

**I AM.
I CAN.
I WILL.** TM

Can Do Multiple Sclerosis

Year In Review - 2010

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A Message from our Leaders

Dear Friends,

2010 was a year of growth and opportunity for Can Do MS. Through new and exciting collaborative partnerships with many of our friends in the MS community and the expansion of our program capabilities, we successfully reached more people affected by MS, especially those with whom we would not have previously had the opportunity.

Although 2010 continued to be an economically challenging year, we were able to expand our programs in entirely new ways, enabling us to reach more people with MS than ever before. You and your support are critical to our success and thanks to you we have accomplished so much.

2010 Highlights:

- ★ The launch of our new website, www.msando.org which captures all that we are as an organization by summarizing our past, present, and future; creating a new community for our program participants; and empowering us to offer free online programming to the entire MS community.
- ★ The introduction of our new Webinar series – an educational, informative, and accessible program where attendees can interact with other participants and our program staff online. We have also implemented an archiving system for our webinars, making them available on our website to everyone any time of the day. As a result, over 1,000 people viewed our webinars in 2010.
- ★ As part of the MS Coalition, we work with a network of independent MS organizations to educate, advocate, and improve the efficiency of services for individuals with MS. In 2010 we began a new initiative called the Emerging Therapies Collaborative with the goal to provide timely, evidence-based resources regarding the known benefits and risks of newly emerging, FDA-approved medications for MS. The purpose is to ensure that people affected by MS and health care professionals can make informed decisions based on complete, non-biased, and consistent information.
- ★ Fiscal responsibility is a continuing priority to guarantee that our resources are used effectively, efficiently and in furtherance of our mission. Over 80 percent of our donations and grants are spent on programs that fulfill our mission to transform and improve the lives of people and families living with MS.

The strength, creativity, and caring of everyone involved with our organization, from participants, staff and board members, to our loyal and generous donors, is awe-inspiring. Exciting times are yet to come for Can Do MS, and thanks to your continuing support our goals will continue to become reality.

Thank you for all that you do for people living with MS.

Michelle Leighton
Chair, Board of Directors
& Katie DeMore
Head of Operations





Mission and Philosophy

You Can LIVE FULLY WITH MS

Everything we do at Can Do MS is driven by one simple belief: you are more than your MS. With a vision, a mission and core values rooted in the legacy and belief of our founder Jimmie Heuga that everyone living with MS has the power to live full lives, Can Do MS is the start of a whole new way of thinking about and living with multiple sclerosis.



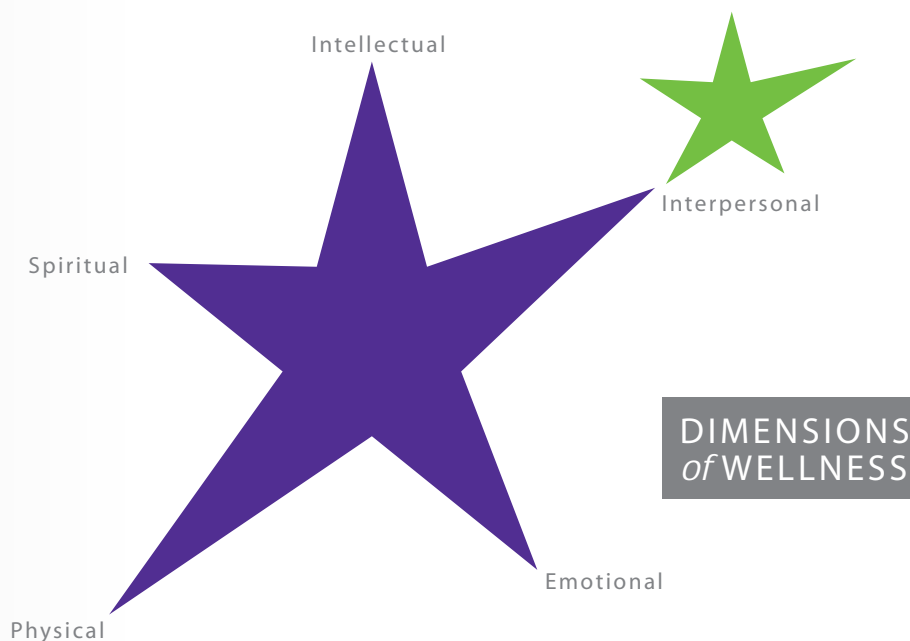
MORE THAN WELLNESS. LIFE STRATEGIES.

The incurable nature of MS combined with the complexity of its various stages, its individual nature and its unpredictability, creates multi-faceted challenges for people living with MS and their loved ones. Lifestyle empowerment is about learning the individualized skills and mindset to take active charge of your health and your life with multiple sclerosis. It's about helping you regain a sense of control, dignity and freedom by teaching you and your support partner how to overcome your unique challenges and create personalized lifestyle strategies that help you and your support partner live your best lives with MS.

A Unique Multi-Dimensional Approach

A Whole New Way of Living with MS

Our approach to lifestyle empowerment is rooted in a unique whole person, whole health and whole community philosophy that provides people with MS and their support partners with a deeper and broader understanding of their unique condition in personalized, experiential settings. By gaining more in-depth understanding of their unique condition, their body and themselves, and blending that knowledge with realistic and personalized goal setting, individuals learn what is possible with MS and how to live fuller, richer lives within the constraints of MS. We take an individualized approach to teaching and learning, beginning where you are, no matter what stage of MS, and helping you to apply what you've learned to your unique condition and symptoms.



What Makes Us Different

We Go Deeper, Broader and Focus on the Whole Person

Can Do MS is the only resource of its kind in the world. We begin where other health and wellness programs leave off, complementing the traditional models of MS care by providing a more personalized, engaging, and experiential approach to enhanced well-being with multiple sclerosis. Can Do MS leads the way with comprehensive programs that empower people and families living with MS to transform and improve their quality of life.

From learning how to make smarter lifestyle choices that enhance well-being to understanding how to manage individualized symptoms, reconnect with themselves, their loved ones and life passions, our programs go beyond traditional health and wellness programs by exploring all aspects of living with MS and empowering participants with a whole new way of thinking about and living with MS. Recognizing that MS is a family disease, our programs also educate and address the needs of support partners and family members.

“

Everyone involved was unbelievable ... I had never felt so at the center of attention. This is a must do program for those who want more from their life and feel that MS has brought them to a stop.

”

—CAN DO Program Participant



Program Recap

CAN DO®

Four Days That Transform Lives

Imagine a program dedicated exclusively to helping you live your best life with MS. A personal and powerful multiple sclerosis program that addresses your unique physical, emotional, social, intellectual and spiritual needs and provides you with the knowledge, skills, support and confidence to transform challenges into possibilities. Our world-renowned CAN DO Program offers the industry's most comprehensive view of multiple sclerosis, taking you on a profound exploration of your unique condition and empowering you with a whole person, whole health and whole community approach to living fully with MS.



“

I went to the CAN DO Program so that I could support my husband better by understanding MS better and the program blew me away. It was great!

”

—CAN DO Program Support Partner



CAN DO® (continued)

EXPLORE. DISCOVER. REALIZE. LIVE.

Using a interdisciplinary team of nationally recognized professionals, the intensive, four-day CAN DO Program goes well beyond traditional health and wellness programs by providing comprehensive assessments and education about MS – its effects, treatment options and lifestyle adaptation strategies. Through seminars, interactive workshops, support groups and goal setting, participants develop a personalized lifestyle plan, learning how to address lifestyle areas unique to them, including nutrition, exercise, rehabilitation, mobility, bladder/sexual function, psychological support, and ways to seek out and acquire needed resources. With a staff to participant ratio of 2:1, participants receive an unsurpassed level of personal attention and are able to speak with medical professionals in an intimate, unhurried environment that is rare in health care today.

INCLUDING SUPPORT PARTNERS IN THE JOURNEY

Spouses, family members or friends are encouraged and even expected to attend the CAN DO Program. Special sessions are devoted to this group to explore their needs, goals, concerns and challenges.

“

The staff was incredible; everything from the speakers, to everybody's individual support of each participant and support partner, to the attention to every detail was exceptional. This program did make me realize that I CAN DO so much, and has made what I can't do anymore much less important. I received concrete help with sleeping, exercising, bladder and bowel issues, and nutrition. I understand MS much better, both the disease and the treatments. And, perhaps most important, I made wonderful, nurturing friends.

”

—CAN DO Program Participant

JUMPSTART®

The Start of What is Possible

JUMPSTART One-Day Program

Our one-day JUMPSTART Program is an interactive educational program in which you and your support partner gain the knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage your MS.

Offered at no charge in communities across the country, our JUMPSTART Program provides participants with an interactive exploration of health, wellness and lifestyle empowerment approaches and topics. The topics range from cognitive and fatigue issues, to goal setting, nutrition, exercise, emotional well-being and often includes programming specifically for support partners and their concerns. JUMPSTART Programs are provided in collaboration with the community's local National MS Society chapter and/or other local MS-related organizations.

Jumpstart Your Relationship Teleconference Series

This series is a collaborative effort between The National MS Society and Can Do MS. The goal for this project is to help couples address the emotional issues created by common MS symptoms. The collaboration also allows both organizations to reach a broader audience as the format may appeal to couples who prefer this method of teaching rather than traditional "couple work."

“

It will change your life in some way, if not many. I guarantee it!

”

—JUMPSTART Program Participant



JUMPSTART® (continued)

Couples learn to work together while dealing with the uncertainty multiple sclerosis can bring to a relationship. The scenarios used throughout the series are based on real life stories told by couples over the years, although the names have been changed. We believe the best way to facilitate this series is by learning about others who have successfully mastered some of these issues.

Jumpstart Your Relationship In-Person Program

Jumpstart Your Relationship: Weekend Retreat for Couples Living with MS is a newly created collaborative program of the National MS Society and Can Do Multiple Sclerosis. Together we recognize that education about how to manage MS and its symptoms can have only a limited impact when a couple lacks adequate communication and conflict resolution skills to implement the strategies learned.

The Jumpstart Your Relationship In-Person Program takes couples a few steps beyond just general knowledge of the disease to a place where they can successfully address the challenges that MS may bring to their relationship. By creating and engaging in a structured workshop program, couples will come away with the tools and skills necessary to more effectively deal with relationship challenges in general, as well as those related to multiple sclerosis.

“

They provided information to me that I didn't even know were options.

Everybody was so focused and helpful.

”

—JUMPSTART Program Participant



WEBINAR SERIES

The power to be more online

The Can Do MS webinar series is an ongoing, informative and accessible program that allows individuals living with MS and their support partners to join us from the convenience of their home or office at no charge for this web-based lifestyle empowerment program where participants can interact with other participants online. It allows individuals to see beyond their MS by gaining the knowledge and tools to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives. The addition of this program allows us to reach over 1,000 more people each year.

Ask the Can Do Team

Gain power and perspective through Q & A

Ask The Can Do Team allows CAN DO Program graduates (people with MS and support partners) to connect with our interdisciplinary team of MS professionals and gain additional knowledge and skills to actively co-manage their MS and live their best lives.

As CAN DO Program graduates ask questions of our MS professionals, we post the questions and answers on our website for everyone to see. The questions and answers deal with all aspects of living with MS – physical, emotional, intellectual, interpersonal, spiritual and helps participants maintain the connection to our community and stay on track long after they have attended our programs.

*Helping us reach **1,259** more people in 2010!*

“

*This was definitely one of the best and most informative webinar /
teleconferences I've ever participated in. Thank you so much!*

”

—Webinar Participant



2010 Programs

2010 CAN DO Programs

May 12-16, 2010 – Modesto, CA

October 6-10, 2010 – Vail, CO

2010 JUMPSTART Programs

January 29, 2010 – Reno, NV

March 24, 2010 – Spring Wellness Symposium – Philadelphia, PA

July 31, 2010 – North Platte, NE

August 7, 2010 – Roanoke, VA

October 2, 2010 – San Diego, CA

October 3, 2010 – Irvine, CA

October 30, 2010 – Wellness Expo – Buckhead, GA

2010 JUMPSTART Your Relationship, Teleconference & In-Person Programs

January 7, 2010 – Teleconference/Series #1

February 23, 2010 – Teleconference/Series #2

April 15, 2010 – Teleconference/Series #3

June 1, 2010 – Teleconference/Series #4

July 22, 2010 – Teleconference/Series #5

July 24, 2010 – Beaumont, TX

October 7, 2010 – Teleconference/Series #6

October 23, 2010 – Lake of the Ozarks, MO

November 6, 2010 – Lake Harmony, PA

2010 Webinar Series

Emerging Therapies – July 13, 2010

Practical Spirituality – August 10, 2010

Exercise and MS – September 14, 2010

Bladder Issues – October 12, 2010

Healthy Eating / Nutrition – November 9, 2010

Relationship and Communication – December 14, 2010



2010 Events

Can Do Events

EVENTS THAT FUEL WHAT IS POSSIBLE

Each year in communities across the country, Can Do MS sponsors many fundraising events to raise awareness and provide funding for our lifestyle empowerment programs. From snow sports and golfing to creating your event, there are a variety of ways to help us empower people living with MS and their support partners with the life skills, tools and strategies to live their best lives with multiple sclerosis. Whether you participate, volunteer, donate or sponsor, your involvement provides the fuel to change lives.



Fairy and Faun Faire	Denver, CO
Crystal Kick-Off Party	Seattle, WA
Bluegrass Jam and Silent Auction	Steamboat Springs, CO
10th Annual Winter Wine & Ski Expo	Reno, NV
Big Sky Vertical Express for Can Do MS	Big Sky, MT
Crystal Mountain Vertical Express for Can Do MS	Crystal Mountain, WA
Eagle Ice Bowl Disc Golf Tournament	Eagle, CO
Brewmaster's Benefit Dinner	Mountain View, CA
Squaw Vertical Express for Can Do MS	Squaw Valley, CA
Solitude Vertical Express for Can Do MS	Solitude, UT



Steamboat Springs Vertical Express for Can Do MS	Steamboat Springs, CO
Skea Trunk Show	Edwards, CO
Schweitzer Vertical Express for Can Do MS	Schweitzer, ID
Ski Fest for MS	Loveland Ski Resort, CO
3rd Annual MS Skate-A-Thon	Vail, CO
April Awards	Vail, CO
Jimmie Heuga Memorial Golf Tournament	Cordillera, CO
Hike MS at Copper Mountain - NMSS Event	Copper Mountain, CO
22nd Annual Alpen Wine Fest	Squaw Valley, CA
Vail International Pro-Am – Country Club of the Rockies	Edwards, CO
8th Annual Laurence Poltasch Memorial Golf Tournament & LP SoulCycle – Ride for MS	Scarsdale, NY
Ski Crud Club Invitational Golf Tournament	Hayden Lake, ID
Pacific Rim Wine Maker Dinner	San Diego, CA
20th Annual Francis Golf Outing	St. Clair Shores, MI
Rolex Raffle	Edwards, CO
Annual Autumn Benefit	New York, NY
Kayak 4 the Kure for MS	Mt. Pleasant, SC
Mantra Scrubs/Roxy Event @ Roxy Cherry Creek North	Denver, CO
Benefit of the Month @ Larkspur and Avondale	Vail and Avon, CO

3rd Party Events

Imagine What is Possible

The life-changing impact of Can Do MS's lifestyle empowerment programs is so inspiring that we receive numerous inquiries from individuals and organizations that want to host their fundraising events to support Can Do MS's mission. From wine tastings to river kayaking to a skate-a-thon, you are only limited by your imagination. The efforts of these dedicated volunteers raised over \$62,000 in 2010 and provided funds for our lifestyle empowerment programs and fulfilled Can Do MS's mission of empowering the lives of people living with multiple sclerosis to transform challenges into possibilities.



“

Thanks again for your unique, caring way of helping us live successfully with this disease.

”

—Webinar Participant

Event Director Spotlight



Tara Lane

MS Skate-A-Thon

Amount Raised: \$ 10,632

Tara's Story

Since 2000, I have been living and riding the relapsing MS roller coaster. I am a figure skating and power-skating coach for hockey players and teams, my work depends greatly on my ability to be active. Since my diagnosis, I've been on constant therapy, prioritize my life, live every day to the fullest, and never lose HOPE!

In May 2007, my husband and I attended the CAN DO Program via a scholarship. It was one of the most rewarding and empowering experiences of my life. The CAN DO Program is an amazing and unique program that everyone with MS should have the opportunity to experience. No other organization offers a complete MS evaluation including lectures, fitness assessment, and the opportunity to meet one-on-one with many specialists that people with MS may need as part of their MS care management team.

Our experience was so powerful that we felt the need to pay forward our scholarship so others are able to benefit from what Can Do Multiple Sclerosis offers. Thus, the inspiration for the Annual MS Skate-A-Thon.

The MS Skate-A-Thon is an annual event held at a local ice rink in Vail, CO. Skaters are pledged a flat amount or a per-lap amount and skate for 2 hours. Event sponsors help off-set expenses, goody bags are given to all participants, and prizes are awarded to the top 5 fundraisers.

All of the funds raised through the MS Skate-A-Thon are used specifically to provide scholarships for others to attend the CAN DO Program who otherwise may not be able to.

Tara Lane



Event Directors & Key Volunteers

Vince Arroyo & Wes Dearborn

Bluegrass Jam & Silent Auction –
Steamboat Springs, CO

Jane Bjorklund & Safia Keller

Vertical Express for Can Do MS – Solitude, UT

Pam Burke & Billy-Bob Goyen

Ski Crud Club Golf Invitational –
Hayden Lake, ID
Vertical Express for Can Do MS –
Schweitzer Mountain, ID

Country Club of the Rockies

Vail International Pro–Am – Edwards, CO

Christine Cutler

Skea Trunk Show – Edwards, CO

Jed Elmaleh

Kayak 4 the Kure – Mt. Pleasant, SC

John, Ray & Steve Francis

20th Annual Francis Golf Outing –
St. Clair Shores, MI

Gene Fulkerson & Catherine Ohl

Pacific Rim Alliance 9th Annual Wine Maker
Dinner – San Diego, CA

Terry Hurt

Winter Wine & Ski Expo – Reno, NV

Terry Hurt, Caroline Ross & Elizabeth Hill

22nd Annual Alpen Wine Fest –
Squaw Valley USA, CA

Andrew Kaminsky

8th Annual Laurence Poltasch Memorial Golf
Tournament – Scarsdale, NY
LP Soulcycle – Ride for MS

Corrin Keck & Jonathan Hurt

Vertical Express for Can Do MS –
Squaw Valley USA, CA

Bernie Kuca, Terry Kuca & Annie Sundquist

Vertical Express for Can Do MS –
Steamboat Springs, CO

Tara Lane

MS Skate-A-Thon – Vail, CO

Patty Pietu

Fairy Faun Faire – Denver, CO

Kevin Sharkey

Eagle Ice Bowl – Eagle, CO

Dan & Terri Stewart

Vertical Express for Can Do MS –
Crystal Mountain, WA

Theta Xi – University of Colorado Chapter
Ski Fest for MS – Loveland, CO

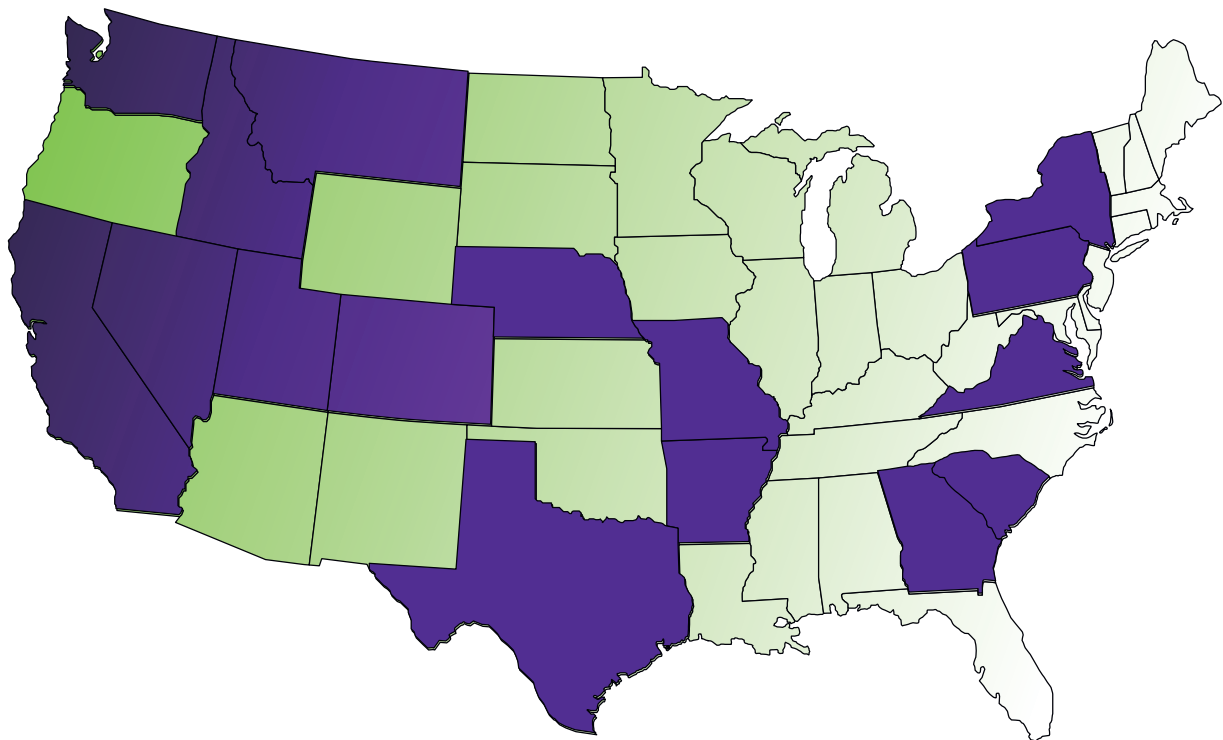
Beth Van Horn

Vertical Express for Can Do MS – Big Sky, MT





Find Us Near You



California
Squaw Valley
Sand Diego
Irvine
Modesto

Colorado
Vail
Edwards
Denver
Eagle
Loveland
Cordillera
Copper Mountain
Steamboat Springs

Georgia
Buckhead

Idaho
Schweitzer Mountain
Hayden Lake

Missouri
Lake of the Ozarks

Montana
Big Sky

Nebraska
Lake of the Ozarks

Nevada
Reno

New York
Scarsdale
New York City

Pennsylvania
Philadelphia
Lake Harmony

South Carolina
Mt. Pleasant

Texas
Beaumont

Utah
Solitude

Virginia
Roanoke

Washington
Seattle
Crystal Mountain



Every Dollar Makes a Difference

Every day, 500,000 Americans and their families live with the frustrations, fears and uncertainties of MS. While there is no cure yet for MS, our lifestyle empowerment programs have helped tens of thousands of people living with MS gain the knowledge, skills, tools and confidence to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives.

Whether you want to make a one-time, recurring gift or planned gift, fundraise at our events or become a sponsor, your contribution ensures that people struggling with MS can experience the life-changing benefits of our lifestyle empowerment programs.

Your dollars enable us to:

- Provide Can Do MS lifestyle empowerment programs around North America
- Provide scholarships to program participants
- Provide an important complementary treatment option to traditional MS care
- Provide hope, health and well-being to thousands of people living with MS

Your donation today helps us transform lives tomorrow.

HOW FAR DID YOUR *Dollar* GO IN 2010?

25 | *Programs* **8,164** | *Lives*

provided lifestyle empowerment tools at no charge to our participants.

were given the **power** to be more than their MS.

12 | *Cities*

throughout the United States and Canada hosted programs allowing us to expand our reach.

84% *of Funds*

went directly to providing programs for thousands of people living with MS and their support partners.
Nonprofit industry standards are 65%.





Jimmie Heuga Center Endowment

The purpose of The Jimmie Heuga Center Endowment is to support Can Do MS's lifestyle empowerment programs and activities in perpetuity. The Endowment is a 501(c)(3) organization separate from Can Do MS.

The Jimmie Heuga Center Endowment was created in 1997 to ensure the longevity and financial stability of Can Do MS. The Endowment was the inspiration of Waldon (Brock) and Evalyn Byers, long-time supporters of Can Do MS. Once it reaches \$1 million dollars, we will use a portion of the interest earned to support our lifestyle empowerment programs.

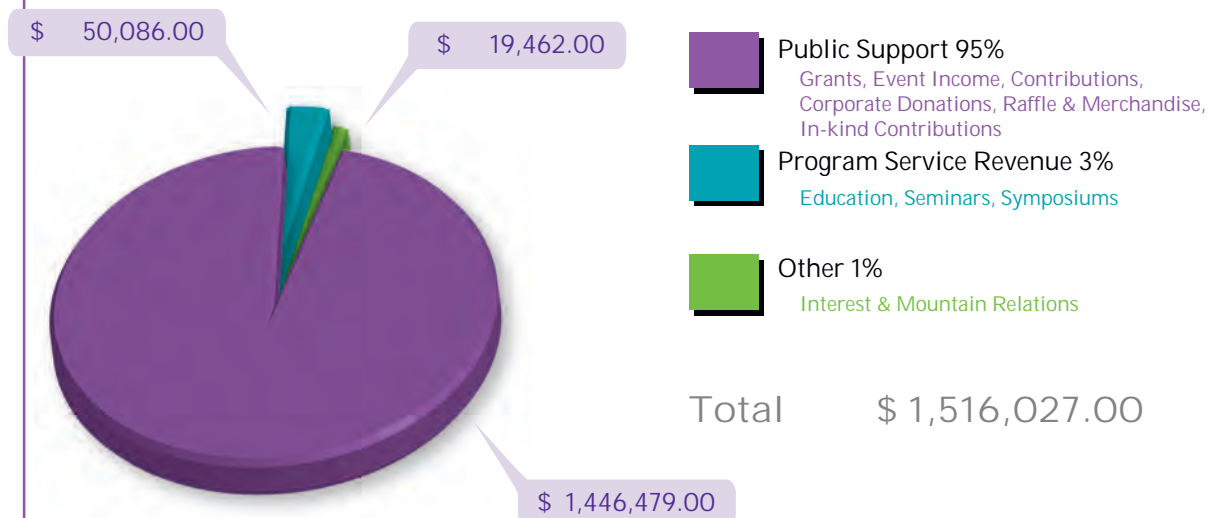
2010 ENDOWMENT BOARD MEMBERS

as of December 31, 2010

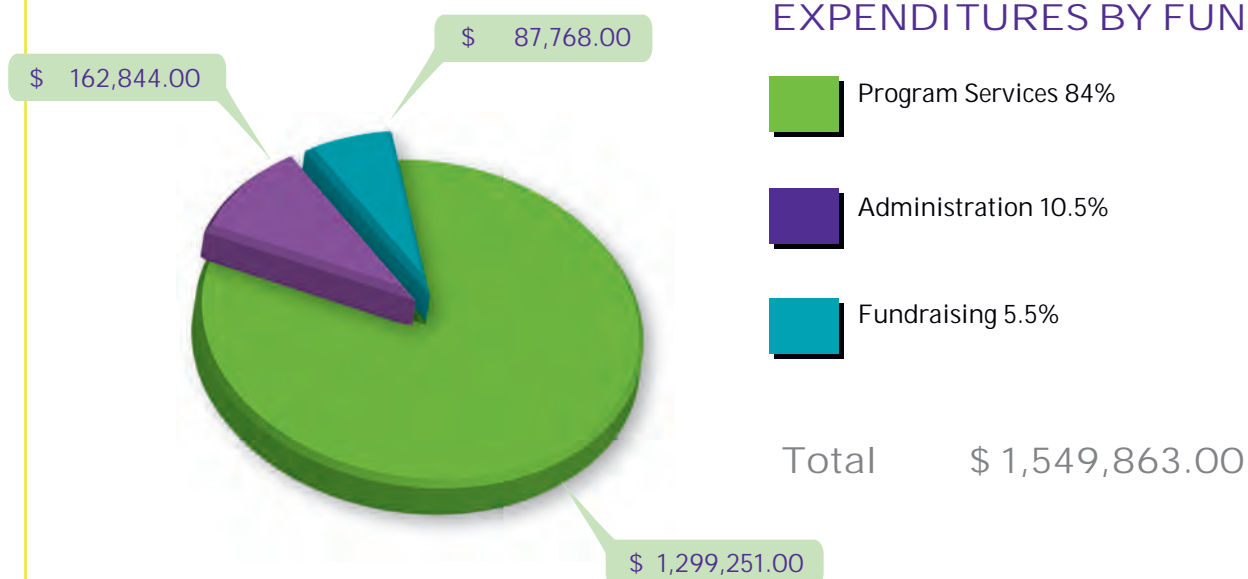
Brock Byers
Evalyn Byers
Bob Gardner
Kelly Heuga-Hamill
Dr. Richard Hicks, Chair
Jeff Olson
Tomas Stone
Holly Ong, Can Do MS Chair

Financials

INCOME BY TYPE



EXPENDITURES BY FUNCTION



ASSETS

	2010	2009
Cash and Cash Equivalants - Unrestricted	\$ 375,445	\$ 143,712
Cash and Cash Equivalents - Temporarily Restricted	298,183	222,500
Cash - Board Designated	40,963	146,463
Grants Receivable	158,217	110,000
Prepaid Expenses	13,044	25,076
Inventory	68,739	35,525
Lift Ticket Inventory	6,350	-
Investments	482,403	851,150
Interest in Net Assets of the Jimmy Huega Center Endowment	760,431	656,745
Property and Equipment	12,517	17,776

Total Assets	\$ 2,216,292	\$ 2,208,947
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LIABILITIES AND NET ASSETS

	2010	2009
Liabilities		
Accounts Payable	\$ 24,835	\$ 47,641
Accrued Payroll Costs	21,020	23,427
Deferred Event Revenue	75,701	104,330
Security Deposit	1,000	1,000

Total Liabilities	\$ 122,556	\$ 176,398
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Net Assets

Unrestricted

Operating	\$ 981,642	\$ 989,065
Board Designated Stability Reserve	40,963	146,463
Net Investment in Fixed Assets	12,517	17,776

Temporarily Restricted

Intrest in Net Assets of the- Jimmie Huega Center Endowment	760,431	656,745
Other Temporarily Restricted Assets	298,183	222,500

Total Net Assets	\$ 2,093,736	\$ 2,032,549
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Total Liabilities and Net Assets	\$ 2,216,292	\$ 2,208,947
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2010

REVENUE AND OTHER SUPPORT

	Unrestricted	Temporarily Restricted	Total
Special Event Income	\$ 668,041	\$ -	\$ 668,041
Less Special Event Direct Expense	(178,718)	-	(178,718)
Net Special Event Income	489,323	-	489,323
Grants	-	571,325	571,325
Contributions	116,669	-	116,669
Change in Net Assets of the Endowment	-	103,686	103,686
Corporate Donations	85,000	-	85,000
Education, Seminars and Symposiums	50,086	-	50,086
Interest Income	18,197	-	18,197
Rental Income	-	-	-
Gain on Sale of Building	-	-	-
Raffle and Sale of Merchandise	5,501	-	5,501
Vail Mountain Relations	1,265	-	1,265
In-Kind Contributions	74,975	-	74,975
Net Assets Released from Restrictions	495,642	(495,642)	-
Total Revenue and Other Support	\$ 1,336,658	\$ 179,369	\$ 1,516,027

EXPENSE

Program Services	\$ 1,182,346	\$ -	\$ 1,182,346
Supporting Services			
Management and General	180,935	-	180,935
Fundraising	91,559	-	91,559
Total Expense	\$ 1,454,840	-	\$ 1,454,840
 Change in Net Assets	 (118,182)	 179,369	 61,187
 Net Assets, Beginning of Year	 \$ 1,153,304	 \$ 879,245	 \$ 2,032,549
 Net Assets, End of Year	 \$ 1,035,122	 \$ 1,058,614	 \$ 2,093,736



Board of Directors

as of October 11, 2010

Jerry B. Bumgarner—Minturn, CO
Bob Gardner—Darien, CT & Avon, CO
Caren Deardorf—Lexington, MA
George P. Garmany, MD—Boulder, CO
Richard Hicks—Edwards, CO
Richard Kelly—Denver, CO
Robin Kelly—Denver, CO
Bernice Kuca, Treasurer—Natick, MA
Michelle Leighton, Vice Chair—Orinda, CA
David Madden—Orinda, CA
Sheila Marmion—Fairfield, CT
Jeff Olson—Lakewood, CO
Holly Ong, Chair—Redwood City, CA
Randy Schapiro, MD—Eagle, CO
Mark Shircel, Secretary—Tower Lakes, IL
Kate Togneri—Oakland, CA

Programs Consultants

as of December 31, 2010

EXERCISE PHYSIOLOGISTS

Lisa Bare, MS—Coeur d'Alene, ID
Keith Engelke, PhD—San Diego, CA
Steve Foster, MS, AAGG—Jackson, WY
Sarah Giovagnoli, MS—Eagle, CO
Terri Goodman, MS—Avon, CO
Mary Greenwood, MS, RYT—Morrison, CO
Dick Hicks, PhD—Avon, CO
Robert A. Hintermeister, PhD—Avon, CO
Kevin Hood, MS—Wheat Ridge, CO
Terri Nelson—Lakewood, CO
Alexander Ng, PhD, FACSM—Wauwatosa, WI

Bridgette Olson, M.Ed—Lake Arrowhead, CA
Christine Osborne, MS—North Oaks, MN
Roger Pankau, M.Ed—Littleton, CO
Andrea White, PhD—Salt Lake City, UT

OCCUPATIONAL THERAPISTS & SPEECH/LANGUAGE PATHOLOGISTS

Beth Bullard, OTR—Fort Collins, CO
Maureen Devereaux, OTR/L, CES—Minneapolis, MN
Janet DeClark, MA, CCC/SLP—Edwards, CO
Cindy Gackle, OTR/L, MSCS—Lake Elmo, MN
Juliann Hanson-Zlatev, OTR—Denver, CO





Donna Jensen, OTR/L—Woodbury, MN
 Laura Kingston, OTR/L—Portland, OR
 Mary Lenling, OTR/L—Tower Lakes, IL
 Pamela H. Miller, MA, CCC-SLP—Denver, CO
 Ann Mullinix, OTR/L—Minneapolis, MN
 Kathleen Nalbert, OTR—New Berlin, WI
 Andrea Silverman, OTR, MA—Mendota Heights, MN
 Linda Walls, OTR—Ellicott City, MD

MENTAL HEALTH PROFESSIONALS

Peggy Crawford, PhD—Cincinnati, OH
 David Engstrom, PhD, ABPP—Scottsdale, AZ
 Rosalind Kalb, PhD—Westport, CT
 Jude Meyer, PsyD—Greenwood Village, CO
 Deborah M. Miller, PhD, LISW—Cleveland Heights, OH
 Toby Huston, PhD—Aurora, CO

PHYSICAL THERAPISTS

Susan Anacker, MSPT—Shorewood, MN
 Laurie Beeman-DeMayo, MSPT—Ligonier, PA
 Kit Concilus, PT, MS, OCS—Pittsburgh, PA
 Gary Crandall, MS, PT—Voorhees, NJ
 Greg Farmer, MPT—Boise, ID
 Mary Kay Foley, PT, GCFP—Hailey, ID
 Maggie Klein Galland, PT—Durango, CO
 Deb Gee, MA, PTA—Wilsonville, OR
 Beth Gibson, PT—Tucson, AZ
 Michele Harrison, PT—Denver, CO
 Brian Hutchinson, PT, MSCS—Eagle, CO
 Susan Kushner, MS, PT—Valencia, PA
 Joanne Mayer, PT—Westminster, CO
 Steve Molloy, PT, OCS—Cincinnati, OH
 Erin Murray, PT—Winnipeg, MB

PHYSICAL THERAPISTS—CONT...

Gini Patterson, PT—Golden, CO
Tammy G. Roehrs, PT, MA, NCS—Fort Calhoun, NE
Mandy Rohrig, PT, DPT—Omaha, NE
Dr. Kenneth Seaman PT, DPT,
ACE Personal Fitness Trainer—Newark, DE
Jan Sharp, RPT—Draper, UT
Jim Stephens, PT, PhD, CFP—Havertown, PA
Matt Sutliff, PT—Twinsburg, OH
Victoria Szwajcer, BScPT—Vancouver, BC
Karen Tarbuck-Nelson, PT—Minneapolis, MN
Jeannie Tatum, MS, PT—Pray, MT
Jane L. Wetzel, PT, PhD—Wexford, PA
Lynn Williams, PT—Penrose, CO

PHYSICIANS

Jonathan Calkwood, MD—Edina, MN
Jon C. Feeney, MD—Vail, CO
George Garmany, MD—Boulder, CO
Barbara Giesser, MD—Los Angeles, CA
Paula R. Headbloom, MD—Midland, MI
Susan Kalota, MD—Tucson, AZ

Daniel Kantor, MD—Ponte Vedra, FL
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Baldwin Sanders, MS, RD, LDN—Sylva, NC
Dennis Vernon, RRT—Seal Beach, CA
Lynn Albers, NMT, CMT—Eagle, CO

“

The extremely knowledgeable staff gave me a comprehensive and compassionate evaluation of everything. The whole thing was so uplifting. It allowed me to be back with people and make an effort to get back into society.

”

—CAN DO Program Participant

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as of December 31, 2010

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 Tammy and Gerald Chooljian
 Mimi Chou
 Vince Christel

“

My favorite part was getting to connect with other support partners and realizing the things I go through are normal for MS in a marriage. I also like that participants and support partners shared with the group as a whole (introducing ourselves and sharing what we have learned). That vulnerability made everyone seem more approachable so connections were made easily!

”

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David A. Lindahl and Associates
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Linda and William Davis
Melissa Davis
Q. Davis
J.J. Dawes
Christina and David
De La Harpe
Carol De La Mater
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Aaron Johansen
Diana Johansen
Barbara and Charles Johnson
Gay Johnson

“

My PT was awesome - she made me and my wife feel special. Program presenters were outstanding. Counseling sessions were outstanding. I learned a tremendous amount.

”

—CAN DO Program Participant

Meghan and Thomas Higgins
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“

I learned a great deal from the lectures, assessments and observations. But to me, the key was listening, laughing and crying with others. That is what I'll remember the most.

”

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In dedication to the memory of Jimmie Heuga and his

Can Do Spirit

“

I've always been dedicated to maintaining my overall health because it helps me live the best life possible with my MS.

”



—Jimmie Heuga

Founder, Can Do MS

1943-2010

Credits

Thank you to those who generously contributed to this Year in Review at no charge.

Lisa Fahrmeier
merelyLisa@gmail.com

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