



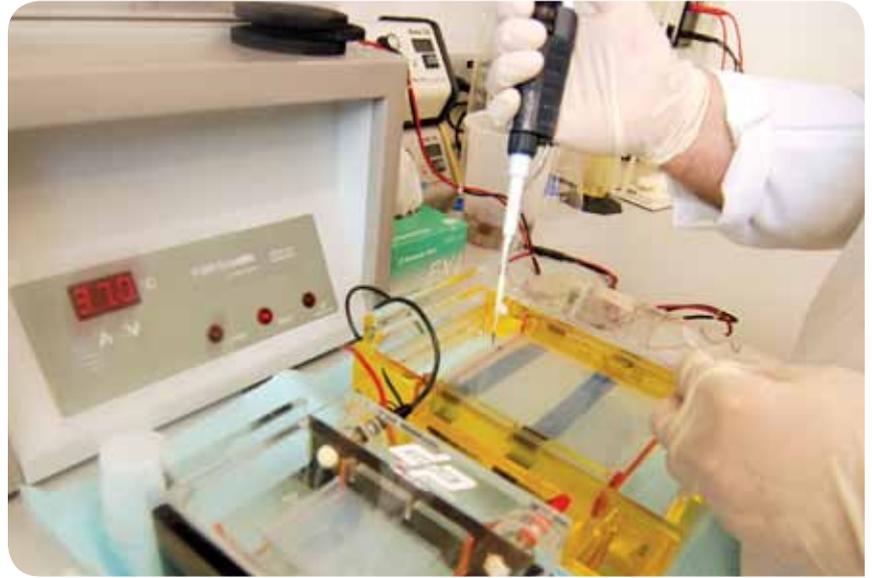
**National
Multiple Sclerosis
Society**
Pacific South Coast
Chapter



THE PACIFIC SOUTH COAST CHAPTER WORKS TIRELESSLY TO IMPROVE THE QUALITY OF LIFE FOR THE 45,500 PEOPLE AFFECTED BY MULTIPLE SCLEROSIS IN ORANGE, SAN DIEGO AND IMPERIAL COUNTIES.

WHAT IS MULTIPLE SCLEROSIS?

Multiple sclerosis (MS) is an unpredictable neurological disease that interrupts the flow of information within the brain and between the brain and body. The progress, severity and specific symptoms in any one person cannot yet be predicted, and may range from numbness and tingling to blindness and paralysis. Most people with MS are diagnosed between the ages of 20 and 50, with two to three times more women than men are diagnosed. MS affects more than 400,000 people in the U.S., and 2.1 million worldwide.



ABOUT THE PACIFIC SOUTH COAST CHAPTER



The mission of the National MS Society is to mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS. Locally, the Pacific South Coast Chapter provides programs and services designed to help the 45,500 people and families affected by MS in San Diego, Orange and Imperial counties move their lives forward. All programs and services are offered at minimal or no cost to members. Most programs are offered on an ongoing basis throughout the chapter territory.

Visit MSpacific.org or call 1-800-344-4867 for details.

EMOTIONAL SUPPORT



People with MS continually face new challenges. It is important to have access to all of the latest information as well as to feel supported and to know that you are not alone.

The chapter has several different formats of groups that help provide valuable information and support in a friendly, comfortable environment.

Newly diagnosed programs include Moving Forward and Knowledge is Power. Specialist-led Moving Forward seminars are held throughout the year. Knowledge is Power is an educational series offered via email or mail.

Professionally-led support groups offer time-limited focused sessions to discuss adapting to life with MS.

Counseling sessions help individuals and families cope with the challenges of MS.

Self-help groups range from general discussion to special interest groups. Meetings are held throughout the community and are facilitated by people with MS, for people with MS.

Angel visitation volunteers provide companionship to individuals with MS who need a friendly visit.

Care management provides one-on-one professional assistance to help individuals with MS achieve independence and autonomy.



FINANCIAL ASSISTANCE & SUPPORT

Assistance and support is provided to qualified individuals on a first-come, first-served basis. Eligibility requirements including an application and needs assessment may apply.

Durable medical equipment loans are available for up to one year, based on availability. Loaned items such as canes, walkers, scooters, wheelchairs, hoist lifts and others may enhance the mobility, activity and independence of individuals living with MS.

Financial assistance is available to provide meaningful support to as many people living with MS as possible. The program assists people in maintaining their personal independence, safety, well-being and quality of life. Items considered include automobile or home modifications, long-term durable medical equipment, chore services, physical wellness support, and critical short-term needs such as rent or utilities.

Transportation assistance is provided for accessible shuttles for medical appointments or public para-transit vouchers. For a small fee, accessible vans can be rented for medical appointments, family outings or social events.

Educational scholarships help individuals with MS and their children further their education. Annual recipients of the Bob Webster scholarships receive awards for attending an accredited, post-secondary school for the first time.

Financial education volunteers can assist you with personalized consultations for budgeting, debt and credit management, long-term financial planning and other related issues.



WELLNESS

For a person living with MS, wellness involves more than treatment of the disease. Equally important are health promotion and exercise strategies.

Aqua classes encourage mobility and flexibility in the enhanced freedom and comfort of water. Classes are held in temperature-controlled swimming pools across the chapter territory.

Wellness education programs provide information on exercise, nutrition, stress management, alternative therapies and more.

Yoga classes offered to people with MS emphasize relaxation, breathing, stretching and movement. Yoga is a good choice of exercise for varying ability levels.

Specialized exercise classes may help improve strength, balance and flexibility, as well as relieve symptoms such as spasticity or stiffness.



FAMILY & SOCIAL SUPPORT

The National MS Society recognizes the impact of MS on the family and is dedicated to providing programs, services and social opportunities for all family members. Fun and educational activities help people affected by MS maintain happy and healthy relationships.

Social events such as our Day at the Bay, Sycuan Holiday Party, Annual Walk MS Events, and more engage and connect families with similar experiences.

Family Matters offers a focused approach to enhancing the health and well-being of families affected by MS. Customized in-person meetings, conducted by a professional Society staff member, are available to meet the individual needs of your family.

Family caregiver Programs include social events, educational seminars and specialized support groups that address the needs of those caring for a loved one with MS. The chapter partners with local caregiver resource centers to offer the Family Respite Care program. Caregivers receive in-home assistance and a family consultant to help arrange respite hours.



EDUCATION & OUTREACH

Educational opportunities are available in-person, by phone and online throughout the year. Collaborative symposiums and events are held with community health care providers.

Information Resource Center staff are available Monday-Friday by calling 1-800-344-4867. Trained professionals are ready to answer questions, give referrals and provide up-to-date and accurate information as well as provide materials by mail or email.

Employment resources and consultations are offered as related to job retention, reasonable accommodations, Social Security, Disability benefits, health insurance, Americans with Disabilities Act (ADA), Family Medical Leave Act and disclosure in the workplace.

Community education and outreach helps engage the general public as well as under-represented groups, while teaching about MS and the programs and services offered by the National MS Society. Volunteer Ambassadors attend community events spreading the word about the mission of the National MS Society.



FOR PROFESSIONALS

Health care professionals in the area of neurology, mental health and rehabilitation can receive support from the Society in a variety of ways.

- **The Professional Resource Center** can be reached by email at MD_info@nmss.org for physicians and healthprof_info@nmss.org for other clinicians
- **Professional Connection** is a quarterly newsletter produced by the chapter Clinical Advisory Committee distributed to health care professionals throughout the territory.
- **The Professional Toolkit**, located online at <http://professionaltoolkit.mspacific.org> is designed for professionals to access the tools they need most, right at their fingertips.



Until a cure is found, we must pursue legislative progress and improved government programs to help people living with MS and their families overcome many challenges. We work for increased MS research, disability rights, access to quality health care, long-term care resources, and accessible, affordable insurance.

MS California Action Network (MS-CAN) is comprised of individuals living with MS and their friends and relatives who contact local, state and federal legislators through an e-mail campaign or personal visits. The national commitment of this grassroots-lobbying network makes the National MS Society one of America's most respected voices on healthcare issues.

Government Relations priorities are determined by the chapter's nonpartisan Government Relations Committee (GRC), which is comprised of volunteers including people with MS, their loved ones, legal professionals and other experts. The GRC works to improve local access for housing and transportation. They monitor and advocate for favorable legislation through face-to-face meetings with municipal and state lawmakers.



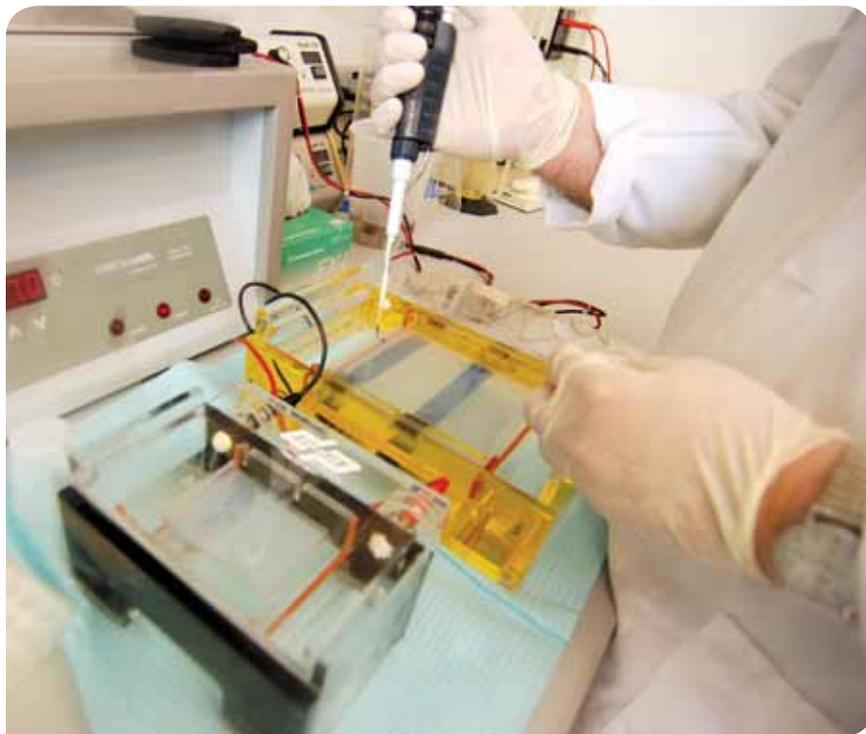
RESEARCH

The complexity of MS necessitates a holistic approach when it comes to research – a comprehensive strategy that can propel knowledge, better treatments, health care policies, and new disease management therapies forward, faster.

The National MS Society supports and funds research activities spanning ALL research stages, including early discovery research, translational research that brings promising ideas forward into actual therapeutic solutions for testing, and clinical trials. Our unique approach drives the pursuit of all promising avenues that can impact those living with multiple sclerosis.

Today, we are putting our collective foot down and declaring this instant the time to take action. NOW, we stand together to raise \$250 million to fuel MS research. Research that will STOP MS in its tracks. Research that will RESTORE what's been lost. Research that will END MS forever.

NOW, we need everyone to be a champion in the MS Research Revolution. We have committed to raise \$250 million by the end of 2015 for MS research, and it will



take each and every one of us to make sure we reach our goal. NOW. No Opportunity Wasted.

Research NOW updates help keep constituents informed. The quarterly Research Bulletin details current MS research from international sources including the National MS Society, National Institute of Health and pharmaceutical clinical trials.

The Research List provides updated research information monthly via e-mail. Clinical Updates containing basic information about MS, current research results and clinical practices are provided to healthcare providers several times a year.



STOPPING THE DISEASE



RESTORING WHAT'S BEEN LOST



ENDING MS FOREVER

JOIN THE MOVEMENT®

Volunteer your time and talents to help the chapter: from everyday office activities to special events, and from professional services to direct services for people living with MS.

Participate in the chapter's special event fundraisers to face physical challenge, increase community awareness of MS and raise funds.

Sponsor a program, service or event through tax-deductible underwriting.

Donate, whether personally (planned giving, bequests) or through your employer (workplace giving, company sponsorship of events), and enjoy the benefits of tax-deduction giving and the delight of contributing to a world free of MS. The chapter is supported through private donations, special events and grants from foundations.

Share your story about the impact of MS. Be an ambassador of the Society's mission with your friends, family and co-workers.



SPECIAL EVENTS FUNDING THE MISSION

Walk MS: A fun, family event with a festival atmosphere.

MSwalk.com

MS Golf Invitational: Hosting corporations, friends and families.

golfMS.org

Challenge Walk MS: Walk with purpose in this three-day, fifty-mile life-changing event (hotel accommodations included).

myMSchallenge.com

Bike MS Bay to Bay Tour: A one- or two-day ride ranging from 15 to 150 miles. Perfect for cyclists of all abilities.

biketofinishMS.com

MS Dinner Auction: Hundreds of items up for auction, perfect for early holiday shopping, plus a gourmet meal and live entertainment!

MSdinnerauction.com

DIY Fundraising: Create your own event to raise awareness and critical funds for the MS Movement in your own creative way!

communityevents.MSpacific.org



MEMBER REGISTRATION FORM

To receive more information about chapter programs and services, complete this form with all relevant information, place in envelope and mail to:

National MS Society
12121 Scripps Summit Drive
Suite 190
San Diego, CA 92131

Or, you can call 1-800-FIGHT-MS
(1-800-344-4867). All information
will be kept strictly confidential.



PLEASE CHOOSE ONE OF THE FOLLOWING:

I HAVE MS I HAVE A FRIEND WITH MS I HAVE A FAMILY MEMBER WITH MS OTHER RELATIONSHIP _____

Mr/Mrs/Miss

FIRST NAME

MIDDLE INITIAL

LAST NAME

STREET ADDRESS

CITY

STATE

ZIP CODE

()
HOME PHONE

()
WORK PHONE

()
CELL PHONE

EMAIL ADDRESS

BIRTH DATE (MM/DD/YY)

NEUROLOGIST

DATE OF DIAGNOSIS (MM/DD/YY)