

WE'RE STRONGER
TOGETHER.

FOOTNOTES

GREATER CAROLINAS CHAPTER



2016

presented by



CHEVROLET BUICK HONDA
TOYOTA SUBARU NISSAN

Triad • Charlotte • Boone • Hickory



POST WALK MS NEWSLETTER FOR THE GREATER CAROLINAS CHAPTER

We Are Stronger Together

By Shannon Hinson Greene

We are stronger together. Those four words came to life in impressive ways during our 2016 Walk MS season, presented by Modern Automotive and Biogen. Walkers, volunteers, sponsors, and donors created a powerful force this season – a force that is propelling the mission of the National MS Society to change the world for everyone affected by MS.

You came together in 19 communities across both North and South Carolina during the month of April in record-breaking participation. Here are your remarkable numbers:

- Walk MS Events in North and South Carolina: **19**
- Registered Walkers: **8,211**
- Participants Living with MS: **806**
- Teams: **829**
- Volunteers: **560**

And, finally, the total number of dollars you raised through Walk MS 2016: **\$1,288,996!**

It is because of your ceaseless efforts in fundraising that we ensure each person with MS can live their best life with more connections to information, resources, and others with shared experiences. These critical funds raised support promising research to stop the disease, restore function that has been lost, and end MS forever. In addition, your efforts support local services to help people living with MS in your community move their lives forward. You make all of this possible and, for that, we are truly grateful.

To say that you are making a difference is an understatement. You are changing lives.

I hope, as you read through the accomplishments and successes of this year, you take a moment to celebrate all you have done for those with MS. I encourage you to think what your next step may be in Walk MS. Is it to grow your team in 2017? Do you want to serve as a mentor for someone new to Walk MS? There are many exciting possibilities for you to continue your momentum; we would be honored for you to be a part.

Thank you so very much for your support of Walk MS presented by Modern Automotive and Biogen. Thank you for proving that we are, indeed, stronger together. I hope to see and speak with you as we celebrate our 2016 success and speed toward an exciting 2017 Walk MS season.

With a cure in mind,

Shannon Hinson Greene
Vice President of Development

3

LIVING
WITH MS

5

VOLUNTEER THANK
YOU & TEAM CAPTAIN
MENTOR PROGRAM

6

JOIN A TASK
FORCE

7

FUNDRAISING
SUMMER TIPS

9

WHERE DO
FUNDRAISING
DOLLARS GO

Helping Those Living With MS

By Verena Rojas

Walk MS provides people who live with multiple sclerosis an exceptional engagement opportunity and is often the point of entry for those newly diagnosed. Walk MS is about unity and passion. We at the Society want to help people with MS get connected to the services and programs we offer. It is our mission to create a meaningful experience with a powerful message: together, we are stronger and together, we will end multiple sclerosis.

The Living with MS Program gives you a clear understanding of the ‘who’, the ‘why’, and the ‘what’ we are all walking for,” Jennifer Frame said. Frame is the team captain of Lake Norman Walks from Walk MS: Cabarrus-Rowan.



In 2016, the National MS Society introduced a program called Living with MS, which aims to create a greater sense of unity at Walk MS and increase awareness of this disease throughout the country. We want to honor all those who joined Walk MS, presented by Modern Automotive and Biogen, while living with MS, regardless of how they participate. This spring, 806 people living with MS participated in Walk MS. You are why we walk.

What the Living With MS program does:

- Connects people with MS to others in the same community who are similarly passionate about ending MS
- Provides additional resources, such as vendors with products and services, to help you live your best life
- Helps you be the change in your community by spreading awareness

If you are someone living with MS and want to share how this program impacted you, or if you would like to play a role in raising awareness for Walk MS 2017, please contact Verena Rojas, Development Coordinator, at verena.rojas@nmss.org or (704) 943-2334.

TOP 10 FUNDRAISING TEAMS

1. Biogen	\$36,327.17
2. The Great Kate Migration	\$27,896.65
3. Team Ivy Cottage Collections	\$23,445.00
4. endure	\$19,260.00
5. MSJaggs	\$18,545.06
6. Modern Motivators	\$16,616.25
7. Golden Corral Corp Team	\$14,436.00
8. Momentum	\$14,373.46
9. The Pusateri Platoon	\$12,018.00
10. Cannon For The Cure	\$11,323.00

TOP 10 INDIVIDUAL FUNDRAISERS

1. Erika Braun	\$13,656.00
2. Ronald Roe	\$13,035.00
3. Arnita McGee	\$12,534.00
4. Kate Biegler	\$10,600.00
5. Debbie Hamm	\$10,145.00
6. Brian Pusateri	\$10,035.00
7. Brooke Wurzbarger	\$8,345.00
8. Mick Goodfellow	\$8,330.00
9. Ben Stepowany	\$8,080.00
10. James Scalise	\$8,025.00

*Top fundraising lists by walk site continued on other pages

Aiken, SC

Total: \$24,232

Top Teams:

The Woodside Walkers Cure MS	\$7,793
Tony's Troops	\$6,781
Aiken Area Myelinators	\$4,610

Top Individuals:

Frank Shallo	\$7,793
Chad Cato	\$6,386
Lesley Fairhurst	\$2,020

Columbia

Total: \$72,618

Top Teams:

MS Jaggs	\$18,445
Southern Sclerosis	\$5,402
St. Michaels Angels	\$4,656
Dreher High School	\$3,566
Team Gail!	\$3,425

Top Individuals:

Meredith Jaggard	\$7,150
Curtis Collins	\$3,425
Emily Bethea	\$2,809
Stephanie Worth	\$2,700
Mary Frame	\$2,410

Fletcher, NC-Western

Total: \$52,345

Top Teams:

Melanie's Merry Marchers	\$9,171
Mel's Miles	\$2,622
Brigid's Brigade	\$2,552
Team NO	\$2,480
Deb's Bunch	\$2,055

Top Individuals:

Cathy Sigmon	\$5,135
Wanda Love	\$4,600
Carrie Calton	\$3,630
Melanie Love	\$3,326
Melissa Rosenbalm	\$1,939

Greensboro

Total: \$30,210

Top Teams:

Jim's Gems	\$4,190
Starmount	\$3,229
Caison/Herr	\$1,500
Team ShaSha	\$1,466
U R	\$1,450

Top Individuals:

Debbie Reynolds	\$2,889
Trudy Menzzentto	\$1,630
Cindy Butner	\$1,265
Shawna Hamlett	\$1,246
Emily Smouse	\$1,190

Greenville, NC

Total: \$21,690

Top Teams:

Ruthanna	\$3,875
The Go Getters	\$2,822
MS is BS!	\$2,690
Mikki's Movers	\$1,680
No MSing Around	\$1,090

Top Individuals:

Lori Bunn	\$3,220
Annette Holliday	\$1,645
Danielle Beres	\$1,340
Jonathan Jeffries	\$1,060
Karen Monroe	\$1,035

Kannapolis-Cabarrus-Rowan

Total: \$55,027

Top Teams:

Cannon for the Cure	\$11,323
Lake Norman Walks	\$8,169
Cabarrus MS Xpress	\$7,385
In Memory of Gerald Moore	\$4,760
Samantha's Superheroes	\$4,634

Top Individuals:

Brooke Wurzbarger	\$8,345
April Plemmons	\$4,335
Christy Hart	\$1,695
April Barrier	\$1,683
Amanda Durham	\$1,643

Myrtle Beach

Total: \$15,686

Top Teams:

MSers Rock...MS is BS	\$1,670
Team C.A.R.	\$1,125
Paws 4 MS	\$840

Top Individuals:

Jessica Curtis	\$2,045
Ernie Tate	\$1,305
Kelly Quiel	\$930

Reidsville-Rockingham County

Total: \$22,208

Top Teams:

Wal-Mart Walkers	\$6,135
Tim's Team	\$3,707
Missy's MS Fight Club	\$2,361
Team ZAP	\$1,700
Pucketts for Tammy	\$1,582

Top Individuals:

Libby Witham	\$6,000
Melissa Miller	\$2,186
Britta Younts	\$1,350
Pamela Turpin	\$1,032
Rachel Stephens	\$720

Shelby

Total: \$15,839

Top Teams:

Randy's Rowdy Rascals	\$4,483
Pit Crew	\$4,425
Equestrians for a Cure	\$2,585

Top Individuals:

Jenene Philbeck	\$2,585
Kayla Pittman	\$2,409
Randy Raynor	\$720

Team Captain Mentor Program

By Emily Silva

In 2016, the Walk MS team launched an initiative in the Triangle area: the Team Captain Mentor Program. The goal of this program was to pair experienced Walk MS: Triangle team captains with new team captains, or captains who wished to learn more about a specific aspect of team leadership. Fundraising, recruitment, team management, and networking were the program’s areas of focus. Five veteran captains were selected as mentors: Meghan Dougherty-Oney (Momentum), Jennifer Froning (endure), Debbie Hamm (Momentum), Sara Phillips (Modern Society), and Anthony Poggioli (Chrissy’s Crew). As new captains registered for Walk MS: Triangle, they were able to select an area of focus, which paired them with a mentor.

A total of 46 team captains signed up for the Team Captain Mentor Program this spring. Each partnered with one of our five pre-selected veteran captains and engaged in a series of communications to, ultimately, improve their leadership skills and their team’s performance.

“This was my eighth year participating as a team captain,” Debbie Hamm, team captain for Momentum, said. “It was a nice refresher on the fundamentals of fundraising.” Hamm was paired with a new team captain, Ashley Pizzaro.

The intent of the program was to create a mentorship between two captains and increase Walk MS fundraising, but it built even more than that. “We also built strong friendships, which will benefit all of us in the future,” Hamm said. “You just can’t put a price on that.”

We look forward to expanding this program in 2017. If you are an experienced team captain and would like to mentor a new team captain, please contact Emily Silva, Development Coordinator, at emily.silva@nmss.org or (919) 792-1011.

Charleston Total: \$57,031	Fayetteville, NC-Sandhills Total: \$21,176	Raleigh, NC-Triangle Total: \$413,426
Top Teams:	Top Teams:	Top Teams:
Measuring up for MS \$9,800	Walking for ALL \$6,405	Biogen \$38,127
Don’t MS with M.E. \$5,696	Cross Creek Animal Hospital \$2,157	The Great Kate Migration \$27,897
NNPTC \$5,215	Team Jason \$1,830	Team Ivy Cottage Collections \$23,095
Team Conti \$4,135	Top Individuals:	endure \$19,435
Little Bit \$3,570	Amanda Lockamy \$1,275	Momentum \$15,123
Top Individuals:	Susan Richardson-Price \$1,075	Top Individuals:
Stephen Conti \$4,135	Vivian Smith \$1,055	Erika Braun \$13,656
Alexander Mulvey \$3,420		Kate Biegler \$10,600
Katie Vickers \$3,210		Debbie Hamm \$10,145
Stephen Vale Cofer-Shabica \$2,915		Jo Haines \$7,924
Emily Sanford \$1,870		Karen Whiting \$6,935

*Top fundraising lists by walk site continued on other pages

The Volunteer Force

By Crissy Posner

There is a special group of volunteers at each Walk MS location which helps make the event happen every year. We call this group a “task force” and it truly is a force.

A task force is made up of dedicated volunteers who have a passion not only for our mission and fundraising, but for the tasks (big or small) that are included in the planning and production of Walk MS. Members help with a variety of jobs: grassroots marketing, conversations with local political figures, securing in-kind donations, mapping and marking the route, day-of-event safety and medical help, team recruitment, volunteer engagement... The list goes on! These individuals use their networks within the community to further the mission of the Society as it relates to Walk MS.

In 2016, our Chapter hosted 19 Walk MS events with the help of 62 task force members:

Aiken

Chad Cato
Gina Cato
Prue Rodriguez
Pamela Zander-Owen

Cabarrus-Rowan

Marsha Berry
Sabrina Cote
Jennifer Frame
Renaee Johnson
Julia Sole
Susan Sole
Susan Ward

Charleston

Rhonda Copeland
Julie Frye
Ian Gay
Regina Lyalls
Alex Mulvey

Columbia

Kendall Belk
Christy Boyle
Milena Herring
Stacie Hook
David Kleinfelder
Bob Noe

Triad

Amy Berrier
Elaine Clark
Val Gardner
Joan Habib
LaToya Marsh
Trudy Menzzentto
Laura Overcash

Fayetteville-Sandhills

Yvonne Kelly
Amanda Lockamy
Linda Lockamy
Roger Ostrander
Pamela Ray
Mark Wonderly

Goldsboro

Tonya Barber
Latrice Worrells

Greenville, NC

Sean Bieber
Lori Bunn
Adrienne Daniels
Annette Holliday
Meredith Rogerson

Greenville, SC

Kavitha Arms
Dan Beals
Blake Goldman
Wayne Harbin
Richard Hickson

Spartanburg

Jonathan Long
Robin Newsom

Myrtle Beach

Darlene Goudy Tiffany
Mulligan Marcel
Rosignol Ernie Tate
Kelly Quiel

Rockingham County

Joyce Puckett
Darlene Sweigard
Britta Younts

Wilmington

Lisa Burns
Dean Heath
Burt Masters

Western

Leslie Newman
Jane Sutton

Shelby

Kristen Lance

WANT TO JOIN A TASK FORCE?

Get connected and get inspired!

Join your community task force with passionate volunteers who are eager to help with the planning and production of Walk MS! We are already setting our sights on what we can accomplish together next year in Walk MS, so if you would like to be a part of your local community task force, please contact Tim von Stetten, Community Development Coordinator, at tim.vonstetten@nmss.org

Summer “Fun”-draising

By Verena Rojas

Multiple sclerosis doesn’t stop during the summer, and neither do we. Our collective actions accelerate progress and drive change wherever it is needed. This year, more than 8,200 individuals joined forces at Walk MS and raised almost \$1.3 million. That is a stellar performance! Take a moment to envision the impact you made in your community: the energy, the compassion, and the enthusiasm at Walk MS is one-of-a-kind.

Let your passion for Walk MS shine this summer and start your fundraising now for the 2017 campaign! Mix it up a bit from your usual fundraising and organize a yard sale, pool party, or a neighborhood scavenger hunt. The possibilities are endless with gorgeous summer days ahead.

- Host a block party: The warm summer nights make it for a perfect neighborhood gathering that benefits your cause!
- Have a pool party: The heat is exhausting. So if a block party isn’t ideal, go for a pool party (fun for the kids, too)! Ask your neighbors to bake goodies and sell them at the pool.
- Organize a balloon fight tournament: Super fun for kids! And, it allows adults to reminisce about their childhood!
- Neighborhood Scavenger Hunt: Have a blast planning a scavenger hunt with your neighbors! Ask registrants to sign up in teams of three or four, and raise a minimum of \$50.
- Yard Sale: The summer time is a perfect time to declutter!
- Cook-out: Summertime is great for relaxing with friends. Plan a fun and casual cook-out with your Walk MS team. There were 829 teams at Walk MS this year; that’s a lot of cook-outs that can happen!

Make it a point to get together this summer and re-ignite your Walk MS team’s energy! If you have ideas for fundraising or want help brainstorming, reach out to your local Walk MS coordinator. We are here to help, and we love doing it!

Asheboro-NC Zoo Total: \$58,807	Greenville, SC Total: \$60,674	Spartanburg Total: \$7,259
Top Teams:	Top Teams:	Top Teams:
CHArMS \$6,666	The Pusateri Platoon \$12,218	Rockin Robin \$1,430
Pirates with a Purpose \$5,565	Team Solvay \$6,667	Team Adams \$800
High Point MS Fighters! \$2,580	Skins Hotdogs \$4,657	Phi Theta Kappa-Beta Sigma Psi Chapter \$735
Team Hendrick \$2,115	Goldman \$4,160	
Thankful \$2,035	Premier Neurology & CWMG \$3,159	Top Individuals:
Top Individuals:	Top Individuals:	Robin Newsom \$1,195
Ronald Roe \$13,035	Brian Pusateri \$10,035	Karen Adams \$800
Devin Lynch \$6,196	Dan Beals \$4,285	Debbie Holcombe \$411
Jocelyn Chrisley \$2,055	Blake Goldman \$3,960	
Angela Foster \$1,615	Wayne Harbin \$3,946	
Shelby Phillips \$1,545	Sybille Cole \$1,810	

*Top fundraising lists by walk site continued on other pages

Goldsboro

Total: \$14,083

Top Teams:

Wayne Clerks Family & Friends	\$1,474
Gerri's Warriors	\$1,190
Walking With Joy & Determination to Fight MS	\$792

Top Participants:

Kathi Bowen	\$4,350
Battista Smith	\$1,165
Vivian Smith	\$1,055

Charlotte

Total: \$166,019

Top Teams :

STEP it Out Against MS	\$10,326
Team Sheila Goodfellow	\$9,940
Friends of Hope	\$7,838
Designing Women	\$7,765
Charlotte Latin Against MS	\$6,585

Top Individuals:

Mick Goodfellow	\$8,330
Ben Stepowany	\$8,080
Jacqueline Jones	\$5,360
Cicley Sullivan	\$4,675
John Hiebendahl	\$4,110

Wilmington

Total: \$64,140

Top Teams :

MS Moments	\$10,629
Harris PHamily	\$6,548
Cape Fear Martial Arts	\$6,037
Bernie & The Jets	\$4,431
MS WARRIORS for Call Sign "Vegas"	\$4,295

Top Individuals:

Brian Little	\$5,445
Richie Harris	\$4,588
Debbie Cardamone	\$3,285
Pamela Stocker	\$2,850
Jennifer Borkowski	\$1,661

Winston-Salem

Total: \$46,599

Top Teams:

Modern Automotivators	\$23,514
No MSing Around	\$6,610
Habib Cougars	\$2,700
Butner	\$2,295
Wake Walks	\$1,000

Top Individuals:

Arnita McGee	\$12,534
Angela Foster	\$7,892
Jennaira Massey	\$2,835
Moriah Butner	\$2,295
Joan Habib	\$2,140



Fundraising Dollars: Where Do They Go?

By Crissy Posner

The National MS Society is united in our collective power to do something about multiple sclerosis now and work toward our vision of a world free of MS. We act with urgency to find solutions and change the world for people affected by MS. In The Greater Carolinas Chapter area, we serve 97 counties in North Carolina and all of South Carolina. There are more than 18,000 people living with MS in this area; we serve those individuals and their loved ones.

So, you raised money for Walk MS. You may have even donated, as well. For this, we thank you. The money you have raised and/or donated goes directly to changing the world for people living with MS.

The Society offers a variety of programs, services, resources, and connection opportunities for people living with and affected by MS. Support for people living with MS includes research updates, educational programs, family programs, wellness information and programs, and social and emotional support (such as self-help groups). These are all possible because of your generosity and fundraising efforts. Because of you, people are living better lives each day. Because of you, there will be an end of MS.



So far in 2016, our Chapter has already offered 44 programs, which 2,326 clients attended. We hosted 13 Professional Education Programs, which 696 participants attended. More than 280 individuals who live with MS have been assisted financially by our Chapter, totaling \$61,381.42; assistance may include rent or mortgage payments, utilities, food, and transportation expenses. High school students who live with MS, or who have a parent living with MS, may apply for our scholarship program. With the help of our partner, Golden Corral, we were able to offer 50 recipients college scholarships in 2016, totaling \$70,000.

There is no such thing as a donation "too small". Every single dollar counts toward changing the world for people affected by MS. It takes each of us to make an impact and we could not do this without your support. Thank you.

To learn more about the aforementioned programs and services:

visit nationalMSSociety.org/resources-support

contact an MS Navigator at 1-800-344-4867

connect with others at MSconnection.org



CONNECT WITH US

Raleigh Office

3101 Industrial Drive
Suite 210
Raleigh, NC 27609
919-834-0678

Greensboro Office

3 Centerview Drive
Suite 101
Greensboro, NC 27407
336-299-4136

Charlotte Office

9771-A Southern Pine Blvd
Charlotte, NC 28273
704-525-2955



Connect with us online:

www.nationalMSSociety.org/greatercarolinas

nct@nmss.org

MSconnection.org

facebook.com/NMSSGreaterCarolinasChapter

twitter.com/MS_GtrCarolinas

youtube.com/GreaterCarolinas



National Multiple Sclerosis Society

Greater Carolinas Chapter
3101 Industrial Dr. Ste. 210
Raleigh, NC 27609

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
Raleigh NC
Permit #564

THANK YOU TO OUR 2016 WALK MS SPONSORS



CHEVROLET | NISSAN | HYUNDAI
TOYOTA | SCION | SUBARU | INFINITI
Triad • Charlotte • Boone • Hickory



Everyone deserves a good meal.™

