

Celebrate National Family Caregivers Month

To celebrate National Family Caregivers Month, the Minnesota Chapter joined with the National Family Caregivers Association to honor family care partners at the Caregiver Appreciation Dinner Thursday, Nov. 9, in St. Paul. The chapter also will host the Care Partner Getaway Jan. 26 to 28 at the Radisson Hotel and Conference Center in Plymouth, Minn. Participants will be able to socialize with other care partners, relax and learn ways to manage the challenges of caregiving.

According to the NFCA, there are more than 50 million family caregivers in the United States. National Family Caregivers Month, which is observed every November,

is a month to honor and recognize the challenges of family caregiving, spread awareness about support programs for caregivers and advocate for public policy to address caregiving issues.

Here are some ideas of ways to support family care partners this month:

- Offer a few hours of respite time so a care partner can spend time with friends or just relax.
- Send a card of appreciation or flowers to a care partner.
- Help a care partner decorate his or her home for the holidays or address envelopes for holiday cards.

Truck enthusiasts fight MS

Each year the Minnesota Chapter raises millions of dollars through special events. Other organizations however, offer fundraising events to benefit the chapter. In 2006, third-party events raised more than \$60,000 to help fund chapter programs and MS research.

The second annual Crawl 4 the Cure event, held July 1 to 3 near Gilbert, Minn., is one example of an MS Society fundraiser organized by an outside organization. The three-day event, which invites four-by-four truck enthusiasts to enjoy an off-road adventure, was held at the Iron Range Off-Highway Vehicle Recreation Area. The event drew 170 drivers, passengers and volunteers in 50 registered tail rigs. Participants tested their skills on trails that consist of rocks, mud, descents and climbs and when the dust settled, the event raised



The 2007 Crawl the Cure will be held July 20 to 22. For more information, visit www.crawl4cure.org.

\$24,500 — a 16 percent increase from 2005.

Event organizer John Johnson said, "This is such a great event because it not only brings together a great group of people to do something they love and fight such a devastating disease, it also showcases our love and support for our community."