Last year, the Hamilton Chapter moved Momentum 2015, the MS Society’s Strategic Direction into action. We mobilized passionate individuals who wanted to do something about MS now. We helped people with MS by funding cutting edge research, driving change through advocacy, facilitating learning opportunities and most importantly, providing programs and services that help people with MS and their families move their lives forward.

And we moved one step closer to our vision. This Impact Report outlines the progress made in the past year. The Hamilton Chapter is fortunate to have the support of people like you, people who have given their time, energy and talent to help. Thanks to you, we are moving forward to end MS on all fronts:

- We are moving to reach out and respond to all individuals, families and communities living with multiple sclerosis
- We are moving community leaders to champion the needs of people with MS in our community
- We are moving to mobilize an army of volunteers who want to end MS
- We are moving research forward by relentlessly pursuing the prevention, treatment and cure of MS.

Thanks to your strength, dedication, determination, endurance and passion, we are gaining momentum.

Martin Strybosch  
Chair, Hamilton Chapter  
Board of Directors

Fran Chesney  
Executive Director

Photos courtesy of Sabrina Armani Photography, Sharron & Mark Walloschek & Jessica Maindonald
The Hamilton Chapter is determined to give people with MS what they need to move forward with their lives. We know that MS does not slow down when the economy does. That is why the Hamilton Chapter worked to provide a breadth of tools, supports and information to help families living with MS not only get by during tough economic times, but continue to live well in spite of the disease.

**MUCH NEEDED HELP DURING DIFFICULT TIMES**

More than 1,000 inquiries were answered.
400 people were registered as active members.
1,557 newsletters kept people informed of current and timely information on programs and services.
45 members both gave and received support and strength from others living with MS, shared concerns and sought solutions to common problems through the 7 Support Groups meeting across the city on a monthly basis.

Close to 100 people were helped through the Equipment Funding program to obtain 195 assistive devices with an additional 40 members provided with home supports such as respite care through the Special Assistance Funding.

14 Members participated in our weekly Adapted Yoga program. No other program in the city offers modified Yoga which is a recommended form of exercise for people with chronic disabilities.

Kids Camp sponsored 56 camp experiences and supported 25 families. Kids Camp provides children a day camp experience without placing additional financial hardships on their families. This program gives children a chance to have fun and get a break from the uncertainties of living with MS. While children are engaged in skill building activities, parents can get a break from the stresses of parenting and focus on their own needs such as combating fatigue. This was the last year of funding through Grocery Industry Foundation….Together (G.I.F.T.) for Kids Camp. Over the past 11 years, G.I.F.T. has helped the Chapter bring pleasure to over 500 children of our members.

13 In-service presentations helped train over 175 professionals including Yoga Instructors, physical and occupational therapists, health care students and staff at long term care facilities.

More than 50 people attended the Education Session on Cognition and MS presented by Dr. Paulseth.
We mobilize the community through our stories. A personal story can foster relationships, inspire change and move community leaders to act. Through all our efforts of advocacy and social action, we share our stories to:

- Maximize opportunities for people with MS to participate fully in all aspects of life, community and citizenship
- Remove physical barriers to participation in society
- Improve access to health and community supports.

**Awareness Committee:** The committee worked to engage youth in the MS Society by coordinating the 2nd year of the Step Up for MS High School Challenge achieving amazing results of doubling the number of schools and dollars raised for the MS Walk. The committee also initiated a Product and Services Fair which was held during MS Awareness month in May. Over 50 members attended the fair and benefited from access to information on home care and accessibility and technicians who offered tune-ups of mobility devices.

**Representation on Community Committees:** Profiling the need for affordable, accessible housing and increased access to housing with supports was the focus of work on the following committees:

- City of Hamilton Advisory Committee for Persons with Disabilities
- Affordable Housing Flagship
- Community Advisory Board for Homelessness Prevention Initiatives
- Coalition of Community Health and Support Services
John Ellis demonstrates all the qualities of an exceptional leader – he is passionate, articulate, decisive, confident, and funny. And for the past 20 years, John has provided inspired leadership to the Hamilton Chapter. He leads by example and is quick to volunteer to represent the Chapter in the community. John is a shameless promoter of our Chapter and is excellent at telling our story. John has anchored the Hamilton Chapter Board of Directors for 20 years, 8 of which he was Chair. He championed the development of the first comprehensive Board Policy Manual which provides a solid framework for the Board’s work even today. Nothing speaks more about John’s commitment to making a difference in the lives of people living with MS than his involvement with the MS Walk. He has MC’d every Walk for the last 18 years! Each year beside his media honorary Walk Chair, John brings the crowd to its feet in a celebration of progress and hope for a world free of MS. In truth, with such a long history of involvement in the MS Society, John has left his mark on every single aspect of our Chapter’s work. The Hamilton Chapter is honored to recognize John Ellis as a MS Champion and Ontario Division Award of Merit Recipient for 20 years of inspired leadership and commitment to end MS.
The Hamilton Chapter’s expertly executed fundraising events – MS Walk, Hit a Ball for MS, Christmas Cakes and Cookies – brought thousands of people together to have fun, to celebrate successes large and small, to build a caring community and to raise money for programs and services. Many ambitious members organize private fundraising events to benefit the Chapter. These events engage family, neighbours and colleagues in supporting our mission. Along with grassroots fundraising and traditional gift giving programs, our fundraising efforts ensure the Chapter maintains a strong financial outlook.

MS Walk remains our largest opportunity to move the entire community into raising funds and awareness of the disease. Staff and volunteers work all year round to create an event that brings participants, volunteers and sponsors alike back year after year. Teams of family, friends, co-workers and schoolmates united by jaunty t-shirts, inspiring team names and an amazing commitment to end MS are providing the fuel to drive the Chapter forward in delivering quality supports and services to more people. Despite the struggling economy, over 1,200 participants, 250 volunteers, 30 sponsors at our Hamilton and Stoney Creek sites raised an amazing $270,000 in 2009.

2009 MS WALK LEAD SPONSORS:
- Alert/Best Nursing & Home Care
- Allegra Print & Imaging
- AMJ Campbell Van Lines
- Boston Pizza
- Dan Lawrie Insurance Brokers Ltd.
- H. Williams Jewellery
- Michael L. Lamont Personal Injury Law
- Tim Hortons
- Hamilton Community News
- 102.9 K-Litefm
- Talk820
- Oldies 1150
2009 ROUTE SPONSORS

> Haygar Enterprises
> Holly’s Pride of Ancaster Inc.
> Siemens Canada Ltd.
> Szpiech, Ellis, Skibinski & Shipton Barristers and Solicitors

MS WALK COMMUNITY SUPPORTERS:

> a PASSION for living
> Art Gallery of Hamilton
> Art Gallery of Ontario
> Bloom’N Gales
> Canadian National Exhibition
> Carluke Orchards
> City of Hamilton
> Fortinos
> Hamilton Bulldogs
> Hamilton Chamber of Commerce
> Hamilton Philharmonic Orchestra
> Hamilton Ti-Cats
> Hollywood Fun Spot
> King of Signs Limited
> La Cantina
> Marta Hewson Photography
> M & M Meat Shop Hamilton
> Ontario Place
> Pongetti Musical Instruments
> St. John Ambulance
> St. Mary’s Catholic Secondary School
> Sabrina Armani Photography
> Saltfleet District High School
> Scholar’s Choice
> Shoppers Home Health Care
> Symphony Hamilton
> The Keg Steakhouse and Bar
> Toronto Agronauts Football Club
> United Rentals
> Wayne Janus
> Mark & Sharron Walloschek

Stoney Creek MS Walk is recognized as the Most Improved Walk in Ontario.
Anyone who attends the Stoney Creek Walk, will tell you a dozen reasons why they wouldn’t go anywhere else - it is simply the best executed, the most moving and finest family friendly event in the city. And the word is spreading. As a result, Stoney Creek had more people, larger teams and more fun raising $80,000 in 2009. Congratulations Stoney Creek for being recognized as the most improved Walk in Ontario!
If the Hamilton Chapter is able to help others move forward in their lives, it is because others move us. Volunteers make the Chapter better. Fittingly it is at our most visible events that volunteers are most visible. See those people taking registrations at the MS Walk? Handing out pamphlets at the fair? Delivering Christmas Cakes and Cookies orders? They are the heart of the Chapter – volunteers one and all. Nothing happens without the strength and passion for the mission of our volunteers.

THANK YOU TO OUR COMMUNITY FUNDRAISERS:

> 9th Annual Fuca Family Dinner for MS
> 2nd Cause for a Concert
> Boston Pizza
> Hamilton Tiger Cat Alumni Association Wall of Honor Charity Dinner
> Hearts for MS
> 6th Mulligans fore MS Golf Tournament
> Shave Ur Head for MS
> 15th Susi Family Dinner

Hit A Ball for MS: Thanks to the outstanding efforts of the fundraising team, volunteers took our hole-in-one competition to 33 tournaments recruiting 11 more tournaments than the past year. Hit a Ball for MS raised over $13,000 and carried our message to over 2,600 golfers.

HIT A BALL FOR MS SPONSORS:

> DHTour Dorchester Holidays & Tours, Burlington  >  Golf Town  >  Golfer’s Den
CHRISTMAS CAKES AND COOKIES CAMPAIGN:
How many chocolate covered almond shortbread cookies do you think it takes to make over $20,000 in sales? - a lot! Thanks to the 177 dedicated volunteers who are relentless in their pursuit of sales, our Christmas Campaign and Entertainment Book sales helped us raise close to $7,500.

BINGO:
Revenue from participation in the Charity Bingo program supports our Equipment Program. Every other Saturday morning throughout the year, a team of dedicated volunteers rise early to work our Bingo. Without these volunteers, the Chapter would have less funding to support essential mobility devices. In fact, more than 15 members have these volunteers to thank for making their lives easier:

> Bingo Coordinators - Nancy Meadows, Karen McKever
> Bingo Sellers - Angelo Cosentino, Mike Custodio, Delbert LeBeau, Kathleen MacLean, Justin Zuccolin

MS Champion
Sally Simpson
Ontario Division Certificate of Exceptional Achievement

Sally Simpson is a true example of the power of volunteering. Her dedication and passion for the mission of the MS Society is remarkable. Sally was instrumental in pioneering the Client Companion program in 2004. She was the first volunteer to be matched with a client. Today the two are inseparable and the best of friends. Not only has Sally lent her support to key fundraising events such as the MS Walk and our Christmas Cakes and Cookies campaign, Sally eagerly accepts whatever job is pressing and needs doing. She did not hesitate to volunteer when we established the May Awareness Committee. For the past three years, Sally could be found securing sponsors for awareness initiatives, speaking at high schools and promoting the work of the Hamilton Chapter at fairs, schools and businesses. For all the hours when Sally fostered awareness of the MS Society in the community, or shared a special moment with her client; for her spirit and the dedication she brings to sharing the vision of a world where no one will face MS alone; we celebrate Sally Simpson as a MS Champion and recognize her contribution with the Ontario Division Certificate of Exceptional Achievement.
The Hamilton Chapter appreciates the generosity of its donors and takes every step possible to ensure that funds are used responsibly and effectively as we move toward an end to MS. The MS Society of Canada meets or exceeds the not for profit standards of financial responsibility. The Hamilton Chapter is extremely well respected for its diligence in balancing our financial commitment to meeting local needs and supporting research. We proudly increased our contribution to research to $40,519 and provided an additional $55,331 to support the MS Clinics in Ontario and services in areas of the province that are not in a position to support a local Chapter. For complete financial information, please call the Hamilton Chapter at (905) 527-7874.

Multiple Sclerosis Society of Canada, Hamilton Chapter
Statement of Revenue and Expenditure
For the year ended August 31, 2009

<table>
<thead>
<tr>
<th></th>
<th>2009</th>
<th>2008</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue</strong></td>
<td>$</td>
<td>$</td>
</tr>
<tr>
<td>Special fundraising projects, net</td>
<td>$283,458</td>
<td>$287,097</td>
</tr>
<tr>
<td>United Way Grants</td>
<td>$64,914</td>
<td>$64,411</td>
</tr>
<tr>
<td>Donations</td>
<td>$53,511</td>
<td>$52,642</td>
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<tr>
<td>Grants</td>
<td>$28,343</td>
<td>$43,259</td>
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<tr>
<td>Bequests</td>
<td>$56,227</td>
<td>$28,118</td>
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<tr>
<td>Memberships</td>
<td>$4,765</td>
<td>$3,999</td>
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<tr>
<td>Interest</td>
<td>$2,828</td>
<td>$3,803</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>$162</td>
<td>$3,350</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>$494,208</td>
<td>$486,679</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Expenses</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Program services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Client services</td>
<td>$179,545</td>
<td>$166,194</td>
</tr>
<tr>
<td>Public education</td>
<td>$71,919</td>
<td>$81,519</td>
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<tr>
<td>Social Action</td>
<td>$21,322</td>
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<tr>
<td>Volunteer resources</td>
<td>$33,216</td>
<td>$42,679</td>
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<tr>
<td>Support services</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Development</td>
<td>$48,620</td>
<td>$57,228</td>
</tr>
<tr>
<td>Administration</td>
<td>$43,736</td>
<td>$55,502</td>
</tr>
<tr>
<td><strong>Total Expenses</strong></td>
<td>$398,358</td>
<td>$403,122</td>
</tr>
<tr>
<td>Revenue sharing with Ontario Division</td>
<td>$55,331</td>
<td>$47,666</td>
</tr>
<tr>
<td>Research funds contributed to Ontario Division</td>
<td>$40,519</td>
<td>$35,891</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>$494,208</td>
<td>$486,679</td>
</tr>
<tr>
<td><strong>Excess (deficiency) of revenue over expenses for the year</strong></td>
<td>-</td>
<td>-</td>
</tr>
</tbody>
</table>

(unaudited)  (unaudited)
It is the generosity of donors, volunteers and businesses that allow the Chapter to fund vital research and provide essential local programs. The following individuals, corporations, foundations and groups have made generous financial contributions to the Hamilton Chapter in 2008-2009:

We sincerely thank the following members of the Evelyn Opal Society of the Multiple Sclerosis Society of Canada who have included a gift to the Chapter in their estates.

Barbara Carruthers | Harv Devins | Anonymous Donor

### Community Champions
The MS Society of Canada, Hamilton Chapter recognizes the generous commitment of the following donors:

### Grants
- United Way of Burlington and Greater Hamilton
- City of Hamilton
- G.I.F.T. (Grocery Industry Foundation... Together)
- Bayer HealthCare Pharmaceuticals
- Biogen Idec Canada Inc.

### $5,000+
- Estate of George Littlewood
- Hadrian Manufacturing Inc.
- Hamilton Tiger-Cats Alumni Association

### $1000 – $4999
- Albert Abram Lager Foundation
- Brian Butler
- Robert Busby
- Daniel Chitiz
- Harv Devins
- Paul Festeryga
- Richard Gratton
- Insurance Brokers Association of Hamilton
- Janco Steel Ltd
- Ontario English Catholic Teachers Association
- Greg Paul
- Samuel, Son & Co. Limited
- Stryker Canada LP
- Venetor Equipment Rental Inc.
- Rob Witter

### $500 – $999
- Absolute Pilates
- Jeanne Barbadoro
- Andrew Burgess
- Angela Cameron
- Danielle Cherubin
- Al Dawson
- Beverly Ellis
- June Flewelling
- John and Mary Lou Fuca
- Sonny Goldstein
- Sarah Giovannone
- Jeff Heidbuurt
- Ross Hiscock
- Horizon Employees’ Charity Fund
- IA Clarington Investments Inc.
- Investment Planning Counsel Inc.
- Peter Long
- Mackenzie Financial Corp.
- Grant Mackenzie
- Molson Inc.
- National Steel Car Limited
- Barbara & Vic Neufeld
- Katie O’Brien
- OCL Industrial Materials Ltd
- Rise Paquette
- Carolyn Patenause
- Andy & Lorissa Skrypniak
- Carrie Smith
- Beril Sykes
- Jansje Vandenbergh
- Venturelink LP
- Vicwest Corporation
- Steve and Susan Vucko
- Wesmat Supplies Limited
- Pat and Jackie Wilson
- Tom Witter
We are moving research forward by relentlessly pursuing prevention, treatment and cure. The endMS Campaign has created tremendous momentum and had a profound influence on uniting the MS community behind some very big but achievable targets. The Hamilton community has responded with a resounding Yes! Whether asked to pledge a Walker, sponsor an event, invest time in volunteering, host a global dinner party or display the endMS magnet, our community has enthusiastically joined the movement to end MS.

For people living with multiple sclerosis the “cure” means different things to different people. For people who have just been diagnosed, the cure will stop MS in its tracks. For people who have lived with MS and have experienced loss of mobility and other serious impairments, the cure means repair of the nervous system and recovery of lost functions. For people with a family history of MS, the cure will allow their children or grandchildren to live a life free from MS.

The research funded by the MS Society addresses all three definitions of a cure. Research is multi-faceted but with a clear purpose:

- to find a cure for MS,
- protect the nervous system and repair damage caused by MS, and
- improve monitoring and management of the disease.

And we are making progress on many fronts:

- There are treatments for some types of multiple sclerosis.
- Researchers have developed “windows” into the disease through technology.
- We have evidence myelin can and does regrow spontaneously which indicates repair is possible.
- Investigators have a better understanding of the nature of MS which means some types of MS can be more effectively managed.
- Scientists have identified key molecules responsible for initiating the abnormal immune system response in MS.
- There is understanding that both genetic and environmental factors are important in the cause of MS.

Because we know that together our combined efforts move us forward faster, the Hamilton Chapter proudly contributed $40,000 to research in 2008-2009. Your dedication and commitment to finding a cure for MS was recognized when the Hamilton Chapter was one of a handful of Chapters across the province to receive the prestigious Platinum Research Award at the 2008 Ontario Division Annual Meeting.
At the MS Society of Canada, we uphold the following values:

- We believe in and work toward the full integration of people with multiple sclerosis in all aspects of life.
- We keep those affected by MS at the centre of our work at every level of the organization.
- We treat everyone with respect and dignity, and protect their privacy and rights to make decisions about their lives.
- We give hope to people affected by multiple sclerosis.
- We provide meaningful benefit to the greatest possible number of people affected by MS.
- We acknowledge the grassroots of our organization as one of its greatest strengths.
- We recognize that volunteers, donors, and employees are critical to our success, and we celebrate their commitment.
- We demonstrate ethical behaviour and integrity.
- We adhere to the highest standards of quality, transparency, and accountability.
- We create safe and collaborative environments that foster positive relationships.
OUR MISSION
To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

LEADERSHIP
An outstanding group of key volunteers serve on the Hamilton Chapter Board of Directors to establish the Chapter’s goals and strategic directions, and to guide the staff as they deliver on the promise of the Society’s mission:

Martin Strybosch, Chair  Bill Anderson  Angelo Cosentino
John Ellis  Anne Foley  Barbara Neufeld
Peter Jaycock  Renee Roy  Tom Witter

HAMILTON CHAPTER STAFF
Fran Chesney, Executive Director
Barbara Carruthers, Senior Client Services Coordinator
Catharine Everets, Client Services Coordinator
Dawn Ludwig, Administrative Assistant
Carley Smith, Fundraising and Public Relations Coordinator
Pamela Fowler, Senior Fundraising Coordinator
Alison Foreman, Fundraising Coordinator

HOW WILL YOU HELP END MS?
The actions of just one person can make a powerful impact on today’s world. Now think how powerful we could be if we all moved forward to end MS together. What we do today will make a significant difference in the lives of more than an estimated 1,300 people living with MS in Hamilton.

- Be a voice for MS in the community
- Participate in the MS Walk
- Donate generously
- Volunteer at an event
- Join a committee

Help us gain momentum to endMS and respond to the needs of people with MS and their families who are always at the very centre of what we do.

For more ways you can get involved, contact
Hamilton Chapter
5-94 Cannon Street West, Hamilton ON L8R 2B6
Tel (905) 527-7874 • Fax (905) 527-8484
info.hamilton@mssociety.ca
www.mssociety.ca/hamilton