



971-C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312
www.tristatems.org
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January 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet in January!! At our February 11th support group meeting, we will discuss the book “Radical Remission: Surviving Cancer Against All Odds” by Dr. Kelly Turner. If you would like to, you may purchase a printed or audio version of the book to read prior to our February meeting. The book is available at Walmart, Barnes & Noble, Google Play, etc. You may also contact Nita Ruxer at (812) 479-3544 for an mp3 CD copy. Although the book focuses on cancer, it covers treatment and prevention advice that can be applied to all diseases and health conditions. In addition, the book covers many aspects of healthy living and wellness that apply to everyone.

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

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 **NOT** meet in January or February!

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

Kentucky Support Group Meeting Dates

Henderson, KY support group will **NOT** meet in January or February!

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

Owensboro, KY support group will meet Monday, January 9, at 6:00 p.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and refreshments.

Contact: Susan Reynolds / 812-228-6100.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, January 7th, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for an 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.*

Shared Solutions: 1-800-887-8100  www.copaxone.com/shared-solutions

Thank you to Teva Neurosciences for sponsoring our monthly newsletter!



Calendar of Events



January 1, 2017 Happy New Year!!



January 6, Friday, Novartis (Gilenya) Educational Lunch Program

Speaker: Dr. Aaron Boster, Neuroimmunologist, OhioHealth, Columbus, OH

Time: 10:00 a.m.

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

RSVP: You and 1 (one) guest, 1-866-682-7491



January 19, Thursday, Monthly Newsletter Folding

Time: 11:30 a.m.

Location: TSMSA Office 971 C. S. Kenmore Drive, Evansville, IN 47714



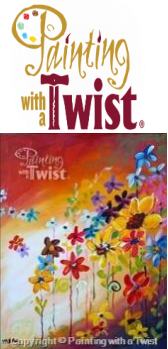
January 26, Thursday, Mallinckrodt (Acthar) Educational Dinner Program

Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN

Time: 6:00 p.m.

Location: : Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN

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



January 28, Saturday, 'Painting With a Purpose' Paint Party, Owensboro, KY

Time: 3:00 p.m. to 5:00 p.m.

Location: Painting With a Twist, 5010 Wildcat Way, Suite D, Owensboro, KY

RSVP: Register to attend at paintingwithatwist.com/Owensboro

Experienced local artists will provide step-by-step instructions. You'll leave with a one-of-a-kind creation! Alcoholic beverages are available for attendees 21 and over to purchase. The event costs \$35 to attend, with 70% of the proceeds benefitting TSMSA!

Upcoming February Events



February 9, Thursday, Biogen Idec Educational Dinner Program

Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN

Time: 6:00 p.m.

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

RSVP: You and 1 (one) guest, 1-866-955-9999



February 23, Thursday, Mallinckrodt (Acthar) Educational Dinner Program

Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN

Time: 6:00 p.m.

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

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



HAPPY BIRTHDAY TO YOU!!

Brenda Kozil

Diana Michael

Rachael Zerby

Debbie Whittington

Carmen Dill

Sarah Russell

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.



In Memory 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.....

In Honor of Tri-State MS Association

Dr. Rick Yeager

Mary Rueger

Nancy Arapios

In Memory of Mary Ellen Schmidt

Mr. & Mrs. John Greenwell

Debbie Hebbeler

In Memory of Von Sloan

Vonda Templeton

Michael Clauson

Denise Love Orrick

Kanesta Downs

In Memory of Joni Gentry

Bruce Adler

In Honor of Brenda Floyd

Laura Weibush

Mr. & Mrs. John McNaughton

Mr. & Mrs. Coach VanHoose

West Side Nut Club

In Memory of Christa Trapp

Mr. & Mrs. Robert Owens

P. Genie Trapp

Amy Puttman-Smith

Upcoming Royal Caribbean Cruises

We have been asked to share information about *two* upcoming Royal Caribbean cruises that include programs and entertainment for individuals with MS. You and your caregivers may participate in activities for MSers, or you may participate in activities with cruisers without special needs.

Hosted By: **MSCruisers.com**

When: *March 5-12, 2017* (8 days, 7 nights)

Where: Port Canaveral, Nassau, St. Thomas, and St. Maartin

Discounted Cost: Cabins (inside) \$905 / person; Balcony \$1,146 / person

RSVP or more information: 1-888-826-9660 or e-mail alana@funcruiseandtravel.com



Speakers include author of MS: Beyond The Red Door, Mary Ellen Ziliak, RN, MSCS. You'll experience inspiring programs, and there will be fun-filled activities for you and your caregiver(s).

Hosted By: **MS Focus – Cruise For a Cause**

When: *September, 2017* (8 days, 7 nights)

Where: Eastern Caribbean – San Juan, Puerto Rico; Philipsburg; St. Maartin; and Labadee, Haiti

For more information: Aragon Travel: 1-888-408-4129 or email: gabriela@aragontravel.com



Fine food, spectacular entertainment, great shopping, and exciting accessible activities are all a part of this experience. This annual event is an empowering, life-affirming adventure.



United Way of Southwestern Indiana Volunteer Income Tax Assistance (VITA) Program

United Way of Southwestern Indiana provides free tax preparation and filing for low-to-moderate income residents who need assistance. The purpose of the VITA Program is to provide families with practical help to maximize their income by obtaining all of the federal and state tax credits available to them.

2017 VITA Site Schedule Walk-In Locations (Evansville, IN) 6:00-8:00 pm. Doors open at 5:30 pm

Locations

Work One: 700 E Walnut St

YMCA Downtown: 222 NW 6th St

Bosse High School: 1300 Washington Ave.

Times

Tuesdays, beginning Jan 31, 2017

Wednesdays, beginning Feb 1, 2017

Thursdays, beginning Feb 2, 2017 *and*

Saturday, Feb 18 (*one day only*)

10 am-2:00 pm or until capacity is met

Appointment only location:

Legal Aid Society: 1 NW Martin Luther King Jr. Blvd, Rm 105

Mondays, beginning January 30, 2017, 1:00-4:00 pm. Call 812-435-5173 to schedule an appointment.

What to Bring:

- Tax information (W-2s, 1099, 1098, etc.)
- Social Security Cards or ITIN letters for you and all persons on your tax return
- Proof of identity (valid driver's license or other government issued photo ID)

For details, visit <http://unitedwayswi.org/supported-programs/vita-program/> or call 812-421-2800.



Medicare Information Assistance

Understanding Medicare coverage can be confusing and overwhelming. St. Mary's Senior Connection offers free consultation to help you understand Medicare and what your options are. Visit www.seniorconnectionbenefits.com or call 812-473-7271 to set up an individual appointment or to sign up for a free Medicare seminar.

AARP is another source for finding information about Medicare coverage. For example, AARP's Medicare Question and Answer Tool is available at www.aarp.org/health/medicare-qa-tool/.

You may also find answers to your Medicare questions at Medicare's website: www.medicare.gov. At this website, you can sign up for Medicare when you are eligible, review your plans, etc.

You may seek assistance at your local Social Security Administration Office. In Evansville, the Social Security Office is located at 2300 N. Green River Rd. Their phone number is 800-772-1213.

Another year has just blown by! Now is the time to make a resolution to be healthy in the New Year. For people with MS, being healthy means more than just taking your disease modifying therapy. It is also important to get exercise, participate in disease prevention by getting regular checkups, take care of your personal relationships, enjoy fulfilling work and leisure activities, and have a satisfying spiritual life. Caregivers should also take care of their own health. It is impossible to take care of someone else if you have not first taken care of yourself.

The term wellness is used a lot these days. Many people will be making resolutions this January to quit smoking, join a gym, or diet. Wellness is something that should be a lifelong process of developing your physical, mental, emotional, social, and spiritual well-being. Joining a group of people who have similar experiences and challenges can be very powerful and motivating. It can encourage you to exercise more, eat healthy, and maintain your physical focus. You don't have to join a group that is especially for people with MS. Many exercise / wellness programs have instructors that are trained to accommodate people with differing abilities.

Here are some things you can do in the coming year to increase your life expectancy and make you healthier overall. Generally the same things that apply to people in the general population also apply to people with MS.

1. **Eat well:** Eat a balanced diet of whole grains, vegetables, fruits and proteins. Increase the amount of vegetables you eat and decrease the sugar and processed foods.
2. **Exercise:** Thirty to forty-five minutes of aerobic activity every day is a good goal. If you have a disability that prevents this, you should ask your Neurologist to send you to a physical therapist who can help you find ways to build your muscles, improve balance, and move more efficiently.
3. **Exercise your Brain:** Give your brain a daily workout to preserve memory and sharpness. Try doing puzzles and playing memory games. Read books and newspapers. Be engaged as much as possible in the world around you.
4. **Socialize:** Getting out, being with other people is what life is all about. Socializing improves your mood and protects your brain from cognitive decline. Seek help from your doctor if you are depressed. You may need an anti-depressant.
5. **Don't Stress:** A certain amount of stress is good for you, but too much stress can be bad. Learn and practice relaxation techniques every day. Prepare ahead of time for stressful situations by having back-up plans and emergency funds.
6. **Take Care of Your MS:** Find a Neurologist that you like and can see on a long-term basis, preferably one that works at an MS Clinic. Take your disease modifying therapy as it is prescribed.
7. **Spirituality:** Develop your beliefs about the meaning of life with organized religion or in other ways. This is a way to look beyond yourself, and develop a sense of purpose and hope. Some people find spirituality in religion; others find it through music, art, or appreciation of nature.
8. **Set Goals:** You cannot change the fact that you have MS, but you can do things to improve your life. What can you do this year to improve your life? Set goals to lose weight, develop an exercise plan, join a support group, volunteer, go to church, develop a hobby, spend more alone time, or read more. Find something to look forward to as you get older. Make plans! Having something to look forward to makes you feel good and may give an "atmosphere of growth" to your life because the future seems bright.

Studies show that it is not money or material possessions that make people happy, but spending time with others. Happy people also pursue personal growth and intimacy, and they don't judge themselves by other people's yardsticks.

Below are some wellness/fitness programs I found online for people with MS:

'Can Do MS' is a four-day program offered by Can Do Multiple Sclerosis. You can find information about the four-day program and their other programs at www.mscondo.org. The website offers financial aid for their four-day in-house program. The website also has "webinars" you can watch from your computer. The Can Do MS Center is located in Colorado.

Another website, www.activeMSers.org, is designed to motivate, help, and inspire individuals with MS to stay as active as possible physically, intellectually, and socially regardless of physical limitations. This site has a blog and a newsletter you can subscribe to. It is written by Dave, who was diagnosed with MS in 2006.

Many other MS organizations and MS therapy websites contain additional helpful tips.

There are many new Apps for your smartphone that can help you track your fitness. I plan to do an article soon to investigate which apps are the best for someone with MS. I will research Apps for fitness, journaling, symptom tracking and many other benefits to people who have MS. Look for this article in the upcoming year!



Top 10 MS Publications

There is nothing like the internet, but many people prefer obtaining new information on paper. The following list of top 10 publications was developed by The Consortium of Multiple Sclerosis Centers.

1. Multiple Sclerosis: A Self-Care Guide to Wellness, 2nd ed., by NJ Holland and J Halper.
2. Complementary and Alternative Medicine and Multiple Sclerosis, 2nd ed., by AC Bowling
3. Managing the Symptoms of Multiple Sclerosis, 5th ed., by RT Schapiro
4. Multiple Sclerosis: The Questions You Have – The Answers You Need, 5th ed., by RC Kalb
5. Multiple Sclerosis: 300 Tips for Making Life Easier, 2nd ed., by SP Schwartz
6. Multiple Sclerosis: A Guide for Families, 3rd ed., by RC Kalb
7. Yoga and Multiple Sclerosis: A Journey to Health and Healing, by LM Fishman
8. Employment Issues and Multiple Sclerosis, 2nd ed., by PD Rumrill, M Hennessey and SW Nissen
9. Multiple Sclerosis Sourcebook, 1st ed., by JB Shannon
10. MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis, 1st ed., by A Shadday



THANK YOU
FOR YOUR SUPPORT

Thank you to the **Evansville Thunderbolts** and many volunteers during Charity Night!

Thank you **PenPals Stationary & Gift Shoppe** for hosting a 7-day fundraiser to benefit TMSA!

Thank you to **Painting With a Twist** and all participants during our Paint Party!

We appreciate each of you for providing *fun* ways to support the Tri-State MS Association.



TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION

971-C South Kenmore Drive
Evansville, IN 47714

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*Thank
You*

***We cannot think of a better way to start the new year than to say
"Thank You" to the many that helped us in 2016!***

***Thank you to the pharmaceutical companies and their employees
for the wonderful programs they provided in 2016.***

Thank you to all that have volunteered their time in 2016.

Thank you to all that have generously donated in 2016.

Thank you to the TSMSA Board Members for their dedication to us in 2016!