

Speaker Bios

Ginnie Conley-Suleyman, Sports Performance Coach (Acceleration Sports Institute, GHS) Ginnie found her niche working with “exercise medicine” patients where she offers individual training to people affected by MS, Parkinson’s, traumatic brain injury (TBI), and stroke. Her goal is to help people of all abilities train to the next level – whatever that might be. She finds the most joy in working with people to return to a quality of life and a sense of confidence and empowerment that may have been diminished due to injury or illness.

Rhonda Copeland embraces her experiences with business management and with MS. Rhonda now uses business management skills (process development and process improvement) to reduce the energy expended in her everyday tasks, and to find ways of making those tasks more manageable and routine (for when you just don’t have the brain power to follow a complicated or non-existent process!)

Julisu Dimucci-Ward, RD, CDE, loves to spend time with her family, hike, walk her dogs, cook, read and make crafts! A registered dietitian and a diabetes educator with 25 years of clinical experience, Julisu currently serves as faculty in nutrition at the Virginia College of Osteopathic Medicine, and also works at a feeding and growth clinic in Spartanburg. Her broad education, including an MPH, has allowed her to work in a variety of settings, including nonprofit health organizations, public health, and both inpatient and outpatient hospital nutrition. She finds it rewarding to work with people whose health is compromised or at risk.

Martha Durham, Ph.D., (North Main Counseling, Greenville) embraces the uniqueness of each individual’s situation as she focuses on medical/health and behavior psychology. “Working toward personal goals can be exhilarating and freeing,” she says, “but the process can be challenging, much like training for a marathon. Individuals make progress toward their personal goals when they expect to do so and they are motivated to do the work to reach their goal. Though it can feel daunting and difficult at times, the journey can also be exhilarating and satisfying on the way to crossing the finish line (reaching your goal) in your own unique way.”

Dixie Neff, ED.S., LPC, (Neff Counseling, Greenville) understands that a person may be struggling with transitions, emotions, cognitive issues, or all three! “When I work with children and adolescents, I use Play and Art Therapy techniques combined with Cognitive Behavioral strategies that allow the child/adolescent to feel comfortable to open up and share thoughts and feelings. When working with adults, I focus on Mindfulness which teaches them to live in the present while establishing goals to create the life they want to live.”

Linda Patterson, RYT-500, (founder of Integrative Yoga Therapy, Easley), completed her Yoga Therapy training at Asheville Yoga Center. Linda has also studied with Anna Guest-Jelly of Curvy Yoga for certification in teaching Curvy Yoga to teachers and students. Linda’s personal yoga journey has included overcoming negative body image issues, working past chronic pain and overcoming asthma and hypertension. She is thrilled to provide a full-service yoga studio which includes offerings for all student types.

Angela Trammell, MPT, (Roger C. Peace Rehabilitation Hospital), has worked in the outpatient physical therapy department for over 22 years treating patients with a variety of neurologic disorders. She specializes in vestibular rehabilitation, and her special interests include MS, Parkinson’s, CVA, oncology, and geriatrics.

NEW!!! Pre-Event Golf Outing on Friday, December, 4th sponsored by Roger C. Peace Rehabilitation Hospital:

- Tee times 9:00 a.m.-1:00 p.m. (Special discount rate \$38!)
- Lunch 11:30 a.m.-1:00 p.m.
- Adaptive Golf Clinic 1:00-3:00 p.m.

To book a tee time, call 864-676-1500. To register for the Adaptive Golf Clinic call 1-800-344-4867.



GREENVILLE HEALTH SYSTEM
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**National
Multiple Sclerosis
Society**



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Multiple Sclerosis
Society**

Greater Carolinas Chapter 2015 Annual Meeting & Education Conference



**Saturday, December 5th
Embassy Suites
670 Verdae Blvd.
Greenville, SC 29607**

Wellness: Fueling Positive Impact on Health

AGENDA

8:00-8:30 a.m. Registration/Exhibitors

8:30-9:45 a.m. General Session: Optimal Living with MS. MS is just one piece of your health puzzle. Experts discuss strategies for reducing disease activity, managing symptoms, and optimizing your quality of life. Topics include nutrition, exercise/fitness, healthy lifestyle decisions and habits, stress management, and MS treatments including alternative/complementary therapies.

Speakers: Dr. Mary Hughes, MD, Dr. Martha Durham, PhD, Angela Trammell, MPT, and Julisu Dimucci-Ward, RD, CDE.

9:45-10:15 a.m. Break/Visit Exhibitors

10:15-11:30 a.m. Breakout Sessions (please choose one)
Carepartners Connect Panelists, each with a loved one living with MS, share their strategies for success.
Moderator: Dixie Neff, ED.S, LPC

Save Time, Save Energy: Simplifying Daily Tasks Experts in efficiency, time management, and energy conservation team up to offer tips, strategies, and tools for figuring out where your time and energy go, and how to conserve more of both for the things you most want to do!

Speakers: Rhonda Copeland, Angela Trammell, MPT.

Positive Psychology Positive psychology is the study of what makes people happy - of what works. Learn about the principles of positive psychology, and explore strategies that may help you manage stress and support emotional wellness.

Speaker: Dr. Martha Durham, Ph.D.

Taste of Fitness Learn about the benefits of improving your fitness with activities that help you increase strength, improve balance, increase flexibility, reduce fatigue, and more.

Speakers: Linda Patterson, RYT-500, Ginnie Conley-Suleyman

Taste of Kayaking (indoor pool) Get in and paddle around with instructors and kayaks from Sunrift Adventures.

Facilitator: Andy Hendrix

Taste of Cycling (parking lot, weather permitting) Tandems, recumbent trikes, handcycles – the team from Roger C. Peace Rehabilitation Hospital lets you try them all out!

Facilitator: Kristen Caldwell, MS, CTRS

11:30 a.m.-12:00 noon Break/Visit Exhibitors

12:15 p.m. Annual Meeting Luncheon
Keynote Presentation: What's New in MS 2015 by Dr. Mary Hughes, MD
Awards Ceremony



Keynote Speaker: Mary Hughes, MD, is a neurologist with a unique passion around MS. In 1997 Mary was a neurology fellow at the Medical College of Georgia, and her younger sister Dora was in Boston - also preparing for a career in medicine. Both were clearly

destined for success. Then Dora was diagnosed with MS, and both women were presented with new and unanticipated paths to professional success. "Sometimes you don't choose a journey," says Mary. "The journey chooses you. MS found us." Mary immersed herself in information about MS to meet her family's needs for emotional and professional support. "That changed my career," she says. She observed that challenges presented by MS include psychological and social adjustments, not just physical adjustments. She concluded that those with MS needed a more inclusive approach that focused on the full person.

So in 2001, Mary started the Augusta MS Center, and later brought her expertise and passion to SC as Chair of the Division of Neurology and faculty of the New USC School of Medicine at Greenville. Recently, she opened Premier Neurology in Greer where she continues to partner with other health and service professionals to insure comprehensive and inclusive support for each person affected by MS.

Mary serves on the board of directors for the National MS Society, and supports the programs, services and events of the Greater Carolinas Chapter. Her sister Dora followed a new path to a successful career as a consultant in the field of healthcare policy, and her resume includes having served as an advisor to then-Senator Barack Obama, as well as to the U.S. Department of Health and Human Services.

The theme for this conference is "Wellness: Fueling Positive Impact on Health." Wellness is a lifelong journey through which people develop an awareness of, and make positive choices about, their behaviors, lifestyle and activities that enable them to lead their best lives. We hope that through the educational sessions, interaction with other participants and contact with community resources, you will feel more connected and better educated on wellness and how it can fuel a positive impact on your overall health.

2015 ANNUAL MEETING & EDUCATION CONFERENCES

Saturday, December 5th

- Crabtree Valley Marriott Raleigh, NC
- Crowne Plaza Executive Park Charlotte, NC
- Embassy Suites Greenville, SC

The Annual Meeting is held to elect a Board of Trustees, consider the Annual Report and conduct any other business of the chapter. Nominations to the Board must be received by November 7th and directed to the Board Governance Committee, NMSS, 3101 Industrial Drive, Suite 210, Raleigh, NC 27609. Please provide name, address, phone, background of nominee and your name, address and phone. Nominations will be reviewed prior to the election.

Also, if you cannot attend the meeting but would like to vote by proxy, please indicate on the attached registration form.

REGISTRATION FORM

Registration fee is \$5.00 per person. No refunds for cancellations. Pre-registration is required and space is limited.

Please fill out form completely.

Name _____

Name/s of guests _____

Address _____

City, St, Zip _____

Phone (H) _____

E-mail _____

Please choose below which breakout session you will be attending, and indicate the number of people attending each breakout.

- Carepartners Connect
 Save Time, Save Energy: Simplifying Daily Tasks
 Taste of Fitness
 Positive Psychology
 Taste of Kayaking
 Taste of Cycling

Please check all that apply:

- I will be attending the Annual Meeting Luncheon.
 I cannot attend, but wish to assign my proxy to Jacqueline Jones, chapter chair.
 Number of vegetarian lunches required.
 I would like to make a donation of \$_____ to provide a scholarship for someone with MS to attend.

Amount Enclosed: \$_____ (\$5/person)

Check payable to National MS Society
Mail to: NMSS, 3101 Industrial Dr., Suite 210, Raleigh, NC 27609. Register by phone by calling 1-800-344-4867 or online at nationalmssociety.org/nct. Click on chapter calendar.

