



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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November 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group **will not** meet in November!!

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

Tell City, IN support group will meet Tuesday, November 8th, at 11:00 a.m. at the Twilight Towers, 1648 10th Street, in the cafeteria. Join us for an open discussion and refreshments.

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

Washington, IN support group will meet Saturday, November 19th, 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 meet Saturday, November 5th, 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY. Join us for an open discussion and refreshments.

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

Owensboro, KY support group will meet Monday, November 14th, 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, November 5th, 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 TMSA / 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

	<p><u>November 3, Thursday, Biogen Idec (Tysabri) Educational Dinner Program</u> <u>Speaker:</u> Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest to Active Source: 1-866-955-9999</p>	
	<p><u>November 6, Sunday, Autumn Walk – Evansville, IN</u> <u>Registration:</u> 12:30 p.m. (Don't forget the time change!) <u>Walk:</u> 1:30 p.m. <u>Location:</u> Harrison High School, 211 Fielding Rd, Evansville, IN Start getting your team together TODAY! <u>We are counting on you!!</u></p>	
	<p><u>November 8, Tuesday, thru December 16, Schwan's Cares Fundraiser</u> Through Schwans-Cares.com, you can order from Schwan's Home Delivery and help TSMSA! Use code: 29654 *See fundraising page for details.</p>	
	<p><u>November 9, Wednesday, Genzyme (Aubagio) Educational Lunch Program</u> <u>Speaker:</u> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham <u>Time:</u> 12 p.m. (noon) <u>Location:</u> The Patio Steakhouse, 3120 IN 66, Tell City, IN <u>RSVP:</u> You and 1 (one) guest: 1-866-703-6293, Event code: TR 378016</p>	
	<p><u>November 9, Wednesday, Genzyme (Aubagio) Educational Dinner Program</u> <u>Speaker:</u> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham <u>Time:</u> 6:00 p.m. <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: 1-866-703-6293, Event code: TR 378021</p>	
	<p><u>November 17, Thursday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. <u>Location:</u> TSMSA Office – Come help, while you make new friends!</p>	
	<p><u>November 17, Thursday, Mallinckrodt (Acthar) Educational Dinner Program</u> <u>Speaker:</u> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN <u>Time:</u> 6:00 p.m. <u>Location:</u> Holiday Inn, Hwy 41N, Evansville, IN <u>RSVP:</u> You and 1 (one) guest to 812-423-5943 or 1-866-514-4312</p>	

Upcoming Events

	<p><u>December 1, Thursday, Genzyme (Aubagio) Educational Lunch Program</u> <u>Speaker:</u> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham <u>Time:</u> 12:00 p.m. eastern / 11:00 a.m. central <u>Location:</u> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN <u>RSVP:</u> You and 1 (one) guest: 1-866-703-6293, Event code: TR 378030</p>	
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	<p><u>December 1, Thursday, Genzyme (Aubagio) Educational Dinner Program</u> Speaker: Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham Time: 6:00 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR 378031</p>
	<p><u>December 2, Friday, Evansville Thunderbolts Hockey Charity Night</u> Time: 7:15 p.m. Location: The Ford Center, 1 SE Martin Luther King Jr. Blvd, Evansville, IN *See fundraising page for details.</p>
	<p><u>December 6, Tuesday, 'Martinis & Monograms' at PenPals</u> Time: 5:00 p.m. to 9:00 p.m. Location: PenPals Stationary & Gift Shoppe, 6219 Vogel Rd, Evansville, IN 47715 Tickets may be purchased at TSMSA or PenPals. See fundraising page for details.</p>
	<p><u>December 8, Thursday, Novartis (Gilenya) Educational Lunch Program</u> Speaker: Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH Time: 12 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 1-866-703-6293</p>
	<p><u>December 8, Thursday, Novartis (Gilenya) Educational Dinner Program</u> Speaker: Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH Time: 6:00 p.m. Location: Holiday Inn, Hwy 41N, Evansville, IN RSVP: You and 1 (one) guest: 1-866-703-6293</p>
	<p><u>December 10, Saturday, Holiday Holy Hoops Tournament</u> Time: 1:00 p.m. to 4:00 p.m. Location: American Baptist East, 6300 Washington Ave, Evansville, IN 47715 *See fundraising page for details.</p>
	<p><u>December 10, Saturday, 'Painting With A Purpose' Paint Party</u> Time: 3:00 p.m. to 5:00 p.m. Location: Painting with a Twist, 5625 E. Virginia St, Evansville, IN RSVP: Register to attend after November 15 at paintingwithatwist.com/Evansville *See fundraising page for details.</p>
	<p><u>December 12, Monday, Teva (Copaxone) Educational Dinner Program</u> Speaker: Dr. Rod Warren, Neurologist, Evansville, IN Time: 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</p>
	<p><u>December 16, Friday, thru December 18, 'The Diamond Galleria' Fundraiser</u> Location: The Diamond Galleria, 6245 Vogel Rd, Evansville, IN 47715 Mention "Tri-State MS Association" while shopping December 16-18, and a percentage of proceeds will come back to TSMSA. See fundraising page for details.</p>
	<p><u>December 17, Saturday Breakfast with Santa</u> Time: 10:00 a.m. Location: Holiday Inn, Hwy 41N, Evansville, IN RSVP: 812-423-5943 or 1-866-514-4312</p>

Foot drop is one of the many causes of gait disturbance in people with MS. It is a condition where a person has limited or no ability to raise the foot at the ankle joint. This makes walking difficult, as the toes tend to drag on the ground, which leads to tripping and instability. Patients adapt to this problem by using their hip muscles to exaggerate lifting the foot above the ground or by swinging their leg outward so that the foot can clear the ground. For a patient with MS, the extra work it takes to compensate for the foot drop can cause extreme fatigue. The abnormal gait can also cause poor balance and pain in the hips and back.

The most common cause of foot drop is weakening of the peroneal muscle on the front of the calf, or very weak stimulation to the peroneal muscle from the nervous system. Tightness in the muscles in the back of the calf can also contribute to the condition. MS patients can have other contributing factors causing their foot drop.

Currently, an ankle-foot orthosis (AFO) is used to treat foot drop in MS. An AFO is a very light weight ankle brace with a shoe insert which keeps the foot at a right angle to the lower leg. Physical therapy to strengthen the muscles and maintain joint motion may also help to improve gait. This type of therapy can be taught to you by a Physical Therapist, and you can continue it on your own at home.

Several devices, such as the WalkAide and the Bioness 'Ness L300', have been developed to help with foot drop. For the devices to work, the nerve must be capable of sending a signal, and muscles must be capable of receiving it. In MS, a variety of complications may keep the device from working properly.

Both devices use FES (functional electrical stimulation). While each product is different, each is basically a small self-contained device that attaches below the knee. It electronically stimulates the peroneal nerve, thus allowing the foot to lift. During the swing phase of walking, the device electronically stimulates the appropriate muscles that cause ankle dorsiflexion and may thus improve the person's walking ability. (Dorsiflexion is the raising of the foot at the ankle.)

Most of the studies done on FES and foot drop have focused on people who have had a stroke. Preliminary results of a study in Alberta, Canada showed that FES increases walking speed for people with MS. It also showed that the device may help "retrain" gait to some degree. If this is true, it may mean that use of the device is like doing an exercise program. That may mean some permanent positive physiological changes are occurring with the use of these devices.

The WalkAide and the NESS L300 cost about \$5,000 to \$6,000. They are not typically covered by insurance plans. Both companies are currently working on getting Medicare coverage.

I have seen MS patients using several types of soft AFOs. One example is the soft AFO for foot drop by Braceability. This AFO is unique in that it features two interchangeable forefoot attachments. Therefore, it can be used with either slip-on or laced shoes as well as when you are barefoot. There is a buckle on the ankle wrap that connects a strong elastic band to the wrap on the forefoot. The elastic band holds up the foot, and prevents the forefoot from dropping. This AFO costs about \$70.00.

If you are considering FES, you should first ask your doctor if your symptoms may be helped by FES. If your symptoms are appropriate for FES, your doctor should refer you to a physical therapist to evaluate whether FES may be effective for you.

Sources:

Innovative Neurotronics, Inc; www.ininc.us; 888-884-6462 / Bioness, Inc; www.bioness / 800-211-9136



HAPPY BIRTHDAY TO YOU!!

Martha Garrett

Brenda Bye

Melissa Coombs

Robin Mathias

Sheila Martin

Joyce Rice

Diana Sanner

Paula Sexton

Amanda Meyers

John Woodson

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.....



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

Michael Clauson

Web Enterprises

Mary Rueger

Denise Love Orrick

Evansville Public Library

James & Carol Bannister

Nancy Arapios

Lollipop Tree Boutique

Kanesta Downs

Open Door UU Fellowship

Deaconess Hospital

In Memory of Von Sloan

Vonda Templeton

In Memory of Jane Springer

Susan Askew

In Memory of Joni Gentry

Bruce Adler

First Presbyterian Church USA

In Memory of Larry Belcher

Kristen Cain

In Memory of James Bannister

Mr. & Mrs. Michael Roehr

In Honor of Brenda Floyd

Laura Weibush

Mr. & Mrs. John Wuertz

Mr. & Mrs. Ralph Kirves

thank you!

A special 'thank you' to **Deaconess Health Systems** for sponsoring our Family Fun Day at Walther's Golf & Fun!
We appreciate your support.



Best Wishes From Lauren

Happy November everyone! As some of you may know, I am expecting my first child (a little girl!) in just a few short weeks! I have decided to be a stay-at-home mom and will be leaving TSMSA. I am very excited to start this next chapter in my life, but I will miss my time here as Fundraising Coordinator. I have really enjoyed my job and have especially enjoyed meeting all of you! Even though I won't be working here anymore, you will still see me around! I will continue to attend the events and volunteer because I believe that TSMSA is a great organization with a promising future! Thank you to everyone who welcomed me with open arms! I wish all of you the best!

Upcoming FUN Ways to Support TSMSA



Friday, December 2: Evansville Thunderbolts Charity Night

Join us at the Ford Center on **Friday, December 2nd**, for a Charity Night with the Evansville Thunderbolts! The game starts at 7:15 pm, and all members of TSMSA will get a discounted ticket rate! TSMSA will be recognized at the game, and 25% of Chuck-a-Puck profits will be donated back to us! Everyone who purchases a puck will have the chance to win prizes! *We will need 8-12 volunteers to help us sell pucks at the game!* Volunteers will receive free tickets to the game! Call TSMSA if you are interested in volunteering or purchasing!



Tuesday, December 6: 'Martinis & Monograms' at PenPals

PenPals Stationery and Gift Shoppe will be hosting a 'Martinis & Monograms' event on **Tuesday, December 6th** from 5 to 9 pm. Tickets are \$25 each, and 100% of ticket sales will benefit TSMSA. You may purchase tickets from the TSMSA Office or from PenPals, located at 6219 Vogel Rd, Evansville, IN. Tickets include hors d'oeuvres, martinis, and wine. Plus, you'll have the opportunity to shop one-night sales that will not be offered again. PenPals will personalize items while you shop, and will offer free gift wrapping.



Saturday, December 10: Holiday Holy Hoops Tournament

The Holiday Hoops Shootout for MS is a H.O.R.S.E. basketball fundraiser to support TSMSA. It is a 16 player single-elimination tournament with great prizes being offered. The tournament will be held on **Saturday, December 10th** from 1 to 4 pm at the American Baptist East gymnasium. Contestants make a \$20 minimum donation to enter the event. For a list of prizes, and to read about how the tournament works, go to holyyhoops4ms.com. Call Jay at 812-774-3963 or email jstock21@yahoo.com to participate!

Saturday, December 10: Painting with a Purpose



Join us for a Paint Party on **Saturday, December 10th** from 3-5 pm at Painting with a Twist! We will be getting into the Christmas spirit by painting "A Violet Christmas". Invite your friends and family, sip your favorite beverage, and enjoy step-by-step instruction with experienced local artists. 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! Painting with a Twist is located at 5625 E. Virginia St, Evansville, IN. Register after November 15 at www.paintingwithatwist.com/evansville

Friday-Sunday, December 16-18: The Diamond Galleria Fundraiser



Stop in The Diamond Galleria during the weekend of **December 16-18th** and get your Christmas shopping done! Mention "Tri-State MS" when you make your purchase and a percentage of the proceeds will be donated back to TSMSA. The Diamond Galleria is located at 6245 Vogel Rd, Evansville, IN.

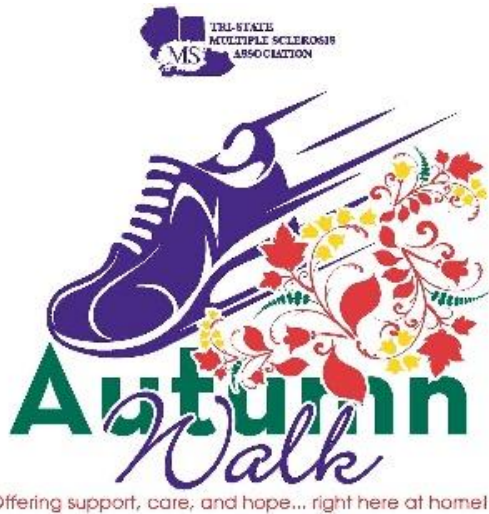
Tuesday, November 8 thru December 16: Schwan's Cares Fundraiser



Thank you to our Schwan's Cares Fundraiser supporters! With your help, we raised \$305!! We will host a new Schwan's Cares Fundraiser beginning on **Tuesday, November 8th**! The new Campaign ID is #29654. When you make a purchase through this campaign, Schwan's will donate 20% of the proceeds back to TSMSA through December 16 and 40% of gift card sales. Get all the meals you need for the holidays and support TSMSA!! Purchases can be made online at www.schwans-cares.com/c/29654 or over the phone at 1-855-870-7208!



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Autumn Walk

Sunday, November 6

Registration: 12:30 pm

Walk: 1:30 pm

Harrison High School; 211 Fielding Rd, Evansville, IN

Don't forget to set your clocks back!

You could WIN a Samsung Stainless Steel Built-In Dishwasher!! For details on how to enter, visit the TSMSA Office or Wayne's Appliance Specialist at 5719 E. Morgan Ave, Evansville, IN.

*Drawing will take place at the Evansville Autumn Walk.

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