

5K Run, Walk & Roll Benefit - September 18

The fifth annual EPI 5K Run, Walk and Roll Benefit is fast approaching. We hope you'll make plans to join with us.

This is an event where persons of all gifts and abilities can participate and make a strong unified statement showing persons of all abilities have value and contribute in a positive way to our community.

There are a number of ways you can show your support.

1. **Register** to take part in running, walking or rolling on Saturday, September 18 at George Wyth State Park. You're also welcome to simply come out and support all of our participants by cheering them to the finish line.
2. **Make a one-time donation** (even if you can't make the event) to benefit persons living with disabilities - specifically to gain life experiences most important to them. Maybe it's getting a job in the community, making friends, being active in the community and so much more.
3. **Help us spread the word.** If you believe, like we do, all persons have value, tell your family, friends, co-workers, church community, neighbors - your whole social network - of the event you're proud to support and ask them to sponsor you in the 5K.

A registration form can be found in this newsletter or you can register and raise money online at www.episervice.org.

Registration is free and everyone is welcome to participate. If you're able to help us raise money, we'll award water bottles to those who raise at least \$25, t-shirts for \$100 raised and sweatshirts for \$1,000 raised to benefit EPI.

Registration is due by 9/8/10 with your pledge goal in order to be guaranteed a prize. Thank you in advance for your support!



Saturday,
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Registration 9:00 am • Start 9:30 am • Awards 11:00 am

Quality of Life for Those With MS

Many factors contribute toward a good quality of life for people with MS. We hear most about medications. Increasingly, people want to be able to “do something” beyond taking a pill or injection.

The benefits of developing a hopeful attitude and participating in an activity have been the subjects of recent research as additional factors that can contribute the quality of life for people with MS.

Ironically, a 2007 survey conducted by NARCOMS (North American Research Committee on Multiple Sclerosis) found despite the known health benefits of regular exercise, doctors generally do not promote exercise for their patients with MS.

Fifty two percent of survey respondents reported rarely or occasionally exercising. The remaining 48% reported participating in physical activity that accommodates MS-related limitations such as aerobic exercise (walking, swimming), strength training, and activities focusing on muscle tone, coordination and relaxation such as Pilates, yoga and tai chi. Others pursued less

conventional activities such as kayaking, foot cycling and horseback riding, and even raising chickens.

A two part study conducted at the Department of Kinesiology of the University of Georgia took a unique approach to evaluate the benefits of exercise for people with MS.

This study built on previous studies that found exercise may “enhance neurobiological processes that promote brain health in aging and disease”. These studies are finding that physical activity in people with diseases such as MS which cause deterioration of the neurological system may promote brain health through “protective, regenerative and adaptive neural processes”.

These biological functions may play a role in mood states, learning, and memory, reducing the cognitive losses associated with MS. Further, they found exercise could even reduce damage to the central nervous system.

Exercise also tends to build stress resistance and protect from neurological damage related to stress. These



combined factors have the potential to reduce disease progression.

Part two of the same study focused on the benefit of exercise in modulating immune function and stress hormones. The study concluded immune function stimulated by exercise affects the interaction between proteins secreted by the immune system, hormones and neurological factors which are crucial in the disease activity of Multiple Sclerosis.

Exercise has long been recognized as beneficial for people who do not have chronic disease such as MS. Research is mounting that exercise has multiple benefits for people who have MS, as well.

Sources: Tyry, T.; PhD, MAEd; Exercise Participation: Multiple Sclerosis Quarterly Report: Vol. 27; No. 4; Winter 2008.
White, L.J., Castellano V.; Exercise and Brain Health – Implications for Multiple Sclerosis: Part I – Neuronal Growth Factors; and Exercise and Brain Health – Implications for Multiple Sclerosis: Part II – Immune Factors and Stress Hormones; SportMed. 2008; 38(3); 179-88

A Tribute to Diane

In the Spring issue of MS matters, Diane encouraged readers to celebrate the founders of the MSSL and the 30 years individuals have been receiving services. What she did not mention was that she has been instrumental for almost 20 years in the success of the agency.

The Advisory Committee would like to celebrate Diane who has been serving as Director since 10/01/90. Did you know Diane:

- Works with all communities served to secure funding and services to expand programs where possible?

- Works with professionals in the community agencies to connect individuals with needed services, including medical and financial needs?
- As budgets are cut, Diane continues to work with individuals affected by MS through support groups, individual counseling, and searching for funding sources for the needs of the individuals.

We appreciate Diane's competency, professionalism and dedication as she serves the needs of individuals affected by MS.

MS Support Group & Events Schedule

AUGUST

Aug. 5 - 1:30 pm	Buchanan	St. John's Catholic Church Rectory • 209 5th Ave. NE, Independence
Aug. 11 - 10:30 am	Bremer/Butler	Waverly Public Library • 1500 W. Bremer Ave, Waverly
Aug. 18 - 11:00 am	Waterloo	EPI Office • 760 Ansborough Ave., Waterloo
Aug. 25 - 9:30 am	Tama	Senior Center - Community Building • 103 S. Church St., Toledo

SEPTEMBER

Sept. 2 - 1:30 pm	Buchanan	St. John's Catholic Church Rectory • 209 5th Ave. NE, Independence
Sept. 8 - 10:30 am	Bremer/Butler	Redeemer Lutheran Church • 2001 West Bremer, Waverly
Sept. 15 - 11:00 am	Waterloo	EPI Office • 760 Ansborough Ave., Waterloo
Sept. 18 - 9:00 am	Cedar Falls	5K Run, Walk & Roll Benefit • George Wyth State Park
Sept. 29 - 9:30 am	Tama	Senior Center - Community Building • 103 S. Church St., Toledo

OCTOBER

Oct. 7 - 1:30 pm	Buchanan	St. John's Catholic Church Rectory • 209 5th Ave. NE, Independence
Oct. 13 - 10:30 am	Bremer/Butler	Redeemer Lutheran Church • 2001 West Bremer, Waverly
Oct. 20 - 11:00 am	Waterloo	EPI Office • 760 Ansborough Ave., Waterloo
Oct. 27 - 9:30 am	Tama	Senior Center - Community Building • 103 S. Church St., Toledo

A Note From Diane

I recently had the opportunity to attend a presentation by His Holiness, the Dalai Lama, the spiritual leader of Tibet who at age two was recognized as the Dalai Lama, at age five began monastic training and at age 16 when Tibet was invaded by China was forced into exile.

Since that time he has traveled the world advocating for peace and compassion for all people. For his work he was awarded the Nobel Peace Prize in 1989.

One does not have to be Buddhist to understand their belief that pain is part of the human condition. The Dalai Lama points out we tend to avoid or criticize people who are different from ourselves, causing others and ourselves further pain. Instead, he states, we are called to be compassionate.



We are, after all, part of the same human family.

For more than 50 years Exceptional Persons, Inc. (EPI), the parent organization of

MS Services, has pursued the mission of supporting some of the most vulnerable of our human family – those with intellectual disabilities, mental illness, acquired brain injury and chronic illness.

That mission has been increasingly difficult over the last several years due to the lean economy and funding cuts, which is expected to continue for the foreseeable future.

It was in response to decreasing funds that MS Services began the 5K Run, Walk and Roll several years ago.

Now the fundraiser has been expanded to benefit two additional programs of EPI, Children's and Employment Services.

People affected by MS know the shock of being diagnosed, its related medical costs, job loss and



stress families experience. You know firsthand how valuable the services provided by MS Services are.

You may not know about Children's Services which provides respite services for parents who have children with disabilities. This respite gives parents a break to get to their own doctor's appointments or spend quality time with their other children.

Employment Services, the other program benefiting from the fundraiser, provides job training for persons with disabilities to gain employment and become contributing members of their communities.

The 5K Run, Walk & Roll provides a special opportunity to join with other people to put their compassion into action to help those in need, including yourself and your family.

I look forward to seeing you September 18 at George Wyth State Park.



Registration Form

Free
Registration

Name: _____

(One name per registration)

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____

Email: _____

Photography: Photos will be taken on the day of the event to be posted on our website and used in future promotions. If you do NOT wish to be photographed, please indicate by placing and X in the following box

Rewards for raising money! Please select **ONE** of the following as your event gift (registration form must be received by **9/8/10** to be guaranteed a gift):

- I plan to raise at least \$25 to benefit persons served by EPI. Please order me an event water bottle.
- I plan to raise at least \$100 to benefit persons served by EPI. Please order me an event t-shirt.
- T-shirt size:
- Small Large XXL
- Medium XL 3XL
- I plan to raise at least \$1,000 to benefit persons served by EPI. Please order me an event sweatshirt.
- Sweatshirt size:
- Small Large XXL
- Medium XL 3XL
- I do not wish to receive a reward.



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*Emergency Contact: _____

*Contact Telephone #: _____

*Relationship: _____

(*Required Information)

Event Waiver: In signing this release, I acknowledge that I understand the intent thereof, and I hereby agree and absolve and hold blameless the Exceptional Persons Foundation, Exceptional Persons, Inc., business sponsors, co-operating organizations, and any other parties connected with this event in any way, singly or collectively, from and against blame and liability for any injury, misadventure, harm, loss, inconvenience, or damage hereby suffered or sustained as a result of participation in Walk, Run and Roll or any other activities associated therewith. I hereby consent to and permit emergency treatment in the event of injury or illness.

Signature: _____

Date: _____

Mail registration form to: Exceptional Persons Foundation, PO Box 4090, Waterloo, IA 50704-4090

Pledge Form

Participant's Name: _____

Please PRINT clearly. All donations are tax deductible. Attach additional sheets if necessary. Make checks payable to *Exceptional Persons Foundation*. Please bring this sheet and all donations to the event on **September 18, 2010**. If all of your donations were done online by credit card, you do not need to bring anything with you.

Sponsor Name	Sponsor's Address	Phone	Cash/Check #	Total Pledge
<i>Example: Jane Doe</i>	<i>1234 Anywhere, Waterloo, IA 50701</i>	<i>555-5555</i>	<i>Cash</i>	<i>\$20.00</i>
			Total Raised	\$



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Multiple Sclerosis Services

Multiple Sclerosis Services, founded in 1980 in Waterloo, Iowa, as Area VII MS Service League, was a non-profit organization created to provide services and information to address the day-to-day impact of Multiple Sclerosis (MS) on individuals and families.

Today's MS Services is a program of Exceptional Persons, Inc and continues to serve families coping with MS by supplying emotional support, current information, and connection to needed community services. MS Services is governed by a volunteer Advisory Committee made up of people who have MS, their family members and community representatives.

MS Services is funded by area United Way agencies, the South Tama United Fund a part of the Northeast Iowa Community Foundation, and private contributions. Funds are used to provide agency services. The annual audit is available for public review.

MS Services impacts over 400 families in Waterloo/Cedar Falls and the surrounding seven county areas. MS Services is not affiliated with, nor supported by, the National Multiple Sclerosis Society.



A program of
Exceptional Persons, Inc.

MS Advisory Committee

Rudy Bernhard
Todd Evans
Kass Harper
Mary Ann Riensche
Dennis Sufflebeam

MS Services Director

Diane Holmes, LMSW

