



National  
Multiple Sclerosis  
Society

# Connections Volunteers Drop-In Call October 1, 2020

Hosted by:



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Manager  
Implementation & Engagement

The screenshot shows the GoToMeeting interface for a "SHGL Drop-in Calls" session. The top bar includes the GoToMeeting logo, a "REC" indicator, and window controls. Below the bar, there are icons for "View Who's Talking", a participant count of "1", a chat icon, and a settings gear icon. A participant card for "Wenda Carlson" with initials "WC" is visible. Annotations include: "Open Chat box" with an arrow pointing to the chat icon; "Camera and Audio settings" with an arrow pointing to the settings gear icon and a text box below it; and "Mute/Share webcam/Leave" with an arrow pointing to a bracket above the bottom toolbar icons.

**Open Chat box**

**Camera and Audio settings**  
Audio options: **1)** Select 'Computer' to use computer mic, or headset with mic plugged into computer, or **2)** Select 'Phone' and dial number shown on screen with access code and audio pin

**Mute/Share webcam/Leave**

Mic Camera Screen Leave

## 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 31<sup>st</sup>
- We are here to support you! - New support email: [peerconnections@nmss.org](mailto:peerconnections@nmss.org)
- Connections Program Volunteer Website: <http://nationalmssociety.org/ConnectionsVolunteers>

# COVID-19 and MS



**Julie Fiol, MSW, BSN, RN, MSCN**  
Director MS Information and Resources

# COVID-19 Update

- **Global Data Sharing Initiative**
  - Risks for worse COVID-19
    - Older age
    - Progressive MS
    - Higher level of physical disability
    - DMTs that reduce B cells
- **COViMS**
  - Worse outcomes for Black patients

# Action Items

- **Vitamin D**—could mean less severe course of COVID-19
- **Alcohol** use is up during the pandemic—who knew?
- **Flu Season** is here—get vaccinated!



**National  
Multiple Sclerosis  
Society**

**Society Resources  
We are Here**

# Support for Leaders and Groups

- **We are going digital through December 31<sup>st</sup>**
- **Ongoing Drop In Calls**
  - Thursdays at noon PST/3EST
  - October 8: Medicare Open Enrollment
- **MS Navigator is available to help!**
- **Find Doctors and Resources Online**

# National MS Society CONNECTIONS VOLUNTEERS



Launching Today!



A space for Self-Help Group Leaders & MS Friends volunteers to connect through a private Facebook group.



Opportunity for connection volunteers to support each other, share ideas, facilitate discussions and connections, and access information about resources and opportunities.



Staff partners will be reaching out with more information and group invitations.



# Ask the Expert:

## MS Treatment and Lifestyle Decisions

October 2 at 1:00 p.m. ET/10:00 a.m. PT



**David H. Mattson, MD, PhD**  
Professor of Neurology and  
Director of the Neuroimmunology  
Multiple Sclerosis Program

Indiana University School of  
Medicine,  
Indianapolis, Indiana

# CAFÉ CON LECHE

## Conversation and Support in Spanish for People Living with Multiple Sclerosis

In the National MS Society, we want to make sure that everyone affected by MS can connect with others, feel supported, and receive reliable information regardless of where they are. In this opportunity, we invite the Hispanic/Latino MS community to join us for the video conference/phone call **Café con Leche** group.

Meetings are the 2<sup>nd</sup> Tuesday of each month at 4:00 p.m. ET. First meeting is October 13

For more information or to register call 1-800-344-4867, option 3, or [nationalMSSociety.org/Espanol](http://nationalMSSociety.org/Espanol).

INTERNATIONAL ORGANIZATION OF MS NURSES

# DIFFERING PERSPECTIVES ON MULTIPLE SCLEROSIS NURSING CARE: PATIENT PROGRAM

FREE  
VIRTUAL PROGRAM

OCTOBER 10, 2020  
12:30PM - 2:30PM (ET)

THIS ACTIVITY IS SUPPORTED BY  
GRANTS RECEIVED FROM BIOGEN,  
BRISTOL MYERS SQUIBB,  
GENENTECH AND NOVARTIS.

## FACULTY



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## LEARNING OBJECTIVES

At the conclusion of this activity, learners should be better able to:

- Demonstrate increased knowledge of MS and its treatments, including realistic expectations and awareness of side effects that should be reported to healthcare team
- Cite common symptoms of MS and strategies to reduce and manage them
- Recognize common psychological and cognitive issues related to MS that can be addressed and treated by all members of the healthcare team, including incorporation of available psychological resources



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NeurologyLive



[WWW.IOMSN.ORG/2020DIFFERINGPERSPECTIVES/](http://WWW.IOMSN.ORG/2020DIFFERINGPERSPECTIVES/)



# 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

# 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](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