Multiple sclerosis (MS) is one of the most common neurological disorders diagnosed in young adults. Many experts estimate that 2.5 million people worldwide have MS. Nearly one million individuals are living with MS in the United States.

MS is an autoimmune disease of the central nervous system, affecting the protective covering (myelin) that surrounds the nerves of the brain and spinal cord. The nerves (axons) may also become damaged. MS is not contagious and researchers continue to seek a cause and a cure.

Individuals with MS may experience one or more of a variety of symptoms, such as visual changes, fatigue, numbness, bladder and bowel problems, depression, cognitive issues, and changes in mobility. Initially, most individuals with MS experience periods of symptom flare-ups (also referred to as relapses or exacerbations), followed by periods of remission. A smaller population of individuals begin with a progressive form of MS, characterized by a slow but steady accumulation of symptoms. More than 20 disease-modifying therapies (DMTs) have been approved by the United States Food and Drug Administration (FDA) to slow disease activity.

The Multiple Sclerosis Association of America (MSAA) was founded in 1970 and is a leading resource for the entire MS community, Improving Lives Today through vital services and support. MSAA provides free, ongoing support and direct services to individuals with MS, their families, and their care partners.

Overseeing MSAA’s activities is a national Board of Directors comprised of accomplished professionals from across the country, volunteering their time for MSAA. Providing medical consultation is MSAA’s Chief Medical Officer who reviews all of MSAA’s medical information. MSAA’s Healthcare Advisory Council (HAC) is comprised of leading members of the MS healthcare professional community and works in collaboration with MSAA’s Board of Directors and staff to advance and promote the organization’s mission and goals. MSAA’s African American Advisory Board and Latinx Advisory Board are comprised of leading MS healthcare professionals, people with MS, and care partners. The Advisory Boards identify unmet needs and focus on developing comprehensive and innovative programmatic and educational initiatives to address those needs.

MSAA is a long-standing member of America’s Charities and has achieved Platinum Level status with GuideStar. Additionally, MSAA is a founding member of the Multiple Sclerosis Coalition (MSC), an affiliation of independent MS organizations dedicated to the enhancement of the quality of life for all those affected by MS.

About MS and MSAA
In addition to these programs mentioned, MSAA continues to provide and improve many other urgently needed programs and services. Milestones during the 2021-2022 fiscal year include more than 365,000 views of our 116 on-demand video programs... more than 16,500 calls compassionately fielded by our Helpline Specialists... nearly 2,000 pieces of safety, mobility, and symptom-management equipment distributed... more than 1,000 vital MRI scans funded for people in need of this technology to diagnose or monitor their MS... and much more. To learn more about MSAA's impact, please see page 15 for more details.

Some of our most vital programs require several months of development during a fiscal year prior to their completion, and this is especially true of two of our most recent initiatives, which were completed in the following fiscal year. These include MSAA's Ultimate MS Treatment Guide – an online, interactive, complete guide to all of the approved disease-modifying therapies for MS – plus a series of COVID-19 vaccination videos that are different from any other videos we have created in the past.

Looking to the future, we are excited to continue to meet the goals set in our current strategic plan for 2021 through 2023. These include expanding our mission, diversifying our resources, heightening awareness through creative communications and marketing initiatives, plus professional development. All of these directives encompass a number of vital strategies aimed at achieving these urgent goals.

In summary, hard work, dedication, compassion, and Innovation in Design and Delivery, all played important roles in MSAA's 2021-2022 fiscal year. We are extremely proud of the programs and services we provide to the MS community, and we look forward to continuing to advance our mission of Improving Lives Today!
MSAA’S Programs and Services

Assistive Equipment Distribution
More than 400 Items Provided
MSAA provides safety and mobility equipment at no charge and ships directly to the client. Items distributed include a variety of products such as shower chairs and grab bars, as well as mobility devices including canes, walkers, and wheelchairs.

Cooling Equipment Distribution
Nearly 1,500 Cooling Items Provided
MSAA offers cooling vests and accessories at no charge and ships them directly to both adults and children diagnosed with MS. Individuals with MS using this type of technology may experience less fatigue and a reduction in other debilitating symptoms, allowing them to perform better in warm environments and take part in outdoor activities.

“Today I used my cooling vest and neck wrap for the first time. I cannot thank you enough for sending this to me! I was able to walk around in the heat, at the Farmers’ Market with my kids with no MS symptoms! Thank you!”
- Peggy from AZ

My MS Manager™
More than 51,000 Cumulative Downloads by End of Fiscal Year
MSAA’s mobile phone application, My MS Manager, is provided free of charge to individuals with MS or their care partner to use on their iPhone, iPad, iPod touch, or Android mobile phone device. It allows people to track disease activity, store information, generate reports, and securely share information with their healthcare team.

“Carolina Imaging received the order yesterday and I was able to schedule my MRI. I am forever grateful. MSAA gave me the spark of hope that I needed. While the words ‘thank you’ don’t seem like nearly enough, they are being said from the bottom of my heart.”
- Maegen from NC

MRI Access Program
Nearly 1,000 Individuals Received Financial Support for MRI Scans
MSAA’s magnetic resonance imaging (MRI) Access Program assists individuals who are uninsured, under-insured, or financially unable to pay for this important exam. MRI scans are vital to the diagnosis of MS, as well as the follow-up evaluation to track the progression of the disease and the effectiveness of long-term treatments.

Helpline
Nearly 16,500 Inquiries Made to MSAA’s Helpline
Our Helpline allows individuals with MS, family members, care partners, and friends to connect directly with one of MSAA’s experienced Client Services Specialists – via phone, email, or our online Chat feature – to receive valuable information, guidance, and support.
“Thank you so much! I actually was diagnosed, finally, a few days ago. It’s been a several-year process and a lot of rule-outs of other diseases. I am grateful for finding a site with so many resources and I am finding the app so helpful! Thank you for providing such a comprehensive resource!”
- Kelsey (RN) via email

MS Conversations Blog
44,060 Visits to Our Blog
MSAA's blog features timely, interactive discussions on topics important to the entire MS community, from symptom management to the impact of MS on everyday life.

My MSAA Community
More than 7,500 Cumulative Members by End of Fiscal Year
This peer-to-peer online forum welcomes individuals with MS, their families, and their care partners to share information and their experiences with multiple sclerosis.

MSAA's Website at mymsaa.org
Nearly 700,000 Sessions During this Fiscal Year
MSAA's comprehensive website provides a wealth of targeted information addressing all aspects of the multiple sclerosis, including experimental and approved long-term treatments, symptom-management strategies, and resources to help individuals adjust to the illness. Visitors to mymsaa.org may access a number of specialized sections as well as educational videos and webinars, publications, and research articles, plus details on MSAA's vital programs and ways to support MSAA.

MSi Videos
More than 365,000 Cumulative Views* of 116 On-Demand Video Programs
Updating viewers on the latest advances in MS research, disease and symptom management, wellness strategies, and more, this growing library of on-demand video programming and archived webinars serves as a vital resource for the entire MS community.

* Based on videos and webinars currently published on MSAA’s website.

Publications
MSAA publishes: a national magazine, The Motivator, twice per year; My MSAA Today e-newsletter on a bimonthly basis; and other publications focused on areas such as relapse management. Additionally, MSAA’s “What’s New in MS Research” online article series is published bimonthly and features the latest findings in MS treatments, disease development and progression, plus other vital topics.

MSAA Podcast
4,737 Total Downloads of MSAA's Podcast Episodes

COVID-19 Information
MSAA continues to respond to the COVID-19 pandemic in several ways to best serve the MS community. MSAA's informational "hub" on our website is regularly reviewed to provide up-to-date details on important topics such as testing, treatments, and vaccinations. We also link the MS community to a full library of MSAA's vital webinars and videos on COVID-19, as well as to several useful articles and resources.

“Shout out to @MSassociation, the organization that serves its community with large print magazines, and for Asian/Pacific Americans – underrepresented in every area, including this disease – on its cover [The Motivator magazine] just in time for #APAHM [Asian/Pacific American Heritage Month].”
- Sophia via Twitter
MSAA has long been committed to addressing health inequities for MS communities of color. Listed below are updates on several important initiatives.

MSAA’s African American Advisory Board and Hispanic/Latinx Advisory Board are comprised of leading healthcare professionals, individuals with MS, and care partners from across the country. The Advisory Boards were formed to identify challenges and unmet needs, while helping MSAA develop comprehensive and innovative programmatic and educational initiatives to address those needs.

Since its establishment, the African American Advisory Board has produced a comprehensive publication as well as educational programs for those with MS, plus a series of educational programs for healthcare professionals. In addition to ongoing communication, the Advisory Board conducts annual meetings to continue the evaluation and development of programs for the African American MS community.

MSAA conducted our Hispanic/Latinx Advisory Board inaugural meeting in fiscal year 2021-2022 featuring experts in MS care. Plans are underway for upcoming annual meetings, which will provide key learnings to help guide future strategies and programs. MSAA has continued to develop bilingual educational programs focusing on the Hispanic MS experience. Additionally, MSAA has implemented numerous website updates to enhance the experience in accessing information in Spanish and created several resources in Spanish, including a brochure titled, Seguridad de la vacunación en la EM (Vaccination Safety in MS).

MSAA conducted a series of national patient educational programs specifically developed for the African American and Latinx MS communities, featuring African American and Latinx MS neurologist presenters. These webinars and on-demand videos were offered throughout the fiscal year for underserved populations and include the following programs:

**Hispanic/Latinx Educational Programs:**
- Mental Health Awareness Month: Working to Destigmatize Mental Health and MS – presented by Dr. Fernando Cuascut
- Brain Power: Maintaining a Healthy Mind While Living with MS – presented by Dr. Augusto Miravalle
- Strong Women: Living with Multiple Sclerosis as a Hispanic Woman – presented by Dr. Erica Rivas-Rodríguez and Dr. Judi Farais
- What’s New in MS: Where to Go from Here – presented by Dr. Fernando Cuascut

**African American/Black Educational Programs:**
- New Directions: Making Sense of “Me” and My MS Diagnosis – presented by Dr. Evelyn A. Hunter
- New Directions Webcast: How We Talk to Ourselves and The People That Support Us – presented by Dr. Susan Eggly, Dr. Sheila Yarbrough, and Anita Williams
- Exploring the Landscape of MS in Black Americans – presented by Dr. Mitzi Joi Williams
- New Directions 2022: Living with MS as a Black Person – Participating in Clinical Trials: Your Opportunity to Make a Difference – presented by Dr. Jacqueline F. Rosenthal and Victoria Reese

**Leslie Pino Durant**

My life has always been filled with bright colors. My children, husband, family, friends, and my teaching career helped me as I moved through a life of rich hues. I visited museums, attended musicals, cheered at athletic events, and was mesmerized by musical talent. Artistically, I didn’t think there was anything missing.

When MS hit me, it was debilitating at first, but with medical and self-care, I am very fortunate to say that now my MS is just a nuisance. As it kept creeping into my life, I had to find something to do to take my mind off of it. Painting gave me a sense of calm and distraction.

Now, it’s not just a distraction, but something that is my passion. I can sit for hours painting, collaging, and creating in bright colors. I don’t think about MS. When creating, I am stress free… just happiness and peace.

**Esme**
Awards and Recognition

APEX Grand Award in the category of one-of-a-kind publications and a Gold Award from the National Health Information Awards for MSAA's publication, MS Relapse Toolkit (second edition)

Silver Digital Health Award for our Ask the Expert series featured in MSAA's blog, MS Conversations

Bronze Digital Health Award for It's A Generational Thing: Creating an Understanding of MS Between Parents and Their Children

Merit Award from the National Health Information Awards for the cover story, “Planning for Future Care” in the Summer/Fall 2021 issue of The Motivator magazine
**Fundraising Events**

**MSAA Continues Our Improving Lives Through Art® Series for a 2nd Year**

MSAA continues to host high quality, virtual fundraising events that bring our community together safely at home, while also generating much-needed funds for our free programs and services. Our Improving Lives Through Art® virtual tours and paint-alongs have grown into a marque event series for MSAA in its 2nd year. Hosted by docent and art educator Joe Caliva, our art tours in 2022 ranged from French Impressionism to the Italian Baroques, with a core emphasis on artists who used their work to overcome challenges of mental and physical illness. Our paint-along events bring our MSAA Art Showcase artists to people’s living rooms, with a live, virtual art class in which participants recreate one of the artist’s favorite works – supplies included. The inspiring 2nd season of our Improving Lives Through Art series connected with over 200 virtual participants, raising more than $54,000. For announcements about our upcoming 2023 season, please visit mymsaa.org.

**Do-It-Yourself Fundraising Platform**

In 2022, our DIY fundraising platform raised almost $80,000. Since launching the platform two years ago, we’ve continued to cultivate a growing network of champions for MSAA, holding unique fundraising events across the United States. Here are a few highlights from 2022:

**Richard’s Ride Across America**
Richard Core of Los Angeles, CA, pursued his lifelong dream of a cross country bike ride in the summer of 2022, riding his bike from his home in LA to his sister’s in Massachusetts. Through a fundraising page created on MSAA’s DIY platform, Richard raised more than $6,000 for MSAA, completing his journey in just under two months.

**Walker Reynolds’ Run for His Mom**
Walker Reynolds, a young man from California who cares for his mother with MS, has raised nearly $3,000 on his still ongoing campaign. For every dollar Walker raises on his DIY fundraising page, he runs a minute to honor his mother and raise awareness for all families living with MS.

**Runs for a Purpose**
One of MSAA’s best fundraising partners is Runs for a Purpose. Every March they host a virtual 1k, 5k, 10k, or half marathon during MS Awareness Month. In 2022, they raised nearly $20,000.

**MS Golf Classics**
Our golf outing events in Pennsylvania and New Jersey have always been a lynchpin in MSAA’s fundraising events portfolio. This year, we returned to Blue Bell Country Club in Pennsylvania on April 20th, 2022 with special guest Ukee Washington from CBS 3 for our PA Golf Classic. The event brought in 84 golfers along with numerous sponsors, raising $56,000!

In New Jersey, our Golf Classic in South Jersey was held at the esteemed Little Mill Country Club in Marlton, NJ. Some 72 golfers played the challenging course at Little Mill on October 4th, 2021, raising $30,000!

Our North Jersey golf event, The Michael Lotitto Memorial MS Golf Classic, was our most successful golf outing in 2022. Held this year on May 2, 2022 at the Ridgewood Country Club in Paramus, NJ, this incredible fundraiser for MSAA brought in $260,259 in sponsorship and ticket sales!
**S8th Annual Improving Lives Benefit**

2022 was another incredible year for MSAA’s largest annual fundraising event—the Improving Lives Benefit. Raising more than $280,000 in support of MSAA’s mission, this year’s event featured both an in-person reception at the Barnes Foundation in Philadelphia, PA entitled “Together at Last”; AND a second virtual “Together at Home” reception for members of the MSAA family across the country to come together. Our host Tyler Campbell did an incredible job recognizing the work of all MSAA’s key partners, donors, and volunteers who help drive our mission every day. Please visit https://youtu.be/b_77FUA9Rig to watch the 2022 “Together at Home” event. And please also register today for the 9th Annual Improving Lives Benefit! To sign up, please visit engage.mymsaa.org/benefit2023.

**Launched a New Monthly Giving Program – Improvers**

MSAA’s Development team launched a new branded monthly giving program—Improvers. Our Improvers are special donors, who consistently improve lives everyday by making monthly, automatic donations to MSAA. Since launching the program in early 2022, the Improver program has grown to include more than 200 donors, with plans to continue to grow the program in 2023. For more information, please visit: engage.mymsaa.org/Improver.

If you’re interested in participating in one of the existing fundraisers, or want to start your own, please check out mymsaa.org/DIY

"Such a wonderful organization. I deal with multiple brain-related etiologies and one of them is MS. For all those fighting the fight, take courage. One day at a time for us.”

– Diana, Art Showcase Participant, via Twitter

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**365k+ cumulative views of MSAA’s 116 on-demand video programs**

**More than 16,500 inquiries to MSAA’s Helpline, providing needed reassurance and support**

**Nearly 2,000 pieces of safety, mobility, and symptom-management equipment were distributed**

**More than 7,500 cumulative members on **My MSAA Community**, MSAA’s online peer-to-peer forum**

**More than 1,000 people received a vital MRI scan to diagnose or monitor their MS**

**51,000+ total cumulative downloads of MSAA’s mobile app, My MS Manager™**

**4,737 total downloads of episodes of MSAA’s Podcast**

**Award-winning publications, including a national magazine**

Figures shown are for the 2021-2022 fiscal year.

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**WHO GETS MS?**

Nearly 1 million Americans and 2.5 million people worldwide have MS

People are most frequently diagnosed between the ages of 15 and 50

Women are 3X more likely than men to develop MS
Our Generous SUPPORTERS

CHAMPIONS
($100,000 and above)
- Alan Lionel Fried Trust
- Antero Resources Biogen
- Bristol Myers Squibb
- E R Squibb & Sons, LLC
- Genentech
- Genzyme, A Sanofi Company
- Impact Education
- Johnson & Johnson
- Novartis Pharmaceuticals Corp.
- Renaissance Charitable Foundation, Inc.

VISIONARIES
($50,000 to $99,999)
- Anonymous
- EMD Serono, Inc.
- Medscape/WebMD
- Publicis Health
- Scott William Brent
- Sooy Family Trust Agreement

MOTIVATORS
($10,000-$49,999)
- “@” Point of Care
- A&E TV Network
- America’s Charities
- Distribution Account
- Butler/Till Media Services, Inc.
- ChristinaCare
- Cmgp, Inc.
- Commonwealth Insurance
- Advantage, LLC
- Compas, Inc.
- Daliah Amar
- Debbie Camp
- Dianne Boerger and Jill Damato
- Estate of Salley E. Abbey
- Express Scripts
- Facebook, Inc.
- Greenwich Biosciences
- Havas Media Group
- James Warren
- Melinda McChesney
- National Mah League, Inc.
- National Philanthropic Trust
- PAN Foundation
- Phoebe Lipari
- PhRMA
- Ramona and John Mooney
- Richard Kerns
- Richard Leonand
- Runs for a Purpose
- Sandoz
- Santo Petroleum
- Starcom
- Susan Martin
- Susan Stearns
- The Cobler Group
- The Foster Family
- Private Foundation, Inc.
- The John D. and Minnie R. Schneider Trust
- The Piraino/McWilliams Family Foundation
- The University of Texas at Austin
- Viacom

ADDITIONAL DONOR LISTING
$5,000 - $9,999
- Active Media Services, Inc.
- Alexander Kenuk
- American Endowment Foundation
- Anne Lyons
- Anokian US, Inc
- Dr Barry and Victoria Singer
- Brett Wein
- Brett Weinberg
- Carlos Centeno
- Catherine and Chris Stroup
- Chris Cavallo
- Christopher Bodkin
- Conner Strong & Buckelew
- Danna Cole
- Destination Media Inc Gas Station TV
- Discovery Communications, LLC
- Don Schorfheide
- Doug Farrar
- Fiduciary Trust
- Firefly
- Florence Guerin
- FOX Corporation
- Fred George
- Friedman LLP
- IBM Employee Services Center
- International Union Of Operating Engineers Local 825
- Irene Hamly
- James Digilomano
- Jane Ruet
- Jason Statter
- Kathi Blair
- KPMG
- Margaret Darrin Charitable Trust
- Marilyn Faust
- Marvin Aardema
- MD Connect
- Mr and Mrs. Richard Shell
- Mt Construction Charity Fund
- National Financial Services, LLC
- New Tradition Media, LLC
- NFL Ventures LP
- Paula Doherty
- Pearl Media
- Ray and Nylene Newkirk Family Foundation
- Raymond Zimmerman
- ReelChannel, LLC
- Republic Bank
- Robert McCaulay
- Rose Bank Winery
- Shannon and Stephen Mathias
- Sheldon Taft
- Stevens & Lee
- TG Therapeutics
- The American Gift Fund
- The Blackbaud Giving Fund
- The Foster Family Private Foundation, Inc.
- The J.P. Morgan Chase Foundation
- Theodorus Kouris
- Timothy Obrien
- TVB
- Vector Media Holding Corp
- Vevo
- Zachary Kaplan

$1,000 - $4,999
- 14ner Oncology Inc.
- A. Meredith
- Aaron Mondowney
- Aditya Reddy
- Advanced Abrasives Corporation
- Alan Schanzer
- ALC, Inc.
- All Points Media, LLC
- Ambroise Financial
- Andrea and Gerald Nelson
- Dr. Andrew Woo
- Andrew Furniss
- Anita Dreitchler
- Ann Amicone
- Ann Bishop
- Anne Mansour
- Anthony Cossa
- Anthony Long
- Arlene Ferman
- Aubrey Lucas
- Autumn Beauchesne
- Avadheesh Agarwal
- Barry Hendin
- Benjamin D. Driscoll
- Berman Voss
- Bernard Kreger
- Beth Kline
- Beverly A. Willing Trust
- Beverly Capobianco
- Beverly Willing
- Bill Ludholtz
- Billy Friedman
- Brenda Senturia
- Brent Moore
- Brian Bennett
- Brian Meuth
- Brian Mourning
- Brian Sullivan
- Bright Funds Foundation
- Bruce and Rhonda Levy
- Bruce Taylor
- Bunker Family Private Foundation
- Cal Winkstern
- California Community Foundation Endowment Account
- CapTech Ventures, Inc.
- Carl & Verna Schmidt Foundation
- Carol and Richard Chadakoff
- Carol Foster
- Carol Hunter
- Carolyn Hildebrand
- Carolyn Jones
- Catherine Macconnel
- Catherine Wytzka
- Cathy Williams
- CDW
- Chad Tully
- Charles and Daphne Lafferty
- Charles Furgeson
- Charles Hartfinger
- Charles M. Perez
- Charles Schwab
- Charles Wise
- Cheryl Burbano
- Cheryl Pantano
- Christine Czarny
- Cindy Byars
- Claire and Thomas Alicata
- Colin Clarke
- Columbia Bank Foundation
- Cornerstone PEO
- Cynthia Baker
- Cynthia Schlais
- Daniel Lange
- Dave and Patrica Nypower
- David Estyer
- David Hart
- David Maas
- David Novak
- David Smith
- David Solomon
- David Webb
- Dawn Peterson
- Deborah Edwards
- Deborah Harris
- Deborah Poulter
- Delois Caldwell
- Dennis Leland
- Donn Konske
- Donna Ritz
- Donna Telliard
- Dorothy Orr
- Dorothy Porto
- Doug Cochran
- Douglas Moyer
- Douglass Wills
- Duke Energy Corporation
- Dylan Parks
- Edward Jette
- Edward Jones
- Edward Pelen
- Edward Sair
- Elizabeth L. El-Hibri
- Elizabeth Kinney
- Ellen Macdonough
- Ellen Woronsz
- Emilio Marianelli
- Emmanuel Lutheran Ministries
- Eric and Jo Anne Bossard
- Esther Mills
- Eugene Jacobs
- Evelyn Trepsasko

Carol Hunter
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“This information gives me a feeling of hope and makes me want to fight this as best as I possibly can. Thank you and your organization – you are all incredible! Hoping the future brings more positive developments for the millions suffering with this.”

- YouTube comment re: MSAA’s webinar: Approaches to Managing MS in 2022
MSAA’s Mission:
The Multiple Sclerosis Association of America (MSAA) is a leading resource for the entire MS community, Improving Lives Today through vital services and support.

To help support MSAA’s vital programs and services, please visit mymsaa.org/donate or call (800) 532-7667.

Toll-Free Helpline: (800) 532-7667
Website: mymsaa.org
Email Questions: MSquestions@mymsaa.org

Stay Connected with MSAA: