



CONNECTION

MOVING TOWARD A WORLD FREE OF MS

Spring • 2008:2

Pacific South Coast Chapter

You Can Do Something About MS Now

Challenge Walk MS

Accept the challenge.

Journey towards a world free of MS.

September 5-7, 2008

Challenge Walk MS 2008 is a personal journey of spirit and physical stamina, and makes an important difference in the lives of people living with multiple sclerosis.

United for our cause, we will walk 3 days, 50 miles, taking over 10,000 steps to keep us moving toward a cure. For those who accept the Challenge, it will be one of the most rewarding journeys of your life, filled with friendship, unforgettable moments and most of all, hope.

350 Walkers. Three Days. 50 Miles.

Raising \$1.2 million to find a cure.

Join us by registering today at

www.myMSchallenge.com

or read more on page 10.

Land Rover Miramar

Bike MS Bay to Bay Tour

Bike to finish MS.

October 11-12, 2008

There's something for everyone at this year's Bike MS Tour! With our new 30-mile route option, there are no more excuses. Get on your bikes!

The Tour now offers three different route options: a one-day 30-mile route starting and finishing in Carlsbad, and a two-day 100 or 150-mile route starting in Irvine and finishing in San Diego with an overnight festival in Carlsbad. Registration is limited to 2,500 cyclists - don't delay!

Register at

www.biketofinishMS.com

or read more on pages 12 & 13.

MORE INFO



Learn about all of our programs, services and events: www.mspacific.org or 1-800-FIGHT-MS

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(800) 344-4867 or (760) 448-8400

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National Multiple Sclerosis Society
Pacific South Coast Chapter

Chapter Offices:
5950 La Place Court, Suite 200
Carlsbad, California 92008

3000-C Airway Avenue, Suite 125
Costa Mesa, California 92626

Karen Hooper
Vice President, Programs & Services

Beth Clark
Director, Marketing & Communications

Help the Chapter save printing and postage costs! To receive this publication via email, send an email to newsletter@mspacific.org with "Email me the MS Connection" in the subject line.

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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 National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.

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Pacific South Coast Chapter

Attention Family Caregivers! Save the Date!

The Annual Caregiver Retreat is scheduled for October 23-27, 2008. San Diego to Cabo San Lucas on Carnival Cruise Line! This event is exclusively for family members who are caring for a loved one with MS.

Detailed information on how to

participate will be mailed in June. Get your sombrero ready now!



Passports Now Required for Travel to Mexico

New Application: To obtain a passport for the first time, go in person to a passport acceptance facility (some post offices) with two photographs of yourself, proof of U.S. citizenship and a valid form of photo identification such as a driver's license. Many U.S. postal offices handle passport applications.

You must apply in person if you are applying for a U.S. passport for the first time, if your expired U.S. passport is not in your possession, if your previous U.S. passport has expired and was issued more than 15 years ago, if your previous U.S. passport was issued when you were under age 16, or if your currently valid U.S. passport has been lost or stolen.



Renewal: You can renew by mail if: your most recent passport is available to submit and it is not damaged, you received the passport within the past 15 years, you were over age 16 when it was issued, you still have the same name or can legally document your name change. If your passport has been altered or damaged, you cannot apply by mail, and therefore you must apply in person.

For more information about applying for or renewing your passport, visit <http://travel.state.gov>.

Mark Your Calendars

All-American Day at the Bay

Sunday, May 18

Join us for the annual All-American Day at the Bay at San Diego's Mission Bay Aquatic Center. Enjoy a tasty BBQ lunch, adaptive sailing and an inspirational speech from a person who is living well with MS. Kids will have a blast playing in the bounce house, eating snow cones and more. This event is guaranteed to be fun for the entire family. *For more information on this event call 1-800-FIGHT-MS (344-4867) press "1".*



Friends of the Fair

Tuesday, July 15

The 2008 Orange County Fair "Friends of the Fair" Program is scheduled to take place from 9:30AM to 12PM at the Orange County Fairgrounds. This year's theme is "Say Cheese." Friends of the Fair is a special day for those with a disability. Those in attendance will enjoy complimentary attractions such as carnival rides and other special events until the fair's regular noon opening, when the fair opens to the public. Friends of the Fair admission is free and includes complimentary parking. Tickets must be ordered in advance through the Chapter. A maximum of four tickets can be requested for each individual; additional tickets may be purchased at the fair gates for friends and family members who wish to join in the fun. *For more information or to order your tickets contact Lois Endres at (714) 689-9605 or lois.endres@mspacific.org.*

Summer Energy Assistance Program

We know how difficult it can be to live with MS in the hot summer months. The Chapter wants to help people stay cool this summer! Portable air conditioners, fans, cooling vests and help with those high summer air conditioning utility bills will be available to clients in need. We will be accepting a waiting list starting May 1 and plan to give our first awards out by June 30. *If you would like to be put on a wait list for our Summer Energy Assistance Program, please contact Lois Endres at lois.endres@mspacific.org or 714-689-9605. Funds are limited and awards are based on a first-come-first-serve basis, so sign up today. Please note that applications and income assessments will be used to choose grant recipients.*



servicesupportsolutions

If you are a customer of SOCAL GAS, SDG&E® or SOCAL EDISON, you may be eligible to receive free appliances and home improvements, increased medical baselines and/or a special discount on your monthly bill. In order to participate, you must be a customer of one of the three utility companies listed above and meet the income guidelines below, or you may also qualify if you participate in one or more of the following programs: WIC, LIHEAP, Food Stamps, Medi-Cal, Healthy Families A & B or TANF.

Energy Team Household Income Guidelines:
 For 1 or 2 members combined income of less than \$29,300, 3 members less than \$34,400, 4 members less than \$41,500, 5 members less than \$48,600, 6 members less than \$55,700 and \$7,100 for each additional member. *If you meet the criteria, please contact your appropriate company:*
 SDGE 1-866-597-0597 www.sdge.com/energyteam
 Southern California Edison:
 800-684-8123 www.sce.com
 SO Cal Gas 1-800-427-2200 www.socalgas.com

Living With MS

Many people with MS experience exacerbations (also called attacks, relapses or flares). An exacerbation is caused by inflammation in the central nervous system, which leads to a sudden worsening of an MS symptom or symptoms, or the appearance of new symptoms. An exacerbation usually lasts several days to several weeks.

While you may not be able to change the fact of an exacerbation, you can work on changing how you respond to it. Here are some tips:

- So you missed your workout, had a fight with your spouse and ate a giant piece of chocolate cake – none of those caused your exacerbation. An exacerbation doesn't mean you did something "wrong," so don't stress trying to figure out why it happened.

Adapted from "The Emotional and Psychological Impact of Multiple Sclerosis Relapses," by Rosalind Kalb, published in the 2007 Journal of the Neurological Sciences, Volume 256, Pages S29-S33.

- Most exacerbations resolve on their own. Or your doctor may prescribe a course of steroids if your symptoms interfere with work or life at home. It's important to get the rest you need and talk to your doctor about the best way to manage whatever symptoms you are having.
- An exacerbation doesn't mean your disease-modifying medication isn't working. In fact, none of the available medications stops the disease completely. Work with your doctor to decide if your current medication needs to be changed.
- "Pseudoexacerbations" – temporary aggravations of MS symptoms – can happen if you get overheated, overtired or run a fever. The symptoms will gradually disappear as your body temperature returns to normal. But if you're worried or the symptoms don't get better, don't hesitate to call your doctor.

VOLUNTEER



JOIN THE MOVEMENT.


VOLUNTEER.

Contact Linda Ingram:
linda.ingram@mspacific.org

OR

(760) 448-8416

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- Professional & Consumer Workshops & Seminars
- Hundreds of Companies & Equipment Demonstrations
- Non-Profit and Community Organizations
- Empowering People and Leaders of All Ages

2008 SHOW SCHEDULE:


NEW YORK METRO, NJ NJ Conv. & Expo Center March 28-30	SOUTHERN CALIFORNIA Anaheim Conv. Center May 30 - June 1	MINNEAPOLIS, MINNESOTA Minn. Convention Center September 12-14
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Bring this coupon to Abilities Expo for **FREE** admission and save the \$5 on-site registration fee. Coupon must be filled out to be valid and may be photocopied for additional registrants.

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MS_ad

WWW.ABILITIESEXPO.COM  All events are wheelchair accessible.

Meet the Chapter Programs & Services Team

The Chapter is committed to serving people with multiple sclerosis and those who care for them with exceptional programs, services and support. The Chapter Programs & Services staff is committed to serving people with MS and is excited to have the opportunity to serve you. Here is a brief introduction to the team:

Karen Hooper is the Vice President of Programs and Services for the Chapter. Karen graduated with her B.S. in business marketing from San Diego State University (SDSU) and has been with the Society for nearly eight years. In her role as Vice President, she uses her experience with SDSU Disabled Student Services and Employment Center to create key relationships in the community to further the mission of the Society to create a world free of MS. Karen is responsible for developing and directing innovative new programs that improve the quality of life for people with MS and their loved ones, such as the Annual Day at the Bay, the Angel Visitation Program, Respite Care and many others. Karen is a great listener and welcomes your calls anytime. You can call Karen at 760-448-8411 or 1-800-344-4867 or send an email to karen.hooper@mspacific.org with any questions, comments or needs.



Karen Hooper

Amy Keller is the Chapter's Director of Care Management. When Amy was ten, her mother was diagnosed with MS. Amy has been affiliated with the Society since then. She has been a Read-a-Thon reader, MS Walker, volunteer and now an employee. She received her B.S. degree in social work from Ashland University in Ashland, Ohio. Amy started her career with the Society at the Ohio Buckeye Chapter five years before moving to San Diego and continuing her work with the Pacific South Coast Chapter. She has been with the Chapter for almost five years.



Amy Keller

Amy initiated the Chapter's Care Management program in 2006. She works one-on-one with people with MS to help them assess needs and set goals to maintain independence. She also attends several MS Clinics as a representative of the Society to assure that both neurologists as well as their patients are familiar with the programs and services available. Reach Amy at 760-448-8403 or amy.keller@mspacific.org.

Chapter Program & Services

Meet the Programs & Services Team

Janell Marshall, MSCIR, is Programs Manager for Family and Social Support. She began her career with Chapter in 2004 after six years of working in the health insurance industry. She earned her B.A. in psychology at SDSU and is a certified MS-specialist in information and referral. Janell's family connection to MS makes her especially passionate about her work. Her focus is on social events like Day at the Bay, Holiday Brunch and Family Fun Days, as well as family and caregiver education programs. Reach Janell at 760-448-8407 or janell.marshall@mspacific.org.



Janell Marshall



Lois Endres

Lois Endres is a Programs Coordinator who has been working at the Chapter for seven years. Lois' main focus is helping people with MS receive direct financial assistance. She manages the equipment loan closets, Grant Me Independence program, transportation assistance program and she is available for all of your direct assistance needs. Lois also serves as the liaison between clients and the Knott Avenue Facility in Buena Park, an assisted living center that cares for people with MS. Reach Lois at 714-689-9605 or lois.endres@mspacific.org.

Mae-Ghan Fletcher is a Programs Coordinator for all our emotional health programs. Mae-Ghan has been with the chapter for over two years. Prior to joining the Chapter, she worked extensively in the mental health field. Mae-Ghan earned her undergraduate degree in social work from San Jose State University and her Master of Social Work from California State University, Long Beach. She manages over 35 support groups. Mae-Ghan also provides counseling services to individuals, families and groups affected by MS. In addition, she works with those who have been newly diagnosed with MS. Reach Mae-Ghan at 714-689-9603 or maeghan.fletcher@mspacific.org.



Mae-Ghan Fletcher



Amanda Lasik

Amanda Lasik is a Programs Coordinator who oversees physical wellness programs and implements various education programs. She completed her business management degree at Northern Arizona University. Amanda has volunteered abroad. She uses her proficiency in Spanish to produce bilingual education programs and perform community outreach in addition to her other job duties. Reach Amanda at 760-448-8404 or amanda.lasik@mspacific.org.

Valerie Koss received her Bachelor's Degree in Political Science from the University of CA San Diego

(UCSD), Valerie went on to obtain a Master's Degree of Public Policy at Pepperdine University with a dual emphasis in Local/Regional Policy as well as International Relations. Born and raised in Southern California, she was happy to return to San Diego where she joined the Chapter as the Programs Coordinator for Advocacy and Independent Living. Valerie has a sincere commitment to our mission as well as a passion



Valerie Koss

and background in politics.

In her spare time she enjoys working with children, dancing and perfecting her culinary skills. Reach Valerie at 760-448-8432 or valerie.koss@mspacific.org.

The Neurology Clinic at Navy Medical Center San Diego offers a Multiple Sclerosis Support Group the third Monday of every month (January and February meetings are the fourth Monday of the month) from 11:30AM to 12:30 PM. The Support Group is open to active duty and retired military with MS and their family members. Meetings are informal and educational. *Please call the NMCS D Neurology Clinic at 619-532-5648 for more information.*

Pacific South Coast Chapter Wish List

Can you or someone you know offer the Chapter these things?

- overhead projector
- portable projection screen
- easels
- paper-folding machine
- laptop computer
- free printing
- free meeting space
- free physical therapy or recreation/wellness facilities.



Please contact Karen Hooper at (760) 448-8411 or karen.hooper@mspacific.org

Funding the Mission

Walk MS 2008!



Together, we have raised over \$2 million so far at three Walk sites: University of California, Irvine, LEGOLAND® California, Carlsbad and NTC Park – Liberty Station, San Diego. Over 12,000 Walkers embarked on a 2-3 mile fun walk and festival including live music, food, entertainment and the LEGOLAND Kids Zone. There is still time to raise funds and help us reach our \$2.5 million budget - go to www.MSwalk.com for details - and earn terrific prizes!

Thank you to all of our generous sponsors for their support of Walk MS and for making our festival area so wonderful. Special thanks to the San Diego County Credit Union, title sponsor of the Carlsbad and San Diego events. SDCCU has been our title sponsor for the past eight years! SDCCU's team included more than 200 employees, family members and friends who together contributed tens-of-thousands of dollars through company-wide fundraising efforts. *For more information, visit SDCCU at www.sdccu.com or call toll-free at 877-732-2848.*



Team Marian: Years of Determination

After experiencing blurred vision and numbness and enduring months and months of medical tests and doctor's visits, Orange resident Marian was diagnosed with multiple sclerosis in 1988. Marian and several of her girlfriends began a team for the Walk. During this time, Marian often used a cane for assistance while walking. Over the next few years, Marian began dating Lyn, who she met over the phone – he was a contractor for the homebuilder for which Marian worked. Lyn began volunteering at the Walk and other Chapter events, and in 1994, Marian and Lyn were married. Marian proudly walked down the aisle without an assistive device.

Over the years, Team Marian grew steadily with Marian as Team Captain and Lyn as a key volunteer for the Chapter. Marian's MS symptoms have been gradually worsening, so in 2003 Lyn took over her responsibilities as Team Captain. "Many of our team members are friends or people we know from our church. Alex, one of our good friends from church, does a lot for the team. In 2005, he personally donated \$10,000 and got two of his business acquaintances to match his gift," says Lyn. Because of his efforts, Team Marian was the top fundraising team in 2005.

"Marian's condition has worsened over the years. She has lost her ability to walk and spends most of her time in a hospital bed in our home. She uses a power wheelchair around the house." Lyn continues, "This year, our goal is to raise about \$20,000." *Learn more and donate to Team Marian's fundraising at www.MSwalk.com*

Santa Ana Company MSC Software Rallies Around its Employees

MSC Software Corporation (Nasdaq: MSCS), a 1,500-employee company based in Santa Ana, participated in Walk MS 2008. Led by Chairman and CEO William Weyand, MSC fielded a Walk MS team in support of two employees who have MS. In addition, MSC Software was a corporate sponsor of the event. MSC Software's Walk MS team includes employees and friends and family members. MSC Software is the leading global provider of virtual product development (VPD) products, including simulation software, services and systems, that helps companies make money, save time and reduce costs associated with designing and testing manufactured products. MSC Software works with thousands of companies in hundreds of industries to develop better products faster by utilizing information technology, software, services and systems.

Acorda Therapeutics is developing the oral drug Fampridine SR, a therapy that is being tested in over 200 people with all types of MS to determine if it can improve walking speed.

The drug is designed to improve impaired nerve conduction, but it does not stop disease progression. If this, Acorda's second clinical trial of Fampridine in MS, is successful, the Company plans to apply for FDA approval.

Please visit the IWALKBECAUSE.ORG website to see why thousands of people around the country participate in Walk MS, and to list your reasons for walking.

RAISE \$500 AND GET A FREE TANDEM SKYDIVE!

www.skydive4free.com

Register at www.skydive4free.com to start your campaign - be sure to designate the Chapter as your charity. Once you have collected \$500 or more in sponsorship, you will receive an invitation to book your jump at one of over 200 approved skydiving schools in California and around the US. No previous experience necessary - all training and orientation is provided on the day of your jump.

Walk MS Sponsor Recognition

We are extremely grateful for the support of the following presenting sponsors:



Our generous platinum sponsors included:



We would also like to recognize our gold sponsors:

Home Depot Supply, Lincoln Gustafson & Cercos, PennySaver, Qualcomm, Clear Channel Outdoor, Cricket Wireless, CBS Outdoor, UltraStar Cinemas, EMD Serono, Radio Latina and Pure Protein

Funding the Mission

challenge
walk



Di's Walkers take the Challenge

Diane Ameng, known as "Di" to close friends and family, was diagnosed with MS in the early 1990's. Di's son Tony, now 23 years old, remembers what it was like for himself and his younger sister Monica, "We were really young when her symptoms first started I didn't really notice. But it progressed and she couldn't work anymore, and then it got really tough. We wanted to be there for her – we knew she would do the same for us."

Di's case proved to be aggressive, and within 10 years she needed full-time care. In an effort to help Di, her husband, Joe, and her children gathered their friends and family to participate in the one-day Walk MS event, year after year, with team "Di's Walkers" often achieving Top Fundraiser status. Joe's brother, Ernie, rides in the Bike MS event each year in addition to getting product donations from his employer, Vitalyte.

In 2006, Di's MS progressed to the point that she was admitted to a full-time care facility, and then to the hospital. "Last summer we were thinking of what we could do about MS, and decided to take the three-day, 50-mile Challenge," says Tony. Sadly, less than a month before the Challenge, Di passed away from complications related to her MS. "Still, we had to prove that we could do it – walk 50 miles and raise the money – for Mom," says Tony of his team composed of his girlfriend Megan and his best friend David. "It was really tough at the beginning, considering that we had just lost Mom. I know she would've wanted me to finish what I started."



Tony's Challenge team "Di's Walkers" had such a memorable and empowering experience at the 2007 Challenge that they've decided to do it again this fall and recruit more members. "My sister wants to, but her knee isn't up to it," says Tony. Megan's father, John, has joined the team, as has her former boss. Tony's aunt Sandy (Di's sister) and his cousin Tabitha have also joined the team.

"We don't want anybody to have to go through what Di went through. We're raising money to find a cure – and if it helps just one person – that will make our day," says Sandy.

The team of seven has exceeded \$5,000 so far, with most of their members already past the halfway mark to the \$2,500 minimum per Walker. Sandy's employer, Rudolph & Sletten, donated \$4,800 which the team split amongst its members. Through creative fundraising efforts like garage sales, recycling, poker nights,

raffles, bunko parties and a car wash, the team intends to reach \$18,000, "and I know we can do it," continues Sandy.

"I am excited to have more people on board because and I want them to experience what we did last year. It's amazing to think that you're surrounded by strangers and then come to realize that we all have MS in common – and we're doing something about it," says Tony.

Donate to Di's Walkers fundraising or register your team at www.myMSchallenge.com.

Honoring Our Volunteers

On March 20, 2008, at The Prado at Balboa Park, **Land Rover Miramar** was honored at the 14th Annual **Health Hero Awards** breakfast. We thank Larry Suarez and Land Rover Miramar for their support as title sponsor of the Land Rover Miramar Bike MS Tour in 2006 and 2007 and for their commitment to sponsor again in 2008!



SUPPORTING THE MISSION

The Volunteer Center Orange County and The Orange County Register presented the 32nd Annual **Spirit of Volunteerism Awards** luncheon on April 17, 2008, at the Hyatt Irvine. Congratulations to our valued volunteers who were honored for their dedicated service to the Chapter:



Nan Luke has worked tirelessly as the Chair of the Government Relations Committee and as a member of the Chapter's board of trustees.



Chris Serocke has significantly contributed to the success of the Challenge Walk. Chris has walked over 300 miles and raised nearly \$500,000.



For ten years, Wahoo's Fish Taco has supported Bike MS by donating lunch of its famous fish tacos to thousands of hungry, grateful cyclists.



Over the years, Bill Bisch has served the Chapter in many capacities which currently include leading two self-help groups for people with MS as well as fundraising and volunteering for special events.

THANK YOU
to the more than
1,000 volunteers
who came out in
support of Walk MS on
April 12, 19 and 26.
**Your time, efforts and
talents are appreciated!**

MORE INFO



Volunteer projects in the Chapter's Carlsbad office include computer work, special assignments based on experience and interests, assembling mailings and on-call volunteers for off-site programs and special events. We are looking for volunteers who can work on a regular basis any day Monday thru Friday, flexible hours. Please contact Linda Ingram at linda.ingram@mspacific.org or (760) 448-8416.

Find out about upcoming volunteer opportunities at www.mspacific.org

Funding the Mission

Land Rover Miramar Bay to Bay Bike MS Tour

These top 150 fundraisers collectively raised \$869,114 for the 2007 Tour. They have earned 150 Club status and special perks at the upcoming 2008 Tour. Great job and congratulations!



1 Al Basso \$80,000

2 Franklyn Gottbetter \$58,364

3 Daniel Abrams \$24,751

4 Carolyn Elsberry \$23,741

5 John Most \$15,444

6 Daryl Alexander \$15,027

7 Philip Gold \$14,741

8 Roland Hoffman \$14,179

9 Joe Cucinotti \$13,355

10 David Lee \$11,610

11 Steve Starboard \$10,958

12 Rona Kay \$10,910

13 Larry Stinson \$10,500

14 Bryon Barnes \$10,012

15 Richard Boisclair \$8,647

16 Jim Hillebrandt \$8,220

17 Robert Owthwaite \$8,200

18 Jeff Howard \$8,080

19 Tony Letendre \$7,705

20 Dan Ugalde \$7,540

21 Kimberly Roush \$7,360

22 Peter Bissell \$7,240

23 Wendy Carter \$7,100

24 Lori Wilson \$7,000

25 Kenny McKinley \$6,895

26 Kevin Gaffney \$6,720

27 Lucianna Pesavento \$6,595

28 Doug Schneble \$6,250

29 Jay McCabe \$6,220

30 Gordon Froeb \$6,121

31 Roger Waterman \$6,060

32 David Bernstein \$5,835

33 Lloyd von Sprecken \$5,705

34 Mark Bachli \$5,686

35 Debbi Kemp \$5,600

36 Norma Abler \$5,405

37 Shar Kanamouie \$5,300

38 Jeff Weyant \$5,235

39 Matthew Fein \$5,210

40 Mark Malbon \$5,200

41 Joanne (Bobbi) Giudicelli \$5,150

42 Andy Inkeles \$5,145

43 Bill Horner \$5,140

44 Paul Johnson \$5,075

45 Michael Davidson \$5,055

46 Marcia Ugalde \$5,020

47 Christopher Kall \$5,020

48 Kristin Zandbergen \$5,000

49 Roman Cendejas \$5,000

50 Tracy Gottbetter \$4,681

51 Joel Greiner \$4,615

52 Mitch Rickard \$4,545

53 Gary Maxwell \$4,520

54 Steven Misrack \$4,500

55 Ajay Madiha \$4,460

56 Mark Patterson \$4,375

57 Amy Rose \$4,360

58 Cheryl Edwards \$4,305

59 Andy Benis \$4,267

60 Dave Brock \$4,250

61 Randy Bowell \$4,235

62 Ron Bolles \$4,160

63 Karen Carnahan \$4,100

64 Sean Rooks \$4,100

65 David Mershimer \$4,095

66 Robert Stojkovic \$4,036

67 Mark Firger \$4,025

68 Richard Pesavento \$4,025

69 Terri Gaydon \$4,011

70 Jean-Rene Houle \$3,944

71 Mark Reden \$3,935

72 John Edmonds \$3,930

73 Marc Shenkman \$3,900

74 Michael Adam \$3,845

75 Brian Darisay \$3,835

76 David Waechter \$3,834

77 Mark Council \$3,830

78 Arlyn Asch \$3,790

79 Steve Stultz \$3,775

80 Sean Crowell \$3,750

81 Thomas McGoldrick \$3,730

82 Aimee Ward \$3,725

83 Joele Goldman \$3,661

84 Michael Plumlee \$3,602

85 Hal Sears \$3,551

86 Bob Ashe-Everest \$3,546

87 Greg Moegling \$3,520

88 Michael Jordan \$3,475

89 Debbie Bandel \$3,430

90 Stef Butler \$3,400

91 David Scherer \$3,325

92 Lauri Sawyer \$3,320

93 Adrene Despars \$3,288

94 Dave Elsberry \$3,287

95 Darren McCall \$3,275

96 Nancy Spencer \$3,275

97 Lisa McKinley \$3,260

98 James Cawthon \$3,253

99 Timothy Barr \$3,250

100 Marilee Bresciani \$3,250

101 Roger Voet \$3,245

102 Ethelyn Hartline \$3,212

103 Stacie Treposkoufes \$3,180

104 Linda Duffy \$3,125

105 Joseph Lerner \$3,100

106 Janna Shatswell \$3,100

107 Chris Moore \$3,085

108 Steve McArthur \$3,085

109 Randy Jackson \$3,085

110 Barbara Boscia \$3,050

111 Malcolm McKee \$3,025

112 Eric Larimore \$3,015

113 Phil Abram \$3,000

114 Peter Albini \$2,970

115 John Hamilton \$2,955

116 Joseph Collins \$2,917

117 Charles Tiano \$2,900

118 James Davis \$2,870

119 Frank Pullara \$2,870

120 Dave Brooks \$2,854

121 Chris Paskach \$2,850

122 Karla Reinhardt \$2,834

123 Lance Anderson \$2,830

124 Sam Rubin \$2,825

125 Elizabeth Giovaniello \$2,800

126 Ronald Carr \$2,800

127 Justin Fischbeck \$2,800

128 Zo Egar \$2,792

129 Monica Boyer \$2,780

130 Gary Woodruff \$2,765

131 Roman Cendejas \$2,741

132 Carri Warshak \$2,731

133 Jerry Giovaniello \$2,725

134 Frank Sibley \$2,710

135 Mel Burger \$2,710

136 Craig Kahn \$2,709

137 Meghan Bernstein \$2,700

138 Robert Fleming \$2,691

139 Devin Price \$2,686

140 Richard Schwenk \$2,685

141 Carrie Thorson \$2,680

142 Monica Campos \$2,677

143 David Blau \$2,670

144 Donna Beshgetoor \$2,665

145 Alfred Pacheco \$2,650

146 Annamaria Ferree \$2,650

147 Ray Freiwirth \$2,645

148 Bryan Hill \$2,643

149 Cliff Dittmore \$2,625

150 Roger Kays \$2,620

REGISTER FOR THIS YEAR'S TOUR AT WWW.BIKETOFINISHMS.COM OR CALL 800-486-6762

Funding the Mission



Bay to Bay Bike Tour Top Teams: 2007

These top teams collectively raised \$1,546,068 for the 2007 Tour. Learn how to get your team started at www.biketofinishMS.com. Our team coaches will help you every step of the way! Join us for the 2008 Tour. Choose 100 or 150 miles over two days (150 miles includes

a Century Challenge on day one) or try our new 30-mile route!

Thanks again to our wonderful 2007 sponsors!

Team Name	# of Members	Donations	Team Captain
Team Disney	185	\$130,496	Dorothy Stratton
24 Hour Fitness	95	\$100,059	Andy Inkeles
Team Scrubs	21	\$99,765	Sean Crowell
Team Basso	7	\$90,734	Al Basso
Blue Cross Rebels	47	\$90,733	Daniel Abrams
Team LT	42	\$75,088	Carolyn Elsberry
Saddle Soars	26	\$62,722	David Lee
Lloyd's Lagers	43	\$52,135	Georgette Sleeth
Team KPMG	56	\$51,797	Kimberly Roush
Remilenators	19	\$47,061	Richard Pesavento
OCTFCU	71	\$46,662	Sean Hardeman
Rehab United	43	\$43,068	Bryan Hill
Union Bank of California	44	\$42,331	Gary Woodruff
Team Qualcomm	40	\$41,768	Steven Misrack
Team Gordon	28	\$37,295	Emi Yukawa
Beckman Coulter	25	\$28,513	Dwight Denham
TEAM SONY	31	\$26,999	Brian Telford
OutSpokin For A Cure	23	\$26,914	Roger Waterman
MOST-Team Top of the Hill	6	\$25,144	John Most
Los Gordos	11	\$24,326	Gordon Froeb
Wells Fargo	23	\$23,596	Larry Stinson
Team Cox Communications	27	\$23,256	William Nichols
MS Team FedEx	41	\$22,269	John Hinckley
Climb On!	8	\$22,047	Arlyn Asch
Bill's Biker Backers	27	\$22,000	Kelly Smith
Mitsubishi Motors	27	\$21,003	Dave Brooks
Team Ted	10	\$20,781	Terri Gaydon
Outspokin 4 Jesus	9	\$19,793	Steve Starboard
Team Land Sharks	11	\$18,945	David Bernstein
Love for Lisa	8	\$18,211	Kenny McKinley
Chain Reactors	19	\$17,400	Bob Ashe-Everest
Derailleurs	7	\$16,980	Natalie Walker
Whining Wheels	7	\$13,726	Eric Millsbaugh
bp bike club	24	\$13,608	Gerardo Martinez
Team Crash	7	\$13,365	Kevin Gaffney
TEAM MARTINI	22	\$12,970	Frank Pullara
Team Copaxone	17	\$12,834	Melissa Friedman
Team Kanada	2	\$12,591	Richard Boisclair
Essential Learning	6	\$12,241	Susan Erskine
Cycling Adventures	24	\$11,970	Ginger Crutchfield
Pacific Palms Resort	18	\$11,082	Hee-Won lim
Las Vegas Lizards	11	\$10,745	Mary Mercer
SelectBuild	15	\$10,535	John Volkman
Masters of Spin	15	\$10,380	Deborah Pierce
Cosina Veloce	13	\$10,128	Zetulio Jimenez

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Research Spotlight

Progress Made in Repairing MS Damage

With aggressive funding from the Society and many other sponsors, researchers are pursuing ways to reverse the damage done by MS to nerve fibers and the protective myelin coating that surrounds them. Encouraging results have emerged from two recent laboratory studies.

Mayo Clinic zeroes in on an antibody

It may not have the most memorable name, but rHIgM22 recently made news when Dr. Moses Rodriguez and his Mayo Clinic team reported success in repairing myelin when they injected a single dose of this monoclonal antibody into mice with an MS-like disease.

The results were presented at the 132nd Annual Meeting of the American Neurological Association in October 2007. Although these findings will need to be confirmed by further animal and human studies, the results take us one step further to stimulate myelin repair in people with MS.

Block that LINGO

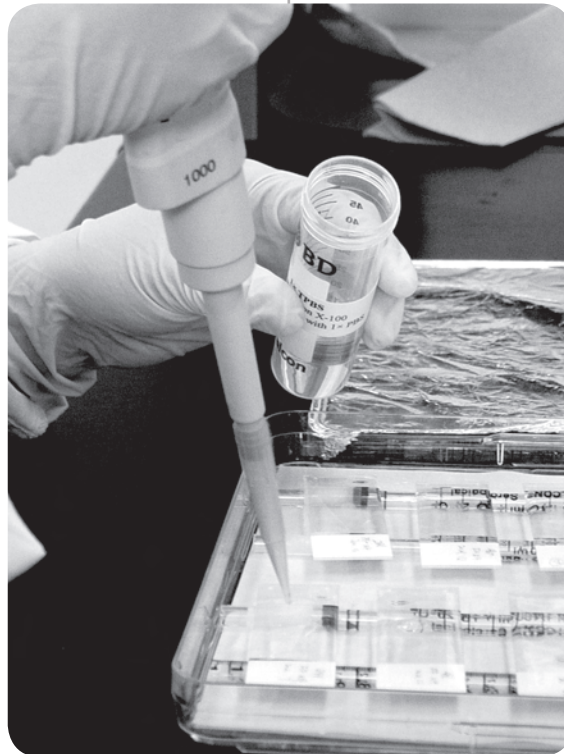
Researchers funded by Biogen Idec, Inc., which makes the MS disease-modifying drug Avonex, recently reported success in repairing myelin in mice by blocking a myelin molecule called LINGO-1. Dr. Sha Mi and colleagues wrote about their findings

in the September 30, 2007, online edition of Nature Medicine.

LINGO-1 is part of a complex of molecules within myelin called the Nogo receptor complex that has been shown to inhibit the regeneration of nerve fibers. In an earlier study, published in the March, 2004, issue of Nature Neuroscience, Dr.

Mi's team reported that remyelination occurred and the health of nerve fibers improved when LINGO-1 was disabled.

In the current study, the Biogen team first induced EAE, an MS-like disease, in mice with and without LINGO-1. Both groups developed EAE symptoms, but they were significantly milder in mice without the molecule. Studies of tissue samples showed significant myelin repair in these mice as well.



The team then administered a LINGO-1 antibody capable of blocking LINGO-1 activity to mice that already had symptoms of EAE. The treatment stabilized disease progression after two weeks. Tissue analysis showed that treatment reduced nerve fiber damage and enhanced myelin repair in the spinal cord, compared with untreated mice. According to a recent Biogen press release, the company plans to continue researching this possible new approach to MS treatment.

Promise 2010: Nervous System Repair and Protection Initiative

Recent scientific advances in many different fields are coming together to bring the dream of protecting and repairing brain tissue and restoring function within our grasp. The Society set out to fund as many centers as can meet the extensive expectations of our initiative and established aggressive goals for groups seeking our funding:

- Move tissue repair and protection studies out of the test tube and laboratory mice into human model testing.
- Monitor tissue repair and protection in humans in a non-invasive fashion to determine whether the treatment is working.
- Ensure that successfully repaired tissue is protected from the future ravages of multiple sclerosis.

Repair Grants Launched

Four teams in the U.S. and Europe are using \$15.6 million to lay the groundwork for clinical trials by 2010. This funding level allows scientists to form new alliances, to re-tool and hone their scientific and clinical skills for this very specific effort, to attract more “heads and hands” to the problem, and to utilize the best available technology and develop needed new technologies to achieve our goals.

The four teams:

- Neurologist Dr. Peter A. Calabresi (Johns Hopkins University) and collaborators are searching for better ways to detect and quantify tissue injury in MS and testing agents that may protect the nervous system from further damage.
- The international team headed by Professor Charles ffrench-Constant (University of Cambridge, UK) is focusing on restoring myelin by identifying and amplifying natural repair factors in the

brain and by attempting transplantation of replacement cells.

- Dr. Gavin Giovannoni (Queen Mary University of London) and collaborators are attempting to turn cells into vehicles that will deliver repair molecules to sites of injury in the brain, and screening molecules for their protective properties as a prelude to clinical testing.
- Professor Ian D. Duncan (University of Wisconsin Madison) is leading a multidisciplinary team to develop better imaging technologies such as PET and MRI to visualize myelin and nerve fiber damage, and to detect its repair. They are also exploring repair cell transplantation techniques.

If you would like to help support the Promise: 2010 Campaign to raise at least \$30 million for this and three other important targeted research areas, contact the Chapter. Our Chapter has pledged \$1 million dollars for this specific research in the hopes that it will accelerate the knowledge base in the area of Nervous System Repair.

For more information about funding research, to make a multi-year gift or to pledge to become a key to the cure, contact Karen Barton at 760-448-8412 or karen.barton@mspacific.org.



KEY TO THE CURE

Make a pledge of \$1,000 more and receive your commemorative key. The key can be worn on the chain provided or added to your key ring.

Money Matters

Finding Legitimate Internet Jobs

An estimated 45 million Americans worked from home in 2006, up from 41 million in 2003*. For people with disabilities, telecommuting may offer a way to keep working despite mobility or fatigue issues. The kinds of work that can be done at home include auditing, data entry, design, editing and writing, litigation coding, and medical and legal transcription and more.

**According to a 2007 meta-analysis of 46 studies of telecommuting published in the Journal of Applied Psychology (Vol. 92, No. 6).*



Is telecommuting right for you?

“Most of our calls are from people with disabilities who want to work from home,” says Kim Cordingly, PhD. Dr. Cordingly is a self-employment consultant at the Job Accommodation Network, (JAN), a service of the U.S. Department of Labor that provides information on job accommodations, self-employment and small business opportunities.

“Legitimate jobs exist, but it’s important to be a good consumer when looking for online work,” Dr. Cordingly advised. To help people avoid scams, the Federal Trade Commission’s “Work at Home Schemes” page (ftc.gov/bcp/menus/consumer/invest/workhome.shtm) lists popular schemes, such as coupon scams and fraudulent medical billing opportunities, and how to avoid them.

“If for any reason you feel unsure about a

company or what they’re offering, feel free to investigate,” Dr. Cordingly said. First, check with the Federal Trade Commission (ftc.gov) and the Better Business Bureau (bbb.org) to see if any complaints have been filed against the company. It is also okay to ask for references—contact information for other people doing similar work for the company so you can ask them about their experience.

Get ready

Teleworktools.org provides a comprehensive toolkit for potential teleworkers, including a self-assessment questionnaire, information on benefits and financial help, and an

exhaustive list of links to telecommuting resources on the Web.

Get set up

Dr. Cordingly highlights two organizations that specialize in helping potential telecommuters find work.

- The National Telecommuting Institute describes itself as “a unique educational/job-matching organization.” NTI staff work together with employers, vocational rehabilitation agencies, and people with disabilities to help potential employees train for and work online. 800-619-0111 www.nticentral.org
- CORA Works trains and mentors people with disabilities and matches them with the needs of employers. 800-571-2397 www.coraworks.com

Additional resources

Job Accommodation Network
www.jan.wvu.edu Phone: 800-526-7234;
TTY: 877-781-9403

What Will Your Legacy Be?

People who include a bequest to the National MS Society in their will send a strong message: they believe in the work the Society is doing and want to help move us to a world free of MS.

A bequest is about more than just supporting a great cause. What you put in your will is your legacy. It is one of the ways that people will remember you.

Estate gifts or bequests can be a donation of general support. Or they can be specific to your personal vision. For instance, a bequest might be restricted to research in a specific area, such as genetics or MS triggers. Or it can be earmarked for services, such as emergency loans, college scholarships, or medical equipment.

Bequests may be a specific amount or they may represent a percentage of your total estate. "Residual" bequests can be set up to help fund the National MS Society after family and friends are provided for.

Estate planning experts suggest:

- Consider possibilities.
Plan for life's uncertainties.
- Organize.
Identify all your assets and liabilities.
- Inform your potential beneficiaries.
By letting us know of your plans, we will thank you with recognition in our Pillars of Society program.
- Use caution.
Consult a qualified estate planning

attorney. Careful planning may save your loved ones from complex probate procedures and taxes.

The next step

Society staff can give you all the information and materials you and your advisor need to develop a bequest that reflects your values and fits your estate plan. Investing your assets to reflect what you consider most important can be deeply satisfying.

Ask for our brochure, "Creating a Legacy for Tomorrow." Call the Chapter at 1-800-FIGHT-MS, option 2, or 760-448-8412, and ask to speak with Karen Barton.

Use your American Express Rewards Points to help battle MS

Are you an American Express Cardholder and have an accumulation of reward points burning a hole in your wallet? Turn those points into a donation to the Chapter. Your points can be redeemed for incredible rewards from the finest names in travel, shopping, dining, and entertainment and then be donated to the chapter. These donations bring in top dollar at our MS Dinner Auction, Golf Tournament and MS Recognition Dinner and are 100% tax deductible. *For more information, contact Angela Northrup, Director, Leadership Events, at angela.northrup@mspacific.org or (760)448-8434.*

Resources

Beach Wheelchairs

Given our relative proximity to the ocean, nothing should prevent you from taking an occasional “stroll” on the beach. Call it ocean therapy. The sand’s uneven and unstable surface can be difficult to navigate, even for the most confident or surefooted walkers. That’s where beach wheelchairs come in. Pat DeMar started the California Beach Wheelchair Program in 1993. Money has been donated by individuals and corporations to purchase over 34 beach wheelchairs which were donated to the lifeguards on California beaches. From San Diego to Santa Cruz these unique wheelchairs are available for public beach use (listed from north to south):

- Salt Creek Beach 949-499-3312
- Doheny State Beach
949-496-6162 or 714-496-6172
- San Clemente Pier 949-361-8219
- San Onofre 949-492-7414
- Oceanside Pier 760-435-4018
- Harbor Beach 760-966-4536
- Del Mar 858-755-1524
- Torrey Pines State Reserve 858-755-2063
- Mission Beach 619-221-8852
- Silver Strand no phone number
- Imperial Beach 619-423-8328

Seal Beach Pier
562-430-2613

Huntington City
Beaches 714-536-2696

Huntington State
Beaches 714-536-1454

Newport Beach Pier
949-644-3047

Balboa Beach
949-644-3047

Corona Del Mar
(Big Corona)
no phone number

Laguna Main Beach
949-494-6572

Aliso Creek Beach
949-499-3312



If you would like to make a donation to fund additional beach wheelchairs, please contact Michael Laux or Pat DeMar by phone at (949) 489-9329 or by patdemar@gmail.com. These “all terrain” wheelchairs are available for purchase from Natural Access™ at 800-411-7789 or 310-392-9864.

Breda

The Chapter's new Winter Wishes program kicked-off in December, when we received 25 requests for wishes of all sizes. Here is a sample from the request for one of the 10 wishes we were able to grant.

My wife Breda has the chronic progressive form of multiple sclerosis – which we have been battling for fifteen years. We have tried every approved therapy and clinical trial available with no success. Her condition has steadily worsened over the years to the point where she now spends all of her time in bed or a wheelchair. Her medications and symptoms are too numerous to list and every day is a struggle.

In 2002, because of our financial limitations, we decided to discontinue the then-available drug therapy (which wasn't helping) and began having respite care in our home to help Breda care for herself. Initially Breda had the strength to assist with transfer from her bed to her wheelchair and only needed minor assistance in her personal care. Sadly her condition has declined to the point where she now requires in-home care five days per week while I am at work. I handle her care in the evenings and on weekends. She eats prepared meals on her own with special cutlery and can barely brush her teeth but everything else must be done for her. She is incontinent, has no use of her lower extremities and is in constant pain. Transfers from bed to her wheelchair have become very difficult and unsafe for Breda, her caregiver and me.

We tried a mechanical lift (which our insurance approved) but there was not enough room to make it work in our home. With the help of all of Breda's doctors we appealed to our insurance company in the hope of obtaining coverage for a ceiling lift – only to be denied. They agreed that Breda met the medical necessity; however they would not cover the lift.

My only goal in life at this time is to keep my wife at home and give her some quality of life. We are nearly out of money and we are in desperate need of this equipment. I wish that I did not have to ask for your help or that I could be asking for something less. The MS Society has always been there for us and we would be eternally grateful if you could help us with this request. Thank you again for your support and consideration. This would be more than a winter wish come true, for us it would be a Godsend.

Breda and her husband, Larry, were provided with a ceiling lift in February. We hope that the new equipment eases the stress of living with MS and allows Breda to remain at home as long as is practical and safe.

May

- 12 "Music & Memory" six-week program begins - *San Diego*
- 13 Education Day - *Imperial Valley*
- 18 Day at the Bay - *Mission Bay*
- 28 "Music & Memory" six-week program begins - *Costa Mesa*
- 30 Abilities Expo thru June 1 - *Anaheim*

June

- 24 Disaster Preparedness - *Teleconference*
- 28 Moving Forward program for the Newly Diagnosed - *Mission Viejo*

July

- 23 Dinner of Champions - *San Diego*

For a complete list of events, visit www.mspacific.org

(a) Sisus Bath Helper – shower transfer system. Shown at www.sisuscorp.com. Never used; original packaging. Asking \$1,500 OBO. (b) Red Jazzy power wheelchair. Elevated 18" cushion seat, lift-up arms. \$600 OBO. Call 858-945-6641

Walkers needed for three-day, 50-mile Challenge Walk MS event, September 5-7, 2008. www.myMSchallenge.com

Cyclists needed for the Land Rover Miramar Bike MS Bay to Bay Tour, October 11&12, 2008. www.biketofinishMS.com



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