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BUILDING THE FUTURE OF MS CARE...ONE SQUARE AT A TIME

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Pratt Cancer Center at St. John's Mercy Medical Center. Diagnosed herself with MS in 1981, Michelle is a wife and mother of two children and a working MS/oncology nurse. Quilting has been her personal passion and she has worked with several organizations in the past to construct quilts for fundraising purposes. Individuals working in or touched by MS are invited to create a quilt panel and make a donation to The Foundation of the CMSC. Contributors to the quilt will also be asked to share a story to be posted on the website.

The **One Square at a Time** effort will be launched at the 2009 CMSC Annual Meeting, and the finished quilt will be exhibited a year later. Proceeds from the

"Quilts are beautiful works of art that provide warmth and comfort, which I think is a good symbol for our team approach to MS care."

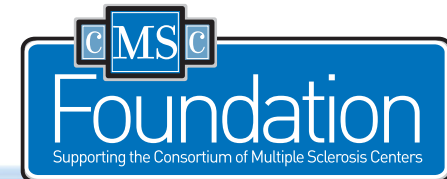
quilt project will benefit the programs of the CMSC Foundation. Quilt contribution information, fabric panel squares and simple instructions are available at the Foundation booth during the annual meeting. Throughout next spring, as the quilt is assembled, progress can be viewed on the FCMSC website.

Deadline for completed squares is December 1, 2009. Details regarding contact information are available below or at cmscfoundation.org/DonateNow.

Pillars

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THE NEWSLETTER OF



PREPARATIONS FOR CMSC 2009 ANNUAL MEETING

MESSAGE FROM THE CMSC EXECUTIVE DIRECTOR

June Halper, MSCN, ANP, FAAN • Secretary of the Foundation of the CMSC
Executive Director of CMSC



As the 2009 Annual Meeting of the CMSC approaches, we are faced with exciting milestones and an era of change within our two organizations. In looking forward, our focus on "Building the Future of MS Care" will underlay not only our annual meeting, but all comprehensive professional activities. With a clear vision of the future, we are building relationships, programs, a workforce, and a greater understanding of MS to enhance MS care and sustain it for generations to come. LACTRIMS, our Latin American partner, is enthusiastically facing similar challenges in Mexico, Central, and South America.

This year's Annual Meeting attendees have come from North America, Italy, China, Brazil, the United Kingdom, Australia, Latin America and Belgium. We are proud of this opportunity to share our experiences, expertise, and commitment to MS

through the activities of the CMSC, the pre-eminent organization of MS healthcare professionals.

While at the meeting, please welcome the Foundation Scholars who will join us at this meeting, tour the posters presenting results of summer research projects, and visit the Foundation booth to offer your support to its projects. Please also join Michelle Keating, a member of the CMSC and IOMSN, in supporting the Foundation with a unique quilt project that demonstrates the power of comprehensive care alliances through a simple gesture of unified vision: Building the Future of MS Care One Square at a Time.

Our vision now extends beyond simply changing the face of MS. We are now focused steadily on the future of MS care; WE ARE BUILDING THE FUTURE OF MS with everything we do, and so are you!

THE FOUNDATION PERSPECTIVE

James P. Simsarian, MD • President, Foundation of the CMSC



The 2009 CMSC Annual Meeting provides an exceptional educational opportunity for healthcare professionals currently involved in the research and care of MS. As well, the Foundation is directly involved in building the workforce of the future through support of those who will sustain comprehensive MS care throughout the 21st century. This year's meeting truly promises to move us closer to that future.

Beyond the quality education offered at the annual meeting, we also will see results of FCMSC initiatives. We have

raised funds to support access to specialized MS training for neurology residents, Fellows, nurse practitioners, physician assistants, and medical students.

The CMSC and the Foundation owe a large debt of gratitude to the late Dr. John Whitaker whose vision for the CMSC remains alive and well through Dr. Michael Racke's leadership of the Whitaker Research Track. Each year emerging MS clinician-scientists present new and exciting information about MS basic research. This year, we are pleased to announce that Dr. Elaine Whitaker will join in presenting the 2009 Whitaker Prize for MS Research honoring her late husband.

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Honoring Dr. Steven Schwid

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Workforce of Future Profile

Labe Scheinberg: A CMSC Pioneer

The Foundation of the CMSC is a 501(c)(3) charitable organization committed to supporting the mission of the CMSC (Consortium of Multiple Sclerosis Centers.) For more information about governance or how to make a donation, visit us at: www.cmscfoundation.org.

Preparations For the CMSC Annual Meeting

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In addition, results of the 2008-2009 MS Rehabilitation Fellowships and several 2008 Summer Research Scholarship projects will be presented at the meeting - tangible evidence we are "Building the Future of MS Care." ■



The memorial awards established by the Foundation of the CMSC recognize the late Steven R. Schwid, MD, professor of Neurology at the University of Rochester Medical Center, who passed away in November of 2008. Dr. Schwid was an Associate Chair for Clinical Research in the Department of Neurology, Co-Director of the Rochester Multiple Sclerosis Center and Associate Director of the Clinical Trials Coordination Center. He was an expert in identifying and treating symptoms such as depression, fatigue, and cognitive impairment in MS and other central nervous system disorders. Dr. Schwid was a key figure in the organizing committee of the CMSC Cooperative Studies effort, which in 2009 funded four important research studies that promise to improve our understanding of the outcomes of MS comprehensive care.

WCMSC COLLABORATIVE RESEARCH PROJECTS SELECTED FOR FOUNDATION OF CMSC SUPPORT

From its founding in 1986 the mission of the CMSC has focused on supporting research contributing to enhanced clinical care and outcomes. This mission has evolved into one of the "pillars" of the Foundation of the CMSC.

Under the direction of Dr. Robert Lisak, the CMSC Research Committee invites requests for proposals annually. This year, a total of four pilot projects were funded. Two of the four selected studies were supported by the FCMSC. The **Steven R. Schwid Memorial Study Grant Award**, supported by a grant through the FCMSC by Teva Neuroscience, was presented to Susan Bennett, PT, EdD, NCS, MSCS, Clinical Associate Professor, Departments of Rehabilitation Science and Neurology at the University of Buffalo, for her group's submission, "Validity, Reliability and Sensitivity of Three Gait Measures for MS."

Dr. Bennett explained that her study follows previous research conducted by Dr. Schwid and his colleagues in examining gait measures and motor performance of individuals with MS. Dr. Bennett commented, "Dr. Schwid was an outstanding neurologist who was loved by his patients and those of us in rehabilitation,

and I am deeply honored to receive the Steven Schwid Memorial Study Award. We will all miss his presence, engaging personality and all that he challenged in his patients and colleagues."

Additionally, the FCMSC collaborated with CMSC in funding a second study grant, "Exploring the Potential of Nintendo Wii to Promote Exercise in Persons with MS," submitted by Marcia Finlayson, PhD, OT(C), OTR/L, from the University of Illinois, Chicago. This innovative project uses 21st century technology to assess patient outcomes of self-directed activity and exercise in people with multiple sclerosis. It will build upon previous evidence that supports the benefit of this strategy in older adults.

A grant from Acorda Therapeutics, Inc. has generously provided support through the Foundation for the first of three consecutive annual **Steven R. Schwid Memorial Summer Research Scholarships** in 2009. This year's recipient, David Jeffrey Sackel, is enrolled at the University of Pennsylvania School of Medicine. David's summer research project titled, "Contribution of Visual Symptoms to Overall Health-Related Quality of Life (HRQOL) and Economic Status in Multiple Sclerosis" will be conducted under the mentorship of Laura Balcer, MD, MSCE.

The Foundation of the CMSC remains dedicated to collaborative study projects enhancing evidence based clinical care. Work will begin immediately on these study projects, with results scheduled for presentation at the 2010 CMSC annual meeting in San Antonio, Texas

MEMBER SUPPORT DRIVES ADDITIONAL SCHOLARSHIPS

Thanks to the support of CMSC members and leadership, a dedicated **CMSC/FCMSC Board of Governors Summer Research Scholarship** will provide an additional medical student, Andrew Sharabi, with the opportunity to participate in a summer research project for 2009. Contributions received this year will also allow CMSC members access to specialized MS training, and further specific CMSC initiatives such as website innovation and the NARCOMS Patient Registry.

Please visit the FCMSC web site at www.cmscfoundation.org to find out more about how you can contribute to *Building the Future of MS Care*.

BUILDING THE MS WORKFORCE OF THE FUTURE



Mentorship is one of the cornerstones to building a lifelong personal commitment to multiple sclerosis care among emerging healthcare professionals. The **FCMSC Summer Scholarship Program** offers medical students the opportunity to participate in a research project at a CMSC member center under the watchful eye of a seasoned MS expert. Several recipients of the 2008 summer research scholarships will present results of their research projects in a special poster session during the 2009 CMSC annual meeting.

Kevin Weber, a medical student enrolled in the Ohio State University College of Medicine, conducted a 2008 summer project under the supervision of CMSC member

Michael Racke, MD, Professor and Chairman of Neurology.

According to Kevin, the project was an eye-opening experience. "I think the most important and valuable part of this project was witnessing all of the hard work and dedication in a lab that goes into biomedical research and subsequently publishing those findings," he said, adding "I knew that multiple sclerosis was an autoimmune disease, but I had no idea how much of MS research is focused on immunology."

Kevin added that he will enter his career as a clinician with a better understanding of both the research and clinical side of medical problems related to MS, fulfilling the objective of the scholarships. Results of Kevin's 2008 summer project, "Gene Regulation by PPAR-alpha in Experimental Autoimmune Encephalomyelitis," will be among the student posters at the 2009 annual CMSC meeting.

BUILDING THE FUTURE OF MS CARE...ONE SQUARE AT A TIME



Michelle Keating, RN, OCN, MSCN, a nurse-educator and long-time CMSC and IOMSN member, is collaborating with the Foundation on a one-year fundraising project that will actively demonstrate the unity of our collective membership in the form of a quilt. The **FCMSC One Square at a Time Quilt** will be composed of separate squares made by donors to the project. Each square demonstrates the unique collaborative contri-

butions of individual MS Healthcare centers or professionals in MS comprehensive care.

Michelle was among the first nurses to sit for the MS nurse certification exam in 2001, and she was recertified in 2007. One of the original board members of the Multiple Sclerosis Nurses International Certification Board, she also contributes as an item writer for the MS Nurse Certification Exam. In 2003, she was awarded the CMSC's "Best Patient/Family Education Platform" award for development of the MS Guidebook. In 2008, she received the IOMSN Linda Morgante Hope award for her poster "Quilting for Healing and Hope in Multiple Sclerosis." Michelle currently works as a nurse educator in the Cancer Information Center located in the David C.

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The Labe C. Scheinberg Award Contributes to Building a Comprehensive Care Model for MS



Each year, the FCMSC presents the Labe C. Scheinberg Award for outstanding work in the field of neurorehabilitation to individuals working on projects that best represent the multidisciplinary team spirit championed by Dr. Scheinberg and prevalent among MS professionals.

Labe C. Scheinberg, MD, was a CMSC founder and a proponent of comprehensive care in multiple sclerosis, as well as a founder of the American Society of Neurorehabilitation and a national and international thought leader. Many noted neurologists, nurses, scientists, psychologists, and rehabilitation specialists owe a debt of gratitude to Dr. Scheinberg, whose vision lives on today in many MS Centers and professional practices.

Dr. Scheinberg was one of the first clinicians to recognize and treat complex and subtle symptoms such as fatigue, depression, and cognitive loss. He was generous with his advice to and support of fellows and students and his MS center, at the Albert Einstein College of Medicine, provided the model for many contemporary MS Centers. The Scheinberg Award was initiated by the CMSC during Dr. Scheinberg's lifetime, and continues to benefit deserving clinical research through the annual generous support of members of the Scheinberg family.