

MS CONNECTION NEWSLETTER



Malcolm Cumming and Deb Livesey
on a recent trip to Kona, Hawaii

LIVING WITH MS

Bon voyage!

TIPS FOR SAVVY TRAVELING IN YOUR JOURNEY WITH MS

Deb Livesey and her husband, Malcolm Cumming, have done lots of traveling since Deb was diagnosed with multiple sclerosis in the early 1980s. They've toured France, Belgium, England, Scotland, Italy, Mexico and other destinations.

With each trip, they've learned new ways to get the most out of their travels – and advocate for better accessibility if they run into challenges. The same is true for Victor Searles, who lives with MS, and his wife, Phyllis. They're Alaskans and fly to visit family in the Southeastern U.S. and Hawaii, where they recently sailed on a cruise.

If you're planning to travel, here are some of their top tips:

Book your trip early, especially if you're going on a cruise. Most ships have just a few wheelchair-accessible rooms, so the Searles reached out to their travel agent about eight months before the family took their recent cruise through the Hawaiian Islands.

Get detailed info about your accommodations. When you book your room, ask if it's ADA-compliant (i.e., meets Americans with Disabilities Act requirements) with features like a roll-in shower. Request a photo or a floor plan of the room with detailed measurements.

When flying, arrive early and check in for your flight in person. Make sure your airline is aware of any special traveling needs you have, such as an "aisle chair" – a wheelchair

Bon voyage!
continued on page 5

**FIND LOCAL AND
CALL-IN PROGRAMS
ON PAGES 10-15**

EVENTS

Be inspired, get connected

Surrounded by people like you who understand the challenges of living with MS, Walk MS is a joyful and welcoming experience for all. As one Walk MS team captain says, “For every one of

us, we have a reason we are here. We walk. We raise funds. We learn more about MS. We do what we do because we have hope.”

APRIL 11

Bainbridge Island
Bellingham
Kitsap County
Olympia
Snohomish County
South Sound
Tri-Cities

APRIL 12

Seattle – *And kicking off*
Walk MS is the new
Run MS Seattle 5K
Spokane

APRIL 18

Wenatchee

APRIL 19

Clarkston

APRIL 25

Coeur d’Alene
Ketchikan

MAY 2

Billings
Fairbanks

MAY 9

Anchorage
Helena
Soldotna

MAY 16

Copper Valley
Great Falls
Mat-Su Valley

MAY 17

Bozeman

MAY 30

Missoula

SEPTEMBER 19

Butte



For more information and to participate, volunteer or donate, visit walkMS.org or call 800-344-4867 and press 2, then option 4.

NATIONAL MULTIPLE SCLEROSIS SOCIETY

National Multiple Sclerosis Society
Greater Northwest Chapter Regional Office
192 Nickerson St., Ste. 100
Seattle WA 98109
800-344-4867

Chairman: Bill Sample

Chapter President: Patricia Shepherd-Barnes

Contributed Writing & Photography:
Moore Ink. PR & Fundraising Communications

Design: DavidOwenHastings.com

©2015 National Multiple Sclerosis Society,
Greater Northwest Chapter

The National MS Society is proud to be a source of information about MS. The content is based on professional advice, review of independent research, published experience and expert opinion. The National MS Society makes no warranties regarding the information provided and the information is provided for your educational purposes only. Any provided medical information is of a general nature and should not be substituted for the individual therapeutic recommendation or prescription by a medical professional. For specific information and advice relating to your personal medical condition, always consult your personal physician.

EVENTS

Anyone and everyone can Walk MS



Whether you live with MS or care about someone who does, whether you powerwalk or use a wheelchair – there’s a place for anyone and everyone at Walk MS.

Some people rally dozens of walkers to join their teams and line up corporate sponsorships. Others make a big difference with small teams that raise all their funds with emails and letters to friends and family – like Jerry Daggett and Grace Oatis’s Walk ‘N Rollers.

“She walks and I roll,” quips Jerry, who does the 4.6-mile Walk MS in his wheelchair or electric scooter.

Jerry and Grace are co-captains of the Walk ‘N Rollers and lead a support group together for people living with MS. The Walk ‘N Rollers raised almost \$5,000 last year and are striving to surpass that this year.

More than 300,000 people take part in Walk MS events across the country every year, raising \$50 million that supports cutting-edge research and life-changing programs for people living with the disease.



“Imagine a future free of MS,” says Grace. “It may not happen in my lifetime, but there will be a cure someday.”

Join Jerry, Grace and more than 300,000 others around the country at this year’s Walk MS. Fundraising is encouraged but not required, and helps provide cutting-edge research and life-changing programs for people affected by MS. Learn more at walkMS.org. ■

Ready, set... Run MS Seattle 5K!

New this year, the inaugural Run MS Seattle 5K will kick off Walk MS Seattle on April 12. All runners in the community, regardless of physical ability or fitness level, are welcome to participate. The run along the Burke Gilman Trail starts at 8:00 a.m., beginning and ending at the University of Washington. Join us in this new tradition and move us closer to a world free of multiple sclerosis!

For more information, visit MSnorthwest.org or contact us at teamMSnorthwest@nmss.org or 206-284-4236, press 2 then option 4.

SUPPORTING THE MOVEMENT

An impassioned personal plea for research

Mark McLaughlin lives with progressive MS in Billings, Montana. His story is excerpted from a letter he wrote on behalf of the Greater Northwest Chapter to encourage people to donate money to support MS research.

I had just turned 30 when my life's momentum shifted dramatically. After many doctor visits and a couple of misdiagnoses I was told I had MS. I didn't think it was that big a deal. I thought I would just take the medication as prescribed and get better. But that didn't happen.

Initially, the disease challenged my mobility. First I experienced foot drop, which I countered with a leg brace. Balance issues ensued, so I responded with a cane. Next was vision impairment. Bring it on, I thought – I'll get stronger lenses. As an electrical engineer, my vision and computer skills were vital to my career. I tried different medications, changed my diet, started an exercise regimen – but it didn't stop the disease's progression.

Two years later, I resigned myself to the fact that I could no longer work. Today I use a wheelchair because my legs feel like noodles. My vision is too poor to read. I no longer live alone and depend on the support of my immediate and extended family. This is hard. And not just for me.

I'm not sharing my story because I want your sympathy. I am sharing my story because I believe that there is reason to hope. Hope is what my family and I cling to.

The National MS Society co-founded the International Progressive MS Alliance to mobilize the global research community and intensify the focus on discovering solutions for people with progressive MS. This gives me hope.

To continue this momentum we need more than hope. We need everyone who can to play a part. It's not easy to ask for help. But I am asking you. Please consider a gift to the National MS Society to support research.

I know my family is not the only one that feels desperate. It helps to know you are not alone. It helps to hope. ■

We honor your giving

Your gift will help fund cutting-edge research, drive change through advocacy, facilitate professional education, and provide programs and services to help people with MS move their lives forward.

To learn about the many ways to give, go to MSnorthwest.org and click on **donate**.

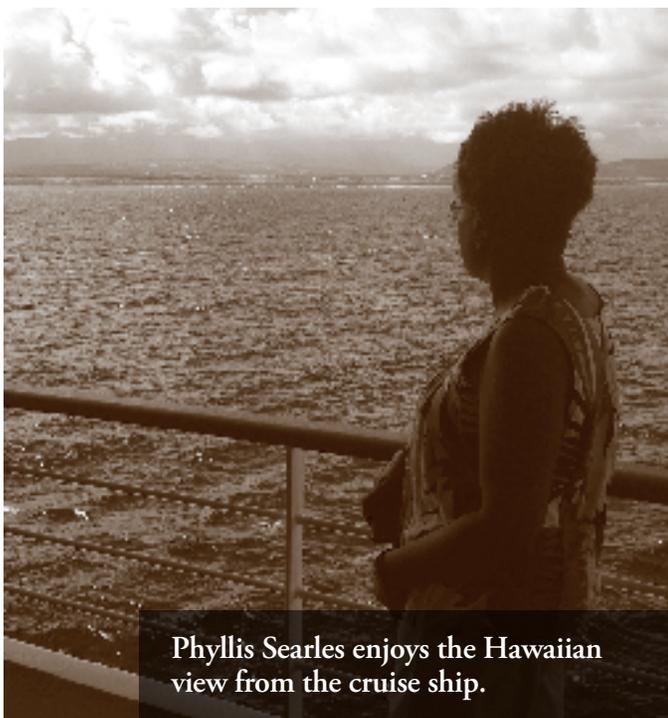
Bon voyage!

continued from page 1

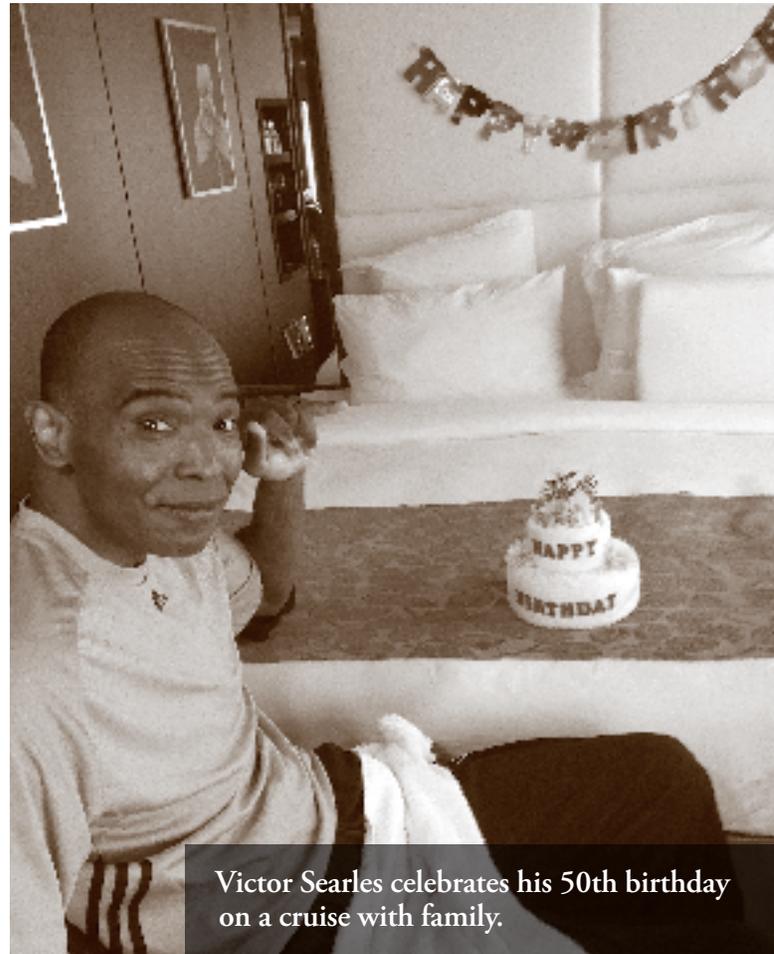
that's narrow enough for use in the aisle of an airplane. Choose seats that are closest to the most accessible bathroom.

Be aware of airplane restroom issues.

Bathrooms on single-aisle aircraft have shrunk in recent years – so much that they are very difficult to use by travelers who need assistance transferring from a wheelchair to the toilet. Many passengers find that lavatory grab bars, designed to be helpful, actually hinder accessibility by taking away maneuvering space. Bathrooms are often larger on double-aisle aircraft, but those rarely fly domestic routes. If you're flying overseas, ask if your plane has accessible bathrooms; many international carriers aren't equipped with them.



Phyllis Searles enjoys the Hawaiian view from the cruise ship.



Victor Searles celebrates his 50th birthday on a cruise with family.

Keep traveling! “Travel benefits your health and outlook on life,” Deb says, “and makes the travel industry more aware of how they can better accommodate people with special needs.”

For more accessible travel tips, visit [MSnorthwest.org](https://www.msnorthwest.org) and search for **Travel**. ■

Your story is a powerful tool for changing travel policies that can ease the way for people living with MS. If you've experienced problems or issues, complete our online survey at nationalMSsociety.org/mytransportationstory, or contact Linnea Nasman at linnea.nasman@nmss.org or 206-515-4563.

RESEARCH

Can medication enhance behavioral and exercise therapies for overactive bladder?

At least four out of every five people living with MS experience some sort of bladder control issue. The reason: MS lesions block or delay transmission of nerve signals in areas of the central nervous system that control bladder muscles.

“Bladder control problems are so common among people with MS. They can hinder people socially or interfere at the workplace,” says Dr. Ted Brown, a physical medicine and rehabilitation specialist at the MS Center at EvergreenHealth in Kirkland, Wash.

A clinical trial Dr. Brown is leading will shed light on whether a certain medication, combined with behavioral and exercise therapies, can alleviate symptoms of overactive bladder more than the behavioral and exercise therapies alone.

The drug being tested is Mirabegron, one of several FDA-approved medications that treat overactive bladder by relaxing the muscle of the bladder wall.

“It’s approved for overactive bladder in general, however it’s never been studied anywhere in the world for MS,” says Dr. Brown.

Everyone enrolled in the 10-week clinical trial receives an exercise program to strengthen pelvic floor muscles, and information about behaviors that can improve bladder health, such as not smoking, avoiding foods that irritate the bladder, such as citrus fruits and juice, coffee, spicy foods and alcohol, and drinking at least six to eight cups of water a day.

They’ll fill out bladder diaries to track when they go, how often they go, whether they experience urinary urgency and whether they have a bladder accident.

This is one of more than 300 actively-enrolling MS research studies in the nation.

“There’s tremendous research going on,” Dr. Brown says. “We’ve made all this progress in developing drugs that control the disease activity, but we also need to make progress with symptom management – and in the future, neurorecovery. That would be the holy grail.”

“The people with MS who volunteer to be in research play a crucial role in our ability to make that progress,” Dr. Brown adds. ■

If you’re interested in learning more or participating in Dr. Brown’s study, email EvergreenResearch@evergreenhealth.com or call 425-899-5385. For info on other research studies, visit MSnorthwest.org and click **Services & Support** then **Research & Clinical Trials**.



FAQs about clinical trials

Before you sign up to participate in a research trial, it's important to do some of your own research to make sure you have a full understanding of the potential risks and benefits. Here are some questions to ask the research center leading the trial.

- What is the purpose of the study and why do researchers believe the treatment being studied might be effective?
- What are the possible risks, side effects and benefits and how do they compare with my current treatment?
- How often will I have to come to the study site, and how might my daily life be affected?
- What type of long-term, follow-up care is involved with this study?
- How long will the trial last, and will the results of the trial be shared with me?

FIND OUT HOW THE STUDY IS "CONTROLLED"

Well-designed clinical trials are controlled to minimize the potential for biased results. In many cases, a certain number of the participants receive the treatment being tested while the others receive a previously-approved treatment or an inactive placebo. Make sure that you understand your treatment options and the probability of receiving the inactive placebo.

UNDERSTAND INFORMED CONSENT

Before you agree to participate in a clinical trial, you will be asked to understand and sign an "informed consent" form. The form should provide a summary of the clinical trial, including its purpose, the treatment procedures and schedule, potential risks and benefits, and alternatives to participation.

To learn more, visit nationalMSSociety.org and search for **Clinical trial FAQs**.

ADVANCE RESEARCH BY PARTICIPATING IN A TRIAL

As a research volunteer, you can play a vital role in the future of MS care by taking part in clinical trials — often without ever leaving your home.

The National MS Society's website makes it easy to search for trials by state, type of MS or by keyword. You can also learn about new studies recruiting people with MS by signing up for trial alerts.

Every study has different requirements, in addition to the following:

- You should live close to the research facility (usually within 150 miles) unless the study is phone- or Internet-based.
- In most cases, you must have a specific diagnosis.
- You must meet the study guidelines relating to age, sex, level of disability and duration of disease.
- You must be able to understand the possible risks of participating, give consent, and be able and willing to follow study instructions.

To learn more, visit nationalMSSociety.org/research and click **Participate in Research Studies**.

Has Multiple Sclerosis (MS) Affected You?

Join us for this free and interactive live event for people with MS and their care partners.

- ▶ Interact with a leading MS expert and others living with MS
- ▶ Learn about a therapeutic option for MS

Space is limited so
RESERVE YOUR SPOT TODAY!

 **ONLINE:** livemsevent.com

 **PHONE:** 1-800-397-8082

Presented by

Light meal will be served

Brad Talcott, M.D., Ph.D. MS Specialist Idaho Falls Multiple Sclerosis Center	Wingate by Wyndham 1801 Cliff Davis Dr Gillette, WY 82718	4/8/2015 6:30pm
Brad Talcott, M.D., Ph.D. MS Specialist Idaho Falls Multiple Sclerosis Center	Crowne Plaza - Billings 27 North 27th St Billings, MT 59101	4/9/2015 6:00pm
Roopa Bhat, M.D., Ph.D. Neurologist Puget Sound Neurology & Integrative Health Center	Salty's on Alki 1936 Harbor Ave SW Seattle, WA 98126	4/18/2015 10:30am
Roopa Bhat, M.D., Ph.D. Neurologist Puget Sound Neurology & Integrative Health Center	Puget Sound MS Resource Center 5006 Center St, Suite U Tacoma, WA 98409	4/24/2015 11:30am
Peiqing Qian, M.D. Neurologist The Multiple Sclerosis Center at the Swedish Neuroscience Institute	Ray's Boathouse 6049 Seaview Ave NW Seattle, WA 98107	4/25/2015 10:00am
Stephen Pugh, M.D. Neurologist Providence Multiple Sclerosis Center	The Onion Downtown 302 W Riverside Ave Spokane, WA 99201	4/30/2015 6:00pm
Stephen Pugh, M.D. Neurologist Providence Multiple Sclerosis Center	Azteca Mexican Restaurant 2462 North Old Mill Loop Coeur d'Alene, ID 83814	5/1/2015 6:00pm
Mary Hillstrand, A.N.P., D.N.P.	China Lights Oriental Cuisine 9220 Old Seward Hwy Anchorage, AK 99515	5/14/2015 6:30pm

Find an MS event in your area by visiting livemsevent.com

ADVOCACY

Leading to MS awareness

BY SANDI MAHONEY



I decided to become a National Multiple Sclerosis Society self-help group leader one year ago, seven years after I was diagnosed with MS. It was one of the best decisions I have ever made. I cannot even describe

how rewarding it has been. I have met the most amazing people. Some participants are newly diagnosed while others have traveled the MS journey for over 25 years. Each person has ideas, suggestions and experiences that benefit the entire group. Men and women alike attend our monthly meeting and new people join every month.

We talk about everything and I mean **everything**. We had a lively discussion about medical marijuana that included a lot of laughs. We have also discussed medications, support networks, resources, caregiver support, drug trials and what the Society does to help. We have established a strong bond and confidentiality is our first priority. This way, everyone feels safe to discuss whatever is on his or her mind.

Over the last couple of months, I have encouraged participants to raise awareness about MS. My co-leader set up a table at her workplace during MS Awareness Week last March, which led to coworkers donating to our Walk MS event. The more we spread the word about MS, the better educated people will be about our MS journey.



This year, several group members took part in their first Walk MS ever. What an inspirational day! We raised money, awareness and hope. We each have to be our own advocates in whatever way we feel comfortable. I do realize that I cannot save the world, but I am hoping that the people who need support and information continue to come to our meetings.

The Society provides thorough, interactive training to all support group leaders. Call **800-344-4867** to start or join a self-help group in your area. ■

Sandi Mahoney lives in Chicopee, Massachusetts, and has worked as a special needs teacher, as well as in the insurance industry. She is currently the primary caregiver for her elderly mother and an MS activist.

Originally published in Greater New England's *MS Connection* newsletter.

PROGRAMS

Living, learning and connecting

The Greater Northwest Chapter offers many opportunities to improve your health, enhance your relationships, connect you with others and educate you about living well with MS. All our programs are free. Many require advance registration and some have limited space, so sign up early. To register, visit MSnorthwest.org or call 800-344-4867 and press 1. You can also access videos anytime at nationalMSSociety.org/MSlearnonline.

Mood & Cognition: What you can do

How does MS affect your moods and cognitive functioning – and what can you do about it? Get answers and learn how to address symptoms with physical activity, medications, counseling, self-management strategies and more.

WASILLA, AK

Thursday, March 19, 6:00 – 8:00 p.m.

Menard Sports Center (Conference Room)
1001 E. Mack Drive Wasilla, AK 99654

SPEAKER: TBD

LEWISTON, ID

Friday, April 3, 6:00 – 8:00 p.m.

Red Lion Hotel

621 21st Street Lewiston, ID 83501

SPEAKER: Dr. Roger Cooke, MD,
Neurologist at Providence MS Center

HOQUIAM, WA

Saturday, May 23, 10:30 a.m. – 12:30 p.m.

Hoquiam Timberland Library
420 7th St., 98550

SPEAKER: Ted Brown, MD, MPH,
Physiatrist with the MS Center at Evergreen

MS: Managing Fatigue

Learn about the latest in MS treatment and tools for managing your fatigue in this presentation offered in partnership with St. Vincent Healthcare's Telemedicine Network. Attend in person in Billings or via video conference from St. Vincent's Helena, Glendive or Great Falls locations.

BILLINGS, MT

Wednesday, March 11, 6:00 – 7:30 p.m.

St. Vincent Healthcare
1233 N. 30th St.

SPEAKER: Dr. Kris French, MD, Neurologist,
St. Vincent Healthcare

Doc Talk with Dr. Patel

View Deaconess Health and Education Center's new office, get to know the staff and bring questions for Dr. Yashma Patel.

SPOKANE, WA

Thursday, May 7, 6:30 – 8:30 p.m.

Deaconess Health and Education Center
910 West Fifth Ave, Suite 1000

SPEAKER: Dr. Yashma Patel, MD,
Neurologist, Rockwood MS Clinic

TELE-LEARNING: PARTICIPATE FROM HOME

FREE AND AVAILABLE TO EVERYONE IN THE GREATER NORTHWEST CHAPTER AREA – AND BEYOND!

MS and Employment: Supports to Help You Find Employment

Learn about employment resources for people living with MS. Samantha Mankin with the Division of Vocational Rehabilitation, Russell Bowe of the Speer Adult Workforce Center, and Amira Fahmy of Getting Hired Inc. will discuss how to use their resources to find employment opportunities that best suit your needs.

.....
OVER THE PHONE

Thursday, March 12
5:00 – 6:15 p.m. PT
6:00 – 7:15 p.m. MT
4:00 – 5:15 p.m. AKT

MS and Employment: Guide to Flexible and Home-Based Jobs

What are the latest trends in the work-from-home and flexible job market? Brie Reynolds from Flexjobs.com will highlight top career fields, the most common jobs available, who's hiring, how to avoid common job scams and tips for successful job applications.

.....
OVER THE PHONE

Thursday, March 26
5:00 – 6:15 p.m. PT
6:00 – 7:15 p.m. MT
4:00 – 5:15 p.m. AKT

Sex Ed for Grownups – Intimacy in MS

Learn from Dr. Timothy Hlavinka of Urology San Antonio and Dr. Linda Mona of VA Long Beach how to build and maintain intimacy while living with MS.

.....
OVER THE PHONE

Tuesday, May 19
4:00 – 5:00 p.m. PT
5:00 – 6:00 p.m. MT
3:00 – 4:00 p.m. AKT

Thursday, May 21
7:00 – 8:00 p.m. PT
8:00 – 9:00 p.m. MT
6:00 – 7:00 p.m. AKT

Advocacy 101

Becoming an MS Activist is a simple way to improve not only your own life, but the lives of others living with MS. Learn about tools and resources to share your story and influence your elected officials to effect real change in public policy. Register at nationalMSSociety.org/advocacy101.

.....
ONLINE WEBINAR

Thursday, May 14
6:30 – 7:30 p.m. PT
7:30 – 8:30 p.m. MT
5:30 – 6:30 p.m. AKT

Can Do MS JUMPSTART® Program

A free one-day program for people with MS and their support partners to learn and get a JUMPSTART on their health and well-being.

Register at mscando.org/JUMPSTART.

Participants are accepted on a first-come, first-served basis. This program, a collaboration of Can Do Multiple Sclerosis and the National MS Society, Greater Northwest Chapter, is possible thanks to the generous support of Genzyme, a Sanofi company, & Novartis Pharmaceuticals.



SPOKANE, WA

Saturday, May 9

Red Lion Hotel at the Park
303 W. North River Dr.

SPEAKERS INCLUDE: Ken Nowack, PhD, Psychologist and President/Chief Research Officer at Envisia Learning Inc.; Tammy G. Roehrs, PT, MA, NCS, Physical Therapist at Horizon Rehab Center in Omaha, NE; Pamela Miller, MA, CCC-SLP, MSCS, Speech Language Pathologist at Denver VA Hospital; Peggy Crawford, PhD, Health Psychologist.

Living with Autoimmunity

Patients will discuss living with an autoimmune disease and MS specialists in neurology, rheumatology and internal medicine will share their knowledge.

WENATCHEE, WA

Saturday, May 16, 10:00 a.m. – 1:00 p.m.

Numerica Performing Arts Center
123 N. Wenatchee Ave.

PRESENTED WITH:

Autoimmune Advocacy Alliance – A3

Port Angeles Multiple Sclerosis Roadshow

Experts from the Swedish MS Center bring this traveling roadshow of MS education and information to Port Angeles, WA. Come learn from a nationally recognized team of health care professionals, share your experience and connect with others in the community living with MS. Topics include MS care, the role of MRI, cognition, exercise and more.

Brunch will be provided. You do not need to be a Swedish patient to attend. Family and friends are welcome.

PORT ANGELES, WA

Saturday, May 30, 10:00 a.m. – 2:00 p.m.

Red Lion Hotel

221 N. Lincoln St., Port Angeles, WA

SPEAKER: Peiqing Qian, Pavle Repovic, Michelle Toshima, Shaheen Virani and others

Women's Issues in MS Workshop

Join Dr. Virginia Simnad, her colleagues from the Evergreen MS Center, Rehabilitation Therapies, and life coach Maureen Manley as they explore key issues impacting women with MS across different life stages: creating life balances and communicating powerfully with family, friends and colleagues; relationships and Intimacy: building and maintaining social support and closeness; women's health through the life cycle.

LYNNWOOD, WA

Saturday, April 25, 9:30 a.m. – 1:15 p.m.

Center for Healthy Living

4100 Alderwood Mall Blvd., Suite 1

Engaging Mindfulness & Forging Meaning – Embracing Chaos & Nurturing the Practice of Being Self-Kind

During this eight-week workshop get in-the-know about evidence-based practices to reduce stress, fatigue and pain, to sleep better, improve your mood, maintain positive relationships, and be self-kind.

SEATTLE, WA

Tuesdays, April 7 – May 26, 3:00 – 5:00 p.m.

Neuroscience Institute at

Virginia Mason Medical Center

1201 Terry Avenue, Lindeman Pavilion

FACILITATORS: B. Bartja Wachtel,

LICSW, MHP and Lindsay Rosen,

MS Team Medical Assistant

Limited to 15 participants; 10 slots (free of charge) to be selected via lottery; five spots available for a workshop fee (\$350).

TO REGISTER: email Bartja Wachtel with subject line “EMFM Lottery” at bartja.wachtel@virginiamason.org, or call 206-341-0354

Caregiver Training Conference

Learn about practical, up-to-date resources and information to help with caregiving. Pre-registration is required and space is limited. \$30 through May 13.

Register by calling 360-725-2544 or request a brochure online at <http://tinyurl.com/challengeslist>

TUKWILA, WA

Monday, June 1, 9:00 a.m. – 4:30 p.m.

Tukwila Community Center

MS Center partner programs

We are pleased to make our Chapter community aware of these free educational opportunities.

EVERGREEN HEALTH MS CENTER

Rainier Room, DeYoung Pavilion, Kirkland, WA

Register by calling 425-899-3000 or online at evergreenhealth.com/classes

All classes are FREE and are open to non-Evergreen patients.

Empowered Living with MS

Mondays, May 4 – June 8, 10:00 a.m. – Noon

Neuro-Nutrition Class

4th Friday of each month, 9:00 – 10:30 a.m.

Did you know?

Low Vision Alert: If you have impaired vision, you can use Adobe Reader’s magnifying glass icon to read the PDF version of *MS Connection* online.

Find the latest issue of *MS Connection* by going to MSnorthwest.org and clicking on **Stay Informed**, then **MS Connection Newsletter**.

UW MEDICINE MS CENTER

Northwest Hospital, 1536 N 115th St.,
Seattle, WA – free parking

Register by contacting Kelly at 206-598-3894
or msevents@uw.edu

All classes are FREE and are open to
non-UW patients.

Strategies for Improving Cognitive Functioning

Wednesday, April 15, 6:00 – 7:15 p.m.

SPEAKER: Kevin Alschuler, PhD, Psychologist

An Update on Wellness from the National MS Society Wellness Strategy Meeting: Diet, Exercise and Emotional Wellness

Wednesday, May 20, 6:00 – 7:15 p.m.

SPEAKER: Dawn Ehde, PhD,
Rehabilitation Psychologist

Progressive Multifocal Leukoencephalopathy

Wednesday, June 17, 6:00 – 7:15 p.m.

SPEAKER: Gloria von Geldern, MD,
Neurologist

Can't make it in person to these UW Medicine
events? Join via a webinar by logging into
uofw.adobeconnect.com/neurology

MSconnection.org

Visit MSconnection.org for more
opportunities to learn, connect with
others and share why you connect.

SWEDISH MS CENTER

Swedish Neuroscience Institute,
1600 East Jefferson St., Level A, Seattle, WA

Register by calling 206-320-2200 or email
mscenter@swedish.org.

All classes are FREE and are open to
non-Swedish patients

Gentle yoga and wellness skills

Tuesdays, 1:00 – 2:15 p.m. & 2:30 – 3:45 p.m.

Pilates

Fridays, 11:00 a.m. – 12:15 p.m.

Music, movement and meditation

Tuesdays, 11:00 a.m. – 12:30 p.m.

Adults with MS Support Group

Third Thurs. of every month, 6:30 – 8:30 p.m.

Relaxation and stress reduction

Thursdays, 1:00 - 2:00 p.m.

MS Club Cherry Hill:

A support and self-help group

Third Friday of every month, 1:00 – 3:00 p.m.

Register by contacting Robin Mazna at
MSCherryHill@outlook.com

LGBT MS connection

Second and fourth Tuesday of every month,
6:30 – 8:30 p.m.

Register by contacting Shelly Henry-Sharp at
425-481-2667 or
LGBTMSConnection@gmail.com



Like us:
facebook.com/MSnorthwest.org



Watch us:
youtube.com/GreaterNorthwest/

Care partner support group
Third Tuesday of every month,
6:30 – 8:30 p.m.

Register by contacting John Daughters at
206-937-9604 or j.daughters@hotmail.com

VIRGINIA MASON MS CENTER

Neuroscience Institute at Virginia Mason
Medical Center, 1201 Terry Avenue,
Lindeman Pavilion, Seattle, WA

Register by contacting Piper Paul at 206-341-
0314 or piper.paul@virginiamason.org

FREE and open to non-VM patients

MS newly diagnosed seminar
Saturday, June 6, 10:00 a.m. – 3:00 p.m.
Lunch and parking will be provided.

ALASKA NEUROLOGY CENTER

1100 Dimond Blvd, Anchorage, AK

Register by visiting MSnorthwest.org or
call 800-344-4867 and press 1

Educational Program

Tuesday, March 24, 6:00 – 8:00 p.m.
Learn about different topics of MS with
physicians who have a wealth of knowledge
to share with you!

**THE NATIONAL MULTIPLE SCLEROSIS
SOCIETY IS DEDICATED TO CREATING
A WORLD FREE OF MS.**

The National MS Society, Greater Northwest Chapter educates, inspires and empowers those affected by multiple sclerosis. We create innovative programs to meet the needs of people with MS and their families, host exciting fundraising events to give supporters a meaningful role in the MS movement, and fund cutting-edge research into treatments and a cure. With a passion for bringing about a world free of MS, we help everyone affected by the disease to live richer, healthier, more independent lives.

IF YOU OR SOMEONE YOU KNOW HAS MS

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at nationalMSSociety.org or 800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

GRUPO DE APOYO EN ESPAÑOL

La Sociedad Nacional de Esclerosis Múltiple ha comenzado un grupo de apoyo en español, por teléfono, para las personas con EM. El único requisito para participar es haber sido diagnosticado de esclerosis múltiple. Este programa es totalmente gratis. Para más información, o para registrarse, por favor llame al 800-344-4867, y oprima el número 3.

The National MS Society does not endorse or recommend specific products, services or manufacturers. The Society assumes no liability whatsoever for the use or contents of any product or service mentioned herein. We reserve the right to refuse advertising that is deemed to be inconsistent with the Society's mission.

Stay informed

Sign up to receive Society e-newsletters at nationalMSSociety.org/signup.



**National
Multiple Sclerosis
Society**
Greater
Northwest
Chapter

Greater Northwest Chapter
192 Nickerson Street, Suite 100
Seattle, Washington 98109

800-344-4867

MSnorthwest.org

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
SAN JOSE, CA
PERMIT NO. 1513

CHANGE SERVICE REQUESTED

TAKE ACTION!

Find your role as Bike MS rolls into the Northwest



Grab your three-wheeler, form a workplace team, make a donation, volunteer, become a Champ. There are a myriad of ways that you can enjoy and support Bike MS.

Cyclists living with MS can participate in “I Ride with MS,” a special program sponsored by Genzyme and MS One to One and Primal Wear. Others can become a Bike MS Champ and inspire riders with your personal story and support. We also welcome volunteers at one of the best-supported rides in the nation.

Learn more about how you can get involved in your local Bike MS at bikeMS.org.

Alaska: Hope to a Cure – May 30

Montana: Ride the Sky – August 15

Washington: Deception Pass Classic – September 12-13

Idaho: Cycle the Silver Valley – September 19-20