

Hello, 2014 Super Youth member!

First, thank you for choosing to raise **awareness** about **multiple sclerosis** and raise **money** to help find a **cure** by participating in your Walk MS.

As you know, **Walk MS** is the rallying point of the MS movement, creating a community of shared determination to end MS. Walk MS is an event that allows people to come together and celebrate being part of a movement by and for the 15,000 people living with MS in our communities.

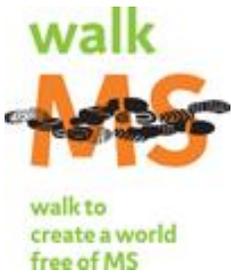
This packet will provide you with fundraising ideas, how to get started tips and facts about MS so you can educate your friends, family and classmates!

We really appreciate your support and can't wait to see you at Walk MS this year. If you have any questions or need materials please visit our website at walkMSnorthwest.org, call us at 1-800-344-4867 ext. 40307, or email us at teamMSnorthwest@nmss.org

Thanks and see you this spring!



Your Walk MS Team



How do I get started fundraising?

Start setting goals

- Do you want to raise money for Walk MS?
- How Much?
- Do you want to raise awareness in your school? How will you do that?
- A class project? During MS Awareness Week (March 3-9)? A class project? School assembly?

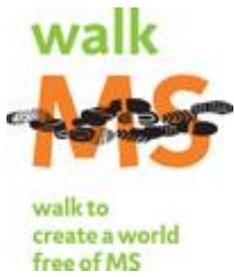
Once your goals are in mind, develop a plan to achieve them!

Move Forward

- What steps will you need to take to complete your goals?
- Who do you need to talk to?
- Who can help you?
- What materials will you need?

People to talk to....

- Parents
- Grandparents
- Older brothers and sisters
- Aunts and Uncles
- Cousins
- Teachers
- Babysitters
- Teammates
- Friends
- Organized Groups (Boy scouts, Girl Scouts, Eagle Scouts, etc.)
- And many more!

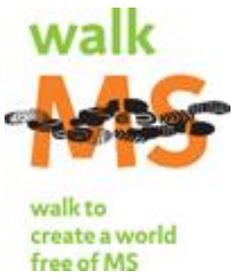


How do I earn a Super Youth T-Shirt?

Fundraise **\$100** or more by **March 31** to ensure you receive your Super Youth t-shirt in the mail before the event! Then wear your exclusive t-shirt at Walk MS!



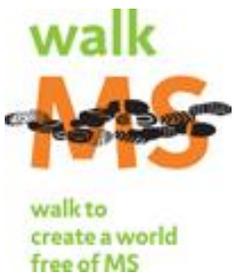
**** Example of a past Super Youth t-shirt**



Fundraising Ideas

Always get permission from your parent, teacher and/or school principal before moving forward with any of these ideas.

- ❖ **Coin Drive:** Place buckets around your school, in the classroom, front office, library and any other places that seem appropriate. Advertise to your classmates a week before that you will be placing buckets around the school to raise money for MS. Encourage your classmates to bring their change to drop in the buckets. At the end of the week, count up the money and make an announcement of how much all the students raised.
- ❖ **Guessing Game:** Fill a large jar with candy, pennies, dried beans, paper clips or anything else of your choosing. Place the jar in a busy place where a lot of people will walk past it. Put a sign on it that says you are raising money for Walk MS challenging people to guess the number of items in the jar. You decide how much to charge per guess (25 cents, \$1) and how you will collect the money and guesses. Give the person who has the closest guess a sweet treat.
- ❖ **Pajama Day or Hat Day:** On a designated day, for a \$1 contribution everyone is allowed to wear their Pajamas or a fun hat to school, even the teachers! Have an envelope in every classroom to collect the money. Visit each class to collect the envelopes and thank your fellow classmates too!
- ❖ **Penny War:** For this fundraising idea, classrooms compete against each other. A bucket is placed in front of each classroom in the morning and left there until the end of the school day to be counted at the end of each day. For every penny added to the jar a classroom would receive one point. A dollar in the jar would be 100 points. Nickels, dimes and quarters will not count as points. The "war" can go on for a day, a week, or even a month! Points are posted every day and the classroom at the end of the fundraiser with the most points wins!
- ❖ **Now think of your own fundraiser idea!**



Learn More about Multiple Sclerosis

What is Multiple Sclerosis?

Multiple Sclerosis (MS) is a chronic, unpredictable neurological disease that affects the central nervous system (brain and spinal cord). It is an elusive disease with no known cause or cure. Symptoms vary from person to person depending on where the central nervous system is affected, making it hard to diagnose. MS is considered a prime-of-life disease. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects an estimated 2.3 million people worldwide

Who gets MS?

Anyone may develop MS but there are some patterns. More than twice as many women as men have MS. Studies suggest that genetic factors make certain individuals more susceptible than others, but there is no evidence that MS is directly inherited. MS occurs in most ethnic groups, including African-Americans, Asians and Hispanics/Latinos, but is more common in Caucasians of northern European ancestry.

How many people have MS?

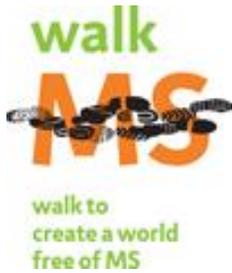
Approximately 2.3 million people worldwide are estimated to be living with MS, including nearly 15,000 people served by the Greater Northwest Chapter in Alaska, Northern Idaho, Montana and Washington.

What are the typical symptoms of MS?

Symptoms of MS are unpredictable; they can vary from person to person and from time to time in the same person. Some of the most common symptoms of MS include: fatigue, numbness, vision problems, dizziness, balance and coordination problems and more.

Can MS be cured?

Not yet. There are now ten FDA-approved medications that have been shown to “modify” or slow down the underlying courses of MS. In addition, many therapeutic and technological advances are helping people manage symptoms. Advances in treating and understand MS are made every year, and progress in research to find a cure is very encouraging.



Track your donations on this sheet below. All donations and this sheet should be brought to walk MS to be handed in at the registration table or mailed into our office.

Or please mail donations to:
National MS Society
Regional Office
192 Nickerson Street Ste. 100
Seattle, WA 98109

DONATION	NAME	ADDRESS & PHONE NUMBER
\$ _____	_____	_____
\$ _____	_____	_____
\$ _____	_____	_____
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Total Funds Raised \$ _____

All donations are tax deductible to the maximum extent allowed by law (Tax ID: 91-0742424). Cancelled checks are sufficient IRS proof for donations less than \$250. For donations \$100 or more, a tax receipt will be mailed to the donor after the donations has been processed by the Chapter. Please make checks payable to 'National MS Society' and include the participants name in the memo section of each check

For More Information about the National MS Society and walk MS visit, www.nationalmssociety.org