

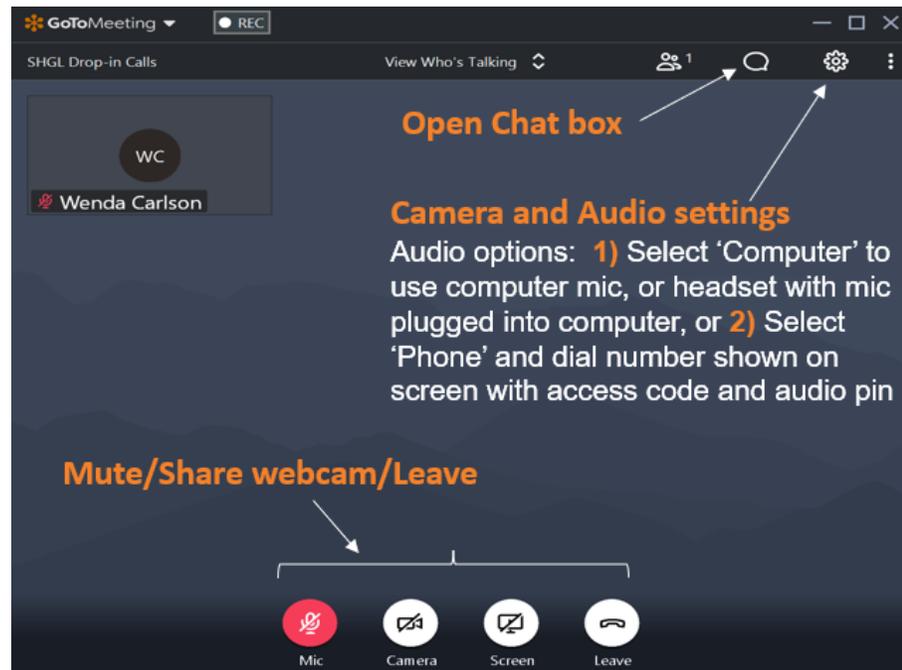
75  
YEARS OF PROGRESS

### Hosted by:



**Mollie Burns**

Manager, Volunteer and  
Community Engagement



**Q&A:** There will be time for questions after presentation

- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

# Today's Time

- **REMINDER:** We are going digital through the foreseeable future. Status update in March 2021
- Public Policy Conference (PPC)
- MS Awareness Week
- We are here to support you! - New support email: [peerconnections@nmss.org](mailto:peerconnections@nmss.org)
- Connections Program Volunteer Website: <http://nationalmssociety.org/peerconnectionsvolunteers>
- Questions/Feedback/Discussion

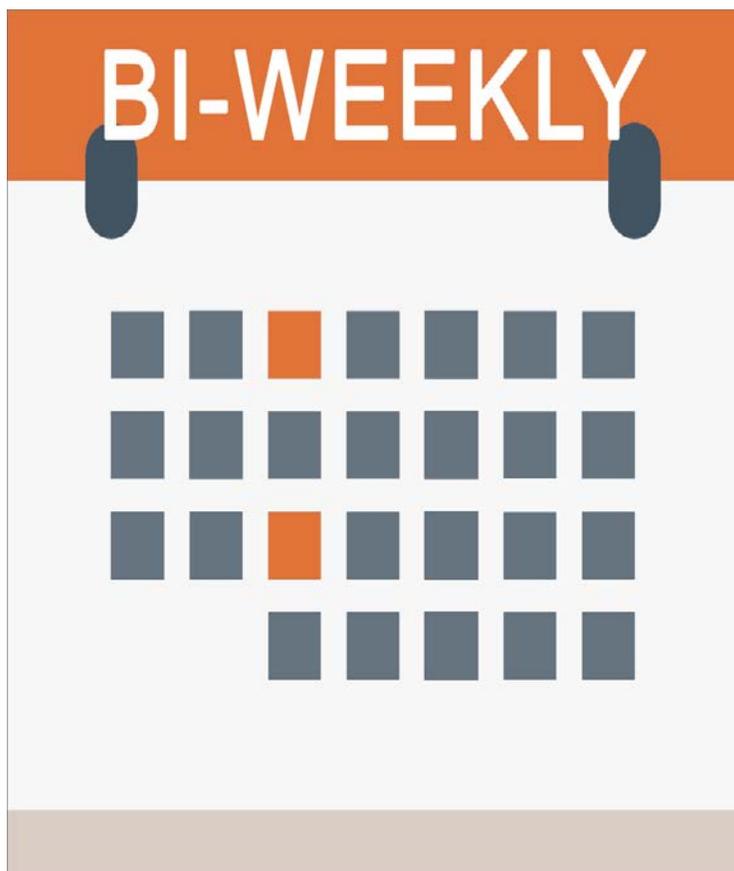
# Support for Leaders and Groups

- Bi-Weekly Ongoing Drop In Calls
  - Thursdays at noon PST/3EST
  - March 4 and March 18
- MS Navigators are available to help
- Find Doctors and Resources Online

# March Update Status Review

- We will not be bringing self-help groups together in person for the foreseeable future.
- We will have more information regarding when we might be ready to do so by the end of March.

# Bi-Weekly Ongoing Drop In Call Dates



- March 4
- March 18



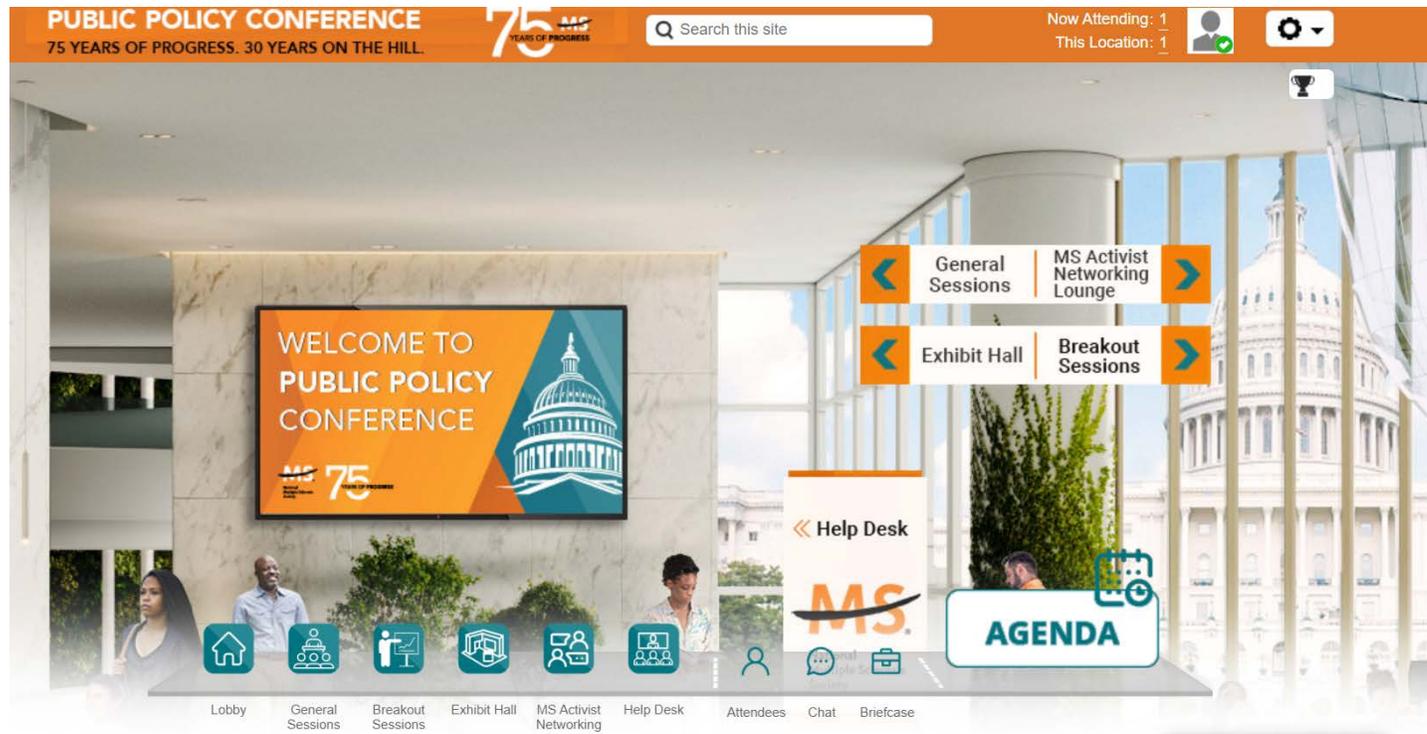
# Our Guest Speaker



**Laura Bennett,**  
Sr. Manager, Grassroots Advocacy

# 2021 Virtual Public Policy Conference

- March 22-23, 2021 (2:00 – 5:00 PM ET Daily)
- Register Today: [www.nationalmssociety.org/ppc](http://www.nationalmssociety.org/ppc)



Monday March 22	
1:00 PM ET	Opening Reception
2:00 PM ET	Kick-Off
2:20 PM ET	Issue Panel: Funding MS Research
3:15 PM ET	Break
3:30 PM ET	Breakouts: <ul style="list-style-type: none"> <li>• How to Become a Peer Reviewer</li> <li>• Communicating with Congress: Social media</li> <li>• Communicating with Congress: Phone</li> <li>• Communicating with Congress: Email</li> <li>• Communicating with Congress: Meetings</li> <li>• Sharing Your Story with Media</li> </ul>
4:15 PM ET	Break
4:30 PM ET	An Inside Look at DC with Anna Palmer
5:05 PM ET	Closing Reception

Tuesday March 23	
1:00 PM ET	Opening Reception
2:00 PM ET	Kick-Off
2:20 PM ET	Issue Panel: Expanding Telehealth
3:15 PM ET	Break
3:30 PM ET	Breakouts: <ul style="list-style-type: none"> <li>• New to Advocacy</li> <li>• Policy Not Politics</li> <li>• BIPOC and Advocacy</li> <li>• Government Relations Advisory Committee Chairs</li> <li>• Veterans with MS</li> <li>• An Introduction to Social Media</li> </ul>
4:15 PM ET	Break
4:30 PM ET	Meet Your Congressional MS Caucus Leaders
5:05 PM ET	Closing Reception

**MS**<sup>®</sup>

National  
Multiple Sclerosis  
Society

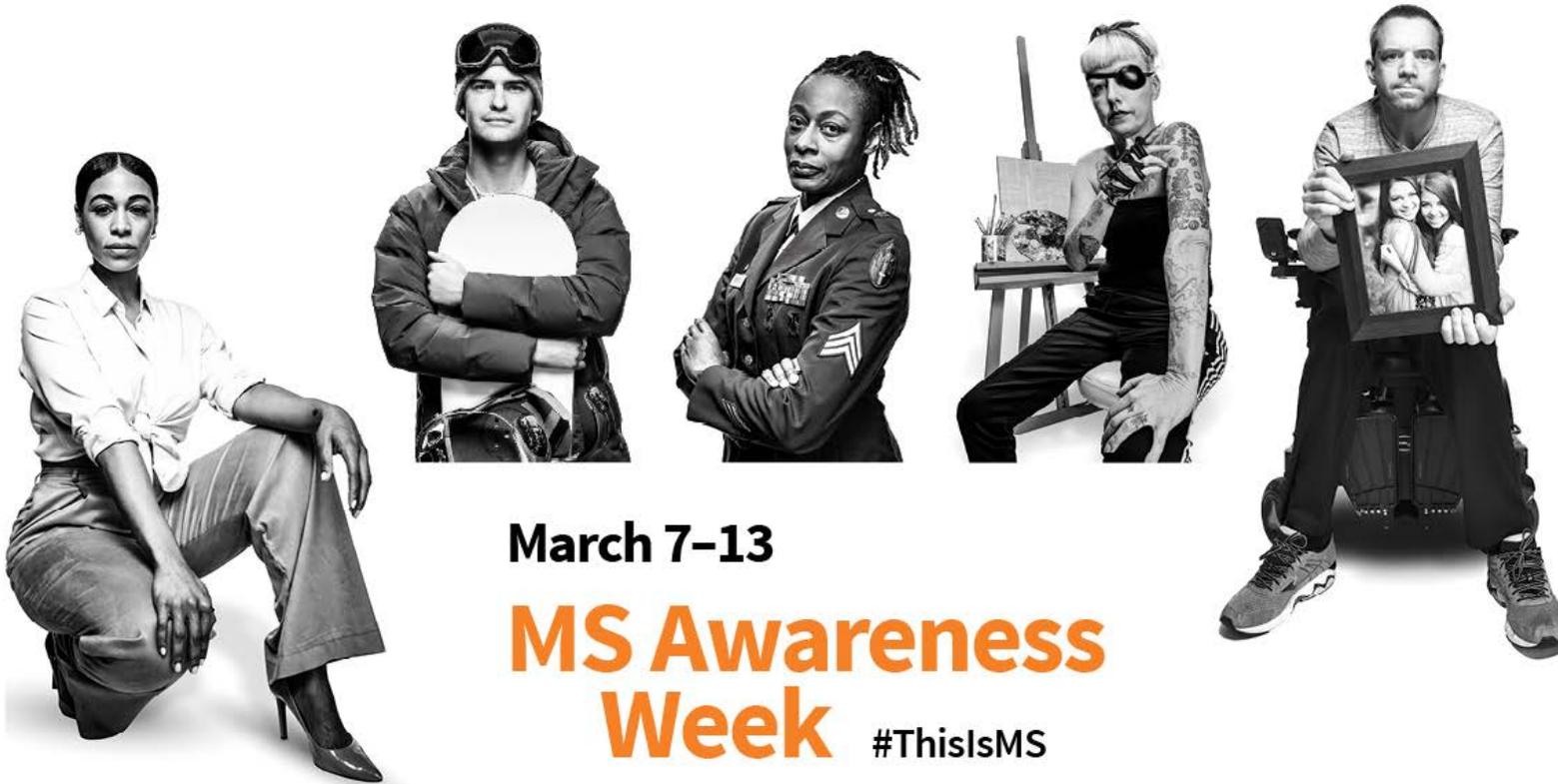
**75**

YEARS OF **PROGRESS**

# MS Awareness Week

March 7 – 13, 2021





March 7-13

**MS Awareness Week** #ThisIsMS

[nationalMSSociety.org/ThisIsMS](http://nationalMSSociety.org/ThisIsMS)



MS sat me down.

**I will dance at my daughters' weddings.**

**Jim**  
Dad, Podcaster,  
Diagnosed in 1998.

Explore powerful stories of people doing **whatever it takes** at [nationalMSSociety.org/jim](http://nationalMSSociety.org/jim)



MS crossed me.

**I put MS in its place.**

**Tracey**  
Veteran, Wife,  
Diagnosed in 2009.

75 years ago, a movement began that is changing the world for people living with MS. Explore their stories at [nationalMSSociety.org/tra](http://nationalMSSociety.org/tra)

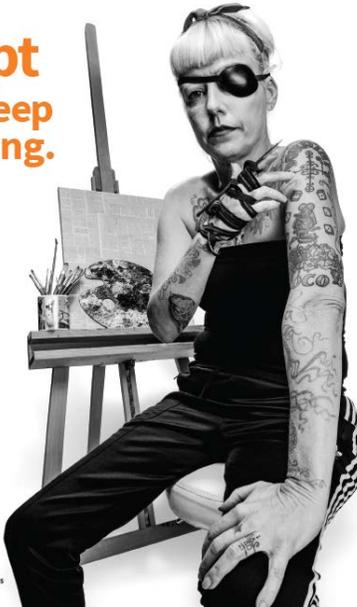



MS took my eyes and my hands.

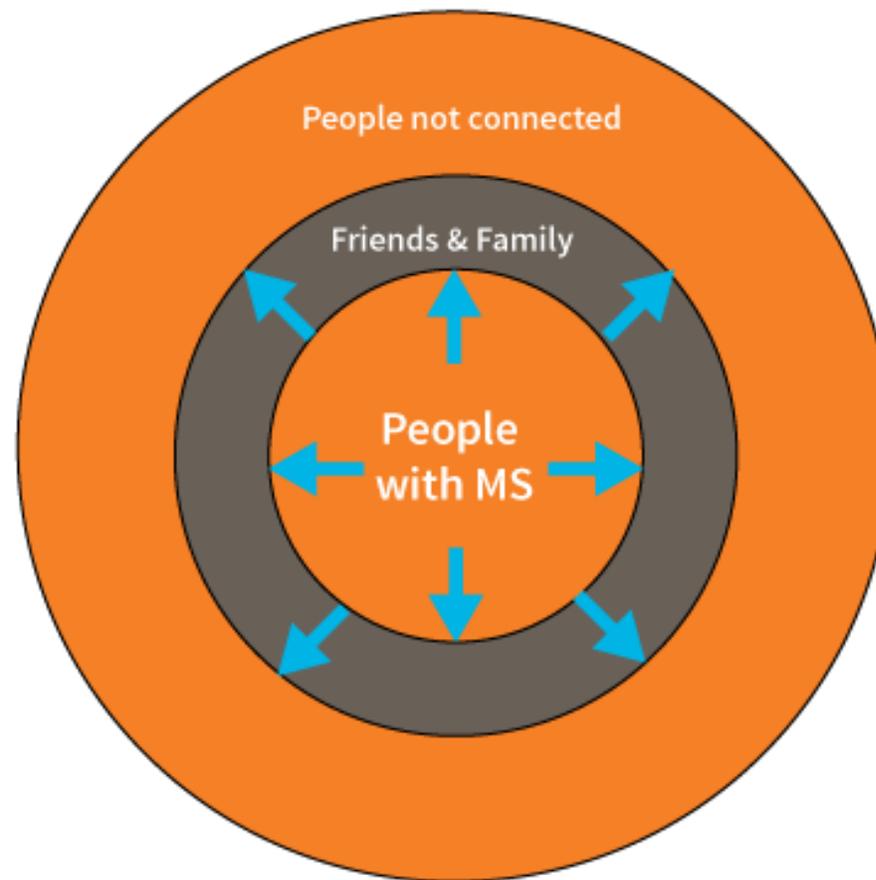
**I adapt and keep creating.**

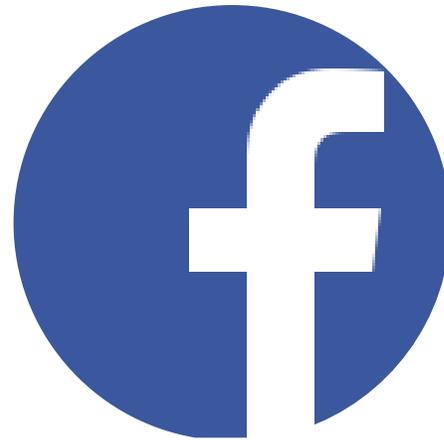
**Lydia Emily**  
Artist, Survivor,  
Diagnosed in 2012.

75 years ago, a movement began that changed the world for people living with MS. Explore their stories at [nationalMSSociety.org/lydiaemily](http://nationalMSSociety.org/lydiaemily)




# Your Critical Role





## Help Spread Awareness

- Help boost our signal
- Tell your story
- Fundraise

# Updated Connection Volunteer Website



## For Peer Connections Volunteers

**For Peer Connections Volunteers**

- › Resources for Peer Connections Volunteers
- › Call Archive
- › Educational Resources & Toolkits

SHARE Like 3 Tweet Share 2

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](mailto:PeerConnections@nmss.org). We're thankful to each of you for volunteering your time and passion!

# Veterans and MS Webinar

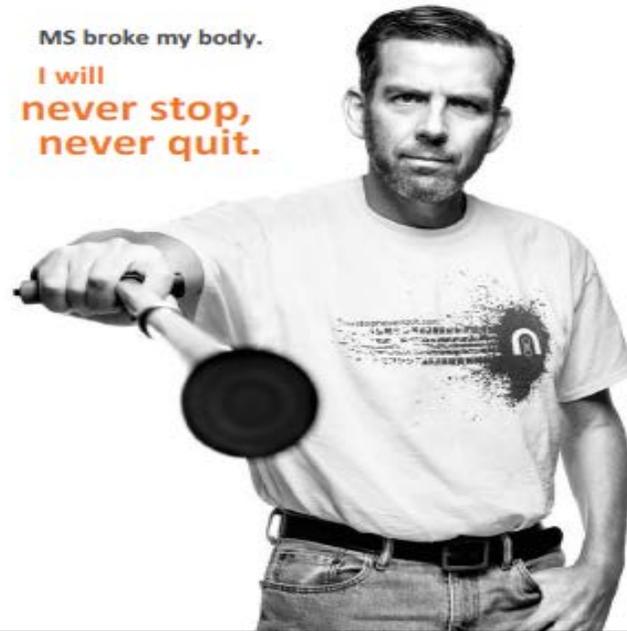
Living with Progressive MS —  
A Webinar for Veterans with MS

Thursday, March 11, 2021

1 p.m.-3:30 p.m. ET / 10 a.m.-12:30 p.m. PT

Thursday  
March 11, 2021  
1-3 pm EST

MS broke my body.  
I will  
never stop,  
never quit.



Learn strategies for managing your MS in an integrated, comprehensive way and what resources are available from the Veterans Health Administration, Paralyzed Veterans of America and National MS Society to help you live your best life with MS.

- Intro and logistics
- Disease modifying therapies
- Non-medical interventions
- VA Community Care
- About the National MS Society, Paralyzed Veterans of America and Veterans Affairs MS Centers of Excellence
- Closing with Q&A

**Kevin**  
Dad, Veteran.  
Diagnosed in 1999.

Explore powerful stories of people doing whatever it takes at [nationalMSsociety.org/kevin](http://nationalMSsociety.org/kevin)

Register at [nationalMSsociety.org/Veterans](http://nationalMSsociety.org/Veterans) or call 1-800-344-4867 for more information



# ASK an MS Expert Program Series Dates

- The Ask an MS Expert program series provides an opportunity to learn more about multiple sclerosis from top MS experts.
- Programs focus on trending topics related to the MS community. Experts answer your questions and MS Navigators provide live resource support throughout each program.
- **February 19:** COVID-19 Vaccines: Myths, Facts, and DMT Considerations.

# Updated Emotional Support Resources



## Emotional Support Resources

### **MS Navigator®**

An MS Navigator can be reached at 1-800-344-4867 anytime 7 a.m. - 5 p.m. MT Monday-Friday. Chat is also available on the National MS Society site. MS Navigators are available by email as well at [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org).

<https://www.nationalmssociety.org/MSNavigator>

### **National MS Society Self-Help Groups**

National MS Society self-help groups focus on advocacy, education and empowerment by providing social and emotional support within a peer setting. Individuals come together to seek and provide support while building a sense of community through the power of connection.

<https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group>

### **MSFriends® Helpline**

The MSFriends helpline connects interested individuals with volunteers living with MS for 1:1 peer connection via phone. MSFriends provides confidential conversations by connecting you directly to volunteers who know first-hand what is it like to live with MS. Volunteers are available 7 days a week from 7 a.m. – 10 p.m. MT.

[www.nationalMSsociety.org/MSFriends](http://www.nationalMSsociety.org/MSFriends)

### **MSFriends® Paired**

The MSFriends paired program connects interested individuals to trained volunteer via a pairing process based on selected criteria. These connections meet via phone, email or video calls based on a mutually agreed upon availability. Email [PeerConnections@nmss.org](mailto:PeerConnections@nmss.org) to learn how to register.

### **Happy the App**

The National MS Society also has a collaboration with Happy the App to ensure that people living with MS get the emotional support they need. Happy the App is a 24/7 phone-based service provided through a mobile phone app that connects individuals experiencing everyday stresses, life struggles or feeling lonely with compassionate listeners.

[Happy the App: National MS Society](#)

# Spanish Emotional Support Resources



## Recursos de Apoyo Emocional

**Navegantes para la EM®**  
Puede conectarse con un Navegante para la EM llamando al 1-800-344-4867 opción #3 para español, de lunes a viernes de 7 a.m. - 5 p.m. MT. También está disponible la opción de chat en la página web de la Sociedad Nacional de EM. Igualmente puede contactarlos en la siguiente dirección de correo electrónico: [ContactUsNMSS@nmss.org](mailto:ContactUsNMSS@nmss.org)  
<https://www.nationalmssociety.org/MSNavigator>

**Grupos de Apoyo de la Sociedad Nacional de EM**  
Los grupos de apoyo de la Sociedad Nacional de EM se enfocan en educación y empoderamiento a través de proporcionar apoyo social y emocional. Individuos se unen al grupo para buscar y dar soporte creando un ambiente de comunidad a través del poder de la conexión.  
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Join-a-Local-Support-Group>

**Happy the App**  
La Sociedad Nacional de Esclerosis Múltiple (EM) trabaja en conjunto con Happy the App para asegurarse que las personas que viven con EM tengan el soporte emocional que necesitan. Happy the App es un servicio telefónico 24/7 disponible a través de un app en su teléfono móvil que conecta individuos que sufren de stress por el día a día, batallas personales o que se sienten solos con personas que los escuchan de forma compasiva.  
[Happy the App: National MS Society](#)

**Grupo de Facebook: National Multiple Sclerosis Society Community**  
Este grupo de Facebook privado da a personas afectadas por EM la oportunidad de conectarse digitalmente. El grupo permite a sus miembros participar en unidades de

# Drop In Call Feedback Survey

- To continuously improve our information, resources, and services offered, we invite you to complete a 3-minute anonymous survey.
- Your feedback is important to us and helps us make decisions on improving the experience in accessing resources and information.
- Please click on the link in the chat box to complete this brief survey.



ANQUINETTE (R), DIAGNOSED IN 2013

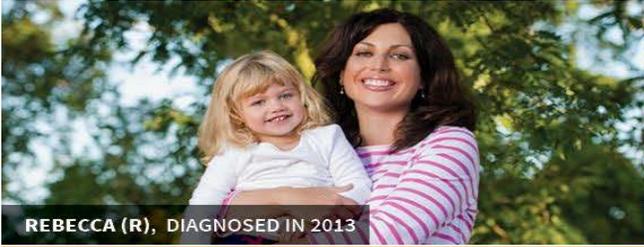


ANDREW (R), DIAGNOSED IN 2013



GALEN, DIAGNOSED IN 2011

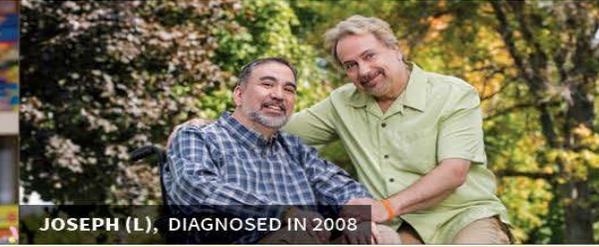
# NATIONAL MS SOCIETY COMMUNITY



REBECCA (R), DIAGNOSED IN 2013



ELLECIA, DIAGNOSED IN 2011



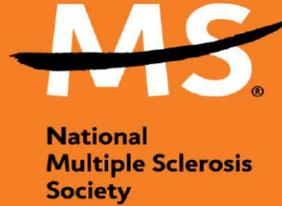
JOSEPH (L), DIAGNOSED IN 2008



# Live Fully, Live Well

*A Wellness Program for People with MS & their Support Partners*

# Tips for Successful Telemedicine



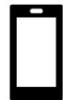
## TIPS FOR SUCCESSFUL TELEMEDICINE

for Those Living with MS



### YOUR INSURANCE COVERAGE

- Ensure that your insurance currently covers telemedicine and understand your out of pocket expense
- Check that your healthcare provider is licensed in the state you plan to receive telemedicine care



### YOUR CONNECTIVITY

- You will need a charged computer, smartphone, or tablet available with attached/integrated camera and stable bandwidth
- Consider having a care partner attend to help maneuver the camera
- Download the required platform prior to appointment, test it out, consent and consult with your practice administrator if any

### ABOUT TELEMEDICINE

#### What is telemedicine?

The use of technology to participate in healthcare at a distance, so you and your provider can connect from different locations.

#### How does it differ from in-person?

The use of technology allows for communication without being in the same location. Most aspects of a medical visit are possible – including conversation, medical history, discussion of specific problems, treatment plan and even many parts of a physical or

**MS  
WARRIOR**



*MS Warrior  
Leader  
Support Group*

*A Support Group for  
MS Group Leaders*

*Join us on Zoom  
3rd Thursday of the month @ 4pm (EST)*

*Meeting ID 84207053474  
Passcode- Warrior*

*Contact Monica at  
**SPEAKMSTOME@GMAIL.COM***

# Need Support Connecting Your Group? Resources are Available!

- Skype
- Zoom
- FaceTime
- Google Hangout
- Facebook Messenger
- Free Teleconference Tools
- Support Group finder on Society Website

***Connect with your Society Staff Partner  
to discuss your needs***

# SELF-HELP GROUP MEETING DISCLAIMER

The National MS Society respects the rights of people with MS to obtain any and all information they want related to MS including information on wellness, medical treatments or complementary therapies, products and services. The information presented at this meeting does not necessarily reflect the views or official position of the National Multiple Sclerosis Society, nor carry the endorsement or support of the Society.

To protect your privacy and the privacy of other members, please do not record, take screenshots, or share information about other members of this group outside of this meeting. For specific medical advice, contact your physician. For the opinion of the National Medical Advisory Committee of the National MS Society on any therapy, treatment or product, please contact your chapter at 1-800-344-4867 (1-800-FIGHT-MS), or visit our website at [nationalMSSociety.org](http://nationalMSSociety.org)

# CONNECTING LEADERS TO LEADERS

- What questions do you have?
- What questions are you getting from others?
- What resources or support would be helpful?
- Share helpful tips for other leaders.

# Connect with the National MS Society



[facebook.com/nationalMSsociety](https://facebook.com/nationalMSsociety)



[instagram.com/MSsociety](https://instagram.com/MSsociety)



[twitter.com/MSsociety](https://twitter.com/MSsociety)



[youtube.com/nationalMSsociety](https://youtube.com/nationalMSsociety)



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