MEDITATION

register, visit Seattle on Thursday morning to wake up and set a Namaste tone for your day! For more information about the workshop or to

Mediation and Sunrise Yoga at the Annual Meeting

Michael K. Racke, MD

As always, we thank you for your support of the Foundation and its mission to serve the Workforce of the Future in MS. We hope that you will be able to join us in Seattle to celebrate another successful year!

Best Regards,

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

Medical Student Research Scholar Program Continues in 2019

Since its founding, the Foundation of the Consortium of Multiple Sclerosis Centers (FCMSC) has been dedicated to supporting the Workforce of the Future in MS. One aspect of this support is to provide funding for medical students to conduct pilot research on topics of interest in MS in collaboration with neurology thought leaders. It is hoped that early exposure to the intricacies of MS care and research will result in an increased number of medical students selecting neurology as an area of specialization when they make their career choice.

Medical students, selected through a competitive process, will develop supervised MS research projects and work under the supervision of an expert MS mentor in appropriate clinical settings. Selection of qualified candidates is conducted independently of grant supporters or any other financial interests and is conducted per criteria set by an FCMSC Research Review Committee.

Students work in academic locations or institutions offering research opportunities and/or comprehensive MS care, enabling them to participate in the spectrum of care designed to address the needs of patients and families throughout a lifetime with MS. The teams may consist of a lead researcher and his or her colleagues, or a comprehensive care team including a neurologist, advance practice clinicians, rehabilitation specialists, and mental health professionals.

2019 scholarship recipients will organize and complete research projects and work under the supervision of an expert MS mentor in appropriate clinical settings. Selection of qualified candidates is conducted independently of grant supporters or any other financial interests and is conducted per criteria set by an FCMSC Research Review Committee.

You don’t want to miss our Yoga and Meditation workshop at this year’s Annual Meeting! Join Megan Weigel and Mindy Eisenberg in Seattle on Thursday morning to wake up and set a Namaste tone for your day! For more information about the workshop or to register, visit http://cmscfoundation.org/portfolios/sunrise-yoga-at-2019-cmsc-annual-meeting/

For more on Megan’s yoga journey, we invite you to view her MS Teamworks video at http://mssteamworks.com/megan-r-weigel-meditation-and-yoga/ and while you’re there, check out the other fantastic MS Teamworks videos produced by the CMSC!
Spotlight On: Ms Rehabilitation Therapy Specialty Training Program

Since 2008, the FCMSC has enabled advanced MS rehabilitation training sessions for licensed rehabilitation specialists as well as graduate students enrolled in accredited rehabilitation programs. Now entering its eleventh (11th) year, physical, occupational, and speech/language therapists participate in intensive onsite training in evaluation and clinical care of patients with multiple sclerosis. CMSC member centers with expertise in interdisciplinary rehabilitation will be selected as training sites for this program offering a wide range of expertise for the trainees.

Up to twelve (12) rehabilitation traineeships are awarded to practicing rehabilitation specialists and graduate students enrolled in accredited rehabilitation programs. Each therapist participates in a total of 35 hours of training covering all aspects of comprehensive care provided at a CMSC MS center. Emphasis is on the therapists’ specific area of rehabilitation (physical, occupational, or speech language therapy) to promote awareness and utilization of standard outcome measures in MS and strategies specific to multiple sclerosis. Environmental issues and equipment needs are addressed along with issues of access and barriers to care and mobility.

Goals of this Project:

- To expand the skills and knowledge regarding multiple sclerosis, multi-disciplinary care, and current research in rehabilitation specialists and graduate students.
- To reach out to the rehabilitation community to potentially increase the number of therapists involved in MS care, research and student education

<table>
<thead>
<tr>
<th>Scholar</th>
<th>Training Site</th>
<th>Scholar</th>
<th>Training Site</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hannah Howard, OTRL</td>
<td>University of Washington Multiple Sclerosis Center, Seattle, WA</td>
<td>Savanur Deepak Rajendra, MS, PT</td>
<td>Cleveland Clinic - Mellen Center for MS, Cleveland, OH</td>
</tr>
<tr>
<td>Pearls, VA</td>
<td></td>
<td>Mary Savage, PT</td>
<td></td>
</tr>
<tr>
<td>Erika Kramer, MS, CCC-SLP</td>
<td>University of Washington Multiple Sclerosis Center, Seattle, WA</td>
<td>Rebecca Beatty, PT, DPT, NCS</td>
<td>Optimus Program-Foothills Medical Center, Calgary, Canada</td>
</tr>
<tr>
<td>Montclair, VA</td>
<td></td>
<td>Auburn, MD</td>
<td></td>
</tr>
<tr>
<td>Rachael Petrie, MS, OTRL/L</td>
<td>University of Washington Multiple Sclerosis Center, Seattle, WA</td>
<td>Kate Bellucci, PT, DPT</td>
<td>Optimus Program-Foothills Medical Center, Calgary, Canada</td>
</tr>
<tr>
<td>Louisville, KY</td>
<td></td>
<td>Somerville, NJ</td>
<td></td>
</tr>
<tr>
<td>Heather Sajjoo, BMR-OT</td>
<td>University of Washington Multiple Sclerosis Center, Seattle, WA</td>
<td>Anne Morris, PT, DPT</td>
<td>Optimus Program-Foothills Medical Center, Calgary, Canada</td>
</tr>
<tr>
<td>Calgary, Alberta, Canada</td>
<td></td>
<td>Westchester, PA</td>
<td></td>
</tr>
<tr>
<td>Rachel Falls, MS, CCC-SLP</td>
<td>Cleveland Clinic - Mellen Center for MS, Cleveland, OH</td>
<td>Stephanie Voss, MA, CCC-SLP</td>
<td>Optimus Program-Foothills Medical Center, Calgary, Canada</td>
</tr>
<tr>
<td>Philadelphia, PA</td>
<td></td>
<td>Phoenix, AZ</td>
<td></td>
</tr>
<tr>
<td>Rachael Kaufman, MS, OTRL, CBIS</td>
<td>Cleveland Clinic - Mellen Center for MS, Cleveland, OH</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Alexandra, VA</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Easy Ways to Support the Foundation of the CMSC in 2019

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 shop on AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the charitable organization of your choice. Every item available for purchase on www.amazon.com 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 never 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 to a preferred cause; this year, we encourage you to set up a birthday fundraiser benefitting the FCMSC. This is a quick and easy way for those who wish to acknowledge your birthday to donate a few dollars to a cause that is meaningful to you! Go to https://www.facebook.com/fundraisers/ to get started.

3. 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 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://cmscfoundation.org/friends-of-the-foundation/

Foundation of the Consortium of Multiple Sclerosis Centers
info@cmscfoundation.org
3 University Plaza Drive, Suite 116, Hackensack, NJ 07601
(201) 487-1050
www.cmscfoundation.org

This publication is made possible by generous support from:

Genentech
A Member of the Roche Group