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# msconnection

Volume 2006 • Issue 5

Long Island Chapter

*The National MS Society...One thing people with MS can count on.*

## Thank You for Supporting Our

# 2006 ms walk

**T**ogether we have raised \$945,000 for Long Islanders affected by MS.

### Did you know?

If each MSConnection reader donated \$8.00, we would hit our million dollar mark.



EVA PHARMACEUTICAL INDUSTRIES LTD.



To help us reach our goal, please contact Vicki at  
(631) 864-8337 ext.226 or (516) 740-7227 ext. 226.

**MS Core Values: Commitment, Integrity, Leadership, Excellence and Teamwork**

Publicaiton of the National Multiple Sclerosis Society Long Island Chapter

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Information provided by the Society is based upon professional advice, published experience and expert opinion. Information provided in reponse to questions does not constitute therapeutic recommendations or prescriptions. The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

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[http://www.nationalmssociety.org/NYH/includes/getdocument.asp?c=915&s=news\\_file](http://www.nationalmssociety.org/NYH/includes/getdocument.asp?c=915&s=news_file)

*The National Multiple Sclerosis Society is dedicated to ending the devastating effects of MS.*

## PRESIDENT'S MESSAGE

It's hard to believe the dog days of summer are almost over, but much has been happening at the Long Island Chapter. As many of you know, our event season is upon us and we've enjoyed the successes of our MS Walk (see cover), Woman Against MS Luncheon, and our 20th Anniversary MS Golf Classic - all of which exceeded our fundraising goals!



In addition, our Kid's Fun Day, Member Education Conference and MS Night at the Long Island Ducks game were enjoyed by hundreds of our members. We appreciate all the volunteers who have supported our events and programs (inside and outside of the office)- we could not provide incredible programs and fundraisers that fund those programs without your time, energy and passion to make a difference!

This fall, we have two new events, our Dinner of Champions, an event to celebrate corporate leaders in our Long Island community, and our two-day Twin Forks, MS Bike Tour. As I train for the tour, I'm excited to join the many cyclists on our new tour this year, as well as rejoin the ranks of our top individual fundraisers. Should you be interested in getting involved with our tour, please call the Chapter and speak with Nancy or April.

Please review the back cover of this MS Connection. We welcome your feedback and suggestions on our programs, services and/or events and encourage you to write to us with your thoughts. We are always looking for people to share their stories. If you were misdiagnosed, we want to share your experience with our readers. Please email [editor@nmssli.org](mailto:editor@nmssli.org) and tell us...

## Making the Most Out of Everyday

**H**é's no Dr. Phil, but for many he comes close.

For the last 16 years, Jim Pecoraro has been a self-help group leader for the National Multiple Sclerosis Society Long Island Chapter. Twice a month Pecoraro meets a dozen or so people at St. William the Abbot Church in Seaford to eat pizza and talk about anything that is on a person's mind. One of the hot button issues that is discussed regularly is: How MS impacts a person's life.

"We have tried almost every way of coping with the disease. It never gets old because people are always reinventing the wheel," said Pecoraro, who describes the group as very social with some members attending for more than 10 years.

When Pecoraro isn't doling out advice, he is participating in the chapter program committee by setting up activities that include yoga and swimming to coordinating a trip to a Met's baseball game. Or, he is recording the MS Connection on tape for those members who are visually impaired. So far he has recorded all 15 editions which are kept in the Chapter's library.



Jim Pecoraro

Pecoraro, who had a successful career as an engineer and also had a music studio where he taught hundreds of students' piano, has had MS for the last 20 years. Although he lost the use of his legs 10 years ago and uses a scooter to get around, he said humor has always been his best medicine. In fact, when he was first diagnosed at age 45, he asked his

doctor to give him some remedy to make it go away.

"I felt pretty dumb because I hadn't any idea what MS was," chuckled Pecoraro. "I thought the doctor would give me a pill and I would

be all better." The father of three and grandfather of seven advises others, especially those suffering from MS, to keep it light.

A musician (he plays keyboard) and singer (he sings bass) Pecoraro has no time to sing the blues. His duet, *Side by Side*, performs at nursing homes, cocktail parties and at many of the Long Island Chapter's events. His next gig, in fact, is the an annual summer picnic at Marjorie Post Park in Massapequa on September 17th. Until then he is busy getting ready for his trip back to his favorite place: Disneyworld with his family to see his old pal again, Mickey Mouse.

## Maintaining the Effects of Novantrone: A Small Study

**R**esearchers report that giving Copaxone® (glatiramer acetate) after a short course of Novantrone® (mitoxantrone) appeared to be safe and effective in an open-label, uncontrolled study involving 27 people with very active relapsing-remitting MS. Drs. Mike Boggild, Jason Ramtahal and colleagues (The Walton Centre for Neurology and Neurosurgery, Liverpool, UK) report their results in an upcoming issue of *The Journal of Neurology*.

Novantrone is approved by the U.S. FDA for reducing neurologic disability and/or the frequency of clinical relapses (attacks) in worsening relapsing-remitting MS (disease characterized by clinical attacks without complete remission), secondary progressive MS (disease that has changed from relapsing-remitting to progressive at a variable rate), and progressive-relapsing MS (disease characterized by a gradual increase in disability from onset with clear, acute relapses). However, Novantrone is known to be associated with congestive heart failure and fatalities at high cumulative doses. According to criteria laid out in the FDA's approval, the lifetime cumulative dose is limited to 140 mg/m<sup>2</sup>, which would mean about 8 to 12 doses over 2 to 3 Years. Studies are ongoing to determine therapeutic options that take advantage of the immune-suppressing benefits of Novantrone for active MS while limiting its potential risks.

The Walton Centre team administered different doses of Novantrone (given by IV infusions at different intervals) to a total of 27 people. Most received 5 pulses total

of Novantrone -- at 20 mg monthly for 3 months, then at 10 mg every 3 months (months 0,1,2,5, and 8). Copaxone (20 mg daily injected under the skin) was introduced between the third and fourth pulses of Novantrone.

The investigators observed a significant, sustained reduction in the annual rate of relapses. Disability remained stable or improved in all patients for an average of 36 months from the beginning of treatment. Two relapses have occurred, both in people previously treated with Copaxone.

One person developed acute leukemia nine months after completion of Novantrone therapy. (The risk of this type of cancer has been reported to be increased in MS patients and cancer patients treated with Novantrone.) Other side effects included leucopenia (reduction of white blood cells) which improved with dose reduction of Novantrone, and menstrual disorders that improved with withdrawal of Novantrone. No cardiac problems occurred. One patient stopped Copaxone therapy after 11 months because of recurrent injection site reactions.

Further research is needed to determine the safety and effectiveness of this and other such combinations. The investigators continue to follow this group of patients to evaluate the long-term safety of this treatment, and are initiating a larger controlled study to compare this combination against Rebif® (interferon beta-1a) in people with active relapsing-remitting MS in multiple centers in the United Kingdom.

## Positive Results Reported for Oral Teriflunomide for Relapsing MS

**A**n experimental oral drug being tested for multiple sclerosis, called teriflunomide (Sanofi-Aventis), significantly reduced MRI-detected disease activity in a 36-week, Phase II clinical trial involving 179 people with relapsing MS. Teriflunomide is an agent that may modulate T cells, which drive the immune attack in MS. Paul O'Connor, MD (University of Toronto) and colleagues originally reported these results at the 2004 Congress of the European Committee for Treatment and Research in MS, and have now published the findings in *Neurology* (2006 Mar 28;66(6):894-900).

Dr. O'Connor and his team recruited 157 people with relapsing-remitting MS (characterized by clearly defined flare-ups followed by partial or complete recovery periods), and 22 people with secondary-progressive MS (a secondary stage of the disease involving a steadily

worsening course, occurring with or without relapses) with relapses. Participants were randomly assigned to receive inactive placebo, or one of two doses (7 mg or 14 mg) of teriflunomide, once daily for 36 weeks. The primary objective of the study was to determine the effect of treatment on the average number of active areas of disease activity (lesions) observed on MRI scans taken every six weeks. Secondary objectives included the frequency of relapses, and any increase in disability as measured by the EDSS, a standard scale.

Both treatment doses were associated with reduced numbers of active lesions compared with placebo. Significantly fewer people in the group taking the higher dose showed an increase in the EDSS than those in the placebo group. The drug was well tolerated; adverse events included headache and upper respiratory tract infection, and were similar among all three groups.

A larger study of teriflunomide is underway in people with relapsing-remitting MS in North America and Europe; more information is available on the [ClinicalTrials.gov](http://www.clinicaltrials.gov) Web site, at <http://www.clinicaltrials.gov/ct/show/NCT00134563>.

## *Early Treatment Favored For Multiple Sclerosis: Pros and Cons Debated in Medical Journal*

**A**n editorial accompanying a published debate on the pros and cons of starting treatment early in the course of multiple sclerosis comes down in favor of early treatment for this potentially devastating disease. This opinion coincides with a consensus paper published by the National MS Society. The April issue of the Archives of Neurology features both sides of this debate on early treatment for MS.

Currently five therapies are approved by the U.S. Food and Drug Administration for the treatment of multiple sclerosis. These agents can reduce future disease activity for many individuals with relapsing forms of MS, including those with secondary progressive disease who continue to have relapses. The National MS Society's Medical Advisory Board recommends that initiating MS therapy with an immunomodulating drug (such as FDA-approved interferons or glatiramer acetate) should be considered as soon as possible following a definite diagnosis of MS with a relapsing course, and for selected patients with a first attack who are at high risk for MS. Some clinicians disagree, however, choosing to defer treatment until the extent of disease activity is more clearly established.

E. M. Frohman, MD, PhD (University of Texas Southwestern Medical Center at Dallas) and an international panel of coauthors present the following arguments in favor of early treatment in

an article titled, "Most Patients with Multiple Sclerosis or a Clinically Isolated Demyelinating Syndrome Should Be Treated at the Time of Diagnosis" (Archive of Neurology 2006;63:614-619):

- Most who have MS will develop significant disability over time, and when MS is initially diagnosed, it is impossible to determine whether its course will be disabling or benign (mild course of disease).
- Studies show that injury to nerve fibers – which leads to the progression of disability that can occur in people with MS – begins early in the course of the disease. Even if a person appears to be doing well, with few clinical relapses, there may be evidence on MRI of tissue damage and loss that is associated with eventual disability.
- The approved agents decrease the number and severity of relapses, the number and size of new lesions (areas of damage to nerve-insulating myelin), and progression of disability. These treatments work best early in the course of MS, and do not work as well during progressive stages.
- Delaying treatment has been associated with more progression of disability and a larger volume of disease damage as seen on MRI.

The authors conclude that, given that therapies can significantly reduce MS disease activity, then "almost every" patient early in the course of MS should be offered disease-modifying therapy.

On the other hand, Sean J. Pittock, MD, and colleagues (Mayo Clinic, Rochester, MN) cite the reasons for delaying treatment until the course of MS becomes more apparent in an article titled, "Not Every Patient with Multiple Sclerosis Should Be Treated at Time of Diagnosis" (Archives of Neurology 2006;63:611-614):

- If left untreated, MS often runs a "favorable" course, but it becomes difficult to distinguish a favorable course from treatment success if people are treated for a long time.
- The approved treatments are only partially effective in the short-term; it has not been proven that they can prevent long-term disability.
- Drawbacks to treatment include the cost, adverse effects, neutralizing antibodies (immune system proteins that can interfere with the effectiveness of interferons), and some patients' reluctance to make a long-term commitment to taking injected medications.

The authors suggest that monitoring people with MS regularly with clinical examinations and MRI scans may help to identify people whose course requires treatment with disease-modifying therapies. They conclude that well-designed studies are required to determine whether early versus delayed treatment of relapsing MS makes a clinically meaningful difference in terms of the development of disability.

In an accompanying editorial, E. S. Roach, MD (Wake Forest University School of Medicine, Winston-Salem, NC) comments on the two reports and

concludes in favor of early treatment (Archives of Neurology 2006;63:619). "One approach, as proposed by Pittock and colleagues, is to defer treatment until the patient's course is better established, possibly allowing those with less aggressive disease to avoid years of unnecessary treatment," comments Dr. Roach. "But as Frohman and colleagues counter, most people with newly diagnosed MS do progress, and we must consider that treatment could be less effective if started later in the course of the illness."

Dr. Roach notes the necessity for finding specific evidence that some people do not need treatment. "Without such evidence for individuals with MS, it will be difficult to know for sure whether it is ever safe to defer treatment," he concludes. "While it would be wonderful if we could avoid treating some patients with MS, until we can distinguish these individuals from the others, it is probably better to offer treatment to all patients except in the setting of a clinical trial."

**Details of the National MS Society's Disease Management Consensus Statement recommending early treatment are available on our Web site at**  
<http://www.nationalmssociety.org/Sourcebook-Early.asp>



Long Island Chapter

**B**loomingdale's is pleased to invite you to participate in The Shopping Benefit scheduled for Thursday, October 26, 2006. On this date, customers may shop in any or all of our three Long Island stores including Roosevelt Field, Walt Whitman and the Furniture Gallery at Roosevelt Field. The Shopping Benefit is intended to raise funds for the National Multiple Sclerosis Society, Long Island Chapter. Shoppers must present a Shopping Benefit Ticket in order for merchandise proceeds to be applied to the Long Island Chapter. Tickets are \$10 and can be purchased through the Chapter.

Please call Stacy Bona at (631) 864-8337 or (516) 740-7227 or email [sbona@nmssli.org](mailto:sbona@nmssli.org) to purchase tickets or for more information.

## Socialization Group for Singles

Are you looking for people to socialize with?  
Do you have difficulty deciding what to do for fun?

This social group is for singles looking to get together and have fun.



Come and make new friends and share ideas regarding social activities.

Please call Gene Veigl at (631) 864-8337 or (516) 740-7227 Ext. 222 or email [eveigl@nmssli.org](mailto:eveigl@nmssli.org) for more information.

## Financial Planning Seminars

Tuesday October 17, 2006  
Or  
Thursday October 26, 2006

Jim Knox of Economic Planning Group will discuss:

Retirement Planning  
College Financial Planning  
Living within a Budget  
Motivation to Save  
Financial Protections

Seminars to take place at the Long Island Chapter  
40 Marcus Drive, Melville, NY 11747  
6:45 p.m. to 8:15 p.m.

Please call Tara at (516) 740-7227 ext. 209 or (631) 864-8337 ext. 209 to register for the program.  
Please be sure to indicate which seminar you are registering for.



## Calling All Artists ...ages 11-14



Arts and crafts workshop for people ages 11-14. This workshop will be facilitated by a certified art teacher, with an extensive educational background. Participants will craft, create and chat with the anticipation of artwork to be displayed for all members to see. First Session will be held Saturday, October 14th at the Long Island Chapter office from 10 a.m. to 12 p.m.

### Arts and Crafts Workshop Registration Form:

**Name:** \_\_\_\_\_ **Age(s):** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_  
**Parent with MS:** \_\_\_\_\_ **Child(ren) with MS:** \_\_\_\_\_  
**Any known allergies** \_\_\_\_\_

Please mail this form to: National Multiple Sclerosis Society, Long Island Chapter  
40 Marcus Drive, Suite 100  
Melville, NY 11747

For more information, please call Jane Reilly at (631)864-8337 or (516)740-7227 Ext. 218 or email jreilly@nmssli.org.



## Long Island Ducks Game 2006

Dear Members:

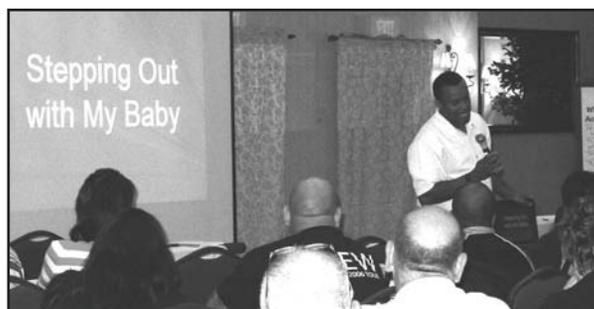
**THANK YOU** to everyone who joined us for our annual MS Night with the Long Island Ducks. We had a tremendous response of 300 participants, which continues to make our Ducks game one of the most successful programs of the year. The weather cooperated, the picnic was delicious and the Ducks beat the Atlantic City Surf 8-1!

We hope that everyone enjoyed the festivities and is already planning to join us next year!

All our best,  
Gene, Jane, Karen, Michelle and Tara  
The Programs Department



## Couples Weekend 2006



The Long Island Chapter, along with the New York City and Southern New York Chapters, held a Couples Weekend Getaway June 9 – June 11, 2006. The program featured Len and Cheryl Chatman and was attended by members of all three chapters.



The Chatman's have been married for twenty years and have a personal connection with multiple sclerosis. They lectured about their experiences with MS to attending members. The weekend took place at the Pocomont Resort in the Pocono Mountains. The program featured workshops presented by the Chatman's as well as dining and entertainment.

## Computer Assistance Program and Computer Training Program

The National Multiple Sclerosis Society Long Island Chapter offers refurbished computers and two hours of training to members who meet the financial criteria. Our computer handyman, George Waldbusser, will deliver, set up and train those who are in need of assistance. This program is made possible by the Christina Foundation and our members.



## Grocery Shopping Program

The Long Island Chapter offers a grocery home delivery service for members in both Nassau and Suffolk counties. The Chapter will pay the delivery fees twice a month, for those who can show financial need. The member is responsible for paying for the groceries.

## Ramp Program

The Long Island Chapter provides up to \$1,000 to those members who demonstrate a financial need for the purchase and installation of home ramps. The member is responsible for obtaining three competitive bids for the ramp project and choose the most economical one that best fits their needs.

This program is funded by the Dee Kaplan Memorial Fund & Citibank.



For more information, please contact Michelle Witchley at (631) 864-8337 or (516) 740-7227 Ext. 206 or email her at [mwitchley@nmssli.org](mailto:mwitchley@nmssli.org).

## Fall Newly Diagnosed Support Group

If you have been diagnosed with MS during the past two years you probably have lots of questions and concerns that you can't always talk to your family, friends or even your doctor about. By joining a Newly Diagnosed Support Group you will find yourself with people who feel just like you. Our groups are supportive, caring and considered a "safe" place for sharing information, concerns and emotions. Topics discussed include:



- Grief over diagnosis
- Anxiety
- Depression
- Employment issues
- Family
- Sexuality and intimacy
- What medications are available, and making the choice
- Family and friend relationships

Discussing and listening to others as they handle these issues are the first steps toward coping and reducing stress after being diagnosed.

**Melville**  
 MS Society Chapter Office  
 Jane Elson, L.C.S.W.  
 Thursdays 7:00 p.m. - 8:30 p.m.  
 October 5th through November 29th.  
 (No session November 23rd)

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**\$10 Registration Fee NEWLY DIAGNOSED GROUP**

Please make checks payable to: National Multiple Sclerosis Society, Long Island Chapter

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

**Series:** \_\_\_\_\_

**Total Amount \$** \_\_\_\_\_

*Mail this form to:* National Multiple Sclerosis Society, Long Island Chapter  
 40 Marcus Drive, Suite 100  
 Melville, NY 11747

For more information, please call Jane Reilly at (631) 864-8337 or (516) 740-7227, ext.218

**Adult Family Members**

**Carle Place**

1 Old Country Road, Suite 295  
 Vicki Kulberg, ACSW  
 Saturdays, 12 P.M. - 1:30 p.m.  
 September 9th through November 7th  
 (No session September 23rd)

**Adult Family Members**

**Melville**

MS Society Chapter Office  
 Michael Greenberg, ACSW  
 Thursdays 7 p.m. - 8:30 p.m.  
 October 5th through December 7th  
 (No session November 23rd)

**Adult Family Members**

**Melville**

MS Society Chapter Office  
 Michael Greenberg, ACSW  
 Tuesdays 7:30 p.m. - 9:00 p.m.  
 October 3rd through December 5th

**But You Look So Good**

**Syosset Hospital**

Michael Greenberg, ACSW  
 Saturdays 10 a.m. - 11:30 a.m.  
 October 7th through December 2nd

**Home Bound Conference Call**

Thursdays 1 p.m. - 1:45 p.m.  
 October 26th through December 21st  
 (No session November 23rd)

**Parenting Conference Call**

Wednesdays 1 p.m. - 1:45 p.m.  
 October 25th through December 20th

**Living With MS**

**Dix Hills**

Sunrise Assisted Living  
 Deer Park Ave  
 Sharon Daverio, RN, CSW  
 Tuesdays 12 p.m. - 1:30 p.m.  
 September 5th through October 24th

**Living With MS**

**Lake Ronkonkoma**

Lake Ronkonkoma, Senior Center  
 Karen Tuminello, MSW  
 Wednesdays 7 p.m. - 8:30 p.m.  
 October 25th through December 20th

**Living With MS**

**Mather Memorial Hospital**

Karen Tuminello, MSW  
 Thursdays 7 p.m. - 8:30 p.m.  
 October 26th through December 21st  
 (No session November 23rd)

**Living With MS**

**Salisbury Park**

Meeting House  
 Vicki Kulberg, ACSW  
 Tuesdays 10:30 a.m. - 12 p.m.  
 September 5th through October 24th

**East End Support Group**

**Riverhead**

Peconic Bay Hospital  
 (Note: they have changed the name)  
 Karen Tuminello, MSW  
 Mondays 7 p.m. - 8 p.m.  
 Starting October 23rd to December 18th

**\$10 For Each Program**

Please make checks payable to: National Multiple Sclerosis Society, Long Island Chapter

**Name:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

**Series:** \_\_\_\_\_  
**Total Amount \$** \_\_\_\_\_

*Mail this form to:* National Multiple Sclerosis Society, Long Island Chapter  
 40 Marcus Drive, Suite 100  
 Melville, NY 11747

For more information, please call the Programs Department at (631) 864-8337 or (516) 740-7227

*Please contact the peer facilitator before attending a meeting.*

**Bayshore**

4th Mon, 7 p.m.  
Rich (631) 745-0478

**Hauppauge  
Free Spirits**

1st Tues, 11 a.m.  
Tom (631) 951-5108

**Holbrook  
MS Connection  
Support Group**

Sachem Public Library  
2nd Thurs,  
7 p.m. - 8:30 p.m.  
Arlene (631) 648-7529  
Sharyn (631) 736-4371

**Lake Success  
Care-Givers**

(Spouses or Partners)  
Andrea (516) 466-4955

**Lindenhurst  
Sharing Our Cares Away**

1st Mon, 11 a.m.  
Louise (631) 421-0846  
Zaida (631) 243-3174

**Lynbrook**

**Empower Me**  
2nd and 4th Fri., 11 a.m.  
Tracy (516) 792-1567

**Mastic**

1st and 3rd Mon, 1 p.m.  
Burt (631) 281-1264

**Mattituck**

Dates & time TBA  
Sue (631) 734-7181  
Anneen (631) 298-0123

**Melville**

**But You Look So Good**  
3rd Tues, 6:30 p.m.  
(631) 531-5637 (day)  
(631) 351-3645 (night)

**Port Jefferson  
Handicapped Support,  
All Disabilities**

Last Tues,  
1:30 p.m. - 3:30 p.m.  
Barbara (631) 474-6365

**Riverhead**

First Monday  
7 p.m. - 9 p.m.  
Pam (631) 765-3765  
Diane (631) 653-5537

**Seaford  
Challengers**

Alternate Wednesdays  
11:30 a.m.  
Jim (516) 826-8514  
Nancy (516) 489-9163

**Syosset  
Couples Concerns**

3rd or last Thurs,  
6:30 p.m. - 8 p.m.  
Call for dates.  
Jodi (917) 592-1376

**Valley Stream  
Friends**

1st & 3rd Tues, 7:30 p.m.  
Tracy (516) 792-1567  
**Caregivers group**  
1st & 3rd Tues, 7:30 p.m.  
Darlene (718) 229-7272

**Phone Support**

Pregnancy and Post Partum Issues? Call Jodi at (917) 592-1376 in the afternoon  
Have MS for more than 10 years and have trouble coping? Call Sal at (516) 752-1116  
Trouble leaving your home? Call Eileen at (516) 579-5097  
Newly Diagnosed? Call Karleen, RN at (516) 876-9220 between 6-8 p.m.  
Need to talk? Call Bob at (631) 648-0570 until 6 p.m.  
Want to talk about your spiritual journey as you live with MS? Call Sister Mary Jo (631) 928-2975  
leave a message until 8 p.m.

## King's Martial Arts Kickboxing



The owner and instructor of King's is Mr. Ken Hewski, who has years of practical experience as a professional martial artist, an avid competitor and a highly trained instructor, is offering classes to our National MS Society, Long Island Chapter members at **NO FEE**. Classes are intended to increase personal fitness level, flexibility, balance and coordination, as well as help build character, respect, confidence and self-discipline.

Members interested in attending his class should contact Ken Hewski at (631) 331-0125 or by email at [info@kingsmartialartskickboxing.com](mailto:info@kingsmartialartskickboxing.com)

## Wellness Programs 2006-2007

### ATTENTION MEMBERS:

Effective October 1, 2006 the National Multiple Sclerosis Society, Long Island Chapter will offer its Wellness Programs through its instructors rather than through the Chapter Programs Department. This new approach of registering will also allow you as a member of the Society to choose an activity, location and time that best fits your schedule and lifestyle. A schedule of classes will be in our Wellness Program Booklet. Below is a Membership Card to cut and carry, as the facility/instructor will ask for upon entry.

For information please contact Karen at (516) 740-7227 or (631) 864-8337 at extension 217.

	NATIONAL MULTIPLE SCLEROSIS SOCIETY
<hr/> Long Island Chapter	
<hr/> (Print Name)	
Member of the National Multiple Sclerosis Society, Long Island Chapter participating in Wellness Programs	
40 Marcus Drive, Suite 100, Melville, NY 11747 Ph: 516.740.7227 or 631.864.8337	

## Communicating With Your Physician

**Featuring: Richard Blanck, M.D.  
Neurologist from Neurological Associates of Long Island**

Monday, September 11th  
6:00 p.m. to 8:00 p.m.

Learn how to get the most out of your visits with your physician,  
and how to be a partner with your healthcare professionals in  
taking care of yourself.

RSVP to MS Pathways 800-788-1467

## Living with Multiple Sclerosis

Saturday, October 28, 2006  
10:00 a.m. to 3:00 p.m.

The Guild Conference Center  
Good Samaritan Hospital Medical Center  
1000 Montauk Highway  
West Islip, New York

9:00 a.m. for check-in, continental breakfast and Exhibitors  
Complimentary lunch and refreshments

Please call (631) 666-3610 to register

## Cruising for a Cause

**A** lot of people talk but Elena Ennever makes things happen.

A volunteer for the National Multiple Sclerosis Society, Long Island Chapter and a travel agent, Ennever decided to combine her passion for helping others and her love for travel to help the Long Island Chapter raise money in the fight against MS. Using her contacts, Ennever reached out to Carnival Cruises to see how they could help the non-profit organization that she donates so much of her time too. After more than two years of persistence and not taking "no" for an answer, "Cruise for an MS Cure," was born. The cruise is a four-day fundraising extravaganza designed to help raise money to find a cure and end the devastating effects of MS.



*Elena Ennever*

Ennever, who has traveled extensively and has been on more cruises than most of us, considers the upcoming cruise extra special since she has been living with multiple sclerosis for the last eleven years. Despite her condition, though, it hasn't stopped her from sailing the high seas, loving every minute of it and trying to encourage others to do the same.

"The National Multiple Sclerosis Society, Long Island Chapter works very hard and I was trying to show them an easier way to fundraise and have fun doing it by going

on vacation," said Ennever. "I am so glad that this is really going to happen. It is such an important cause."

On June 12, 2007 to June 16, 2007, The Victory will set sail from Manhattan to New Brunswick, Canada, and is open to anyone and everyone interested.

Ennever's goal is to fill all 500 cabins. If her goal is met, \$80,000 will go towards research and \$20,000 will go towards the National Multiple Sclerosis Society, Long Island Chapter donated by Carnival Cruises.

Married for the last 24 years and the mother of Alexandria, 22 and Victoria, 20, the Medford resident attributes much of her strength and drive to her family and her

religion.

"I know what it is to suffer and I don't wish this on anybody," said Ennever, whose sister has had MS for the last 13 years and whose older daughter was recently diagnosed. "I feel blessed. I know God is real proud right now because we all say we are going to do something, but I am actually doing it."

**For more information, please see the contact information in the article below.**

### Cruising for an MS Cure June 12-16, 2007 Carnival's "Victory"



6/12/07 - Depart Tuesday from N.Y.C. at 5:00 p.m.  
6/13/07 - Wednesday "Fun Day" at Sea  
6/14/07 - Thursday St. John/New Brunswick  
6/15/07 - Friday "Fun Day" at Sea  
6/16/07 - Saturday arrive N.Y.C. at 8:00 a.m.

Price Includes: Cabin, Port Charges, Taxes & Fees, Pre-Paid Tips, Insurance, All Meals; Price based on two in same Cabin, for Cat. 4A(Inside)\$494 Per Person, Cat. 4B(Inside)\$524 Per Person, Cat. 6A(Window)\$564 Per Person, Cat. 6B(Window)\$594 Per Person, Cat. 8A(Balcony)\$634 Per Person and Cat. 8B(Balcony)\$654 Per Person, Third/Fourth Person rates available upon request.

First Deposit \$50 Per Person October 5, 2006, Full Deposit \$150 Per Person January 5, 2007  
Balance DUE April 5, 2007 Payment Plan Available.

For more information, please call (631) 451-1752 or email [eennever@whenevertravel.com](mailto:eennever@whenevertravel.com)  
[www.whenevertravel.com](http://www.whenevertravel.com)

## Five things NOT to Do with Your Will

### 1. Don't put it off until later

The worst thing you can do in creating a Will is procrastinating. You can keep waiting for a more convenient time, but the years have a way of slipping by. For your sake, and the sake of your loved ones, you should put together a Will now.

### 2. Don't do it by yourself

Nothing can replace the benefits of a face-to-face meeting with a good estate-planning attorney who asks the right questions and knows how to draft a Will that meets your requirements. Seek out a qualified attorney, ask your friends, ask your bank or ask us, and have your estate done right.

### 3. Don't rely on it solely

Your Will needs to be considered along with other important things such as life insurance policies, joint ownership accounts, and retirement accounts. Again, a good attorney can help you coordinate your planning

### 4. Don't put it away and forget about it

Things change. Children grow up. New laws are passed. Make sure to keep your Will current.

### 5. Don't put it where no one can find it

A Will is worthless unless it can be located and duly recorded at your death. Put it in a safe place and let someone else know where it is. A little foresight like this can spare your family added stress during their time of grief.

Your Will is one of the most important documents you will ever sign. If you need help finding a qualified attorney, we will assist you in any way we can. And if you remember the Society in your Will, be sure to use our correct legal name: National Multiple Sclerosis Society, Long Island Chapter to ensure that your gift is directed properly.

Please contact our office for additional information, or if you have any questions, we have complimentary information on wills and estate planning.

You can reach Barbara Travis, Director of Major Gifts,  
at (631) 864-8337 ext. 224 or (516)740-7227 ext. 224.

Thank you for your support of the National Multiple Sclerosis Society, Long Island Chapter.

## Are You Employed or Retired?

### You Can Help

Many companies will make a matching gift or will accept a request for support if you are employed by the company or retired from the company.

- A matching gift: Is a contribution made by the company which matches a donation made by you the employee/retiree.
- A request for funding: Very often companies have set aside resources for charity. If an employee/retiree makes a request on behalf of the charity, funds can be obtained for that charity.

**You Can Help by checking with your company to see if they participate in either of these programs.**



**T**he National Multiple Sclerosis Society, Long Island Chapter is the recipient of a \$5,000 grant from the Roslyn Savings Foundation for its Respite Programs. The Respite Program permits the caregiver much needed time off from their responsibilities.



*Pictured, from left to right, are Sharon Grosser, Executive Director, Roslyn Savings Foundation, Pam Mastrota, President and CEO, and Gene Veigl, Director of Programs.*

## SOCIAL SECURITY DISABILITY

Long Term Disability

◆  
Accidents

◆  
Disability

◆

Lectured at MS conferences and support groups; active on Long Island Chapter's MS Committees

**25 YEARS EXPERIENCE**

### OFFICES

200 Broadhollow Road, Melville NY

225 Broadway, New York NY

**FREE CONSULTATION**

**LAW OFFICE OF GARY GLENN  
(516) 829-5551**

## 20th Annual Golf Classic Honors Michael Lewis, Raises Over \$155,000

**T**he chapter honored long-time board member Michael Lewis, President of NX Generation, Ltd located in

Commack and MDYK Corp located in Roslyn.

Michael Lewis has been a member of the Board of Trustees for the National Multiple Sclerosis Society, Long Island Chapter since 1994. Lewis became involved in the fight against MS after his father-in-law was diagnosed with the disease. In addition to the work he has done as a member of the Board of Trustees for the Long Island Chapter, he has served as a committee member for the MS Golf Classic for the past 20 years.

In addition to his work with the Chapter, Mr. Lewis has been president of NX Generation, Ltd, a mail order pharmaceutical company and MDYK Corp,

a consulting firm focusing on cosmetics, pharmaceuticals and vitamins, for over 20 years.



*Michael Lewis*

"The Chapter was pleased to honor Michael Lewis at the 2006 Annual Golf Classic." Says President and CEO Pamela Mastrotta, "Mr. Lewis has been a dedicated member of the board of trustees for over 12 years and his involvement in our cause is something we at the Chapter are very grateful for."

The event took place at the Muttontown Club on July 24, 2006. The Golf Classic began with brunch and was followed by a shotgun start. Afterwards, there was a cocktail reception and dinner at the Muttontown Club.

Together, we raised over \$155,000.



*Pictured, from left right, David Weingarten, Chairman of the 2006 MS Golf Classic, and his mother Naomi Weingarten. The Weingarten's are long time supporters of the National Multiple Sclerosis Society, Long Island Chapter. David's father and Naomi's husband, Fred Weingarten, founded the Golf Classic 20 years ago when his daughters were diagnosed with MS. Since it's inception, the Golf Classic has raised over 2 million dollars.*

# 2006 Dinner of Champions A Touch of Tuscany

Thursday, September 28, 2006  
Carlyle on the Green • Bethpage State Park  
6:00 p.m. to 10:00 p.m.

Honoring Our 2006 Champions



Accounting  
**Paul Salerno**  
Pricewaterhouse  
Coopers, LLP



Banking  
**Stuart Lubow**  
Community National  
Bank



Health Care  
**Scott Matovich**  
Quantum Medical  
Imaging



Law  
**Moritt Hock Hamroff  
& Horowitz LLP**



Media  
**Stacey Halio**  
News 12 Long Island



Retail  
**Annemarie &  
Rosemarie diSalvo**  
diSalvo Interiors



Security Services  
**David E. Zeldin**  
Investicorp, Inc.



Everyday Champion  
**Tony Winckowski**

Tickets \$295 Each  
Table of 10 \$2950

Sponsors to date:



For information about tickets or sponsorship opportunities, please visit us on the web at [www.nmssli.org](http://www.nmssli.org) or contact Stacy Bona at (516) 740-7227 or (631) 864-8337.

## The Long Island Chapter of the National Multiple Sclerosis Society Presents

### “An Evening at the Spa”



Join us on Wednesday, October 18th from 6:00 p.m. until 9:00 p.m. as we transform our Chapter Office in to a tranquil spa, complete with skin care for both women and men, massage therapy, make-up consultation and much more!

Enjoy healthy snacks and fresh juices, compliments of Bliss Restaurant, while listening to our expert on the importance of self esteem and looking and feeling your best. Experience a makeover by our very own member, Mary Kay Beauty Consultant, Dawn Molinaro.

Please call (631) 864-8337 extension 209 to reserve your spa experience!

Program Registration Fee \$10.00 per person. With a purchase of \$50.00 or more receive \$10.00 credit toward purchase.

## Start to Finish MS

**MS150 Twin Forks Bike Tour**  
**Saturday & Sunday,**  
**September 16-17th**



We are currently still accepting riders and volunteers!

Register on line at [www.nmssli.org](http://www.nmssli.org)  
 or for more information, please call April Sabbatini at  
 631-864-8337 or 516-740-7227

***Who will you be riding for?***

**Cars for Sale**

1994 Dodge Caravan  
 Miles: 170,000+ (approx)  
 Equipped with an electric ramp, power steering & windows  
 Color: green  
 Asking: \$4,000  
 Contact Carol Jangel at (516) 731-4619

1995 Ford E350  
 Miles: 300,000+ (approx)  
 Equipped with a lift—good condition  
 Color: white  
 Asking: \$2,000  
 Contact Carol Jangel at (516) 731-4619

1994 Dodge Caravan  
 Miles: 57,000  
 Equipped w/ Braun C Hook Style Electric Scooter Lift  
 Seats 4; Tow & Hitch  
 Excellent Condition  
 Asking \$3,300  
 Contact: Geraldine Sullivan at (631) 669-6549

Astro Gladiator Van  
 Miles: 27,000  
 Color: Brown almost bronze  
 Year: 2000  
 Features: Easy-lock; wheelchair accessible w/ lift  
 Contact: Diane (631) 981-8423

**Equipment for Sale**

Jazzy 1151 Wheelchair  
 Asking: \$1,000  
 Good Condition  
 Contact Geraldine at (631) 749-3346

Hospital bed-used for only a year  
 Hospital food table-partially used  
 Commode-partially used  
 Shower Chair-shifts/slides: never used  
 Price upon call  
 Contact Mariann Horvat at (631) 728-8078

Jazzy motorized chair  
 Used  
 Includes: elevating leg rests, seat goes up and down, wide body  
 Price upon call  
 Contact Marie at (718) 224-0197

Nova 4-wheel walker  
 Includes: hand brakes, removable food tray & basket  
 Good condition  
 Asking: \$150  
 Contact Marie at (718) 224-0197

Stair-lift  
 climbs 11 stairs  
 Good condition  
 Asking: \$3,000  
 Contact Marie at (718) 224-0197

**Equipment Donations Needed!**

The Long Island Chapter is in need of electric wheelchairs and scooters for our Loan Closet. If you have any equipment to donate, please contact Michelle Witchley, Program Coordinator at (631) 864-8337 or (516) 740-7227 or email her at [mwitchley@nmssli.org](mailto:mwitchley@nmssli.org).

For more information about placing an ad:

Call Tara Murphy at (631)864-8337 or (516)740-7227 Ext. 209 or email her at [tmurphy@nmssli.org](mailto:tmurphy@nmssli.org).

**If You or Someone You Know Has MS**

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your health care professional or contact the National MS Society at [www.nationalmssociety.org](http://www.nationalmssociety.org) or 1-800-FIGHT-MS to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

*We are eager to hear your thoughts and comments! If you have participated in a program, utilized a service and/or have a comment about this MSConnection, write to the Editor at [editor@nmssli.org](mailto:editor@nmssli.org).*

My heartfelt thanks to you for arranging transportation for my niece to attend my 90th birthday party. You have made many people besides myself happy. I am enclosing a small donation in appreciation. God bless you!!

Sincerely,  
Elsa

---

Being a parent of two children and living with MS for 17 years, I would like to thank you for offering the Parenting Conference call. The weekly call provided an opportunity to speak with other

parents who are dealing with the challenges of parenting with MS.

The sharing of ideas, techniques, suggestion and failures was very informative and showed me I'm not alone in dealing with the problems, frustrations, battles and many rewards of raising children and living with MS.

This is an area I think the MS Society needs to continue to concentrate on and I can recommend this series to all parents.

Thank you,  
Marge

I just wanted to drop a note and let you know how much I appreciate your handling of my trip into the city. My brother and his family appreciated my visit.

I also wanted to thank you for your help with the financial assistance for my AFO, I am going to physical therapy and working with them to get used to using it. It truly is a different experience.

Once again, thank you for your assistance.

Sincerely,  
Cecelia



NATIONAL  
MULTIPLE SCLEROSIS  
SOCIETY

Long Island Chapter

National Multiple Sclerosis Society  
Long Island Chapter  
40 Marcus Drive, Suite 100  
Melville, NY 11747

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