Welcome Letter from Michael K. Racke, MD

Dear Friends of the Foundation of the Consortium of Multiple Sclerosis Centers:

Heading into this holiday season, we at the Foundation of the MS Center are especially grateful for you, our supporters, for all of your contributions to our mission. As we look towards the future of the Foundation, we are excited to announce that we have received funding for the "Focus on FCMSC Programming: Mental Health Mini-Mentorship Forum Training Program".

In response to a national shortage of mental health practitioners knowledgeable about neuropsychological treatment options for multiple sclerosis (MS) patients, the Foundation has formed a team of experienced and engaged mental health mentors and educators who are committed to supporting the needs of persons living with MS.

The "Focus on FCMSC Programming: Mental Health Mini-Mentorship Forum Training Program" is designed for MS professionals who wish to gain a deeper understanding of the psychological impact of MS and to learn from experienced mental health mentors who have successfully navigated the challenges of providing mental health care to persons with MS.

Over the course of the program, participants will receive five hours of immersive training in the psychological impact of multiple sclerosis, including discussions on the role of mental health care in the management of MS and the importance of interdisciplinary collaboration in providing comprehensive care to persons with MS.

We are excited to announce that the program will be held at the MS Center at Holy Name Medical Center in Teaneck, New Jersey, and at the Neuropsychology Associates of Fairfax in Fairfax, Virginia. The program will be divided into two sessions, each lasting five hours, on June 1st and June 2nd.

We believe that the "Focus on FCMSC Programming: Mental Health Mini-Mentorship Forum Training Program" will provide valuable training and resources for MS professionals who are committed to providing high-quality mental health care to persons with MS.

We look forward to hearing from you and to discussing the program with you in the coming months.

Best Regards,

Michael K. Racke, MD
President, FCMSC Board of Trustees

Focus on FCMSC Programming: Mental Health Mini-Mentorship

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A newsletter brought to you by the Foundation of the Consortium of Multiple Sclerosis Centers

Dear Friends of the Foundation of the Consortium of Multiple Sclerosis Centers:

The 2019 Annual Meeting of the Consortium of Multiple Sclerosis Centers will take place in Seattle, Washington from May 28th - June 1st. In addition to our usual networking and learning opportunities, we will be hosting a yoga/meditation class early Friday morning to ensure that your day begins on a peaceful, mindful note. We have already applied for and received approval for these initiatives and look forward to bringing some FCMSC-style "Namaste" to your meeting experience.

On behalf of the Foundation and all those involved in bringing the FCMSC newsletter to you each quarter, I want to wish you and yours all the best this holiday season and in the new year. Thank you for your continued support and feedback, which helps us improve each and every year. We hope 2019 brings continued happiness to you and your family. Happy Holiday!

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President, FCMSC Board of Trustees
FCMSC medical students' fellowships lead to the discovery of new biomarkers of disease activity and response to therapy in multiple sclerosis

In 2014, I was visited by a medical student who wanted to work in my lab. His name was Adam Kruszewski (pictured left.) He wanted to become a neurologist, and nurturing the next generation of leaders in multiple sclerosis research. One problem in multiple sclerosis is remitting multiple sclerosis (RRMS), which is the most frequent subtype of multiple sclerosis, with the goal of tailoring treatment at the early stages of RRMS. This work by medical students would never have been possible without the support received from the FCMSC medical students' workforce of the future program. All this work would not have been possible without the fellowship award provided by FCMS.

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1. Through Amazon Smile: AmazonSmile is an initiative operated by Amazon with the same products, prices, and shopping features as Amazon.com. The difference is that when you begin shopping, every eligible purchase you make at AmazonSmile results in a donation to the charitable organization of your choice. Every item available for purchase is also available on AmazonSmile at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. On your first visit to AmazonSmile, simply search for "Foundation of the Consortium of Multiple Sclerosis Centers" and select us as your choice to receive donations from eligible purchases before you begin shopping. Every eligible purchase you make at smile.amazon.com will result in a donation to FCMSC.

2. Through Facebook Fundraisers: Facebook is an amazing tool to connect with people from all phases of our lives, and has enabled many of us to keep in touch with people we would not otherwise be in contact with. One feature we as a nonprofit particularly love is the Facebook Fundraising tool. Anyone can set up a fundraiser at any time and ask friends to donate a few dollars to a cause that is meaningful to you! Go to https://www.facebook.com/fundraising to get started.

Easy Ways to Support the Foundation of the CMSC in 2019

1. Direct Donations Through Friends of the Foundation

2. Through Facebook Fundraisers

3. Through Amazon Smile

The Facebook Fundraising tool is also available on AmazonSmile at the same price. You will see eligible products marked "Eligible for AmazonSmile donation" on their product detail pages. On your first visit to AmazonSmile, simply search for "Foundation of the Consortium of Multiple Sclerosis Centers" and select us as your choice to receive donations from eligible purchases before you begin shopping. Every eligible purchase you make at smile.amazon.com will result in a donation to FCMSC.

Through Facebook Fundraisers: Facebook is an amazing tool to connect with people from all phases of our lives, and has enabled many of us to keep in touch with people we would not otherwise be in contact with. One feature we as a nonprofit particularly love is the Facebook Fundraising tool. Anyone can set up a fundraiser at any time and ask friends to donate a few dollars to a cause that is meaningful to you! Go to https://www.facebook.com/fundraising to get started.

Direct Donations Through Friends of the Foundation: By becoming a Friend of the Foundation, you can help us meet our goal: creation of an expert cadre of skilled and committed healthcare professionals who are trained to provide the very best in comprehensive care and research for the thousands of people living with MS now and in the future. With your contribution, which you may designate as a tribute to a family member, friend or colleague, you become a Friend of the Foundation. For more info go to http://mscmcfoundation.org/friends-of-the-foundation/