

Group Leadership Call: January 20, 2022 3PM EST



**National
Multiple Sclerosis
Society**



Hosted By:
Mollie Burns
Manager, Community Engagement
Philadelphia, PA

Group Leadership Call: January 20, 2022 8PM EST



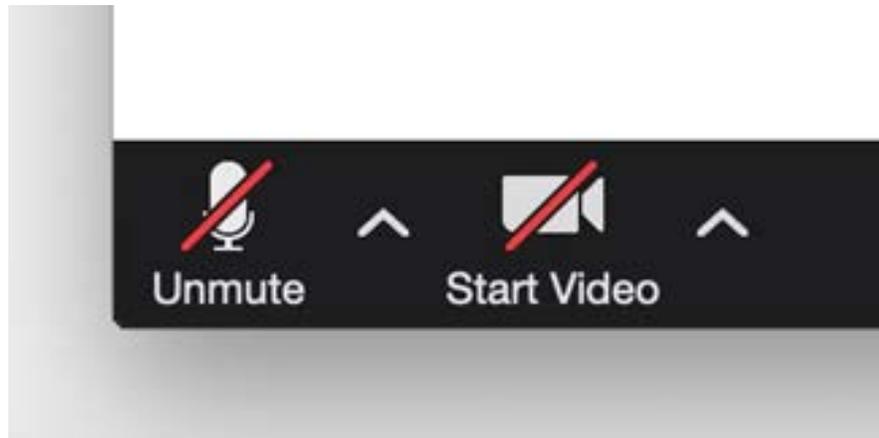
**National
Multiple Sclerosis
Society**



Hosted By:
Sue Pandya
Manager, Community Engagement
Phoenix, AZ

Zoom Tips: Microphone and Camera

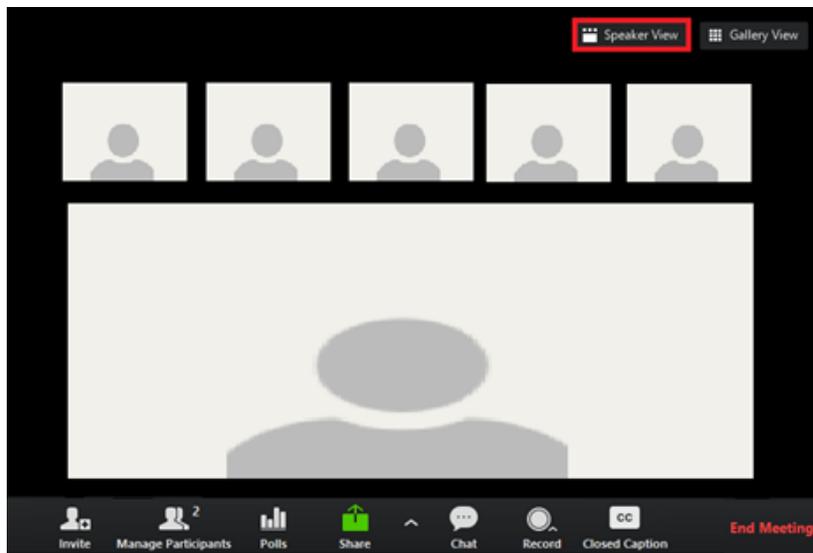
Click the microphone icon to unmute yourself and click the video icon to share your video



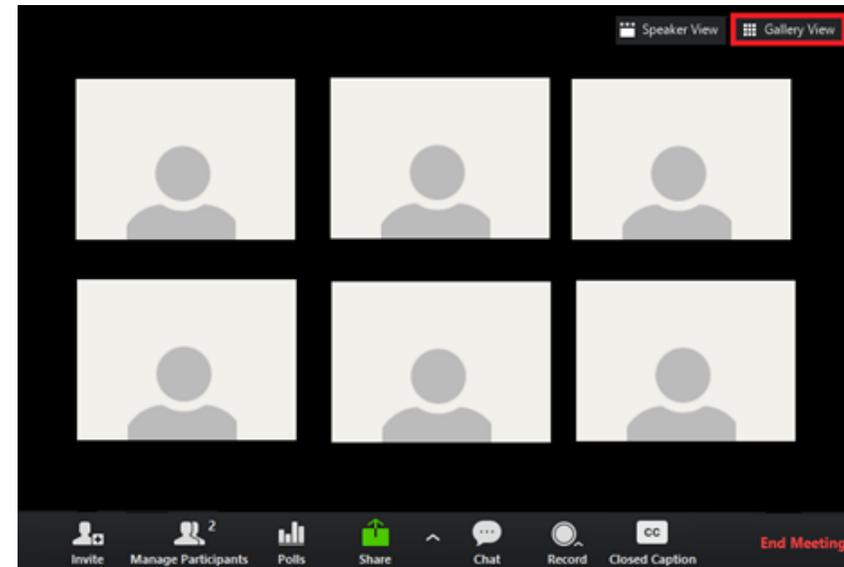
Zoom Tips: Viewing Options

Choose what works best for you using the button in the top right corner of your screen

Speaker View



Gallery View



Today's Call

- Program Announcements
 - Walk MS 2022- Laura Kanellos
 - Online Communities- Philip Anzada
 - Pathways to Wellness- Lauren Henderson/Nicole Farsaci
- Questions, Feedback, and Discussion
- Leader Resources

Vision & Mission Statements

Our Vision:

A World Free of MS.

Our Mission:

We will cure MS while empowering people affected by MS to live their best lives.

Diversity, Equity & Inclusion Statement

The National Multiple Sclerosis Society is a movement by and for all people affected by MS.

Our voices and actions reflect diversity, equity, and inclusion.

We welcome and value diverse perspectives. We actively seek out and embrace differences.

We want everyone to feel respected and be empowered to bring their whole selves to ensure we make the best decisions to achieve our mission.



National
Multiple Sclerosis
Society

Together We Are Stronger.

Ask an MS Expert

- Weekly on Fridays at 1 pm ET /12pm CT/11am MT/10am PT
- Monthly on the 3rd Wednesday of each month in Spanish
- Quarterly for Veterans

Live stream only – started January 7, 2022:

- Facebook - <https://www.facebook.com/nationalmssociety/>
- YouTube - <https://www.youtube.com/user/NationalMSSociety>
- Twitch - <https://www.twitch.tv/mssociety>

For more details: www.nationalmssociety.org/MSExpert



**National
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Walk MS 2022

Laura Kanellos

Senior Director, Walk MS

Walk MS 2022

We're Back!

- Events from February through June
- 234 in-person events
- One in every state
- Goal of 100,000 participants
- Goal of \$24,000,000



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Multiple Sclerosis
Society

Together We Are Stronger.

Walk MS 2022



Walk MS Your Way

- Opportunity for everyone to participate in Walk MS, expanding access to this community
- Choose your own date and rally your team or community
- Access to Walk tools and resources
- Same great perks and prizes as Society-Hosted events

Walk MS 2022

Perks!

- Walk MS t-shirt when you fundraise \$100
- Living with MS t-shirt for all individuals diagnosed
- Rewards program based on points
- Fundraising Clubs (Silver, Gold, and Top Fundraisers)
- Various campaigns including Go-Time in March



Walk MS 2022

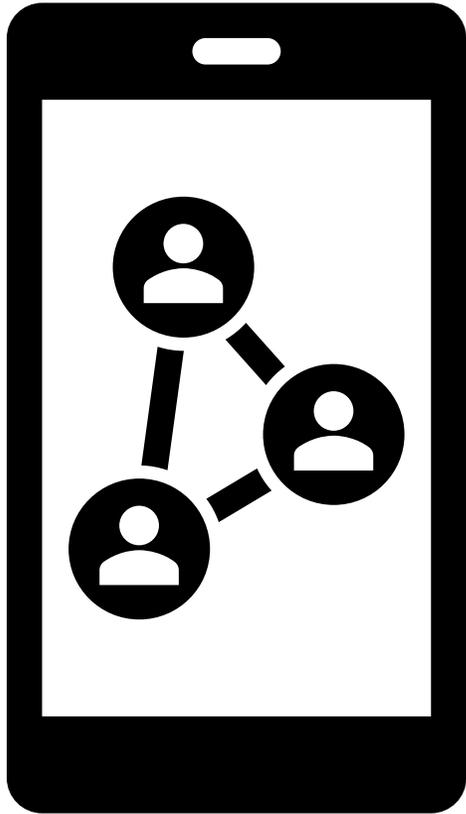


Register at walkMS.org



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Online MS Communities

Philip Anzada,
Senior Manager, Online Communities

Which online MS communities are you connected with?



National MS Society Online Communities

Connecting	Connecting people affected by MS from all over the world
Building	Building on the foundation of Self-Help Groups to offer volunteer-led support
Sharing	Creating organic opportunities for people to share resources and experiences
Discovering	Providing space for members to discover that they aren't alone

Person-Centric Connection Strategy

Listening ear,
one-on-one conversations

Helpline

 7 days a week
7 a.m.–10 p.m. MT

Paired

   Scheduled

MSFriends®
Trained
Volunteer

**MS
Navigator®**
Professional
Staff

Information, resources
and support



Monday – Friday
7 a.m.–5 p.m. MT

Community connection,
group conversations

   Scheduled

**Self-Help
Group**
Trained
Volunteer

**Online
Communities**
Trained
Volunteer

Find Community
Anytime - Anywhere

  24/7 online

Online Community Leaders

A new type of Peer Connections Volunteer

Online Community Leaders work as a team to maintain a safe online community space, and to provide encouragement, support, and information about Society resources to online community members through commenting and direct messaging. With Society support, volunteers will develop and post engaging content focused on trending topics in MS.

National MS Society Facebook Community

- Almost 9,000 members!
- Extremely dynamic community with constant conversation.
- Almost half of new members are newly diagnosed – great space to learn and connect!
- Trained volunteers are leading conversations, providing links to resources, and connecting people back to local in-person opportunities



The Mighty

- 1,000 members and growing
- Smaller community with a focus on personal stories and health resources
- Organized by health topic, so members can follow more than one
- Virtual meetups and event opportunities

The
MIGHTY



Online MS Communities

Find Support

- › Ask an MS Navigator
- › Join a Local Support Group
- › Online MS Communities
- › For Peer Connections Volunteers
- › MSFriends®: One-on-One Connections
- › Edward M. Dowd Personal Advocate Program
- › Happy the App
- › eSupport Health



SHARE

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Online communities provide people affected by multiple sclerosis the support, information and connections they need —when they need them. Communities are led by trained volunteers who assist in posting and ensuring community members have access to resources like the Society's [MS Navigator®](#) program, Case Management and crisis resources.

These communities

- › are open to all people affected by multiple sclerosis
- › offer organic opportunities to give and receive support in a safe environment
- › include access to on-demand educational content and resources

Community members can expect an environment that respects privacy and is free of hate speech, bullying and spamming. For more information, please see a complete list of the [Society's social media guidelines](#).



What can you do next?

Join the National MS Society Community Group and the MS Connections Group on The Mighty

Invite your group members to join

Continue to direct newly diagnosed contacts to join online communities

Stay tuned for more!



**National
Multiple Sclerosis
Society**

Pathways to Wellness in MS Virtual Discussions

Nicole Farsaci

Manager, Community Engagement

Program Overview

Learn strategies to live well with MS including evidence-based exercise and lifestyle physical activity recommendations that can improve your health and quality of life.

The Pathways to Wellness in MS exercise and physical activity discussions will provide information from trusted Comprehensive MS Care Centers and give you an opportunity to connect with others in the MS community.

Everyone living with MS, regardless of their ability level, can and should stay active – we'll help you learn how!

Program Details

- Virtual discussions will provide content and connection
- Partnering with three Comprehensive Care Centers
- Three learning topics
 - One hour each
 - One module per week
- Expect 30-60 participants
- Discussions will be led by MS Experts

Pathways to Wellness in MS

Focus: Exercise and Physical Activity

Module 1: MS Wellness Research

- Virtual Discussions
 - Wellness Research

Module 2: Wellness Barriers & Solutions

- Virtual Discussions
 - What is Wellness?
 - Barriers and Solutions to Maintaining Your Personal Wellness

Module 3: Exercise & Lifestyle Physical Activity

- Virtual Discussions
 - The Benefits of Exercise and Lifestyle Physical Activity
 - Exercise and Lifestyle Physical Activity for Your Ability Level
 - SMART Goals- Creating a Wellness plan



Program Schedule

	Shepherd MS Center Atlanta, GA	Swedish MS Center Seattle, WA	University of Utah Salt Lake City, UT
MS Wellness Research	Wednesday 2/9/22 11am ET/10am CT/ 9am MT/8am PT	Wednesday 2/9/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET	Thursday 2/10/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET
Wellness Barriers & Solutions	Wednesday 2/16/22 11am ET/10am CT/ 9am MT/8am PT	Wednesday 2/16/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET	Thursday 2/17/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET
Exercise & Lifestyle Physical Activity	Wednesday 2/23/22 11am ET/10am CT/ 9am MT/8am PT	Wednesday 2/23/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET	Thursday 2/24/22 5pm PT/6pm MT/ 7pm CT/ 8pm ET

Getting the Most Out of this Program

- Personalize your learning experience to get what you want out of this program.
- Register and attend all 3 content discussions.
- Pick and choose days and times to best fit your schedule.
- Each program is available to anyone regardless of location.
- Register at nationalmssociety.org/pathways
- Stay tuned for details regarding the Pathways to Wellness in MS virtual program in March 2022 that will focus on nutrition.

Leader Resources



National
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Peer Connections Volunteer Website



National
Multiple Sclerosis
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For Peer Connections Volunteers



For Peer Connections Volunteers

- › Resources for Peer Connections Volunteers
- › Group Leadership Call Recordings
- › Educational Resources & Toolkits
- › Resources for Meeting in Person



SHARE

Like 8

Tweet

Share

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Welcome to the Peer Connections Volunteers resource page – we're glad you're here! Our Peer Connections Volunteers are trained individuals who focus on the needs of people affected by MS needing support. This page is designed to support you in your role(s) as a Peer Connections Volunteer by providing relevant information and resources to prepare and ensure continued success in working with individuals in the MS community.

This page provides links to general MS information, Society services and support, and the resources specific to your volunteer role. Additionally, you'll find best practices and tips for successfully hosting a self-help group, handling difficult conversations, and resources to share with participants for additional emotional support.

If you have any questions about the content below, please reach out to your staff partner or the Peer Connections Resource Team at PeerConnections@nmss.org. We're thankful to each of you for volunteering your time and passion!

How Can I Become a Peer Connections Volunteer?

1. **Self-help Group Leader** – these volunteers are trained to lead virtual and/or in-person groups to facilitate emotional and social connections to others in the MS community.
2. **MSFriends** – these volunteers provide confidential one-to-one conversations via a helpline or a virtual pairing with a participant to meet at a pre-determined time for ongoing communication.
3. **Online Community Leader** – these volunteers work as a team to maintain a safe online community space, and to provide encouragement, support, and information about Society resources to online community members through commenting and direct messaging.

If you're interested in becoming a Peer Connections Volunteer, review the job description links above and email PeerConnections@nmss.org for more information and next steps.

Connect with Other Peer Connections Volunteers

- › **Peer Connections Volunteer Facebook Page:** The Peer Connections Volunteers Facebook Page is a place for affiliated Self Help Group Leaders and MSFriends® to network, share ideas, and

Chat with an MS Na

www.nationalMSSociety.org/peerconnectionsvolunteers

Together We Are Stronger.

Connect with the National MS Society



facebook.com/nationalMSsociety



instagram.com/MSsociety



twitter.com/MSsociety



youtube.com/nationalMSsociety



[linkedin.com/company/
national-MS-society](https://linkedin.com/company/national-MS-society)

Upcoming Group Leadership Call Dates



Quarterly in 2022:

April 21, July 21, October 20

2 sessions to pick from:

3pm ET/2pm CT/1pm MT/12pm PT

8pm ET/7pm CT/6pm MT/5pm PT *(new later time)*