

## Scholarship program sees dramatic growth in 2007



**Lindsey Firman**



**Michaela Janssen**



**Joshua Forster**

In 2007 the National Multiple Sclerosis Society, Minnesota Chapter awarded 25 scholarships—totaling \$53,000—to help college-bound students affected by multiple sclerosis in Minnesota and western Wisconsin pursue post-secondary education. Because of generous donations and the launch of a local scholarship task force, the chapter awarded 20 more scholarships in 2007 than in 2006. Meet the top three winners:

**Lindsey Firman, Grand Rapids, Minn.** Lindsey Firman, whose father was diagnosed with MS before she was born, said her father has taught her valuable

lessons about what makes people strong. “Strong people who lead admirable lives are those who face an insurmountable obstacle, and not overcome it, but learn to live a full life with the obstacle there, not the ones who have everything and seem to succeed,” she said. Firman graduated from Grand Rapids Senior High where she participated in soccer, marching band, symphony band and pep club. She plans to attend Hamline University and pursue a degree in chemistry.

**Michaela Janssen, Bloomington, Minn.** Michaela Janssen’s mother and two cousins live with MS and her aunt also had MS and died from complications of the disease. Janssen is actively involved with the Minnesota Chapter. She is a member of the chapter’s Teen Council (read more about Teen Council on Page 11) and raises funds to help end the disease by participating in the Christopher & Banks MS Walk and the MS Challenge Walk. Janssen graduated from John F. Kennedy High School in Bloomington where she participated in band, softball, basketball and National Honor

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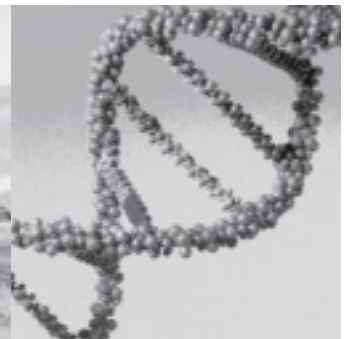
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**612-335-7900 / 1-800-FIGHT-MS**

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To obtain an audio tape of MS Connection, call Charlene Vold at the Minnesota Chapter.

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## Gaming notice

It is your right and responsibility as a National MS Society member to oversee and approve lawful charitable gambling expenditures for this organization.

All monthly membership meetings will be held Tuesdays at 5:30 p.m. at the Minnesota Chapter office in Minneapolis, 200 12th Ave. S.

Oct. 30, 2007	April 29, 2008
Nov. 27, 2007	May 20, 2008
Dec. 18, 2007	June 24, 2008
Jan. 22, 2008	July 29, 2008
Feb. 26, 2008	Aug. 26, 2008
March 25, 2008	Sept. 30, 2008

For more information, call the National MS Society, Minnesota Chapter.

## ALTERNATIVE ROUTES



**Due to the I-35W bridge collapse, alternative driving routes to the MS Society office are posted on our Web site. Visit [www.mssociety.org](http://www.mssociety.org) and click on Offices under About This Chapter.**

*Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. National MS Society medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms. If you or someone you know has MS, please contact the society today at [www.nationalmssociety.org](http://www.nationalmssociety.org) orvv 1-800-FIGHT-MS to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.*

# Letter from the president



**Maureen Reeder**  
Chapter President

*After decades of laborious research in genetics and MS, scientists have uncovered two new genetic variations associated with the disease that will help to answer the question we all want answered: What causes MS?*

In this issue of the MS Connection you'll read a lot about families and young people taking part in the movement to end multiple sclerosis. As someone who comes from a family affected by MS, I know that in the face of this disease, or any illness, families are often drawn together by an inherent urge to protect and care for one of their own.

Whether it's riding in an MS Bike Tour, pitching in with household chores to help a loved one with the disease, or learning to deal with MS together at the Family Getaway, the desire to support one another is often times as unchanging and certain as our own DNA. And families unwavering in support of their loved ones are just as passionate about getting to the bottom of this disease—wiping it out once and for all.

But the strength and support that binds a family together is no mystery compared to the intricate complexities of genetics that connect us scientifically. After decades of laborious research in genetics and MS, scientists have uncovered two new genetic variations associated with the disease that will help to answer the question we all want answered: What causes MS?

This study marks the completion of the largest replicated whole genome scan for MS to date and reveals that in addition to the two genes

now shown to positively contribute to MS, up to 100 additional and still unidentified genes may also contribute to the disease. These groundbreaking findings shed light not only on the cause, but possible targets for designing better treatments as well.

This is very good news for the MS family.

As we celebrate this landmark discovery in MS research, I want each and every person whose life is affected by MS to take a moment to feel proud. Because without each of you, the MS movement would be still. And much like a family that rallies around a loved one in need, our greater, extended MS family has rallied for answers and we'll continue to rally for a cure.

## → LEARN MORE

Learn more about these groundbreaking findings on Page 12.

## Chapter offers first-ever cruise for people with MS

This July, 81 people with multiple sclerosis and their families and friends set sail on the Royal Caribbean's Vision of the Seas ship for a seven-night cruise to Alaska. The Minnesota Chapter is the first MS Society chapter to offer a supported cruise to people with MS, providing an opportunity to travel confidently and safely in spite of MS. The cruise included support from experienced MS Society staff, an MS-certified nurse, a volunteer personal care attendant and mobility and personal care equipment.



Denice Wax, MS-certified nurse, and Jan Iverson of New Ulm, Minn., in Juneau, Ala.

## Kingsley Commons officially open

A ribbon-cutting ceremony was held Aug. 16 to mark the official grand opening of Kingsley Commons, one of the nation's first apartment buildings designed to provide independent living to people with MS. At the ceremony, attendees heard from key players in the project, toured the building and met with residents of Kingsley Commons.



A front entrance view of Kingsley Commons, which marked its official grand opening this August.

## Bike team doubles fundraising in 2007

Team NatureWorks for the Larkin Hoffman MS 150 Bike Tour doubled its fundraising efforts in 2007 by raising nearly \$100,000 in pledges, up more than \$50,000 from the 2006 tour. NatureWorks, L.L.C., a subsidiary of Cargill, works with companies around the world to introduce its plastics and synthetic fibers made from renewable resources. The team for the annual two-day bike tour started in 2001 with a small handful of riders. This year team NatureWorks brought 65 cyclists to the event.



Larkin Hoffman MS 150 team NatureWorks increased their fundraising by more than \$50,000 since last year.



## A record year for Women Against MS

This year's Women Against MS luncheon, held Aug. 9 in Minneapolis, was the biggest to date with more than 500 people in attendance. The eighth annual benefit luncheon raised a record \$115,000 and featured keynote speaker Jackie Pflug, the survivor of the 1985 hijacking of EgyptAir Flight #648. The luncheon was emceed by Fox 9 Morning News Anchor Alix Kendall and also included a silent auction to raise funds for the National MS Society, Minnesota Scholarship Program.



Attendees at this year's Women Against MS luncheon mingled before hearing keynote speaker Jackie Pflug's motivational speech.

## New virtual program for young adults with MS

The National MS Society recently launched a new program to address the unique challenges faced by people in their 20s and 30s who are living with multiple sclerosis. The program, "Real Talk. Real Answers.," is a virtual

gathering, which allows people to participate no matter where they live.

The free series provides young adults an opportunity to speak candidly about common issues related to MS.

The series, sponsored by the society and MS LifeLines®, will be broadcast live at RealTalkRealAnswers.com. Each event will have a moderator, an expert presenter and a group of young adults with MS for an interactive panel discussion including a question and answer session. To learn more, visit RealTalkRealAnswers.com.

### UPCOMING SESSIONS

- Relationships: family, friends and significant others  
Tuesday, Sept. 25, at 6 p.m. CT
- Building a career path with MS  
Saturday, Nov. 3, at noon CT

## MS Simulators to visit Twin Cities

Have you ever wondered what it feels like to have multiple sclerosis? Do you have MS, and wish you could explain what it feels like to your friends and family? Biogen Idec has worked closely with a technology company to develop two simulators that allow people to experience some of the effects of having relapsing MS such as numbness and tingling,

heat flashes, disorientation and mobility issues. The MS Simulators were developed in consultation with neurologists, people with MS and other MS advocates. The MS Simulators will visit the Mall of America in Bloomington, Minn. Friday, Sept. 21 from 10 a.m. to 8 p.m., and Saturday, Sept. 22, from 10 a.m. to 6 p.m.

## A special guest at the Star Tribune MS TRAM

The 2007 Star Tribune MS TRAM, July 22 to 27, brought approximately 1,200 cyclists to Minnesota's central lakes region for a five-day, 280-mile ride, raising more than \$1 million to help end multiple sclerosis. Cyclists and volunteers got an unexpected surprise when National MS Society President and CEO Joyce Nelson visited on day two of the ride in Park Rapids, Minn., while she was vacationing in the area.

During the Tuesday evening program, Nelson spoke to riders and volunteers about



*Joyce Nelson presented Toria Kucera with a plaque after announcing she is one of 10 Kohl's scholarship winners in the country.*

her experience early in her career with the society as a chapter bike tour director. She told a story about her first MS 150 Bike Tour in 1985. Nelson recalled a series of unfortunate mishaps from a shortage of lunches for cyclists to a poorly planned route. She explained that she was not surprised to hear negative feedback from participants after the disastrous event, but what Nelson didn't expect was the overwhelming number of people who volunteered to help make the event better the next year.

Nelson said one lesson she learned was that there are always good people waiting and willing to help. She emphasized the significance of each participant's role in the movement to end MS.

Also at the program, Nelson announced that Star Tribune MS TRAM rider Toria Kucera, 17, had been selected as one of 10 national winners in the Kohl's Kids Who Care® Scholarship Program for her fundraising efforts for the society. Kucera was chosen from 12,500 youth in the nation and received a \$5,000 scholarship for post-secondary education. Kohl's also will donate \$1,000 to the National MS Society on her behalf, and Kucera will be featured in a Kohl's back-to-school ad.



Cyclists in the 18th annual Star Tribune MS TRAM rode through Walker, Park Rapids, Wadena and Fergus Falls before finishing at the Douglas County Fairgrounds in Alexandria.

## Workplace giving: an easy way to help

**D**id you know you may be able to make a donation to the National MS Society, Minnesota Chapter every time you receive your paycheck? If your employer participates in a workplace giving campaign, you can take advantage of this simple, hassle-free way to support chapter programs, services and vital MS research.

If your workplace participates in a Community Health Charities campaign, we invite you to

select the National Multiple Sclerosis Society, Minnesota Chapter to receive your gift. Or, if you participate in a United Way campaign, simply write in a designation to the National MS Society, Minnesota Chapter. Your campaign coordinator can help with this.

For more information about how to support the National MS Society, Minnesota Chapter through workplace giving, please contact Rachel Hughes at the Minnesota Chapter at [rhughes@mssociety.org](mailto:rhughes@mssociety.org) or 612-335-7965.

## Manage speech and swallowing disorders

**H**ave you noticed your speech has been slurred, slow or quiet? Are you having difficulty swallowing food or liquid? If so, you may be experiencing a speech or swallowing disorder.

As many as 40 percent of people with multiple sclerosis experience speech or swallowing challenges at some point throughout the course of their disease. These disorders are thought to be caused by lesions in the part of the brain that controls muscles in your lips, tongue, soft palate, vocal cords and diaphragm.

These disorders are the most common:

- **Dysarthria** makes it difficult to articulate speech. It can also lead to a loss of volume control (unnatural emphasis within speech).
- **Dysphonia** affects voice quality, such as harshness, hoarseness and breathiness.
- **Dysphagia** is a swallowing disorder. Problems can range in severity and may include an occasional cough or slowing of the swallowing process.

While these disorders can be frustrating, there are treatments available. For many people, a speech/language pathologist can help to evaluate and improve speech patterns, enunciation and oral communication. A therapist may offer strategies and exercises to strengthen and improve the muscles involved in speech production. Active listening and self-monitoring skills are also essential. Listening to yourself on a tape recorder can help you to hear your speaking patterns and correct your speech. Plus, medications that relieve other MS symptoms can sometimes be helpful.

Speech therapists can also recommend strategies for swallowing problems. For example, changing the position of your head may improve swallowing and reduce coughing. Also, choosing soft, moist foods instead of dry, solid foods and taking one small bite at a time will aid in safe swallowing.

If you experience difficulty with speech or swallowing, talk to your health care provider. He or she can recommend strategies for managing these symptoms.

## MS is no match to family support

It is often said that a diagnosis of multiple sclerosis affects not only the person with the disease, but that person's loved ones as well. Dennis Bestge of Alexandria, Minn., believes this is true, which is just one of the many reasons he loves his wife, Shirley, of 38 years.

Diagnosed at age 40, Bestge said Shirley and their two adult children have been an important support network for him in dealing with the many challenges of living with the chronic illness.

"Shirley has been my support in all that MS has thrown at us," Bestge said. "And I love her for dealing with it each day."

Bestge also believes it's important for families affected by MS to be educated about the disease in order to deal with its challenges together. His children, who



**Dennis Bestge**  
Alexandria, Minn.

were teenagers when Bestge was diagnosed, are now married and communicate openly with their spouses about their father's disease and his day-to-day experiences with symptoms.

But Bestge enjoys reaching out to other

families touched by MS as well, which is why he decided to volunteer at this year's Family Getaway Oct. 12 to 14 in Alexandria.

Bestge—who helped to organize the first Christopher & Banks MS Walk in Alexandria, has been a Minnesota Chapter self-help group leader for eight years and volunteers in many other areas with the chapter—said he became interested in helping others affected by MS several years after his diagnosis.

"I had to step up to the podium to help other people newly diagnosed and learn from people who had lived with it longer than me," he said. "I felt compelled to teach and educate and look at all aspects of dealing with MS because no two of us are the same with this disease."

This year's circus-themed Family Getaway, held at the Arrowwood Resort in Alexandria, will focus on coping with MS and the circus called life. The getaway features family team-building activities, entertainment, discussion groups and other fun and educational activities.

### → FAMILY FUN

The Family Getaway will be held Oct. 12 to 14 in Alexandria, Minn. Visit [www.mssociety.org](http://www.mssociety.org) for details.



# Does citizen engagement really matter?

## A closer look at the civic – political divide

According to a survey through The Center for Information & Research on Civic Learning & Engagement, half of all Americans can be characterized as “engaged,” or active in identifying and addressing issues of public concern.

One in five Americans, whether they vote in government elections or work for a candidate or political party, are considered politically active. Another 16 percent dedicate their efforts to the civic realm by working on problems in their community, raising money for charities or volunteering.

People who are active in both the civic and electoral arenas—16 percent overall—are part of a unique and extraordinary group. These individuals not only give to their communities but also effectively exercise their rights as citizens through means of political expression. Ultimately, those who speak louder and through a broader range of channels about issues that are important to them are more likely to be heard than those who remain silent.

So is civic engagement necessary in public policy and what does this mean to you?

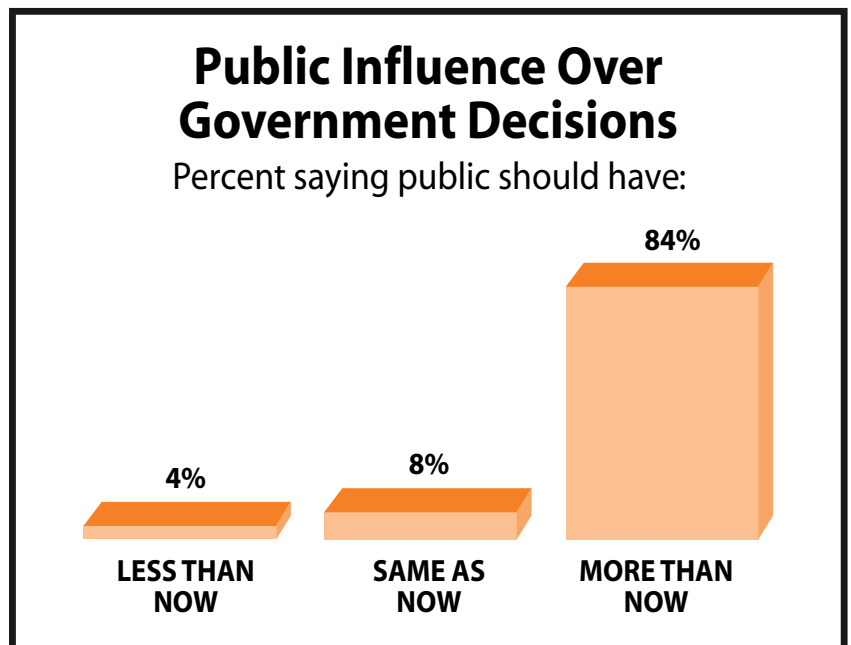
Citizens who are actively engaged in both the civic and political arenas help to ensure that government policies and initiatives are responsive to the needs of society. This can be done simply by participating in an event or meeting that addresses an important idea or belief,

then following up with lawmakers and opinion leaders.

By taking ownership of the public policy issues that affect local, state, national and global communities, society as a whole can increase its credibility and improve government policies that deliver the basic needs and services to its citizens.

Civic engagement forums will be held across the state throughout September, October and November. These forums will take an even closer look at the importance of civic engagement and new opportunities through the MS Society to address issues that matter to you.

Please check the MS Society event calendar on our Web site to locate a forum near you or contact Jessica Herrgott at [jherrgott@mssociety](mailto:jherrgott@mssociety).



Steven Kull, Clay Ramsay and Monica Wolford. A Study of American Public Attitudes on the Role of the Public in Government Decisions. 1999.

## Donations come in many packages

**M**any corporations help support the Minnesota Chapter through donations, but support doesn't always come in the form of cash. Corporations also give valuable products and services that help the society host programs and fundraising events at a lower cost. Premium Waters and Luther Westside Volkswagen are examples of corporations that donate both cash and products to the MS Society.

**Premium Waters, Inc.**  
bottled water solutions

**CHIPPEWA**  
Spring Water

**KANDIYOHI**  
Purified Water

### Hydrating walkers and riders since 2003

For four years, Premium Waters has been quenching the thirst of MS Society event participants by donating all bottled water to events. This year the company also supplied water to both MS Camps. So how much water

does Premium Waters donate? This summer alone, Premium Waters provided 9,900 gallons and 13,188 half-liter bottles of water.



### Kicking chapter events into high gear

Steve Hendricks, general manager of Luther Westside Volkswagen in St. Louis Park, Minn., has participated in the Larkin Hoffman MS 150 Bike Tour since 1987. In 2004, Luther Westside Volkswagen became the official sponsor of the event. The dealership not only donates 15 vehicles each year for the bike tour but also helps pay for fuel. In addition, Luther Westside Volkswagen has loaned vehicles to support nearly every other MS Society event.

If your company would like to contribute cash or budget-relieving products or services to the chapter, please contact Teri Cannon at 612-335-7925 or [tcannon@mssociety.org](mailto:tcannon@mssociety.org).

## Endless ways to give

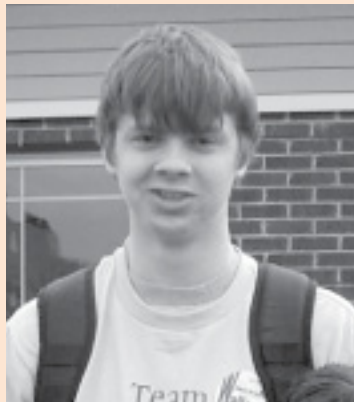
Here are some other corporations that donate products and services to the MS Society:

- Rollx Vans provides accessible transportation to the Christopher & Banks MS Walk.
- General Mills serves the Breakfast of Champions and rest stop snacks to cyclists on the Larkin Hoffman MS 150.
- Miller Dwan Regional Rehab Center sends nearly 20 nurses and doctors equipped with first aid supplies to the Larkin Hoffman MS 150.
- J & J Distributing, an MS Society partner since 1999, donates hundreds of cases of fruit to stock rest stops at walks and bike tours.
- Transport America donates more than 20 semi-trucks, drivers and fuel to haul supplies on events.
- Transtech Mobility, Inc. loans scooters for people with MS to use at some of the chapter's largest programs.
- Electric Eye duplicates audio and video recordings of programs and other educational materials for the chapter's Lending Library.

## Duluth teen volunteers for mom and others touched by MS

**N**early four years ago, 18-year-old Ben Seefeldt's mother, Diane, was diagnosed with multiple sclerosis. Since then Ben, his mother and brother, Nick, 13, of Duluth, Minn., have volunteered at rest stops for MS Society events. Ben also is part of the Minnesota Chapter's Teen Council, a group of teenagers, ages 14 to 19, from all over the chapter area that works with MS Society staff to help develop programs for teens who have a connection to MS. Most members of the council have a parent or close relative who is living with MS so the council also serves as a network of friendship and support.

Teen Council has helped plan a number of different events, including a teen lock-in and MS Awareness Week activities to help educate their peers about MS. The Teen Council also organizes youth teams, called Team of the Future, to participate and fundraise in various MS Society events. In fact, Team of the Future



*Ben Seefeldt, an active chapter volunteer, says he enjoys the feeling he gets from helping others who are also affected by MS.*

had a noticeable presence—clad in bright-green T-shirts—at this year's Christopher & Banks MS Walk presented by Anchor Bank in the Twin Cities, Rochester, St. Cloud and Duluth. Ben and Nick walked with the youth team in the Duluth walk. Together, these four teams raised \$4,700 to help support MS research and programs and services for people living with MS in Minnesota and western Wisconsin.

Ben also volunteers as a Teen Crew member at the MS Challenge Walk. The Teen Crew is a group of teens who help to unload luggage, produce a pep rally and perform spirited cheers for walkers. Ben says he is constantly motivated by his mother and enjoys the great feeling

he gets from helping people out and being a part of a much bigger picture—the search for a cure for MS. Ben encourages other youth to volunteer saying “Volunteer more and take pride in knowing how many people you are helping!”

## Are you a teen who wants to get involved?

To learn more about Teen Council and other MS Society activities for teens, visit [www.mssociety.org](http://www.mssociety.org) and click on the Teen Program Page under Client Programs.

## Breakthrough findings could help to better understand and treat MS

### MS risk genes identified

Two new genetic variations associated with multiple sclerosis have been identified and provide new insights into the cause of MS, which will help researchers learn how to prevent the disease. The findings also present possible new targets for designing better therapies to stop the immune attack in MS.

The International Multiple Sclerosis Genetics Consortium (IMSGC), a group of international MS genetic experts created with funding from the National MS Society, report their results in *The New England Journal of Medicine*. Together, the MS Society and Harvard raised a total of \$3.63 million to fund the largest replicated whole genome scan (scan of all the genes in the body) for MS to date. Minnesota Chapter donors made significant contributions to this study.

The findings point to potential mechanisms underlying the disease and present possible new targets for designing better therapies to stop the immune attack in MS.

“By pinpointing genes that elevate the risk of developing MS and other autoimmune diseases,” stated Dr. John R. Richert, executive vice president of research and clinical programs at the National MS Society, “these studies lead us in new directions for both treating and eventually preventing these diseases.” All of the data from the gene scan is being made publicly available to aid future research.

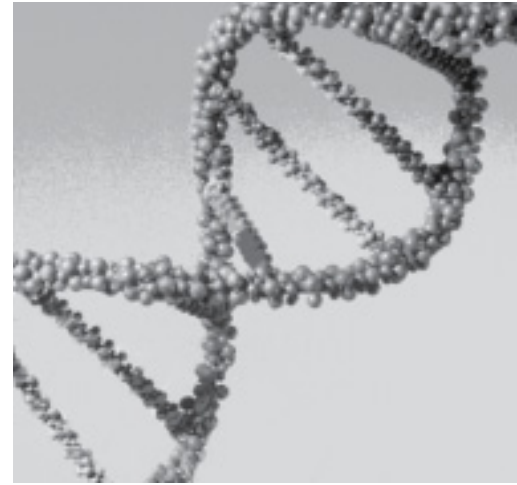
### INFORMATION



Learn more about this study at  
[www.nationalmssociety.org/  
 GeneticFactors](http://www.nationalmssociety.org/GeneticFactors)

### Gene may protect against MS

The International MS Genetics Consortium (IMSGC) has identified a gene that may help protect people from developing multiple sclerosis. HLA genes (genes that control how the immune system identifies



foreign substances as well as the body's own tissues) have been associated with MS, most strongly, the HLA-DRB1\*1501 gene. The IMSGC screened the genetic material in the HLA region in 930 “trio families,” which comprise people with MS and their parents. The results show a significant association between the HLA-C\*05 gene and protection from MS. The IMSGC confirmed this association in a group of 721 patients with sporadic MS and 3,660 controls without MS. If confirmed, these findings may shed new light on the immune attack on the brain and spinal cord in MS.

### MS in childhood takes longer to develop progressive disability

A new study suggests that the disease course in those who develop multiple sclerosis in childhood takes longer to progress, but that disability occurs approximately 10 years younger than it does in individuals whose MS begins after the age of 16.



The study identified several features associated with the cohort of childhood-onset MS in comparison with adult-onset. Those whose MS started before age 16 were more likely to be female; have isolated optic neuritis (inflammation of the optic nerve that is often an initial symptom of MS); and have a relapsing-remitting course at onset (98 percent versus 84 percent). Individuals who developed MS before age 16 also took approximately 10 years longer to “convert” to secondary-progressive MS but developed secondary-progressive MS approximately 10 years younger than adult-onset patients.

These results call attention to important potential differences between MS onset during childhood versus during adulthood, supporting the urgent need to bolster pediatric MS research, an important goal of the National MS Society’s Pediatric MS Centers of Excellence and the primary goal of the International Pediatric MS Study Group.

### **Possible target of MS immune attack, new therapeutic approach**

A new study by National MS Society-supported researchers suggests a small protein called alpha B-crystallin (CRYAB) normally produced by cells to protect against injury may itself be the target of the multiple sclerosis immune attack. Administering the protein to mice with a similar disease countered the effect, opening the door to a potential new therapeutic approach for MS. Researchers conducted a series of experiments to investigate the mechanisms

underlying this possible role of CRYAB in MS. In mice bred to be missing the gene that makes CRYAB, the MS-like disease EAE was more severe than in mice with normal CRYAB. The myelin-making cells of the normal mice were more protected from cell death, and the immune attack and inflammation were suppressed by the presence of CRYAB.

Taken together, these findings suggest that a substance produced by the body to protect against harm may itself become the target of the MS attack, blocking its ability to protect brain tissues from damage.

### **Fampridine-SR study enrolling participants**

Investigators at approximately 35 centers in the United States and Canada are enrolling participants in a 14-week clinical trial testing the safety and effectiveness of Fampridine-SR (an oral, sustained-release formula of 4-aminopyridine being developed by Acorda Therapeutics) compared with inactive placebo to improve walking ability in 200 people with all types of multiple sclerosis. Fampridine-SR blocks tiny pores, or potassium channels, on the surface of nerve fibers, and thus may improve the conduction of nerve signals in nerve fibers whose myelin coating has been damaged by MS. The primary outcome measure for the study is an improvement in walking ability and secondary outcomes include measurements of leg strength and muscle spasticity. The Schapiro Center for MS at the Minneapolis Clinic of Neurology in Golden Valley, Minn., is one of 35 centers in this trial.

## Step up to the plate

### Help make new Twins stadium accessible for all

The Minnesota Twins recently celebrated the groundbreaking of a ballpark that will be the new home for the Major League Baseball team at the start of the 2010 season. Although the overall design for the stadium has been confirmed, the franchise is asking the MS Society, along with other members of the Twins Accessibility Advisory Committee, for input about what features should be included to make the ballpark accessible for people with disabilities.

The Minnesota Chapter has offered numerous recommendations but now wants to hear your ideas. What do you think the Twins should consider when making the new ballpark fully accessible?

There are many accessibility issues to consider when designing a stadium. Just think about the challenges a person with a disability may face when getting into the ballpark:

- How many parking spots should be set aside for people with disabilities? How close should

these parking spots be to the ballpark entrances?

- Are there benches along the walking route from parking sites to main entrances for people who are easily fatigued to use as a rest stop?
- Are the elevators that take people from the commuter rail platform to the ballpark entrance wide enough to accommodate more than one motorized scooter or wheelchair at a time?
- Should there be two elevators for commuter rail passengers in case one breaks down?
- Do all ballpark entrances meet the needs a person with disability may have?

There are numerous other accessibility features that can make Twins home games more enjoyable and convenient for people with disabilities, and we want to hear your ideas. Please contact the chapter at [advocacystories@mssociety.org](mailto:advocacystories@mssociety.org) or 612-335-7900 or 1-800-582-5296.

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Society. She plans to major in pre-medicine and Spanish at a four-year university and attend medical school. Janssen aspires to provide medical care in Spanish-speaking countries for people who cannot afford health care.

#### **Joshua Forster, New Ulm, Minn.**

Joshua Forster was diagnosed with MS during his senior year of high school. Since he was diagnosed with the disease, Forster has experienced many exacerbations including

one that temporarily paralyzed the left side of his body. Forster maintains a positive outlook for his future and calls his diagnosis “a bump in the road.” He plans to attend the Universal Technical Institute in Glendale Heights, Ill., and pursue a career in the automotive and diesel technology industry.

Learn more about eligibility requirements for 2008 National MS Society scholarships at [www.nationalmssociety.org](http://www.nationalmssociety.org).

**Sept. 7-9** MS Challenge Walk, Twin Cities

**Sept. 10** Midwest Teleconference — Working with MS

**Sept. 12 – Oct. 13** Newly Diagnosed Counseling Group, New Brighton

**Sept. 13** MS and Relationships, Blaine

**Sept. 18** The Clues of Epidemiology, St. Cloud

**Sept. 20** Life Coaching Groups, St. Paul

**Oct. 6** Fall Education Conference, Duluth

**Oct. 12 -14** Family Getaway, Alexandria

**Nov. 16-18** MS Annual Convention, Minneapolis

**FOR INFORMATION OR TO REGISTER**

**Programs**  
 Contact Charlene: 612-335-7970

**Telephone consultations**  
 Contact Sarah or Heather:  
 612-335-7900

**Events**  
 Contact Erin: 612-335-7950

**Telephone consultations**  
 \* Telephone consultations are free and by appointment only

Family attorney consultations  
 Rod Jensen, attorney at law  
**Sept. 18 and Oct. 16**

Employment consultations  
 Jennifer Johnson, tips on interviewing, resumes and more  
**Sept. 20, Oct. 4, Oct. 18 and Nov. 8**

Employment discrimination/ private disability consultations  
 Denise Tataryn, attorney at law  
**Aug. 13 and Sept. 10**

## Moving to a cure in comfort and style

The National MS Society recently announced a new partnership with Crocs, a company best known for its colorful, comfortable footwear ([www.crocs.com](http://www.crocs.com)). Crocs will be creating a special MS Croc in the society's orange branded color as part of its "Crocs Cares" charity shoe program. The MS Crocs will be sold on the Crocs Web site and at participating Hallmark stores throughout the country (there are more than 500 stores nationwide). Crocs also will be creating a special MS logo Jibbitz (the small decorative "charm" that fits into a hole on the front of the shoe) that will be given away free with the purchase of MS Crocs. In addition, \$2 from every purchase of a pair of MS Crocs will be donated to the society.



Crocs were originally intended to be used as a boating or outdoor shoe because of its slip-resistant, non-marking sole. But by 2003 Crocs had become a bona-fide phenomenon, universally accepted as an all purpose shoe for comfort and fashion (Photo and caption courtesy of [www.crocs.com](http://www.crocs.com)).



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Multiple Sclerosis  
Society**

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