



971-C S. Kenmore Drive
Evansville, Indiana 47714
Phone: 812-423-5943 Toll-free: 1-866-514-4312
www.tristatems.org
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March 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, March 12th, at 10:00 a.m. at the TSMSA Office, 971-C S. Kenmore Drive.

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 meet Tuesday, March 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, March 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, March 5th, at 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY.

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

Owensboro, KY support group will meet Monday, March 14th, at 6:00 p.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY.

Contact: Susan Reynolds / 812-228-6100.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, March 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 TSMSA / 1-866-514-4312.



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 monthly newsletter.

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

*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.*



Calendar of Events

THE
DIAMOND
GALLERIA



Get Lucky At The Diamond Galleria... ‘Sip, Shop & Support’ Event!

Join in the fun! This event starts Tuesday, March 1st, and ends with a celebration Thursday, March 31st at The Diamond Galleria! Donate \$25 for a Golden Ticket, and you will receive a \$25 Gift Certificate from The Diamond Galleria and a chance to win one of six “Pot of Gold” prizes! *See enclosed flyer for details.*



March 3, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, Associates in Neurology, Lexington, KY

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

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

RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR344469 (1293260)



March 3, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, Associates in Neurology, Lexington, KY

Time: 6:00 p.m.

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

RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR344469 (1293262)



March 8, 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



March 8, 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: Patti’s 1880s Settlement, 1793 J H O’Bryan Ave, Grand Rivers, KY

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



March 15, Tuesday, Genesis Health & Wellness (Chair Massages / Screenings)

Time: 6:15 p.m. to 8:00 p.m.

Location: Genesis Health & Wellness, 8211 W State Route 66, Newburgh, IN

See enclosed flyer for details.



March 17, Thursday, Monthly Newsletter Stuffing

Time: 11:30 a.m.

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



March 29, Tuesday, Mallinckrodt (Acthar) Educational Program

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

Time: 6:00 p.m.

Location: The Patio Steakhouse, 3120 IN 66, Tell City, IN

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



Calendar of Events (cont'd)

THE
DIAMOND
GALLERIA



March 31, Thursday, "Get Lucky at The Diamond Galleria Event"

Time: 5:00 p.m. to 9:00 p.m.

Location: The Diamond Galleria, 6245 Vogel Rd, Evansville, IN
FREE drinks, appetizers and door prizes. Plus, the drawing for the six "Pot of Gold" door prizes will be held. *See enclosed flyer for details.*

Upcoming Events



April 13, 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



April 21, Thursday, Craft Night Fundraiser

Time: 5:00 p.m. to 8:00 p.m.

Location: *To be announced*

Create door decorations. Two options: 'American Flag Star' or 'A Heart.' You can easily hang the crafts on a door or a wall. Show off your artistic abilities by painting or decorating as you would like. Price: \$25 per craft. There will be limited spots available, so RSVP today: TSMSA 812-423-5943 / 1-866-514-4312

Tell Your Friends and Family to



Support Tri-State MS Association by Drinking Prairie Farms Milk!!

The Tri-State MS Association is now part of the Prairie Farms "Our Caps Your Cause" program and is looking for your support. For every cap entered, TSMSA receives 5¢ towards our services.

On Prairie Farms white or flavored milk in gallon or half gallon sizes, there are stickers located on the caps. Reveal a unique, redeemable code by peeling of the Prairie Farms sticker. Enter the code at <http://www.prairiefarms.com/our-caps-your-cause.aspx>. When prompted with the choice of which organization to give to, please choose Tri-State Multiple Sclerosis Association. If you don't have a computer, bring your caps to the TSMSA office, and we will enter them for you.

After 1,000 caps are entered, Prairie Farms Dairy will send a check to TSMSA. The funds will be used to continue to enhance the lives of individuals living with MS and their families in southern Indiana, western Kentucky, and southern Illinois.

Over 600 farms strong, Prairie Farms has been providing the freshest, highest quality dairy products for 75 years. Prairie Farms network of local manufacturing plants and branch offices enables highly efficient, dairy fresh distribution throughout the Midwest and the South.

Drink Prairie Farms Milk and Give to what Moooves You!

Ocrelizumab for Relapsing MS and Primary Progressive MS?

Susan M. Reynolds, RN MSCN

A new drug to be submitted to the FDA for approval may treat both relapsing MS and primary progressive MS. Ocrelizumab, the first investigational medicine to significantly reduce disability progression in people with relapsing MS and people with primary progressive MS will be submitted to the FDA for approval in early 2016.

Genentech, a member of the Roche group announced data from three positive, pivotal Phase III studies of ocrelizumab in people with relapsing-remitting multiple sclerosis (RRMS) and primary progressive multiple sclerosis (PPMS). Data from two studies (called OPERA I and OPERA II) in people with relapsing MS showed ocrelizumab was superior to interferon beta-1a (Rebif®), a well-established MS therapy, in reducing the three major markers of disease activity over the two-year controlled treatment period.

OPERA I and II were identical studies. Each study randomly assigned 828 patients with active relapsing-remitting MS an ocrelizumab 600-mg intravenous infusion every 6 months (the first dose being given as two 300-mg infusions 15 days apart) for 2 years, or interferon β -1a, 44 μ g subcutaneously three times a week. The primary endpoint — annualized relapse rate at 96 weeks — showed a 46% to 47% reduction with ocrelizumab. Both studies also showed a 40% reduction in 12- and 24-week confirmed disability progression and a 94% to 95% reduction in T1 gadolinium-enhancing lesions on MRI. Brain volume loss was reduced by 23.8% with ocrelizumab vs interferon, and the number of patients with NEDA (no evidence of disease advancement) increased from 25% with interferon β -1a to 47% with ocrelizumab.

The most common adverse effect was infusion-related reactions, which occurred in about 28% of patients receiving ocrelizumab. Eleven patients (1.3%) withdrew because of an infusion-related reaction during the first dose. Serious adverse events did not differ between the ocrelizumab and interferon groups, and there were no opportunistic infections or cases of progressive multifocal leukoencephalopathy (PML).

In a separate study (called ORATORIO) in people with primary progressive multiple sclerosis, ocrelizumab significantly reduced the progression of clinical disability sustained for at least 12 weeks (the primary endpoint) and 24 weeks (a secondary endpoint) compared with placebo. The study also met other secondary endpoints of reducing the time required to walk 25 feet, the volume of chronic inflammatory brain lesions, and brain volume loss.

These results redefine our understanding of MS by highlighting the central role of the B cell. The findings may also encourage the MS community to look more closely at earlier treatment of the disease. Currently, many doctors reserve what are considered highly effective MS medicines until a patient's disease becomes more advanced. Patients and their doctors need new treatment options that offer the potential for greater efficacy than a standard-of-care interferon with a similar safety profile.

The outcomes of these three trials have the potential to transform the treatment of MS. Ocrelizumab is the first investigational medicine to significantly reduce disability progression in people with relapsing MS and people with primary progressive MS – a form of MS with no approved treatments.

Genentech is eager to work with regulatory authorities to bring this investigational medicine to the MS community as soon as possible. Data from the ocrelizumab OPERA I and OPERA II studies and the ORATORIO study will be submitted to the U.S. Food and Drug Administration in early 2016.

About Ocrelizumab

Ocrelizumab is an investigational, humanized monoclonal antibody designed to selectively target CD20-positive B cells. CD20-positive B cells are a specific type of immune cell thought to be a key contributor to myelin (nerve cell insulation and support) and axonal (nerve cell) damage, which can result in disability in people with MS. Based on preclinical studies, ocrelizumab binds to CD20 cell surface proteins expressed on certain B cells, but not on stem cells or plasma cells; therefore, important functions of the immune system may be preserved.



WEIGH DOWN! Free Weight Loss Program

The Vanderburgh County Health Department is offering a free weight loss program. Participants must be a resident of, or work in, Vanderburgh County. Participants must need to lose at least 20 pounds or more. Participants will be asked to attend five weekly classes.

March classes (Tuesdays): March 1, 8, 15, 22 and 29. Class times: 1-2:30 pm or 6-7:30 pm.



United Leasing Championship “Golf Gives Back”

United Leasing, Inc., is proud to sponsor the United Leasing Championship at Victoria National, an official event of the PGA TOUR. The tournament will be at Victoria National from April 25 to May 1, 2016. The PGA TOUR prides itself on giving back to the communities in which its events are held. Beginning February 25 and continuing through April 24, 2016, Tri-State MS Association will have the opportunity to raise money through the innovative Old National Bank ‘Golf Gives Back’ program. All you need to do is visit **www.ulcgo.com** to purchase your full-week pass for \$35 and select Tri-State MS Association from the drop down menu of charitable options. The price of the ticket will be donated back to Tri-State MS Association. You print your own ticket and head to Victoria National to watch some great golf! It’s that simple! Thank you for your support!

Holy Hoops H.O.R.S.E. Shootout for MS



If you love basketball, or know someone who loves basketball, you’re going to want to check out our Holy Hoops H.O.R.S.E. Shootout event, taking place at American Baptist East, *coming this summer!* Visit **www.holyhoops4ms.com** today for details, date & times, early registration, and a list of the amazing prizes you could win! Keep an eye out for more details in future newsletters!!



To all the speakers and sponsors of

*It's all about
ME!*

Acthar, Mallinckrodt Pharmaceuticals, Representative, Alan McClure
Ampyra, Acorda Therapeutics, Representative, Byron Coleman
The Salon Professional Academy
Massages by Connie House and Laura Jackson
Massage for Home Use, Regina Maier, licensed massage therapist
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Food for Life, Susannah Dickman, Certified Food for Life Instructor
Drumming, Cindy Goodwin, St. Mary's Wellness Center
Dr. Kristi Nord, Neurologist, Memorial Hospital and Health Care Center
Music, provided by Monte Skelton
Pictures by Pam Jutzi
Holiday Inn, Ted Holmes



A HUGE THANK YOU to Mr. Ron Romain and the employees of United Leasing, Inc., Professional Transportation, Inc., and Romain Cross Pointe Auto Park for their generous donation of \$15,000 to TSMSA! United Companies continues to give annually by hosting fundraisers throughout the year to benefit TSMSA. At the end of the year, Mr. Romain matches the amount raised by the employees.

Your support, hard work, and kind hearts are very much appreciated!! Thank you!!



Thank you Amerie, LLC and owner Gina Mullis for your donation of \$500 from the Cause-A-Palooza! Amerie is a newly-opened clothing boutique in Newburgh, IN where all of the merchandise sold benefits a cause! Amerie is located at 10 W Jennings Street, Newburgh, IN.



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
Mr. & Mrs. John Gray
Michael Clauson
Mary Rueger
Mr. & Mrs. Terry Dederich

Sol & Arlene Bronstein
Ms. Marilyn O'Daniel
Jon Perryman
Toyota Employee Donation

Open Door Fellowship
Kimberly-Clark Matching Gift
Amerie /Gina Mullis
United Way of Gibson County

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Laura Weibush
Vonda Templeton



HAPPY BIRTHDAY TO YOU!!

Joetta Straughn	Amanda Harvey	Michael Crane
James Williams	Richard Daly	Debra Halfacre
Stacy Chambers	Kat Roessler	Jill Partain
John Stanley	Jill Humphrey	Jamie Zellers

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.



Equipment Loan Closet: If you need an item, please check our loan closet before you make the purchase. If we have what you need, we would love for you to borrow it and save your money! We have wheelchairs, walkers, bath chairs, canes, and an air mattress for a hospital bed.

Support The Tri-State MS Association by Shopping!

Give Back to TSMSA every time you make a purchase through Shutterfly, Tiny Prints, Wedding Paper Divas, or BorrowLenses!! Simply go to the following link before you begin shopping and **13%** of your purchase will be donated back to TSMSA! It's that easy!

<http://tristatems.shutterflystorefront.com/>

