



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 2017 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 14<sup>th</sup>, at 11:00 a.m. at the Twilight Towers, 1648 10<sup>th</sup> Street, in the cafeteria. Join us for an open discussion.

**Contacts:** Terri Hasty / 812-649-4013 or Mary Ann Weatherholt / 812-719-2666.

**Washington, IN** support group will meet Saturday, November 18<sup>th</sup>, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion and refreshments.

**Contacts:** Fran Neal / 812-259-1565 or TSMSA / 1-866-514-4312.

### Kentucky Support Group Meeting Dates

**Henderson, KY** support group will meet Saturday, November 4<sup>th</sup>, at 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY. Join us for an open discussion and refreshments.

**Contacts:** Cheryl Walker / 270-823-4752 or Debbie Whittington / 270-827-8298.

**Owensboro, KY** support group will meet Saturday, November 11<sup>th</sup>, at 11:00 a.m. at Owensboro HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and refreshments.

**Contacts:** Susan Reynolds / 812-228-6100 or TSMSA / 1-866-514-5312.

### Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, November 4<sup>th</sup>, 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



	<p><b><u>November 1, Wednesday, Genzyme (Aubagio) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Moonlite Bar-B-Q, 2840 W Parrish Ave, Owensboro, KY  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-866-703-6293, Event Code #TR426451</p>
	<p><b><u>November 2, Thursday, Genzyme (Aubagio) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham  <b><u>Time:</u></b> 12:00 p.m. (noon)  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-866-703-6293, Event Code #TR426452</p>
	<p><b><u>November 2, Thursday, Genzyme (Aubagio) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> The Patio Steakhouse, 3120 E State Road 66, Cannelton, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-866-703-6293, Event Code #TR426454</p>
	<p><b><u>November 5, Sunday, Autumn Walk – Evansville, IN</u></b>  <b><u>Registration:</u></b> 12:30 p.m. <i>(Don't forget the time change!)</i>  <b><u>Walk:</u></b> 1:30 p.m.  <b><u>Location:</u></b> Harrison High School, 211 Fielding Rd, Evansville, IN  Start getting your team together TODAY! <b><u>We are counting on you!!</u></b></p>
	<p><b><u>November 6, Monday, Genzyme (Aubagio) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6:00 p.m. Eastern (5:00 pm Central)  <b><u>Location:</u></b> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-866-703-6293, Event Code #TR426456</p>
	<p><b><u>November 8, Wednesday, Mallinckrodt (Acthar) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Shyler's BBQ, 5416 E Indiana St, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><b><u>November 15, Wednesday, Teva (Copaxone) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Rod Warren, Neurologist, Evansville, IN  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
	<p><b><u>November 16, Thursday, Monthly Newsletter Folding</u></b>  <b><u>Time:</u></b> 11:30 a.m.  <b><u>Location:</u></b> TSMSA Office – Come help, while you make new friends!</p>



## November Events (cont'd)

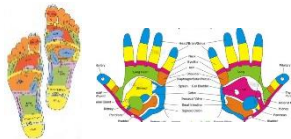
	<p><b><u>November 29, Wednesday, Teva (Copaxone) Educational Dinner Program</u></b>  <b>Speaker:</b> Dr. Rod Warren, Neurologist, Evansville, IN  <b>Time:</b> 6:00 p.m.  <b>Location:</b> BriarPatch Restaurant, 2760 Veach Road, Owensboro, KY 42303  <b>RSVP:</b> You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
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## Upcoming December Events

	<p><b><u>December 9, Saturday, Holiday Breakfast</u></b>  <b>Time:</b> 10:00 a.m.  <b>Location:</b> Holiday Inn, Hwy 41N, Evansville, IN  <b>RSVP:</b> 812-423-5943 or 1-866-514-4312</p>
	<p><b><u>December 13, Wednesday, Teva (Copaxone) Educational Dinner Program</u></b>  <b>Speaker:</b> Dr. Rod Warren, Neurologist, Evansville, IN  <b>Time:</b> 6:00 p.m.  <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY  <b>RSVP:</b> You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>



In case you were unable to attend our Evansville Support Group meetings, we would like to share contact information for a few of our recent guest speakers.



**Kay Hummell**, a certified *reflexologist*, was our speaker for July. If you have questions for Kay, contact her at *Zion Center for Spiritual Development and Healing*: (812) 425-7029.

Our speaker for August was **Andrea Lantz**, Social Worker for *Palliative Care* at *Deaconess Health System*. The goal of palliative care is to improve the quality of life while living with a chronic disease. For information, you may go to [www.deaconess.com/Services/Palliative-Care](http://www.deaconess.com/Services/Palliative-Care) or call (812) 450-3201.



**Ryan Wood**, a Doctor of Physical Therapy, was our speaker for September. Dr. Wood and his wife, Dr. Jessica Wood own *Forefront Therapy*, which is located downtown in Evansville. For more information, you may visit [ForefrontTherapy.org](http://ForefrontTherapy.org). You may email questions to [Ryan@forefronttherapy.org](mailto:Ryan@forefronttherapy.org).

Our speaker for October was Pharmacist **Mark Haywood**, owner of *Optimum Wellness Pharmacy*, which is located in Newburgh. Mark shared helpful information about supplements and prescriptions. If you have questions, you may send an email to: [mark@optimumwellnessrx.com](mailto:mark@optimumwellnessrx.com) or call (812) 518-3428.



Thank you to the guest speakers listed above. Also, we wish to thank all of our guest speakers who continue to volunteer their time to share information at our monthly support group meetings.



***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

Dr. & Mrs. Larry Sims

Kanesta Downs

Michael Clauson

Mary Rueger

Open Door UU Church

Regina Dillworth

Marcia Augustus

**In Memory of Joni Gentry**

Bruce Adler

**In Memory of Larry Arnold**

Olinger Insurance

Mr. & Mrs. Alan Weyer

**In Memory of Edward Shovers**

Mr. & Mrs. Alan Shovers

**In Memory of Von Sloan**

Vonda Templeton



**Happy Birthday To You!**

Martha Garrett

Robin Mathias

Diana Sanner

Brenda Bye

Sheila Martin

Paula Sexton

John Woodson

Melissa Combs

Joyce Rice

Amanda Myers

If you would like to have your birthday included in our newsletter, please send a note that includes your name, date of birth, & signed permission for us to print it.



316 N Green River Rd  
Evansville, IN 47715  
(812) 473-3800

*thank you!*

A special 'thank you' to **GattiTown** for hosting our Family Fun Day! We appreciate your support.

*thank you*

'Thank you' to **Wayback Burgers** and **Bazinga Charitable Promotions** for your persistence in trying to hold a car show fundraiser to benefit TSMSA, while dealing with the unpredictable weather. Fundraiser will be held in November. Watch for details.



115 Cross Pointe Blvd  
Evansville, IN 47715  
(812) 475-9272

*Thank you*



'Thank you' to **The Duell's Evansville Kia** and **Jake Hicks** for your generous donation through **Test Drive Evansville**.

Black Friday. Cyber Monday.

# #GIVINGTUESDAY

November 28, 2017

#GivingTuesday is a global day of giving celebrated on the Tuesday following Thanksgiving and the widely recognized shopping days: Black Friday and Cyber Monday. #GivingTuesday kicks off the charitable season, when many families and individuals focus on their end of the year giving.

#GivingTuesday provides a platform for people around the world to donate their time, resources, and talents to address challenges locally. It encourages and amplifies *small acts of kindness*.

We encourage you to join the movement with the Tri-State Multiple Sclerosis Association (TSMMSA) as your primary focus. Do you need help getting started with ideas? The following are a few suggestions:

- Donate to the Tri-State Multiple Sclerosis Association ‘in honor of’ or ‘in memory of’ a family member or friend.
- Organize a fundraiser, with the proceeds benefitting TSMMSA. Take pictures of your fundraiser and share them on Facebook. Be sure to tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- Upload your MS story (video or written story) on Facebook to share with others. This will help many people to understand the challenges associated with MS, and it will encourage many people living with MS to persevere. Again, tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- Share your story as a *caregiver* (video or written story) on Facebook to help others understand the joys and the struggles of caring for your loved ones. Another reminder: tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- If you are not on social media, write or type your MS stories or ideas. Mail or deliver your stories, pictures, and ideas to TSMMSA at 971-C S. Kenmore Dr, Evansville, IN 47714. Or you may email your stories, pictures, and ideas to: [officemanager@tristate.ms](mailto:officemanager@tristate.ms)

Thank you for your continued support! We look forward to hearing from you!



**Did you know:** You can earn prizes, even if you are not able to attend the TSMMSA Autumn Walks. Send your Autumn Walk donations to the TSMMSA Office, or drop your donations off.

\$50 donation      Autumn Walk T-Shirt will be awarded

\$100 or more      Autumn Walk T-Shirt and a local gift certificate will be awarded

Is the MS Hug one of your MS symptoms? The MS hug gets its name because of the squeezing or girdle-like pain that it causes around the torso. Heat, stress, and fatigue are common triggers for MS symptoms, including the MS hug. Some people experience a symptom similar to the MS hug but in their hands or feet, where it feels as though you are constantly wearing gloves or boots or have bands wrapped around their limbs or feet. For others, the tight feeling is around the head. The feeling can range from annoying to very painful.

The MS hug occurs because messages from nerves are blocked or disrupted by the damage caused by MS. The odd sensations, including aching, stabbing, crawling, or pins and needles, are classed as a type of nerve pain known as dysesthesia. Pain affects more than 50 percent of people with MS, and can often lead to feelings of extreme depression or anxiety. The pain can vary in severity. Some patients experience persistent pain, while others experience intermittent pain.

If you haven't been diagnosed with MS yet, going to the doctor with symptoms similar to the MS Hug, requires a thorough workup because a number of other health conditions can mimic it. For example, the MS hug can be similar to chest pain, so before it can be deemed simply "MS-related," a doctor would want to rule out serious causes, such as a heart attack. Other health conditions that need to be ruled out include gallbladder disease, stomach or intestinal infection, lung disease, inflammation of the cartilage between the ribs, and panic attack.

If other causes have been ruled out, your neurologist might order an MRI to see if you are having an MS relapse. You may need steroids if your symptoms are severe or debilitating.

**What can you do to treat the MS Hug?** You may not be able to erase the pain but you shouldn't suffer needlessly. If the pain is interfering with your quality of life, speak with your doctor about ways to improve your physical *and* emotional well-being. There may be medications to take to treat both things.

Many MS patients manage the pain by making a few simple lifestyle adjustments or trying home remedies used by others who experience similar symptoms. Suggestions include:

- Apply direct pressure to the pain with the flat of your hand.
- Wrap the affected area tightly with an elastic Ace bandage.
- Practice deep breathing to expand the chest and minimize spasms.
- Wear lightweight, loose clothing.
- Cool off: Apply an ice pack wrapped in a thin towel directly to the pain. Try a cooling vest, a cool shower or a cool bath.
- Use topical analgesics such as IcyHot or lidocaine creams.
- Take a nonsteroidal anti-inflammatory drug (NSAID), such as Advil (ibuprofen).
- Meditation.
- Rest (I find that lying down flat for a few hours helps to relieve the pain of the MS hug).
- Take breaks while working.

Medications prescribed to treat the MS hug include: Baclofen, Amitriptyline, Duloxetine (Cymbalta), Gabapentin, and Pregabalin (Lyrica).

If you experience the pain from the MS hug you should speak to your neurologist about it. There is medication to treat the pain.



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ASSOCIATION

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Evansville, IN 47714

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*Tri-State MS Association*

**Autumn Walk 2017**



**Evansville Walk**  
**Sunday, November 5**  
**Harrison High**

*Form a Team  
Sponsor  
Volunteer*

**812.423.5943**

You can earn prizes, even if you are not able to attend the Autumn Walks. Send your Autumn Walk donations to the TMSA Office.

\$50 donation: Autumn Walk T-Shirt

\$150 or more: Autumn Walk T-Shirt and local gift certificate



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