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National
Multiple Sclerosis
Society

75

YEARS OF **PROGRESS**

Group Leadership Call: July 15, 2021 3PM EST



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

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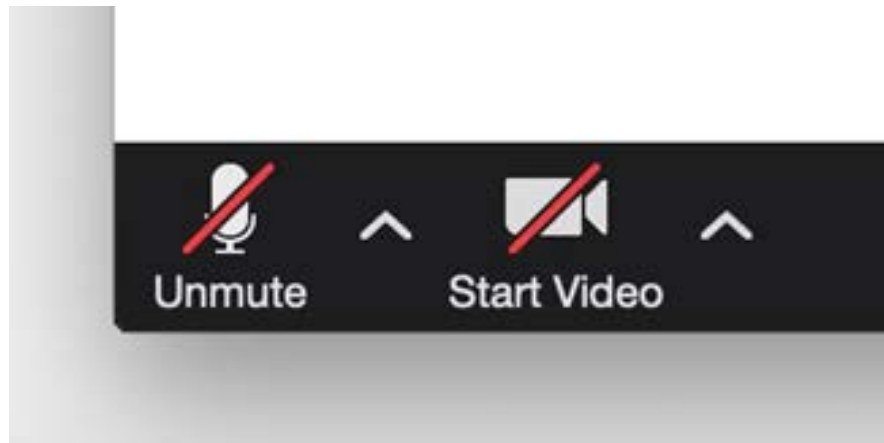
Group Leadership Call: July 15, 2021 7PM EST



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

Zoom Tips: Microphone and Camera

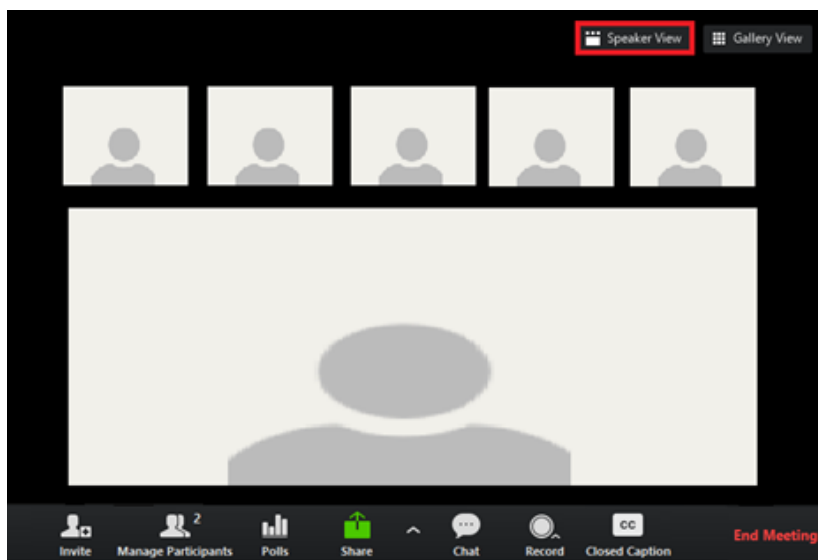
Click the microphone icon to unmute yourself and click the video icon to share your video



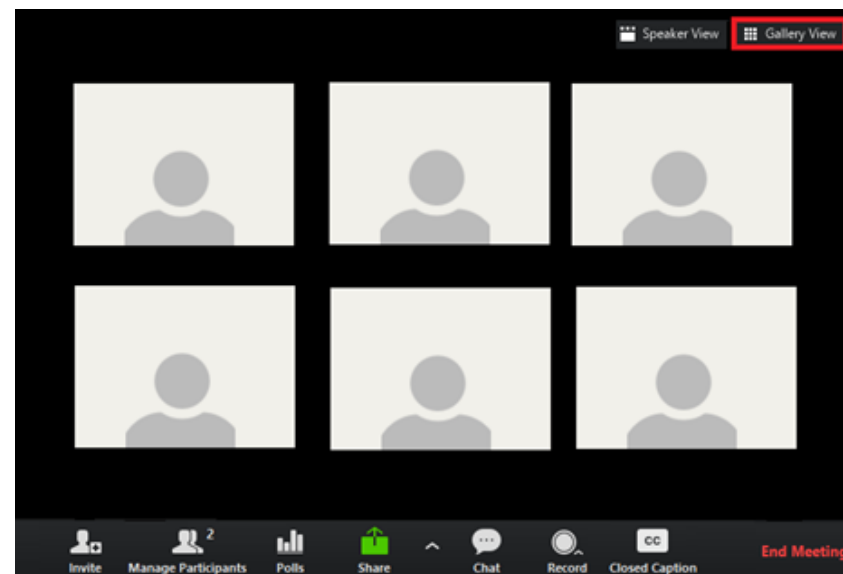
Zoom Tips: Viewing Options

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

Speaker View



Gallery View



Today's Call

- Announcement: Black MS Experience programs
- Presentation: Group Leadership with Debby Bennet and special guests Debi Guiliani and Lucille Albertie Support Group Leaders from the Middletown SHG.
- Society and Leader Resources
- Questions, Feedback, and Discussion

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.

Black MS Experience Programs



Black MS Experience

Black people living with MS encounter unique stressors, challenges and experiences. Through content, videos and discussions on a variety of topics related to navigating and overcoming challenges in daily life with MS, this program offers a safe space to raise awareness and forge connections to help Black individuals living with this disease be seen and understood.

Register for a [group discussion](#) below. Discussions are hosted online and available to anyone regardless of location. Check back as more program dates will be announced.

The Black MS Experience Program Series will cover topics such as:

- › **Health Disparities:** Address health disparities and solutions to move forward.
- › **Black MS Research: Clinical Trials:** Share clinical trial experiences and learn how to leverage community strengths to educate the Black MS community.
- › **Mental Health:** Discuss mental health challenges and actions to enhance personal wellness.
- › **Wellness:** Discuss strategies to manage your physical, emotional and social wellness.
- › **Advocacy:** Share how you can advocate for change and build awareness.

Black MS Community Group Discussions:

- August 21: New York City & Detroit
- August 24: Philadelphia
- August 25: Atlanta
- August 28: North & South Carolina

Black MS Experience Summit

- September 22-23

www.nationalmssociety.org/BlackMSExperience

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Group Leadership: Ground Rules & Shared Leadership

Getting Started in a Peer Group Setting



Structure



Ground Rules



Encouraging Expected Behaviors



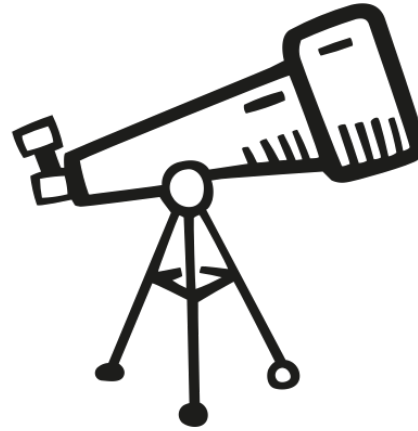
Group Sharing & Shared Leadership

Shared Leadership

- Creates a sense of ownership and responsibility for leadership throughout the whole group
- Get group members involved in determining the direction of the group
- Nurture & grow group members as volunteers



Group Dynamic: Perspectives



Self-Awareness

Personal Limitations

Guest Leaders

- Special guests Debi Guiliani and Lucille Albertie Support Group Leaders from the Middletown SHG

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Society & Leader Resources

Visit the Peer Connections Volunteer Website

www.nationalMSSociety.org/peerconnectionsvolunteers

FIND SUPPORT > FOR PEER CONNECTIONS VOLUNTEERS > RESOURCES FOR MEETING IN PERSON

Resources for Meeting in Person

For Peer Connections Volunteers

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



SHARE

Like 0

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Share

Like the rest of the world, the National MS Society is navigating how best to ramp back up and move through our transition to normalcy. These resources are intended for self-help groups who want to meet in person. By implementing guidelines consistently across the country, we hope to advance Society priorities, increase connection opportunities, and bring groups back together safely.

For questions about bringing your group together in-person or any of the resources listed below, please reach out to your staff partner or peerconnections@nmss.org.

- > June 17, 2021 (In-Person Meeting Training & Society Guidelines) [call recording](#) and [slides](#)
- > [Volunteer In-Person Meeting Guidelines \(PDF\)](#)
- > [FAQ Resource Document \(PDF\)](#)
- > [National MS Society Self-Help Group Safety Flyer \(PDF\)](#)
- > [Self-Help Group Meeting Disclaimer- IN PERSON \(PDF\)](#)
- > [CDC prevention recommendations](#)
- > [MS and COVID-19](#)

Peer to Peer Connection Opportunities



Join the Peer Connections Volunteers Facebook Group
Connect. Support. Encourage. Relate.



[Click Here](#)

A place for National MS Society volunteers to interact with other Self-Help Group leaders, MS Friends, and Peer-to-Peer volunteers. This group provides access to valuable resources and offers a safe environment for collaboration and idea-sharing so you can best support your group members and fellow MS community.



*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*

Resilience: Addressing the Challenges of MS

- Hosted virtually across the country on a variety of dates
- FREE to attend
- Register at www.nationalMScociety.org/resilience





- **July 20** – Engaging in the Movement to End MS: Ways Teens Can Be Involved with the National MS Society
- **August 17** – Increasing MS Awareness

For more information or to register, visit nationalMSSociety.org/camp

Ask an MS Expert Program Series

- Weekly on Fridays from 1-2pm ET in English
- The 3rd Wednesday of each month from 7-8pm ET in Spanish
- Quarterly for Veterans

Aging and MS

Friday, July 16 | 1:00 PM EDT – 2:00 PM EDT

Aging and MS is a trending topic in the MS community, and we've decided to rebroadcast the February Aging and MS program with Dr. Jaime Imitola, Director of the Division of MS and Translational Neuroimmunology at UConn Health. Learn how to manage symptoms and adapt habits and routines as you age with MS and how you can cope with both MS and age-related challenges. Hear about specific preventive health measures, managing other chronic health conditions, cognitive and emotional changes, hormonal changes and more.

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youtube.com/nationalMSsociety



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

2021 Monthly Leadership Call Dates

Third Thursday of the month at
3 pm EST and 7 pm EST

- August 19
- September 16

