



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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March 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet in March. Join us for the “All About ME” Day, Saturday, March 18th at the Holiday Inn, Hwy 41, Evansville, IN. RSVP 812-423-5943.
Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Tell City, IN support group will meet Tuesday, March 14th, 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 18th, 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 office 1-866-514-4312.

Kentucky Support Group Meeting Dates

Henderson, KY support group will meet Saturday, March 4th, 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. **NEW DAY AND TIME:** Saturday, March 11th, at 11:00 a.m. at 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, March 4th, 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>Wednesday, March 1, 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>Tuesday, March 7, Acorda (Ampyra) Educational Lunch Program</u> Speaker: Dr. Lori Guyton, Neurologist, Neurology of Southern Illinois Time: 12:00 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><u>Tuesday, March 7, Acorda (Ampyra) Educational Dinner Program</u> Speaker: Dr. Lori Guyton, Neurologist, Neurology of Southern Illinois Time: 6:00 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><u>March 16, Thursday, Monthly Newsletter Folding</u> Time: 11:30 a.m. Location: TSMSA Office – Come help, while you make new friends!</p>
	<p><u>Thursday, March 16, Biogen Idec (Tysabri) Educational Dinner Program</u> 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: 1-866-955-9999</p>
	<p><u>Saturday, March 18, All About ME Day!!</u> Time: Registration begins at 9:30 a.m. Location: Holiday Inn, Hwy 41, Evansville, IN RSVP: 812-423-5943 or 866-514-4312 by March 15th. (See details in this newsletter.)</p>

Upcoming April Events

	<p><u>Thursday, April 6, EMD Serono (Rebif) Educational Dinner Program</u> 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: 1-877-969-1722</p>
	<p><u>Tuesday, April 11, Mallinckrodt (Acthar) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: Log Inn, 12491 County Road 200E, Haubstadt, IN 47639 RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>

	<p><u>April 19, 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> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest: 1-866-703-6293 Event Code #TR400143</p>
	<p><u>April 20, 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. (noon) <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: 1-866-703-6293 Event Code #TR400144</p>
	<p><u>April 20, Thursday, 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. eastern / 5 p.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 #TR400481</p>

Preparing for a Disaster

Susan Reynolds RN, MSCN

Are you prepared for a disaster? This is the time of year for tornadoes and storms. Everyone, including people with disabilities, should take time to make sure they will be safe during and after a disaster.

The following are suggestions from the American Red Cross and FEMA that I found to be especially important for people with MS:

Personal Evaluation:

1. Know what kinds of disasters could happen in your area, and consider how your environment might look after a disaster. In our area, we are more likely to experience an earthquake or a tornado. Certain resources or utilities may be unavailable, and conditions could hamper your independence.
2. Complete a personal assessment. Decide what you will be able to do for yourself and what assistance you may need before, during, and after a disaster (based on the disrupted environment, your capabilities, and your limitations).

Communication:

3. Create a personal support network of friends, relatives, neighbors, roommates, and co-workers who could assist you at a moment's notice. Discuss your special needs with them, including evacuation plans and medical information lists.
4. Make an easily accessible emergency information list so that others will know whom to call if they find you unconscious, unable to speak, or if they need to help you evacuate quickly. Include the names and phone numbers of out-of-town contacts, along with everyone in your network.

Personal Disaster Plan:

5. Make a comprehensive personal disaster plan. Be sure to include your medical needs, evacuation routes, care plans for your service animals, an alternative place to stay, etc.
6. Have a plan in place for your pets. Disaster preparedness suggestions for pets, provided by The Humane Society, may be helpful to you.

Disaster Supplies:

7. Keep a disaster supply kit in your home, car, workplace or anywhere you may spend your time. Include such items as food, water, a first aid kit, adaptive equipment, batteries, and supplies for your pets or service animals.
8. Compile a medical information list that contains the names and phone numbers of your doctors, your medications, dosage instructions, and any existing conditions. Make a note of your adaptive equipment, allergies and sensitivities, and any communication or cognitive difficulties you may have. Attach copies of health insurance cards and related information.
9. Keep at least a seven-day supply of essential medications with you at all times. Work with your doctor(s) to get extra supplies of medications and extra copies of prescriptions. Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster and cannot immediately get what you need. Be sure you ask about the shelf life of your medications and the temperatures at which they should be stored. It is important to rotate your stock (use your oldest medications first) so that your extra seven days of medicine will not expire.

Home and Office Safety:

10. If you are housebound, make sure there is someone who will call or come by to check on your safety. A neighbor or family member is best.
11. If you cannot move from your bed without help, store a fire-resistant blanket in your bedside cabinet, along with a washcloth or small towel that you can wet with drinking water and place over your face as a shield against smoke. Use bedding and bedclothes made of fire resistant fabrics.
12. Install at least one smoke alarm on each level of your home, and test them once a month. Change your batteries at least twice per year, perhaps when you change your clocks to spring forward and fall back. Know the location of main utility cut-off valves, and learn how and when to disconnect them during an emergency. Identify evacuation routes and safe places to go during a disaster. A carbon monoxide detector is also a good thing to have.
13. Make your home or office safer by checking hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path.
14. Your family should establish a meeting place in case there is an emergency while they are at school or work. Have a drill to see if your plan works. Of course, all school age children should follow their school's disaster plan.
15. Teach children how and when to dial 911.

This is not a comprehensive list of everything that should be done to prepare for a disaster, there is much more to be taken into account for a disabled person.

Source: www.redcross.org



HAPPY BIRTHDAY TO YOU!!		
Joetta Stroughn	Michael Crane	Jim Williams
Debra Halfacre	Stacy Chambers	Joe Bingimer
Kat Roessler	Jill Partain	John Stanley
Jill Bean 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.



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 April 17-23, 2017. February 15-April 16, 2017, TSMSA will have the opportunity to raise money through the Old National Bank ‘Golf Gives Back’ program. Visit www.ulcgo.com. Purchase your full-week pass for \$35. Select Tri-State MS Association from the drop down menu. The price of the ticket will be donated back to TSMSA. Print your own ticket and head to Victoria National to watch some great golf! It’s that simple! Thank you for your support!

Cause-a-Palooza by Amerie LLC



Come support TSMSA during the month of *March* at Amerie LLC. Amerie is a cause-supporting clothing boutique located at 10 W Jennings Street in Newburgh, IN. During the month of *March*, a “Change for a Change” jar will be placed on the counter at Amerie, and all change donated will go to TSMSA. You may also donate during March at www.amerie.org. Just go to ‘Cause of the Month’ and click “Donate Now.”



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
Wylie Brossett

Michael Clauson
Denise Love Orrick
Kanesta Downs

Open Door UU Church
Kenneth Ashleman
Raleigh Rasmussen

In Memory of Morris Knight

Mr. & Mrs. Paul Benham
Mr. & Mrs. Larry Cox
Mr. & Mrs. David Hoskins
Mr. & Mrs. Richard Knight
Mr. & Mrs. Earl Delong
Mr. & Mrs. Austin Thompson
Mr. & Mrs. James Ridenour
Mr. & Mrs. Bob Alka
Mr. & Mrs. David Farney & family
Jerrine Hall & family
Jack South & family
Ann Moyers & family
Mr. & Mrs. Rick Ritsch

In Memory of Morris Knight

Mr. & Mrs. Keith Talley
Mr. & Mrs. Charles Nolan
Mr. & Mrs. Alan Napier
Debbie Hebbeler
Linda Mattingly

In Memory of Von Sloan

Vonda Templeton

In Memory of Jeffrey Day

Juanita Townsend

In Memory of Beverly Higgins

A. Long

In Honor of Brenda Floyd

Laura Weibush

In Memory of Charles Culnane

Doris & David Berseth

In Memory of Joni Gentry

Bruce Adler

In Memory of Linda Dumes

Sharon Marshall

Samuel Dye

Mr. & Mrs. Jack MacLeod

Mr. & Mrs. Paul Bahner

Mr. & Mrs. Lewis Lueking

In Memory of Vernon Gash

Sharon Omer

Debbie Hebbeler



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

Thank you



Saturday, March 18, 2017
Holiday Inn, Hwy 41 N, Evansville, IN

It's All About ME Day is quickly approaching, and we are excited that you will be joining us!
The following are some of the activities that have been confirmed:

Morning Activities

Registrations begins at 9:30 a.m.

Continental breakfast: 9:30 to 10:20 am

- Manicures, pedicures, hairstyling, and waxing by The Salon Professional Academy
- Yoga by Lorien Appman, PT, Progressive Health

11:25 a.m. Lunch program: Marissa Clark, Masters of Physical Therapy
Sponsored by Ampyra, Acorda Therapeutics

Afternoon Activities

- Acupuncture, Chinese Herbal Medicine, Medical Qi gong, by Charlene Fabiano, L.Ac., M.Ac.
- Tales of the Tea Leaf by Gina McCalister, owner of Mulberry Jean's Accents
- Optimum Wellness Pharmacy by Mark Haywood, Pharmacist
- Smoothies and Health Snacks From Your Own Tower Garden by Mandy Patterson

5:10 p.m. *Dinner* and *live music* by Monte Skelton

The registration fee is only \$20 per person!

Includes pampering, sessions and all meals. (Please let us know if you will be staying for dinner.)

Staying the night?

If you would like to stay Friday, March 17th or Saturday, March 18th, contact the hotel directly at 812-867-7999 and ask for the Tri-State MS Association rate. **You** will be responsible for making your hotel reservation (if you choose to stay overnight) and for paying the hotel when checking in.

Questions? If you have questions, call the TSMSA office: 812-423-5943 or 1-866-514-4312.

All About ME Reservation

Please RSVP *today* by mailing check and this form to:

TSMSA
971-C S. Kenmore Dr.
Evansville, IN 47714

Name: _____

Name of Guest: _____

Please check meals you will be joining us for:

Saturday Meals: Breakfast _____ Lunch _____ Dinner _____



March is Multiple Sclerosis Awareness and Disability Awareness Month.

As a person diagnosed with MS, you have the power to choose what direction your life will go with this diagnosis. **YOU** have choices!

Make MS an illness that you have, **NOT** an illness that has you!

Be Aware of all the people who care about you and love you!

Be Aware of all that is positive in your life, and choose not to focus on negative things!

Be Aware of all the therapies that can help you control your MS symptoms!

Be Aware of the many MS resources available to you and your family!

Be Aware of the many free educational programs available to you and your family!

Be Aware of the many services that TSMSA offers to you and your family!

Be Aware of the many opportunities to meet new friends, those also living with MS!

Be Aware of the many benefits of exercise and eating healthy!

Be Aware of the challenges, and celebrate all your accomplishments!

Be Aware of all the joys along your journey!

~~DISABILITY~~

“Determination has no disability.” ~Robert M. Hensel