



Winter 2010

## Much to Celebrate...More to Accomplish

...quite a celebration! We remembered Oak Clinic's ten-year history of superior treatment, and renewed our pledge to continue that treatment excellence on behalf of our patients and families living daily with multiple sclerosis.

Nearly 300 patients, donors and friends gathered for **CELEBRATING TEN: *A Singular Vision***, the two-day event held to commemorate a founding vision that created comprehensive MS treatment in 2000, and built the Clinic in 2001.

*We appreciate all the support our sponsors gave to make these events possible. The tours staff gave on Wednesday were well received and the keynote address by Cami Walker on Thursday made a powerful impression on those who attended.*

Dr. Tim Carrabine  
Clinic Director

appreciation for how multiple sclerosis can challenge and affect the entire family living with an MS patient.

Several Oak Clinic Crusaders spoke about giving during stressful economic times. Like Cami Walker's message, their giving made them stronger and more committed to support us.

**Treat. Educate. Empower.**  
...our patients and families living with MS,  
regardless of their ability to pay.

Oak Clinic for Multiple Sclerosis accomplishes all this – and more – every day. And doing all this as well as we do keeps Oak Clinic ranked among the best independent treatment facilities for MS in the nation.

Jim and Vanita Oelschlager greeted guests and noted this was an extraordinary opportunity to get a personal understanding of what Oak Clinic accomplishes each day.

Everyone who joined us was able to gain a better

Sincere thanks to all who made *A Singular Vision* such a special celebration.

There is much to celebrate, but there is more to accomplish; **and there will be more patients to treat...** of this we are sadly certain.

We will all need your best wishes and continuing support.

*--Photos and more celebration stories inside*



## CELEBRATING TEN: *A Singular Vision*

**Wednesday, October 6, 2010**

*Oak Clinic • Uniontown, Ohio*

Media Conference • 10:00 am

Reception and Tour • 5:00 to 7:00 pm

*Remarks at 5:45 pm*

**Thursday, October 7, 2010**

*Akron-Summit Public Library/Main Street • 11:30 am*

Keynote Address

Cami Walker

*29 Gifts: How a month of giving can change your life*

**Sponsorship support from**

Jim and Vanita Oelschlager

Teva Pharmaceuticals

Biogen Idec

Questcor Pharmaceuticals

**Display Participants**

EMD Serono

Pfizer

Akron General Medical Center



## 29 Days of Giving Oak Clinic Crusaders

*29 Days of Giving* was a voluntary, multi-community service project designed to help Oak Clinic for Multiple Sclerosis celebrate ten years in Northeast Ohio.

Plans for the event included creating Oak Clinic Crusaders who would celebrate the spirit of giving through simple, meaningful action: *Helping people to help themselves and others is good for self and community.*

Oak Clinic Crusaders are an impressive group of individuals, businesses and civic groups who help raise awareness of Oak Clinic and multiple sclerosis, raise support for patient care and give assistance to patients whose MS makes home projects challenging.

Meet our inaugural Oak Clinic Crusaders and join us in celebrating their singular cause and health care effect.



**Cami Walker** (second from left) joins **Karen Shultz, John Sandfrey and Jim Moner**, from **TEVA Pharmaceuticals, Inc.**, co-sponsor of **CELEBRATING TEN: *A Singular Vision.***

**Anne Marie Stephenson Special Education Scholarship**  
**St. Vincent-St Mary High School**  
\$650 for charitable health care

**Anonymous**  
\$600 for charitable health care

**Baking for Bucks/Dan Street Bakers**  
Coordinated by Katherine Herman  
\$225 for charitable health care

**Buckingham, Doolittle & Burroughs, LLP**  
\$3,000 for charitable health care

**Dave's Fitness Challenge Running Group**  
Coordinated by Tina Oelschlager  
\$585 for charitable health care

**James and Linda Hultz**  
\$500 for charitable health care

**Ideal Home Health Care, Inc.**  
\$100 for charitable health care

**Iota Phi Theta Fraternity**  
**Beta Pi Chapter, The University of Akron**  
Coordinated by Rashawn and Ecko Steadman McEwen  
\$138.69 for charitable health care

**Doug and Tricia Jones//Zumbathon**  
\$450 for charitable health care

**Jennifer Jones**  
\$200 for charitable health care

**L'Oreal USA**  
\$1,000 for charitable health care

**Move it Now, Akron**  
Coordinated by Ken Slama  
\$928 for charitable health care

**Move it Now**  
\$500 for charitable health care

**Northfield Firestone #1521**  
Coordinated by Mike Griffith  
\$129 for charitable health care

**Steven and Leslie Nutt**  
\$500 for charitable health care

**Oak Air**  
Coordinated by Ken Hanson  
\$1,000 for charitable health care

**Oak Associates**  
Coordinated by Sandra Noll and Sheila Tarr  
\$2,345 for charitable health care

**Frances Ponder Boyer**  
**Ron Ponder, WHBC Talk Radio**  
\$1,089 for charitable health

**John Shannon**  
\$500 for charitable health care

**Matt Shannon**  
\$500 for charitable health care

**Smart Solutions**  
Coordinated by Michelle Fulton  
\$500 for charitable health care

**SUMMA Health System**  
\$500 for charitable health care

**The Getaway Pub**  
Coordinated by Jeffrey Rauch  
\$925 for charitable health care

**UTI Medical, LLC**  
\$500 for charitable health care





Oak Clinic Crusaders acknowledge their success is due to the generosity of others who also believe giving can make a difference in the lives of Oak Clinic patients. Many already give; some are first-time donors to Oak Clinic.

Jim and Vanita Oelschlager, Clinic co-founders, have matched these donations. Thank you and welcome!

John F. & Vicki Stephenson  
 Dr. Jeff & Mary Stephenson Kase  
 Jon & Martha Stephenson Kelly  
 John & Alice Stephenson D'Attoma  
 Mike & Phyllis Stephenson Griffith  
 Katherine Herman  
 William L. Kaplan  
 Tina Oelschlager  
 James & Linda Hultz  
 Joann Arntz  
 Rashawn & Ecko Steadman McEwen  
 Doug & Tricia Jones  
 Heather Durfee  
 Nichole Naylor  
 Donna Delis  
 Karen Shultz  
 Jennifer Jones  
 Larry Lebel  
 Don Six  
 Ken Slama  
 Mike Griffith  
 Stephen & Leslie Nutt  
 Ken Hanson  
 Melissa Haren

Margaret Ballinger  
 Sandra Noll  
 Daniel & Jessica Morris  
 Mike & Sinda Tisch  
 Leslie Manna  
 Shelly MacDonald  
 Gwen Daniels  
 Graig & Stacy Simera  
 Tony & Lynne Shannon  
 Marvin Barner, Sr.  
 --US Army Ret  
 Susan MacDonald  
 Eugene & Linda Rae Tyler  
 Ardalan Sadeghi  
 David Reese  
 Gisele Ponder  
 Peggy Claytor  
 Nitin Julka  
 Michelle Fulton  
 Thomas J. Strauss  
 Jeffrey Rauch  
 Frank Vaccaro  
 C. Cook  
 Phil Dye

--and the many who gave cash to support the cause

...with even more support from

Suzanne Allen	Ann Brown
Sheila Allo	Scott Carter
Benjamin Brenner	Tim DuFore
Liz Brenneman	Susan Fink
SUMMA Foundation	Penny Fulton
Ulrich Deppendorf	Bob Gebhart
Tom and Beth Fazio	John Lake
James Marks	Karen Munley
Carrie Patterson	Dawn Piper
Brenda Cummins	Lynne Shannon
Paul and Myra Grace	Alan Warner
Keith and Marilyn Johnson	Snap-On Business Solutions
Dr. Dave and Sally Shaffer	Benny and Maureen Tan
Ken and Linda Finefrock	Michael and Yolanda Forbes
Camden and Catherine Devericks	Dick Kulick

Drs. Roseanne DiLauro and Christopher Sheppard  
 --and the many who gave cash to support the cause



Wednesday, October 6, 2010

Oak Clinic • Uniontown, Ohio

Media Conference • 10:00 am

Reception and Tour • 5:00 to 7:00 pm

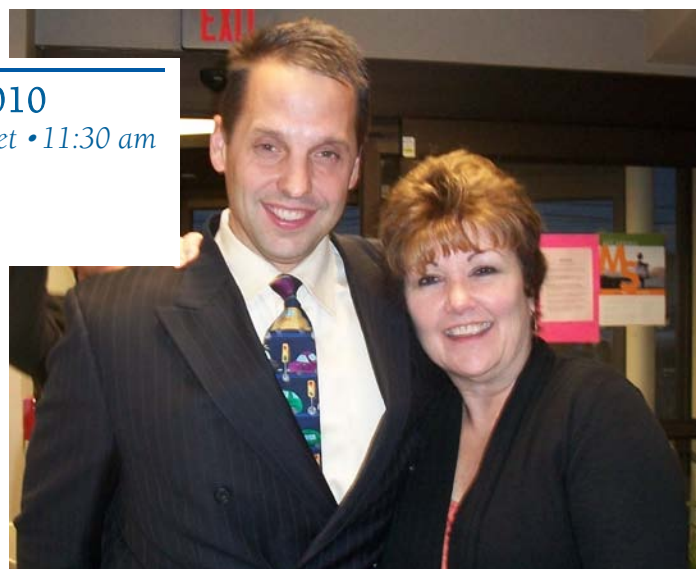
Remarks at 5:45 pm





Thursday, October 7, 2010  
Akron-Summit Public Library/Main Street • 11:30 am

Keynote Address  
Cami Walker



Marge Hein, medical secretary at Oak Clinic, joins Dan Kramer of *Biogen Idec*, co-sponsor of **CELEBRATING TEN: *A Singular Vision***.



Oak Clinic's ten-year anniversary message was clear: *in times of great difficulty, giving to others is good for self and community...*

Cami Walker's personal struggle with multiple sclerosis caused her to write about her own giving journey in *29 Gifts...How a Month of Giving can Change Your Life*.

Walker addressed an audience of patients, caregivers and health care providers during **CELEBRATING TEN: *A Singular Vision***, and challenged audience members to develop their own 29 Day giving projects to help them find peace and well-being on their MS journey.

Give Now...Give Often



Jim and Vanita Oelschlager, and Dr. Tim Carrabine greet guests at ***A Singular Vision's*** open house held at Oak Clinic on October 6. Carrabine helped the Oelschlagers establish the Clinic in 2000, making their vision to treat and empower MS patients and families *regardless of ability to pay* a much-needed reality for Northeast Ohio.



(Left)  
**Dr. Chris Sheppard and Tricia Glending**, from *Novartis*, pause for a photo at Oak Clinic's open house on October 6, 2010.

(Below)  
**Ken Slama, Move It Now, Akron** (left), and **Bob Crow** discuss next steps for Oak Clinic Crusaders. **Ecko Steadman McEwen** (at right) tells her Crusader story.



Guests attending Oak Clinic's open house received an autographed copy of Walker's New York Times Bestseller...a limited number remain available for purchase at the Clinic.

(Below) **Cami Walker and Tricia Jones, LSW**, Oak Clinic's Office Manager. Jones was co-creator of *CELEBRATING TEN: A Singular Vision*.



(Right) Walker and **Vanita Oelschlager**, co-founder of Oak Clinic for Multiple Sclerosis.



(Right)  
**Robin Cunningham**, and **Kelly and Bob Craig** at the open house. Robin and Kelly are with *EMD Serono* and *Pfizer*, display participants at Lunch with Cami Walker.





**Baking for Bucks/Dan Street Bakers** –inaugural Oak Clinic Crusaders – raised \$225 for the Clinic by selling baked goods in September.

Thanks to **Katie Herman** who coordinated the activity and helped raise awareness for the Clinic and multiple sclerosis.



## Generosity Has Many Faces

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**Kevin Brenneman** tells us he was so positively influenced by his childhood experiences at Akron's downtown YMCA that he has 'paid it forward' for most of his adult life...supporting *Partners in Youth* (a YMCA program), Green High School athletics, Tadmor Temple, and more. Kevin visits regularly with seniors at Pebble Creek, Greenview Inn Assisted Living.

Brenneman encourages other Oak Clinic patients to fight for a cause and don't give up...*Don't ever give up!*



These local high school and middle school students formed their own *Terraplane* band in 2008...and are learning the value of giving early.

They recently performed at **The Getaway Pub** – an **inaugural Oak Clinic Crusader** -- and donated their 'pass the hat' earnings from the silent auction benefit held there in September.

## More Oak Clinic Crusaders

These Oak Clinic Crusaders donated time and expertise when asked to support 29 Days of Giving.

Most are ready to help Clinic patients with yard work and other home projects, or just bring a little bit of sunshine into the lives of patients who live alone or spend a great deal of time indoors.

**Alpha Phi Omega Fraternity**  
**Alpha Epsilon Theta Chapter**  
**The University of Akron**  
*Coordinated by Sarah Campbell*

**Archbishop Hoban High School**  
*With assistance from Jason Horinger*

**Frances M. Boyer and 29 Friends**

**CYO and Community Services**  
**Teens for Service – Akron, Ohio**  
*Coordinated by Mary S. Kase*

**Griff 'N Phid**

**Here's Hope Horse Farm**  
*Linda Heindel, Founder and Owner*

**Phyllis Griffith Writes, LLC**  
*Co-creator of **A Singular Vision***

**Theta Phi Alpha**  
**Akron Alumnae Association**

Patients who need some assistance with home projects next spring should contact me to schedule a day or two of help from Oak Clinic Crusaders!

*Tricia Jones, LSW*  
*Office Manager, Oak Clinic*  
 330.896.9625  
*tricia.jones@oakclinic.com*



Treat. Educate. Empower.

**Managing Depression Study/Support Group**  
*Reserve the dates for 2011*

The following Friday dates are confirmed:

- January 7, 21
- February 4, 18
- April 8
- May 13, 27
- June 10, 24
- July 8, 22
- August 5, 19
- September 2, 16
- October 21
- November 4, 18
- December 2, 16

Stacy Simera, MSSA, LISW  
*Group Facilitator*

All sessions are held from 2 -3:30 p.m. in the SUMMA/Green Classroom.

Please note you can join the **Managing Depression Study/Support Group** at any time and quickly feel caught up and comfortable... There is no cost to participate.

RETRACTION... The following donor name(s) were regrettably omitted from the last issue of *The Oak Leaf*.

**Hayes and Diane Orender**  
*The Oak Clinic Endowment Fund*  
Partners in Progress



(Left and Above)

**Cami Walker** in Akron, Ohio – with new *29 Days of Giving* friends.

Walker gave the keynote address during **CELEBRATING TEN: A Singular Vision**, Oak Clinic's two-day event recognizing ten years in Northeast Ohio.



Oak Clinic is pleased to acknowledge sponsorship support for *Lunch with Cami Walker* from **Questcor Pharmaceuticals**.



(Above)

Oak Clinic's Heather Durfee, RN, BSN, MSCN and Marge Hein.



*A Little Help, Please...*



Want to help Oak Clinic make bears for patients?

Craft this little fellow with us to help a patient better cope with an MS diagnosis, or to help another by bringing a little sunshine to the day.

*Call Tricia Jones, 330.896.8625, for more information on this new project.*

Do you have the time or expertise to help us raise awareness for Oak Clinic's mission to treat, educate and empower?

...plus the desire to champion the cause for multiple sclerosis patient care?

Can you help Oak Clinic identify new sources of contributed income?

If so, we'd like to ask you to help us create the Oak Clinic Advancement Council...

Ready to help? *Call Tricia Jones, 330.896.8625, for more information.*

*One generation plants the trees;  
another gets the shade.*

*Chinese Proverb*



*Oak Clinic is pleased to recognize and welcome four new donors to our family of friends and funding...*

**The Oak Society**

*For \$100,000 and more in cumulative giving*

The Mary S. and David C. Corbin Foundation

**Benefactors**

*For amounts \$5,000 and above*

Akron Community Foundation

--The Howard Atwood Family Fund

The Mary S. and David C. Corbin Foundation

The John S. and James L. Knight Foundation

**Heritage Circle**

*For amounts \$1,000 to \$2,499*

Northern Ohio Golf Charities & Foundation

...\$197,400 in Foundation support has been received for charitable health care activities at Oak Clinic since late 2009, including the patient care fund, educational outreach and The Oak Clinic Endowment Fund.



Oak Clinic's first Annual Report of Giving will be available in April 2011.

This annual report will feature the Clinic's Society of Giving Donor Honor Roll for donations received after September 1, 2009.



Oak Clinic understands today's challenging economic environment may be making it difficult to cover MS medical costs.

Our own research conducted in August 2010 suggested Oak Clinic patients can accumulate more than \$1,600 in monthly co-payments when costs for MRI testing, mental wellness and physical therapies are added to ongoing co-payments for disease modifying medications, and/or other drug therapies for MS-related conditions such as spasticity.

While you may be among those who can be accumulating \$1,600 in monthly medical co-payments, Oak Clinic hopes you are not among those tracked in the poll taken by Kaiser (see **ACORN ALERT** at right).

We want our patients to know there is help available for someone who may be thinking of interrupting or discontinuing MS therapy because of financial reasons.

We've compiled a list of organizations that focus services on the underinsured and/or subsidize the high cost of health insurance premiums and pharmacy co-payments. You will need to check these websites frequently.

*Please note that Oak Clinic does not endorse, nor has it adopted, co-authored or ratified any information contained herein.*

**Healthwell Foundation**

1.800.675.8416

<http://www.healthwellfoundation.org/>

**National Organization for  
Rare Diseases (Disorders)**

1.888.999.6673

<http://www.rarediseases.org/>

**Needy Meds**

1.215.625.9609

<http://www.needymeds.org/>

**Patient Access Network Foundation**

1.866.316.7263

<https://www.panfoundation.org/>

**Patient Advocate Foundation**

1.800.532.5274

<http://www.patientadvocate.org/>

**Patient Services, Inc.**

1.800.366.7741

<http://www.patientservicesinc.org/>

**The Chronic Disease Fund**

1.877.968.7233

<http://www.cdfund.org/>



A 2009 health tracking poll conducted by the Kaiser Family Foundation revealed

- 6 of 10 Americans have skipped or delayed seeking healthcare due to cost
- 3 in 10 Americans did not fill a prescription due to cost
- 2 in 10 Americans cut pills in half or skipped doses due to cost.

...and don't forget the manufacturers of MS disease modifying medications have patient outreach programs to help ensure uninterrupted treatment.

**Avonex • Patient Services**

1.800.456.2255

<http://www.avonex.com>

**Betaseron • BETAPLUS**

1.800.788.1467

<http://www.betaseron.com>

**Copaxone • Shared Solutions**

1.800.887.8100

<http://www.copaxone.com>

**Rebif • MS LifeLines**

1.877.447.3243

<http://www.rebif.com>

**Tysabri • MS ActiveSource**

1.800.456.2255

<http://www.msactivesource.com>



**Treat. Educate. Empower.**



## 2011 Schedule for Exercise Classes

### LAND EXERCISE

Monday & Wednesday mornings, from 10:30am -- 11:30am

This class is designed to use movements of the body, while minimizing stress on the joints to help increase one's flexibility, range of motion and improve circulation in the muscles. It helps to relieve tensions brought on by daily stress, and provides opportunities to socialize with others attending the class.

### YOGA

Tuesday afternoon, from 12:30pm -- 2:00pm

### YOGA

Wednesday evening from 6:00pm -- 7:30pm

These classes teach Yoga postures that release muscular tension through stretching, which relaxes the body and mind. Nerves are massaged and stretched during yoga, releasing tension and increasing the ability of the nerves to communicate to the muscles and other parts of the body.

*All classes above are held at SUMMA's Health Center Green Facility Classroom  
• also located at 3838 Massillon Road, in Uniontown*

### WATER AEROBICS

Friday morning, from 10:00am -- 11:00am

This class in the water offers the stability of the water to aid in walking, as well as exercise for the body, mind and spirit.

*Classes are held at the Green Family YMCA • 3800 Massillon Road, in Uniontown*

If you would like to attend any of these classes, simply attend one at the appropriate time and place! Oak Clinic patients are welcome to attend these classes for free and may have friends or family accompany them.

### *A Unique Gift...An Unparalleled Resource*



### *29 DAYS OF GIVING*

*The Jim & Vanita Oelschlager Annual Fund*

Tax-deductible donations make it possible for Oak Clinic for Multiple Sclerosis to treat **all** who ask for help...regardless of ability to pay.

**GIVE NOW... GIVE OFTEN**  
*for charitable healthcare*  
[www.oakclinic.com](http://www.oakclinic.com)

Enclosed is my/our gift of \$ \_\_\_\_\_

Daytime Phone Number \_\_\_\_\_

Memorial gift for

Tribute gift for\*

\*Tribute gifts of \$129 or more include the limited edition Oak Clinic imperfect peep

Name/address listed in above box (list name as you would prefer it published in Oak Clinic publications)

Please send memorial/tribute acknowledgment to address enclosed



## Greetings from the staff of Oak Clinic...

Our sincere thanks go out to all who make Oak Clinic a giving priority this year.

Since its opening in 2000, Oak Clinic for Multiple Sclerosis has been a unique gift to northeast Ohio from individuals with a special interest in advancing care for people with MS.

The Clinic continues to celebrate ten years of service to our MS patients and families, and your gift to this *29 Days of Giving* year-end appeal makes a profound, positive difference in the lives of all Clinic patients and their families.

The *29 Days* donation you make today will be added to *The Jim & Vanita Oelschlager Fund* introduced in 2009. The fund celebrates the spirit of giving and makes annual charitable healthcare activities at Oak Clinic possible.

**In this season of giving, we encourage you to make your gift a tribute or memorial donation, to honor a loved one or special caregiver. All giving levels are welcome and are deductible for tax year 2010.**

Special arrangements have been made for *29 Days* tribute giving of \$129 or above, and include one of our limited edition Oak Clinic imperfect peeps for you to give the person you are honoring.

Oak Clinic 'peeps' are hand-crafted from ceramic. A unique burn pattern from the kiln makes each bird one of a kind, like each of our patients. A copy of your gift acknowledgment will also adorn our holiday giving tree in the reception area of the Clinic.

Please help Oak Clinic continue to treat and empower individuals and families living with multiple sclerosis, regardless of ability to pay.

**Patti, Heather, Trish, Diane and Marge join us in sending thanks and best wishes for a healthy, hope filled 2011...**

**Tim Carrabine MD**

Timothy J. Carrabine, MD, MSCS  
Clinic Director

**Chris Sheppard MD**

Christopher A. Sheppard, MD, MSCS  
Medical Director



## Give Now... Give Often



Displaying a motivational message, "It's our flaws that make us unique", **this Oak Clinic imperfect 'peep' comes ready for giving** with a tribute gift of \$129 or more, reminding your loved one that you accompany and support them on this MS journey through life...

Jim and Vanita Oelschlager, co-founders of Oak Clinic, will again match all donations, so your giving is doubled in this year-end campaign.

Supporting Oak Clinic has never been easier. Visit [www.oakclinic.com](http://www.oakclinic.com) and click the same visual depicted below.

## 29 Days of Giving

**Donate**



Next time you visit... please note that parking is now available near the front entrance -- for cars with and without disability parking placards.



2000/01 CELEBRATING TEN 2010/11  
 Oak Clinic  
 3838 Massillon Road, Suite 360  
 Uniontown, Ohio 44685




*Tim, Chris, Patti, Heather, Trish, Diane, Marge*

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