



National
Multiple Sclerosis
Society

Connections Volunteers Drop-In Call October 22, 2020



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Implementation & Engagement

The screenshot shows the GoToMeeting interface. At the top, there is a 'GoToMeeting' logo, a 'REC' indicator, and window controls. Below this, it says 'SHGL Drop-in Calls' and 'View Who's Talking'. On the right side of the top bar, there are icons for participants (1), chat, settings, and a menu. An arrow points from the text 'Open Chat box' to the chat icon. Another arrow points from the text 'Camera and Audio settings' to the settings icon. Below the main meeting area, there are four icons: 'Mic' (muted), 'Camera' (off), 'Screen' (off), and 'Leave'. An arrow points from the text 'Mute/Share webcam/Leave' to a bracket encompassing these four icons. The main meeting area shows a video thumbnail for 'WC' (Wenda Carlson) with her name below it.

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

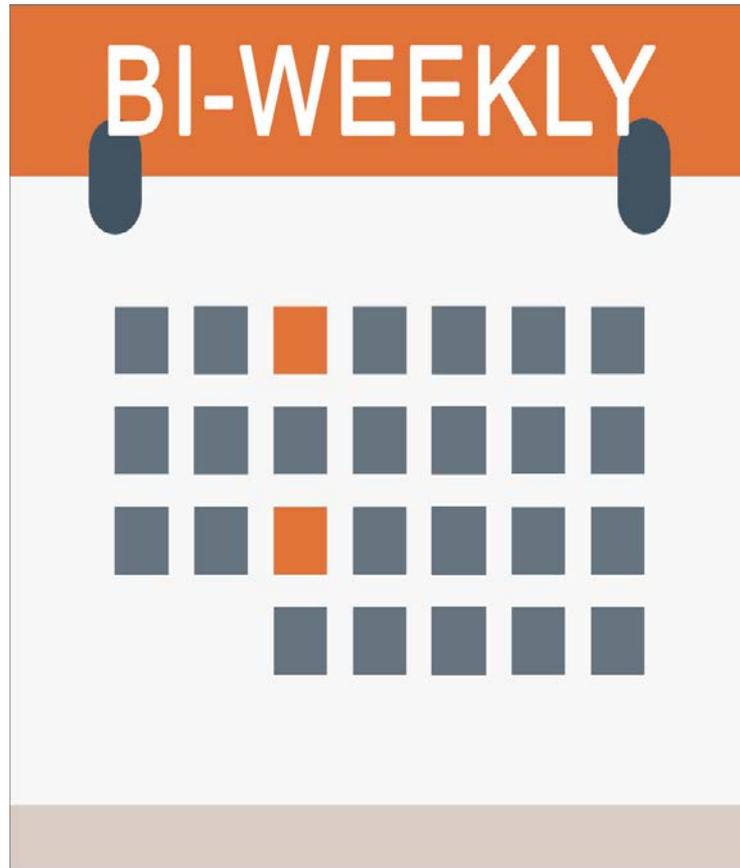
- Option #1: Pop on camera using your webcam; unmute
- Option #2: Type your question in the Chat box

A recording of this call (without webcam) will be posted on our website at:
<https://www.nationalmssociety.org/Resources-Support/Find-Support/Connect-with-Peers-One-on-One/For-Connection-Program-Volunteers>

Today's Time

- **NEWS:** Going digital through December 31st
- We are here to support you! - New support email: peerconnections@nmss.org
- Connections Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>

Bi-Weekly Ongoing Drop In Call Dates



- October 29th
- November 5th
- November 15th
- December 3rd
- December 17th

Support for Leaders and Groups

- **We are going digital through December 31st**
- **Bi-Weekly Ongoing Drop In Calls**
 - Thursdays at noon PST/3EST
 - October 29: Veterans Information and Services.
 - November 5: COVID Update
 - November 19: Open Enrollment/Marketplace Insurance
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**

Halloween Webcam Friendly Attire



National MS Society CONNECTIONS VOLUNTEERS



Meeting the Need



National MS Society Connections Volunteers



Who is considered a National MS Society connections volunteer?



Self-help group leaders



Self-help group co-leaders



MSFriends

How to find the group?

The screenshot shows the Facebook profile of the National Multiple Sclerosis Society. The page features a cover photo of a woman, Sarah, embracing a young girl. The profile name is "National Multiple Sclerosis Society" with the handle "@nationalmssociety". The "Groups by This Page" section lists two groups: "National Multiple Sclerosis Society Community" (3,414 members) and "National MS Society Connections Volunteers" (181 members). A hand cursor is pointing to the "Like" button on the bottom right of the screenshot.



www.facebook.com/nationalmssociety



Joining the group

Membership Questions

Question 1

Please list your first and last name and city, state.

Question 2

Please select your volunteer role with the Society.

Question 3

Please list the name of your staff partner here, if known.

- 01 **Group Membership**
 - This group is for National Multiple Sclerosis Society Connection Volunteers only. All group members must be a Society affiliated Self-Help Group Leader, MS Friend or Peer Support Volunteer to join.
- 02 **Respect Differences**
 - We know everyone's experience with MS is different. Because of this, we value and welcome diverse perspectives. Let's treat each other with respect and kindness.
- 03 **Evidence-Based Resources**
 - We are a science and research-based community. Please ask questions. Resources provided by the Society are backed by the latest data. We will not support unsubstantiated theories, hypotheses or ideas
- 04 **Respect Everyone's Privacy**
 - Please refrain from screenshotting or sharing group information with others outside of this group. In addition, please do not share any identifying details about others without their permission.
- 05 **No Medical Advice**
 - Refrain from providing medical advice. We ask that you consult with your physician about medical related questions or contact a Society MS Navigator at 1-800-344-4867 or contactusnmss@nmss.org.
- 06 **No Hate Speech or Bullying**
 - Make sure everyone feels safe. Bullying of any kind isn't allowed, and degrading comments about things like race, religion, culture, sexual orientation, gender or identity will not be tolerated.
- 07 **No Promotions or Spam**
 - No self-promotion, spam, pharmaceutical advertisements, requests for surveys/research studies, irrelevant links, and promotion or selling of products, medications, or healthcare services.
- 08 **No False Accusations**
 - Play nice. No false accusations about the Society, unsolicited bulk or repeat messages, or promotion of false or unproven claims about MS and/or products/services related to the treatment of MS.
- 09 **No Donation Solicitation**
 - Refrain from posting donation requests for fundraising events, crowdfunding platforms, or other personal, professional or team sites.
- 10 **Admin Rights**
 - The group administrators reserve the right to remove any content or members that don't abide by these rules.

Connect and Engage



Share your successes and challenges



Ask questions



Interact with other connections volunteers



Make new friends!



Exploring the Group

UNIT 1

National MS Society Connections Volunteers Group ...
Units/Resources



Group Rules

Text



Volunteer Roles

Link



Resources

Link



Self-Help Group Meeting Disclaimer

Text



Diversity and Inclusion Statement

Text



Join the group!



Introduce yourself!



Engage!



**National
Multiple Sclerosis
Society**

**Society Resources
We are Here**

Connection Volunteer Website

For Connection Program Volunteers

Peer Connections:
One-on-One

> For Connection
Program Volunteers



SHARE

Like 2

Tweet

Share

11

IN THIS ARTICLE

- > Resources for volunteers
- > Recorded All Society Leader Calls
- > MS 101 Webinars
- > Group meeting discussion guides and toolkits

Ask an MS Expert

Living Well with Multiple Sclerosis

Experts



Mary Alissa Willis, M.D.

Department Chair, University of
Mississippi Medical Center
Medical Director, Mellen Center MS
Cleveland Clinic



Deborah Miller, PhD

Psychologist and Director of
Comprehensive Care at the
Mellen Center

Spanish Ask an MS Expert: Symptom Management

October 28th at 7:00 PM EST

MS Symptom Management

Join us for a discussion with Dr. Angel Chinaea, Medical Director of the San Juan Multiple Sclerosis Center in Puerto Rico to learn key strategies to manage common MS symptoms.

Date: Wednesday October 28th, 2020.

Time: 4:00 pm PST; 5:00 pm MST; 6:00 pm CST; 7:00 pm EST

Manejo de los Síntomas de la EM

Los invitamos a participar en una conversación con el Dr. Angel Chinaea, Director Médico del Centro de Esclerosis Múltiple de San Juan, Puerto Rico, acerca de estrategias para manejar los síntomas más comunes de la esclerosis múltiple.

Fecha: Miércoles, 28 de Octubre del 2020

Hora: 4:00 pm PST; 5:00 pm MST; 6:00 pm CST; 7:00 pm EST

Readiness for In-Person Gathering Survey

The National MS Society faces important decisions about how and when to resume in-person gatherings. To help us in our planning and decision-making, we want to hear how comfortable you would feel attending various in-person activities. Please take this 5-minute survey to share your feedback.

<https://www.surveymonkey.com/r/9BY8YQP>

Emotional Support Resources

- [Happy the App](#)
- [Find Doctors and Resources Tool](#)
- [Facebook Group: National MS Society Community](#)
- [MS Navigator is available to help!](#)
- [HelpPRO](#)
 - Online search tool
- [Behavioral Health Treatment Services Locator](#)
 - Nationwide behavioral health services & resources
- [NeedyMeds.org](#)
 - Mental Health clinic locator

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

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