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National  
Multiple Sclerosis  
Society

**75**  
YEARS OF **PROGRESS**



**Group Leadership Call: December 16, 2021 3PM EST**



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



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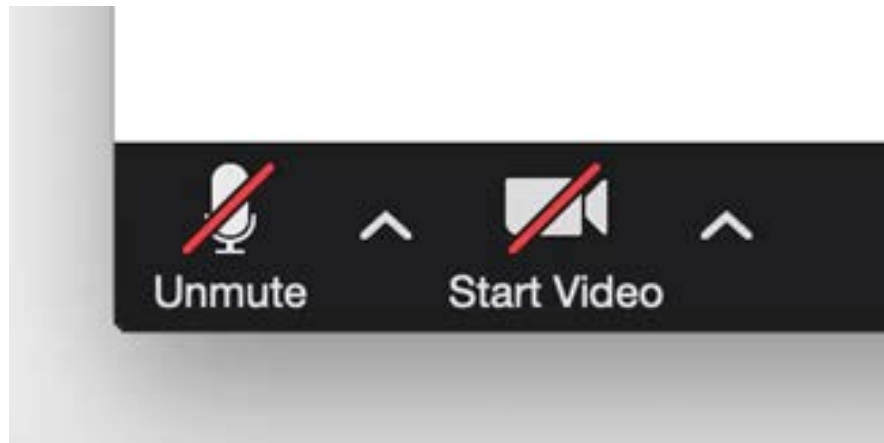
**Group Leadership Call: December 16, 2021 7PM EST**



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

# Zoom Tips: Microphone and Camera

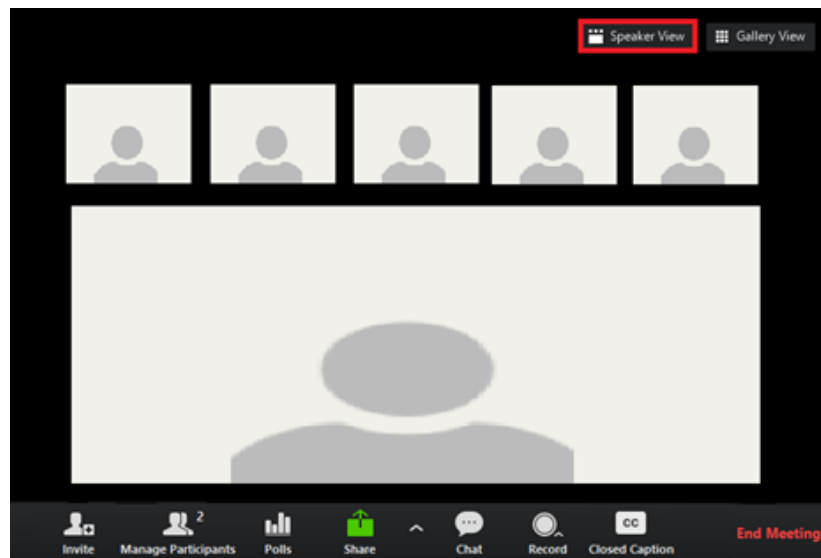
Click the microphone icon to unmute yourself and click the video icon to share your video



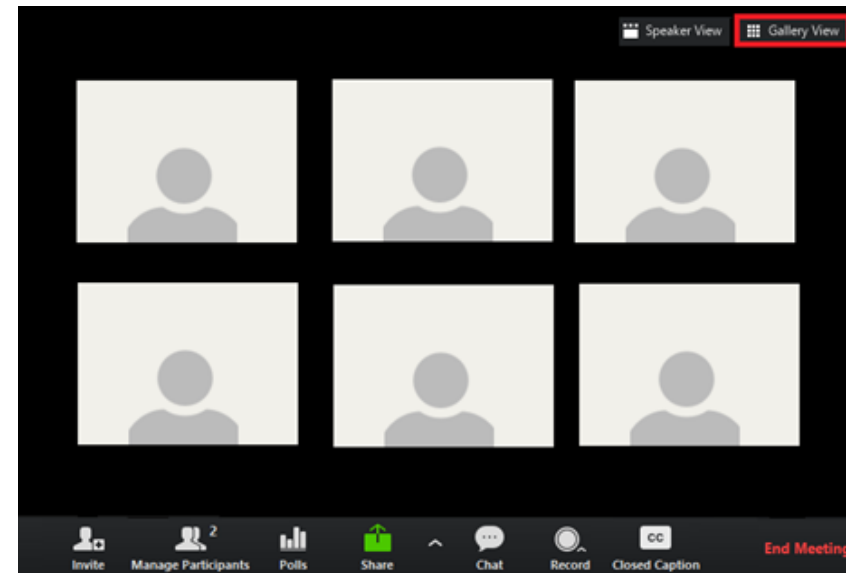
# Zoom Tips: Viewing Options

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

Speaker View



Gallery View



# Today's Call

- Thank You & Holiday Celebration!
- Program Announcements & Reminders
- Cyndi Zagieboylo, President & CEO of the National MS Society
  - Questions, Feedback, and Discussion
- Society and Leader Resources



# 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.





**Thank you for an amazing 2021!!**

# How does your group celebrate the holidays?





# New to MS: Navigating Your Journey



- Program for people New to MS
- Every 2<sup>nd</sup> Thursday of the month, 8pm ET
- Virtual program (Zoom)
- Program content is the same each month
- Educational and engaging
- Register and learn more at [NationalMSSociety.org/NewToMS](https://NationalMSSociety.org/NewToMS)





# Ask an MS Expert Program Series

- Weekly on Fridays at 1 pm ET /12pm CT/11am MT/10am PT
- Monthly on the 3rd Wednesday of each month in Spanish
- Quarterly for Veterans

## December 17- Research News from ECTRIMS & CMCS

What's happening in MS Research continues to trend as an area of interest for many people viewing this program weekly. Join us, Bruce Bebo and Kathy Zackowski, from the Society research team, as we share progress in understanding and treating MS from the European Committee for Treatment and Research in Multiple Sclerosis (ECTRIMS) and the Consortium of MS Centers (CMSC) 2021 annual meetings.



For more details: [www.nationalmssociety.org/MSExpert](http://www.nationalmssociety.org/MSExpert)

# Ask an MS Expert Program Announcement

- Weekly on Fridays at 1 pm ET /12pm CT/11am MT/10am PT
- Monthly on the 3rd Wednesday of each month in Spanish
- Quarterly for Veterans



## Live stream only – starting January 7, 2022:

- Facebook - <https://www.facebook.com/nationalmssociety/>
- YouTube - <https://www.youtube.com/user/NationalMSSociety>
- Twitch - <https://www.twitch.tv/mssociety>



For more details: [www.nationalmssociety.org/MSExpert](http://www.nationalmssociety.org/MSExpert)



# CEO UPDATE

Cyndi Zagieboylo  
President and CEO

# FY2022-2024 Strategic Plan



# Accelerate cures through global leadership

- **How we will measure success:**
  - Pathways to Cures will inspire global partnerships
  - Research milestones, as described in Pathways to Cures, will be achieved
  - People with MS will have fewer relapses, less disease progression and better quality of life
  - There will be therapies to rebuild the nervous system and restore lost function
  - There will be tools for early detection of MS, and treatments for prevention will be under evaluation

# Improve access to personalized, affordable, high-quality MS healthcare

- **How we will measure success:**
  - It will take less time to confirm an MS diagnosis
  - There will be increased access to personalized, affordable, high-quality healthcare and MS medications
  - There will be less disparity in treatment among ethnically diverse, low socioeconomic, and rural populations
  - Legislation and health policy aligned with our Access to High Quality Healthcare Principles will advance
  - Personalized evidence-based treatment plans will be developed through shared decision-making and should include a disease modifying therapy, wellness strategies and lifestyle approaches

# Empower people affected by MS to solve everyday challenges

- **How we will measure success:**

- More people affected by MS and more healthcare providers will recognize the Society as an essential, trusted partner and source of support
- People with MS and their loved ones will be better connected to information, education, resources and communities of support, resulting in improved quality of life, increased confidence, new connections and positive actions taken
- Newly diagnosed, young, rural and ethnically diverse people affected by MS will connect with the Society
- We will solve MS challenges for more people through strategic partnerships



# Strengthen the MS movement through more and deeper connections

- **How we will measure success:**
  - There will be increased public awareness, trust and confidence in the Society
  - We will be better able to predict what people want and need
  - More people will be engaged and have meaningful experiences with the Society
  - We will expand methods of revenue generation and increase revenue

# Questions?



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# Society & Leader Resources



# 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, MSFriends, 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 Leaders  
A Support Group for  
NMSS Group Leaders***



***Join us on Zoom  
3rd Thursday of the month at 4pm EST  
Meeting ID 84207053474  
Passcode- Warrior***

**Contact Monica at  
[MSWarriorLeader@gmail.com](mailto:MSWarriorLeader@gmail.com)**

# In Person Meeting Guidelines

## 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 11

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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](mailto: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](#)



# 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)



# Upcoming Group Leadership Call Dates



## Quarterly in 2022:

January 20, April 21, July 21, October 20

## 2 sessions to pick from:

3pm ET/2pm CT/1pm MT/12pm PT

8pm ET/7pm CT/6pm MT/5pm PT *(new later time)*