



971-C S. Kenmore Drive
Evansville, Indiana 47714
Phone: 812-423-5943 Toll-free: 1-866-514-4312
New Website: www.tristatems.org
"Like" us on Facebook

January 2016 Newsletter

Offering support, care, and hope...right here at home!

Indiana Support Group Meeting Dates

Evansville, IN support group **will NOT meet** in January!

Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Princeton, IN support group **will NOT meet** until Spring!! Watch newsletter for date!

Contact: Alice Burkhart / 812-782-3735.

Tell City, IN support group **will NOT meet** in January!

Contacts: Terri Hasty / 812-649-4013 or Gayle Taylor / 812-719-2417.

Washington, IN support group will meet Saturday, January 16th, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion and refreshments.

Contacts: Cindy Kalberer / 812-254-6735 or Fran Neal / 812-259-1565.

Kentucky Support Group Meeting Dates

Henderson, KY support group **will NOT meet** until Spring!

Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will meet Monday, January 11th, at 6:00 p.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us to discuss and plan the new year!!

Contact: Susan Reynolds / 812-228-6100.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, January 2nd, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for open discussion.

Contacts: Kathie Hill / 618-847-8452 or TSMSA / 1-866-514-4312.

*The Mission of the Tri-State Multiple Sclerosis Association
is to enhance the quality of life for individuals living with multiple sclerosis
and their families in Southern Indiana, Southern Illinois, and Western Kentucky.*



We would like to sincerely thank St. Mary's Health System for their continued support of the Tri-State MS Association's monthly newsletter.



Thank you to Teva Neurosciences for sponsoring our January newsletter
Shared Solutions: 1-800-887-8100 www.copaxone.com/shared-solutions



Calendar of Events



January 1, 2016 Happy New Year!!



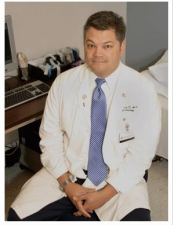
January 19, Tuesday, Teva (Copaxone) Educational Program

Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY

Time: 12:00 p.m. (noon)

Location: Moonlite Bar-B-Q, Owensboro, KY

RSVP: You and 1 (one) guest; Shared Solutions 1-800-887-8100



January 19, Tuesday, Merck Serono (Rebif) Educational Program

Speaker: Dr. Harold Moses, Neurologist, Vanderbilt, Nashville, TN

Time: Registration 6:15 p.m.; Program 6:30 p.m.

Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN

RSVP: You and 1 (one) guest; 1-877-969-1722



January 21, Thursday, Monthly Newsletter Stuffing

Time: 11:30 a.m.

Location: TSMSA Office – Come help, while you make new friends!



January 26, Tuesday, Biogen Idec (Tecfidera) Educational Program

Speaker: Dr. Lori Guyton, Neurologist, Neurology of Southern Illinois

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: Holiday Inn, Highway 41N, Evansville, IN

RSVP: You and 1 (one) guest; 1-866-955-9999 or BiogenMSsessions.com



January 27, Wednesday, Mallinckrodt (Acthar) Educational Program

Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: The Patio Restaurant, Tell City, Indiana

RSVP: You and 1 (one) guest; TSMSA 812-423-5943 / 1-866-514-4312



Upcoming Events



February 23, Tuesday, Mallinckrodt (Acthar) Educational Program

Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: Moonlite Bar-B-Que, Owensboro, KY

RSVP: You and 1 (one) guest; TSMSA 812-423-5943 / 1-866-514-4312



February 24, Wednesday, Teva (Copaxone) Educational Program

Speaker: Dr. Rod Warren, Neurologist, Evansville, IN

Time: Registration 5:30 p.m.; Program 6:00 p.m.

Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN

RSVP: You and 1 (one) guest, Shared Solutions 1-800-887-8100

Are you planning to travel this year? Traveling with MS can be a challenge. However, there is no reason to stop traveling just because you have MS. Travel can improve your outlook on life and get you away from your daily routines. For a person with MS, worry-free traveling may require some extra planning. Dr. Larry Sims, caregiver for his wife Susie, said: "Susie and I realized we were going to get to do everything we had planned to do when we retired, but we were just going to do it a bit slower". Susie has MS, and is one of the founders of the Tri-State MS Association.

Whether you are traveling by plane, train, or car, the best advice for people with special needs is to call ahead. There are travel agents who specialize in planning vacations for people with special needs. Travel agents can do a lot of the phone work for you.

Many helpful books and websites are devoted to traveling for disabled individuals.

Websites:

- Able Data: www.abledata.com
- Center for Disease Control and Prevention: www.cdc.gov/travel
- Global Access Disabled Travel Network: www.globalaccessnews.com (See "trip planning" page.)
- Emerging Horizons Accessible Travel News: emerginghorizons.com
- Society for Accessible Travel and Hospitality: www.sath.org
- Access-Able Travel Source: www.access-able.com
- Handicapped Travel Club Inc: www.handicappedtravelclub.com (for RVer's with disabilities)

Books:

- *Barrier Free Travel: A Guide for Wheelers and Slow Walkers*, by Candy Harrington
- *How to Travel: A Travel Guidebook for Persons with a Disability*, by Fred Rosen
- *There is Room at the Inn: Inns and B&Bs for Wheelers and Slow Walkers*, by Candy Harrington

Traveling with Medications

You will need to make plans for how to take along your MS disease modifying therapy. A doctor's note explaining that you have MS and will be carrying needles is handy when you check your carry-on luggage through security. Keep your meds in their original containers. Bring enough medication to last extra days, in case there is a delay. Bring along the original prescription label and a photo ID that matches the name on the prescription. Always pack your medication in your carry-on bag.

Consider using a chain pharmacy that has stores nationwide for your regular medications. If your medication is lost, it can be easily replaced with a phone call. Document all of your medications. Keep the list separate from the case that carries your medicine. If your meds are lost, or if you need to visit an emergency room while you are gone, you will have your list of medicine with you.

Know whether your MS medication can be stored at room temperature, and for how long. Some medications that require refrigeration can temporarily be stored at room temperature during travel. Most of the manufacturers supply an insulated case that will accommodate an ice pack to keep your medicine cool. Call your disease modifying therapy patient support line and ask for a travel case, if you need one. Some of the medications are light-sensitive and should always be kept in an opaque, insulated case when traveling. Call your patient support line for instructions on transporting the drug that you take.

Needle Disposal

Needle clippers are available. These gadgets clip off the needle and can store up to 1,500 needles safely. They are available at drugstores everywhere. Medical waste cannot be tossed in the trash, so find a place to store the empty syringes until you get home to your own syringe disposal. Call the patient support line for your MS medication to get a needle disposal for travel, or inquire at your local pharmacy about how to get one.

General Tips

Always give yourself some “extra”. You need extra time to get to the airport; carry extra food or snacks with you; and eat before you are starving. Have an extra stash of money hidden away just in case you need a cab, or in case a certain store or restaurant does not accept credit cards.

Plan your activities carefully. Research the place you are going and plan accordingly. Don’t put yourself in a situation where you will be in the hot sun for hours. Plan your trip for the coolest time of the year. Schedule breaks during the day to conserve your energy. Have a list of things you really want to do on the trip, and do those things first.

Request an aisle seat on a plane so you can stand up to stretch or go to the restroom when you need to. If you are in a wheelchair, request wheelchair assistance when booking your flight. (There is usually an extra charge for this.) When you check in, tell the staff you requested wheelchair assistance. An assistant will take you and whoever you are with through security, avoiding long lines. If you have to switch planes, they will have someone waiting for you, to take you to the next gate. When you arrive at your destination, someone will take you to baggage claim. Remember to take some dollar bills for tips.

Some people with MS walk with trekking poles for exercise to help them keep their balance. Unless you need to keep them with you to walk around the airport, pack the trekking poles in your luggage to avoid having to carry two poles around while managing your suitcase. The poles are not allowed on the planes but canes and forearm crutches are allowed. I suggest using a suitcase with wheels.

The best cooling vests to take on a trip are the evaporative/rechargeable kind. Make sure it is dry, and bring a doctor’s note that says it is needed because of your MS. Please do not wear your cooling vest through security or on the plane. When you go through security the vest gel packs can look like a bomb strapped to your chest! So pack the cooling vest in your carry-on luggage or your checked luggage, and remember to bring a doctor’s note.

If you have MS, strenuous hiking or sightseeing from dawn to dusk may not be possible as vacation activities. It is possible to do these activities in moderation, however. The key is to plan and allow time to rest. Know your limits and listen to your body’s cues. There is nothing you can’t do with MS; you may have to go slower or take longer, but you can still do it. Don’t save your dream trip until you retire or until the kids are grown. MS is unpredictable; go now, if you can afford it.

Sometimes, medical problems will arise while you are on vacation. Many MS Patients have problems with bladder infections. You don’t want to be stuck in an exotic location with a bladder infection. If you have recurrent bladder infections your doctor might give you a prescription for when you travel.

Your worst problem would be having an exacerbation (an MS relapse) while you are on vacation. A serious exacerbation would require calling your neurologist or a trip to the local emergency room to get a round of IV steroids. If the relapse is mild and not that disruptive you can probably wait until you get home to seek medical advice.

What should I do if I have an exacerbation while traveling?

The first thing to remember is what an exacerbation is. It's a worsening of old symptoms or the appearance of new ones that lasts 24 hours or longer. This is important because stress, heat, and/or fatigue (all of which easily happen while traveling) could cause symptoms to flare up temporarily. These symptoms should be better by the next day, but if symptoms persist ask yourself:

- Could you have an infection? Are there any signs of an infection?
- Do you have new bladder symptoms?
- Do you have fever?
- Do you have symptoms of flu or a cold?

If there is an infection, have it treated. Your flare may be a pseudo exacerbation that will go away once your infection is treated.

In the event of a true exacerbation, seek medical evaluation, preferably by a neurologist. If you have a predictable response to steroids, and you'll be traveling in an area with limited medical help, your physician may give you a prescription for a supply of oral prednisone to take with you, just in case.



In Memory of.....



In Honor of

This is a wonderful way to acknowledge those individuals in our lives that have made a difference. Please include a note of who the donation is '*In Memory of*' or '*In Honor of*'.

In Honor of Tri-State MS Association

Dr. Rick Yeager

United Way of Gibson County

Mr. & Mrs. Steve Sanner

Denise Love Orrick

Mr. & Mrs. John Prough

Mary Rueger

Nancy Arapios

Stacy Little

Open Door UU Fellowship

Allstate Giving Campaign

Moore Music

Debbie Hebbeler

In Honor of Von Sloan

Laura Weibush

Vonda Templeton

In Honor of Connie Romain

Ryan & Joelle Lynch

In Memory of Tom Denman

Mr. & Mrs. Richard Worthington

Ms. Mary Nell Tingle

Mrs. Sharon Omer

Mr. & Mrs. Joe Stofleth

Debbie Hebbeler

Linda Mattingly

In Memory of Joni Gentry

Bruce Adler

Mrs. Marilyn Evans

In Memory of Joan Talty

Mr. & Mrs. Michael Hirsch

In Memory of Chris Singleton

Mr. & Mrs. Pat Singleton



HAPPY BIRTHDAY TO YOU!!

Brenda Kozil Diana Michael Debbie Whittington
Beckie Dennis Rachael Zerby Sarah Russell
Lauren Clowers

If you would like to have your birthday included in our newsletter, please send a note that includes ***your name,*** your ***date of birth,*** and your ***signed permission*** for us to print it in our newsletter. Our mailing address is 971-C S. Kenmore Drive, Evansville, IN 47714.

*Happy
New Year*

Dear Friend,

“After working as a nurse for over 30 years, I had to quit my job because of the physical & cognitive disabilities multiple sclerosis left me with. Not only did I lose my identity without my job, but I also lost the social interaction with other adults who I had been working with. I had to create a new life and a new identity. The Tri-State MS Association helped me realize I am a person, not just a disease.” ~ Joyce, individual living with MS

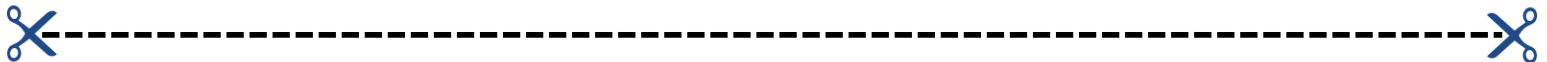
Joyce is not alone in her story about how her life was affected by multiple sclerosis. Multiple sclerosis is a chronic, inflammatory disease of the Central Nervous System that affects approximately 400,000 people in the United States. MS cases can vary from mild symptoms to partial or complete paralysis. Here at the Tri-State MS Association, we provide support for individuals like Joyce.

“I originally came to the Tri-State Multiple Sclerosis Association when I was first diagnosed to get information. What I ended up finding was another family. People who don’t have multiple sclerosis tend to have a misunderstanding about it. But the Tri-State MS Association is a place for me to come together with other individuals living with multiple sclerosis who understand what I am going through.”

Why is it important for you to donate to the Tri-State Multiple Sclerosis Association today? If we closed our doors tomorrow, there would be no other local organization for individuals living with MS and their care partners to turn to for help. Without your support, we wouldn’t be able to provide services such as an MS nurse educator, an MS library, educational programs with neurologists, seven local monthly support groups, patient assistance efforts, care partners support, MS drug therapy resources & information, an MS family weekend retreat, and financial & medical assistance for local individuals who consider the Tri-State Multiple Sclerosis Association a lifeline.

One of the most important services that we provide here at the Tri-State MS Association is a community of understanding and friendships for individuals living with multiple sclerosis in southern Indiana, western Kentucky, and southern Illinois. Please join hands with us to provide support, care, and hope...right here at home.

Your support makes it all possible!



Thank You for Your Continued Support!

Enclosed is my gift in the amount of:

\$25 \$50 \$100 Other \$ _____

I would like my gift to go towards:

Where it is Most Needed Medical/Financial Assistance
 Events (ME Weekend, Family Retreat, etc.)

Ask your company about a matching gift program!

My employer _____ will match my contribution! (Please enclose appropriate forms.)

Or donate online: www.tristatems.org/donate

All donations are fully tax-deductible. Please cut and return this slip with your donation.

Thank You!!

To all of the businesses and shoppers who participated in our 1st Annual Shop the Block event!!

Alpha Graphics

Golf Plus

Illuminating Expressions

Inman's Picture Framing

KnitWitts Yarn Shoppe

Molly's Upscale Consign. Boutique

Painting with a Twist

PenPals Stationary Shoppe

Play It Again Sports

Scheller's Fitness & Cycling

Shannon Aleksandr's Salon & Spa

Single Thread Boutique

Sugar Bakers Home Fashions

The Diamond Galleria

The Lollipop Tree Boutique

The Salon Professional Academy

TJ's Inspirations

Twist Dance & Swim

Wild Birds Unlimited



*Congratulations to the \$250 Visa Gift Card Winners:
Ginger Miller, Joyce Rice, and Laura Specht!*

Thank You!

We cannot think of a better way to start the New Year than to say

***Thank you** to all that have generously donated in 2015.*

***Thank you** to the many that helped us in 2015!*

***Thank you** to the pharmaceutical companies and their employees
for the wonderful programs they provided in 2015.*

***Thank you** to all that have volunteered their time in 2015.*

***Thank you** to the TSMMSA Board of Directors for their dedication to us in 2015.*

Security Freeze

A security freeze, also known as a credit freeze, is a consumer right provided by Indiana law. Placing a security freeze on your credit reports can block an identify thief from opening a new account or obtaining credit in your name. There is no fee for Indiana residents to place, temporarily lift, remove or request a new password or PIN. For more information, go to: www.IndianaConsumer.com/IDTheft.