

MSCONNECTION

MOVING TOWARD A WORLD FREE OF MS

WINTER 2012

Caregiver Spotlight: Shale Skipper

By Sharleen Dupee

We celebrated National Family Caregiver month in November and asked you to register for the Celebrate your Caregiver program. This program allowed us to send a special thank you package on your behalf to your caregiver.

We had a tremendous response! Thank you for allowing us to connect with your caregiver and for sharing the wonderful stories.

We know this story will warm your heart as much as it did ours....

"My caregiver is my wife of 16 years. She has stood beside me even when I've felt all alone as my world spun out of control. She has held me up when I wanted to give in. And even though she has many health issues of her own, she is the one who had to go to work when I could no longer support my family. No matter how bad she feels, she is always there to take care



Shale Skipper (caregiver) and her husband David Skipper (person with MS); Cleveland, OK

of those things I can no longer do, and assures me that everything will be ok.

Without her, I would be lost," said David Skipper.



Thank You for 17 years of Service PAGE 2



A Perfect Weekend for Flying PAGE 4



Close/MS Regatta PAGE 5



Bike MS Raises \$410,000 PAGE 6



**National
Multiple Sclerosis
Society**

MSCONNECTION is published by the National Multiple Sclerosis Society, Oklahoma, Building 7, Suite 103, 4606 E. 67th St., Tulsa, OK 74136-4950.

Tulsa Office 918-488-0882
Outside Tulsa 800-344-4867
Oklahoma City Office 405-488-1300
Tulsa Fax 918-488-0913
Oklahoma E-mail
staff's first name.last name@nmss.org
Website www.nationalmssociety.org/ok

Communications Manager • Brandi Davidson
Director of Development • Lucy Fraser
Development Manager • Cristy Racy
Development Coordinator • Rachel Klenda
Bike Specialist • Garold Beisly
Dir. of Programs & Services • Sharleen Dupee
Programs & Services Managers • Lisa Rutledge, Jennifer Philp
Health Resource Advocate • Candace Richerson
Health Resource Assistant • Beth Snyder
Programs & Services Coordinator • Donna Bolain
Youth Programs Coordinator • B.J. McBride
Finance Manager • Denise Allen
Data Mgmt Coordinator • Lisa Gray
Newsletter Editor • Brandi Davidson
Newsletter Proofreader • Lisa Gray

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

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

©2011 National Multiple Sclerosis Society, Oklahoma

Thank You for 17 Years of Service, Paula Hughes Cortner

We realize that some of you may not be aware of Paula Cortner's departure from the National MS Society. Please see Paula's message below about this change. We will miss seeing Paula serve in her current role at the Society; however, she will continue to be engaged with the organization as



a volunteer and remains committed to the mission to create a world free from MS.

Paula wanted to share the following message with everyone:

"I have made many lifetime friends

through the National MS Society and I plan to continue to volunteer for the Society and support our activities. I am very proud of how we specifically improved the quality of life for Oklahomans with MS during my tenure with the Society and how together we affected the lives of all people with MS.

At the first newly diagnosed program I attended, a general neurologist told the assembled participants that more men than women were affected by MS. This obvious incorrect information made me determined to improve the quality of education and care delivered in Oklahoma. Today through the work and leadership of many, particularly my favorite neurologist of all time, Gabriel Pardo, we now have a world-class MS Center of Excellence in Oklahoma. I still shed tears for those whom we haven't been able to dramatically help in time to

MS Ambassadors Training – March 3

NEWS

Are you interested in speaking out for the more than 24,000 people affected by multiple sclerosis in Oklahoma? Do you want to volunteer but don't know where to start? If you answered yes to either of these questions, the National MS Society invites you to attend our MS Ambassador Training session on **March 3** at the Warren Clinic Tower in Tulsa.

Through presentations and media interviews, MS Ambassadors represent the Society as they assist in increasing public awareness about multiple sclerosis in our local communities. MS Ambassadors will have the opportunity to:

- Present to community groups or potential donors
- Serve as media spokespersons for the Society
- Participate in health fairs
- Speak to self-help groups
- Expand community interest and participation

Knowledge is empowering! Our training session teaches our ambassadors more about multiple sclerosis, the National MS Society as a whole and its mission, MS research, local services, as well as provides tips on public-speaking and participating in interviews.

If you are interested in attending the MS Ambassadors training on Saturday, **March 3, from 10 a.m. to 2 p.m.**, please contact Beth Snyder at beth.snyder@nmss.org or 405-488-1300 ext. 35201. **Event Location:** Warren Clinic Tower, First Floor Conference Room 6600 South Yale Avenue, Tulsa, OK 74136 (Across the parking lot from the Tulsa MS office). Lunch will be provided.

If you are a current MS Ambassador and you are interested in helping lead the training session, or if you are interested in having an MS Ambassador speak at your civic organization or event, please contact Cristy Racy at 800-344-4867, option 1, ext. 35122.

FROM PAGE 2

change the course of their disease but I hold on to hope that we will get there for all.

This will be a new phase for me and I look forward to creative ideas to sustain my involvement with the Society as I move toward other professional endeavors. I have been especially blessed to work with the most talented and dedicated staff, volunteers and outstanding leadership on a local, regional, and national level. I will always hold these relationships and experiences dear. Mentors, peers, supporters, cheerleaders, advisors, cohorts in mischief, and BFFs, thank you for all that you have meant to me through the years. Please call on me if I can ever be of any assistance. This cause is closer to my heart than

any other. I am in this until we get the job done, are you with me? Then, let's move it!"

Warm Regards,



The Society is grateful for the passion and work Paula has shared with the National MS Society for the past 17 years and we all agree that our work together will not end. Paula Cortner will continue to be at the heart of our movement in working toward a world free of MS. While her role with the organization is changing, her work as a volunteer will continue to contribute to her passion in working for families affected by MS.

It Was a Perfect Weekend for Flying at the Dustbowl Fly In!

The Oklahoma Dust Bowl Fly In for MS Research sponsored by Hobby King, a Do-It-Yourself fundraiser benefitting the National MS Society, took place at the airport in Holdenville, Okla. on Sept. 16 & 17, 2011. A total of 40 pilots participated in the event and several hundred spectators came out to see the show. Local city council members had such a good time at the event, they have agreed to help publicize the event next year. The event raised over \$6,000 for the National MS Society: Oklahoma.

The aircraft ranged from electric park fliers, glow, and gas helicopters to turbine jets. Night flying and indoor flying took place on both Friday and Saturday nights. Saturday featured open flying, and a raffle and demonstrations that took place

throughout the day. The event concluded on Sunday morning with open flying.

Each year across the country, thousands of people come to the Society with creative ideas to raise funds that go far beyond the Society's signature fundraising events. Do-It-Yourself fundraisers, such as the Oklahoma Dust Bowl Fly In, allows individuals with a deep commitment to the MS cause to raise awareness and funds for the MS movement in their own way.

Thank you to Westly Arnett and Brett Stewart for planning and organizing this creative and fun event. You can join the festivities next year when the Oklahoma Dust Bowl Fly In returns to Holdenville on Sept. 7 & 8, 2012.





The 32nd annual Close/MS Regatta raised over \$65,000 for the National MS Society: Oklahoma. In photo (left to right): Mark Lobo, Regatta Chairman and Richard Ferguson and Rex Donley, committee members.



Welcome New Staff Member: Beth Snyder

- Beth Snyder joined the Oklahoma City Office as the Volunteer and Youth Coordinator on Oct. 31, 2011.
- She previously interned at the Houston Zoo in the primate department.
- She graduated from the University of Oklahoma and received a bachelor's degree in anthropology.
- Beth learned, once she joined the Society, that



she has friends and family who are diagnosed with MS.

- "I didn't know much about multiple sclerosis when I applied for this job, but I am passionate about making a positive difference in this world. Non-profits are a tremendous resource for implementing positive and lasting impacts on a cause and strengthening community involvement. Now that I am aware of friends and family who are affected by MS, I feel blessed to have this opportunity and am truly excited to have joined the movement."

\$410,000 Raised for People Affected by MS Through Bike MS Oklahoma



The 26th Annual Bike MS Oklahoma: The Mother Road Ride, sponsored by Sam's Club took place September 17-18. More than 490 participants cycled Route 66 and over 300 volunteers helped throughout the two-day event. Together, Oklahomans have raised \$410,000 for Bike MS Oklahoma in 2011. Thank you to all of our sponsors, fundraisers and volunteers!

TEAM TALK



WALK MS is the Rallying Point of the MS Movement

By Cristy Racy

Walkers in Enid, Stillwater and Muskogee laced up and joined the Movement this past fall, raising more than \$22,000 for Oklahomans affected by Multiple Sclerosis!

Thousands of residents in Ardmore, Lawton, Oklahoma City, Tulsa and surrounding areas will lace up and step out for the spring Walk MS series.

Whether you walk, run, stroll or roll, Walk MS is a fun, family friendly event that's open to everyone, regardless of ability. You can join the festivities and team up with friends, family, co-workers and neighbors.

Walk MS raises crucial funds to support services and research for 24,000 Oklahomans affected by MS. There is no minimum pledge requirement for joining a local Walk, but the average participant raises \$225.

Registration for each event is free. Participants and volunteers will enjoy free refreshments and entertainment before and after the Walk.

Registration is open!

Walk MS Lawton April 14 Lawton High School	Walk MS Oklahoma City May 5 Oklahoma City Zoo
Walk MS Tulsa April 21 Veteran's Park	Walk MS Ardmore May 19 Ardmore Regional Park

Visit www.walkmsok.org or call 1-800-344-4867, option 2, then option 0.



The Farkle Family Walk team participates in their 16th Walk MS in Enid!



Members of the Cowboy Marching Band along with volunteer Anne Greenwood participated in Walk MS Stillwater.



Team Shelly raised nearly \$1,200 for Walk MS Muskogee!

MS Activists Gear Up for 2012

By Candace Richerson

The Oklahoma Government Relations Committee and MS Activists across our state are busy making plans for the upcoming Oklahoma session that is scheduled to begin on February 6, 2012. MS Activism helps drive research, enhances care and quality of life, and mobilizes hundreds of Oklahomans to do something about MS now.

You can join us at the frontline of MS Activism by participating in the 2012 Oklahoma Public Policy Conference on Tuesday, Feb. 21. We are excited to announce that, for the first time, all conference attendees will be registered for an engaging and informative activism training program led by Joe Gagen, a national speaker on legislative communication.

You won't want to miss how Mr. Gagen teaches us to communicate with legislators, understand the legislative process, and devise effective advocacy communication strategies. You will leave with a renewed passion for MS Activism and empowered to create positive change in your community. Whether you are a seasoned lobbyist or a beginner in the world of public policy and MS Activism, this training is for you.

Save the Date! 2012 Oklahoma Public Policy Conference - Tuesday, Feb. 21! More details to come. If you live in Tulsa or Northeastern Oklahoma, we will be providing bus transportation from Tulsa to Oklahoma City for MS Activists.

For additional information, please contact Candace Richerson at 405/488-1300 ext. 35203 or candace.richerson@nmss.org

You Don't Want To Miss This! Unique Training Opportunity at the 2012 Oklahoma Public Policy Conference

Do you want your voice heard at the Oklahoma legislature? Joe Gagen, our presenter at the 2012 Oklahoma Public Policy Conference, will teach you how to share your story as an Oklahoman living with MS with policy makers.

A national speaker on legislative communication, Gagen will show you how to effectively get your message across to Oklahoma Senators and State Representatives. The key to our legislative success is

communication by Oklahoma MS Activists with their local legislators.

As part of the learning process, members of the audience will get a chance to role-play an actual visit with a legislator on MS priority issues. In addition, Gagen's presentation will give you a better understanding of the legislative decision making process, the formal and informal rules of the process as well as the do's and don'ts of legislative communication.

CONTINUED PAGE 10

Gagen has conducted over six hundred successful legislative training and planning programs for numerous national and state associations as well as numerous leadership conferences for volunteer based association members.

His focus is to help individuals communicate more effectively with public policy makers on issues of importance, better understand



the process and the environment in which public policy is made, understand and be able to utilize the key elements needed in devising effective legislative advocacy / communication strategies.

2012 Scholarship Applications Available Online

Are you a High School Senior Graduating in 2012?

Just a reminder! Deadline to apply for the National MS Society Scholarship Program is **January 13, 2012**, and scholars will receive notice in May 2012.

For more information on the National MS Society Scholarship Program, please visit: www.nationalmssociety.org/scholarship

To go directly to the application, please visit: www.act.org/nmss/

For questions or more information: Call 1.800.344.4867 (Press 1)

In 2011, the National MS Society, Oklahoma awarded 11 students with scholarships totaling \$11,000.



**2011 Scholarship recipient,
Ben Black (Tulsa, OK)**

PICTURING DISABILITY

BY DONNA FELLMAN

Twenty years ago, in August 1991, when my children were six, four, and 11 months old, I was diagnosed with MS. My youngest child, Kaija, was taking her first steps while I was losing the ability to walk. I used a cane, but soon needed crutches, and by the time Kaija was two, I was using a wheelchair most of the time.

Last year, in a college photography class, Kaija was given the assignment to do a photographic essay. She chose "Disability" as the subject and framed images that showed her development as a little girl with portrayals showing the progression of my disability. There is a photo of her little shoes with my cane, representing her learning to walk alongside my difficulty walking. Included is a sequence of shoes to illustrate her growing up, my mobility aids, our legs together, her self-portrait in a wheelchair, and other images depicting her memories and perceptions of disability.

We talked about what it was like for her and her brothers growing up. Looking at her little red shoes, I said to Kaija that I had never held her hand and walked with her.

Her reply: "I always had your lap."

Donna Fellman lives in rural Maine.



Copyright Kaija Fellman

PREPARING FOR PREGNANCY



Julie Hammond, diagnosed with MS in 2002, with son Travis. Courtesy of Greater New England Chapter.

The good news about planning a pregnancy when you have MS is that there's no evidence that MS has any effect on fertility; pregnancy usually reduces exacerbations (although flares do tend to increase postpartum); and good outcomes are the norm.

Nevertheless, making the decision to get pregnant can be complicated, primarily because of the physical challenges of MS, says Barbara Green, MD, director of the West County MS Center, St. Louis. "I also suggest women think about and discuss with their partners the emotional and financial challenges of raising a child, which could affect work and managing the disease."

Meds, pregnancy and MS

None of the disease-modifying drugs (DMDs) are approved for use during pregnancy, and most should not be taken for a few months beforehand. "The risk time is when you're attempting to conceive," noted Dr. Green. Plan a discussion with your neurologist about when to stop DMDs—and when, after delivery, to begin them again.

"Until recently, most studies were neutral about whether breastfeeding was protective in preventing relapses," says Dr. Green. "But a new study quotes a beneficial effect on relapse. People with non-aggressive disease may be able to wait to resume DMDs, which can't be taken while nursing."

Include any symptom-management medications in the discussion with your doctor. From bladder problems to fatigue, pregnancy can make MS symptoms worse, yet many meds are not safe for pregnant women. "We advise people on non-pharmaceutical approaches: getting enough sleep, adjusting work schedules and exercising," says Dr. Green.

"Symptoms during pregnancy are probably not MS—tiredness doesn't mean your symptoms are coming back," says Eileen Davis, APN, who has worked with people with MS for 12 years in New Jersey and New York. Keep exercising, she recommends, "so you aren't carrying unnecessary weight post-pregnancy, which can affect symptoms such as falling."

Connect the team

Connect your obstetrician and neurologist to coordinate your care. Visit www.nationalMSSociety.org/pregnancy for “Pregnancy, Delivery and the Post-Partum Period” to share with health-care professionals. If anesthesia is part of your birth plan, arrange a meeting with the anesthesia team. All forms of anesthesia are considered safe for women with MS.

Don't wait to plan for what happens after delivery. Tap family and friends about helping with housework, food and, of course, watching the baby!



**KNOWLEDGE IS
POWER**

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



National
Multiple Sclerosis
Society

JOIN THE MOVEMENT®

Resources on MS and pregnancy

Check out the Society's collection of videos, books, booklets and Web pages that you can download, or call us for free print copies.

www.nationalMSSociety.org/pregnancy

“MS and Starting a Family”—**Momentum**, Winter 2010-2011

www.nationalMSSociety.org/Momentum (click “Back Issues”).

Kara's Story – Part I

www.youtube.com/watch?v=F1-heWHC7jl

The National MS Society follows Kara from her first trimester...

Kara's Story – Part II

www.youtube.com/watch?v=npgN99NeD1k&feature=channel

...all the way through to the birth of her baby boy.

The MS Daily Minute

www.nationalMSSociety.org/dailyminute

Sixty-second videos packed with information on

- Beginning MS Therapy after Pregnancy
- Relapses During Pregnancy
- Breastfeeding with MS
- Support During and After the Pregnancy

MEDICARE DEADLINES

Medicare recipients still have the opportunity to review, renew or replace drug plans during the annual open enrollment period, which began October 15 and runs until December 7 this year. The 2006 drug law imposes a penalty on those who need prescription drug coverage (and who do not have creditable coverage), but do not sign up in time. That penalty grows larger every year.

In 2012, the “donut hole,” or gap in prescription drug coverage, still exists, but the Affordable Care Act requires insurers to give Medicare Part D participants a 50% discount on most brand-name drugs, including the MS disease-modifiers, while they are in the coverage gap. Drugs prescribed “off label” for MS symptoms are still excluded from coverage and exempt from the discount.

Visit www.medicare.gov for general information, publications and to compare the drug plans available in your area. Call an MS Navigator® at 1-800-344-4867 for free health-insurance counseling.

People with a Medicare private health plan, also known as a Medicare Advantage plan, (but not including a Medicare Medical Savings Account plan), can switch to Original Medicare during the Medicare Advantage Disenrollment Period from January 1, 2012, to February 14, 2012.

The “Extra Help” program

People who receive SSI (Supplemental Security Income) benefits, or who get help from the state Medicaid program to pay Part B premiums (Medicare Savings Plan), automatically qualify for “Extra Help,” which

means no donut hole for prescription drugs as well as lower coinsurance and copayment costs. People with low incomes also qualify. Apply directly through the Social Security Administration at www.socialsecurity.gov/i1020.

FLU SHOT, OR NOT?



Flu season brings not just coughs and sniffles, but the question: Get a flu shot, or not?

Because there is a much higher risk of an MS relapse due to flu than to the flu vaccine, the Society generally recommends that people with MS get the shot. “Don’t wait for flu season to catch up with you. Discuss getting the flu shot with your doctor to protect yourself this year,” says Rosalind Kalb, PhD, vice president of the Society’s Professional Resource Center.

The injectable flu vaccine—which is an “inactivated” vaccine—has been studied extensively in people with MS and is considered quite safe. It may be taken by

people on an interferon medication, glatiramer acetate, or mitoxantrone. It is not yet clear if the vaccine is as effective for those taking natalizumab or fingolimod.

It's best to delay vaccination for four to six weeks after the onset of any serious exacerbations. People with MS should avoid FluMist, a live-virus flu vaccine (sometimes called LAIV for "live attenuated influenza vaccine") delivered via nasal spray. For more information, go to www.nationalMSSociety.org/vaccinations.

TAX DEDUCTIONS BEYOND MEDICINE

Many of the expenses associated with managing MS might be tax deductible, beyond medicines. (Keep in mind that only unreimbursed medical expenses that exceed 7.5% of your adjusted gross income are deductible.) Here are additional possibilities:

- **Equipment and extras**, such as service dogs (and dog food!) and transportation to doctor appointments via car service or taxi if you can no longer drive.
- **Home modifications** that don't increase a home's value. "Get a doctor's prescription for ramps, wider doorways, grab bars, even a swimming pool, as well as a letter from a real estate agent stating that these changes don't make your home more valuable," suggests Anne Davis, program director of Legal Services for the Society's New York City and Southern New York Chapter.

For people receiving SSI or disability benefits, impairment-related work expenses may be



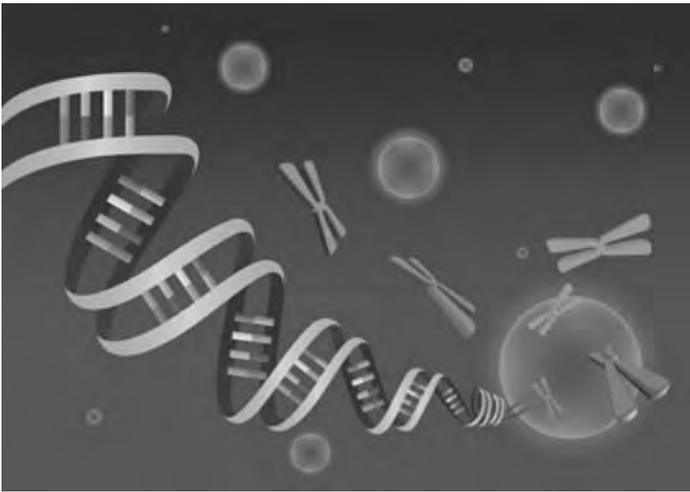
deducted from their earnings, if their income might otherwise jeopardize their government benefits.

Two IRS Publications—907, Tax Highlights for Persons with Disabilities (www.irs.gov/pub/irs-pdf/p907.pdf) and 502, Medical and Dental Expenses (www.irs.gov/pub/irs-pdf/p502.pdf)—may be helpful. Consult an accountant to make sure your particular situation is in line with current IRS regulations.

Scholarship Opportunity

High school seniors who have been diagnosed with MS or who have a parent with MS are eligible for the Society's scholarship program. Awards range from \$1,000—\$3,000; a small number of four-year awards are offered. Applications for 2012 scholarships will be accepted (online only) between October 1, 2011, and January 13, 2012. For more info, visit www.nationalMSSociety.org/scholarship or call us at 1-800-344-4867.

52 MS GENES IDENTIFIED



In the largest MS genetics study ever, researchers have documented 29 new genetic variants associated with MS, and confirmed 23 others previously implicated in the disease.

Most of the genes were related to immune function, and more than a third have already been linked to autoimmune diseases. A large number were related to T-cell function; T cells, a type of white blood cell, play a major role in the immune system's attack against the nervous system in MS. Also, two genes linked to vitamin D were found: research increasingly suggests that low vitamin D levels are a risk factor for developing MS. (The Society is funding a new clinical trial of vitamin D supplementation.)

The study, a collaboration between the International MS Genetics Consortium and the Wellcome Trust Case Control Consortium 2, was published in the August 11, 2011, issue of **Nature**, and involved nearly 10,000 people with MS and more than 17,000 who do not have the disease. While the results of genetics studies haven't so far resulted in the ability to do individual genetic counseling, these and further findings should help uncover

what causes MS and improve treatments. The Society is funding a second large study to confirm and expand these results.

NEW MS THERAPY MOVES FORWARD

The first phase III study of alemtuzumab (proposed brand name Lemtrada) for relapsing-remitting MS found that the drug met one of two primary endpoints. Researchers found that people treated with the drug had 55% fewer relapses over two years compared to those taking the interferon Rebif. However, results of the trial's other goal, to delay disability, were not statistically better than Rebif. The study, called CARE-MS I, involved 581 people with relapsing-remitting MS. Another trial, called CARE-MS II, is still underway.

Alemtuzumab is a monoclonal antibody that attacks the cells in the immune system that contribute to myelin damage. It is presently approved by the FDA to treat B-cell chronic lymphocytic leukemia. Sanofi and Genzyme, the drug's sponsor, plan to seek approval of this intravenous drug for MS in the U.S. in early 2012. In June 2010, the FDA designated alemtuzumab a "Fast Track Product," which should expedite its future review after results of the phase III trials are submitted.

BONE HEALTH MAY BEGIN EARLY

People with MS have long been known to be at risk for bone loss, but a study published in the July 12, 2011, issue of **Neurology** suggests that it can occur very early, even before MS has been diagnosed.

According to the study, low bone mass is more widespread among people newly diagnosed with MS, or those with clinically isolated syndrome (or CIS, a single episode of MS-like symptoms), than among people without MS. Study researchers measured bone density in 99 people newly diagnosed with MS or CIS, compared to 159 people without MS. More than half of the people with MS or CIS had low bone mass, compared to 37% of controls.

Previously, scientists had speculated that people with MS are at greater risk of low bone density and broken bones due to factors such as lack of exercise stemming from mobility issues, medications or low levels of vitamin D (which plays a significant role in building bone). The researchers suggested that even early in MS, people should pay attention to good bone health by getting adequate vitamin D and calcium, as well as by performing weight-bearing activities. For more ideas on promoting bone health, go to **www.nationalMSSociety.org** and search for “You Can Build Healthier Bones.”



MS RESEARCH TAKES CENTER STAGE



In October, **About.com** blogger Dr. Julie Stachowiak and producer/director Kate Milliken—both of whom live with MS—reported live from the world’s largest MS conference at the Society’s blog.

At the fifth joint meeting of ECTRIMS and ACTRIMS (the European and Americas Committees for Treatment and Research in MS), over 5,000 of the world’s leading scientists and clinicians gathered October 19-22 in Amsterdam. Results from four phase III studies on MS therapies were presented, along with the latest research on MS risk factors, treatments and diagnosis.

Join the conversation at **blog.nationalMSSociety.org**, and connect with people with MS, the people who care about them and MS experts.

SIX TIPS FOR YEAR-END GIVING



Give to a cause you believe in while making your tax bite smaller by donating to the Society before December 31. These suggestions can help your gift be a successful one.

Talk to your accountant

Charitable gifts made now may reduce what you owe for 2011. Talk to an accountant or financial advisor who can help you determine the full impact of your gift.

Don't wait

Get started now to make the best of 2011 tax legislation. For example, the extended charitable IRA legislation allows people aged 70½ or older to transfer lifetime gifts of up to \$100,000 tax free using funds from their IRAs. This opportunity is only available through December 31, 2011.

Review your portfolio

If you have held appreciated stocks for more than a year, avoid the capital gains tax by giving the stock to the Society—and get a deduction for the full value of the stock. Stock gifts need to be transferred into the Society's account by close of business December 31 for them to count in the tax year. For details, visit www.nationalMSSociety.org/giftsofstock.

Consider an annuity

A charitable gift annuity provides you with current tax benefits and guaranteed payments for life, but it also allows you to provide for meaningful future gifts to support people living with MS. Call the Society's National Individual Giving Office at 1-800-923-7727 or email giftplanning@nmss.org for more information. We make it very easy to weigh the options.

Stick with organizations you support—like the Society!

According to www.charitynavigator.com, dividing money among many nonprofits diminishes its impact as each charity will spend a percentage on fundraising and overhead expenses. An easy way to make a lasting impact is to name the Society as a full or partial beneficiary of your retirement plan or life insurance policy.

Make a long-term commitment

Be a partner in the Society's efforts to end MS. Please consider a gift in your living will or living trust, which will help to support our mission well into the future. We can only succeed with your continuing support.

For more information on ways to give to the Society, call us at 1-800-344-4867.

Self-Help Groups

Self-Help Groups include persons with MS, spouses, adult family members and friends. Please call the group leader or community contact for information.

Group Meeting Info:

Ardmore:

Linda, 580-223-2427

Claremore:

Dottie, 918-625-1883

Duncan:

J'Nell, 580-255-0886
Kassie, 580-475-0576
David, 580-252-2439

Oklahoma City:

Quail Creek Group
Jody, 405-755-5756

Women's Luncheon Group

Janice, 405-943-1103

ATOMS

Joe, 405-478-7990
Tom or Emily, 405-607-2861

Stillwater:

Connie, 405-372-8617

Tulsa:

PACE
Don, 918-355-9809,
Sandra, 918-481-9928 &
Dave, 918-645-0880

Community Contacts:

Atoka:

Kim, 580-889-7307

Bristow:

Dusty, 918-367-5203

Enid:

Janet, 580-233-7973

Lawton:

Cynthia, 580-595-7076

Mustang:

Tena, 405-306-7349

Mannford:

Gail T., 918-865-8212
Gail S., 918-865-5001

Norman:

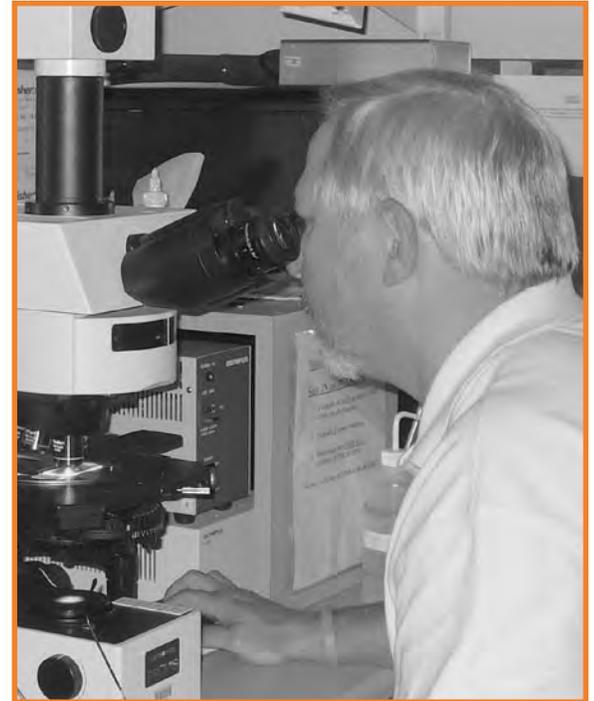
Rebecca, 405-632-2334

Okmulgee:

Karena, 918-752-0048

Please call the noted group leader or community contact for further details or information.

Clinical Trials at Oklahoma Medical Research Foundation (OMRF)



A Randomized, Double-blind, Placebo-controlled, Parallel-Group, Dose-Ranging Study to Investigate the MRI Efficacy and Safety of Six Months' administration of Ofatumumab in Subjects with Relapsing-Remitting Multiple Sclerosis (RRMS).

A Randomized, Double-Blind, Double-Dummy, Parallel-Group Study To Evaluate The Efficacy And Safety Of Ocrelizumab In Comparison To Interferon Beta-1a (Rebif®) In Patients With Relapsing Multiple Sclerosis.

If you are interested in being considered or have questions about either of these trials, please contact Micki Moore at (405) 271-6242.



**National
Multiple Sclerosis
Society**

Oklahoma Chapter

National Multiple Sclerosis Society
4606 East 67th Street, Suite 103
Tulsa, OK 74136

CHANGE SERVICE
REQUESTED

POSTAL CARRIER – DATED MATERIAL
PLEASE DO NOT DELAY

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
Tulsa, OK
Permit # 157

Save the Date

February

21 **Oklahoma Public Policy
Conference (OKC)**

March

3 **MS Ambassador
Training (Tulsa)**

12-18 **MS Awareness Week**

April

TBD **MS Style Movement**

WALK MS Events:

April 14 – Walk MS Lawton

April 21 – Walk MS Tulsa

May 5 – Walk MS Oklahoma City

May 19 – Walk MS Ardmore