

Greater North Jersey Chapter

Every *hour of every day*, someone is diagnosed with *MS*.

This is *why we are here*.



Facts about *Multiple Sclerosis*

Approximately **400,000** Americans acknowledge having MS.

Most people with MS are diagnosed between the ages of **20** and **50**.

Women are affected at *two to three times* the rate of men.

Every week, **200** Americans are diagnosed with multiple sclerosis.

That's *more than one* person every hour.

Counting their family members and those who care for them,

MS affects more than *one million Americans*.

Chapter Services



Team Danger – Tikrit, Iraq
2005 MS 100

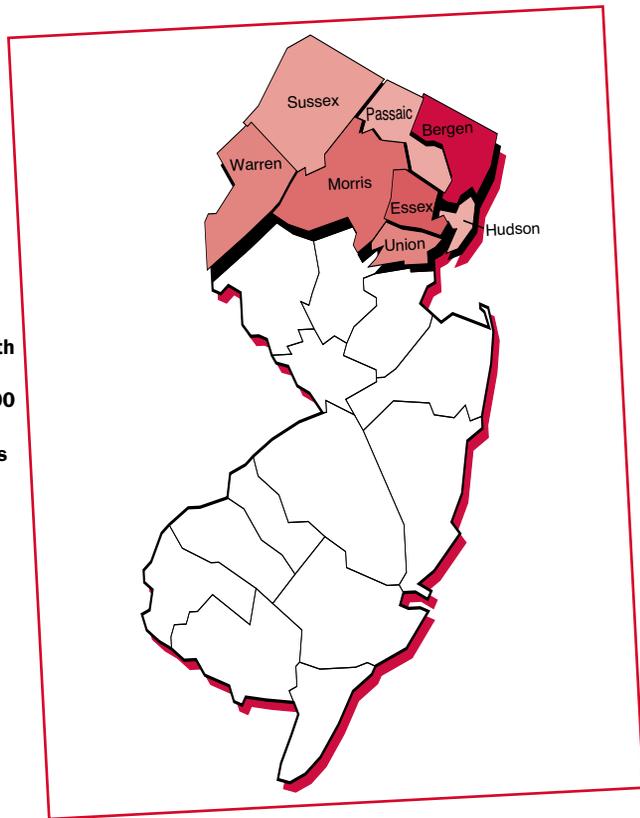


MS 2005 Walk Team Vitamin G

Education

Who we *are...*

The Greater North Jersey Chapter serves over 5,000 people with MS and their families



Advocacy

The **mission** of the National Multiple Sclerosis Society is **to end the devastating effects** of multiple sclerosis. The Society is a 501(c)3 non-profit organization supported solely by **voluntary contributions** (but not a United Way agency). It funds **more MS research**, offers **more services** for people with MS, and provides **more professional education** programs than any other MS organization in the world. The Greater North Jersey Chapter serves Northern New Jersey in Bergen, Essex, Hudson, Morris, Passaic, Sussex, Union and Warren counties. It provides over **100 programs** and services to over **5,000 people** with multiple sclerosis and their families and caregivers, all of whom are dealing daily with the physical and emotional challenges of the disease. It also **supports** the national research effort.

The Chapter is part of the NMSS's **50-state network of Chapters**.

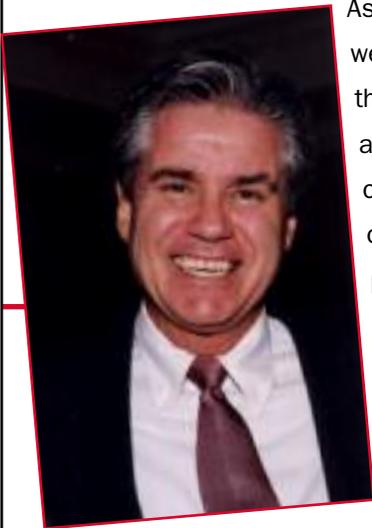
Research

— Greetings from New Chapter Chair *Tim Barnes*

My grandfather ran a successful marble business and loved to philosophize about life to his grandchildren. I recall him once describing the role of each of the subcontractors when a new house was built. “We all worked together,” he proudly explained. Such is the role of all of us on the Greater North Jersey Chapter’s Board. In our quest, our challenge, our hope and our mission to find a cure for multiple sclerosis, we all are working together.

Whether you are a person with MS, a caregiver, a family member, a volunteer, a staff member or a board member, these words speak to you. We are all working as one, on the same path, pursuing the same goal.

As the incoming chair of the Chapter’s Board, I again commit our Board’s resources and energies to work with you and for you. We look forward to building on the successes of the past, and renewing our commitment, compassion and contribution to the cause of the National Multiple Sclerosis Society. We strive to be responsive to your needs and ideas, your interests and talents, and ask that you let us know how we can better serve you with programs, social events, development efforts and projects.



Timothy L. Barnes
Board of Trustees Chairman

As we increase and expand our number of board members, we also hope to actively expand our efforts to better serve the geographical diversity of our expansive eight county area, and also do more to integrate our work with that of other chapters in the Tri-State area. We want to reach out to you, our friends and constituents, as much as possible. We can never stop learning from each other and will never stop working together. Just like we’re building a house, by doing this together, the end can not be far away.

A handwritten signature in black ink that reads "Tim Barnes". The signature is written in a cursive, flowing style.

Thoughts from New Chapter President *Frank Leshner*

This picture says everything you need to know about our Chapter — TEAMWORK. Taken at the finish line of this year's MS 100 Bike Tour in late September, after two exhausting days, this snapshot of a cross-section of our staff is emblematic of how the Chapter clicks to accomplish our very important mission. Over the weekend, every member of each of our three departments — Development, Programs and Finance — worked on a



**Chapter Staff
MS 100 September 2005**

variety of tasks to ensure the safety, satisfaction and camaraderie that makes an event successful. But this is just the tip of the iceberg — we were joined by hundreds of helpers, including those who planned the event, marked the route, worked the rest stops, entertained the children, provided safety, EMT and emergency communications support, asked for pledges from their families, friends and companies, donated food and supplies, repaired the bikes, took the photos, and cheered the riders along.

And so it goes all year long, an amazing display of teamwork and volunteerism in a parade of other events and programs, large and small, every one important. Behind it all is a very dedicated, caring and exceptionally talented group of people who give generously of their time- the members of our Board of Trustees and our Professional Advisory Committee.

Thanks to the successful fundraising carried out by the Chapter, we were able to continue our deep commitment to serving over 5,000 people with MS, their families and caregivers with programs and support covering every aspect of living with MS. Our challenges in 2006 will be to constantly improve delivery of our services to meet the changing needs and demographics of our population, and to dedicate even more resources to funding research to meet our common goal. More than ever, we at the Chapter look forward to working with you, or to helping you, and we are so glad you are on TEAM MS!

Frank



This is why *we care*

MS strikes adults as they start college, start families and start careers.

The National Multiple Sclerosis Society Greater North Jersey Chapter offers over 100 Programs and Services to over 5,000 people with MS, their families and caregivers. Our affiliation with the **Gimbel MS Comprehensive Care Center at Holy Name Hospital**, the **MS Diagnostic and Treatment Center at the University of Medicine and Dentistry of New Jersey** and the **MS Center at Saint Barnabas Medical Center** help us towards

our mission to end the devastating effects of multiple sclerosis. We proudly serve the following counties: Bergen, Essex, Hudson, Morris, Passaic, Sussex, Union and Warren.



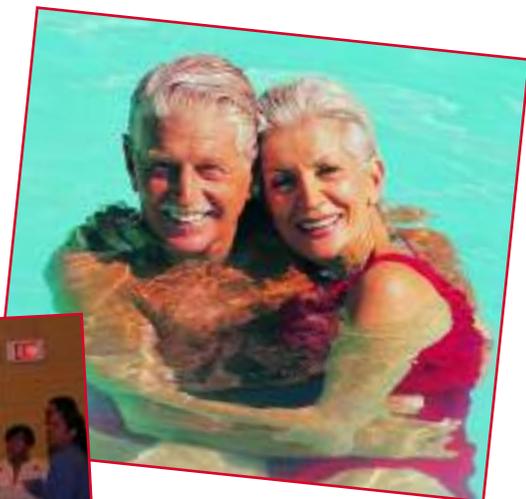
Regional Conference November 2005



This is why *we exercise*

MS shouldn't mean mobility stops.

We offer **adaptive yoga, tai chi** and **aquatics programs** within our 8 county service area. Classes run for **16 weeks, twice a year** by professionals who understand MS.



Tai Chi, Yoga and Swim-in = Feeling Better!



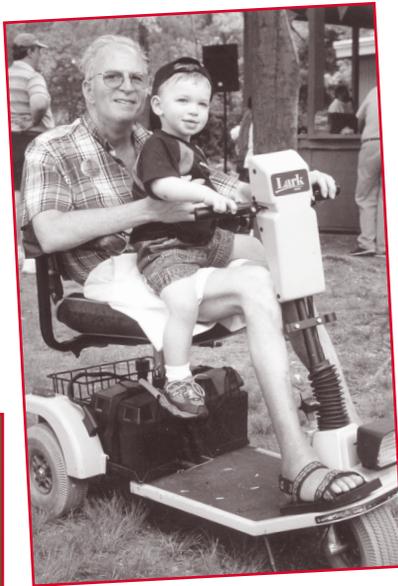
This is why *we support families*

MS affects the entire family. The National MS Society Greater North Jersey Chapter offers a range of services to support the family. They include: **Respite Care, Chore Services, General Financial Assistance**, transportation assistance, **Adult Getaway Weekend** in the Poconos, **Mardi Gras Festival, Fall Bash** and outings to events such as

major and minor league baseball games.



Family fun at our Regional Conference



Who's in the driver's seat?



This is why *we help children*

MS shouldn't stand in the way of an education. We provide scholarships to college students who have MS or have a parent with MS. This assists in alleviating the high cost of an education.

Kids Camp is for children who have a parent with MS. They get together for a **weekend filled with activities and fun!** These activities include **making friends, singing songs, taking nature walks, arts and crafts** and **playing sports.**

This year, a grant provided by **BJ's Charitable Foundation** contributed to the success of **Kids Camp.**



Siblings having fun at Camp Arthureeta August, 2005



This is why *we serve*

People rely on us for education, equipment and emotional support. We provide a series of **educational programs** to clients, professionals and the general public. Some of these programs include the **annual Regional Conference**, **Professional Education programs**, programs for the **Newly Diagnosed**, **Educational Conference Calls**, **Employment Programs** and **Agency Staff Inservice** programs.

If a client is in need of assistive devices, we provide **financial assistance** towards purchases and also utilize our **Loan Closet** for individuals in need on a short term basis. We offer emotional support programs such as **nineteen Self Help groups**, **Peer Support programs**, and **psychological referrals** to licensed mental health professionals, along with **Newly Diagnosed Seminars**.



**Dr. Mary Ann Picone, Gimbel MS
Comprehensive Care Center**



This is why *we fund research*

We are the **largest supporter** of MS research in the world. By the end of FY 2006, the cumulative investment in research will be **\$500 million**. Current research funded by the National MS Society totals **\$1,549,548** in the Greater North Jersey Chapter and is taking place at the **University of Medicine and Dentistry of New Jersey** and the **Kessler Institute for Rehabilitation**.



MS research in New Jersey



This is why *it's free*

You deserve accurate, unbiased information. Clients have access to a list of **complimentary publications:** information on MS, medications, symptom management, research, alternative therapies, exercise, nutrition and the quarterly newsletters, *MS Connection* and *Keep S'myelin* for kids.



National MS Society publishes something for everyone



This is why *we advocate*

Everyone deserves **reliable, affordable** health care. We strive to affect public policies that impact the lives of people with MS. Volunteers **write letters, make phone calls** and **visit legislative officials** on the local, state and federal level. Our priorities include the **increase of funding** to the National Institute of Health for **research, health insurance coverage, quality health care, prescription drug coverage, accessible** and **affordable housing** and **accessible transportation**.



Advocacy visits to Congressman Garrett, and to Senator Corzine's office, June 2005



Profile *Joan Bermingham*

Joan Bermingham was diagnosed in January 1992, just three months following the loss of her son. Although the link of MS onset and emotional triggers is not proven, Joan feels it was a factor in her case. Joan was living alone — her husband was deceased — her older son and the rest of her family lived in other states. The then Chapter program director, Janet Mateo, visited her in the hospital and threw her a lifeline of support, education and awareness that Joan appreciates to this day. Building on their developing friendship, Janet asked Joan for a favor in return. Would she be able to come to the Chapter and volunteer her time and services? Upon earning her NJ license to drive a vehicle operated by hand controls and with a renewed feeling of confidence in her abilities, she began a long-term commitment to the Chapter. She was able to provide organizational skills honed during her career in school administration to assist in many of the Chapter's ongoing programs: equipment loans, Chore Service and library. The latter was and still is most rewarding for Joan who is an avid reader and a well known client of the Teaneck Public Library.

Over the years, Joan developed a talent for advocacy. She became a member of the Government Relations Committee and is currently its co-chair. Joan is also active in NJCAN, the Chapter Advocacy Network and is an active Support Group leader and Peer Counselor.

Our MS Chapter is not the only organization to benefit from Joan's efforts and commitment. She also belongs to HIP, Heightened Independence and Progress, a Center for Independent Living in Hackensack, and served as their board president for five years.



Joan Bermingham

Joan credits her parents with instilling her work ethic, open mind and willingness to try new things. Joan's mother is 96 years young, and just recently had to cut back on her volunteering. With her family tradition and positive attitude, Joan expects to continue her volunteer efforts with the Chapter for a long time.

Profile *Dan Malanka*

Dan Malanka has participated in the MS Bike Ride for the past 8 years. A coworker recruited him for their company team without realizing that Dan had a personal



Dan Malanka and family, September 2005

connection to MS. Dan was pleased to join the Hertz team in memory of his mother who had MS. Initially Dan felt that raising money for research for a cure was his prime motivation. But it has really become much more than that. Something special happens every September when hundreds of riders come together. Dan reconnects with so many people that he sees only once a year, all with a common goal. In fact, Dan has even recruited two out of town business associates to join him. They fly in from California and Illinois. However, the true highlight of the weekend for Dan is the

overnight stay. His wife, Sue, comes to the hotel with their young children, and they enjoy a family getaway. This year, Dan personally raised more than \$40,000.



2005 Team Hertz

Profile *Lynn Sevcik*

Our current MS Ambassador, Lynn Sevcik, serves as a spokesperson at various Chapter events. She not only talks the talk, but walks the walk as well. For the MS Walk held every April, Lynn has built a huge team based on family, friends and fun! In 2005, the “Friends Just Do It” team had 83 walkers and raised \$19,520. Lynn was diagnosed just 6 weeks before taking part in her first Walk in 2002. She was overwhelmed with the diagnosis at first, but her friends convinced her to join the Walk and helped form the first “Friends” team. When Lynn called people for donations, she found they wanted to walk with her. It was their enthusiasm, support and positive attitude that led to the team name — Lynn says when a friend asks you for a favor, you just do it with no questions asked. Lynn shows her appreciation by baking hundreds of cookies for her best fundraisers. No wonder her team is one of the largest of our Chapter.

Some of Lynn's friends!



Lynn Sevcik cutting the ribbon with Tim Barnes and the mayor of Parsippany, Marceil "Mimi" Letts

Profile *Von Glahn Family*

Hank and Fran Von Glahn are dedicated caregivers to their daughter Janet who was diagnosed in the early '90s. Janet began to attend the chapter's weekly Swim-In



Swimmer Janet Dean

program in 1997, for exercise and to meet other people with MS. The program leader, Ruth Cowan, who is the 2005 Women Against MS honoree, no sooner welcomed Janet and her parents to her class when she asked if they too could volunteer. Soon Hank was helping to park cars, both Fran and Hank were assisting swimmers in the dressing rooms and they were both working in the pool with Janet and many new friends. Fran's other community service includes making quilts for children with cancer. So when Ruth celebrated her 30th anniversary of volunteering with the Chapter, Fran assembled a memory quilt for her and gathered the signatures of all the swimmers

and program volunteers. Hank and Fran are also regulars at the monthly support group in Wayne, where they provide invaluable assistance with set up, refreshments, administration and especially a warm and reassuring welcome. They have earned a prominent place in the memories of many of our clients, staff and volunteers.



**Swim-In's 30th Luncheon Celebration in May 2005
(Ruth Cowan is standing fourth from left)**

— Chapter Development *Our special events*

The MS Walk: The MS Walk is the National Multiple Sclerosis Society's signature fundraising event. People living with MS, friends, neighbors and co-workers unite one day a year to make strides in support of our mission to end the devastating effects of multiple sclerosis. The MS Walk is penciled in on thousands of participants' calendars every year. This is our Chapter's single largest fundraiser.

The MS-100 Bike Tour: The MS-100 Bike Tour is the National Multiple Sclerosis Society's longest running, most prestigious event. Hundreds of people gear up for a weekend of riding in support of our mission to end the devastating effects of multiple sclerosis. This year's Tour saw 550 cyclists join us, helping to raising the largest amount ever in the Chapter's history.

Women Against MS: The National MS Society's Greater North Jersey Chapter WOMEN AGAINST MS Luncheon was launched in November of 2004. The format of the event includes a lovely luncheon, an inspirational keynote address by a prominent representative from the National Multiple Sclerosis Society, honorees from our Chapter volunteer base and a corporate leader from the healthcare industry, as well as a chance to network with other business professionals, community leaders and friends of the National MS Society.

Dinner of Champions: The MS Dinner of Champions is the premiere gala event of the National Multiple Sclerosis Society. Today this fundraiser is one of the country's most celebrated and popular testimonial events and is held in over 70 of the nation's largest communities. The Dinner of Champions has honored many of America's foremost corporate leaders; the Chapter followed suit this year by honoring Anthony Coscia, Chairman of the Port Authority of New York and New Jersey.

MS Golf: Corporate teams from the media and the advertising industry participate in this "invitation only" networking event at the prestigious Ridgewood Country Club, raising \$4.3 million dollars for our Chapter over the years. MS Golf is the longest-running charity golf outing in National MS Society history. Participants enjoy a festive day that includes great giveaways, contests, raffles, contests, awards, a "smokin' barbeque" lunch, cocktails, hors d'oeuvres and a gourmet buffet dinner. The Chapter is grateful that over its long lifetime, this event has been run almost entirely by high level industry volunteers, who give generously of their time and talent.

— **National Research:** *Promise 2010 Campaign*

To encourage innovative research into highly promising areas and to improve MS patient care, the National MS Society launched the Promise 2010 Campaign. This nationwide effort fueled by local MS chapters will raise \$30 million to fund four targeted areas that hold great potential in the fight against the devastating effects of MS, but which have so far been under-explored.

Nervous System Repair and Protection: This bold international initiative with its collaborative team approach has been established to study tissue repair and protection in MS. To tackle this goal \$15.6 million has allocated to four new grants — the largest single grants ever awarded by the Society. This research sets the stage to help translate basic science into meaningful, better therapies for people with MS in the future by restoring nerve function.

Pediatric MS Care Centers: There are about 8,000 to 10,000 children who have MS, and another 10,000 to 15,000 who have experienced what may be symptoms of MS. This disease is more difficult to diagnose in children, and many pediatricians are not familiar with MS. For these reasons, the National MS Society is establishing regional Pediatric MS Centers to set the standard for pediatric MS care and offer optimal medical and psychosocial support to children and their families. These centers will create the framework to conduct critical research — both to understand childhood MS, and to unlock the mysteries of MS in adults. The centers will be selected in November 2005.

The Sonya Slifka Longitudinal MS Study: The first study of its kind in the U.S., the Sonya Slifka Longitudinal MS Study is a repository of in-depth information about the lives of people with MS. Investigators are collecting detailed data from a national sampling of 2,000 individuals. This study integrates clinical information, healthcare practices, and socio-economic data to learn what happens to people with MS over time and what factors influence the long-term course of MS.

The MS Lesion Project: This international collaboration lead by the Mayo Clinic seeks patterns in the MS damage seen in brain tissue and attempts to correlate those findings with actual clinical signs, symptoms, and responses to therapy. This effort provides vital information on the underlying pathology of MS and the impact of specific treatments. It is the most extensive attempt ever made to map and understand the meaning of MS damage seen in the brain.

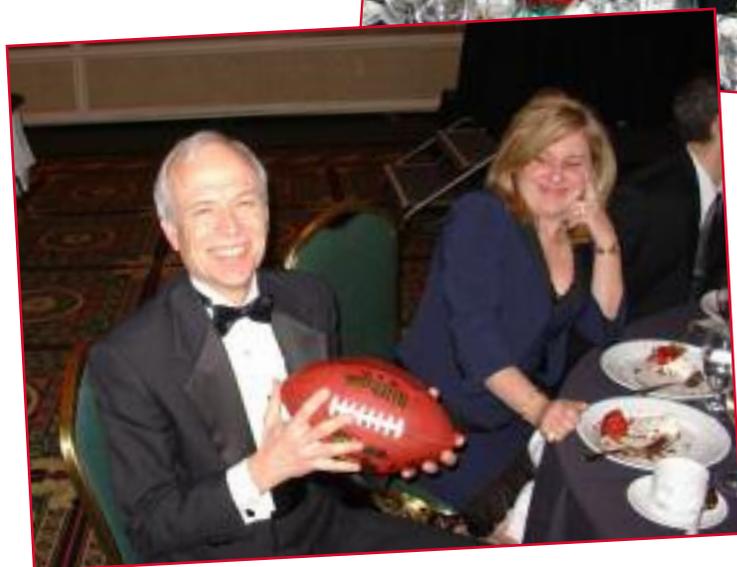
To support Promise 2010, please contact Frank Leshner at 201.967.5599.

Chapter Good Times *Dinner of Champions, March 31, 2005*



New York Giant Michael Strahan and new Board Member Vince McLaughlin score a touchdown at Dinner of Champions

Doctor Ian Smith and New York Giant Michael Strahan celebrate with new Board Member Ronni Lieberman



Immediate Past Chair Rich Ellis goes out for the pass and comes up with the winning ball

Chapter Good Times *MS100, September 24 - 25, 2005*



2005 MS 100
Rolling pastures of
Morris County

MS 100
Riders at the start line



MS 100
Our friends of the
Wayne Police
Department who
ride and protect

— How the *Chapter dollar was spent*

The Greater North Jersey Chapter, serving Bergen, Essex, Hudson, Morris, Passaic, Sussex, Union, and Warren counties is proud of its fund raising and client service efforts in fiscal year 2005. The funds raised by our generous donors enable us to fulfill our mission to **end the devastating effects of MS** and to assist those living with MS everyday.

Each year the Greater North Jersey Chapter's largest expenditure is for programs and services for persons with MS and their families. The chapter provides over **100 programs and services to over 5,000 people with multiple sclerosis** and their families and caregivers, all of whom must meet the daily physical and emotional challenges of the disease.

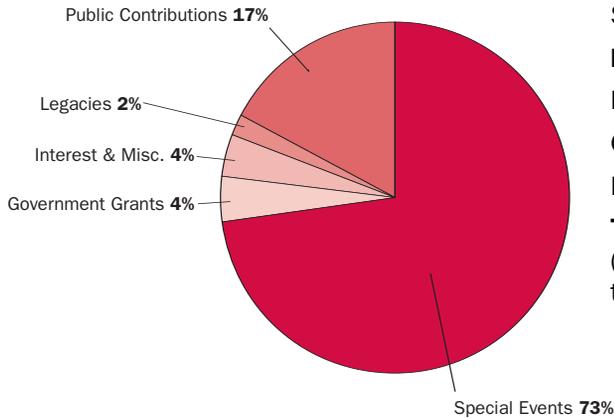
Our second largest expenditure is National Programs and Research. The National MS Society spends more money on research than any national voluntary agency in the world. The Chapter is pleased that the **funds we send** to the home office **are used to support scientific research throughout the United States including our local Chapter area.**

In addition, the Chapter spends funds on Professional and Public Education programs to publicize the most recent information about MS to health care providers, the general public, and the media. Through educational seminars and materials, **the Chapter disseminates the most accurate and current information about MS.**

The Chapter staff and volunteers **exercise the greatest care in managing the dollars raised.** By maintaining the highest standards of cost control, the Fund Raising, Management and General expenditures are below the recommended standards for non-profit organizations.

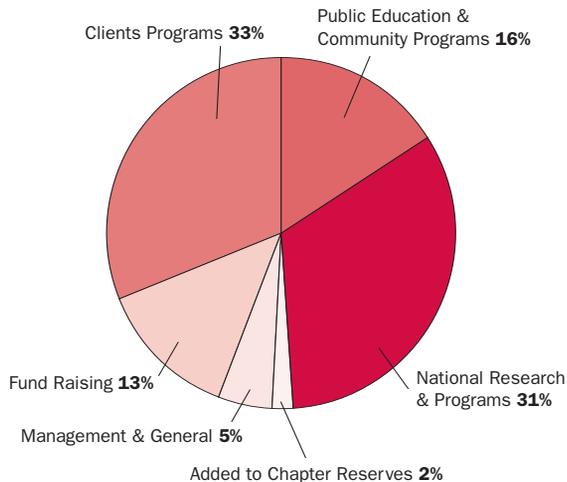
Financial Overview *2005*

Revenue Chart



| | |
|---|--------------------|
| Special Events | \$1,998,649 |
| Public Contributions | \$454,109 |
| Legacies | \$49,033 |
| Government Grants | \$108,583 |
| Interest & Misc. | \$99,643 |
| Total Revenue (net of benefit to donor costs) | \$2,710,017 |

Expense Chart



| | |
|--|--------------------|
| Client Programs | \$886,421 |
| Public Education & Community Programs | \$439,549 |
| National Research & Programs | \$838,916 |
| Fund Raising | \$357,889 |
| Management & General | \$123,878 |
| Added to Chapter Reserves | \$63,364 |
| Total Expenses (net of benefit to donor costs) | \$2,710,017 |

Note: Figures are preliminary for fiscal year 10/1/04 - 9/30/05; audited financials will be available at the Chapter after 12/31/05.

The Chapter's *Best Friends*

SUPERSTAR FUNDRAISERS

\$10,000 AND UP

Mr. Michael Belfer

Ms. Laura Cohen

Mr. Kenneth Hershman

Mr. Kenneth Hoexter

Mr. Brian Hurwitz

Mr. Jeffrey Hurwitz

Ms. Alyce Insler

Mr. Dan Malanka

Ms. Cindy North

Mr. Scott Rives

Mr. Jack Young

VISIONARY \$10,000 AND UP

Wade Avondoglio/Perona Farms

Timothy L. Barnes, Esq.

Berlex, Inc.

BJ's Wholesale Club

Lawrence and Randi Cohen

Dassault Falcon Jet

DiGabriele, McNulty & Co., LLC

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Tiffany & Company

LEADER \$5,000 - \$9,999

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KPMG

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LIUNA

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McCarter & English

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UBS Financial Services, Inc

VCG Epana Networks

Vedder Price Kaufman & Kammholz

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Image Stream Productions, Inc.

Jet Aviation Holdings, Inc.

— The Chapter's *Best Friends*

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OMDUSA, Inc
Mr. Tom Paredes
Sony Electronics, Inc

PACESETTER \$1,000 - \$2,499

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Ms. Patricia L. Venable
Wallerstein Foundation
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Wilson, Elser, Moskowitz,
Edelman & Dicker LLP
Ms. Joan Wolfson
Wyeth Laboratories

We do our utmost to ensure the accuracy of this listing, but if you find a mistake, please accept our sincere apologies and advise Frank Lesher at 201.967.5599.

The Chapter's *Ultimate Volunteers*

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The National MS Society...

The one thing people with MS can count on.

Please remember the Greater North Jersey Chapter, the National Multiple Sclerosis Society, in your will, trust, life insurance policy or retirement plan.

BEQUESTS AND LEGACIES

Estate of Florence Aronow

Estate of Josephine Giamportone

Estate of Florence Kessler

Estate of Marion Melander

Estate of Mildred Nelson



**MS Golf Classic Honorary Chair Paul Zuckerman;
Co-Chairs John Miles and Mike Lotito**

— 2006 *Calendar*

NATIONAL MS SOCIETY GREATER NORTH JERSEY CHAPTER 2006 EVENTS

Tuesday, March 14th (MS Awareness Day)

MS Dinner of Champions

Saturday, March 25th

Research Symposium

Sunday, April 23rd

MS Walk

Monday, May 1st

MS Spring Golf Classic

Thursday, May 18th

Research Lecture, Dr. Stuart Cooke

Friday, May 19th

Nursing Home Luncheon

June 11th

MS Bike Summer Warm-Up

Saturday and Sunday September 16th and 17th

The Great New Jersey Country Bike Tour

September 25th

Chefs for MS

A special thank you to Cynthia Busbee and Veronique Bella of Sonnenberg, Haviland and Partners, Ridgewood, New Jersey for the design. And also a big thank you to Westfield AV for photography throughout the year.



NATIONAL
MULTIPLE SCLEROSIS
SOCIETY

Greater North Jersey Chapter

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Paramus, NJ 07652
201.967.5599
1.800.FIGHT.MS
(1.800.344.4867)
Email: chapter@njb.nmss.org
www.njbnmss.org

Collaboration with MS Clinics:

**The Gimbel MS Comprehensive
Care Center at Holy Name Hospital
in Teaneck, N.J.**

**The MS Diagnostic and Treatment
Center at the University of Medicine and
Dentistry of New Jersey in Newark, N.J.**

**The MS Center at Saint Barnabas
Medical Center in Livingston, N.J.**