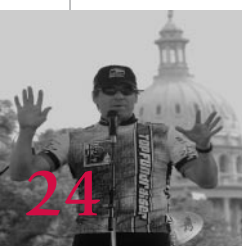


msconnection

Lone Star Chapter

The National MS Society...One thing people with MS can count on.

You Can . . . Beat the Heat!



The hot Texas summer has arrived. People are enjoying backyard barbeques, little league baseball games, swimming and other outdoor activities. For someone with MS, though, these sun soaked pastimes can be less than fun because of heat sensitivity.

Most people with MS—80% to 85% in many studies—experience a temporary worsening of their symptoms when the weather is very hot or humid. Two of the most common heat-related symptoms are weakness (with its effect on mobility) and blurred vision.

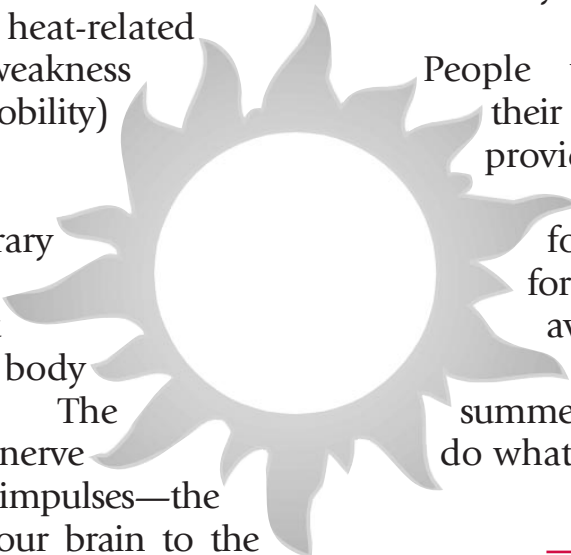
These temporary changes can result from even a slight rise in core body temperature. The transmission by nerve fibers of electrical impulses—the messages sent by your brain to the rest of your body—is exquisitely heat-sensitive. Demyelination from MS

increases this sensitivity even more. It is important to remember that heat does not cause more actual tissue damage (demyelination or damage to the nerves themselves). Heat aggravates already existing symptoms. Therefore, this worsening is not the same as having a real attack or exacerbation. In fact, the symptoms are generally rapidly reversed when the body temperature is lowered. Fortunately, lowering body temperature is almost as easy as raising it.

People with MS, their health-care providers and researchers alike have found many methods for staying cool enough to avoid worsening symptoms in the summer. The best advice is to do what works for you.

Get Involved

Volunteer with the Lone Star Chapter. Call 1-800-FIGHT-MS to learn how!



Continued on page 9

Houston (Headquarters):

713-526-8967 or 800-323-4873

Corpus Christi: 361-225-2342

Dallas: 214-33-1400

San Antonio: 210-494-5531 or 800-683-1627

Publication of the National Multiple Sclerosis Society

Lone Star Chapter

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Houston, TX 77054

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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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Lone Star Chapter

Chapter Calendar

Stay up to date with the Lone Star Chapter by marking the following events on your calendar. You can stay informed by subscribing to receive the *MS E-Connection* e-mail newsletter and by visiting our website, www.nationalmssociety.org/txh.

NMSS Night at the Astros

Houston

August 20

NMSS Night at the Round Rock Express

Austin

August 30

MS Walk

San Antonio

September 11

Bike to the Beach MS 150 Bike Tour

San Antonio

October 2-3

Family Discovery Camp

Burton

October 8-10

Kelsey-Seybold Clinic MS Walk & Fun Run

The Woodlands

October 23

Kelsey-Seybold Clinic MS Walk

Houston

October 24

Kelsey-Seybold Clinic MS Walk

Austin

October 31

Annual Meeting

Austin

November 20

Exercise is Good For Everyone – Including You!

In addition to being essential to general health and well-being, exercise is helpful in managing many MS symptoms. A study published by researchers at the University of Utah in 1996 clearly demonstrated the benefits of exercise for people with MS. Those patients who participated in an aerobic exercise program had better cardiovascular fitness, improved strength, better bladder and bowel function, less fatigue and depression, a more positive attitude, and increased their participation in social activities.

An exercise program should be appropriate to the capabilities and limitations of the individual. A physical therapist experienced with the symptoms of MS can be helpful in designing a well-balanced exercise program.

With some guidelines, a good exercise program can help to develop your maximum potential, thereby avoiding secondary complications and gaining the benefits of good health and well-being.

Yoga: Strengthening Your Body, Mind & Soul

Yoga is recommended for people with MS for its many benefits. The ancient practice has been found to:

- Strengthen and tone muscles,

- Increase flexibility, range of motion and energy levels and
- Decrease blood pressure, pain and stress levels.

Yoga can be modified so that everyone, regardless of ability, can participate and benefit. The Lone Star Chapter now offers adaptive yoga programs at no cost for people with MS. Please call 1-800-FIGHT-MS for more information.

Lone Star Chapter Yoga classes:

Austin:

Every Thursday, ongoing, 9:30-10:30am

Corpus Christi:

2nd & 4th Thursdays, ongoing, 2:00-3:00pm

Houston:

Every Thursday, July 29 - December 16, 6:30-7:30pm

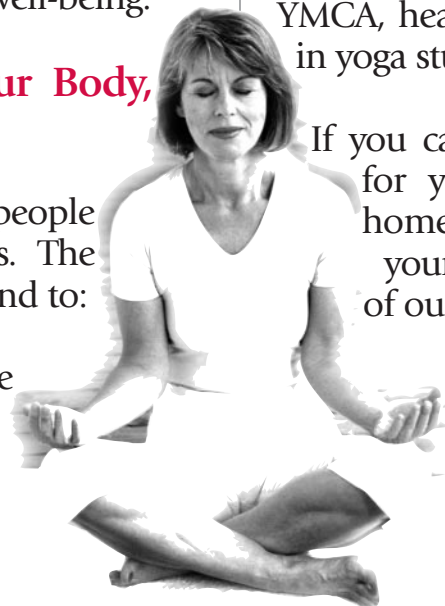
San Antonio:

Alternating Mondays, beginning July 26, 6:30-7:30pm

Yoga is also likely to be offered at your local YMCA, health clubs, gyms and, of course, in yoga studios.

If you cannot find a class that is right for you, try using video tapes at home. You can check one out from your local library or take advantage of our lending library by calling

1-800-FIGHT-MS.



Camp Can Do 2004

Before the summer heat arrived a group of campers spent the weekend together enjoying canoeing, fishing, horseback



riding, swimming, dancing and more. The campers had one thing in common: they are people living with MS.

At Camp Can Do everyone can participate in all activities regardless of ability, thanks to the fully-accessible campgrounds at Camp For All, a non-profit campsite. In addition to traditional camp activities, the more than 135 campers, volunteers and staff relived their youth by dancing the night away at "prom."



The rock wall is a favorite of many campers, and some even returned to make the climb a second time. For one camper the bruises and skinned knees noticed by friends the following week were seen as a souvenir from the unforgettable weekend.



It had been over 25 years since one camper, who is legally blind, had experienced one of her favorite hobbies: horseback riding. The Camp For All staff assisted her in climbing aboard a tall mare and strolling around the covered pen. Her tears of joy spoke volumes.

Additionally, campers appreciated the Texas landscape during a nature walk and snuggled rabbits and other furry friends at the petting zoo. The accessible pool allowed everyone to swim and those



wishing to stay dry canoed the lake.

Campers were treated to a blast from their pasts at prom, complete with special guest appearances by The Beatles, The Village People, Tina Turner and Sonny and Cher. The dance was especially festive because campers dressed in prom dresses and tuxedos and donned tiaras and top hats. It was a party to remember!

The Lone Star Chapter's 16th annual camp was made possible through a generous \$10,000 donation by Boeing and the tireless efforts of many volunteers, including a large group from Valero Energy Corporation.

Thank You!



Kids Get MS Too

Most people with multiple sclerosis are diagnosed between the ages of 20 and 50. Although it is uncommon, children and teens get MS too. As many as five percent of the estimated 400,000 Americans with MS show symptoms in childhood or adolescence, even though most are not diagnosed until they are much older.

The number of children and adolescents diagnosed with MS is steadily growing. This increase is largely due to new technology. It is now estimated that the number of children under the age of 18 who have multiple sclerosis is between 15,000 to 20,000.

Lone Star Chapter member Jason Novak was diagnosed with MS at the age of 13. Although it was difficult to cope with the news at first, Jason, now in his late twenties, is doing well. He attributes much of his success to his parents and brothers. "My family has always been behind me, through good and bad," Jason recounts, "Without them, growing up with MS would have been even more of a challenge."

An avid animal-lover with an entrepreneurial spirit, Jason owns his own pet care business and volunteers with the Lone Star Chapter and Meals on Wheels. Jason emphasizes to others with MS that taking care of oneself through proper diet, exercise and a positive attitude, even when it is difficult, is vital to living well with MS. "I want to do everything I can to stay as healthy as possible, so I take care of myself,

I take the disease-modifying drugs and I stay positive," Jason said.

Because stories like Jason's are not uncommon, the National MS Society has established a broad range of initiatives to help families with a child or teen with MS through education and emotional support.

The Network for Young Persons with MS is a collaborative effort between the National MS Society and the MS Society of Canada. The Network is designed for two groups: children, teens and young adults under 21 with MS; and parents of a child, teen or young adult with MS.

The Network for Young Persons with MS programs include:

- **Teleconferences:** Every other month, parents of youth with MS can dial into teleconferences that feature specialists in the field of pediatric MS. Topics typically relate to research, treatment, cognitive issues, and children's rights at school.

Upcoming: What About Siblings? Coping with Other Family Challenges - September 27, 6:30 p.m.

- **Parent Support Group:** A professionally-led support group is offered via telephone for parents interested in talking with other parents about the challenges of raising a young person with MS.

- **E-mail Group:** The network connects parents through an e-mail group where they can share concerns and information and develop a support network.

- **Counseling:** A licensed social worker is available to provide short-term telephone counseling at no cost to families living with a child with MS.

- **Parent Handbook: Kids Get MS Too: A Guide for Parents Whose Child or Teen has MS.** This book contains articles on a variety of topics written by specialists in childhood MS.

- **Teen InsideMS Online:** Teens can voice opinions, share stories and artwork to help in the fight against MS. Visit the website at www.nationalmssociety.org/TeenInsideMS.asp

- **Information and Referral:** Parents can receive information about multiple sclerosis and local resources.



Jason Novak, who was diagnosed with MS at age 13, volunteers with the Lone Star Chapter at a recent Volunteers with MS Empowerment Day.

Available soon!

Before long, families will also have these options:

- **Teen CD:** An interactive CD dealing with issues specifically for teens with MS.

- **Workbook for Children Under 13:**

This book will include educational games, interesting activities, and age-appropriate articles to help children with MS better understand the disease.

- **Peer Support for Parents:** This program will match mentors who have children with MS to other parents who are in the process of adjusting.

Families can learn more about Network programs and pediatric MS by calling 1-800-FIGHT-MS.

Do you know a child or teen with MS?

The Lone Star Chapter is committed to providing more programs specific to young persons with MS and their families. We cannot support those families unless we know who they are and discover their needs.

If you know a child or teen living MS please contact Amber at 800-323-4873 or amber.mccarthy@txh.nmss.org

Ask the Pharmacist

by I.D. Freed, R.Ph.

Hi! I'm I.D. Freed. I'm a Registered Pharmacist living in Carrollton, Texas and I have multiple sclerosis (MS). Those of you living in North Texas may recognize me because I wrote an "Ask The Pharmacist" column for the North Texas Chapter's quarterly newsletter for eight years, writing about everything from 4-AP to flu shots to beating the heat during the summer. Occasionally, my articles would show up in other Chapters' newsletters, from as near as Louisiana to as far away as Alaska (you can bet THEY weren't the ones who asked for the "Beating the Heat" article!).

I've been fighting MS for twenty years and I've gone from being a stand-up pharmacist in a retail setting ("I sell drugs and I make people happy!") to a sit-down pharmacist in a mail-order facility, and I stopped working about three years ago because I no longer had the stamina to work a forty-hour week (and if I worked part-time, I would lose my benefits). "Early retirement" at age forty-six was not in my original career plan, but it turned out to be a "blessing in disguise" because now I have time to enjoy life while my body can still travel and do things I wouldn't be able to do otherwise.

I've been active in the MS community for the last fifteen years. I was in the first class of trained peer counselors for the Chapter back in 1990, I served on the Professional Advisory Board of the North Texas Chapter, I speak to self-help groups in the area about MS and medications, and I do a yearly lecture at the Baylor College of Dentistry.



I've also participated in the MS Walk (on my scooter!) since 1992.

Enough on my background . . . for my first column in the Lone Star Chapter's newsletter, I'd like to ask you a question, with the results to be released in my next column: **What (if anything) do you take to avoid those @\$%& "flu-like symptoms" from the Avonex/Betaseron/Copaxone/Rebif injections that we all love?** My usual regimen is two extra-strength Tylenol and two Aleve tablets, thirty minutes before injection. It seems that every MS patient I ask has a different answer, so please tell me what drug(s) you're taking (brand or generic, over-the-counter or prescription), with the strength, quantity, and time that you take it in relation to when you get your shot ("30 minutes after," "one hour before," etc.).

To make it easy, here's an e-mail address where you can send your answers to the above question:

askthemspharmacist@yahoo.com

In parting, I'll leave you with a quote from Al Sleet, George Carlin's hippy-dippy weatherman: "If you don't like the weather, MOVE!"

Beat the Heat

story continued from cover

You know your own limits and vulnerabilities better than anyone, but here are some ideas for beating the heat:

- When possible, stay out of the heat. Avoid direct sun and hot enclosed places like parked cars, and remain in air conditioned surroundings as much as possible. If an air conditioner is needed to help minimize the symptoms of MS, the cost of this equipment may be tax deductible if there is a prescription from a physician. **Contact the IRS Help Line at 800-829-1040 for more information.** Additionally, the Lone Star Chapter's financial assistance program provides window unit air conditioners to chapter members who meet the guidelines. **Contact Nan at 800-323-4873 or nan.rose@txh.nmss.org.**
- Allow your body's own cooling to work as effectively as possible. Heat is lost in two ways—by perspiration with evaporation, and by the dilation of capillaries in the skin. Wear cotton clothes that have short sleeves and are open at the throat. Drink plenty of fluids, especially water, to

encourage perspiration and to replenish fluid that your body has lost.

- If you get overheated suck on ice cubes. Take a cool bath or head for the swimming pool. Some people like personal fans or spray bottles.
- Use specially made clothing items and accessories that can help you stay cool. These are based on three different principles. One uses ice packs. Another type has a coolant that changes from solid to liquid at 65 degrees, rather than at 32 degrees like ice to water. The third is soaked in water, which it absorbs and then releases slowly. The evaporation of this released moisture has a cooling effect like the evaporation of perspiration, though its effectiveness is much diminished in high humidity.

Don't be discouraged by the heat of the summer months. Find the strategies that work best for you, because **YOU CAN beat the heat!**

These tips brought to you from The MS Information Sourcebook, Inside MS and The Heuga Center.

Cooling products, including bandanas; scarves; vests; neck, wrist and ankle wraps; pillows; quilts and even bra inserts are sold by many companies. Here a few options:

Body Cooler: 800-209-2665 or www.bodycooler.com
 Cool Band: 866-272-2665 or www.coolbandcity.com
 Cool Sport: 310-618-1590 or www.coolsport.net
 Glacier Tek: 800-482-0533 or www.glaciertek.com
 Maverick: 888-244-5569 or www.soothsoft.com
 Misty Mate: 800-233-6478 or www.mistymate.com
 Polar Products: 800-597-0618 or www.polar-products.com
 Silver Eagle: 888-672-6963 or www.silvereagleoutfitters.com
 Stage 1: 407-349-2040 or www.stageoneproductions.com
 Steelevest: 888-783-3538 or www.steelevest.com

Volunteers with MS Empowerment Day

Get involved with the Lone Star Chapter and have fun while you're doing it! Join us every third Tuesday of the month from 11:00 a.m. to 2:00 p.m. to work on a variety of accessible volunteer projects. It's not only work, it's an opportunity to meet other people affected by MS or catch up with friends. Every month, we'll provide lunch and you can contribute to the fight against MS!



Volunteers with MS Empowerment Day is every 3rd Tuesday of the month, 11:00 a.m. to 2:00 p.m. in Dallas and Houston. Join us for a day of fun!



For more information please contact:

Dallas: Susan at 214-373-1400 or susan.lacombe@txh.nmss.org

Houston: Amber at 713-526-8967 or amber.mccarthy@txh.nmss.org

Stay Connected with the MS E-Connection

Stay connected to the Lone Star Chapter by signing up to receive the *MS E-Connection*, our e-mail newsletter.

Every three weeks you will get up-to-date information on all that goes on at the Lone Star Chapter: educational, wellness and social programs, special events, advocacy and advances in research. You'll also get to view the MS Connection newsletter before it has even gone to print!

To start receiving the *MS E-Connection*, visit www.nationalmssociety.org/txh and give us your e-mail address by typing it in the box under the "Stay Connected" heading.

If at any time you wish to stop receiving the *MS E-Connection* you can simply unsubscribe by using a link at the bottom of every e-mail.

Contact Amber with any questions at
800-323-4873 or
amber.mccarthy@txh.nmss.org.



Cellcept Research Study Seeks Participants

The University of Texas Southwestern Medical Center at Dallas Multiple Sclerosis Clinic
Elliot Frohman, M.D., Ph.D.

We are currently enrolling patients in a research study to evaluate the safety and tolerability of the investigational drug Mycophenolate when used in combination with weekly intramuscular Avonex injections.

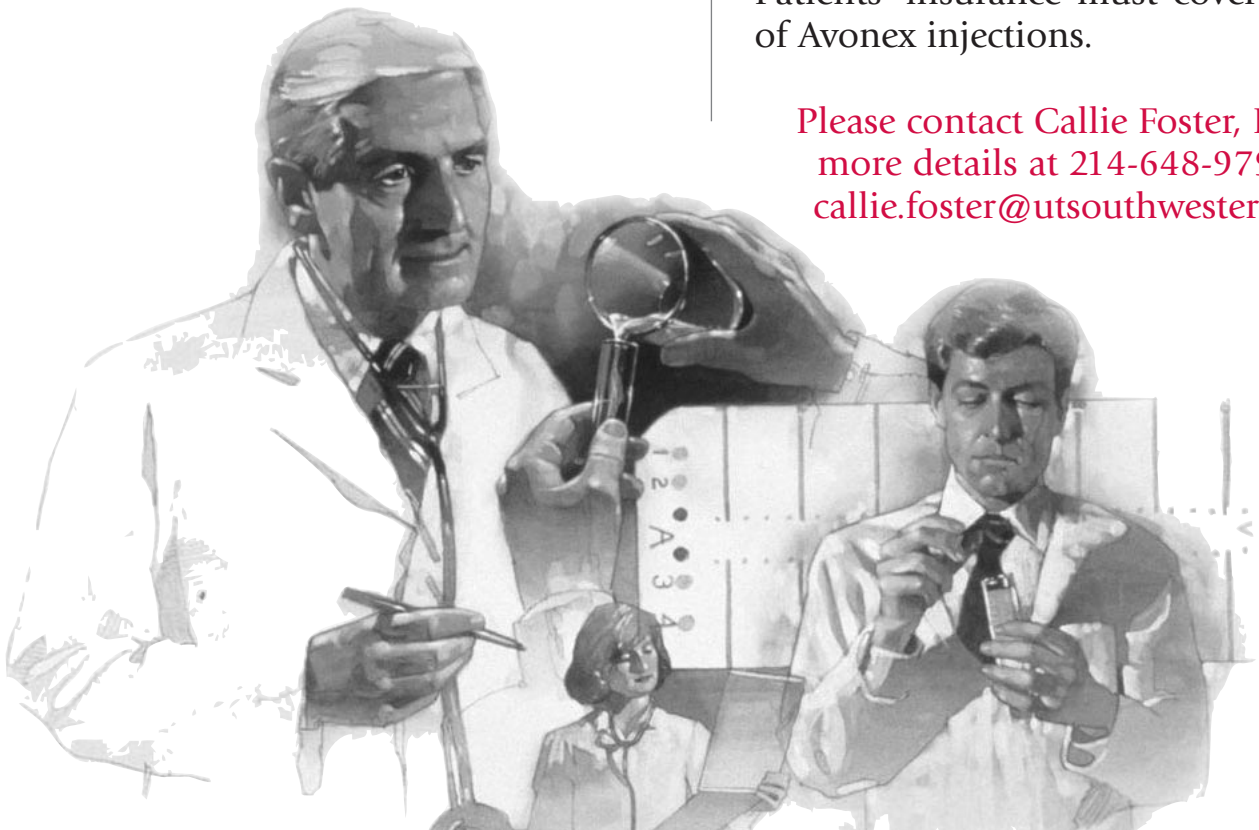
You may be eligible to participate if:

- You have been diagnosed with relapsing-remitting MS or mono-symptomatic MS within the last 2 years.
- You are between the ages of 21-50.

- You have had at least one relapse or exacerbation within the last 2 years.
- You must NOT have taken Interferons (Avonex, Betaseron, Rebif), Mycophenolate, Monoclonal antibodies, Copaxone, Methotrexate, or other Immunomodulatory drugs.
- You must NOT be pregnant or breast-feeding.
- You must NOT have been diagnosed with primary progressive, secondary progressive, or progressive relapsing MS.

This is a one-year study requiring 10 visits to the MS Clinic in Dallas. Study related visits, procedures, and study drugs are provided at no cost to you. Patients' insurance must cover the cost of Avonex injections.

Please contact Callie Foster, RN for more details at 214-648-9798 or callie.foster@utsouthwestern.edu.



FDA Approval Sought for Antegren® For Relapsing MS

On May 25, 2004, Biogen Idec and Elan Corporation announced that they had submitted an application to the U.S. Food and Drug Administration seeking approval of Antegren® (natalizumab) as a treatment for MS. According to a company press release, the application is based on the first-year data from two ongoing, 2-year trials of Antegren alone ("AFFIRM" study) or Antegren in combination ("SENTINEL" study) with Avonex® (interferon beta-1a) in relapsing-remitting MS. This is exciting news for the MS community, although this application alone does not signify that the drug is safe or effective in MS.

Antegren is a monoclonal antibody that is given by monthly infusion into a vein. It is designed to interfere with movement of potentially damaging immune cells from the bloodstream, across the "blood-brain barrier," and into the brain and spinal cord. Antegren blocks this movement by attaching to alpha 4-integrin, a protein on the surface of immune T-cells which normally enables them to pass through the blood-brain barrier.

A previous six-month, placebo-controlled trial of Antegren, involving 213 people with relapsing-remitting MS or secondary-progressive MS with relapses, suggested that the drug was well tolerated, reduced the accumulation of new "enhancing" brain lesions detected by MRI, and reduced the number of relapses. David H. Miller,

MD (Institute of Neurology, Queen Square, London) and colleagues reported these findings in the the January 2, 2003 issue of *The New England Journal of Medicine* (2003;348:15-23).

If the application is accepted, a thorough review by the FDA could take a year or longer from the application date before a decision is made about whether to approve the drug for marketing. During that period, FDA scientists and statisticians will thoroughly scrutinize the clinical trials' data for safety and efficacy.

The fact that a new drug has been submitted for approval to the FDA, which has a different mechanism of action than previously approved drugs for MS, is exciting news for the MS community.



New Study Suggests Variations in How MS Tissue Damage Occurs

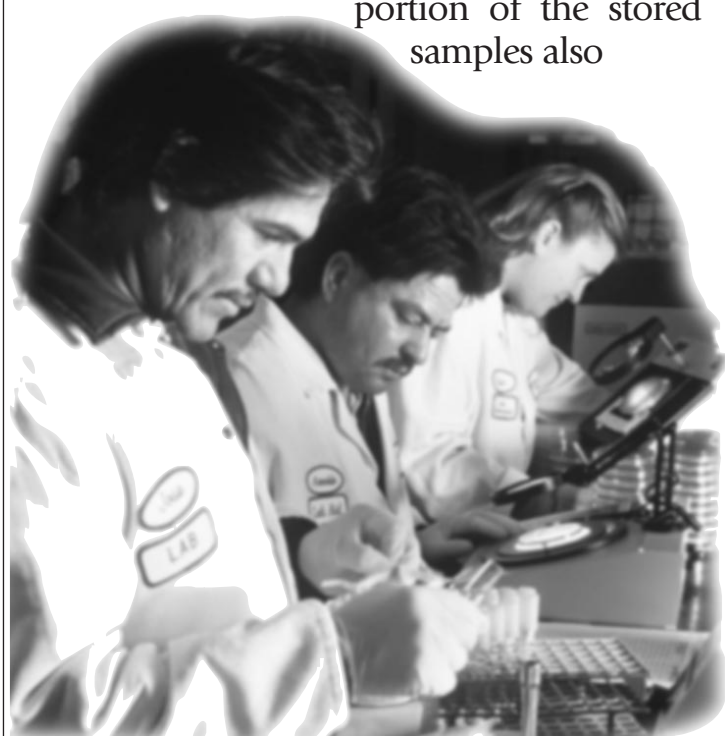
A new study published by Dr. John Prineas and colleagues at Australia's University of Sydney provides new information that may help to refine our understanding of the MS disease process (*Annals of Neurology*, 2004;55: 458-468). Their work - using fresh brain samples from a young person who, unusually, died after a particularly severe MS attack - showed that the primary pathology in this individual's brain was a killing-off of myelin-making cells, there being little or no evidence of an immune attack. This is contrary to the generally accepted evidence of immune attack prior to damage to myelin and the oligodendrocytes that make and maintain myelin.

With this evidence in hand, the researchers searched a bank of stored MS brain samples and discovered that while the majority showed clear-cut immune pathology, a portion of the stored samples also

showed myelin and oligodendrocyte damage in the absence of immune problems. This work was supported in part by the National Multiple Sclerosis Society.

These new data need to be expanded and confirmed in other studies. While this study raises some intriguing questions about the MS disease process and how it begins, there is no doubt that the disease involves immune pathology. It is not clear if Dr. Prineas's findings represent rare and unusual cases of MS -- potentially a special sub-type of disease -- or if they indicate that in ALL types of MS, the disease begins with a dying off of myelin and oligodendrocytes in ways not yet understood, which is then followed by, not preceded by, problems with immune responses.

Answers to these questions may come from the National MS Society's MS Lesion Project (an international collaboration led by Dr. Claudia Lucchinetti at the Mayo Clinic), on which Dr. Prineas serves as a special advisor, and from ongoing work in other laboratories. At issue could be a better understanding of disease subtypes and disease pathology, and perhaps, a revolutionary change in our view of the disease process, which could have implications for diagnosis, treatment and prognosis.



Study Finds Modest Link Between Stress and Multiple Sclerosis Attacks

A new study that combined results of previously published research findings suggests that acute attacks of multiple sclerosis may be associated with stressful life events. The study, appearing in the *British Medical Journal* (published online March 19, 2004) and funded in part through National MS Society postdoctoral fellowships, is a "meta-analysis" (which statistically combines findings) of previously published studies of the topic of stress and MS.

It is still not known what causes MS, or what triggers relapses, although upper respiratory infections have been linked to relapses in some individuals. Although there have been many studies examining a possible link between stress and MS, conclusions have been controversial. This is because stress has many different meanings and has been defined and studied in many different ways that are hard to compare. Moreover, studies of stress and the long-term course of MS are lacking.

David Mohr, PhD, and colleagues (University of California at San Francisco) searched the medical literature for studies from 1965 to February 2003 that contained the terms "stress," "trauma," and "multiple sclerosis." The investigators independently reviewed the papers, analyzing methods, statistics, and outcomes. They excluded studies that focused solely on physical trauma or medical conditions, and also excluded studies that did not provide adequate details of methods and

outcomes. National MS Society-funded postdoctoral fellows Laura Julian, PhD, and Darcy Cox, PsyD, contributed to the analysis.

The authors included 14 studies that met their screening criteria, including studies that looked at MS relapses after diagnosis as well as initial MS attacks. In 13 out of 14 studies, the authors noted a significant increase in the likelihood of MS relapse following stressful life events, such as marital problems or financial difficulties. In one study however, stress was followed by a reduction in relapses.

The authors conclude that these studies indicate a modest association between stressful events and MS relapses, but also note the limitations of their study. The quality of the studies they reviewed varied, and the authors of those studies did not always consider or report other factors (such as upper respiratory infections) that might have triggered relapses. Furthermore, the association between stress and relapse was not consistent among patients or even in one individual over time.

Dr. Mohr and colleagues do not claim that the data demonstrates a "causal" relationship between stressful events and MS onset or relapses, but instead suggest that these results encourage further research to define which stressful events may likely be associated with changes in MS, what biologic processes may be at work, and how people's individual reactions to stress may come into play.

story continued on page 15

Early Study Finds Oral Cholesterol-lowering drug Zocor® Safe For MS; Larger Studies Are Needed

An article was published in the May 15, 2004 issue of the journal *The Lancet* describing a small clinical trial of the oral cholesterol-lowering drug Zocor® in 28 individuals with relapsing-remitting MS. The article included three main points:

- Zocor appeared to reduce the number and volume of new MRI-detected brain lesions over the six-month treatment period;
- Previous studies have suggested that this and other statin drugs can alter immune responses in a way that may be beneficial for treating MS;
- Larger, controlled trials will be required to determine the drug's safety and

effectiveness against MS; such trials are in planning stages.

Among some issues to be sorted out in future studies are determining which of the available statins might be the best potential therapy for MS and whether the high doses used in this study can be safely used over longer periods of time. Currently, there is no indication that the use of statins at the doses generally used for lowering cholesterol are of any value in the treatment of MS and there are no data to suggest that individuals with MS who use statins to control cholesterol levels have had benefits in terms of their MS.

Individuals concerned about the role of statins in MS should discuss the results of this study with their personal physicians.

Stress and MS continued from page 14

They emphasize that these data should not be used to infer that persons with MS are responsible for their exacerbations, but rather should encourage further investigations into the potential link between stress and relapse.

This study contributes new insights into the existing literature concerning the possible link between stress and MS attacks, but it does not resolve the issue. Learning to manage stress is important for people in general but especially important for persons with MS since the disease adds additional stressors to those already present in daily

life. However, there is currently no evidence that managing stress would alter disease course. The National MS Society is funding research that investigates whether teaching stress management techniques can help individuals with MS and their caregivers both physically and psychologically.

The National MS Society provides suggestions for stress management in **"Taming Stress in Multiple Sclerosis,"** a brochure that can be ordered by calling 800-FIGHT-MS and is available on our website at www.nationalmssociety.org/Brochures-TamingStress1.asp.

SELF-HELP GROUPS

The Lone Star Chapter has self-help groups throughout Northeast, Southeast, Central and South Texas. We encourage you to call the self-help group of your choice before you attend to ensure that the topic meets your individual needs and to reserve a space for yourself. These groups provide an opportunity to share common experiences and concerns, receive and provide emotional support, and obtain MS-related information from your peers and professional speakers.

The groups are listed in alphabetical order by city.

Austin (Central) - Mildly Affected

3rd Tuesday, 6:00pm
Lower Colorado River Authority
3700 Lake Austin Blvd.
Austin, TX 78703
Jeff: 512-589-3409
Piper: 512-473-3200

Austin (Central) - Wellness Group

4th Thursday, 7:00pm
St. David's Medical Center
Private Dining Room -
basement level
1005 E. 32nd St.
Austin, TX 78705
Vonda: 512-821-2854

Austin (North)

2nd and 4th Thursday,
6:00pm
Denny's Restaurant
7820 Burnet Rd.
Austin, TX 78757
Steve: 512-339-9201

Austin (Northwest)

2nd Monday, 7:30pm
Peace Lutheran Church
10625 Ranch Road 620 N
Austin, TX 78726
Douglas: 512-267-4801

Austin (South)

1st Monday, 6:30pm
Carestone Assisted Living
Center
7017 Manchaca Rd.
Austin, TX 78745
Janet: 512-292-4637

Baytown **NEW**

3rd Wednesday, 6:00pm
First Presbyterian Church
1715 Market St.
Baytown, TX 77520
Sherry: 832-597-4470

Bay Area/ Clear Lake/ Nassau Bay

2nd Saturday, 10:00am
Gloria Dei Lutheran
Church
18220 Upper Bay Rd.
Nassau Bay, TX 77586
Mike: 281-334-3686

Bear Creek

4th Saturday, 1:00pm
The Church Without Walls
5725 Queenston Blvd.
Houston, TX 77084
Paula : 281-530-3857

Beaumont

2nd Saturday, 10:00am
HealthSouth Center
3340 Plaza 10 Blvd.
Beaumont, TX 77707
Virginia: 409-892-4901

Boerne - Social Group

3rd Thursday, 3:00pm
St. Mark's Presbyterian
Church
208 W. Bandera St.
Boerne, TX 78006
Edye: 830-249-3307

Brenham

3rd Thursday, 7:00pm
Trinity Medical Center -
board room
700 Medical Pkwy.
Brenham, TX 77833
Cherry: 979-836-1804
Dory: 979-836-9211

Bryan/College Station
 2nd Sunday, 2:00pm
 St. Joseph's Health
 Education Annex
 3030 E. 29th St., Suite 100
 Bryan, TX 77802
 Sharon: 979-693-5245

Columbus **NEW**
 3rd Wednesday, 6:30pm
 Columbus Community
 Hospital - meeting room
 110 Shult Dr.
 Columbus, TX 78934
 Carol: 979-732-5945

**Corpus Christi - Coastal
 Bend Connection**
 4th Saturday, 11:30am
 YWCA
 4601 Corona St.,
 Suite 230
 Corpus Christi, TX 78411
 Shea: 361-937-6082
 Beth: 361-853-9616
 Debbie: 361-265-9154
 Renee: 361-643-3460

Dallas
 3rd Saturday, 10:00am
 N. Dallas Rehabilitation
 Hospital - dining room
 8383 Meadow Rd.
 Dallas, TX 75231
 Shirley: 214-361-1539

**Dallas (Carrollton) -
 Care Partners**
 2nd Thursday, 6:30pm
 National MS Society
 2105 Luna Rd., Suite 390
 Carrollton, TX 75006
 Nacho: 817-318-0504
Dallas (Carrollton) -

Moving Forward
 2nd Thursday, 6:30pm
 National MS Society
 2105 Luna Rd., Suite 390
 Carrollton, TX 75006
 Susan: 214-373-1400

**Dallas (Carrollton) -
 Newly Diagnosed**
 2nd Thursday, 6:30pm
 National MS Society
 2105 Luna Rd., Suite 390
 Carrollton, TX 75006
 Susan: 214-373-1400

Denton
 4th Saturday, 10:00am
 Medical Office Building
 next to Denton
 Community
 Professional Building,
 1st floor
 2501 Scripture St.
 Denton, TX 76201
 Nancy: 972-625-0742
 Jean: 940-243-2234

Flower Mound **NEW**
 3rd Monday,
 6:30pm
 Crossroads Bible Church
 8101 Justin Rd. (Hwy 407)
 Lewisville, TX 75077
 Melissa: 972-539-2144

**Ft. Bend County
 (Sugar Land)**
 3rd Thursday, 7:00pm
 First United Methodist
 Church - room 602
 431 Eldridge Road
 Sugar Land, TX 77478
 Cathy: 281-265-0100

Houston - Care Partners
 2nd Tuesday, 7:00pm
 National MS Society
 8111 N. Stadium Dr.
 Houston, TX 77054
 Amber: 713-526-8967

Houston - **NEW**
MS & Cancer
 2nd Saturday, 12:00noon
 Grace Presbyterian Church
 -sanctuary bridal parlor
 10221 Ella Lee Ln.
 Houston, TX 77042
 Margaret: 713-278-7548

**Houston -
 Newly Diagnosed**
 2nd Tuesday, 7:00pm
 National MS Society
 8111 N. Stadium Dr.
 Houston, TX 77054
 Amber: 713-526-8967

**Houston (Galleria) -
 Ambulatory**
 1st Thursday, 6:30pm
 St. John the Devine
 Episcopal Church
 2450 River Oaks Blvd.
 Houston, TX 77019
 Karen: 713-780-8759

NEW

Houston (Medical Center)

V.A. everyone welcome
2nd Wednesday, 2:00pm
Veterans Affairs Medical Center
2nd Floor Nursing Unit,
Dining Room
2002 Holcombe Blvd.
Houston, TX 77030
Lisa, MSW: 713-794-7951
Fe, RN: 713-794-7951

Houston (Northeast)

2nd Sunday, 3:00pm
Lamb of God Lutheran Church
1400 E. FM 1960
Houston, TX 77073
Jack 281-361-4595
Susan: 281-360-5301

Houston (Northwest)

3rd Saturday, 1:30pm
Memorial Springs
Shadows Hospital
3033 Gessner Dr.
Houston, TX 77080
Bill: 281-496-4506

NEW

**Hunt / Hopkins/
Delta / Raines Counties**

4th Friday, 6:00pm
Ben E. Keith Center
2248 Live Oak St.
Commerce, TX 75428
June: 903-862-3640

Katy

2nd Saturday, 10:00am
Holy Covenant Church -
room 101
22111 Morton Ranch Rd.
Katy, TX 77449
281-345-2043
Sherry: 281-347-3495
Sandy: 281-347-3495

Killeen - Heart of Texas

3rd Wednesday, 6:00pm
Central Christian Church
1301 Trimmier St.
Killeen, TX 76541
Peggy: 254-542-5465
Clara: 254-519-2426

NEW

Lake Jackson

2nd Tuesday, 6:30pm
Brazosport Memorial
Hospital
100 Medical Dr.
Lake Jackson, TX 77566
Melissa: 832-824-3115
Lori: 979-480-9176

**Longview/Marshall -
MS Positive Thinkers**

3rd Tuesday, 6:30pm
Group rotates. Please
RSVP.
*Longview Regional Hospital
Odd Months*
2901 N. Fourth St.
Longview, TX 75605
*Marshall Life Center Plaza
Even Months*
612 Grove St.
Marshall, TX 75670
Dena: 903-938-6593

New Braunfels

4th Thursday, 12:00noon
Ryan's Steakhouse
Restaurant
485 Hwy 81 East
New Braunfels, TX 78130
Don: 210-566-3053

Pharr

1st Saturday, 10:00am
Valley Association of
Independent Living
105 E. Expwy. 83
Pharr, TX 78577
Mario: 956-969-0977
Cyndy: 956-686-1260

Plano/Richardson

1st Saturday, 10:00am
West Plano Presbyterian
Church
2709 Custer Rd
Plano, TX 75075
Bill: 972-612-0194

Rockport

2nd Saturday, 10:00am
Rockport Public Library
701 E. Mimosa
Rockport, TX 78382
Michelle: 361-225-2342

**San Antonio -
Life After MS**

1st Saturday, 10:00am
HealthSouth RIOSA
9119 Cinnamon Hill
San Antonio, TX 78240
Theona: 210-826-4547

San Antonio - Newly Diagnosed & Beyond
 3rd Tuesday, 6:30pm
 Northeast Methodist Hospital - Community Health Center
 12412 Judson Road
 San Antonio, TX 78233
 Elaine or Mary: 210-494-5531

San Antonio - Young at Heart
 2nd Thursday, 6:30pm
 Mama's Café
 Hwy 281 North
 San Antonio, TX 78258
 Glen: 210-614-1086

Texoma Area **NEW**
 1st Tuesday, 12:00noon
 Senior Passports Center
 3305 Calais Rd.
 Sherman, TX 75090
 Jennifer: 903-227-4576
 Phyllis: 903-893-2837

Temple
 2nd Tuesday, 2:00pm
 Temple College - conference room
 4914 JI Bruce Dr.
 Temple, TX 76502
 John: 254-771-5150

Texarkana
 1st Tuesday, 4:00pm
 St Michael's Rehabilitation Hospital
 2223 Morris Ln.
 Texarkana, TX 75503
 Juanita: 903-614-4409

Tyler
 3rd Saturday, 1:00pm
 Pollard Methodist Church
 3030 Copeland Rd.
 Tyler, TX 75701
 Linda: 903-566-8343
 Sheri: 903-849-6867

Victoria
 2nd Saturday, 10:00am
 Citizen's Hospital
 2701 Hospital Drive
 Victoria, TX 77901
 Wendy: 361-575-7469

Waco
 2nd Tuesday, 7:00pm
 HealthSouth Rehabilitation Hospital
 7003 Woodway Dr., Suite 306
 Waco, TX 76712
 Valerie: 254-881-5971

Waxahachie **NEW**
 3rd Saturday, 10:00am
 Waxahachie Bible Church
 621 N. Grand St.
 Waxahachie, TX 75165
 Sherri: 972-617-7436

Weslaco
 2nd Saturday, 10:00am
 KNAPP Medical Center
 1401 E. 8th St.
 Weslaco, TX 78596
 Mario: 956-969-0977

**The Woodlands/
 Spring / Conroe**
 2nd Sunday, 2:00pm
 HealthSouth Center
 18550 I 45 South
 Conroe, TX 77384
 Janis: 281-364-8737

Self-Help Group Facilitators Contribute Time & Energy

More than 40 self-help group facilitators met during the weekend of March 20-21, 2004 at the Lone Star Chapter's annual Self-Help Group Leader Training & Retreat. This two-day retreat provided facilitators with an opportunity to review techniques for effective leadership, refine communication skills, and share ideas and experiences. The facilitators put forth an amazing amount of

energy and enthusiasm to lead their groups and do they it well.

We thank them for their efforts!

If you are interested in becoming a self-help group leader please contact Amber at 800-323-4873 or amber.mccarthy@txh.nmss.org.

What You Need To Know About the New Medicare Prescription Drug Benefit Part I

The Medicare Prescription Drug, Improvement and Modernization Act was signed into law in December 2003. The most important part of the law is a new benefit to help people in Medicare with their prescription drug costs. This assistance will go into effect in two stages, and the full drug benefit does not take effect until January 1, 2006.

Stage One: The Medicare Discount Drug Card

Starting in May, 2004 if you have Medicare part A and/or part B, you may select a drug discount card with a Medicare approved seal. The card may save you about 10-15% on your total prescription drug costs. The cards will take effect starting in June 2004. Medicare will contract with private companies to offer these cards. The annual cost for a card will be no more than \$30. The drug discount card is a temporary program that will end when the actual drug benefit goes into effect on January 1, 2006.

The discount cards will have a list of drugs on which you can receive a discount. The company sponsoring the card will decide which drugs are on the list, and the amount of the discount. You will get a discount only on the drugs on that list. The company that sponsors your card can change the list and/or the amount of the discount at anytime. You may only change cards one time per year.

If your income is less than about \$12,000 a year for one person, or \$16,000 for a married couple, you may get up to \$600 to help pay for prescription drugs in 2004 and again in 2005. Also, you will not have to pay a fee for your card.

To apply for your card, and to compare card options, visit www.medicare.gov and select "Prescription Drugs and other Assistance Programs" or call 1-800- 633- 4227 and ask

about "drug savings" (TTY users should call 1-877-486-2048).

Important Things to Know Before Selecting a Medicare Drug Discount Card

- The Medicare-approved discount card is not insurance. You should not drop your current prescription drug coverage for a card! Unless your current prescription drug coverage is through Medicaid, you can use your discount card as a supplement to your coverage.
- Pricing information for many medications commonly used by people with MS – including a few of the immunomodulating MS therapies – is not currently available (as of May 13, 2004) on the Medicare website. The National MS Society is working with Medicare and the MS prescription companies to resolve this issue. Not having this information will make it difficult to decide which card is right for you.
- It is important to review your discount card choices. Look especially at drug prices, drug choices and pharmacy options. A side by side comparison of the cards is available at www.medicare.gov.
- You can only have one Medicare-approved discount card at a time. If you already have a different discount card – you can keep that card.
- The company that sponsors your card can change the list and/or the amount of the discount at any time. You can only change cards one time per year.
- If you are in a Medicare+Choice plan, your plan may decide to offer a discount card. If it does, you can only choose that card.

Look for Part II in our series on the Medicare Prescription Drug Benefit in the next issue of the MS Connection.

ACT NOW! HERE'S YOUR CHANCE TO GET MEDICARE COVERAGE FOR MS Rx RIGHT NOW YOU CAN'T WIN...IF YOU'RE NOT IN

Implementation has now begun of the \$500 million nationwide Medicare demonstration project covering certain therapies for 50,000 patients who have multiple sclerosis, cancer, rheumatoid arthritis and pulmonary hypertension. This is a good chance to obtain comprehensive Medicare coverage for any one of the four MS self-injected disease modifying therapies from September 2004 through December 2005 (until the overall Medicare prescription drug benefit begins in January 2006).

For those selected to participate in the demonstration, Medicare will cover 75% of your MS drug costs – more for those with low incomes – and coverage will allow patients to inject their MS therapies at home.

The deadline for application acceptance is September 30, 2004.

To be eligible:

- You must have Medicare Part B and have or be able to obtain Medicare Part A coverage.
- Medicare must pay first for your health care services (called the primary payer).
- You must have a signed document from your doctor explaining that you need one of the MS injected therapies.
- You must live in one of the 50 states or the District of Columbia.
- You do not have any other comprehensive insurance or drug assistance that covers most of the cost of the MS injected therapies (such as Medicaid, an employer or union group health plan, TRICARE, or a drug company assistance plan).

If you're interested, start the application process now! There is a very limited amount of time to apply for the demonstration.

Two lotteries will be held to select Medicare beneficiaries for the demonstration program. The first lottery will be held on August 16, 2004 and the second lottery will be on September 30, 2004, the application deadline.

Applications must be submitted to Trailblazer Health Enterprises, the contractor administering this demonstration. Contact Trailblazer's customer service representatives at **1-866-563-5386**.

You may download an application from the Centers for Medicare and Medicaid Services (CMS)'s website at: <http://www.cms.hhs.gov/forms/cms10113.pdf>

For more information on the demonstration project please call **800-FIGHT-MS** or visit http://www.nationalmssociety.org/2004_rx_demo.asp.

Supreme Court Upholds Disability Rights Under ADA Case

TENNESSEE V. LANE

In a 5-4 decision, the Supreme Court ruled in May 2004 in favor of the rights of people with disabilities to sue states for monetary damages for certain violations under the Americans with Disabilities Act (ADA).

The Society previously joined other patient and disability organizations in a "friends of the court" (amicus curae) brief. This brief supported George Lane and Beverly Jones' case against the state of

Tennessee for violations of the ADA.

Title II of the ADA prohibits discrimination against people with disabilities by state and local government agencies.

continued on page 23

Let Government Hear Your Voice!

Lone Star chapter advocacy volunteers make their voices heard when policy makers are making decisions that effect access to affordable health insurance, quality of health insurance benefits, access to in the home supports for people with disability and other issues that are important to people with MS.

Sound interesting?

So what's holding you back?

Don't know how to contact your legislators and their staff?

Don't feel you have enough information about the issues that affect you and your family?

We can help you make a difference!

As a government advocacy volunteer we will keep you informed on:

- **WHAT** is happening in Texas and Washington D.C.,
- **WHY** the issues are important to people with MS,
- **WHO** to contact to let your views be known, and
- **HOW** to get in touch with your representatives.

There are three Government Advocacy Volunteer positions you can fill:

- **Action Alert Member:** respond to occasional calls to action with letters and/or phone calls to your representatives.
- **Issue Ambassador:** take on Action Alert activities plus make two in-person visits to legislators per year.
- **Lone Star Chapter Story Bank Contributor:** provide information to the chapter about challenges you have encountered in accessing health care, which will be used as supporting documentation for lawmakers introducing bills or by media to raise awareness about the issues.

Get started making a difference today!

Contact Kim at 512-431-5575 or
kim.suiter@txh.nmss.org.



Joyce Alexander

How do we begin to talk about "our" Joyce?

Joyce walked into our lives some seven years ago. She sat down at the switchboard and our lives were never the same.

Joyce became the heart and soul of the Lone Star Chapter. She never met a stranger and never forgot a voice or a phone number. Everyone was equal. She treated everyone with the same respect AND wonderful disrespect!! She had this amazing ability to discern what was important. She knew everything that was happening within the Chapter. She never gossiped, but, when she thought it was a negative to her beloved MS Society, my door would close and she would say "Pat Bertotti, we need to talk!" When she said my whole name, I would take a deep breath and say, "yes ma'am."

When Joyce was diagnosed with breast cancer some four and one-half years ago, she didn't miss a beat. I honestly don't even remember her being out that much. She insisted that she do her chemo and radiation on Fridays.

Last year, as the liver cancer began to manifest itself, she insisted on working through Bike Tour weekend before going on long-term disability. Then that crazy girl demanded we let her come back to work because she was feeling better. She had to leave again, this time right before Bike Tour. She passed away the week after bike. She simply wouldn't allow any disruption to her beloved MS Society.

Thank you God for sharing Joyce with us. We know You wanted the pleasure of her company and couldn't wait any longer.

Pat Bertotti, President
Lone Star Chapter



Joyce shared her always-ready smile at the Lone Star Chapter's Annual Valentine's Day Party.

Tennessee V. Lane *continued from page 21*

The Plaintiffs sued Tennessee for failing to ensure that courthouses were accessible to individuals with disabilities. At issue was whether Congress had the constitutional authority to require states to pay monetary damages for Title

II violations. A Court ruling suggesting that Congress did not have the power to apply many of the core provisions of the ADA to state and local governments could have further eroded ADA protections. The Court appeared to limit its ruling to

the fairly narrow sphere of courthouses and court services, but disability advocates believe the rationale could be used to allow private suits on other grounds.

20th Anniversary BP MS 150 Breaks All Records



Governor Rick Perry Shows His Support

The 20th Anniversary BP MS 150 Bike Tour from Houston to Austin on April 17 & 18 exceeded all expectations. Nearly 13,000 cyclists registered for the Tour and more than 11,000 participated in the fun-filled weekend.

Outstanding weather made for a beautiful Tour weekend with the wild flowers in full bloom. The ride began from Tully and Rhodes Stadiums in the Houston area and continued on to La Grange for the overnight celebration. Live entertainment and a special fireworks show wrapped up Saturday evening in La Grange. On Sunday,



cyclists made their way from La Grange through Bastrop and then on to Austin.

As cyclists entered Austin, the route took them through the scenic University of Texas campus and downtown Austin. Cyclists finished their two-day, 180-mile journey in front of The Bob Bullock History State Museum, just blocks away from the state Capitol building. Celebration cheers, shouts of joy and hand slapping "high-fives" were heard from cyclists as they crossed the Finish Line. Finishing in front of the Capitol building was truly spectacular.

Governor Rick Perry cycled the last portion of the BP MS 150 and led a special group of corporate executive riders into Austin.

We extend our thanks and gratitude to Governor Perry and Lieutenant Governor David Dewhurst for their support of the BP MS 150.



To top off the Finish Line celebration, cyclists, volunteers and spectators enjoyed a live street concert from popular Texas musician Jerry Jeff Walker.

The BP MS 150 is the largest MS fundraiser in the nation. Cyclists continue to turn in fundraising dollars, and we are confident that we will raise \$9 million for MS research and programs. This success would not be possible without the support of cyclists, volunteers, sponsors, top teams and more!

**Thank you to all who made the
20th Anniversary BP MS 150
the best Bike Tour ever!**



2004 MS 150 Red River Challenge

The 2004 MS 150 Red River Challenge Bike Tour, presented by Toyota, faced unpredictable conditions, but came out with unbelievable results. The two day, two state event, held May 1-2, 2004, registered nearly 2,000 cyclists and with 1,600 riding, despite the cold, wet rain on Saturday. Cyclists braved the unpredictable weather on Day 1, and were rewarded with picture-perfect conditions on Day 2.

The 18th Annual MS 150 Red River Challenge, presented by Toyota, rides from Dallas to Oklahoma each May, raising thousands of dollars for

MS research and services in the Lone Star Chapter. Registrations nearly doubled from the previous year, and corporate team growth brought new energy to the ride. Top teams included Frito-Lay, Feisty Devils, Richardson Bike Mart, Plano Cycling & Fitness, Bennigan's, TXU, Brink's Home Security, Countrywide Mortgage, Fidelity Investments, JC Penney, JP Morgan Chase, NBC5/GE, Sam's Club, Southwest Airlines, Watson Wyatt Worldwide, and



Andrew's Distributing. Thank you to everyone who made this year's Tour such a tremendous success. Final results from the Tour, along with top team, volunteer and fundraising awards, will be announced at the 2004 MS 150 Red River Challenge Awards Party in July. For more information, visit our website at www.ms150.org.

The Lone Star Chapter would like to extend a special thank you to our top sponsors and leading corporate cycling teams:

Title Sponsor:

BP

Official Vehicle:

Toyota

Platinum Sponsors:

Central Transportation

Systems

Gatorade

Hooters

Interland

Palletized Trucking Inc.

Pepsi

Houston Chronicle

Bob Bullock Texas

State History Museum

Michelob Ultra

Pfizer

Serono

Gold Sponsors:

Accenture

American Courier

Apache Corporation

Aquafina

A-Rocket Moving &

Storage

Balance Bar

Bekins

Blue Bell

BMC Software

Continental Airlines

FedEx

Halliburton/Landmark

HP

Men's Wearhouse

Mustang Engineering

Panera Bread

RBC Capital Markets

Reliant Energy

Sugoi

Silver Sponsors:

Burlington Resources

Cingular Wireless

ConocoPhillips

HCA Houston

Nabisco

Fig Newtons

Paradigm

Geophysical

Skyline Displays

St. David's HealthCare

Partnership

Bronze Sponsors:

Baker & Hostetler

LLP

Bechtel Foundation

BFI

Fluor Corporation

Greater Houston

Movers Association

ImagePro

Simmons & Company

International

Leading Corporate

Teams:

Team BP

Anadarko

Team GE/Bike Barn

ExxonMobil

ConocoPhillips

Sun & Ski Sports

Team St. David's

Continental Airlines

Dow Chemical

Halliburton/Landmark

2004 Tenet MS Walk

Over 3,000 participants walked, ran, and volunteered this year at the 2004 Tenet MS Walks, presented by Bank One, Brink's Home Security, and Subway. The annual community event, held in Dallas/Park Cities, Plano, Denton, Waco, and Killeen during late March and early April, collected \$500,000 this year, including a record-breaking \$130,000 in cash sponsorship. Step by step, we are working towards a cure!

The Tenet MS Walks were highlighted by a new partnership with Tenet Healthcare Foundation. Tenet came on board this year with a three-year \$150,000 Title Sponsorship deal, and the Tenet-icious Walkers stepped up to be the largest MS Walk team at 305 walkers! Top fundraising teams

included Brink's Home Security, MBNA, Hanson, Tenet, Waldman, Gladiators, TXU and KPMG.

To learn more about how you can get involved in the 2005 Tenet MS Walk as a participant, volunteer, or Solemate, visit www.mswalklonestar.org.



MS Walk San Antonio

The 2004 MS Walk San Antonio will be **September 11, 2004** at La Villita's Maverick Plaza, in historical downtown San Antonio.

Together with your friends and family members you can register to participate or volunteer for this fun-filled event. Make your pledge online and show your support for the National MS Society to help end the devastating effects of multiple sclerosis.



Get involved by:

1. Choosing a team captain.
2. Recruiting four team members.
3. Setting a fundraising goal and going for it.
4. Having fun!

Join in the Fun! Join the MS Walk Committee!

Getting involved with one of the MS Walk Committees is a fun and exciting way for you to help support the National MS Society in our mission to end the devastating effects of multiple sclerosis. MS Walk Committee members work together with the MS Walk Staff to promote, plan and organize the Lone Star Chapter's MS Walks. These committees are vital to the success of our MS Walks.

The MS Walk Committee in Austin helped to increase fundraising in Austin more than 80% for the 2003 Kelsey-Seybold Clinic MS Walk. The Committee worked to secure the post-walk party band, the moonwalk, the Austin & Houston balloon arches, the Ice Bats mascot Fang, the break point & breakfast fruit, bottled water, and pre-MS Walk advertising at Regal Cinemas. The Committee is also responsible for planning the first ever Austin MS

Walk Kick-Off Party, which took place last October.

Our Walk Committees are as colorful & diverse as the cities in the Lone Star Chapter. They come from all walks of life, from college students to retired professionals. Each person is invited to bring his or her unique style and vision to the MS Walk.

Committees are forming now to help support the 2004 Fall MS Walks in the Austin and Houston areas. For more information about the Fall MS Walks Committee, please contact Robyn at 713-526-8967 ext. 2244 or rhutchison@nmsslstar.org.

Kelsey-Seybold Clinic



Register TODAY!

The Woodlands
October 23

Downtown Houston
October 24

Austin
October 31

www.mswalklonestar.org



Movers & Shakers of DFW Shake up \$15,000 to Fight MS

The 2nd Annual Brokers Challenge Invitational met the impressive goal to raise \$15,000 for the fight against multiple sclerosis. The golf tournament, hosted by the Movers and Shakers of DFW, was held May 7 at Indian Creek Golf Club. The 2004 contribution to the Lone Star Chapter represents an amazing 53% donation



increase from the previous year. In 2003, the tournament raised \$7,000. Thank you to the many participants and contributors who made the 2nd Annual Brokers Challenge Invitational such a success!



Lone Star Chapter Vice President of Development Doug Suggit accepts a \$15,000 donation to the Chapter from tournament organizers Nathan Denton and Steve Trese.



Grand Slams for MS!

3rd Annual BP MS 150 Night with the Astros!

Mark your calendars for **Friday, August 20, 2004 at 7:05 p.m.** and join the National MS Society for the 3rd Annual BP MS 150 Night with the Houston Astros as they play the Chicago Cubs at Minute Maid Park!



You'll want to come early to hoop-la it up for the National MS Society and the BP MS 150 during the pre-game ceremony, which will honor our wonderful bike sponsors and top fundraisers! The Chapter will even have the honor of throwing the first pitch!

A portion of ticket proceeds will benefit Chapter & Clinical Programs, so purchase your tickets today! Field Box tickets are \$23 each, which is an \$11 savings! Accessible seating is available.

Please show your support and raise awareness for MS by wearing a **red or BP MS 150 t-shirt to the game.**

NMSS Night at Round Rock Express

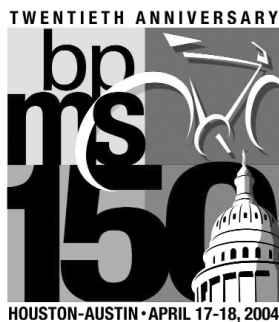


Join us for the National MS Society's 1st Annual Night with the Round Rock Express at the Dell Diamond on **August 30, 2004 at 7:05 p.m.** Field Box tickets will be sold for \$8 each and \$3 donation from every ticket sold will be given back to Lone Star Chapter and Clinical Programs. That's a 20% savings off a regularly priced ticket! Accessible seating is available.

To purchase your tickets to the either game, visit www.ms150.org or contact Susan at 800-323-4873 or susan.lathrop@txh.nmss.org.

See you on August 20 in Houston and August 30 in Round Rock!

It'll be two grand slam nights!



Create for the Cure!

Submit your artwork today for the Lone Star Chapter's 1st Annual Holiday Card Sale coming this October!

To be eligible for selection you must meet all of the following criteria:

1. You must have MS or be the child of a person with MS.
2. You must be a member of the Chapter.
3. You must submit original artwork on 8"x11" paper by September 17, 2004.

Create your art project with a holiday theme and your work may be selected to become a seasonal card that benefits the Lone Star Chapter!

Please do not bend or fold your artwork when mailing to:

National MS Society
8111 N. Stadium Drive, Suite 100
Houston, Texas 77054

If you have further questions, please contact Susan at 800-323-4873 or susan.lathrop@txh.nmss.org.

Bon Voyage to MS!

Take a cruise with Carnival and help the National MS Society say Bon Voyage to MS! It's a great holiday gift and the perfect way to begin the New Year, so book your cruise vacation today for yourself family and friends!

The Lone Star Chapter will receive a portion of the ticket price and a matching gift from Carnival, which will benefit Chapter & Clinical Programs!

Enjoy a four-night cruise on the Ecstasy from Galveston, Texas to Cozumel, Mexico.

Your vacation will be Thursday, January 20 through Monday, January 24, 2005.

Cruise rates:

\$435.80 Inside Cabin per person

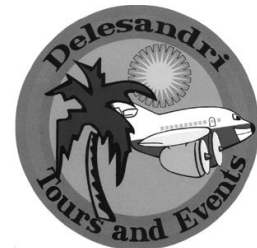
\$485.80 Ocean View Cabin per person

\$815.80 Balcony per person

\$915.80 Suite per person

Price includes cruise fee, room, meals, entertainment, port charges and taxes.

A limited number of accessible rooms are available.



Please call Delesandri Tours at 281-535-5703 for all inquiries and booking information or visit www.delesandri.com.

Have a wonderful cruise!

** This is not a National MS Society event, but an opportunity for you to enjoy a cruise at a discounted rate benefiting the Lone Star Chapter.*





RIBBON OF HOPE

Purchase the *MS Ribbon of Hope* lapel pin for only one dollar for your family, friends, MS 150 Pedal

Partners, MS Walk SoleMates and yourself to help raise awareness and fund research for multiple sclerosis!

The rainbow colors seen in this pin symbolize hope. The prism effect signifies that MS is an ever-changing and unpredictable disease which can be seen in many different lights. The ribbon is also symbolic of the hope the Lone Star Chapter has as we press

forward toward our goal to end the devastating effects of MS – forever. We hope you will wear it often.

To purchase the pins please mail your check, payable to the

National MS Society
8111 N. Stadium Drive, Suite 100
Houston, Texas 77054

Please denote the pin quantity in the memo section of your check. Pins can also purchased online by visiting www.nationalmssociety.org/txh and selecting the Donations link on the left.

CLASSIFIEDS

1996 Oldsmobile Ciera SI, 70K miles, in good running condition with hand controls, wheelchair lift and great AC and heat. Bill 281-496-4506.

Permabuilt wheelchair with hand controls, stand-up type, rojo cushion, two new gel batteries, electrical tie-down included. Roger 512-267-9757

1991 Ford handicapped-equipped van with Crow River wheelchair lift. Front passenger side features fully electric swivel 180 degree chair. This is a deluxe model with TV, VCR, stereo, blinds, curtains and more. The van itself, lift and chair are all in excellent condition. 50K miles. \$12,500 OBO.
Gerald 972-780-1355

Amigo electric wheelchair lift. \$250
Ron 210-653-6028

Jazzy Power Wheelchair Model 1120/2000. Two years old and in excellent condition with all add-on features: air cushion seat, reclining back, Jay 2 Deep Back, elevating leg rests, flat free inserts and more. Cost \$8,352. Will sell for \$3,352 OBO.
Gerald 972-780-1355

Easy Stand Standing Frame Model 5000. Never used. Cost \$2,750. Will sell for \$1,000 OBO.
Gerald 972-780-1355

Miscellaneous medical equipment such as "The Peddler" aerobic exerciser. No reasonable offer refused.
Gerald 972-780-1355

Amigo electric wheelchair with new batteries in excellent condition. \$750
Ron 210-653-6028

WANTED: Supportive Volunteers Affected by MS!

- Do you find yourself talking about your experiences with multiple sclerosis with the grocery store clerk whose neighbor has MS?
- Are you the person your co-worker turned to when his sister was diagnosed?
- Do you spend extra time between self-help group meetings supporting another member who needs a friend who understands?

Become a Lone Star Chapter Peer Support Volunteer!

The program is designed to allow people living with MS, their family and friends a

way to talk one-on-one with a trained volunteer who has had a similar experience with multiple sclerosis. Interactions range from a one-time phone call about a specific question to developed supportive relationships, depending upon the wishes of both participants.

The Chapter will be holding training sessions this fall and is looking for volunteers in every area code who wish to share their experiences with MS. This is a great way for you to contribute to the MS community and help others.

Interested?

Contact Amber at 800-323-4873 or amber.mccarthy@txh.nmss.org.



NATIONAL
MULTIPLE SCLEROSIS
SOCIETY

Lone Star Chapter

National Multiple Sclerosis Society
Chapter & Clinical Programs
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