



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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December 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet in December!! Join us at the Holiday Inn, Hwy 41N, Saturday, December 17th, for TSMSA Christmas Breakfast. RSVP 1-866-514-4312.
Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Tell City, IN support group will meet Tuesday, December 13th, at 11:00 a.m. at the Twilight Towers, 1648 10th St, in cafeteria. Join us for pizza. Bring a dessert and the recipe to exchange.
Contacts: Terri Hasty / 812-649-4013 or Gayle Taylor / 812-719-2417.

Washington, IN support group will meet Saturday, December 17th, at 10:00 a.m. at Daviess Community Hospital. Join us for our Christmas Party.
Contacts: Cindy Kalberer / 812-254-6735 or Fran Neal / 812-259-1565.

Kentucky Support Group Meeting Dates

Henderson, KY support group will meet Saturday, December 3rd, 10:00 a.m. at Golden Corral, 1320 N. Green Street, Henderson, KY, for a holiday breakfast.
Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will **NOT** meet in December. Join us at the Holiday Inn, Hwy 41N, Saturday, December 17th, for TSMSA Christmas Breakfast. RSVP 1-866-514-4312.
Contact: Susan Reynolds / 812-228-6100.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, December 3rd, 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><u>December 1, Thursday, Genzyme (Aubagio) Educational Lunch Program</u> Speaker: Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham Time: 12:00 p.m. eastern / 11:00 a.m. central Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR 378030</p>
	<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 Stationery & 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: 1-866-682-7491</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: 1-866-682-7491</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 15, Thursday, Monthly Newsletter Folding</u> Time: 11:30 a.m. Location: TSMSA Office – Bring your favorite “Holiday Dish” to share!!</p>

Calendar of Events (cont'd)

	<p><u>December 16, Friday, thru December 18, 'The Diamond Galleria' Fundraiser</u> <u>Location:</u> 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 TMSA. See fundraising page for details.</p>
	<p><u>December 17, Saturday, Breakfast with Santa</u> <u>Time:</u> 10:00 a.m. <u>Location:</u> Holiday Inn, Hwy 41N, Evansville, IN <u>RSVP:</u> 812-423-5943 or 1-866-514-4312</p>
	<p><u>January 6, Friday, Novartis (Gilenya) Educational Lunch Program</u> <u>Speaker:</u> Dr. Aaron Boster, Neuroimmunologist, OhioHealth, Columbus, OH <u>Time:</u> 10:00 a.m. <u>Location:</u> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest, 1-866-682-7491</p>



HAPPY BIRTHDAY TO YOU!!

Crystal Janis	Cindy Graves	Mitchell Coomes
Nancy Pribble	Samantha Marx	Sandy Russell
Mary Popetz	Diana Seaton	Chad Kirk
Kathy Rowans	Susie VanHoose	Phyllis Siddons
Sally Jochim	Camilla Vantrease	

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
James & Carol Bannister
Kanesta Downs

Michael Clauson
Denise Love Orrick
Nancy Arapios
Open Door UU Fellowship

Susan Sauls
Sol & Arlene Bronstein
Mr. & Mrs. Steve Sanner
Toyota Employee Giving

In Memory of Von Sloan

Vonda Templeton

In Memory of Jane Springer

Sue Rich
Mr. & Mrs. Gary Certain

In Memory of Joni Gentry

Bruce Adler

In Memory of Catherine Greenwood

Sharon Moore
Pat Flake

In Memory of Chris Singleton

Mr. & Mrs. Daniel Miller

In Honor of Brenda Floyd

Laura Weibush

Diana Helms

Mr. & Mrs. Alan Knapp

In Honor of Connie Romain

Mr. & Mrs. Chester Rycroft

In Honor of Brenda Bean

Mr. & Mrs. James Droege

The Holidays are right around the corner, so we want to offer some tips to help you.



Send Flowers! Call Zeidler's or order on line at www.zeidlers.com and select TSMS, and the Tri-State MS Association will receive a donation. Flowers for the holidays, a donation for TMSA.



Just Rennie's Catering and Cookie Company offers their famous cookies online. With just a click at www.justrenniecookies.com you can send wonderful cookies to family & friends for the holidays! What a great treat, and all you have to do is "click"!

You may also call Just Rennie's to order: 812-401-8098.



Sassy Sweets Confections offers cupcakes and pies for the holidays. Your order is just a click away: www.sassysweetsconfections.com or you may call: 812-760-8824.

**THANK YOU to all of our teams and individual walkers who participated in our Autumn Walks this year!
We appreciate all of you!**

Evansville Spirit Award Winners:

Largest Family & Friends Team: **Wilsbacher**
Most Creative T-Shirt: **MS Cure Steppers (Terri Hasty)**
Largest Company Team: **Mulzer & Romain**
Team with Most Spirit: **Hirsch Family**

Owensboro Spirit Award Winners:

Largest Family & Friends Team: **Team Lisa**
Most Creative T-Shirt: **Team David**
Team with Most Spirit: **Team Payne**

Thank You to our Autumn Walk Sponsors!

104.1 WIKY	Frito Lay, Inc.	Mountain Valley Water	Sanofi Genzyme
Acorda Therapeutics	Genentech	Novartis	Schultheis Insurance
Allstate Ins., Paula Hayden	German American	Old National Bank	Shoe Carnival
Biogen	Gribbins Insulation Co., Inc.	Owensboro Health	Signs by deSign
Cintas Corporation	House of White Bridal	Payne Wealth Partners, LLC	Swat Pest Management
City of Owensboro	IBEW – Local 16	Pepsi Beverages Company	Teva Pharmaceutical Indus.
Comaier Wheel Chair Transp.	James & Carol Bannister	Pet Food Center	The Diamond Galleria
CRS OneSource	Local WEHT-TV/WTVW-TV	Professional Transp., Inc.	The United Companies
Deaconess Health Systems	Lucas Oil Center	Rally's Hamburgers	Wayne's Appliance & Mattress
Domino's Pizza	Mallinckrodt Pharmaceuticals	Romain Cross Pointe Auto Park	Within Sight, LLC
Evansville Courier & Press	Moonlite Bar-B-Q Inn		

Thank You to our Autumn Walk Silent Auction Donors!

Acropolis	Fiesta Acapulco	Lake Rudolph	Showplace Cinemas South
Angel Mounds	Ft Wayne Children's Zoo	Lefler Collision & Glass	Smitty's
April Patton	Franklin Lanes	Logan's Roadhouse	Sportsman's Grille
Archie & Clyde's	GattiTown Evansville	Mayor Lloyd Winnecke	St. Louis Cardinals
Bella Vi Spa Aesthetics	Gerst Haus	Mesker Park Zoo	Sugar Bakers
Buffalo Wild Wings	Glitters & Traditions	Nick T. Arnold Jewelers	Swonder Ice Arena
Camilla Vantrease	Grandview Aluminum	Owensboro YMCA	Terri Hasty
Carson's Brewery	Hacienda	Paoli Peaks	The Diamond Galleria
Cave Country Canoes	Hirsch Family	PenPals Stationary	The Log Inn
Children's Museum	Holiday Inn Airport	Pie Pan	Tri-State Athletic Club
Connie Brown	Hooters	Purdue University	Unity Taxi
Dewig Meats	Indiana Caverns	Rebecca's Gift Gallery	University of Kentucky
Eastern Ky University	Indianapolis Colts	Reitz Home Museum	University of Louisville
Escalade Sports	Indy Motor Speedway	Sally Jochim	Walther's Golf & Fun
Evansville Living	Judy Dewig	Sassy Sweets Confections	YMCA Southwestern IN
Evansville Otters	Kenny Kent Toyota	Scott Alford	
Family Dentistry	Kroger	Sharon Omer	

SPECIAL THANKS

- Appliance give-away by **Wayne's Appliance** (Dave & Sandy). The winner was: **Ginger Miller**
- Our emcee **Stacey May**, Local WEHT-TV / WTVW-TV
- Our DJ, **Monte Skelton**
- **Hirsch Family**, U of E Volunteers, and all Volunteers
- National Anthem, sang beautifully by **Alli Wilsbacher**
- Zumba warm-up, provided by **Lori and Shannon**
- All who **donated to Silent Auction**

It's that time of year again. It's time for the all of the holiday hustle and bustle that even healthy people have a hard time coping with. As a person with MS, I usually dread the fatigue I know I will always feel when the holidays are over. I have had MS for 26 years, and I do better and better with the holidays, now that I am older and better, at saying "no". I always look forward to getting together with family and friends this time of year, but some people with MS can become overwhelmed with all of the holiday expectations.

One of the best things you can do for yourself this time of year is relaxing your expectations. If your MS is acting up, be sure to take care of yourself first. Just say "no" to over scheduling at Christmas time. Be easy on yourself, and don't worry about having a perfect house. No one will remember that there was dust on the tables after a family get together. Better yet, have the get together at someone else's house! I talked to some MS "old timers" who have no problem with the holidays because they have made it known to their families what they can and cannot do.

Start your holidays with a "to do" list. If possible, delegate as much of the running as you can. Shop online. Don't wrap presents. Put them in the gift bags that are so popular now. Keep gift giving simple by buying gift cards. Acknowledge your MS, and ask for help. People are not necessarily aware of your symptoms and may be too distracted to notice, especially since people with MS have invisible symptoms.

Eating rich holiday foods may cause digestive problems. For patients with MS, eating different foods around the holidays can affect the digestive system and result in constipation or gastrointestinal problems. Drinking too much alcohol may not be a good idea for other reasons. Alcohol may increase the side effects of medications, such as drowsiness and memory issues. Your best bet is to avoid foods that cause problems, and keep your alcohol consumption to a minimum.

Above all, please remember to continue taking your disease modifying therapy during the holidays. Many MS patients skip a day or two during the holidays because they are too tired to take a shot. It is very important to keep up the regime that you always do during the rest of the year. Don't skip doses!!

The holidays can trigger a range of feelings, and having MS can make a person more likely to experience depression. Remember to set realistic goals for yourself. Do not take on more responsibilities than you can handle. Don't put all of your energy into one day. Try to pace yourself over the holidays. Don't set yourself up for disappointment by comparing today with the days of the past. If you are lonely, volunteering some of your time to help others puts things into perspective. Spend your time with supportive and caring people. Live and enjoy the present.

Do whatever it is you do to keep yourself connected spiritually during the holidays. Remember the reason for the season! Be grateful for what you have. Research shows that people who practice gratitude have more energy and optimism. They are less bothered by everyday hassles, they are more resilient in the face of stress, they have better health, and they suffer less depression than the rest of us. The holidays are a great time to aspire to that state of mind.



News From Lauren

Lauren and husband Michael welcomed Makayla Nicole Clowers on November 10th, weighing in at 7.5 lbs, and 20 inches long!! Lauren & Makayla are doing great!! Congratulations and Best Wishes!!

Upcoming FUN Ways to Support TSMMSA



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. All members of TSMMSA may purchase discounted tickets! To reserve your tickets at the special price, call Blake: 812-777-4111 or email: blake.bruner@evansvillethunderbolts.com. TSMMSA will be recognized at the game. 25% of Chuck-a-Puck profits will be donated back to us! Everyone who purchases a puck will have the chance to win prizes!



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 TSMMSA. You may purchase tickets from the TSMMSA 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: 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 TSMMSA! Painting with a Twist is located at 5625 E. Virginia St, Evansville, IN. Register after November 15 at www.paintingwithatwist.com/evansville

Schwan's Cares Fundraiser



We are hosting a new Schwan's Cares Fundraiser from **now until December 16, 2016**. The new Campaign ID is #29654. When you make a purchase through this campaign, Schwan's will donate 20% of the proceeds back to TSMMSA through December 16, and 40% of gift card sales. Get all the meals you need for the holidays, and support TSMMSA!! Purchases can be made online at www.schwans-cares.com/c/29654 or by calling 1-855-870-7208!

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 TSMMSA. The Diamond Galleria is located at 6245 Vogel Rd, Evansville, IN.

FOR SALE



Invacare Full Electric Homecare bed footspring. Includes mattress. Model: 5490ivc
Price: \$250. Inquiries: 812-204-8999.

FREE



FREE. Large Electric Power Chair. Must pick up. Inquiries: 812-202-0211.

FREE. Wheelchair. Inquiries: 812-909-5281.



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Sleigh bells, snowflakes, carols, evergreens, holiday cheer, and time spent with family. The Tri-State Multiple Sclerosis Association is an extended part of many families that are living with multiple sclerosis in the area. Debbie, Linda, Susan, the Board of Directors, and volunteers, know so many of your families by face and name! When we come together for an educational program, newsletter folding, or a social event, it's like a big family reunion! Many families have become good friends through these programs and events; saving seats, laughing, and staying afterwards to visit and catch up with each other.

With the holidays approaching and the season of gift giving upon us, we hope you will consider a gift to the Tri-State MS Association. Your gift will impact our association by directly supporting the areas of greatest need for individuals living with multiple sclerosis and their families. Don't forget to ask your company if they match charitable donations. Many companies do!



Make a difference today with a donation from your family to other families living with multiple sclerosis...
right here at home!

Debbie, Linda, Susan, TSMSA Board of Directors, and Volunteers!