



Paul Lindsley
Chairman
Mid South Board of Trustees



Cooler Temps, Holidays, Good Times...and Thanks.

Greetings. I am pleased to share the latest news from the Mid South Chapter.

It's hard to believe November is already here. This month means a lot to many of us; an historic presidential election, National Family Caregiver's Month, and of course, Thanksgiving.

As we prepare for the upcoming holiday season, we should take note to be thankful for so many things. I am thankful for this chapter, which provides care, support, programs, events and advocacy to more than 7-thousand MS patients in Tennessee.

In September and October we celebrated with our very successful annual bike tours, the Fed Ex "Rock-N-Roll" ride in Memphis, and the Jack Daniel's "Bike to Jack and Back" in Nashville. Combined, more than 1,200 riders participated in the bike tours, and raised more than \$1 million, including underwriting, for the Mid South Chapter. I congratulate all of the riders and supporters of the bike events, as these events continue to grow each year.

Don't forget that November is National Family Caregivers Month. There are more than 54 million Americans who serve as caregivers. There is great strength knowing that we are not alone. Please remember to thank your caregiver this month for their tireless work. Please go to www.nfcacares.org and join the National Family Caregivers Association (NFCA), membership is free. The NFCA provides caregivers with resources, support groups, advocacy and great tips for everyday life. Please celebrate your caregiver this month, they deserve recognition.

In addition, please mark your calendars for these upcoming events:

Dec. 4, The Women Against MS Lunch in Chattanooga

Jan. 24, The Mid South Chapter's Annual Meeting in Brentwood

March 26, The Dinner of Champions in Nashville, honoring Clay Walker

Finally, I want to extend a few words of appreciation – during this season of thanks.

I am thankful for the Mid South Chapter and it's staff. Everyday, our chapter staff advocates for MS patients, helps someone in need, or creates a program that helps someone living with MS. I celebrate their fine work and hope you continue to utilize the chapter's services and resources.

I am also thankful for how far we have come in the fight against MS. It's only been ten years since the National MS Society's consensus statement, urging relapsing remitting MS patients to start and stay on one of the three injection therapies available. Today, I am thankful because there are now five therapies, with many new options, and possibly an oral therapy on the horizon.

And finally, I am thankful for all of you, our clients and your family. I admire your courage as you face this disease each day, and I am thankful for the opportunity to serve all of you.

I wish you all a safe, joyous and beautiful holiday.

Remember, BE BOLD AND BE RELEVANT, and never, never, never give up.

Paul L. Lindsley
Chairman, Mid South Chapter