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MS CHRONICLE®

Volume 28, Issue 2

“Continuing the Legacy of Bill Jackson”

April/May 2026

A Publication of Multiple Sclerosis Resources of Central New York, Inc. ®

A Message from the Executive Director:

Hello Everyone....

Well, officially Spring is here so they say. However, we are still experiencing some not so nice days with a sprinkle of some really nice ones. As I'm writing this, it was snowing, now the sun is shining, it's 35 degrees and we are supposed to have snow tonight! Hopefully, within the next couple of weeks, we will start to experience some beautiful Spring weather!!

The Mission Steps® Walk is a wrap, and we are extremely happy with the results. A special shoutout to our Walkers, our Sponsors and our Volunteers for helping to make it a huge success, we could not have done it without your support. See more info on the Mission Steps® Walk results later in the newsletter.

I know, many of you have received our email with regards to our upcoming service program – “Empowering Women with MS” to be held on Saturday, April 18, 2026, at Embassy Suites at Destiny. We have 2 neurologists, both from St. Peter's Health Partners in Albany and a Physical Therapist from SUNY Upstate Medical University in Syracuse. Reservations are mandatory. Simply call MS Resources or email us. See more details later in the Newsletter, under “Empowering Women with MS.”

We are planning more programs and will notify you of them, as well as fund raising events.

Please make sure that you open emails from us. They will contain information on programs and fundraising events.

Remember we are only a phone call away if you are in need of any services or information.

Take care -

Jessa

Look Inside for:

- ♦ **Support Groups**
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Multiple Sclerosis Resources of Central New York, Inc. ® Support Group Meetings

Support Group meetings are for sharing experiences and gathering information about Multiple Sclerosis. These groups are open to persons with MS, family members and friends.

If you have any questions or concerns, regarding support groups, or you are in need of any additional information, please feel free to call the contact leaders or the Multiple Sclerosis Resources of Central New York, Inc. ® Office at 315-438-4790.

Syracuse Support Group

2nd Tuesday of the month
Denny's Restaurant - Carrier Circle
6591 Thompson Road, Syracuse 13206
6:00PM – 8:00 PM
In Private Meeting Room

Contact:

MS Resources – 315-438-4790

Speakers:

April 14 – Lisa DeAngelo
Community Engagement Coordinator
Silver Fox Seniors Club

Madison County Area Support Group

1st Monday of the month
First Presbyterian Church of Chittenango
118 Arch St. Chittenango, NY 13037

Enter the building off Russell Street, the door closest to the play area

2:00 - 4:00 PM

Contact:

Dianne Murray – 315-480-0007

Binghamton Area MS Breakfast Buddies

This group meets in the Binghamton area. The times and locations will vary. Please contact Sue for information and details.

Contact:

Sue Maston – (570) 623-2302

MS Social Group

This social group meets at lunchtime at a variety of restaurants in various locations each month. Lunch is on your own. It is strictly a social lunch to interact with other clients. To receive information on specific dates and locations, you must contact Annette at the MS Resources Office. Provide her with your phone number and email address so she can notify you of dates, location and time.

Contact:

Annette by phone or email.
MS Resources - 315- 438-4790
Email: msrofcny@msrofcny.org

Keep us Informed!

Please notify MS Resources if you have moved, changed your phone number or changed your Email Address.....

If you have moved, changed your phone number or changed your email address, please remember to let us know. You can simply call the MS Resources Office at 315-438-4790 or Email us at:

msrofcny@msrofcny.org

Please include your old address, any new changes in your mailing address, home phone and or cell phone numbers. Thank you.

MS Resources – Phone System



Same phone number: **315-438-4790**

Press 1 – To hear about services

Press 2 – To speak to Annette

Press 3 –To speak to Jessa

If we are not available, leave a message – we will get back to you ASAP.

“Empowering Women With MS”



Saturday, April 18, 2026

**Embassy Suites at Destiny
311 Hiawatha Blvd West
Syracuse, New York 13204**

Check-In: 9 - 9:30am

Vendor Displays: 9 – 10am

Breakfast Buffet: 9:30 – 10:30am

Speakers Begin: 10 am

Program Ends: 1pm

Reservations are mandatory!

Some seats still available.

We need to know by Monday, April 13, 2026, if you are interested in attending.

**Call MS Resources – 315-438-4790
Email: msrofcny@msrofcny.org**

Speakers:

Dr. Angela Applebee, Neurologist
From St. Peter's Health Partners
Albany, New York

Dr. Erica Parrotta, Neurologist
From St. Peter's Health Partners
Albany, New York

Carol Sames, PhD in Physical
Therapy
Associate Professor of CHP-
SUNY Upstate Medical University
Syracuse, New York

“Empowering Women With MS”

Sponsored in Part By:

TG Therapeutics

Amgen

Horizon Infusions

Genentech

Bristol Myers Squibb

Vanda Pharmaceuticals



New Terms And Meanings – Biomarkers and Artificial Intelligence(AI)

In the past few years there have been many new terms used when discussing MS. One term, Biomarkers, seems to come up a lot in discussions around MS progression. We even built a program to educate the clients about biomarkers and

their use in overall care last year. To define this for those persons who are still in the dark about the meaning, let me try and clarify it.

Biomarkers are traits that physicians measure in your blood, body fluids and tissues. Experts may refer to them as molecular markers and signature molecules. They can be signs of conditions, diseases, normal body function or when something may go wrong. These biomarkers can also be used to see how well your body may react to certain treatments.

Types of Biomarkers:

Diagnostic – These tell your doctor you have a certain condition and can help them make a more specific diagnosis

Monitoring – Over time your doctor will look at these to see how your condition progresses. These may be checked weekly, monthly or over years to see if there is stability, improvement or progression

Predictive – These will help a physician ahead of time predict if you will do well on a certain treatment

Susceptibility or Risk – These can be used to find out how likely you are to develop a condition, which can be done before a disease is even present

Prognostic – This allows the doctor to see a good picture of your future with a disease, many times this is used after initial diagnosis to see if your condition worsens

Biomarker testing can be an important tool in the toolbox so physicians can gather data and information and create an action plan for your wellness. Infor-

mation can also be used to develop new medications.

AI - An Overview – National Institutes of Health

“AI (Artificial Intelligence) is revolutionizing MS diagnosis by enhancing the speed and accuracy of MRI analysis, automating the detection of brain lesions, and predicting disease onset before symptoms appear. AI algorithms analyze imaging with high sensitivity (up to 93%) and specificity (95%), identifying subtle changes often missed by human clinicians.”

There are certainly key impacts that AI can have on an MS Diagnosis such as:

Advanced Imaging Analysis, Early Detection, Improved Accuracy, Differentiating Conditions, Predicting Disease Course and Interpretation of biomarkers.

These technologies are enabling a shift toward personalized medicine, where treatment can be tailored based on a patient's unique imaging and biological profile.

From: The National Institutes of Health. They have many articles to read on AI and its impact on MS. You can read most of the articles on-line.

Healthy Sleeping –

Many of our clients have been asking us to address issues for sleeping and MS. I have done a bit of research and have found a few journal articles which I have read and condensed that may be of interest to you.

According to the National Sleep Foundation, most adults require about seven to nine hours of sleep nightly. It is true that people are different and there are numerous factors impacting those numbers. One common thread in all the articles read is that creating a good environment for sleep can make all the difference.

Rachel Marie E. Salas, MD, Professor of Neurology and Assistant Medical Director of the Johns Hopkins Center for Sleep and Wellness shares for us some tips for getting a better night's sleep.



****Curtail Caffeine**

****Skip the nightcap**

****Ditch Sleep Aids**

****Ignore the clock**

****Rule out Health Issues**

****Try Cognitive Behavioral Therapy**

****Consult with a Sleep Expert**

Sleeping is a vital part of our overall wellness and cognitive function. Please consult an expert if you are impacted by lack of sleep, have concerns about sleep apnea, or other issues. We need our sleep every single night...so put this newsletter down and go to bed!



Key Updates in Multiple Sclerosis

From MS News:

Recent MS research highlights advancements in treatments, including trials for a new Epstein-Barr virus vaccine. Moderna is launching a trial for this.

Innocrine's ICP-538 a VAV1 molecular degrader has entered clinical trials, aiming to treat MS with high target selectivity

Wearable sensors are showing promise in detecting subtle changes in MS progression and, in some cases, predicting worsening disability according to studies published in March 2026

A study found high rates of cognitive impairment in untreated patients, particularly in those with secondary progressive MS

Studies show potential links between gut bacteria, exposure to PFAS/PCBs and MS severity

The United Kingdom has begun trials for a new MS injection

Research indicates that backward walking may improve gain in MS patients

CNY Senior Information Expo



Date: Thursday, May 21, 2026
Time: 9am to 12pm
Location: CNY Regional Market
F- Shed
2100 Park Street
Syracuse, NY 13208

No registration – stop into F-Shed

There will be:

- ♥ **Information on topics relating to Senior citizens**
- ♥ **Free coffee for first 300 attendees**
- ♥ **Free and easy parking**
- ♥ **Free Door Prizes**
- ♥ **Free Giveaways**
- ♥ **The Syracuse Corvette Club will be displaying cars!**
- ♥ **Over 70 organizations for you to discover**

Enjoy games and music, discover how to stay in your home as long as possible, plan your next adventure, or find programs and services you didn't even know you wanted.

Presented by:
Peregrine Senior Living

For more information and a list of vendors go to:

<https://www.communitylivingadvocates.com/cnyseniorinformationexpo2026>



The Easter holiday is an enjoyable one. Easter has been my most favorite holiday and I am sure that it stems from my childhood where the Easter Season was so celebrated in my home. I will share a little peek into my life and my favorite season. I can clearly remember the start of Lent with Ash Wednesday. I would typically go with my entire class and school across the street to the parish church for the dissemination of ashes. When I returned home in the afternoon, my grandmother would be preparing “the poor man’s dinner” for Ash Wednesday. One meal, lots of fasting and prayer. We would have past’n beans as she would say. Ditalini macaroni with red or white kidney beans. A sprinkle of Locatelli cheese and that was it. Our “giving up” of something seemed as important to my parents/grandparents as was studying for a spelling test. The item was usually chocolate or soda. It never bothered me to cast these aside for a few weeks. As time marched on I realized (and maybe the Church didn’t) but I liked the idea of adding something instead of taking away something. I added more studying, more reading, helping around the house more and yes, being nicer to my brother! Palm Sunday was as big a celebration as Easter Sunday. Complete with a dish of ravioli, meatballs and ricotta pie. This meal came after hours and hours of making palm crosses to deliver to the cemetery and for home. My grandparents would assemble close to 30 crosses, grab some popsicle sticks, a thermos of coffee and we would jump in the car for the adventure of placing the palm crosses at the family graves. I never realized how much we did in a day. Grandma would walk one way, Grandpa another and myself, well I would

sit on the bench at my great grandparents grave and protect the thermos! It seemed like we left in the daylight and returned home in the dark! It was a tradition that had to be done exactly when Grandma said. To this day, I do the same exact thing, maybe not 30 but I assemble about 17 and set out to deliver each and every one. Then I return home to my meal. I always loved the colors of Easter, the Easter Lily, the Easter baskets and my Gram always made a giant one for the dining room table centerpiece. It had yellow and green grass on the bottom, it was very large, filled with candy and 4 giant white chocolate rabbits. My mother would grab the Russell Stover chocolate marshmallows and run those upstairs and hide them for herself.

Easter Sunday meant a new dress, patent leather shoes, coat, hat and matching purse. It was a day of Church, having Easter Breakfast at my aunt's where she would make a frittata and toast. Then home to inspect the Easter Basket, set the table and color eggs. It would be a beautiful day filled with the smells of many traditions. A lasagna in the oven, sauce on the stove, meatballs frying and the braciole neatly wrapped like little packages. Company would come, Aunts, Uncles, cousins and you would pray, feast, play games, share candy and color more eggs. Cherry cheesecake was the "appointed" dessert and take out containers would surface in the kitchen as Gram would ask, corner or middle. It still remains my favorite, the characters have changed, the sentiment has not. The Easter Sunday meal has changed but not the love for the season or the echoing memories vividly playing in my mind. I hope you all had a Blessed Easter or Passover Holiday!

Mission Steps® Walk Update

On behalf of MS Resources, the Board, the Staff and our clients I would like to take this opportunity to extend a most sincere thank you to the all the Walkers that participated, to our Sponsors that supported us this year and to our Volunteers that assisted us on Walk Day. All of you played a very important role in the success of the 2026 MS Resources Mission Steps® Walk.



Thanks to your tremendous support and hard work to our agency. The total amount raised from the 2026 MS Resources Mission Steps® Walk was:

\$ 74,213

Kudos to the Top 10 Fundraising Walkers. Your continued loyalty, commitment and devotion goes above and beyond and we truly appreciate your allegiance! A special thanks to all of you...

Susan Rusinko
Kimberly Berger
Jennifer Klawonn
Ann Marie Fleet
Barbara Conrad
Kaleigh Sharpe
Meg Curtin
Lysa Simmons
Anne Sikora
Melissa Spangenberg

Several teams continue to participate, and we would like to recognize them as they too helped in making this year's event successful!!

Adirondack Chair Bears
Bean
Bridget's Babes

Come Walk With Me
Dorothy's Steppers
FitzTec
Jack Cihocki
Made Stronger
Miraculous Strides
Mission Marchers
Papa Jeff
Rhoda's Team
Sally-Cuse
Team Ava
Team Best Ever 19
Team Brenda
Team D 'Feet MS
Team Deno
Team Meg
Team Nicolina
Team Stifel
Together We Conger MS
Trisha's Troopers

This years' Walk was dedicated to Dana Harding. She was a best friend of Trisha Evans, who was an MS client, a walker and the team captain of Trisha's Troopers. Trisha participated in the Mission Steps Walk for several years (she loved this event) and unfortunately passed away in 2023. Dana supported her throughout her many years of the Walk and unfortunately, she also passed away suddenly in December of 2025. Her family requested donations be made in her memory to Trisha's Troopers for the 2026 Walk. We wanted to honor her memories for her numerous years of participation and support to Trisha.

Trisha's sister, Stacey, now leads the team of Trisha's Troopers in memory of Trisha and has been making her sister and now Dana proud. Trisha's Trooper's team grew to 47 walkers this year and they raised \$ 5,105. Thank you Stacey, we are looking forward to 2027!

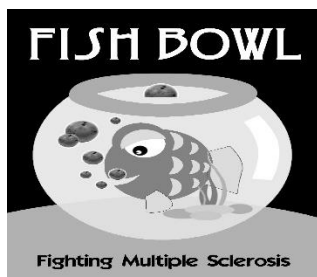
**Special thanks to our 2026
Mission Steps Walk® Sponsors**

CareFare, LLC
Presenting Sponsor

Loud Pack Exotics * Excellus BCBS
Horizon Infusions *TG Therapeutics
Allstate Agency - Anthony Falso
Well Care * Genentech
CNY Neurological Consulting
Sandoz * STIFEL
Kinney Drug's Foundation
AristaCare Health
Noble Health Services
Bristol Myers Squibb
The Dam Family
DeFrancisco & Falgiatano -
Personal Injury Lawyers
Central New York Orthodontics
Optimum Consulting Associates
Carl Fahrenkrug, Sr. * ThermApparel
Syracuse Realty Group
Integra Discovery Services
Engage Therapy & Wellness
Destiny USA * Seneca Savings Bank
Landmark Graphics NY, Inc.
Taco Bell * Sbarro's *Chicken Now

**Thank
You
Everyone**

FOOD
RAFFLES



DOOR PRIZES
FUN

29th Annual Fish Bowl

Saturday, May 2, 2026

Flamingo Bowl
7739 Oswego Road
Liverpool, New York 13090

\$ 35 per person includes:

3 hours of open bowling and shoes

**Lunch - ziti, meatballs, pizza,
salad, dessert and soda**

Door Prizes

Best Team "Fish Related"
T-Shirt Contest
PRIZES AWARDED

Teams of 4 or 5 persons

Check-In: 10:30 am
Bowling Starts: 11 am
Lunch: 12 noon
Done: by 2 pm

Non-Bowlers - Lunch - \$ 20 per person

MUST - Register by April 17, 2025

Call MS Resources – 315-438-4790
Or

Email us: msrofcny@msrofcny.org

For application or information

**We are looking for door prizes and
raffle items...if you can help...
call us at 315-438-4790**

Annual 4-person Scramble Golf Outing



Benefiting:
Multiple Sclerosis Resources

Saturday, June 13, 2026

The Pompey Club
7200 Hamilton Rd. Pompey, NY 13138

Registration: 12 noon
Tee Starting Time: 1:30 pm

**\$ 120 per player includes: 18 holes of
golf, cart fees, entry on all course events
and steak dinner. Optional skins**

Pre-Register by Sat., June 7, 2026

**Limited to 72 golfers - Golf Attire Re-
quired –no steel spikes on course.
Must 7 years or older to participate.**

Sponsorship Opportunities:

Tournament Sponsor- \$ 1,000

Bag of Tricks Sponsor- \$ 500

**Includes: logo on bag & company info
inside bag**

Cart Sponsor- \$ 500

Company logo on every name card

Longest Drive or

Closest to the Hole Sponsor- \$ 500

Marshmallow Drive Sponsor- \$ 500

Prize donated by Sponsor given to winner

Individual donations welcomed

**For additional information on the
Annual 4-person Scramble
Golf Outing or sponsorship
opportunities please contact
Philip Moore at
moorepa@lemoyne.edu**

**Payments and registration form for
golfers must be mailed by
Saturday, June 7, 2026 to:**

**Philip Moore
4606 Dartmouth Circle
Manlius, New York 13104**

Registration Form:

Name: _____

Phone # _____

Address: _____

City/State/_____

Names of golfers:

1. _____

2. _____

3. _____

4. _____

\$ 120 per person –

Total Enclosed \$ _____

Call or Email us if you need us

Call (315) 438-4790

E-mail - msrofcny@msrofcny.org

Website - www.msresources.org

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physician.**