to urge mid-Michigan residents to help “wipe out” multiple sclerosis (MS) with special events Sunday, June 24 during the Loons’ home game against the South Bend Silver Hawks.

The Loons hosted Dow and the Michigan Chapter of the National Multiple Sclerosis Society for bike-related between-inning promotions and a Loons vs. Dow bike challenge on the main concourse. J.E. Johnson, Inc. also donated thousands of new bicycle helmets to youths ages 5-14 upon entering the game. Riders from the Dow/Tri-City Cyclists MS Bike Tour and walkers from the Dow MS Walk team paraded around the field before the National Anthem, as a way to show their support for the cause and encourage people to sign up for the Mid-Michigan MS Bike Tour.

“Our hope is that by raising awareness for the Mid-Michigan MS Bike Tour, more people will join our efforts and those of so many others in Michigan to bring an end to this

devastating disease,” says David Kepler, Dow senior vice president.

Dow is the presenting sponsor of the 2007 MS Bike Tour in Michigan. Dow employees first participated in an MS Bike event in Freeport, Texas, in 1996. There were only 33 employees riding that year, but their dedication was strong and every year they recruited more of their coworkers to either ride or to pledge to the cause. Since then, more than 500 Dow bike riders from five states have raised approximately \$3 million for local MS chapters – nearly \$1 million of that in Michigan.

“Dow’s support will make this year’s event the biggest ever in Michigan and more importantly will have a critical impact on the fight against the devastating effects of MS,” said Patti Radzik, director of Corporate Partnerships for the Michigan Chapter of the MS Society.

Invacare Rolls Wheelchair for large person. Capacity is 340 lbs. 29" wide seat. Can wheel ones' self around. Asking for \$60. Will also offer free walker that can be adjusted for height. *Call Lynda at (734) 961-6667*

Pronto MGI Sure Step Electronic Wheelchair. New. Power Lift. Inside and outside use. Many extras. Asking for \$2,000. *Call Ralph at (989) 922-4111.*

Hoover Round Wheelchair. Have two to sell. Good condition. Has charger and a new battery. Asking for \$600 each. Brand new **Hospital Bed.** Feet and head go up and down. \$750 or best offer. **Sliding Shower Bench.** Asking for \$25. *Call Curtis at (586) 291-5533.*

Jazzy Wheelchair. Five years old. Rechargeable. **Scooter.** Good Condition. Rechargeable. *To inquire about price call (586) 296-5838.*

1997 Ford Conversion Van. Handicap accessible with power platform lift and swivel front seats. Good condition. Asking \$13,500. *Call Casey at (810) 736-6366.*

Condo, handicapped accessible, located in Troy, 3 bedroom ranch, asking for \$145,000. *Call Darlene at (248) 703-4823.*

Motorized/Electric Merits collapsible Wheelchair. Two new batteries. Folds up to store in car. Holds up to 300 lbs. Full size with Back Pack. \$2,000 OBO. *Call Keith at (248) 219-2022.*



**National
Multiple Sclerosis
Society**

Michigan Chapter

21311 Civic Center Drive
Southfield, MI 48076-3911

Mailing Label Changes

Please check the appropriate box below, correct the label then return to National MS Society, MI Chapter

- Name change or misspelled
- Address change
- Remove from mailing list
- Received more than one copy

**FREE MATTER
for the Blind &
Handicapped**