

MS MOMENTS ANNUAL REPORT - 2022



MS Moments



Executive Summary



Mission Statement

- Play a role in keeping families afflicted with MS healthy both physically and mentally. We achieve this mission by providing grants for multiple services such as health club memberships, medical massage, acupuncture, yoga, house cleaning, and monthly educational dinners.

Board Members

- Karrie Anderson
- Chris Klocke
- Jenn Staack
- Ross Lincoln
- Shannon Steele
- Terri Lincoln
- Ryan Moon
- Reese Isaacson
- Meg Kinnetz
- Rebecca Goldsmith
- Erin Shearer

• **Community Impact**

- Partnering with local business for services when providing grants
- Added House Cleaning Services
- 5% Overhead

• **Recognition/Awards**

- Sponsor of the Year: Alecia & Jerry Eslick
- Volunteer of the Year: Stacy McDonald

• **Accomplishments**

- 34 grants approved (YTD=171 grants)
- \$189,700 raised

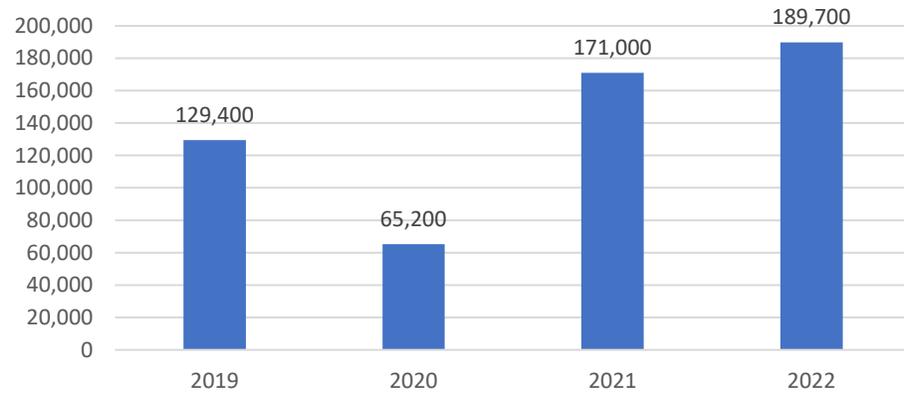
• **Looking Ahead**

- \$200,000 fundraising goal for 2023

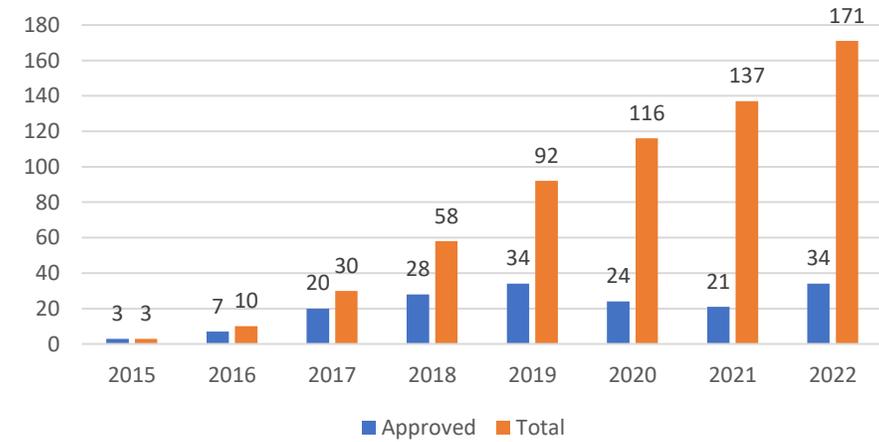
Financial Summary



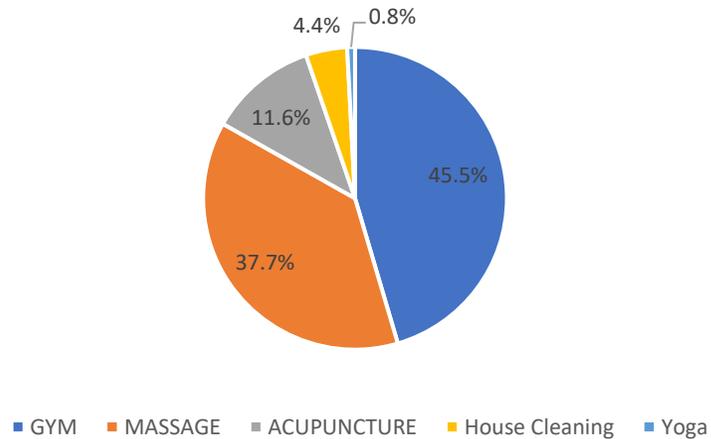
Funds Raised



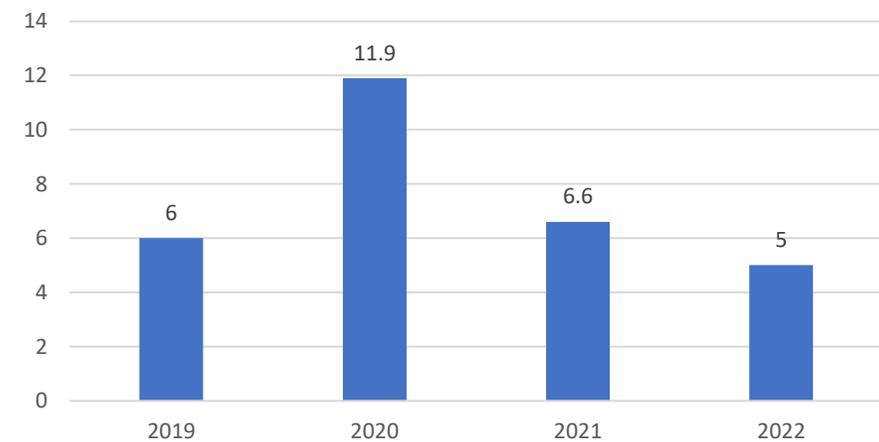
Grants Approved



Total Grant Distribution



Overhead %



Testimonials



Joining MS Moments was a turning point in my journey with this disease. I had rarely opened up about what I was going through and now am more comfortable in sharing my experience. The ongoing support and camaraderie of this wonderful organization has helped me to have a greater confidence in how I deal with this disease. The gym membership and massages have been significant in encouraging me to keep fighting for my health and looking forward to my future with greater hope and peace. I'll always be so grateful to the MS moments team.

I was diagnosed with RRMS in January 2022 after losing all feeling from my waist down in October. Just a few months prior, I trained and ran a half marathon, rode bikes with my daughter and did so many things effortlessly. After being diagnosed and knowing I had lesions on my lower spine and brain, I wasn't sure how I would be able to do what I was once able to do. With the help of MS Moments and being approved for massage therapy and acupuncture, both of those therapies have progressively improved the symptoms that have held me back from daily activities. I'm thankful for the specific businesses they chose to partner with, as both have been experts in knowing how to deal with MS symptoms. I wouldn't have the access and resources without MS Moments and I truly believe they have been an integral part of my recovery and healing!

My husband and I were both diagnosed with MS only 3 years apart. After going through the phases of my husband's diagnosis and treatment plans, I felt it was a little easier for me to cope after hearing I also had MS. We both are patients of Dr. Hughes and heard about MS Moments through his nurse. We were in complete shock and incredibly grateful when we were told we would get free monthly massages, acupuncture, and a gym membership. Between the two of us, we have a lot of aches, pains and discomfort, making it difficult to function normally. These services help us tremendously and assist us to live a pretty normal life. We are forever thankful for the support that MS Moments provides and the amazing kindness they have shown us.