



# PILLARS

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

MAY 2019

## Welcome Letter from Michael K. Racke, MD



Dear Friends of the Foundation of the CMSC,

Although the weather in the Northeast at the **Foundation** offices may not have caught up to the calendar yet, spring is here again and with that comes our busiest time of year – preparation and execution of all of our activities at the **CMSC Annual Meeting!** This year's meeting takes place in Seattle at the Washington State Convention Center from May 28-June 1, and as usual will feature the latest in innovative **MS** education, as well as numerous networking opportunities in a gorgeous setting. Seattle is known as the Emerald City because the city and its surrounding areas are filled with greenery year-round, and we hope you are able to fit in some sightseeing along with the usual fully-immersive learning experience.

We are especially looking forward to our Yoga and Meditation class on Thursday, May 30th; Megan Weigel and Mindy Eisenberg will lead attendees in an early-morning yoga and meditation experience designed to highlight the importance of complementary and alternative therapies, as well as the many benefits of integration of gentle exercise and mindfulness into any exercise regimen. Megan and Mindy are excited to work with the **Foundation** to bring you this program. We encourage you to visit <http://cmscfoundation.org/2019yoga> to learn more. Those of you who will be joining us in Seattle can register directly from the website or onsite at the Foundation table in the registration area.

Another highlight of the **Foundation** experience at the Annual Meeting is the Scholars Recognition Luncheon. At this event, the **CMSC** and the Foundation have the opportunity to honor all those exceptional individuals selected throughout the course of the year as **FCMSC** scholarship and grant awardees. The Scholars Luncheon is a highlight of the meeting experience, bringing recipients, mentors, and leaders in **MS** care together for an afternoon of networking and camaraderie unlike any other event at the Annual Meeting.

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 will present their findings at the **CMSC's** 2020 Annual Meeting in Orlando, Florida. The goal of this program is to stimulate the interest of medical students to choose multiple sclerosis or neurology as their career.

Supporters of this program for 2019 include: Sanofi Genzyme, Lawrence R. Inerra, Jr., Basic Home Infusion, and first-time sponsor the Teachers Insurance and Annuity Association of America (TIAA). TIAA's support results from our designation as one of 100 TIAA Difference Makers in honor of their 100th anniversary.

---

## Mediation and Sunrise Yoga at the Annual Meeting

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/portfolio/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://msteamworks.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

Scholar	Training Site	Scholar	Training Site
Hannah Howard, OTR/L Pearl, MS	University of Washington Multiple Sclerosis Center, Seattle, WA	Savanur Deepak Rajendra, MS, PT Carmel, IN	Cleveland Clinic - Mellen Center for MS, Cleveland, OH
Erika Kramer, MS, CCC-SLP Montclair, VA	University of Washington Multiple Sclerosis Center, Seattle, WA	Mary Savage, PT Auburn, MD	Cleveland Clinic - Mellen Center for MS, Cleveland, OH
Rachael Petrie, MS, OTR/L Louisville, KY	University of Washington Multiple Sclerosis Center, Seattle, WA	Rebecca Beeby, PT, DPT, NCS Wilmington, DE	Optimus Program-Foothills Medical Center, Calgary, Canada
Heather Squires, BMR-OT Calgary, Alberta, Canada	University of Washington Multiple Sclerosis Center, Seattle, WA	Kate Bellucci, PT, DPT Somerville, NJ	Optimus Program-Foothills Medical Center, Calgary, Canada
Rachel Falls, MS, CCC-SLP Philadelphia, PA	Cleveland Clinic - Mellen Center for MS, Cleveland, OH	Anne Morris, PT, DPT Westchester, PA	Optimus Program-Foothills Medical Center, Calgary, Canada
Rachael Kaufman, MS, OTR/L, CBIS Alexandra, VA	Cleveland Clinic - Mellen Center for MS, Cleveland, OH	Stephanie Voss, MA, CCC-SLP Phoenix, AZ	Optimus Program-Foothills Medical Center, Calgary, Canada

## 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](http://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](http://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 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://cmscfoundation.org/friends-of-the-foundation/>

### Foundation of the Consortium of Multiple Sclerosis Centers

[info@cmscfoundation.org](mailto:info@cmscfoundation.org)

3 University Plaza Drive, Suite 116, Hackensack, NJ 07601  
(201) 487-1050

[www.cmscfoundation.org](http://www.cmscfoundation.org)



**FOUNDATION**  
Of the Consortium of  
Multiple Sclerosis Centers

This publication is made possible by generous support from:

**Genentech**  
*A Member of the Roche Group*