

# MS CONNECTION

MOVING TOWARD A WORLD FREE OF MS | 2010 • FALL • VOL 3

## WALK MS HELPS ARIZONANS CREATE A WORLD FREE OF MULTIPLE SCLEROSIS

Participants celebrated at Walk MS on October 2 in Prescott and November 6 in Phoenix. The Prescott Walk saw 300 people at the Heritage Park Zoo and Willow Lake. More than 4,000 participants joined the 23rd Annual Phoenix walk MS: Walk on the Wild Side! They enjoyed walking through the beautiful Phoenix Zoo and Desert Botanical Gardens.

So far \$290,000 has been raised toward our \$340,000 goal. You can donate to a Walk MS participant or make a general donation until December 31 at [walkmsarizona.org](http://walkmsarizona.org).



Don't worry if you missed our fall walks in Phoenix and Prescott. You can join us Saturday, March 12, 2011, for our 17th Annual Tucson walk MS: Walk on the Wild Side! More than 800 participants will enjoy a walk through the beautiful Reid Park. Join the Movement and register today at [walkMSarizona.org](http://walkMSarizona.org).

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National Multiple Sclerosis Society

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Arizona Chapter

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We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Arizona Chapter

## WELCOME ABOARD, LISA CLEARY

We are happy to welcome Lisa Cleary to the chapter team. Lisa grew up in Northern California and attended California State University, Sacramento. She earned her Bachelor of Science Degree in Criminal Justice and worked for the Sonoma County Probation Department with incarcerated juveniles. Lisa found her true passion within non-profit and decided to change her career path.



Lisa came to us from Los Angeles, California, where she worked for the American Cancer Society as a Senior Community Development Manager for five Relay For Life events in the Los Angeles region. She recently moved to Arizona to live closer to her family.

She is thrilled to have the opportunity to continue to help others live a better, longer, more fulfilled life here at the National Multiple Sclerosis Society.

## A NOTE FROM FROM OUR BOARD TREASURER

Please meet Jason Creed, who volunteers for the chapter as the Treasurer of the Board of Trustees, Chairman of the Finance Committee, and has been a part of the board for the past three years. He draws upon his experience as a CPA and schooling from the University of Missouri, where he received his Juris Doctorate, and Anderson University, where he completed his undergraduate work. We asked Jason, "Why are you involved with the chapter despite having no one within your immediate family impacted by MS?"

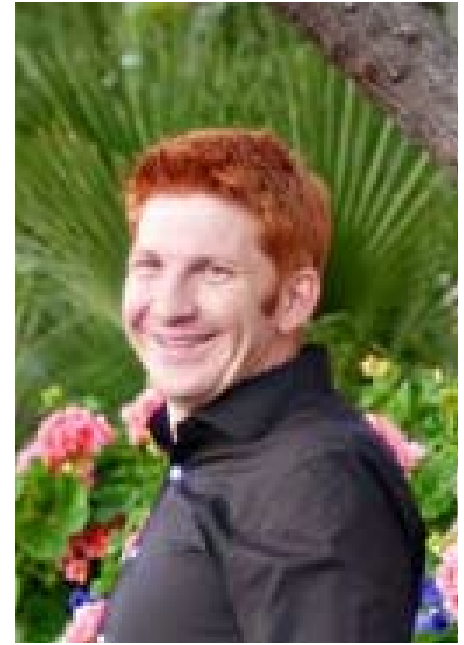
Says Jason, "My dad provides an example that, '[t]he greatest gift is a portion of oneself (Ralph Waldo Emerson).' Shortly after moving to the Phoenix valley, I searched for volunteer opportunities where I could get involved and make an impact in my community. I was in search of a cause needed more national media attention and was in search of support and volunteers. I found this local opportunity by volunteering for the annual Bike MS event.

In 2008, the chapter asked me to join the Board and assume the role as Treasurer. I accepted immediately. This was an honorable opportunity to serve such a worthy cause with my education, background, and skills.

Since my involvement, I have developed personal relationships with so many who are impacted by this disease. These relationships have grown and increased my passion to join the journey of caring for those impacted and finding a cure for this disease.

I have tremendous hope that I am part of a team that could actually win in my lifetime, i.e., find a cure. The growth in understanding and treatment for MS has exploded exponentially over these last 10 to 20 years. If that is any indication of the future, it is reasonably likely that a cure could be found soon.

All of us have life constraints that prohibit us from giving of ourselves. While everyone



*Jason Creed, JD, CPA*

can't give their time, we can provide financial support. Please consider financially supporting the National MS Society and Arizona Chapter and join a winning team to find a cure. Visit [aza.nationalMSSociety.org](http://aza.nationalMSSociety.org) or call (480) 968-2488 to make a donation today.

### DOMORE

Make a donation today at [aza.nationalMSSociety.org](http://aza.nationalMSSociety.org) or by calling the chapter at (480) 968-2488.



Sundt employees Julie Harvick, Project Administrator, and Jordan Gartshore, Estimator, present Philip Carll, Arizona Chapter Vice President of Programs and Services, with their grant award.

## THANK YOU SUNDT FOUNDATION FOR JOINING THE MOVEMENT!



The Sundt Foundation awarded the chapter's Emergency Financial Assistance program \$2,000. This will be extremely helpful to allow us to meet the needs of people who are affected by MS.

Since it was founded over a century ago, Sundt has been dedicated to improving the communities in which it operates. Sundt expanded their efforts in 1999

by creating the Sundt Foundation, a separate non-profit organization focused on the needs of disadvantaged children and adults. The Foundation receives most of their funding through employee contributions, which are matched by the company.

Funding provided by the Sundt Foundation is critical to the Chapter's mission delivery, ensuring that Arizonans living

with MS will receive vitally needed assistance during times of financial crisis.

### DOMORE

Get your company involved with the chapter today and help the 40,000+ Arizonans affected by multiple sclerosis. Call us at (480) 968-2488 for more information and opportunities.

## MANAGING ASPECTS OF MS

### A MINI-CONFERENCE

Underlying the mission of the chapter is the belief that education is an essential component to treatment. Understanding that addressing the many challenges of living with MS requires a wide range of educational opportunities, the chapter is offering a day-long conference called "Managing Aspects of MS," which will be held in Tucson on Saturday, December 4.

A multidisciplinary team of MS community experts will address many of the challenges of living with MS. The learning objectives are to enhance

understanding of MS, explore treatment options, connect to other educational sessions and support groups, and locate additional support resources, such as financial counseling.

The specific topics presented will be:

- Pain Management
- Implementing a Healthy Lifestyle (nutrition & exercise)
- Cognitive, Behavioral & Emotional Aspects of MS
- and Financial Planning.

We look forward to helping with your education needs to address the challenges of living with MS.

### DOMORE

Pre-registration for this program is required, so register today by calling **1-800-344-4867**, and press '1.'

#### Questions?

Contact Siobhan McCurdy, Education and Advocacy Coordinator, at [siobhan.mccurdy@nmss.org](mailto:siobhan.mccurdy@nmss.org) or at 480-968-2488 x210.

## SCHOLARSHIPS AVAILABLE FROM THE SOCIETY

The Society provides scholarships for people living with MS or children who have a parent with MS. Applicants must be planning to attend an accredited post-secondary school for the first time and to take at least six credit hours per semester leading to a degree, license or certificate.

Recipients are selected on the basis of financial need, academic performance, compelling personal or family circumstances, and an essay (written by the applicant) on the impact of MS on their life.

Awards range from \$1,000–\$3,000 for one year; a small number of four-year awards are also offered.

Applications are accepted between October 1, 2010 and January 14, 2011.

To apply, visit [nationalMSSociety.org/scholarship](http://nationalMSSociety.org/scholarship) or contact Angela McKinley, Direct Services Coordinator, at [angela.mckinley@nmss.org](mailto:angela.mckinley@nmss.org) or (480) 968-2488 x223.

## 2ND ANNUAL CARING FOR THE CARE PARTNERS CONFERENCE

In acknowledgement of National Caregivers Month, the chapter is hosting its 2nd Annual "Caring for the Care Partners" conference on Saturday, November 20, in the Nina Mason Pulliam Conference Center at the Disability Empowerment Center. Caring for someone with a chronic illness like multiple sclerosis can be deeply satisfying. Spouses and partners, family, and friends can be drawn more closely together by their shared concerns and collaborative efforts. But caregiving can also be physically and emotionally exhausting, particularly for the primary caregiver.

In the report, "State of the Science: Professional Partners Supporting Family Caregiving," ([NursingCenter.com/AJNfamilycaregivers](https://www.nursingcenter.com/AJNfamilycaregivers)) the article states that family members are very often not prepared to take on the task of caregiving - especially as many family caregivers are providing services typically reserved for healthcare professionals. Furthermore, family and other informal caregivers provide the vast majority of the long-term



care provided in this country. Yet the 44 million caregivers assisting individuals over the age of 18 tend to have limited preparation for the job and receive limited ongoing support even as their contributions to the economy have been estimated at \$350 billion annually.

In response to these caregiving challenges, the chapter has created a multi-session program for caregivers and those living with MS to enhance disease and treatment knowledge, coping and communication skills, and health and well-being. This in-person workshop will help care-partners be more effective and resourceful in their day-to-day roles.

Four speakers, all highly regarded by the caregiving and respite communities, will present on topics such as understanding of the progression of multiple sclerosis, treatment options, and caregiving strategies and resources to help caregivers develop a roadmap for successful caregiving. Attendees will also have the opportunity to network and share ideas with others in similar circumstances.

The program is free, includes a light breakfast and lunch, and registration is required.

To register, call (800) 344-4867, and press '1,' or visit our chapter calendar at [aza.nationalMSsociety.org](https://www.nationalMSsociety.org).

## MOVING FORWARD: A PROGRAM FOR THE NEWLY DIAGNOSED

If you or someone close to you has recently been given a diagnosis of multiple sclerosis, you probably have a lot of questions and concerns. Or, you may be feeling so overwhelmed by the diagnosis that you aren't sure what kinds of questions to ask.

On a quarterly basis, the chapter offers a Newly Diagnosed Educational Program where we address the most common concerns for people who are newly diagnosed. This program provides an excellent opportunity to have any questions you may wish to ask answered and learn more about the resources available in the community or through the chapter.

If you have been diagnosed within the last three years, please join us on Saturday, December 11th at 10am in the chapter office. Our featured guest speaker will be Sue Kelly, a registered nurse who has been living with MS for over ten years. She currently works in the OB/GYN department at Scottsdale Healthcare and, separately, does home injection trainings for people



living with MS. Sue will address disease course, symptoms, treatment options, emotional health and answer all your questions. Chapter staff will also speak about the programs and services available. This is your chance to have your questions answered and meet others living with MS.

Register today by calling 1-800-344-4867, and press '1.' Pre-registration for this program is required and space is limited.

If you have any additional questions, contact Angela McKinley at [angela.mckinley@nmss.org](mailto:angela.mckinley@nmss.org) or at (480) 968-2488 x223.

## CONGRATS TO A STAR VOLUNTEER!



*Felipe Ruiz*

**We would like to honor one of our fabulous volunteers, Felipe Ruiz. Felipe recently received the Chicanos Por La Causa, 40 Hispanic Leaders Under 40 award. The award recognizes committed individuals that are working toward the greater good of the community. Felipe is a tremendous asset to our society and to the community. Congratulations Felipe! People like you truly make a difference in our community!**

## ARIZONA DISABILITY ADVOCACY COALITION HONORS DISABILITY COMMUNITY LEADERS AT ADA 20<sup>TH</sup> ANNIVERSARY GALA

The Arizona Chapter is a member of the Arizona Disability Advocacy Coalition (AzDAC) and joined with fellow members to celebrate the 20th anniversary of the passage of the Americans with Disabilities Act (ADA) at the ADA 20th Anniversary Gala held on July 24, 2010 at the Tempe Mission Palms hotel. During the gala, AzDAC announced the recipients of the 2010 Americans with Disabilities Act Awards. The individuals and organizations that received awards were honored for their work on behalf of the disability community.

The “ADA Title I – Justice and Equality Employment Liberty Award,” honored a community member or organization that has made a positive, proactive impact in ensuring justice and equality in the workplace. The two awardees in this category were the Arizona Humane Society on Eugie Avenue in Phoenix and the Cottonwood Safeway.

The “ADA Title II – Justice and Equality Public Entities



*(l to r) Sherri Collins, Chair of Arizona Disability Advocacy Coalition (AZDAC), David Carey, Peri Jude Radecic, Amina Donna Kruk, Vice Chair of AZDAC, and Philip Carll, National MS Society, Arizona Chapter and Treasurer of AZDAC.*

(State and Local Government) Liberty Award” honored a state or local government entity that demonstrates facility or program accessibility, or that has made a positive, proactive impact in ensuring justice and equality for people with disabilities. The two honorees in this category were the Town of Chino Valley and the City of Scottsdale in partnership with the McDowell Sonoran Conservancy. The Town of Chino Valley was recognized for its paratransit system for seniors and residents with disabilities, while the City of Scottsdale and the MSC were

honored for the creation of the barrier-free Bajada Nature Trail.

The “ADA Title III – Justice and Equality Private Entities/Public Accommodations Liberty Award” recognized a private business or organization that is a good example of facility or program accessibility for Arizonans with disabilities or that has made a positive, proactive impact in ensuring justice and equality for Arizonans with disabilities. The honoree in this category was AJ’s Fine Foods of Mesa for the location’s conscious efforts to make the store layout, displays

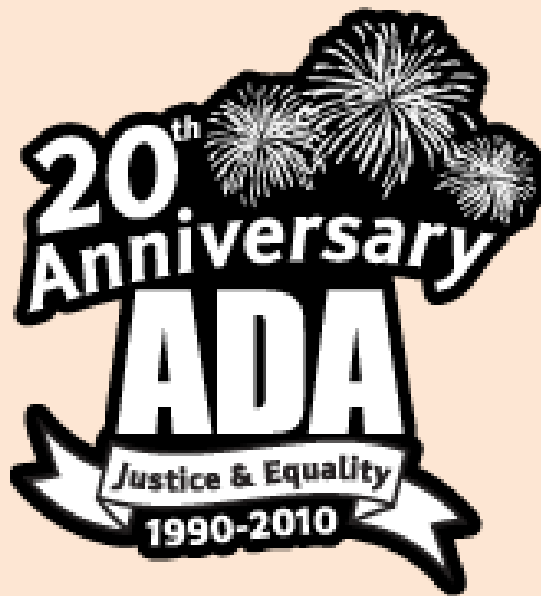
and products accessible for persons with disabilities.

The “ADA Title IV – Justice and Equality Telecommunications Liberty Award” was given to a community member and/or organization that demonstrates full accessibility for Arizonans with disabilities or that has made a positive, proactive impact in ensuring justice and equality in the area of telecommunications. The winner in this category was Arizona Relay Service.

The “2010 ADA Community Advocate Liberty Award” honored a community member that has been a dedicated advocate for the justice and equality of Arizonans with disabilities. The winner was Pam Allan, a community advocate and resident of Phoenix.

The “2010 ADA Copper Canyon Public Policy Maker Liberty Award,” was given to a public policy maker or policy makers that have taken action to protect or improve the justice and equality of Arizonans with disabilities. The recipient of this award was state Senator Meg Burton Cahill of District 17.

The “2010 ADA Justice and Equality Pioneer Liberty Award” honored a community member, organization or public policy maker (or makers) that has broken new ground to remove barriers to ensure full justice and equality for Arizonans with disabilities. The two awardees in this category



were Scottsdale resident Robert J. Lynch, an architect and community advocate, and Sun Sounds of Arizona.

The final award of the evening was a surprise to all in attendance, and specially presented by AzDAC. The “2010 ADA Justice and Equality Special Recognition Liberty Award,” honored two individuals for their successful

efforts to gain passage of SB 1232 to update Arizona’s ADA protections. The recipients were Tucson resident Peri Jude Radecic of the Arizona Center for Disability Law and Tempe resident David Carey with the Arizona Bridge to independent Living.

“Each year we honor individuals and organizations for their work on behalf of people with disabilities, whether that be improving accessibility in public accommodations, working on legislation to ensure disability rights or helping others advocate for themselves,” said Sherri Collins, AzDAC chair and executive director of Arizona Commission for the Deaf and the Hard of Hearing.

“This year’s awards were particularly special because we were – and still are – celebrating the 20th anniversary of the ADA. All the recipients were very deserving, and we are grateful for their work in the disability community.”

For more information, visit [www.azdac.org](http://www.azdac.org).

## CARE MANAGEMENT PROGRAM GROWING PROVIDER NETWORK STATEWIDE

The chapter implemented our national organization's Care Management (CM) program to address the challenges of people living with multiple sclerosis. The goals of the CM program are to promote enhanced quality of life and to help people living with MS to achieve the highest level of independence and autonomy.

To address the growing requests for service the chapter is contracting with Masters level social workers throughout the state. These social workers are uniquely positioned with their understanding of the private and governmental programs and services provided in each county to effectively serve the individual needs of our clients.

The services provided by the CM program vary depending on each individual's goals, but may include: individual case management; advocacy; navigation of community services; disease education; community referrals; and emotional support. Community services include, but are not limited to:



counseling; home health care; rehabilitation services; and transportation.

In order to receive services, a person must have a confirmed MS diagnosis and reside in the state of Arizona. Services may be appropriate if someone living with MS has: accelerated loss of function; family breakdown; social isolation; feelings of being overwhelmed; depression; a need for more support; and/or difficulty getting the services they need. Due to limited community resources,

the CM program may not be able to provide all services that are needed. Each request for services is evaluated individually, with the unique circumstances of the person living with MS taken into consideration.

### SERVICEREQUEST

To request CM services, contact Angela McKinley, Direct Services Coordinator, at [angela.mckinley@nmss.org](mailto:angela.mckinley@nmss.org) or 480-968-2488 X223.

## CORKS AND CHORDS IS A HUGE SUCCESS!

September was a busy month at the Society. We hosted our 2nd Annual Corks and Chords events in Tucson and Phoenix. Guests enjoyed delicious chef prepared dishes and fabulous wine, while local musicians filled the room with wonderful music. Thanks to all of our fabulous supporters, both events were a great success!



We had over 350 attendees and raised over \$45,000!! Thank you to our wonderful sponsors Teva, Questcor, EMD Serono, Express Scripts, Healthsouth, Mayo Clinic and Barefoot. Without your support we would not be successful! We look forward to seeing everyone next year!

## UPCOMING EVENTS

### WOMEN AGAINST MS (WAMS)

Nearly 75% of all multiple sclerosis (MS) patients are women. When faced with this shocking diagnosis, many women and their families face physical, informational, emotional, and financial crises. Join the movement and help us create a world free of MS. Next year's luncheon will be held at the Arizona Biltmore Resort and Spa on Thursday, April 28. Join us for an inspirational message, fabulous lunch and an update on MS research.

### BIKE MS

Happy Silver Anniversary to bike MS: Arizona!!! Join us for our 25th Annual bike MS ride on March 26 & 27, 2011! We will host more than 900 cyclists as they ride over 160 miles in two days to make a difference in the lives of people living with multiple sclerosis. Right now you can register for only \$50, so take the challenge today! Visit [bikemsarizona.org](http://bikemsarizona.org) for more details and registration.

## WANTED: VOLUNTEERS



Many of us want to make a difference in our community, but are not sure how to get started. You may have limited time and resources, but ultimately you know you can make a difference.

Whether you want to volunteer long-term, for one event or even one hour... the Society needs you! We cannot do what we do without support from our wonderful volunteers in the community.

Call (800) 344-4867 or visit [aza.nationalmssociety.org](http://aza.nationalmssociety.org) to volunteer today!



**National  
Multiple Sclerosis  
Society  
Arizona Chapter**

5025 E Washington St, Suite 102  
Phoenix, AZ 850334

## CALENDAR OF EVENTS

### NOVEMBER

20 *Caring for the Care Partners* - Phoenix

### DECEMBER

4 *Managing Aspects of MS* - Tucson

11 *Moving Forward:  
Program for the Newly Diagnosed* - Phoenix

### JANUARY

6 *Yoga for MS* - Chandler

8 *Annual Meeting* - Phoenix

### MARCH

12 *walk MS: Tucson*

26-27 *bike MS: Arizona*

## JOIN US!

### GAINING MOMENTUM: 2011 ANNUAL MEETING

MS Community Partners Expo, Installation of Board of Trustees, Programming Updates and Awards. Continental Breakfast Served.

Saturday, January 8, 2011

9:00am Registration

10:00am Program Begins

Nina Mason Pulliam Conference Center  
at the Disability Empowerment Center  
5025 E Washington Street  
Phoenix, AZ 85034

Seating is limited. Register today by visiting [aza.nationalMSSociety.org](http://aza.nationalMSSociety.org) or call (800) 344-4867, and press '1.'