

the

MS CHRONICLE®

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

A Message from the Executive Director:

Hello Everyone,

This is an important year for MS Resources! We are celebrating 25 years of providing client services to persons in our community with ms. Yes, that's right, 25 years, what a milestone! We are truly proud of our accomplishments over the years. We've had numerous ups and downs, but none more, than the last 3 years with the pandemic and the loss of our President Bill Jackson in 2021, but through it all we have persevered! We are resilient, determined and tough! We let nothing get in our way or stop us in seeking our mission and to "continue the legacy of Bill Jackson!"

This year we are planning to resume as many service programs and events as possible. We will keep you posted and I sincerely hope we can count on you to take part in them.

Our first event out of the gate, is the 25th Annual Mission Steps Walk, taking place on Sunday, March 5th at Destiny USA in the Canyon Area, beginning at 9:30am.

Prior to the start of the Mission Steps® Walk at 9am, a variety of vendors and pharmaceutical reps will be on hand. Stop by and visit their tables, pick up information on MS, ask questions and get answers on related medications and/or management products that may be of interest to you.

Join us for the 25th Mission Steps® Walk! For more information call MS Resources at 315-438-4790 or click the link:

<https://msrofcny.org/2023-mission-steps-walk/>

In honor of MS Resources's 25th Anniversary...from me to all of you...

Special Thanks to.....

-The MS Resources Directors and Board Members for their support over the years

-Annette for her untiring dedication to our clients, to the agency and to me

-to our sponsors, volunteers and supporters who have helped us achieve and attain our goals

-to our clients, especially those (you all know who you are!) that went over and above to always encourage us to do our best

-to Bill Jackson (may he RIP), my mentor

-and most importantly to my family- Kimberly, Jeff and Mikala for their loyalty, devotion, commitment and support over the years.

All of you have helped us in the path to achieve this great accomplishment. Thank you, thank you, thank you from the bottom of my heart!

Jessa

Feature Articles:

- ◆ **Support Groups**
- ◆ **Factors Impacting the Severity of an MS Relapse**
- ◆ **Tips for a Healthy Winter**
- ◆ **Annette's Corner**
- ◆ **Changes to Smile.Amazon.com**
- ◆ **Fund Raisers**
- ◆ **Items For Sale**

Multiple Sclerosis Resources of Central New York, Inc.® Support Group Meetings

Support Group meetings are for sharing experiences and gathering information about MS. They are open to persons with MS, family members, care givers and friends.

Support group meetings are in-person meetings. For information and details on each support group available, please read the information under each listing.

Please always check on dates and times of meetings, as some could change.

During winter months, check to see if meetings have been cancelled due to inclement weather.

If you have any questions or concerns regarding support groups or are in need of any additional information, call the contact leaders, their numbers are provided, or call the MS Resources Office at 315-438-4790.

Syracuse Group

2nd Tuesday of the month
Denny's Restaurant - Carrier Circle
6591 Thompson Road Syracuse 13206
6:30 – 8 PM
In Private Meeting Room

Contact:

MS Resources – 315-438-4790

Liverpool Group

3rd Wednesday of the month
United Church of Christ (UCC)
215 Blackberry Road Liverpool 13090
6 – 8 PM
Fellowship Hall – Follow signs to meeting room

Contact:

MS Resources – 315-438-4790

Madison County Area

1st Monday of the month
First Presbyterian Church of Chittenango
118 Arch St. Chittenango, NY 13037
2:00 - 4:00 PM

Contact:

Donna Denison - (315) 655-3517

Broome County Group

Contact:

Rick Fiori – (607) 321-1489

MS Breakfast Buddies

Meets in the Binghamton area
Times and locations vary

Contact:

Sue Maston – (570) 623-2302

Factors That Impact the Severity of an MS Relapse

Article featured in: InforMS Fall 2022, Rocky Mountain MS Center – Volume 38, Issue 3

- Size of lesion(s)
- Destructiveness of lesion(s)
- Location of lesion(s). For instance, in spinal cord, we tend to see more severe symptoms than in certain parts of the brain.
- Short-term treatments (steroids)
- Disease modifying therapies
- The burden of pre-existing damage

Types of MS Relapses:

Optic neuritis
Brainstem attack
Transverse myelitis
Cerebellar attack
Cerebral attack

Evaluating Possible Relapses

When determining whether a patient is experiencing a relapse or something else, medical teams have many tools at their disposal, including:

Clinical History

- Have you experienced this symptom before
- Any clear triggers
- Duration of symptoms
- Medication compliance

Obtain Imaging

- MRI scans with contrast
- Brain vs. cervical spine vs. thoracic spine
- Looking for a new contrast enhancing lesion

**Neurologic Exam & rule out non - MS causes

**Search for infection

- Urinalysis/Urine culture
- Chest Xray
- Stool test (if having diarrhea)
- Skin exam (look for wounds/rashes)

Blood Tests

- White blood cells
- Anti-rituximab or anti-Tysabri antibodies
- Immunoglobulin levels for those on-Rituxan, Ocrevus or Kesimpta, which may cause depletion of these normal antibodies and increased risk of infection

To request a copy of the entire article, please contact the MS Resources Office at (315) 438-4790 and we will copy it and send to you. Thank You!



Tips to Staying Healthy This Winter

1. Keep Your Home Warm
2. Dress in Layers if attending cold weather events or prolonged stays outside
3. Eat a Healthy Diet
4. Drink Water to stay hydrated
5. Wash Your Hands
6. Keep Active
7. Take your medications
8. Get some Sleep
9. Avoid places where there may be high levels of flu/covid

Annette's Corner

This issue of the newsletter marks the first one of the 25th year of MS Resources. I could really write a book about all the wonderful people I have met, the excellent educational programs over the years, the fun and exciting events, and so much more. Truly the best part has been working side by side with Jessa, through thick and thin (I don't mean our waist-lines). We have laughed until it hurt and we have shed our share of tears. It has been a journey, a wild ride, a real experience and I could not think of anyone better to have gone through this milestone with. Thanks Jess!

Twenty five years means that multiple sclerosis is still prevalent, existing in our world and though we may have made some strides with medications and understanding the disease a bit more, our work must continue. And I promise you it will. We will be planning a slate of events, awareness raising programs and educational seminars in conjunction with the pharmaceutical companies. Please participate whenever and wherever you are most comfortable. We do hope that many of you will take part in this spring's 25th Annual Mission Steps Walk at Destiny USA scheduled for Sunday, March 5, 2023.

I am proud to be a part of this agency leading the local fight against MS. Thanks again Jessa for making our environment always positive and rewarding.



As we try to return to our regular slate of programs

and events, it is our hope that many of the pharmaceutical companies will also be returning to in-person seminars. When and if they are made available to us, we will forward the information on to you via email.

In most cases, all pharmaceutical companies list all in-person and virtual programs sponsored by them on their websites. A complete list of their websites are located on our website, check out the following link:

<https://msrofcny.org/education/understanding-medications-to-help-treat-your-ms/>

EMAIL ADDRESSES

If your email address changes, please notify us so we can still email you the newsletter and any other important information.

We would like to email our newsletter to as many people as possible instead of mailing it out. The cost of paper, printing services and the increasing postage rates are constantly going up and being able to email you will save us thousands of dollars per year. **However, if you do not have an email address, we will gladly mail you a copy.** Notify us of this change via phone: 315-438-4790 or by email at: msrofcny@msrofcny.org

In addition, please include any changes in address, home phone and or cell phone numbers.

Thank you



Amazon Smile has now been discontinued. After 10 years, Amazon has decided to focus on others ways to support charities.

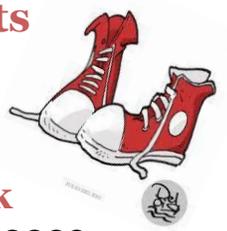
For all of you that took part in this fund raising method to help us raise funds, we thank you and appreciated all your support over the years!

AN ALTERNATIVE

Amazon has, however referred us to another site, which also gives back to charities, it is called **iGive.com**

iGive.com allows you to shop at over 2,000 stores and select a charity to designate funds to. In our case we hope that you will select Multiple Sclerosis Resources of Central New York, Inc., to be the recipient of your purchases. The participating stores will pay us a rebate on what you have spent. The best part is the percentages are more than what Amazon paid. They can range from 1% to up to 25% in some cases. If you are already a member, you can select us to receive the donations from your sales. I have made all the necessary arrangements and we are registered with them. If you are not a member, check it out!! If it is something you would like to take advantage of, then select us as the recipient of your purchases so you can still continue to support us. They have an iGive Button you can put on your phone, iPhone, iPad or shop from their site from your computer.

MS Resources Events



25th Annual Mission Steps Walk

Sunday, March 5, 2023
Destiny USA – Canyon Level
Registration Begins at 9:30 am

Vendor Displays open at 9 am

To participate in the Mission Steps® Walk or get more information, call MS Resources at 315-438-4790 or click the link:

<https://msrofcny.org/2023-mission-steps-walk/>

It's Back.....



26th Annual Fish Bowl
Saturday, April 1, 2023
Flamingo Bowl
Rt. 57, Liverpool
12Noon Check In

Plenty of space is available. Teams of 4 or 5 players – fee is \$ 35 per person which includes bowling fees, lunch and door prizes. For more information and the registration form call the MS Resources Office at 315-438-4790.

Bill Jackson Slam Dunk Fundraiser

To remember and continue the legacy of Bill Jackson, President, of MS Resources who passed away in 2021, we have developed a campaign, “The Bill Jackson Slam Dunk for MS Resources.”



Bill dedicated his life to helping individuals with multiple sclerosis, he was an avid basketball player and he loved the sport, so what better way than to honor him, continue his legacy and raise funds to support the work of Multiple Sclerosis Resources.

For every \$10 dollars donated to this campaign, we will write your name or a message on a mini basketball and dunk it in our basket!

If you would like to help us, simply mail a check to MS Resources and earmark it, “Jackson Slam Dunk.” To donate by credit card, us the following link:

<http://msrofcny.org/the-jackson-slam-dunk/>

Items For Sale:

FOR SALE - Electric Scooter

\$1500 or Best Offer. Like New. Golden Technologies Scooter Swing-Away Joystick Arm Nottingham-Approved Speed. Fits Comfortably in Elevator Contact Frank Scibilia at (315) 727-0699

FOR SALE - 2000 Dodge Ram Van
Very clean and well cared for. 67,000 miles. Lift, No Accidents, Passenger and 2 rear “bench” seats. Call to Discuss – Pete in Solvay NY, (315) 468-6408

For Sale – 7 foot Suitcase Ramp
30”x84”, 600lb capacity - \$100.
Call 315-687-6956



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Call or Email us if you need us.....

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