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Evansville, Indiana 47714  
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[www.tristatems.org](http://www.tristatems.org)  
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## April 2016 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group **will NOT meet** in April!! We hope to see you in May.

**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, April 12<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 and refreshments.

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

**Washington, IN** support group will meet Saturday, April 16<sup>th</sup>, 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, April 2<sup>nd</sup>, 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 NOT meet** in April!! We hope to see you in May.

**Contact:** Susan Reynolds / 812-228-6100.

### Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, April 2<sup>nd</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 TMSA / 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](http://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



### 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 17, Sunday, Kanpai Sushi-Asian Bistro Give Back Fundraiser

**Time:** 11:00 a.m. to 9:00 p.m.

**Location:** 4593 Washington Ave., Evansville, IN | 812-471-7076

\*Dine in or Carry out Kanpai will donate 10% back to Tri State MS Association



### April 21, Thursday, Craft Night Fundraiser

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

**Location:** Holiday Inn, Hwy 41N, Evansville, IN

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



### April 21, Thursday, Monthly Newsletter Stuffing

**Time:** 11:30 a.m.

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

## Upcoming Events



### May 3, 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



### May 10, Tuesday, EMD Serono Dinner Program

**Speaker:** Dr. Joy Derwenskus, DO, MS., Advanced Neuroscience Institute, Franklin, TN.

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

**Time:** 12:00 p.m. (noon)

**RSVP:** You and 1 (one) guest: 1-877-969-1722 or [mslifelines.com/liveevents](http://mslifelines.com/liveevents)



### May 10, Tuesday, EMD Serono Dinner Program

**Speaker:** Dr. Joy Derwenskus, DO, MS., Advanced Neuroscience Institute, Franklin, TN.

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

**Time:** Registration 5:30 p.m.; Program 6:00 p.m.

**RSVP:** You and 1 (one) guest: 1-877-969-1722 or [mslifelines.com/liveevents](http://mslifelines.com/liveevents)

## Upcoming Events (cont'd)



### May 24, Tuesday, Biogen Idec (Tecfidera) Educational Program

**Speaker:** Dr. Mark Tullman, Neurologist Missouri Baptist Medical Center, St. Louis, MO

**Time:** Registration 5:30 p.m.; Program 6:00 p.m.

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

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

### May 26, Thursday, Jason's deli Give Back Fundraiser

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

**Location:** 943 N Green River Rd, Evansville, IN 47715 / (812) 471-9905

**RSVP:** [www.groupraise.com/events/10148](http://www.groupraise.com/events/10148)

\* Dine in or Carry out. Jason's deli will donate 15% back to Tri State MS Association.

Please visit <http://www.groupraise.com/events/10148> to RSVP for the Jason's deli Give Back Night on May 26. Even if you are unsure if you can attend or not, please RSVP. We need 20 RSVP's to host the fundraiser.



### 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](http://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



A great basketball fundraiser, the Holy Hoops H.O.R.S.E. Shootout for Multiple Sclerosis will be held this summer at Wesselman Park and American Baptist East Church. Win some great prizes while supporting the Tri-State Multiple Sclerosis Association. Check out the event's website at [www.holyhoops4ms.com](http://www.holyhoops4ms.com) for to learn how you can be a part of it. Three restaurants will also have fundraisers for the event. Keep an eye out for more details in future newsletters!!

### Summer Cooling Products



It's not too soon to start thinking about cooling off during hot weather. The Multiple Sclerosis Foundation (MSF) and Multiple Sclerosis Association of America (MSAA) are taking applications for cooling products for income eligible individuals.

**MSF:** MSF is taking applications for cooling products through June 1st. You may apply online or print an application at [www.msfocus.org](http://www.msfocus.org) or you may call 1-888-673-6287.

**MSAA:** You may download an application for a cooling vest from MSAA at [www.mysaa.org](http://www.mysaa.org). Complete the application and mail it to the address on the form. Or you may call 1-800-532-7667.

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 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, all of 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. People with MS 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 lightweight 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 the therapy on your own at home.

People say that with an AFO they must wear two different shoe sizes (a bigger one for the side with the AFO). They must also wear loose pants. Most people say it does enhance their gait but walking is still difficult and tiring. Also an AFO can be hot and uncomfortable when worn for long periods of time.

There are several newer devices being made to help with foot drop. One is the WalkAide, which came out in 2006, and another is the Bioness L300. For the devices to work, the nerve must be capable of sending a signal, and the muscles must be capable of receiving it. In MS, a variety of complications may keep the device from working properly.

Both of the devices use FES (functional electrical stimulation). While each product is different, they are each basically a small self-contained device that attaches below the knee. The device electronically stimulates the peroneal nerve, thus allowing foot lifting. 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 to "retrain" gait to some degree. If this is true, it may mean that use of the device is similar to doing an exercise program. That may mean some permanent positive physiological changes are occurring with use of these devices.

Contact your individual health insurance plan to see if the WalkAide and the Bioness L300 are covered by your policy. They are not typically covered by Medicare. Both companies are working on getting Medicare coverage at this time.

If you are considering FES, you should first ask your doctor if you have the kind of symptoms that may be helped by FES. If you use a pacemaker or defibrillator, have a history of seizures, use a baclofen pump, or have metallic implants, consult your physician before being evaluated for either of the devices.

**For the Bioness L300 go to:** [www.bionessmobility.com](http://www.bionessmobility.com), or call 800-211-9136.

**For the Walkaide go to:** [www.walkaide.com](http://www.walkaide.com), or call 888-884-6462.

The advantages of using an FES device is that you can wear the same size shoes, and the device does not require excessively loose pants. It is applied directly to the leg – not implanted under the skin – and can be worn discreetly under most clothing. A cuff holds the system in place just below the knees. No surgery is required. If your symptoms are appropriate for FES, your doctor should refer you to a physical therapist to evaluate whether FES is effective for you.



**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 off 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.

**Drink Prairie Farms Milk and Give to what Moooves You!**

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*Thank You*

Thanks to **The Diamond Galleria** for hosting the “Get Lucky at The Diamond Galleria...Sip, Shop, Support” event! Special thanks to Diamond Galleria Owners, Bert & Tyna Wheat! Thank you to our business sponsors: **Cork ‘n Cleaver, Fusion Spa & Boutique, Sugar Bakers Home Fashions, and Wild Flower Boutique!**

We appreciate your support to help raise funds for individuals living with MS in the tri-state area!

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**THANK  
YOU!**

Thank you **Genesis Health & Wellness** for providing free health screenings and a discounted exam rate for TSMSA members during the month of March! All proceeds were donated to TSMSA!



## What We Learned At 'All About ME' Day

Wow! What a great day full of relaxation and learning! Each speaker brought excellent information and lots of excitement to their sessions. All of the information from the sessions are great *additions* to managing your MS symptoms, but your drug therapies are the most important and effective way!

Regina Maier presented Massage for Home Use. She demonstrated simple massage techniques that you can practice on yourself at home, or with the help of your caregiver. These massages work great for nights when your muscles are cramping and achy. Regina is a national and state certified massage therapist and kinesthetic practitioner. She focuses on relaxation and stress management, pain relief, and increasing flexibility.

Megan Bates demonstrated the many uses of Essential Oils with doTERRA Oils. Megan distributed samples and explained the difference in oils and the many uses for each. Some oils that work well for relieving symptoms of multiple sclerosis are lavender, frankincense, and peppermint. Lavender has relaxing and calming qualities that ease feelings of tension. Frankincense supports relaxation and mood. It can also be used to rub on cramping and achy muscles. Peppermint can be used as a cooling aid. Rubbing peppermint oil on the back of your neck when you are hot will help cool you down. You can also apply a few drops to your temple, if you have a headache.

Lori Rhodes got our heart rate pumping with Zumba! Zumba is a total body workout that everyone can participate in. It includes cardio, muscle conditioning, balance, flexibility, and boosted energy. Exercise is important when it comes to improving your MS symptoms. It has been shown to improve the healing process of the myelin sheath. Twenty minutes of cardio a day will improve fatigue, while yoga and tai chi have been shown to improve mood and depression.

After Zumba got our heart rate pumping, it was time to bring it back down with some meditation by Ruby Frischkorn. With calm music, aromatherapy, and dimmed lights, Ruby helped the class to experience a sense of balance. Strength of mind, body, and spirit was restored through silence. Meditation is a great way to unwind from daily stressors that can take a toll on you and cause MS flare-ups.

Food for Life instructor Susannah Dickman taught us how to live a healthy life...and make delicious smoothies! Susannah explained the importance of diet and how a healthy lifestyle can improve MS. Food for Life is a plant-based diet, with the four food groups being fruits, grains, legumes, and vegetables. Food for Life is used to enhance your health and support your wellness goals.

Cindy Goodwin sat everyone around in a circle, gave them all a drum and a beat, and let the music making begin! Drumming circles are used to relax and rejuvenate by creating rhythm/sound with others on hand and lap drums. Group drumming circles have been shown to strengthen the immune system, decrease job stress, and help with fatigue, anxiety, and depression. Cindy has drumming circles, as well as other classes, at St. Mary's Wellness Center.

We heard great talks at lunch by Dana Likens, PTA of Baptist Hospital, Lexington, KY and at dinner with Dr. Kristi Nord, Neurologist of Memorial Hospital and Health Care Center. Dana talked about how physical therapy is an important part of treating MS symptoms and can help with balance problems, trouble moving your body, feeling tired, finding an exercise routine that's right for you, pain, weakness, ways to save your energy, and better ways to do everyday tasks. Dr. Nord spoke about the importance of keeping open communication between you and your neurologist.

She said it is important to manage your MS symptoms and let your neurologist know of any new symptoms, increase in symptoms, or questions you may have about your progress. She was very excited about the development of new MS drug therapies, one that will be coming out this year, and how promising the future looks for MS treatments.

Throughout the day, The Salon Professional Academy provided manicures, pedicures, hair styling, and waxing for attendees. Everyone that got a “makeover” looked wonderful! Connie House provided massages for some mid-day relaxation. At dinner, Monte Skelton played the saxophone at what felt like our own private concert and was breath-taking, as always! Pam Jutzi did a great job capturing all the fun we had by taking pictures. If you haven’t seen them yet, they are up on our Facebook page and website! And of course, the day could not have been possible without the support of our pharmaceutical representatives; Acthar (Mallinckrodt), Ampyra (Acorda Therapeutics), Aubagio (Genzyme), and Holiday Inn for letting us use their hotel! Thank you Alan McClure, Byron Coleman, Rebecca Oeffinger, and Ted Holmes!

Last but *definitely* not least, THANK YOU to everyone who attended All About ME Day!! We hope you enjoyed your day of relaxation, pampering, and learning! Remember, it is important to take time out of your busy schedules to focus on yourself! Sometimes it feels like it’s “All About MS”, but treating yourself to some much needed relaxation can help us remember, it’s “All About ME”!



*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  
Stacy Little  
Nancy Arapios  
Denise Love Orrick

Boeing Employee Giving  
Kenneth Ashleman  
Raleigh Rasmussen  
Toyota United Way Campaign

Michael Clauson  
Mary Rueger  
Pfizer Donation Match  
Open Door UU Fellowship

**In Memory of Joni Gentry**

Amy Evans Decker  
Bruce Adler

**In Memory of Von Sloan**

Laura Weibush  
Vonda Templeton

**In Memory of Stephen Wolf**

Mr. & Mrs. James Pauli, Jr.



**HAPPY BIRTHDAY TO YOU!!**

**Peggy Wade**

**Sue Hartig**

**Kristi Stewart**

**Sarah Ritchie**

**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.