

From: VA Multiple Sclerosis CoE <veteranshealth@messages.va.gov>
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To:
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MS VETERAN

VA Multiple Sclerosis Centers of Excellence



Summer 2024 Issue

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Veteran with MS: April Strickland



As a disabled female Veteran, my journey through the VA system has been a long one. It took me years to receive my benefits. My personal journey with VA is hopefully

informative and inspiring to other Veterans with MS.

[Read Full Article](#)

Social Worker Support for Veterans & Families

Living with MS can be very challenging. It requires accepting those things you can't change and adjusting to the 'new normal' for you and your loved ones. This change in perspective helps shift your focus from the past to the present. Social workers are educated and trained to help you understand and accept the challenges of living with MS and assist you in finding ways to live your best life.



[Read Full Article](#)

Optic Neuritis

Vision is very important in almost everything we do, including watching television, reading a book, driving, and many other daily and recreational activities. When MS disturbs vision, it can have a significant impact on quality of life. People with MS can have many kinds of vision problems, one of the most common being optic neuritis.



[Read Full Article](#)

VA "MS & Vets" Podcast Series

The monthly MS & Vets podcast series discusses important issues related to the health and quality of life for Veterans with MS. During every episode you'll hear subject matter experts weigh in on MS issues and talk about services the VA provides.



Date: 2nd Monday, Every Month

Sign up to receive alerts for new episodes.

[Learn More](#)

National MS Society Highlights

The [Society](#) works collaboratively with the [VA MS Centers of Excellence](#) to ensure Veterans have access to care and resources.

MS Navigators: [MS Navigators](#) connect you to the information, resources, and support needed to move your life forward. Call 1-800-344-4867 or send an e-mail to contactusnmss@nmss.org.

Ask an MS Expert Webinars: The weekly [Ask an MS Expert](#) virtual program



**National
Multiple Sclerosis
Society**

series provides an opportunity to learn more about MS from top MS experts.

Support Groups: NMSS [self-help groups](#) focus on support, advocacy, education, and wellness. Some groups also serve specific populations, such as young adults, parents with MS, carepartners, or [Veterans](#).

[Learn More](#)

Can Do MS Webinars

[Can Do MS](#) is a national nonprofit offering free programs and resources designed to help people living with MS and their care partners learn how to make each day the best it can be. Join their monthly [webinar series](#) from the convenience of your home for in-depth discussions that cover a variety of topics.



Date: 2nd Wednesday, Every Month

Time: 7 pm ET, 6 pm CT,
5 pm MT, 4 pm PT

Location: [A Virtual Event!](#)

In addition to their monthly webinar series, they have half day and full day programs, as well as coaching and meet-ups.

[Learn More](#)

VA Resources & Programs

**VA Caregiver
Support Line
855-260-3274**

**Veterans Crisis
Line: Dial 988
then Press 1**

**VA Women
Veterans
Health Care**

**VA | News
Blog**

**VA My
HealthVet**

**VA Whole
Health**

Multiple Sclerosis Centers of Excellence

VA MS Center of Excellence East | Baltimore, MD & Washington, DC

VA MS Center of Excellence West | Seattle, WA & Portland, OR

Contact us at: MSCentersofExcellence@va.gov

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VA



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