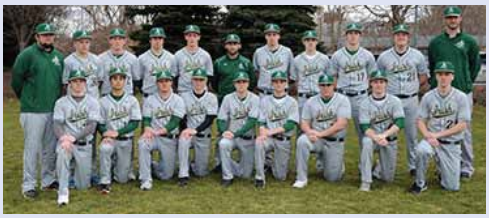
NEWSLETTER OF THE OAK CLINIC

The Oak Leaf

SUMMER 2015

So what happens when you have a coach who believes in the strength and goodness of his players, a group of kids who care about others, want to give back to the community and can really hit a baseball, and community members who support the efforts of all of these folks – Hits for MS!



In 2014, St. Vincent-St. Mary baseball player Ian Dillard came up with an idea to help spread awareness and support for people who suffer from Multiple Sclerosis (MS). Ian's mother Jodi has MS, as did his grandmother, so this disease hits very close to home for Ian. From there, Hits for MS was born within the St. Vincent - St. Mary baseball program. For each hit the varsity team had this year, people pledged a specific amount. With the support of coaches, players, parents, and friends, the Irish baseball program was able to

raise over $5720

for MS treatment at The Oak Clinic. Special Thanks to Coach Anthony Boarman who led the team both on and off the field! Gentlemen, you have made an amazing difference in the lives of patients with MS who cannot fully pay for their care and on behalf of these folks and the staff of The Oak Clinic, we THANK YOU!

St Vincent - St Mary
Hits for MS

Hello!! The "Dog Days of Summer" have truly arrived and it is hard to believe that school is back in session. Seems as if times flies by more quickly each year!

It has been a busy and exciting year at Oak Clinic for Multiple Sclerosis. To date this year, we have welcomed 101 new patients to our facility. The new drug, Lemtrada, was approved by the FDA for the treatment of patients with relapsing forms of MS and several patients have received the drug in the Infusion Clinic. In addition, students from the University of Akron conducted bladder research within the clinic and we hope to share the results of their studies later this year.

We have been fortunate to receive grant donations as well as generous gifts from Third Party Events that were held outside of the clinic to benefit Oak Clinic Patients. To all of those who have so generously given, THANK YOU! You can read the specifics on the following pages!

Don't forget that the Acorn Run is coming up on Sunday, September 20, 2015! You can go online to the Oak Clinic website at www.oakclinic.com to read all about it and set up your very own Team Page! Solicit sponsors and your own registration is free! The team or individual who raises the most money will win a fabulous weekend for up to 18 people at the beautiful Oak Lodge in Stahlstown, Pennsylvania! Stay Fit, Have Fun and Support The Oak Clinic!

As always, Thank You for caring about The Oak Clinic for Multiple Sclerosis! Call or stop by with questions!

TECHNOLOGY HELP

A University of Akron student has volunteered to help Oak Clinic patients with computer or home entertainment electronics issues. Call Tricia Jones at 330-896-9625 to request his assistance!

Yes, we're OPEN

In an effort to better serve our growing number of patients, the Oak Clinic will now be OPEN 5 DAYS A WEEK from 8:30-4:30, including Wednesday afternoons!

ADDITIONAL Third Party Events

Friends of Oak Clinic continue to amaze us! So many step forward to organize, host and conduct fundraising events to benefit the patients that we serve. PLEASE say Thank You to these folks and businesses whose support means so much!

Outshine MS FUNDRAISING DINNER

Kathy Villella and the Krew
Brent, Stefanie, Ed, Nikki, Samantha

In July of 2008, Kathy Villella was diagnosed with Primary Progressive MS. Although the diagnosis was a shock, Kathy found comfort from the support and encouragement of her family, friends and her faith. Her three children formed their own non-profit organization, called KV's Krew, in order to help those diagnosed with MS. In 2008, they joined the MS Walk and have continued to participate and have conducted three fundraising dinners and

raised over $46,000 for the National MS Society!

In 2014, the Villella family was dealt another blow when daughter Nikki was also diagnosed with multiple sclerosis. Her family and friends were more determined than ever to continue on their path to rid the world of MS!

The Oak Clinic Staff was fortunate enough to meet the Villella family last fall and to understand their journey. After learning about the clinic and the patients that we serve, they generously offered to share their fundraising efforts with the Oak and following their fundraising dinner in November 2014

they donated $2,250 to the Oak Clinic Endowment Fund,

be able to treat all those with MS!

KV's Krew

Find them on Facebook, or visit
kvskrew.shutterfly.com

We Thank the Villella Family and are thrilled to have them on The Oak Team! Together, we will keep working until a cure is found!

4TH annual CHEF TRAY MS BENEFIT

For the fourth year, the Getaway Pub "Chef Tray" Event was a rousing success! The morning was cloudy and rainy but just as the music began, the sun came out and the weather could not have been better! A silent auction, great bands and delicious spaghetti was enjoyed by all who attended and at the end of the day,

$5,960.00 was raised!

Thanks To Sara Krakora for spear-heading the efforts for this event. Thanks to Getaway owners and staff, and to the many folks who helped out to make this day so special!

The Getaway Pub
1462 North Portage Path
Akron, OH 44313

THE UPPER DECK POKER RUN

The sun was bright and HOT on Saturday, July 18th for the Upper Deck Poker Run to benefit The Oak Clinic! Over 30 bikers and their riders took part in the event that spanned almost 80 miles and started and ended at the Upper Deck Bar and Grill in Akron. Special THANKS to Steve Swain and Kelly Solkoski for their organization and efforts and a huge "Round of Applause" to Lisa, Jeff, Craig and the entire team at the Upper Deck for coordinating the day's activities.

$2068 was given to The Oak Clinic

at the end of the day and this will go a long way to help Oak Clinic patients receive the care they need!

The Upper Deck
357 W. Turkeyfoot Lake Rd. Akron, OH 44319

kids DIAMOND RUN 3RD ANNUAL /DIAMOND OAK

The 2015 Diamond Run was a huge success and

raised over $58,000

to benefit patients of The Oak Clinic.
Special Thanks go to the elementary school students whose efforts

generated $13,130 in contributions!

HELP QUACK THE CODE MS

JOIN THE FIGHT

This year, the Diamond Run event included a basket raffle that sparked alot of interest. We thank the following individuals and businesses who donated baskets:

Be Cool and Stay Fit Basket
Donated by PCCN

Playstation Basket
Donated by The Croll Family

Travel Basket
Donated by The Oak Clinic Staff

Spring Renewal Basket
Donated by Massage Envy
Sara Fraraccio Salon
Starbucks
Merry Maids
Splash and Dash Green
1st Class Nails
Hungry Howies
Akron General Wellness Center
Akron Jewish Community Center
Akron General Wellness Center
Dickeys BBQ
Amy Stang

Mark Oelschlager & Family

LeBron Basket
Donated by LeBron James Foundation

Technology Basket
Donated by Oak Associates LTD.

Essence of Life Basket
Donated by Valerie Schwartz
Erin Greenwalt
Courtney Sebastian
Dawn Swope
Jennifer Ottenger
Lora Swallows
Jackie Schwertz
Lisa Fahrni
Melissa Boylen
Diana Faulconer
Karen Tomasik
Linda Huynh
Kimberly Corrigan
Jillian Fecich
Tera Rouse
Anne-Marie Bretzin
Allison Dudley
Janet Schultz
Dawn Pletcher
Stephanie Chew

We also THANK our sponsors who make this event happen!

Kale Eckman

Debra Keller and Carla Southworth

The following children raised over $100:

Kale Eckman	$4000	Brandon Hall	$101
Georgia Martin	$2508	Naeley Holden Ricks	$101
Sean Crighton	$1509	Jerry Lenox	$100
Tajh Banks	$440	Nathan Sullivan	$100
Taylor Koudela	$300	Addyson Sullivan	$100
Drew Mason	$258	Mason Grimes	$100
Brian Stamich	$257	Alaina Wiles	$100
Ella Hinkelman	$200	Slade Crislip Sander	$100
Jaiden Mick	$200	Sophia Orzech	$100
David Post	$200	Elizabeth Scott	$100
Kaden Hiller	$114	Gage Lanham	$100
Gavin Nakovski	$108		

Amazing!

Check Out Our New Website!

Same Address with a brand new look! www.oakclinic.com

QUICK TIPS FOR 5-K SUCCESS
(especially if you have MS)

SIGN UP SOON

The Acorn Run is a great one for MSers and supportors alike! Though it isn't free, the entry fee and additional sponsorships goes to support the Oak Clinic's Mission to provide quality care... plus spending a little money gives a little extra incentive to keep you accountable to your training.

START TRAINING

Find a solid training plan and stick to it. Remember a 5K equates to 3.1 miles. That can be intimidating, but work up to it little by little. Don't hurt yourself. Make it fun - or at least pretty. Consider parks, bike paths, and tracks rather than high-traffic streets - soft surfaces like grass and dirt are better than paved ones for joints, but work with what you can physically handle. Be sure to listen to your body. If you're sore or tired the day after a workout, rest. Do some Yoga or really good stretches instead of (or with) walking.

SCHEDULE YOUR WORKOUTS

You won't ever find time for your runs unless you make some time for them in your schedule. Plug your workouts into your phone, computer, daily appointment planner, on the front of your refrigerator, or treat them as unbreakable appointments that you can't miss. Tell family and friends about your 5-K goal so that they can help keep you accountable. Better yet, get them involved! Have them train with you!

BUY THE RIGHT SHOES

Worn-out or ill-fitting shoes can lead to injury. If you're not sure whether your running shoes are in shape for 5-K training, go to a specialty running store to get help finding the pair that offers the support and fit your feet need.

GET PLENTY OF SLEEP

MSers know this is vital! Rest when you need to and get a good night's rest regularly.

STAY COOL

If you have a cooling vest, training and during the 5K is a great time to use it. If you don't have one, use a kitchen towel. Dampen the towel with cool water and wrap it around the back of your neck. It's no fashion statement, but it just might keep you going for the long haul.

STAY HYDRATED

Drink lots of water! Carry a water bottle with you if at all possible. Drink as you go - and keep that towel cool and damp while you're at it.

You can do this!

TIPS ADAPTED FROM RUNNERSWORLD.COM

SUNDAY, SEPTEMBER 20, 2015

MS is no joke.
Run for the Oak.

RAIN OR SHINE ■ FUN FOR ALL!

WHAT: 5K walk/run fundraiser to benefit patients of the Oak Clinic

WHEN: Sunday, September 20, 2015
7:00 A.M. pre-race registration and race bib pickup
8:00 A.M. race begins in front of the Oak Clinic
T-shirts and Race Bibs can be picked up at the Oak Clinic Thursday, the 17th or Friday, the 18th between 8:30-4:30

WHERE: Summa Health Center/Green
3838 Massillon Rd. Uniontown, OH 44685
Parking in rear of building.

INFO: Contact Tricia Jones or Sue Arnold
330-896-9625 or www.oakclinic.com

Help support the Oak Clinic's mission by getting sponsorships and earn FREE REGISTRATION

$30 ADULTS T-SHIRT INCLD | $20 STUDENTS T-SHIRT INCLUDED

OPTIONS
Fill out the sponsorship form on back
OR
Contact the clinic if you would like to create your own sponsorship web-page to share and collect donations on-line
Contact Sue Arnold to set up a TEAM!

If you're registering for the race only, use these websites:
www.imathlete.com OR www.active.com
SEARCH: Oak Clinic Acorn 5K

All forms & on-line fundraising due by September 17th with participants t-shirt size.

Oak Clinic
The Acorn Run 201

Stress and Mood Management Class

Free to Anyone Impacted by MS

Schedule
for the duration of 2015:

Friday Sep 4	Friday Nov 6
Friday Sep 18	Friday Nov 13
Friday Oct 9	Friday Dec 4
Friday Oct 23	Friday Dec 18

All meetings are 2-3:30pm.

The Oak Clinic continues to offer this free group, facilitated by clinical social worker Stacy Simera. We focus on managing stress and mood disturbances among persons with MS – with attention paid to building physical and emotional resilience. Come to any meeting – no prior attendance is required. We meet in the classroom down the hall from the Oak Clinic.

2015 Upcoming Events

STAY UP-TO-DATE AND REGISTER AT WWW.OAKCLINIC.COM

RAIN OR SHINE ■ FUN FOR ALL!

MS is no joke.
Run for the Oak.

The team or individual that raises the most sponsorship dollars will WIN a 3 Night Stay* at Oak Lodge for up to 18 people!

*January-March 2016, excluding holiday weekends. Subject to availability.

HELP SUPPORT THE Oak Clinic The Acorn Run 2015

SUNDAY, SEPTEMBER 20, 2015
8:00AM

DESTINATION BLADDER

Join us for an informal and open discussion about bladder health.

For more information, call Patti Blake
330-896-9625

Thursday, November 5, 2015
7:15pm - 9:00pm

This program is made possible because of a donation from the Robert O. and Annamae Orr Family Foundation and a partnership with UTI Medical. THANK YOU!

CAREGIVER CONNECTION

Taking Care of You & Doing the Impossible:
Enthusiasm and Humor

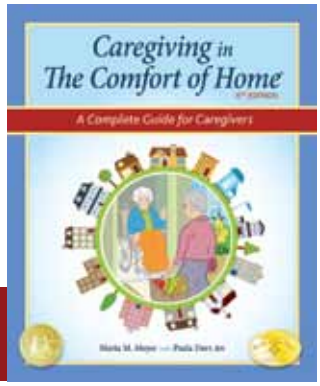
*A **FREE** seminar for persons caring for those with progressive, disabling medical conditions.*

4.0 CEUs for LSWs, LISWs, SWAs and RNs (reciprocity)

Register by calling 330-899-5322

Hartville Kitchen 1015 Edison Street Northwest #1, Hartville, OH 44632

TUESDAY, SEPTEMBER 29, 2015
9AM TO 3:30 PM



Fundraising event raising money for the Oak Clinic.
Presented by The Upper Deck

Contact Kelly Solkoski at 330-289-9582
Email: ksolkoski@yahoo.com

Saturday, September 26, 2015
Deadline for Entry is September 8, 2015

6th Annual MS Trail Walk

We hope you can come and enjoy the fresh air of the Laurel Highlands' beautiful fall foliage while raising money for the Oak Clinic. Choose to walk 5k or 1-mile through the beautiful trails, and finish your walk with an amazing lunch, courtesy of our generous sponsors! PLUS there will be basket raffles, face painting and fall kid's crafts!

If you would like to be a sponsor, make a donation or have questions, please visit www.oaklodgepa.com or call 724-593-2913

Saturday, October 17, 2015
10:00am - 1:00pm

We have done our best to spell all names correctly in this publication and apologize, in advance, for any errors. We would appreciate it if you would contact us with any changes so that we can update our database. Call Sue Arnold at 330-408-7279 or send a note to suzanne.arnold@oakclinic.com.

Oak Clinic
3838 Massillon Road • Suite 360
Uniontown, OH 44685

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CAREGIVER CONNECTION

Taking Care of You & Doing the Impossible: Enthusiasm and Humor

Presented in Partnership by Oak Clinic and DIRECTION HOME AKRON CANTON

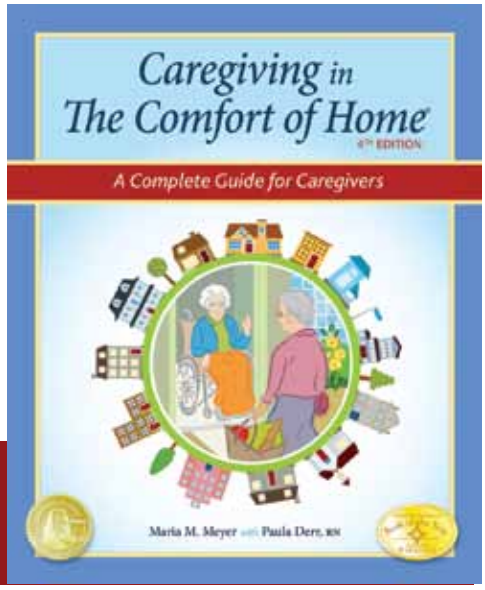
*A **FREE** seminar for persons caring for those with progressive, disabling medical conditions.*

Featuring author Maria Meyer who will deliver a positive message of caregiver empowerment and the importance of finding humor in the caregiver's day.

All participants will receive a copy of Caregiving in the Comfort of Home by Maria Meyer and Paula Derr, RN

4.0 CEUs for LSWs, LISWs, SWAs and RNs (reciprocity)

Register by calling 330-899-5322
For more information, visit www.oakclinic.com

Hartville Kitchen • 1015 Edison Street Northwest #1 • Hartville, OH 44632

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