

ROCKY MOUNTAIN MS CENTER PROGRAMS & SERVICES

Administrative Offices: 303-788-4030 | Medical Offices: 720-848-2080 | www.MSCenter.org

EDUCATION

- ❑ **MS 101** — A free 2-hour class for the newly-diagnosed in a small-group setting that goes over the basics of MS, how our understanding of the disease has changed over the years, and how to maximize your wellbeing. To register for an upcoming class, please email education@mscenter.org or visit mscenter.org/calendar.
- ❑ **Conversations on MS** — An informal town-hall style Q&A session where one of our neurologists will discuss MS news, research updates, symptom management, and other topics brought by attendees. Events may be either virtual or in-person around Colorado. For a schedule of upcoming sessions, visit mscenter.org/calendar.
- ❑ **Education Summits** — Presentations and discussions with leading minds in the care and treatment of MS. We present these half-day events twice a year — spring and fall — free of charge to all attendees. Join us live in the Denver area, or watch the livestream from home. For information and schedules, please visit mscenter.org/edsummit.
- ❑ **Webinars** — Our webinar series features presentations on timely and relevant topics to the MS community. Take a look at upcoming and archived webinars at mscenter.org/webinars.
- ❑ **InforMS Magazine, eMS News and Clinic News** — InforMS is our quarterly magazine, bringing you in-depth articles on issues related to living with MS and related neurological diseases. eMS News is our monthly email newsletter featuring relevant updates and the latest news. Sign up for both at mscenter.org. Clinic News is an email update we periodically send to patients — if you've given us your email address, we'll make sure you're on the mailing list.
- ❑ **MSCenter.org** — Visit mscenter.org to browse our website for more information on a variety of topics related to multiple sclerosis, including symptoms, treatments, general wellness and more. Also explore our evolving content on related neurological diseases and the growing field of neuroimmunology at mscenter.org/related-diseases.

SUPPORT

- ❑ **Hydrotherapy / Online Exercise Program** — Specialized MS aquatic therapy program designed to improve functional abilities typically offered two days per week at sites throughout the Denver area. Currently providing Online Exercise Classes which are seated and adaptive strengthening and stretching workouts conducted via Zoom twice weekly. Contact Michele Harrison, PT at 720-273-7461.
- ❑ **Counseling and Referrals** — We are happy to provide independent and family counseling and referrals provided by a licensed clinical social worker. For an appointment, please call 303-788-4030 ext. 120.
- ❑ **Disability Assessment and Legal Assistance** — One-on-one education about Social Security Disability benefits, criteria and the application process. For more information or to schedule a free consultation please call 720-301-9708.
- ❑ **MS Young Professionals Network (MSYPN)** — MSYPN offers networking happy hours, special fundraising events, volunteer opportunities and more for 21- to 40-year-olds with a personal connection to MS. Call 303-788-4030 ext. 111 or visit mscenter.org/msypn for more information.

CARE

- ❑ **RMMSC at CU** — Patients benefit from meticulous care provided by fellowship-trained neurologists, MS-specialized advanced practitioners, and an extensive team of experienced professionals. For appointments call 720-848-2080, ext. 4.
- ❑ **King Adult Day Enrichment Program (KADEP)** — Five days a week, our day program hosts adult clients at our facility in Westminster, providing therapeutic recreation activities, social contact, meals and wellness monitoring. KADEP is a home away from home for people with MS and other neurological diseases, as well as those living with brain injury and stroke. For more information call 303-433-6887.

RESEARCH

- ❑ **Clinical Research** — Our active MS clinical research program gives opportunities for patient participation in emerging therapies and treatments. Call 303-724-4644 for more information or visit mscenter.org/research.
- ❑ **RMMSC Tissue Bank** — Playing a vital role in finding a cause and cure for MS, the Tissue Bank acquires, processes, preserves and distributes post-mortem brain and spinal cord tissue for research. Call 303-788-4030 ext. 120 for more information. *If your call is concerning an urgent tissue bank donation, including the death of a donor, please call 720-626-6060.*

Interested in helping the MS Center? See reverse for more information on volunteer opportunities.

ABOUT THE ROCKY MOUNTAIN MS CENTER

Rocky Mountain MS Center jointly describes two elements of an innovative partnership — The RMMSC nonprofit organization, and the RMMSC at CU clinical and research teams operating at UHealth and the University of Colorado Hospital on the Anschutz Medical Campus.

When you support the RMMSC's nonprofit 501(c)(3) partner, you help the Rocky Mountain MS Center bring our services deeper into our community. From a wide range of patient and community education programs to counseling and legal services, we work together to provide our community with a truly comprehensive approach for people and families living with MS.

Our mission is to serve through care, support, education and research. As a patient-centered organization, we prioritize listening to and learning from our patients and their caregivers. Their voices motivate our focus on better treatments. They have helped mold our education programs to be relevant for patients and caregivers. And they have inspired our cutting edge research to always explore the disease one step further and find the next answer. Patients are at the heart of all we do.

SHARE YOUR TIME: VOLUNTEER WITH THE RMMSC

Volunteers at the MS Center find their place – something that interests them and matches with their time and talents. Join with other volunteers to provide valuable services including:

Volunteering at the King Adult Day Enrichment Program (KADEP): Volunteers are needed at our specialized adult day program, which operates weekdays. Volunteers may assist a client with a craft project, help serve lunch, help a client in a wheelchair on a field trip into the community, work in our many gardens, or even teach a class on a topic of your personal interest and skill.

Hydrotherapy Volunteers: Volunteers assist at our hydrotherapy (water exercise) programs held weekdays around the Metro area. Volunteers may assist clients in the dressing room, help with the hydrolic lifts to get clients in and out of the pool, assist in the water, or serve refreshments following the exercise program.

Special Events Volunteers: You can volunteer to plan and implement one of our special events, such as our Annual Gala, MS Awareness Month in March, MS4MS over the summer, and more!

Office Assistance: Help out in our administrative office, assisting with mailings, event preparation, marketing efforts and general office needs.

CONTACT US TODAY!

Call 303-788-4030 x. 111, email volunteer@mscenter.org
or fill out our Volunteer Application at MSCenter.org/volunteer.

The Rocky Mountain MS Center at University of Colorado



ROCKY MOUNTAIN
MS CENTER
— the answers begin here —

uhealth

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