



971-C S. Kenmore Drive
Evansville, Indiana 47714
Phone: 812-423-5943 Toll-free: 1-866-514-4312
www.tristatems.org
"Like" us on Facebook

May 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, May 14th, at 10:00 a.m. at the TSMMSA Office, 971-C S. Kenmore Drive. **Speaker:** Richard Ogilvy. Richard will explain and demonstrate Qigong. Qigong (chi gong) is the common name to describe traditional Chinese moving and still meditations and exercises that strengthen and balance life energy, release tension and stress, calm and focus the mind, and raise the spirit.

Contacts: Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Princeton, IN support group will meet Saturday, May 28th, at 10:00 a.m. at Gibson General Hospital, 5th floor, first room on right. Join us for an open discussion and refreshments.

Contact: TSMMSA Office 866-514-4312.

Tell City, IN support group will **NOT** meet in May!

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

Washington, IN support group will meet Saturday, May 21st, 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, May 7th, 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, May 9th, 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, May 7th, 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 TSMMSA / 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



Calendar of 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 8, Sunday, Mother's Day!

Remember all the Special Moms in our lives today! Call her, send a card or flowers, serve her breakfast in bed or take her out to eat, spend some time relaxing with her. She would love to see or hear from you!



May 10, Tuesday, EMD Serono Dinner Program

Speaker: Dr. Joy Derwenskus, DO, MS., Advanced Neurosciences 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



May 10, Tuesday, EMD Serono Dinner Program

Speaker: Dr. Joy Derwenskus, DO, MS., Advanced Neurosciences 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



May 12, Thursday, Craft Night Fundraiser

Time: 10:00 a.m. to 7:30 p.m.

Location: Tri-State MS Association Office, 971-C S. Kenmore Drive, Evansville, IN

Create door decorations. 3 options: 'American Flag Star' or 'Flower' or 'Your Initial'. 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 or 2 for \$40. Limited spots available, so RSVP today: TSMSA 812-423-5943 / 1-866-514-4312



May 19, Thursday, Monthly Newsletter Stuffing

Time: 11:30 a.m.

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



May 23, Monday, Schwan's Cares fundraiser beginning May 23, 2016

Through Schwans-Cares.com, you can order from Schwan's Home Delivery and help TSMSA! When you order from May 23rd to July 7th, 20% of all product sales and 40% of eGift Card sales will go back TSMSA! Schwan's Home Delivery offers over 350 delicious foods, flash-frozen at the peak of freshness! See details for ordering in this newsletter.





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

Speaker: Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Ctr, 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

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

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



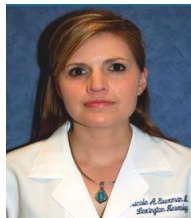
May 26, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, St. Joseph's Neurology, Lexington, KY

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

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

RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR356805 (1304276)



May 26, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Dr. Nicole Everman, St. Joseph's Neurology, Lexington, KY

Time: 6:00 p.m.

Location: Schnitzelbank Restaurant, 393 3rd Ave, Jasper, IN 47546

RSVP: You and 1 (one) guest: 1-866-703-6293, Event code: TR356812 (1304278)



May 30, Monday, Memorial Day! Office Closed

We are thankful and remember today those who have made our land free!!

Upcoming June Events



June 6, Monday, The Ted Donosky MS Golf Scramble

Location: Rolling Hills Country Club

Save the Date! Single and foursomes available. See website for sponsorship opportunities! www.tristatems.org

Call TSMSA for more information!



June 9, Thursday, Mallinckrodt (Acthar) Educational Program

Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN

Time: 6:00 p.m.

Location: The Log Inn, 12491 County Road 200E, Haubstadt, IN 47639

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

Upcoming Events (cont'd)



June 13, Monday, 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



June 30, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Jenifer Patterson, NP, APRN – Norton Healthcare Neurology MS Center, Louisville, 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: TR357087 (1304657)



June 30, Thursday, Genzyme (Aubagio) Educational Program

Speaker: Jenifer Patterson, NP, APRN – Norton Healthcare Neurology MS Center, Louisville, 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: TR357090 (1304658)



Holy Hoops H.O.R.S.E. Shootout for Multiple Sclerosis

Participants are encouraged to sign up early for the upcoming Holy Hoops H.O.R.S.E. Shootout for Multiple Sclerosis, which will be held June 8th through July 17th at Wesselman Park and American Baptist East. Visit www.holyhoops4ms.com for available times. Call Jay Stockman: 812-774-3963 to reserve your time slot. Come with a group of friends, set aside a block of time, and have fun!

Schwan's Cares Fundraiser

Giving back to the Tri-State MS Association never tasted so delicious! We will have a Schwan's Cares fundraiser beginning May 23, 2016. Go to Schwans-Cares.com to order from Schwan's Home Delivery and help our organization meet its fundraising goals. When you order from May 23rd to July 7th, 20% of all product sales and 40% of eGift Card sales will go back TSMMSA! Schwan's Home Delivery offers over 350 delicious foods, flash-frozen at the peak of freshness! You will find the perfect meal ideas for parties and events, all delivered right to your door! There are two ways to support us:

Order Online:

1. Visit <http://www.schwans-cares.com/c/26514>
2. Click "Shop to Give"
3. Start shopping!

Order by Phone:

1. Call 1-855-870-7208 and provide Campaign ID: 26514

Existing Schwan's customers will need to follow one of the ordering steps above to create your fundraising affiliation and have your order contribute to the campaign. Your order will be delivered on your existing scheduled route day. New customers will need to choose a delivery date and time during checkout.

Jason's deli Give Back

Come dine at **Jason's deli on Thursday, May 26th from 5-9 p.m.** and drop your receipt in the GroupRaise donation box. The restaurant will donate 15% back to Holy Hoops for MS. To help Jason's Deli prepare for the event, please go to www.groupraise.com/events/1048 and indicate you plan to attend.

Craft Night Fundraiser

The craft night fundraiser has been rescheduled to **May 12, 2016**. Your choice of a 'Flower', 'Your Initial' or an 'American Flag Star' Door Hanger Decoration. \$25 for each craft or make two for \$40. The location has changed to the TSMSA Office from 10:00 AM -7:30 PM. There is limited seating so call today to schedule a time that is most convenient for you! We will be providing drinks, snacks, and a good time! RSVP with your order by May 9th. Call today!! 812-432-5943 or 1-866-514-4312

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 or you may call 1-888-673-6287.

MSAA: You may download an application for a cooling vest from MSAA at www.mymsaa.org. Complete the application and mail it to the address on the form. Or you may call 1-800-532-7667.



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!

Thank You

Thank you Amerie, LLC and owner Gina Mullis for your donation of \$117.77 from the "Change for Change Jar"! 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.

Thank You

Thank you to Kanpai for hosting a give back night for TSMSA.
We appreciate the support!!



Phenytoin (Dilantin) May Be Neuroprotective in Optic Neuritis

Susan Reynolds, RN, MSCN

Over the past few decades the treatments for MS have progressed so much! When I was diagnosed with MS, 26 years ago, there were no treatments for MS. Today there are 12 different disease modifying therapies for MS, and more that are currently in clinical trials. Treatments are being developed for both the progressive and relapsing forms of MS. A couple of months ago I reported on Ocrelizumab, a disease modifying therapy for relapsing and primary progressive MS that has been submitted to the FDA for approval. This month, I am reporting on an old drug, phenytoin, (Dilantin) that is being studied to prevent optic nerve damage in optic neuritis. It was reported at the 2015 meeting of the American Academy of Neurology that phenytoin can be neuroprotective after an optic neuritis attack. Optic neuritis causes vision problems in people with MS. It is an attack on the optic nerve that causes inflammation and may result in permanent damage to the optic nerve.

A phase 2 trial of the epilepsy drug, phenytoin has found that phenytoin could become a neuroprotective treatment for people with all types of MS. Researchers found that phenytoin protects neural tissue in people with MS who have optic neuritis.

Optic neuritis, which is an inflammatory event and is often the first symptom of MS, gives researchers a window of opportunity to study active inflammation early on in the disease process. In inflamed areas, the axons of nerve cells get flooded with sodium, which causes an influx of calcium, which in turn causes cell death in the optic nerve. If phenytoin can block sodium from entry into the cell, both death of the cell and permanent damage may be prevented.

In this phase 2 study, the researchers examined the effect of phenytoin, a partial blocker of sodium channels, on the thickness of the nerve fiber layer in the retina after an optic neuritis attack. They found that patients taking phenytoin had less damage to these nerves and also had a larger macula volume. For the study, 86 patients with acute optic neuritis were randomly assigned within 2 weeks of symptom onset to receive phenytoin or a placebo for 3 months.

Results (published in the Lancet, Neurology) showed that people who had received phenytoin experienced, on average, 30% less damage to the nerve fiber layer compared to those on placebo. Currently there are no neuroprotective drugs for people with MS. The authors of the study say this is proof of the concept that phenytoin and other drugs acting as sodium channel blockers are neuroprotective in MS. This study brings researchers one step closer to establishing neuroprotective drugs for people with MS.

thank you **WAYNE'S**
APPLIANCE • MATTRESS

Thank you to Wayne's Appliance & Mattress for donating a new refrigerator to the Tri-State MS Association office. Our refrigerator went out, and we are thankful that Wayne's helped us.

*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.*



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
Stacy Little
Nancy Arapios

Open Door UU Fellowship
Denise Love Orrick

In Memory of Donald Connors

Mr. & Mrs. John Broc

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Laura Weibush
Vonda Templeton

In Memory of Sheila Overton

Madison Radiologists

In Memory of Don Harris

Mr. & Mrs. Stephen Newmaster
Mr. & Mrs. Steve Chancellor
Mr. & Mrs. Donald Leonhardt
Mr. & Mrs. Dwayne McCoy
Mr. & Mrs. Mike Cromer
Mr. & Mrs. Bill Harris

Mr. & Mrs. Gary Schultz
Mr. & Mrs. David Harris
Mr. & Mrs. Ron Barclay
Mackey Salem UM Church
Paula Cohen
Martha Jean Kays

Andy Ling
Bowling Team
Sharon Omer
Debbie Hebbeler
Linda Mattingly



HAPPY BIRTHDAY TO YOU!!

Leta Kelly	Jim Renner	Joe Randolph
Stephanie Overby	Bri Dri	Rhonda Grant
Donald Tharp	Yolanda Webb	Martha Buchta
Sandy Corley	Beckie Richardville	Suzanne Deters

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.

Looking for Gift Ideas?

Find the perfect Mother's Day, Father's Day, or graduation gift and support the businesses that support us! OR support TSMSA by purchasing a cookbook or Lucas Oil car wash passes!

The Diamond Galleria

6245 Vogel Rd, Evansville
www.thediamondgalleria.com

Fusion Spa & Boutique

7144 E Virginia St, Evansville
www.fusionspaevansville.com

Wildflower Boutique

2809 Lincoln Ave, Evansville
www.shopwildflowerboutique.com

Cork 'n Cleaver

650 S Hebron Ave, Evansville
www.corkncleaveronline.com

Sugar Bakers Home Fashions

1100 Tutor Lane, Evansville
www.sugarbakers.us