



WSSU Photo by Garrett Garris

A WSSU physical therapy student works with MSfit participant Patsy Murrill.

# Fitness program at YWCA is helping those with MS

**SPECIAL TO THE CHRONICLE**

MSfit, a free fitness and wellness program offered to people living with MS, has officially started at the Gateway YWCA, 1300 S. Main St.

Since MSfit was announced in October, there has been an overwhelming response from potential participants.

Etta Branson, diagnosed in 2013, said, "When I saw the article in the paper about MSfit I was so excited. I thought to myself this is the perfect program to stay in shape and meet other people with MS that are experiencing similar symptoms as me. This is a much needed program in the MS community, I can't wait to start!"

MSfit's partnership with the YWCA allows participants to take advantage of a wide range of classes and amenities seven days a week.

"The goal of this program is to enhance the quality of life for MS participants and their families. We will document results from our program and share them with physicians to better understand the role fitness and wellness plays in managing MS symptoms" said Brian Murrill, founder and executive director of MSfit.

Prior to beginning the program, participants are required to complete an initial fitness screening that will gauge their level of ability. The screenings will be con-

ducted by the Winston-Salem State University Department of Physical Therapy.

Dr. Sara Migliarese, a physical therapy professor at WSSU, said, "The WSSU Department of Physical Therapy is excited about the start of MSfit ... Our third-year students will be performing the fitness screenings and developing exercise programs for the clients with MS based on their abilities. Under the supervision of DPT faculty, the students will educate each client on safe and effective exercise using the YWCA facilities, classes, and equipment. This service-learning opportunity will benefit the students, as well as the clients, and the WSSU PT Club is already involved in early fund raising activities to help support the MSfit Foundation. WSSU is committed to the success and sustainability of this community service."

As a part of their coursework, the WSSU Department of PT will return to the Gateway YWCA once a month to reevaluate participants and document their successes.

"We are very excited about the future of this program", said Murrill. With the continued support of the YWCA, the WSSU Department of PT, and the National MS Society, I'm confident that MSfit will have a significant impact on the MS community."

For more information on MSfit, contact Brian Murrill at [msfitfoundation@gmail.com](mailto:msfitfoundation@gmail.com).

# Philanthropy group ready for celebration

## Grant recipients to be honored

**SPECIAL TO THE CHRONICLE**

The Black Philanthropy Initiative (BPI) awarded \$15,000 in grants in late 2014 from the Black Philanthropy Fund's seventh grant cycle, supporting programs that are improving the lives of African-Americans in the areas of education, parenting and financial literacy.

The nonprofit will hold a grant reception honoring BPI's grantees on Tuesday, Feb. 24 at Experiment in Self Reliance's new facility, 3480 Dominion St.

A continental breakfast will be provided at 8:30 a.m. with a program to follow at 9 a.m. RSVP to Leila Warren at [lwarren@wsfoundation.org](mailto:lwarren@wsfoundation.org).

Grants were awarded to:

**\*Experiment in Self Reliance:** \$5,000 to support the New Century Individual Development Account (IDA) program to help more working low-income individuals become financially stable, and to ultimately become first-time homebuyers.

Experiment in Self Reliance will provide IDA program graduates who have purchased a home with additional financial literacy classes to reinforce best practices of long-term financial success.

In addition, each graduate is paired with a success coach who will gather information from the graduates regarding their financial stability to help enhance the IDA program for future participants and to research the program's long-term impact.

**\*Empowering Girls in Real Life Situations:** \$5,000 to support a program for girls and teens that builds self-esteem through education and mentoring.

The program provides group discussions on issues that the girls may be experiencing, mentoring, college tours, etiquette training and a community service project.

The program is being offered at Philo Middle School and Parkland High School during the 2014-2015 school year.

**\*School Health Alliance for Forsyth County:** \$5,000 to support a behavioral treatment project for students and families at Ashley Elementary who are affected by attention deficit/hyper activity disorder (ADHD).

The 18-week pilot program will provide parents with up-to-date information on ADHD treatment, best practices on advocating for their children, parenting skills and opportunities to participate in team building exercises with their child's teacher.

BPI also announced that its Black Philanthropy Initiative Endowment, which was established in 2014 with \$25,000, has now grown to almost \$68,000.

Income from this endowment will supplement funds that are raised annually to provide grant-making for programs supporting the African-American community.

First Tennessee Bank has also committed to a three-year \$10,000 annual matching challenge grant to support the Initiative's endowment.

Thanks to generous donor support, BPI received the first matching grant of \$10,000 in 2014.

Alison Ashe-Card, chairwoman of the Black Philanthropy Initiative, said, "This is an exciting time for BPI: not only are we announcing grants that will strengthen our community, but we're celebrating an exceptional year of growth in BPI's endowment."

"We appreciate the support of our wonderful donors as well as the matching funds generously provided by First Tennessee Bank."

The Black Philanthropy Fund was created through fundraising efforts of the Black Philanthropy Initiative (BPI), which was established in 2000 to celebrate the traditions of sharing in the African-American community while expanding models of charitable giving through education and engagement.

Over the course of the past seven years, the Black Philanthropy Initiative has provided \$128,200 in program grants to local nonprofits.



Ashe-Card

# W-S Foundation announces January community grants

**SPECIAL TO THE CHRONICLE**

The Winston-Salem Foundation announces 25 Community Grants totaling \$422,896 that will touch the lives of many living in Forsyth County.

Grants were awarded to organizations in the following program areas: arts and culture, community and economic development, education, health, human services and public interest.

The organizations receiving awards are:

- \*Center for Creative Economy - \$15,000 for the Swerve program
- \*Children's Home Society of NC - \$4,000 for a second year of support for marketing
- \*Children's Law Center of Central NC - \$25,000 for a second year of support for a director of development
- \*Forsyth Education Partnership - \$22,000 for a part-time educator warehouse manager for a second year
- \*Group Homes of Forsyth - \$30,000 for marketing and development analysis and strategy
- \*Hispanics in Philanthropy - \$10,000 to support Forsyth County organizations responding to administrative relief and Deferred Action for Childhood Arrivals
- \*Hosanna House of Transition - \$8,000 for consultant services to develop a worker cooperative model for an employment training program
- \*Imprints - \$15,000 for a business development director for a third year
- \*Lowrance Middle School PTA - \$9,465 to fund a summer respite care program for students with disabilities and their families
- \*Moravian Church in America, Southern Province - \$15,000 to assist with operating costs for the City with Dwellings winter shelter
- \*NC Institute of Medicine - \$10,000 to establish a state-wide task force on Alzheimer's Disease
- \*NC Institute of Political Leadership - \$8,000 to expand programming for women and collegiate students and establish Alumni Councils
- \*Next Step Ministries - \$4,800 for a new client database
- \*Salem Academy and College - \$50,000 for the capital campaign
- \*School Health Alliance for Forsyth County - \$9,131 to support a behavioral treatment project for students and families affected by Attention Deficit/Hyperactivity Disorder
- \*Second Sundays on Fourth - \$3,000 for marketing assistance to diversify its audience
- \*Senior Services - \$40,000 to support the Home Care program for high-risk seniors for a second year
- \*Smith Farm Elementary PTA - \$10,000 for the construction of a playground
- \*Sunnyside Ministry of the Moravian Church -



File Photo

Veterans Helping Veterans Heal representatives were at a function in December. From left are Diane Evans, Jane Milner, Leslie Jones and Mary Jac Brennan.

- \$12,000 for a program manager for a second year
  - \*Veterans Helping Veterans Heal, Inc. - \$20,000 to develop marketing materials
  - \*Vigils for Healing - \$2,500 to provide monetary support for the family members of victims of violent death
  - \*WinstonNet - \$25,000 to expand the executive director's part time hours for a second year
  - \*Winston-Salem Symphony - \$30,000 for a resource coordinator position
  - \*Winston-Salem/Forsyth County Schools - \$30,000 to support family engagement programs in the Winston-Salem/ Forsyth County Schools for a third year
  - \*World Relief High Point - \$15,000 for the Anti-Human Trafficking program manager position
- The Winston-Salem Foundation is a community foundation that supports charitable programs in the greater Forsyth County area. Founded in 1919 with a \$1,000 gift, it now administers approximately 1,300 funds and had total custodial assets of \$384.3 million at the end of 2014. In 2014, the Foundation granted \$24.8 million to charitable causes, over \$2 million of which was through the Community Grants program. Learn more at [www.wsfoundation.org](http://www.wsfoundation.org).

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