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Stephen Homsey
Founder, Steps for MS

Tragic Fall Sparks an Epic Journey

Young man to complete walk across country to raise money and awareness for MS

San Diego, CA (November 15, 2011) – On November 18, Stephen Homsey, founder of Steps for MS, will arrive at the Loews Coronado Beach Resort in San Diego, Calif., completing a walk across America which began in Boston, Mass. on May 10, 2011. His 3,500 mile, 184-day long journey is an effort to raise money and awareness for multiple sclerosis. The decision to make the trip came from Homsey's desire to give meaning to a difficult, personal experience.

On Mother's Day in 2009, Homsey found himself alone, broken, and helpless in a Boston alley after falling approximately 40 feet off the side of a building. Sustaining a broken spine, two broken heels, a broken wrist, and a broken ankle, it was a long recovery before Homsey was able to walk again. Several months of convalescence gave him plenty of time to reflect on how he could turn such a negative experience into a positive one. He decided to walk across the country for the approximately 400,000 Americans living with MS and began his cross-country journey on the two-year anniversary of his fall.

Mindful that his accident could have killed him or left him permanently immobile Homsey began to ask, "What if I couldn't recover and had to struggle with immobility the rest of my life? I couldn't experience that fall, be given a second chance through full recovery, and not do something to make a difference," explained Homsey.

He began learning all he could about multiple sclerosis and the people impacted by the disease. "To some degree I related to their loss of mobility and the struggle that you and your family endure when

faced with a sudden change in physical abilities,” said Homsey. “Fortunately mine was temporary, but for people with MS, it is permanent.”

Homsey’s arrival at the Loew’s Coronado Beach Resort has been timed to coincide with the annual MS Dinner Auction for the San Diego Chapter of the National Multiple Sclerosis Society. The following night the organization’s black-tie event will raise funds to help support research to find a cause and cure for MS and to help promote programs for the 45,500 affected locally by MS.

Multiple sclerosis is a disease that affects the nervous system resulting in loss of muscle control, vision, balance, and sensation. Symptoms and the degree of severity vary greatly ranging from numbness in the limbs to paralysis. The disease also places a significant strain on the financial reserves and mental health of patients and their family. There is no cure, yet, for MS.

Hoping to inspire others, Homsey maintains a blog at steps4ms.org where he posts daily updates for his supporters and followers. He is also videotaping the trip and plans to produce a documentary about his journey and the disease. He has made frequent stops along his route to interview individuals battling MS, their families, and various doctors and specialists treating patients with MS.

Steps for MS is a non-profit organization founded in 2010 by Stephen Homsey with the purpose of providing immediate relief and support for those who are suffering from multiple sclerosis and their families. In 2011 Homsey embarked on a trek across the country to raise awareness and money for MS research. His walk will result in the development of a documentary to further the mission of Steps for MS.

For a complete map and route of Homsey’s walk, to learn more about Steps for MS, or to make a donation or offer support visit: steps4ms.org.

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Stephen Homsey is available for interviews in-person at any of the remaining cities along his route, via Skype, or by phone.

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