



SUMMER 2014
KENTUCKY-SOUTHEAST INDIANA CHAPTER

MS CONNECTION NEWSLETTER



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Kentucky-Southeast Indiana Chapter

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SPOTLIGHT VOLUNTEER:

JEFF HAMILTON

BY ERICA MOHLER

Jeff's involvement with the National MS Society began in 1997. But it wasn't until 2004 when his best friend was diagnosed with progressive MS and his niece with relapsing-remitting, that it became personal. Since then, he has held several executive leadership positions with our chapter including two terms as Board Chair and is currently Board Chair of the Regional Volunteer Leadership Council (RVLC), in the Southeast Region. Jeff's favorite part of volunteering is interacting with "incredibly dedicated staff members, clients, and volunteers who are working so very hard to find a cure for MS. I feel like we are collectively moving closer to a world free of MS, and until that happens, we are helping create the best life possible for those living with MS."

When not practicing law, or volunteering with the MS society, he enjoys mountain biking with his 11 year-old son, Matthew. Jeff's inspiration is his mother, who passed away earlier this year. He says she was the kind of woman who "cherished the simple things in life and found beauty in everyone and everything." ■



"I FEEL LIKE WE ARE COLLECTIVELY MOVING CLOSER TO A WORLD FREE OF MS"
- JEFF HAMILTON



MEET THE STAFF

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**WELCOME: JINNY CORNETT
NEW PROGRAMS MANAGER**

**“I AM EXCITED
TO BE A PART OF
THIS WONDERFUL
ORGANIZATION!”**

NATIONAL MULTIPLE SCLEROSIS SOCIETY

Kentucky-Southeast Indiana Chapter

1201 Story Avenue, Suite 200
Louisville, KY 40206
1-800-344-4867

Chair: Michelle Baugh

Vice Chair: Diana Quesada

Treasurer: Bob Montgomery

Secretary: Debbie Nelson

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Kentucky-Southeast Indiana Chapter

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RAMSEY CARPENTER: MISS KENTUCKY 2014

BY ERICA MOHLER

The National Multiple Sclerosis Society would like to give a big congrats to Ramsey Carpenter who was crowned Miss Kentucky Saturday, July 12 at the University of Kentucky Single-ary Center for the Arts. 23 year-old Ramsey is a Hartford native and recently graduated from the University of Kentucky with a Bachelor of Arts degree in Special Education/LBD.

This was Ramsey's fourth attempt at the Miss Kentucky crown, and her final eligible year before aging out of the pageant. Despite previous attempts to be crowned Miss Kentucky, Ramsey continued to chase her goal and finally achieved it. While standing on stage she said, "It's so surreal that on the year I age out, I am able to grasp the dream." After the competition, she talked about her persistence by posting on her Twitter account, stating "This is just proof

that if at first you don't succeed, keep trying!"

**"THIS IS JUST PROOF THAT IF AT FIRST YOU
DON'T SUCCEED, KEEP TRYING!"
- RAMSEY CARPENTER**

Ramsey's platform issue is MS awareness and her goal is to help find a cause and a cure. She has been awarded the Heather French Henry Quality of Life Award for her collaboration with the platform. In 2010, Ramsey was diagnosed with MS. She was unable to control her fingers as she tried to play the fiddle for her grandfather on his birthday. Today, she is symptom-free as a result of self-injection therapy and rehab, but the threat of relapse is still there. Her experience with MS has changed her life and given her new purpose.

LIFE AFTER MISS KENTUCKY

Although she had already been hired to teach after graduating, Ramsey put her job at the high school on hold to pursue her Miss Kentucky dream. Now she will continue to the Miss America competition this fall in Atlantic City. One day, she hopes to obtain a Master's degree in Media Specialist/Librarian Service and a PhD in Administration to pursue a career in school administration. ■

RESEARCH: FOCUSING ON PROGRESSIVE MS

The many achievements of Dr. Barry G. W. Arnason, the 2014 recipient of the Dystel Prize for Multiple Sclerosis Research, include significant contributions to the development of immune-directed therapies and understanding how the different components of the immune system work in MS. His discoveries hold particular significance for people with progressive forms of MS.

UNDERSTANDING PROGRESSIVE MS

A majority of MS research has focused on T cells, which are a specific type of white blood cell that turns on the central nervous system and causes damaging inflammation. However, “I don’t think T cells have much to do with progressive MS,” said Dr. Arnason. “I think the problem is activation within the central nervous system of microglial cells, and that activation is the key to potential treatments of progressive MS.” Dr. Arnason has made these comments in the opening lecture at the 2012 Annual Meeting of the Consortium of MS Centers in San Diego, while emphasizing that MS research should focus more on progressive MS.

Dr. Arnason’s research into progressive MS has also helped uncover evidence that damage to the spinal cord leads to increased activity of certain docking sites on immune cells, which

suggests a vicious cycle of immune changes, damage, and increased immune activation. Dr. Arnason also contributed to the better understanding of other disorders, such as Guillain-Barre syndrome and myasthenia gravis.

**“I THINK THE PROBLEM IS ACTIVATION WITH-
IN THE CENTRAL NERVOUS SYSTEM”
- DR. BARRY G. W. ARNASON**

TRAINING THE FUTURE

Dr. Arnason is also laying the groundwork for quality MS care in the future. His institution, the University of Chicago Medical Center (at which he is the James Nelson & Anna Louise Raymond Professor of Neurology) recently received an Institutional Clinician Training Award from the Society. These awards provide five years of funding to support the establishment of a world-class training program, thereby attracting the best MS clinicians over multiple years.

The Dystel Prize is awarded jointly by the National MS Society and the American Academy of Neurology. The award is made possible through a special fund established in 1944 by late Society National Board members Oscar and Marion Dystel. The Dystel Prize is awarded in honor of their son John Jay, an attorney whose promising career was cut short by progressive disability from MS. ■

**TO LEARN MORE ABOUT DR. ARNASON AND PAST DYSTEL
RECIPIENTS, VISIT WWW.NATIONALMSSOCIETY.ORG/DYSTEL**

CALENDAR PROGRAMS

Lunch Bunch series: Bring your caregivers, family and friends and enjoy a FREE lunch. RSVP: 1-800-344-4867, option 1.

LEXINGTON LUNCH BUNCH

11:30AM - 12:30PM

September Lunch Bunch Canceled

Last Monday of every month at
Cardinal Hill - 2050 Versailles Rd,
Lexington

LOUISVILLE LUNCH BUNCH

11:30AM - 12:30PM

September Lunch Bunch Canceled

October 7

First Tuesday of every month at Kossair Charities in the Community Room - 982 Eastern Parkway, Louisville

Register: 1-800-344-3867, Option 1

UPCOMING FALL WALKS:

WALK MS: CENTRAL KENTUCKY
FREEMAN LAKE - ELIZABETHTOWN
SATURDAY 9/6/2014

WALK MS: PADUCAH
NOBLE PARK
SATURDAY 9/13/2014

WALK MS: BOWLING GREEN
PRESTON MILLER PARK
SATURDAY 9/27/2014

WWW.WALKMSKY.ORG
1-800-344-4867
MARY.CARABELLA@NMSS.ORG

PARTNERS IN MS CARE

KentuckyOne Health: Neurology Associates

Dr. Cary Twyman, Neurologist
Dr. Gregory Anderson, Neurologist
Dr. Warren Chumley, Neurologist
1201 Majestic Drive
Lexington, KY 40513
859-296-1922

Baptist Health Lexington:

Dana Lykins, Physical Therapist
1775 Alysheba Way, Suite 100
Lexington, KY 40509
859-260-4540

TALK MS: GROUP MEETINGS

BOWLING GREEN - 2ND TUESDAY OF THE MONTH

Contact Tim: 270-535-9161

Sky Rehab Clinic, 6PM

FRANKFORT - 2ND FRIDAY OF THE MONTH

Contact Michelle: 502-803-6239

Frankfort Regional Medical Pavilion, 6:30PM

LEXINGTON - 1ST WEDNESDAY OF THE MONTH

Contact Leslie: 859-269-4036

TBA, 11:30AM

MADISONVILLE - 4TH MONDAY OF THE MONTH

Contact Dan or Carolyn:

270-639-5679

Trover Clinic 8th Floor, 6PM

MIDDLESBORO - 2ND TUESDAY OF THE MONTH

Contact Nina: 606-499-1987

Middlesboro ARH, 6PM

OHIO COUNTY - 1ST TUESDAY OF THE MONTH

Contact Tim: 270-535-9161

Ohio County Wellness Center,
6:30PM

SOMERSET - 3RD THURSDAY OF THE MONTH

Contact Rick: 606-872-6876

Lake Cumberland Regional Hospital, 6PM

WINCHESTER - 1ST TUESDAY OF THE MONTH

Contact Joy: 270-535-9161

BCTCS, 6PM

**YOU are invited to the
MOVING MOUNTAINS FOR MS
Family Weekend Retreat
October 10-12
General Butler State Park
located in scenic Carrollton KY**

**To register:
1 800 344 4867**

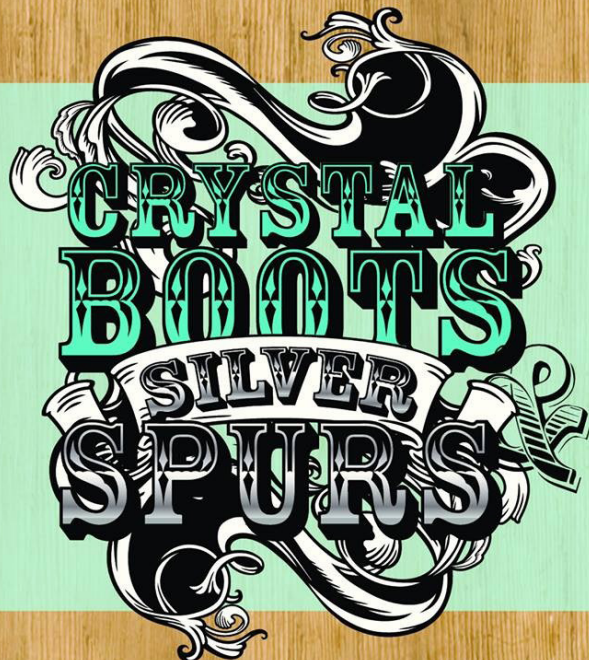
A BIG thanks to all who attended
the Best of Louisville and made it
such a fun and successful evening!



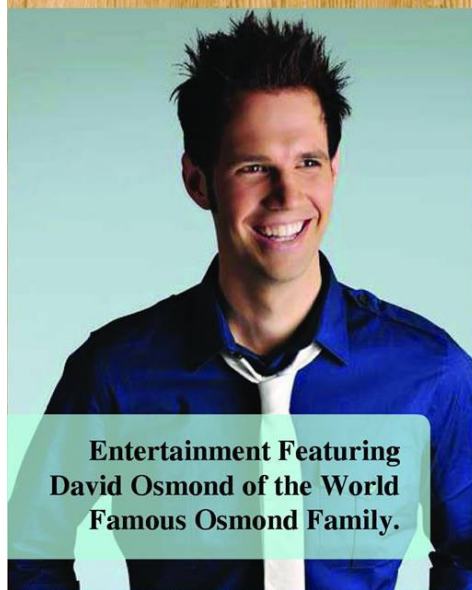
We hope to see you again next year

September 27, 2014

Let Us "Inspur" You



Join us for the 5th Annual Crystal Boots & Silver Spurs gala. A country-chic setting at the home of Jeannie & Victor Unruh
2600 Old Hill Rd, Floyds Knobs, IN 47119.



Entertainment Featuring
David Osmond of the World
Famous Osmond Family.



Music Provided by
Olivia Henken & Band.

Presented By:



MAC

Construction & Excavating, Inc.

Design sponsored by



**National
Multiple Sclerosis
Society**

*Benefiting the National Multiple Sclerosis
Society Kentucky-Southeast Indiana Chapter*

*MS is the #1 disabling disease among young
adults in the United States*

Hosted By
Jeannie and Victor Unruh



"I will reach out to the others in need, especially
to speak out to others affected by MS to
support and create awareness in the
hope of finding a cure."

- Cocktail Attire
- The Western Theme
is in the air, feel free
to add country flare!

Entertainment Sponsored By:



Visit the website
www.crystalboots.com



**National
Multiple Sclerosis
Society**

1201 Story Avenue
Suite 200
Louisville, KY 40206

FREE MATTER
FOR THE
BLIND OR
HANDICAPPED



Above: Melissa Swan, WHAS TV 11 joins the Chapter to guide us in our Advocacy efforts.

Right: Chapter President Stacy Funk and Board VP enjoy Best of Louisville.

