AD SPREAD
The CMSC schedule boasts a compelling cross-section of interesting sessions on basic science, psychosocial issues, disease-modifying treatment and symptom management, nursing, rehabilitation, skills development, research, and of course, comprehensive management—a topic near and dear to the CMSC’s mission and heart. Health providers of all disciplines with an interest in MS—physicians, nurses, nurse practitioners, physician assistants, and rehabilitation professionals—can earn CME/CE/CEU credits for attending the Annual Meeting. Each day offers a host of multiple educational sessions and independent symposia, many that will provide complimentary meals.

“The 2016 Annual Meeting of the Consortium of Multiple Sclerosis Centers (CMSC) marks the 30th anniversary of the founding of our organization. We invite you to celebrate 30 years of achievement; not only for the CMSC, but for all MS healthcare professionals and researchers. The world of MS has changed: New and promising therapies have emerged, international recognition of the value of the team approach has increased, and advanced models of care have risen to prominence. Each year, the content of the Annual Meeting reflects the evolution of MS care and research. This year, like no other, we will be able to celebrate with one another, learn together, and participate in unique and exciting activities that reflect our members’ learning needs as well as the needs of those whom we serve—our patients and their families.”

June Halper, MSN, APN-C, MSCN, FAAN
CMSC Chief Executive Officer

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Below, please find the planned schedule for 2016.

**Wednesday, June 1**

8:30-10 AM  
**CMSC Committees and Project Meetings**

10-11:30 AM  
**Independently Supported Symposium**
A 3 Dimensional View of A Personalized Approach to MS: Effective Current and Emerging Therapy

11:30 AM  
**Opening Ceremony Luncheon**

12:15-1 PM  
*Opening Lecture: Do Relapses Really Matter?*
  
  –Fred D. Lublin, MD, FAAN, FANA

1:15-2:45 PM  
**Educational Sessions**

3-4:30 PM  
**Educational Sessions**

4:45-6:15 PM  
**Independently Supported Symposium:** In Search of the Guiding Light: Re-visiting the Use of Oral and High-Efficacy Therapies in a Modern Era of MS Treatment

6:15-8 PM  
**Opening Reception in Exhibit Hall**

8-9:30 PM  
**Informational and Networking Dinners**
  
  • Meet the Professor
  
  • International Organization of MS Nurses (IOMSN)
  
  • International Organization of MS Rehabilitation Therapists (IOMSRT)
  
  • MS Mental Health Professionals (MS/MHP)
  
  • MS Coalition

**Thursday, June 2**

7-8 AM  
**Independently Supported Breakfast Symposium:** Patient-Centric Methods for Overcoming Barriers and Achieving Improved Patient Outcomes in African Americans and Hispanics with MS

8-8:45 AM  
*Presidential Lecture: Genetic Variations Relating to Glutamate Concentration in the Brain*
  
  –Daniel Pelletier, MD

9 AM-12 PM  
**Educational Courses and Symposia**

12-2 PM  
**Luncheon served in the Exhibit Hall**

12:30-2 PM  
**Roundtables**

2-4:45 PM  
**Educational Sessions and Symposia**

5-6:30 PM  
**Independently Supported Symposium:** Do You Need a NEDA? Considerations for Long-term Care in MS

6:15-8:15 PM  
**Dinner served in the Exhibit Hall**

6:15-8:15 PM  
**Poster Session**

6:30-7:30 PM  
**CMSC Business Meeting, Awards, and Dinner**

8:30-9:30 PM  
**Independently Supported Symposium:** Yoga Moves MS: Awakening, Inspiring, and Empowering Lives

8:30-9:30 PM  
**Independently Supported Symposium:** TBA

**Friday, June 3**

7-8 AM  
**Independently Supported Breakfast Symposium:** Patient Engagement and DMD Selection throughout the Course of MS

7-9 AM  
**Breakfast**

8-8:45 AM  
*John Whitaker Memorial Lecture*
  
  –Jerry S. Wolinsky, MD

9 AM-12 PM  
**Educational Sessions and Symposia**

12-2 PM  
**Luncheon served in the Exhibit Hall**

2-5 PM  
**Educational Sessions, Symposia, and Platform Presentations**

4:15-5:45 PM  
**Workshops**

6-7:30 PM  
**Independently Supported Symposium:** Risk/Benefit Analysis and Therapy Selection in the Age of Expanding DMD Choices in MS

7:30-8:15 PM  
**CMSC Business Meeting, Awards, and Dinner**

8:30-9:30 PM  
**Independently Supported Symposia:** Yoga Moves MS: Awakening, Inspiring, and Empowering Lives

8:30-9:30 PM  
**Independently Supported Symposium:** TBA

**Saturday, June 4**

7-8 AM  
**Independently Supported Breakfast Symposium:** TBA

7-9 AM  
**Breakfast**

8-8:45 AM  
*Donald Paty Memorial Lecture: Multiple Sclerosis: Can the Damage Be Undone?*
  
  –Jack Antel, MD

9 AM-12 PM  
**Educational Sessions and Symposia**

12 PM  
**Adjournment**

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**EXHIBIT HALL SCHEDULE**

**Wednesday, June 1**

4:30-8 PM  
**Exhibit Hall open**

**Thursday, June 2**

7-9 AM  
**Exhibit Hall open, breakfast served**

10 AM-2 PM  
**Exhibit Hall open**

4-8:30 PM  
**Exhibit Hall open**

**Friday, June 3**

10 AM  
**Exhibit Hall open**
Hotel Reservations
To book a room at the CMSC room rate of $209/night, go to: www.mscare.org/2016housing.

You can also contact:
Abreon Jenkins
Group Housing Biller
Gaylord National Resort & Convention Center
301-965-4512
abreon.jenkins@gaylordhotels.com

Getting There
The Gaylord Resort is easily accessible by planes, trains, buses, and automobiles.

AIRPORTS
Meeting attendees can obtain special airfares through GAMA Corporate Travel. You can request a quote by filling out the form located at www.mscare.org/2016travel.

Ronald Reagan Washington National Airport
(closest airport at 8 miles west of Gaylord)
Cab: $25 one way; SuperShuttle: $19 one way (reservation required)

Washington Dulles International Airport
(35 miles west)
Cab: $70 one way; SuperShuttle: $44 one way (reservation required)

Baltimore/Washington International Thurgood Marshall Airport
(42 miles north)
Cab: $70 one way; SuperShuttle: $45 one way (reservation required)

TRAIN STATION
Amtrak Station ALX (5.6 miles NW)

BUS STATIONS
Franklin St & S Pitt St Station (3.8 miles NW)
Braddock Road Station (4.8 miles NW)
Branch Ave Washington Metro (8 miles NW)

CAR RENTALS (ONSITE)
Hertz, 201 Waterfront Street, National Harbor, Maryland 20745
GETTING AROUND

DRIVING BY CAR AND PARKING (ONSITE)
If you’re driving, visit Gaylord’s website for directions: www.marriott.com/hotels/maps/travel/wasgn-gaylord-national-resort-and-convention-center/
Parking: $8/hour, $26/day for self parking, $39/day for valet parking

Getting Around
You can walk around the Gaylord National Resort & Conference Center and the National Harbor area, but to get to Washington, DC, you’ll need to drive or take a shuttle or water taxi.

Shuttle to Washington, DC
Downtown DC Shuttle Services offers service every 90 minutes from 9:00 AM to 7:30 PM from the main lobby of the Gaylord Resort for a cost of $13 one way, $20 roundtrip, or $49 for a 3-day pass for adults, and $7, $10, and $23, respectively, for children ages 3-12.

Water Taxi
Tel: 877-511-2628
Website: www.potomacriverboatco.com/
The Potomac Riverboat Company operates a convenient water taxi service to the National Mall and Georgetown in Washington, DC and Old Town Alexandria, Virginia, as well as sightseeing cruises to George Washington’s home in Mount Vernon, Virginia, and other locations. $16 one way to DC for adults, $8 for kids (2-11).

Weather Watch
The weather should be lovely in the Maryland/Washington, DC area in early June. Daytime temperatures typically reach 80°F, while the evening temperatures drop to around 62°F.
Things to Do

Near National Harbor

The attractions and restaurants of the National Harbor complex are within walking distance of the Gaylord hotel and convention center.

The Capital Wheel

$15 for adults and $11.25 for kids 12 and under
Ride length varies from 12 to 15 minutes
http://thecapitalwheel.com/

For a sky-high view, go for a spin on the Capital Wheel, a 180’ high observation wheel (much like the London Eye). It features climate-controlled, enclosed gondolas and offers spectacular views of the Potomac River, the Washington Monument, the US Capitol, Alexandria, Virginia, and Prince George’s County.

Around Washington, DC

It takes half an hour, more or less depending on DC’s well-known traffic, to get from the Gaylord Resort to the National Mall and downtown area (and about 45 minutes to Georgetown). If you can spare the time, though, it’s well worth it since our capital city offers a wide variety of activities and dining experiences. As an American, there is no doubt that you will feel proud of your country once you see the beautiful city and buildings that represent us, from The White House to the Capitol Building to the Lincoln and Washington Memorials.

The White House

1600 Pennsylvania Avenue, NW
202-456-7041
www.whitehouse.gov

7:30 AM – 11:30 AM Tuesday through Thursday
7:30 AM – 1:30 PM Friday and Saturday
Free tours (must be booked in advance)

Home to every president since John Adams (George Washington chose the site but never actually lived there), Theodore Roosevelt named 1600 Pennsylvania Avenue “The White House” in 1901. To take a tour, request tickets up to 6 months in

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AD SPREAD
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advance of your DC visit through your members of Congress. Be sure to bring a government-issued ID (or your passport if you are from outside the United States) for entry. The tours are self-guided and last about half an hour.

Memorials Along the National Mall
Open 24 Hours a Day
Free

There are, of course, no shortage of memorials in Washington, DC, and many are just blocks away from The White House. On the National Mall, a two-mile green built for strolling, you’ll find the imposing Lincoln Memorial at the far west and the Washington Monument a short walk away to the east. In between are the Vietnam Veterans Memorial Wall, WW II, Korean War, and other memorials. Across the Tidal Basin are the Franklin Delano Roosevelt, Martin Luther King, Jr., and Jefferson Memorials.

The US Capitol Building
202-226-8000
www.visitthecapitol.gov/plan-visit/book-tour-capitol
Free

On the far east end of the National Mall lies the US Capitol, where the Congress convenes. The Capitol Visitor Center is open daily, but if you want a tour, you’ll need a ticket. You can book tours through your Representative or Senator or online, or you may be able to get a same-day tour pass at the Visitor Center.

Smithsonian Museums
National Mall and Downtown Area
Free

The revered Smithsonian Institution consists of 15 world-famous museums focusing on a variety of areas of interest. All of the museums are free to visit and many are clustered around the National Mall: the National Air and Space Museum, National Museum of African Art, National Museum of American History, National Museum of Natural History, National Museum of the American Indian, the Hirshhorn Mu-

seum & Sculpture Garden (contemporary and modern art), and the Freer Gallery of Art and the Arthur M. Sackler Gallery (Asian art).

Other worthy destinations include the National Portrait Gallery (portraits; www.npg.si.edu; 202-633-8300), the Smithsonian American Art Museum, and the Renwick Gallery of the Smithsonian American Art Museum (American art and craft/decorative arts, respectively; www.americanart.si.edu; 202-633-8534 and 202-633-7970, respectively)

National Zoological Park
3001 Connecticut Avenue, NW
202-633-1000
www.nationalzoo.si.edu
Free

The national zoo is not within walking distance of the National Mall, but it is worth a visit, as it is home to 2,000 thousand exotic animals, including the world-famous giant pandas Mei Xiang, Tian Tian, and babies Bao Bao and Bei Bei.

Tours Departing from the Gaylord National Resort

While there are many tour operators in the DC area, nothing beats the convenience of starting your tour from the Gaylord Resort. You can book the following tours by calling 301-965-2045 or stopping by the concierge desk at the hotel.

American Spirit Monument Tour

Departs Gaylord at 9:30 AM (Woodrow Wilson Bus Loop) and returns at 1:30 PM

Senate and House Office Buildings, Lafayette Park, and the US Holocaust Memorial. $49 for adults, $39 for kids 2-12

**DC Memorial Heritage Tour**
Departs Gaylord at 1:30 PM (take the shuttle in the main lobby entrance), tour starts at 2:30 PM, and returns to Gaylord at 6:00 PM

Visits the Air Force Memorial, Arlington Cemetery (JFK gravesite), Crew Memorial for the Challenger and Columbia Shuttles, and the USS Maine Memorial. Drives by the South Lawn of The White House, FDR, and Jefferson Memorials, and the Pentagon.
$49 for adults, $39 for kids 2-12

**DC @ Night Tour**
Departs Gaylord at 6:30 PM (Woodrow Wilson Bus Loop) and returns at 10:30 PM

$49 for adults, $39 for kids 2-12

**Cruises on the Potomac River**
Tel: 866-306-2469
Website: [www.entertainmentcruises.com/our-cities/washington-dc?_ga=1.147831223.1854745951.1453393222](http://www.entertainmentcruises.com/our-cities/washington-dc?_ga=1.147831223.1854745951.1453393222)

$45 and up depending on cruise selected.
If you’re in the mood for dining, dancing, entertainment, or a sightseeing excursion, try a tour on one of five vessels run by Entertainment Cruises.
across the street from the Gaylord National Hotel. The restaurant features three levels for dining and two outdoor patios, a three-story waterfall and a 33’-tall golden Buddha, as well as views of the Potomac River.

**Old Hickory Steakhouse (in the Gaylord National Hotel)**
201 Waterfront Street
301-965-5100

* Dinner

This old-style, upscale steakhouse serves premium beef dishes, artisanal cheeses, and hand-crafted cocktails in a setting that offers fabulous views of the Potomac River. It also features an outdoor cigar terrace.

**Redstone American Grill**
155 National Plaza
301-839-3330
www.redstonegrill.com/restaurants/national-harbor/

* Lunch, dinner, and brunch on Saturdays and Sundays from 10 AM to 2 PM

Redstone’s, an upscale but casual restaurant, serves American cuisine at its finest featuring wood-fired steak, chicken, pork, and fish dishes, as well as gluten-free options.

**Rosa Mexicana**
153 Waterfront Street
301-567-1005
www.rosamexicano.com/

* Lunch and dinner

Guacamole served tableside? A frozen pomegranate margarita? Get a taste of authentic Mexican cuisine at Rosa Mexicana’s in a fun, festive environment. Offers gluten-free and vegetarian dishes.
RESTAURANTS

Succotash
186 Waterfront Street
301-567-8900
http://succotashrestaurant.com/
Lunch, supper, and weekend brunch

Billed as a “progressive perspective of classic Southern favorites,” Succotash is an Asian-infused country restaurant helmed by Korean-American Chef Edward Lee, who has been nominated for the James Beard Award five times. The restaurant, which opened in Fall 2015, features two kinds of fried chicken, smoked short ribs, and a unique take on succotash, one of the staples of the Southern table.

The Walrus Oyster and Ale House
152 Waterfront Street
301-567-6100
www.walrusoysterandale.com/
Lunch, dinner, and weekend brunch

The name, you might recall, is from the Lewis Carroll poem “The Walrus and the Carpenter,” and the cuisine is squarely rooted in Maryland’s Chesapeake Bay. That means fresh seafood (Maryland-style crab cakes!) and an oyster bar, complemented by 14 local tap beers, tap wines, and colorful frozen drinks. All dishes (and there are also chicken and beef options) are made from scratch with locally sourced ingredients. The restaurant is casual and fun in feel, and a 75-seat deck offers beautiful views of the Potomac River and Old Town Alexandria.

701 Restaurant
701 Pennsylvania Avenue, NW
202-393-0701
http://701restaurant.com/
Lunch, dinner

Quiet, sophisticated, with a modern ambiance, the 701 Restaurant offers seafood, beef, chicken, duck, and pork dishes for the discerning diner.

Jaleo
480 7th Street, NW
202-628-7949
www.jaleo.com/
Lunch, dinner, weekend brunch

Spanish cuisine and a la carte tapas (small plates) are the staples at Jaleo, which has been a DC eatery since 1993. There are three tasting menus for people who want to try everything. And for those who prefer a heftier portion, Chef Jose Andres also includes a few large-plate entrees, such as grilled boneless pork shoulder and paella.

Oyamel Cocina Mexicana
401 7th Street, NW
202-628-1005
www.oyamel.com/
Lunch, dinner, weekend brunch

A fun traditional but urban restaurant, Oyamel serves authentic but inspired Mexican food such as tacos, cerviches, table-side guacamole, and antojitos (traditional small plates) along with some unique and refreshing margarita cocktails and wines.

NoPA
800 F Street, NW
202-347-4667
www.nopadc.com
Lunch, dinner, Sunday brunch

This upscale American brasserie offers a great view of the National Portrait Gallery. Creative takes on traditional dishes are its mainstay, such as spaghetti with a soft egg, truffled pecorino cheese, and herbed breadcrumbs (Cacio E Pepe Spaghetti) and the NoPa burger served with home-made pimento cheese “whiz,” bacon jam, Kewpie aioli, and fries.

On the Mall

701 Restaurant
701 Pennsylvania Avenue, NW
202-393-0701
http://701restaurant.com/
Lunch, dinner

Quiet, sophisticated, with a modern ambiance, the
Zaytinya
701 9th Street, NW
202-638-0800
www.zaytinya.com/
*Lunch, dinner, weekend brunch*

This upscale restaurant features Eastern Mediterranean cuisine (think Greek, Lebanese, and Turkish food) that is prepared under the direction of James Beard award-winning chef Jose Andres. Small plates, called mezze, are meant to be shared. The restaurant is well suited to group dinners—which may explain why First Lady Michelle Obama chose to have her birthday dinner here last January!

Del Campo
777 I Street, NW
202-289-7377
http://delcampodc.com/
*Dinner*

This South American-inspired steakhouse offers a wide selection of steaks and slow-roasted meats. At the bar, you can enjoy more casual South American street food, such as Argentine sandwiches.

Poste Moderne Brasserie
555 8th Street, NW (Inside the Hotel Monaco)
202-783-6060
www.postebrasserie.com/
*Breakfast, lunch, and dinner*

This delightful French brasserie with a contemporary twist is housed in a former 19th-century post office and has been lauded as one of Washington, DC’s 100 Best Restaurants. Dinner entrees range from your basic beef burger and steak frites to honey-glazed eggplant, roasted monkfish, Atlantic salmon, steamed sea bass, crescent duck, Amish chicken breast, and home-made cavatelli with a lamb Bolognese sauce.