



The Oak Leaf

SUMMER 2014

TECHNOLOGY HELP!

Need help with your home computer, entertainment system, security, telephone or automotive electronics?

A University of Akron students has volunteered to help!

For more information, give Tricia Jones a call at 330-896-9625



ON THE INSIDE:

Pages 2

- Training For Your First 5K
- Grab Your Running Shoes
- Tips For Use of a Handicap Plates or Placard
- From Patti at the Bladder Clinic
- 5th Annual MS Trail Walk

Pages 3

- Thank You to Diamond Run Donors & Sponsors
- Diamond Run
- St. Vincent - St. Mary's Hits for MS
- Getaway Pub Chef Tray Benefit
- Thank You Donors!

So where is the snow & cold...GONE!

At least for now! The winter of 2014 did prove to be a challenge for everyone but all that is left are memories and stories. And as we write this newsletter, it is 90° outside and very humid. Ahhhh-the dog days of summer!

This newsletter is a bit of an update, a bit of thanks and a bit of surprise as we share what is to come. You are receiving it because you are important to the Oak Clinic-as a donor, a friend or a patient! You are essential to us and we welcome your feedback.

THANK YOU for caring about those served by the Oak Clinic for Multiple Sclerosis. The Oak Clinic cares about YOU too!



AARP & UNITED HEALTHCARE INSURANCE FOR MEDICARE PATIENTS

The Oak Clinic is no longer on AARP Insurance Panel which is United Healthcare's Medicare product. We would advise any AARP patient that comes to the Oak Clinic to choose a new Medicare provider during open enrollment in November if you want to continue coming to the Oak Clinic. We are sorry for this inconvenience this decision was not our choice and we did try to appeal their decision.

From Sue and Jane at the Intrafusion Treatment Center

Here are some thoughts for those patients who come to the Oak Clinic for Intrafusion:

- Call with any insurance changes as soon as you get them. Don't wait until the time of your appointment because there is a chance that you will not be able to be treated until your insurance is approved.
- Be mind of other patient's health. If you have a fever or flu-like symptoms, call to re-schedule your appointment.
- Did you know that Federal Law states that there must be a doctor on site in order to be able to intrafuse Medicaid patients?
- Holidays are approaching so schedule ahead. The Oak Clinic will be closed the following days:

- Monday, September 1 – Labor Day
- Thursday, November 27 and Friday, November 28 – Thanksgiving
- Wednesday, Thursday and Friday, December 24, 25 and 26 – Christmas
- Thursday and Friday, December 31 and January 1 – New Years

Additions and Corrections to the Oak Leaf Special Edition printed in March, 2014

We sincerely apologize to these important Oak Clinic Friends for our errors.

Individual Donations were made by the following:

- Mark and Tina Oelschlager
- Robert and Carolyn David
- Recognized spelling error includes:

Page 6: First Tribute to Jim and Vanita Oelschlager should read: Dr. Tom and Mary Ann Jackson

TRAINING FOR YOUR FIRST 5K?

Here are some tips from runnersworld.com

1. Sign up! Join the Oak Clinic 5K Acorn Walk on Sunday, September 27. Make a commitment and you'll have a reason to train!
2. Get organized! Find a solid training plan. www.runnersworld.com has a simple guide to follow. Parks, bike paths and tracks are better to train on than high-traffic streets. And soft surfaces, like grass and dirt, are better than paved surfaces.
3. Buy the Right Shoes! Worn-out or ill-fitting shoes can lead to injury. If in doubt, go to a specialty running store and get help with finding a pair.
4. Don't Do Too Much! Follow a plan and listen to your body. If you are sore and tired, take a break and rest.
5. Reward Yourself! When you hit a milestone-like sticking to the plan for a week or running farther than you did before-give yourself a treat to stay motivated.
6. Find a Partner! Having a running friend is a strong motivator when you're training. Make sure they sign up too for the Oak Clinic 5K Run!
7. Stick to the Plan! Resist the urge to pile miles onto the plan, even if you are feeling great. When you get to the starting line, you can add intensity!
8. Schedule your Workouts! You won't do it if you don't work it into your schedule. Make this a priority and Do it for YOU!
9. Don't Go Too Fast! The greatest challenge of getting through the race is finding the right pace that can sustain and go the distance!

TIPS FOR USE OF A HANDICAP PLATES OR PLACARD:

- You must remove the permit from the mirror before driving. Never drive with the placard hanging from the mirror.
- When parked, hang the parking placard from the vehicle's inside rearview mirror.
- Use the parking spaces reserved for the disabled only if you have the license plates or parking placard, and only when the person with a disability is driving or riding in the vehicle.
- Never park in the access aisle or striped area next to a reserved parking space. This allows access to the parking space by people with wheelchairs and specially-equipped vehicles. It is not a parking zone.
- Do **NOT** allow others to misuse your plates or placard.
- When you use the license plates or parking placard, you are **NOT** exempt from parking regulations or fees.

FROM PATTI AT THE BLADDER CLINIC

Thanks to the Robert O and Annamae Orr Family Foundation, a Bladder Clinic was opened at the Oak Clinic and patients with bladder issues are gaining answers to their questions.

Here are some Bladder Facts for your knowledge:

- Bladder and bowel symptoms are experienced by over 80% of MS patients-but they are the last discussed symptoms with Health Care Providers.
- If you get numerous bladder infections, the cause is probably not emptying your bladder completely. This can be diagnosed quickly with a Post Void Residual (PVR) with Ultrasound.
- Constipation is the most common problem with MS patients. Lifestyle changes can make you more comfortable—eating regularly, drinking fluids, adequate fiber, and establishing a “pattern” can help.
- Just as every patient's MS is different, so are bladder and bowel symptoms. A plan of care must be made for you. If you need help, talk to Patti Blake at the Oak Clinic.

5TH ANNUAL MS TRAIL WALK

In 2013, 2.3 million people worldwide were forced to live their lives with Multiple Sclerosis.

The MS Trail Walk supports the Oak Clinic for Multiple Sclerosis. This clinic was founded by Oak Lodge owner, Jim Oelschlager who is currently living with MS. “The Oak Clinic is a nonprofit out-patient facility that strives to treat and empower individuals living with MS regardless of their ability to pay.”

We hope you will join us for the 5th Annual MS Trail Walk on the beautiful trails of Oak Lodge on October 18, 2014!

Together we can turn the uncertainty of MS into hope. The MS Trail Walk is such a wonderful fall event perfect for families and friends to get out and enjoy the beautiful foliage of the Laurel Highlands while supporting those diagnosed and affected by MS.

Walkers can choose the 5K trail or the 1-mile trail. An amazing lunch donated by many supporters is always waiting for our walkers at the finish line. Each year we have added more fun to the event including tours of Jimberg, basket raffles, face painting and a fall kids craft. We hope to add more fun surprises each year!

To register, simply go to www.oaklodgepa.com and click on the MS Trail Walk link at the top!

REGISTER BY SEPTEMBER 26, TO RECEIVE A WALK T-SHIRT

If you would like to be a sponsor, make a donation or have questions, please contact us via phone at (724-593-2913) or email kristinkinneer@gmail.com.



GRAB YOUR Running Shoes!

The Fourth Annual Acorn Run is scheduled for Sunday, September 21 starting at 8 AM.

Even if you won't be running, you can solicit sponsorships for a friend or family member with MS using the sponsor sheet. Anyone soliciting over \$150.00 will be eligible for random prizes and earn **FREE REGISTRATION** for the Run! *Come and be a part of this event or be a part of the crowd that cheers on the runners!*



Thank you to Diamond Run Donors & Sponsors

Patricia S. Gay
Cathy/Joann Dietz
Jerry and Cindy Michael
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Akron RubberDucks

DIAMOND RUN

If you were not at the Akron RubberDucks Stadium on Sunday, April 27th, here is what you missed:

- A 1K run on the warning track that over 100 area school children participated in,
- An announcement that 107 children earned over \$12,000 for Oak Clinic,
- An exciting game between the RubberDucks and Altoona and Akron won 6-4!
- Realization that sponsors donated over \$25,000 for Oak Clinic,
- An auction of baseball jerseys worn this day only earned over \$2,000.
- Total dollars earned for the Oak Clinic was \$42,870.00. **WOW!**

Thank you to the following schools who participated with a school-wide assembly:

Barberton East Elementary Summit Academy
Barberton West Elementary Akron Glover CLC
SCOPE



ST. VINCENT - ST. MARY'S HITS FOR MS

What do you get when you combine a group of kids who care about MS, a coach who supports their cause, and a baseball bat...you get Hits for MS sponsored by the St. Vincent-St. Mary's Baseball team. This amazing team of young men solicited dollars for the Oak clinic and earned \$1860.00. THANKS just not seem enough for the HOME RUN that this team hit but we wish to express our sincere appreciation to the team, coach Anthony Boarman, and the generous donors who supported them!

GETAWAY PUB CHEF TRAY BENEFIT

Looking for a great place for a quick lunch or casual supper-try the Getaway Pub at 1462 N Portage Path, Akron, OH 44313 and when you do, please say **THANK YOU** to the staff for the *Chef Tray Benefit for Oak Clinic* that they organized and hosted on Sunday, June 29th. Oh... and remind them they raised \$5,367.00 for Oak Clinic. Incredible!

Owner, Denny and Getaway hostess, Sarah, along with the Getaway family including Jeff, Andy, Charlie and Kimmie went above and beyond to make the event a rousing success. On behalf of the 2,000 patients served by the Oak Clinic-Thank you from the bottom of our hearts!

Thanks too to those individuals and businesses listed who donated goods and dollars for the Silent Auction.

THANK YOU DONORS!

We have received grants from the following foundations in 2014! These dollars are essential to allowing the Oak Clinic to care for all MS patients-*regardless of their ability to pay!*

- \$5,000: Summa Health Care System for General Operating Expenses
- \$5,000: John S and James L Knight Foundation for General Operating Expenses
- \$10,000: The Mary S and David C Corbin Foundation for Patient Care Program
- \$4,500: The Aultman Foundation for MS Awareness in Schools
- \$4,000: Tuscora Park and Wellness Foundation for Emergency Assistance
- \$4,500 - WITAN for Emergency Assistance



Oak Clinic Acorn Run 2014!

WHO WILL **Take-a-Dunk?**

Sunday, September 21st, 2014
Rain or Shine



DR. TIMOTHY CARRABINE VS TRICIA JONES

We are raising dollars for the run and the loser will **TAKE A DUNK** for the **OAK CLINIC** on Race Day!

RUNNERS CAN ALSO CREATE THEIR OWN DUNK FOR THE OAK!

Just call Sue Arnold at 419-581-1182 to set up your challenge!

BE A FUNDRAISING "NUT" AND GO "NUTS" FOR THE OAK CLINIC

Help support the Oak Clinic's mission by getting sponsorships and earn **FREE REGISTRATION** in the Acorn Run.
Find sponsors to support your 5k walk/run • Run in honor of family member or friend with M.S • T-shirt included

If your registering for the race only use these three websites:

www.imathlete.com/events/OakClinic5K • www.active.com/uniontown-oh/running/distance-running/oak-clinic-5k-acorn-run-2014
or visit www.oakclinic.com • Same day registration @ 7:00AM at The Oak Clinic

8:00 A.M. race begins in front of the Oak Clinic
7:00 A.M. pre-race registration and race bib pickup

LOCATION: SUMMA HEATH CENTER/GREEN
3838 Massillon Rd., Uniontown, OH 44685 -parking in rear of building

\$30 ADULTS • \$20 FOR STUDENTS
T-SHIRT INCLUDED

Anyone who raises over 150 dollars will be eligible for random prizes!

For More Information contact Tricia Jones at: 330-896-9625 • www.oakclinic.com