The National Multiple Sclerosis Society, Long Island Chapter presents:

Family Fun Night at

Wednesday, June 27, 2007 • 5:00 p.m. - 8:00 p.m.
1350 Union Turnpike, New Hyde Park

Please join the Chapter for a fun-filled evening

• Formula One style indoor go-kart rides
• Private glow-in-the-dark bowling
• Pizza Dinner & Dessert

For details, please see page 3
President's Message

M

S stops people from moving. We exist to make sure it doesn’t.

As many of you have heard…the National MS Society’s new positioning is: Moving is who we are. It’s not just an interesting and eye-catching statement, but it’s a fundamental human truth. One that all of us, whether we have a connection to MS or not, can relate to.

It’s also important to recognize that movement is not just a physical reference – movement refers to all types of movement, thoughts, ideas, nuance, and emotions. All the ways in which we each move our lives forward – this is how we connect ourselves and other to the MS movement.

The Society is moving to address the challenges of all those who have been effected by MS; research forward toward, prevention, treatment, and cure; and to help people with MS move their lives forward in all possible ways.

Our call to action to you today is to Join the Movement. With the help of our board of directors, staff, volunteers, and people like you, the National MS Society addresses the challenges of each person whose life is affected by MS and helps them reconnect to the great big moving world.

Find out how you can, Join the Movement. We are people who want to do something about MS, now. It is critical that we engage others to raise awareness and understanding for MS. See page nine for more information about how your voice can launch a movement. To learn how, visit jointhemovement.org or call 1-800-344-4867.

For more information about how you can get involved in our many events, programs and services… please call the Chapter at (631) 864-8337 or (516) 740-7227, visit our website at www.nmssli.org or send me an email at pmastrota@nmssli.org with your ideas and suggestions.

Toll-Free Number: 1 800 FIGHT MS
The National Multiple Sclerosis Society, Long Island Chapter presents:

Family Fun Night at STRIKE

Wednesday, June 27, 2007 • 5:00 p.m. - 8:00 p.m.
1350 Union Turnpike, New Hyde Park

Please join the Chapter for a fun-filled evening

* * *

Fun Includes...

- Children Only: One ride on the 770 foot long Formula One style track (Children under 10 or 54” tall must be accompanied by an adult)
- 2 games of glow-in-the-dark bowling
- Bowling shoes
- Pizza party dinner with soft drinks
- Dessert, coffee and tea

While the kids are enjoying the go-karts...

- Dr. Richard Blanck, a neurologist from Neurologic Associates of Long Island who specializes in the treatment and management of Multiple Sclerosis will give a short lecture on the importance of wellness, communication with doctors and current research on MS.

(The program will begin promptly at 5:00 p.m.)

All participants (limit of 4 per family) must be registered through the Long Island Chapter to attend.

FACILITY MAXIMUM OCCUPANCY 120 PEOPLE!

$25 Refundable Deposit (Refundable night of the event only)

Please make checks payable to: National Multiple Sclerosis Society, Long Island Chapter

Name: ___________________________________________
Address: ___________________________________________
City: __________________ State: _______ Zip: __________
Telephone: __________________ Email: ________________

# of Children: ____ Ages: ___________ # of Adults: ______

Mail this form to: National Multiple Sclerosis Society, Long Island Chapter
40 Marcus Drive, Suite 100
Melville, NY 11747

For more information, please contact Michelle Lenox at (631) 864-8337 or (516) 740-7227 ext. 206 or email mlenox@nmssli.org

Visit our Website at: www.nmssli.org
Focusing On What Is Important

For Denise Bochetto having multiple sclerosis has put life in perspective.

Denise, a former regional compliance manager for an investment service firm, worked up to 45 hours a week, traveled frequently and taught religion classes. Always on the go, her schedule was so overloaded it left her little time for herself and her family. In 2002, when she was diagnosed with MS, she was forced to slow down. It was then she began to gain new insight about herself.

“I am clearer about what life is supposed to be about,” said Denise. “Rather than the type of job I have and the money I am earning, my focus now is trying to help others.”

When Denise isn’t busy caring for her 13-year-old daughter, she works as a volunteer in the information and referral department at The National Multiple Sclerosis Society, Long Island Chapter. Working from a database, Denise assists members, and those who are newly diagnosed, with any information they may need. Inquiries may include answering questions relating to homecare, locating a support group in a specific area, or offering a referral list for a neurologist. Since Denise joined The Long Island Chapter four years ago, she has also been instrumental in helping with The Chapter’s annual MS Walk and educational conferences.

“I understand first-hand what a lot of people are going through and find the work I do at the Chapter very rewarding,” said Denise.

Denise is enjoying the pace of her new life. She is able to spend more quality time with her husband and daughter, nurture her friendships as well as donate her time to the Chapter with the goal of helping others.

Recently, Denise helped organize a dress sale for the Chapter. It raised more than $1,200 for Long Island Programs.

In closing Denise stated, “If I can offer some peace of mind and comfort to the members, it certainly makes it all worthwhile.”

For more information about volunteering at the Chapter, please call Stefanie Taylor at (631) 864 - 8337 or (516) 740 - 7227 ext. 215 or email staylor@nmssli.org.
MOVING FORWARD ON NERVE REPAIR

Dr. Calabresi, of Johns Hopkins University School of Medicine, heads a multidisciplinary team focused on the repair of nerves damaged by MS. The goal is restoring function—returning abilities that MS has stolen from legs and arms and hands.

Dr. Calabresi’s nerve repair research is funded by the Society’s Promise: 2010 program. The following is from an interview with Dr. Calabresi conducted late last year.

Old drugs, new purposes
The concept of nerve loss is not a new one to neurologists. We also know from lab studies that nerve loss is reversible. In fact, there are repair or protective medications out there that were tested for Parkinson’s, Lou Gehrig’s (ALS), and others. They had limited success, but those diseases are diagnosed in older people who have significant damage. We diagnose MS much earlier, when people are younger and healthier. These drugs may work better for them. There are other drugs approved for other conditions that also merit testing in MS.

If your target drug is already approved for something else, you can go directly to what’s called a Phase II-B clinical trial. That saves years and years of safety testing.

Which old drug?
At Johns Hopkins we have a library of some 10,000 drugs and a three-part system for looking at them. First we identify those with the most promising properties. Then we ask about safety and which ones can be given as pills. Parallel with that we have to figure out how we’re going to know if a drug really makes someone better. It would be great if we could just give something and people would get up and dance again. But nerves aren’t like that. They take quite a while to grow out and do their thing. At the very least it would take 6–12 months for nerves to start functioning better or become more normal.

We need to know what’s happening sooner. If a drug doesn’t work, we want to try another on our top 10 list. We’re going to test some of these drugs in people in the next five years. We may even do it in three.

INTERNATIONAL GROUP FINDS EXTENSIVE MYELIN REPAIR EVEN IN ELDERLY

When myelin—the fatty coating that insulates and protects nerve fibers—is damaged by MS, messages from the brain can misfire or be lost. This, in turn, can affect anything from vision to physical movement.

Scientists believe that when damaged myelin is repaired, function may return and that myelin repair (called “remyelination”) also protects the nerve fibers themselves from damage. A recent study by an international team suggests that a substantial amount of natural remyelination can occur in most types and stages of MS. It is not confined to younger, healthier people, or to people who do not have progressive disease.

About the study
The researchers examined autopsied brain tissue from 51 people who had lived with
MS, including people with relapsing-remitting, secondary-progressive, and primary-progressive disease as well as some whose MS type was unknown. The tissue samples were analyzed for signs of myelin damage and repair using a variety of high-tech microscopic, staining and labeling techniques.

**New Myelin in Progressive MS**
The researchers were surprised to note that, in about 20% of the samples studied, remyelination was extensive, including in those with progressive forms of MS. The amount of remyelination ranged from sparse to nearly complete repair—and, another surprise, they found more extensive remyelination in people who had died later in life and/or those who had had MS for the longest period of time. No link was found between the extent of repair and the age at onset, gender, or type of MS.

John Richert, MD, executive vice president of Research and Clinical Programs for the Society, told MS Connection that more research is needed to find out why some people experienced highly efficient myelin repair while others did not. “The findings of variable rates of remyelination will be taken into consideration as we design future clinical trials of ways to stimulate myelin repair,” Dr. Richert said.

The study, published in the December 2006 issue of Brain, was conducted by Drs. Peter Patrikios, Hans Lassmann, and others of the Medical University of Vienna and financed by the National Institutes of Health and the European Union, with additional support from the National MS Society’s MS Lesion Project (led by Dr. Claudia Lucchinetti of the Mayo Clinic).

**STUDY REFUTES MS BLOOD TEST PREDICTION**
Scientists world-wide have been searching for ways to predict if a person will get MS. In 2003, Austrian researchers at the University of Innsbruck thought they had found a way.

The Austrian team claimed to have found levels of two antibodies—anti-MOG and anti-MBP—in blood samples taken from people with CIS that predicted who would later be diagnosed with MS. CIS stands for “clinically isolated syndrome,” meaning a single neurological attack. Not everyone who has such an attack goes on to develop MS.

But a new, much larger study by Swiss and German researchers, using methods similar to the earlier study, found no correlation between anti-MOG and anti-MBP levels in blood samples and a later diagnosis of MS.


“While the news this time is not what we wanted to hear,” said Dr. John Richert, vice president for the Society’s Research and Clinical Programs, “we’re still hoping to find ‘biomarkers’ that one day will accurately predict the onset or future course of MS.”
Stanley Fierston has been living with MS for more than 25 years, and has used a wheelchair for 20 of them. He offers these insights:

See an expert first
The purpose of a wheelchair is to keep you active and involved. It’s not about giving in. Walking, balance, and fatigue problems may all factor into a decision. It’s important to get fitted by a physical or occupational therapist familiar with MS who specializes in mobility devices.

For me, balance issues meant I could not easily sit upright in a standard manual wheelchair. The arm rests were too far apart and my arms kept slipping off as I tried to sit up. I also wanted to keep using a regular car and to continue to travel by plane for my job.

With the help of an expert, I got a narrow-seat, manual wheelchair that is also lightweight and collapsible. It:
- Fits through most doorways;
- Is easy for my wife, who is my caregiver, to handle;
- Comes apart quickly and stores in the trunk of a car;
- Fits in the overhead compartment of an airplane.

Choosing a chair—add to your expert’s advice
- Consider your home and community environment, the transportation you use, and the types of activities you want to do. This may narrow your choices.

Tips to roll by
Safety. Keep your arms and hands on your lap when your wheelchair is being pushed. Otherwise, you take the chance of jamming them on something.

Glove your hands. Protect your hands and keep them clean. You don’t know where that sidewalk has been.

Keep up appearances. Don’t look shabby. Clean your wheelchair regularly, especially before important events. Disposable wipes can do the job.

Easy eating. If you are at a function where food is served, get near a table or an empty chair. You’ll need a place to put things down quickly, if you have coughing spells as I do, or just want a graceful way to enjoy the food.

Using the restroom. Get your paper towels before washing your hands. It isn’t easy moving a wheelchair when your hands are wet.

Pocket resource. Reaching inside your pants pockets is difficult while sitting in a wheelchair. My solution: a pouch with a waist strap, sometimes called a “fanny pack.” I can easily carry wallet, handkerchief, keys to the house and car, and my trusty digital recorder.
Health-care worker Kerrie Fields of Georgia writes: "I was in an unhappy marriage, I had just had major surgery, and we were barely getting by financially... The stress, emotionally and physically, were getting to me."

Suddenly she was laid low by an attack of neurological symptoms. After a long series of exams she learned the problem was MS. Her marriage ended. But then, she writes, she found “a great new position in my organization.” She has gone on to become politically connected and involved: “Aside from the occasional pity party, my spirits remain high. I strive to keep my stress at a reasonable level, take my medications, and live my life.”

As Ian Moskowitz, a Nevadan writes: “I have never given up... I am not a disease. I just have one.”

Fields and Moskowitz are just two of more than 800 people who have told their story on FaceofMS.org, an online community created by people living with MS, launched by the National MS Society. It is a place where people can share their experiences and read the stories of others. It is also a space where those who may know little about MS can gain understanding from those closest to the disease.

“I’m here to say my life with MS sucks,” Michael Magalotti writes. Magalotti, 32, lives in New Jersey, and offers a no-holds-barred glimpse of MS: “I’m not going to sugar-coat it for you... Every new exacerbation will bring new feelings of despair, frustration, and all the rest. If you keep it bottled up inside, you’ll explode... We should be allowed to scream from the highest mountain ‘MS sucks!’”

Visitors to FaceofMS.org add their stories, post their thoughts, and connect with others through their stories. Visitors can browse alphabetically by first or last name, by location, or by theme: Facing MS with Attitude; Facing MS with Purpose; Facing MS with Knowledge; and Facing MS Together.

“I had an epiphany today,” writes North Carolina real estate broker and model Charisse Workman. “What does the face of MS look like?”

Workman’s poem, “I Am the Face,” excerpted below, captures some of the contradictions and complexities:

“I am the pretty face
I am the hated face
I am the desired face
I am the designated face
I am the lucky face
I am the cursed face
I am the face that I have to face
I am just a face
I am one of many faces...”

Please visit faceofms.org and support this ongoing movement by and for those who know MS best.
Can one person’s voice launch a movement?
Laura Wieden, the daughter of Dan Wieden, has been living with MS since she was 24. Dan’s award-winning ad agency, Wieden+Kennedy, is world famous for creating brands for organizations like Nike and ESPN, just for starters. So when the Society approached Wieden+Kennedy about working together on a new brand for the organization, Dan Wieden saw it as an opportunity to do something important and long-lasting for his daughter. He asked Buz Sawyer, managing director of the New York Office, if he was willing to work pro bono on the project—he said yes. Sawyer’s sister also lives with MS and their mother died from complications of the disease.

A full team of strategic planners and creative staff was engaged to develop the new brand for the Society, resulting in more than $1 million worth of time and creative talent for the video, print ads, billboards, and TV spots to debut in March during MS Awareness Week. The new brand is authentic—every person featured lives with MS.

Thanks to everyone at Wieden+Kennedy, you’ll notice a shift in how the Society looks and talks about itself and the disease. The brand is built around the core concept of movement: “MS stops people from moving. The National MS Society exists to make sure it doesn’t. Join the Movement.” Because moving is so much of who we all are, we believe that everyone will be able to identify with this universal message and call to action.

A new identity
Our new logo clearly identifies the Society and celebrates movement and personal expression. The color is a warm orange, which creates urgency, and stands out in a world where so many other colors represent so many other things. Through research, we know orange is optimistic, contemporary, and cutting edge. It’s also a color that people with MS find highly readable and can become a symbol for MS around the world.

The transformation is part of a long-term process. For a while you’ll be seeing both of our looks—old and new—together. But the movement has started.

We are asking everyone to Join the Movement. To learn how, visit jointhemovement.org or call 1-800-344-4867.
Getting the benefits of insurance

Health, disability, and life insurance ensure our long-term economic security. How do people with MS fare in the insurance world? To find out, the Society funded a telephone survey that asked 983 working-age people with MS (ages 21 to 64) about their insurance coverage.

Mixed picture
The good news is that most have health insurance. People who work or have a working spouse have the most benefits. The not-surprising news is that a majority struggle to meet expenses, even when they have health insurance. In addition, services such as rehab, home care, mobility aids, and complementary and alternative therapies are limited or not covered.

Survey details:
- Almost all (96.3%) had some health insurance, a much higher rate than the general population. About 40% have Medicare or other public health insurance.
- Almost 75% had private health insurance. This includes people who have Medicare plus private supplemental insurance. Over 40% had this insurance through a partner.
- Despite having health insurance, 70% reported financial difficulties paying for health care. About 30% of this group spent less on food, heat, and other necessities in order to meet their health-care needs.
- In the previous year, 20% did not fill a prescription, skipped medication, or split doses because of cost concerns; 30% postponed health care.
- One-third of the group received Social Security Disability Insurance (SSDI) benefits and almost 9% received Supplemental Security Income (SSI). About 30% in each of these two groups had their initial applications denied.
- Up to 15% paid for home care services out of their own pocket. Of this group, 20% said paying for these services was very difficult.

Working for improvements
In December, MS activists pushed Medicare to revise a restrictive evaluation and reimbursement policy for wheelchairs and power scooters. A major push to address the high rate of SSDI/SSI denials is in progress. Society staff and volunteers are working with Social Security offices nationwide to improve understanding of MS problems. And a new video for employers shows that accommodating employees with disabilities can be good for business. More initiatives are in the works.

Go to nationalmssociety.org/Planning for information on getting and keeping health insurance. Click on Health Insurance and Medicare for FAQs on health insurance, help with SSDI applications, to order the book Health Insurance Resources—Options for People with Chronic Disease or Disability and more. A link to Medicare Interactive provides an online tool for Medicare information. To join the MS activists, go to nationalms society.org/ActionNetwork or call us at 1-800-344-4867.
The National Multiple Sclerosis Society, Long Island Chapter joined chapters from all over the country in Washington, D.C. March 12-15 for the 2007 Public Policy Conference. The conference culminated with visits to our elected officials to advocate for legislation that will benefit individuals with multiple sclerosis. The following issues were brought before our legislators:

- Congressional support for $15 million appropriation to the congressionally Directed Medical Research Program for MS research
- Congressional support of the Stem Cell Research Enhancement Act of 2007 (H.R. 3 and S.5)
- Introduction of legislation that would lift the Medicare “in the home” restriction on coverage of mobility devices and allow beneficiaries to obtain wheelchairs and scooters for use inside and outside the home
- Congressional support to access to Life Saving Medicine Act (H.R. 1038 and S. 623) to provide a statutory pathway for approving safe, effective and lower cost versions of biotech drugs.

The legislators who represent Long Island were supportive of the issues presented to them. We hope the elected officials in other states will be equally supportive.
MS Night with *The Long Island Ducks*

Citibank Park, Central Islip • Monday, July 16, 2007
5:30 p.m. - Picnic  7:05 p.m. - Game

The National Multiple Sclerosis Society, Long Island Chapter invites you to join us for a great night of baseball as the Long Island Ducks take on the Lancaster Barnstormers.

**Tickets:** $10/adult - $5/child (under 9). Limit of four tickets per family. Price includes admission to the game and pre-game buffet; including hot dogs, hamburgers, chicken, soft drinks, salad, watermelon and snacks. Reserved tickets can be picked up the day of the game at 5:15 p.m. at the Picnic Gate. Please use the entrance on the left side of the ballpark, facing Carleton Avenue.

Register Today – This event sells out!
Limited number of seats available!

Please make checks payable to: National Multiple Sclerosis Society, Long Island Chapter

Name:________________________________________
Address:________________________________________
City:________________________ State:_________ Zip:________
Telephone:________________________ Email:________________________

Total # of Tickets:____
# of Seats in Bleacher:___________ # of Seats in Wheelchair Accessible Area:____
(One companion seat per accessible spot)

# of Children under the Age of 9:____

Mail this form to: National Multiple Sclerosis Society, Long Island Chapter
40 Marcus Drive, Suite 100
Melville, NY 11747

For more information, please contact Michelle Lenox at (631) 864-8337 or (516) 740-7227 ext. 206 or email mlenox@nmssli.org

Toll-Free Number: 1 800 FIGHT MS
CHAPTER NEWS

MS Awareness Night

On March 6th, The National Multiple Sclerosis Society, Long Island Chapter celebrated MS Awareness Week with an educational program at the Huntington Hilton. Dr. Mark Tullman, Director of the Columbia Multiple Sclerosis Center, provided a presentation on current MS research initiatives. The evening also featured representatives from the Chapter’s affiliated Multiple Sclerosis Care Centers and other local neurologists who were present to answer questions and provide information.

The evening also featured four workshops that showcased the many programs and services the Long Island Chapter offers to assist those with MS. Over 150 participants braved the cold to come out and enjoy an evening of education.

Long Island Chapter Goes to Albany

The National Multiple Sclerosis Society, Long Island Chapter joined chapters from New York for a Public Policy Conference in Albany on February 5, and February 6. All New York Chapters belong to the MS Coalition Action Network (MSCAN).

Members of the Long Island Chapter’s Government Relations Committee made the trip to Albany to meet with members of the State Assembly and Senate. The members of the GRC discussed issues regarding Long Term Care, Family Health Plus, EPIC expansion and affordable housing.

For more information about the Long Island Chapter’s Government Relations Committee or how you can become an advocate, please contact Gene Veigl a (631) 864-8337 or (516) 740-7227 ext. 222 or email eveigl@nmssli.org.

Visit our Website at: www.nmssli.org
In the past decade, many people with multiple sclerosis (MS) have had the opportunity to benefit from advancements in MS treatments and some have adapted their lifestyles through the use of sophisticated technologies and social networking. Each approach has independently helped people with MS lead healthier and more fulfilling lives, but in this fast-paced digital age, more can be done to help ensure that people with MS maintain their health and independence; have support for their life choices; and stay connected with their families, friends, and communities.

To that end, leaders from three specialty areas – pharmaceutical, technology, and patient advocacy – have come together, each armed with a particular understanding of MS, to have a greater impact for the MS community than any one of the three could have accomplished alone.

Through a landmark alliance, known as the MS Technology Collaborative, the following organizations are striving to better understand the needs of people living with MS and to provide access to the technology and resources they need to stay connected to their communities and the world:

• Berlex: a pharmaceutical company that has been at the forefront of MS therapy development, starting with the introduction of the very first therapy for relapsing remitting MS and continuing with its innovative treatments in development today
• Microsoft: A global technology leader
• National Multiple Sclerosis Society: The world’s largest MS research, service, and advocacy organization

Over the next year, the MS Technology Collaborative will launch the following activities:

• MyMSMyWay.com: A robust, online portal that will help provide the MS community with existing resources and information, including basic tips on selecting the appropriate technology and making technology easier to use. Users also will be able to sign up through the Web site to take part in the MS Technology Collaborative’s landmark survey.

Survey: A first-of-its-kind survey that will help the MS Technology Collaborative better understand the needs of people with MS – including how they manage their condition, the impact MS has on their lives and families, their challenges, concerns and hopes, and most important, the role technology plays in their lives. The survey will provide insights into how people with MS use different technologies at each step of their disease in their personal and professional lives, and how these technological needs change over time.
NEWS (CONTINUED)

- **Web-based Program**: Based on the survey results, the MS Technology Collaborative will create a personalized and interactive, Web-based program for people living with MS. This easy-to-use resource will help inform people with MS – whose individual needs often vary – as they make decisions about options that can help improve day-to-day life including treatment alternatives and help sticking with treatments, as well as specialized technology options to help manage many aspects of life with MS and staying connected to people and resources that provide support and vital information. The independent site will be the MS Technology Collaborative’s flagship deliverable, and will combine key elements from each of the Collaborative participants. The Web-based program will link to content-rich search tools that are already available, rather than recreate new ones that need to be regularly updated.

- **National Report**: The MS Technology Collaborative will issue a comprehensive report based on the survey results, with a focus on what role technology and connectivity plays in the lives of people with MS.

- **Summit**: People with MS, advocates, technology experts, thought leaders, and members of the media will be brought together at the National MS Society’s annual leadership meeting to discuss the MS Technology Collaborative’s findings, activities, and future plans. Attendees will learn about technology geared towards people living with MS.

For more info and to be a part of MS Technology Collaborative, please visit www.myMSmyWAY.com.

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**Commerce Affinity Membership**

**It Pays to Belong!**

Help support our fundraising efforts by joining Commerce Bank’s Affinity Program. Your participation earns us an annual donation based upon the number of members enrolled.

Eligible accounts include:

- Checking
- Money Market
- Savings
- CDs
- Retirement

Just go to any Commerce location and talk to a Customer Service Representative. Give them the name of our organization and tell them you’d like to link your account to our Affinity Membership. They’ll take care of the rest.

To open an account, visit your nearest Commerce store or call 1-888-751-9000.

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**We Celebrate our Volunteers!**

Each day we take another step toward finding a cure. Your unwavering support enables us to continue moving closer to our goal; to help end the devastating effects of multiple sclerosis.

In honor of National Volunteer Week, celebrated from April 15 - 21, the Long Island Chapter staff thanks each one of you for your continued support and dedication to the 42,000 Long Islanders affected by MS!

Visit our Website at: www.nmssli.org
Hello, my name is Peter Tejera. In the 30 years that I have worked in the Information Technology profession, I have had jobs at major corporations in different industries. In my new column, I hope to provide you with productivity tips as well as answer any of your technology questions. I will begin with an introduction to computing security, a subject of primary importance if you are going to be exploring the Internet.

Computer Security Tips:

• Never open an email that begins with “Congratulations you’ve won”. Once you open these sort of emails more than likely they run scripts which are design to ‘mine’ your personal information.

• Never click on ad banners that claim you won something, same as above.

• Never click or go to a website that claims that you will receive something if you fill in a survey. If you get an email with a request to verify your identity from a financial institution but the ‘to:’ in the email is blank or ‘generic’ looking do not click on the email link, instead call the financial institution directly. Do not use the telephone number provided by the email, check your records and call the number listed there.

• One of the oldest scams and a must to avoid at all costs is opening up and replying to an email that claims to be from an individual in a remote part of the world, usually an African country, which claims to have a relative with a vast fortune but needs your help to extract the funds. This particular email scam has evolved over the years, and people are still being drawn to it. It has been documented that folks who have answered that email and provided the emailer with a bank account for the purpose of facilitating the extraction of the emailers’ fortune, have had their money extracted by the thief instead.

More computer tips in the next issue of the MSConnection!

Congratulations to Girl Scout Troop #2028 for organizing the “Fancy Fashions for Less Sale”. A special “Thank You” to Denise Bochetto, Deb and Vin Balzano, Jump Apparel Co., and Onyx Nite both retailers of Secaucus, New Jersey, Jessica McClintock in Roosevelt Field, Chapter members, families, friends and staff for donations towards our “Fancy Fashions For Less Sale” held on March 25th. It was both successful and fun as more than $1,200.00 was raised with proceeds earmarked for the Long Island Chapter Programs department. Thank you again!
PROGRAMS

Air Conditioner Subsidy Program

The Long Island Chapter will provide funds for 30% of the cost of an air conditioner a maximum amount of $150.00 per member per year. The Chapter provides funding for those who demonstrate financial need.

Ramp Program

The Long Island Chapter provides up to $1,000 to those members who demonstrate a financial need for the purchase and installation of home ramps. The member is responsible for obtaining three competitive bids for the ramp-project and choose the most economical one that best fits their needs.

This program is funded by the Dee Kaplan Memorial Fund & Citibank.

For more information, please contact Michelle Lenox at (631) 864-8337 or (516) 740-7227 ext. 206 or email her at mlenox@nmssli.org.

Grocery Shopping Program

The Long Island Chapter offers a grocery home delivery service for members in both Nassau and Suffolk counties. The Chapter will pay the delivery fees twice a month, for those who can show financial need. The member is responsible for paying for the groceries.

Visit our Website at: www.nmssli.org
SELF HELP GROUPS

Please contact the peer facilitator before attending a meeting.

Amityville
Sharing our Cares Away
Broadlawn Manor
1st & 3rd Fri, 11 a.m.
Carolyn (516) 984-0369

Lindenhurst
Sharing Our Cares Away
1st Mon, 11 a.m.
Norma (516) 595-1457

Port Jefferson
Handicapped Support,
All Disabilities
Last Tues,
1:30 p.m. - 3:30 p.m.
Barbara (516) 474-6365

Bayshore
4th Mon, 7 p.m.
Rich (631) 745-0478

Long Beach
Parents, Caregivers and Friends
Sharon (516) 448-0928
* if interested in group please call

Seaford
Challengers
Alternate Wednesdays
11:30 a.m.
Jim (516) 826-8514
Nancy (516) 489-9163

Hampton Bays
First Monday
7 p.m. - 9 p.m.
Pam (631) 765-3765
Theresa (631) 288-2161

Lynbrook
Empower Me
2nd and 4th Fri, 11 a.m.
Tracy (516) 792-1567

Syosset
Couples Concerns
3rd or last Thurs,
6:30 p.m. - 8 p.m.
Call for dates.
Jodi (917) 592-1376

Hauppauge
Free Spirits
1st & 3rd Tues, 12 p.m.
Tom (516) 220-4869

Mastic
1st and 3rd Mon, 1 p.m.
Burt (631) 281-1264

Valleystream
Friends
1st & 3rd Tues, 7:30 p.m.
Tracy (516) 792-1567

Holbrook
MS Connection Support Group
Sachem Public Library
2nd Thurs, 7 p.m. - 8:30 p.m.
Arlene (631) 648-7529
Sharyn (631) 736-4371

Melville
But You Look So Good
3rd Tues, 6:30 p.m.
(631) 531-5637 (day)
(631) 351-3645 (night)

Wantagh
MS Support Group
St. Francis de Chantel Parish
3rd Tues, 10:30 a.m. - 12 p.m.
Anastasia (516) 808-6784

Mattituck
Dates & time TBA
Sue (631) 734-7181
Anneen (631) 298-0123

Melville
Care-Givers
(Spouses or Partners)
Andrea (516) 466-4955
* if interested in group please call

Phone Support

Pregnancy and Post Partum Issues? Call Jodi at (917) 592-1376 in the afternoon
Have MS for more than 10 years and have trouble coping? Call Sal at (516) 752-1116
Trouble leaving your home? Call Eileen at (516) 579-5097
Newly Diagnosed? Call Karleen, RN at (516) 873-9220 between 6-8 p.m.
Need to talk? Call Bob at (631) 648-0570 until 6 p.m.
Want to talk about your spiritual journey as you live with MS? Call Sister Mary Jo (631) 928-2975
leave a message until 8 p.m.
COUNSELING SERIES

Adult Family Members
Carle Place
1 Old Country Road, Suite 295
Vicki Kulberg, ACSW
Saturdays 12 p.m. - 1:30 p.m.
Ongoing through June 23rd
(No sessions May 5th or May 12th)

Adult Family Members
Melville
MS Society Chapter Office
Michael Greenberg, ACSW
Thursdays 7 p.m. - 8:30 p.m.
June 21st through July 26th

But You Look So Good
Syosset Hospital
Michael Greenberg, ACSW
Saturdays 10 a.m. - 11:30 a.m.
June 23rd through July 28th

East End Support Group
Riverhead
Peconic Bay Hospital
Karen Tuminello, MSW
Mondays 7 p.m. - 8:30 p.m.
Ongoing through May 21st

Home Bound Conference Call
Karen Tuminello, MSW
Thursdays 1 p.m. - 2 p.m.
Summer:
July 11th through August 23rd
(No session July 26th)
Fall:
To be announced in next issue

Parenting Conference Call
Karen Tuminello, MSW
Wednesdays 1 p.m. - 2 p.m.
Summer:
July 11th through August 23rd
(No session July 25th)
Fall:
To be announced in next issue

Living With MS
Lake Ronkonkoma,
Senior Center
Karen Tuminello, MSW
Wednesdays 7 p.m. - 8:30 p.m.
Ongoing through May 23rd

Living With MS
Mather Memorial Hospital
Karen Tuminello, MSW
Thursdays 7 p.m. - 8:30 p.m.
Ongoing through May 24th

Living With MS
Salisbury Park,
Meeting House
Vicki Kulberg, ACSW
Tuesdays 10:30 a.m. - 12 p.m.
Ongoing through June 5th
(No session May 8th)

Living With MS
Dix Hills,
Sunrise Assisted Living
Sharon Daverio, CSW, RN
Wednesday 12 p.m. - 1:30 p.m.
May 9th through June 27th

$10 For Each Program
Please make checks payable to: National Multiple Sclerosis Society, Long Island Chapter

Name:
Address:
City: State: Zip:
Telephone:
Email:

Series: Location: Total Amount $

Mail this form to:
National Multiple Sclerosis Society, Long Island Chapter
40 Marcus Drive, Suite 100
Melville, NY 11747

For more information, please contact Jane S. Reilly at (631) 864-8337 or (516) 740-7227 ext. 218 or email jreilly@nmssli.org

Visit our Website at: www.nmssli.org
**MS Recreation and Socialization Program**

The Long Island Chapter has three certified recreation therapists to run programs in the Freeport, Bay Shore, and Ronkonkoma areas. These programs provide an outlet for a fun and social arena for adult members with MS. They include a variety of craft projects, conversation, laughs as well as refreshments. You may join at anytime.

**Freeport Recreation Center**

130 East Merrick Road  
Saturdays 12 p.m.-3 p.m.  
June 2, 9, 16, July 7, 14, August 11, 18, 25, September 8, 15, 29  
Facilitator: Gerry Albers, CTRS

**Southside Hospital, Neuroscience Institute**

North Shore – L.I.J Health Systems  
Montauk Highway  
Friday 10:30 a.m.-1:30 p.m.  
May 4, 18, June 1, 15, 29, July 13  
Facilitator: Lorrie Prescott, CTRS

**Ronkonkoma Community Programs Center**

2210 Smithtown Avenue  
Thursdays 11:30 a.m.-3:30 p.m.  
May 8, 15, 22, June 5, 12  
Contact Beverly to register for this program (631) 585-2020

For more information and registration, please contact Jane S. Reilly at (631) 864-8337 or (516) 740-7227 ext. 218 or email jreilly@nmssli.org.

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**ARE YOU HAVING TROUBLE WITH YOUR MEMORY?**

If you are ...

☑ having memory problems  
☑ between the ages of 18 - 59  
☑ with no other major medical problems

You may be eligible to participate in a COGNITIVE treatment study

For more information, please call Pat Melville at 631-444-8164

This study is being conducted by Lauren Krupp, MD at University Medical Center at Stony Brook

You will be required to come to three visits over the course of six months
The National Multiple Sclerosis Society, Long Island Chapter presents

Dinner of Champions

Thursday, September 20, 2007

honoring

Karen Lutz, Citibank
Steven Carl, Carlyle on the Green
Capell Vishnick, LLP

Tickets, Journal Ads & Sponsorships Available

For more information, please call Stacy Bona at (631) 864-8337 or (516) 740-7227 ext. 230 or email sbona@nmssli.org.

Bank of America Donates to NMSSLI

Bank of America provided $5,000 grant to fund the National Multiple Sclerosis Society, Long Island Chapter’s Medical Equipment Assistance Program for Low Income Families. This grant will supply funding to obtain daily living equipment, such as scooters, wheelchairs, and walkers, furthering the independence of individuals with MS within the home, workplace and community.

Pictured L to R: Robert Isaksen, LI Market President, Bank of America; Pamela J. Mastrota, President & CEO, MS Society, Long Island Chapter; Susan Retzky, Senior Vice President at Bank of America.

Visit our Website at: www.nmssli.org
**Time to Spin your Wheels!!**

The 2006 MS Twin Forks Bike Tour was a phenomenal success! Emergency Personnel, Blue Knights, Police Departments, HAM Radio Operators and 220 amazing volunteers stepped in to support our cyclists. Riders trained intensely to get ready for the big day. Family and friends came to cheer. The weekend was one that none of us will soon forget. Friendships were formed, stories were told, and heroes were born. There was a feeling that just cannot be put into words. Every cyclist did their best, whether it was 15 or 150 miles.

In addition to the physical challenge, the average rider raised ONE THOUSAND dollars for Long Islanders affected by MS. This is more than double the average in 2005!

Cyclists have already begun training for the 2007 MS Bike Tour! Registrations have already increased by 60% over last year. We are expecting to double our ridership as well as our fundraising. If you prefer not to ride, there are many volunteer opportunities available. We need your help more than ever!

We have extended our route options for the 2007 Bike Tour to include:

- 35 mile option (Day 1)
- 50 mile option (Days 1&2)
- 75 mile option (Days 1&2)

On behalf of the chapter staff and the 42,000 Long Islanders affected by MS, we thank you each of you for making a difference.

For more information, to register or volunteer, please visit www.nmssli.org or call Nancy Rao at (631) 864-8337 or (516) 740-7227 ext. 229 or email nrao@nmssli.org.
**Pillars of Society**

We welcome two new Pillars to the Long Island Chapter. The Pillars of Society is the National MS Society's honor society that recognizes individuals and families who have remembered the Society through a bequest, gift annuity or other deferred gift. We value the members of the Pillars for their deep and genuine commitment to improve the lives of people with multiple sclerosis and their families.

For more information, please call Barbara Travis, Director of Major Gifts, at (631) 864-8337 or (516) 740-7227 ext. 224 or email btravis@nmssli.org.

**21st Annual MS Golf Classic**

**August 13, 2007**

Muttontown Club
East Norwich
New York

For more information, please call Stacy Bona at (631) 864-8337 or (516) 740-7227 ext.230 or email sbona@nmssli.org.

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*Pictured L to R: Andrea Kantor, Chapter Volunteer, Barbara Travis, Director, Major Gifts, and Mindy Alpert, Chairman, Board of Trustees.*
The Discovery Circle recognizes those individuals who have made annual non-event gifts for the period January 1, 2006 – December 31, 2006 at a level of $500 or greater.

As a member of the Discovery Circle, you inspire everyone with the National MS Society community. Your thoughtfulness provides Chapter resources to those living with multiple sclerosis and enables today’s best researchers and program leaders to bring us closer to when MS stands for ‘mystery solved.’ With your continued loyalty and support, the National MS Society will carry on it successful path toward this end.

Our thanks to this year’s founding members. We look forward to our new and continuing, members in 2007.
### MAJOR GIFTS

**DISCOVERY PACESETTER – Cont’d**
- Mr. Adam C. Hoffman
- Mr. Waldo Hutcheson, III
- Ms. Susan Johns
- Mr. Thomas Kurinsky
- Ms. Thea Linker
- Long Island Plumbing & Heating Wholesalers, Inc.
- Mr. & Mrs. John J. Lufrano
- Mag Rack Entertainment, LLC
- Mattituck Lions Club
- Mark B. Isaacs Foundation
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**DISCOVERY INNOVATOR**
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- A Friend
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- Mr. Vincent Gebbia
- Mr. Michael Gleeson
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Visit our Website at: www.nmssli.org
MAJOR GIFTS

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The Diane & Howard Wohl Family Foundation
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Ms. Dorothy Zilber

A Note to Our Donors…

You deserve to be properly recognized for your contributions, and we strive for 100 percent accuracy.

If we have made an error, please contact Barbara Travis, Director, Major Gifts, at (516) 740-7227 or (631) 864-8337 ext. 224.

MULTIPLE SCLEROSIS RESEARCH STUDY

If you are between the ages of 18 and 55, and have been diagnosed with Relapsing Remitting Multiple Sclerosis, you may be eligible to participate in the FREEDOMS II research study.

This study is a placebo-controlled trial evaluating a novel, investigational once daily oral medication taken in the form of a capsule for the treatment of MS.

All eligible participants will received study-related care and study medication for up to two years at no cost.

This research study is currently being conducted at:

Island Neurological Associates, P.C.
Stephen M. Newman, M.D., Ira M. Turner, M.D., Erik J Entin, M.D.
John Kelemen, M.D. and Barry Menna D.O.

To find out if you qualify to participate, or for more information, please contact Tiffany Agrillo, CCRC, or Denise DeVito at (516) 822-2230 or visit MSClinicalTrials.com

Toll-Free Number: 1 800 FIGHT MS
Equipment for Sale

Quickie P100 Power Wheelchair
16"W, 16"D, 16"H
Adjustable armrests, cushion, folding backrest
Charger, new batteries, and programmable controller
Seldom used
Asking: $1,250 (orig. $4,500)
Call Navid (917) 568-4131

Invacare Electric P7E
Special Seat, anti tippers
Excellent Condition
Asking: $1,150
Contact Mike (631) 273-2023

Feather Lite Travel Scooter
Comes apart for easy travel
Used once; excellent condition;
Asking Price: $1,500.00 negotiable
Contact Robin (516) 791-3071

Pride Victory Scooter
Hardly used, good condition
Asking $900.00
Contact Frank at 516-221-7262

Victory Scooter
Made by Pride Mobility
Brand new (used 3-4 times)
Includes wide seat, regular size seat & basket
Asking: $1,000
Contact Jackie (516) 236-9111

Shower Chair with seat on wheels
Color: Tan
Never used
Asking: $100
Contact Joanne (516) 481-4577

Chair Rail for stairs
Climbs 6-7 steps
Never used
Asking: $1,200
Contact Joann at (516) 481-4577

Donating a Lift Recliner
Color: Tan
Good working condition
Contact Jay at (631) 475-9115

Cars for Sale

1997 Chevy Conversion Van
Color: Green
Miles: 100,000 (approx.)
Features: Mechanical hoist
Asking: $4,000
Contact Maryann at (631) 348-7686

2000 Chevy Van
Single Door wheelchair lift
Electric lock down system
Reclining wheelchair, TV VCR
69,000 miles
Asking $12,000.00
Contact Robert (631) 587-1558

2002 Ford E 250 Van
Miles: 47,000
Grey Eclipse Conversion
Dropped Floor
Right Angle Hand Controls
Braun Six-way Driver's Seat
Braun Millennium Lift
Q-Straint Wheelchair Locking System
Asking: $22,000
Contact John at (516) 208-8579 or (516) 655-3115

1996 Ford Windstar
Miles: 27,750
Very good running and body condition
Lowered floor
Automatic under floor ramp
Asking $9,500 negotiable
Contact Tony (631) 928-2977
Join the National MS Society, Long Island Chapter E-Mail Network

To become part of the e-mail action network just e-mail your name, address, and e-mail address to connectms@nmssli.org and begin receiving the most current information from the National MS Society, Long Island Chapter for those impacted by MS.

DO U IM?

Thanks to a new Society relationship with Microsoft, every single time you have an IM conversation using Windows LiveTM Messenger, Microsoft will donate a portion of the program’s advertising revenue to the National Multiple Sclerosis Society. There is no fee for using Messenger, and it only takes a minute to download and select the Society as your organization when you join.

Visit im.live.com for more details and to sign up. Join the movement.

Look For Our Next Issue Of MSConnection In August!