



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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May 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday May 13th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. The speaker will be Mike Goebel, who will discuss and demonstrate Tai Chi. Mike is a certified instructor and teaches several Tai Chi classes at St. Mary's Wellness Center at Epworth Crossing. Tai Chi can be done sitting or standing, so be sure to wear comfortable clothing to participate.

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

Tell City, IN support group will meet Tuesday, May 9th, at 11:00 a.m. at the Twilight Towers, 1648 10th Street, in the cafeteria.

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

Washington, IN support group will meet Saturday, May 20th, 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, May 6th, 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, May 13th, 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, May 6th, 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>May 4, Thursday, Genzyme (Lemtrada) Educational Lunch Program</u> Speaker: Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY Time: 12:00 p.m. (noon) Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p> |
|  | <p><u>May 4, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p> |
|  | <p><u>May 14, Sunday, Mother's Day!</u> Remember all the Special Moms in our lives today!</p> |
|  | <p><u>May 17, Wednesday, 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>May 21, Sunday, 'Walking for Dreams' Family & Pet Walk</u> Time: 1:00 p.m. to 3:30 p.m. Location: Evansville Riverfront <i>*See details in this newsletter.*</i></p> |
|  | <p><u>May 24, Wednesday, Teva (Copaxone) Educational Dinner Program</u> Speaker: Dr. Rod Warren, Neurologist, Evansville, IN Time: 6:00 p.m. Location: The Patio Steakhouse, 3120 IN 66, Tell City, IN RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100</p> |
|  | <p><u>*May 25,* Thursday, Monthly Newsletter Folding.</u> Time: 11:30 a.m. *Note date change for month of May <u>only</u>!! Location: TSMSA Office – Come help, while you make new friends!</p> |
|  | <p><u>May 29, Monday, Memorial Day</u> Remember those who gave their lives while serving our country.</p> |
|  | <p><u>June 5, Monday, The Ted Donosky MS Golf Scramble</u> Location: Rolling Hills Country Club Save the Date! Single and foursomes available. See website for details and sponsorship opportunities: www.tristatems.org <i>Call TSMSA for more information: 812-423-5943 or 1-866-514-4312</i></p> |
|  | <p><u>June 8, Thursday, Genzyme (Lemtrada) Educational Program</u> Speaker: Jenifer Patterson, NP, APRN, Norton Healthcare Neurology MS Center, Louisville, KY Time: 6:00 p.m. Location: The Patio Steakhouse, 3120 IN 66, Tell City, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p> |

Calendar of Events (cont'd)

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|  | <p><u>June 13, Tuesday, Acorda (Ampyra) Educational Lunch Program</u> <u>Speaker:</u> Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS <u>Time:</u> 12:00 (noon) <u>Location:</u> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest: 1-866-514-4312 or 812-423-5943</p> |
|  | <p><u>June 13, Tuesday, Acorda (Ampyra) Educational Lunch Program</u> <u>Speaker:</u> Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS <u>Time:</u> 6:00 p.m. <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: 1-866-514-4312 or 812-423-5943</p> |
|  | <p><u>June 15, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p> |
|  | <p><u>June 20, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <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: Lemtrada.com or 1-866-682-7502</p> |
|  | <p><u>June 20, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> Haub Steak House, 101 E Haub Street, Haubstadt, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p> |



Join us on Sunday, May 21 at 'Walking for Dreams' Family & Pet Walk

The Sycamore Foundation is holding a 'Walking for Dreams' Family & Pet Walk on *Sunday, May 21* in on the *Evansville Riverfront* from *1:00 pm to 3:30 pm*.

We invite you to join the Tri-State MS Association as we walk with 19 other local non-profit organizations! Register as a member of our existing team, or start your own team to support us. Your entire donation made in the name of TSMSA will come back to us. For information, visit www.walkingfordreams.org or call TSMSA: 812-423-5943.

You'll enjoy *live music*, *face painting*, and more! Visit the Tri-State MS Association booth, and enjoy a sunny walk along the river for a great cause!



TSMSA Autumn Walks

Don't forget to save the dates for our Evansville and Owensboro Tri-State MS Association *Autumn Walks*. The Owensboro Walk will be Sunday, October 29; and the Evansville Walk will be Sunday, November 5!



Many of the MSers in our area ask me about chronic constipation and abdominal pain. Bowel problems are common (especially for people with MS), and can be both painful and frustrating. It is very underreported by MS patients. It is estimated that 50 to 75 percent of people with MS experience constipation at some point. MS slows the transmission of signals to and from the brain; therefore, the electrical impulses to the muscles that help empty your bowels can become disrupted.

I have had multiple sclerosis for 27 years. For the past several years I have been struggling with stomach pain, bloating, and constipation. I have talked to my family doctor, my gynecologist, and my neurologist/MS Specialist about it. My family doctor and my gynecologist wanted to blame my pain on the MS, and so did the gastroenterologist I was referred to. My neurologist ordered an MRI to rule out any new lesions on my brain or spine that could be causing the problem. The MRI was negative. (No new lesions.) After seeing the results of my MRI, the gastroenterologist informed me that my colon is just “slowing down”! This slowing down could be caused by my age, or menopause, or MS, or a combination of all three.

I am “getting real” in this article to tell you about my saga with this common problem. I hope it will help those who suffer with the same problem. I have tried many things to relieve my stomach pain, bloating and constipation. The first thing I did to try to relieve the problem is increase the amount of water that I drink, increase the fiber in my diet, and exercise every day.

My gastroenterologist prescribed Amitiza for chronic constipation. Before taking Amitiza, I tried taking a medication called Linzess. However, Linzess worked a bit too well. So I stopped taking it and switched to Amitiza, which works by activating chloride channels in the intestine. This helps stimulate the flow of intestinal fluid, which, in turn, stimulates the movement of food through the intestines. It has helped, but it takes some time to find the dose that is right for you. I also take Bentyl occasionally to help relieve the cramping pain in my lower abdomen. Bentyl is an antispasmodic that is given to relieve spasms in the stomach and intestines. It can be very drying, and it worsens the constipation, so I try to limit the amount of Bentyl that I take. Bentyl is commonly prescribed to people with Irritable Bowel Syndrome.

Despite a slight improvement of symptoms, I was still experiencing severe pain and cramping in my abdomen several times a week. I decided to add probiotics to my medications because I have read that they can help restore the normal bacteria in my bowel. Researchers believe that some digestive disorders occur when the balance of the friendly bacteria in the intestine becomes disturbed. This can happen after an infection or after taking antibiotics. Taking probiotics may help. I tried a brand of probiotics that I ordered on the internet from a nationally known vitamin supplier. I experienced some relief after starting the probiotics, but I still had weekly stomach pain. My MS Specialist / neurologist asked me to double the amount of probiotics I was taking. That helped even more. I was feeling better, but still not totally pain free.

After trying Amitiza and probiotics and still experiencing abdominal pain, bloating and cramps I decided to try an elimination diet. The goal of an elimination diet is to pinpoint food that you might be sensitive or allergic to. You'll need to partner with your doctor or nutritionist on this to make sure that you still get all the nutrients you need. I began by just eating rice. I slowly added vegetables and fruits over the next few days. As more days went by, I added meats, eggs, soy, nuts, and other grains such as bread. I added milk last.

I noticed that when I ate wheat, I experienced very bad cramping, pain and bloating. Since I noticed this, I have not eaten bread or anything that has gluten. (Gluten is a natural protein found in wheat, rye, barley, and triticale, and barley wheat cross. It acts as a kind of glue helping foods hold together and maintain their shape.) The hardest thing about not eating gluten is not eating pizza and pasta! I can still eat some pasta, if I make it at home and use pasta that is made with rice or quinoa.

I do not have Celiac's Disease, which is a disease that causes people who suffer with it to become very ill when they eat gluten. They are allergic to gluten. I think I am "sensitive" to gluten. I know I feel better when I stay away from gluten.

If you have tried many things for your abdominal pain and bloating, you may want to try an elimination diet to see what is causing the pain. However, if you decide to try an elimination diet, please talk to your physician before starting, to make sure it will not interfere with any medicine you are taking.

FREE. *Trus-T-Lift 750 Wheelchair / Scooter Lift.* Makes accessibility for elderly, disabled, and mobility impaired people easier. Some of the features include:

- 750lb weight rating for power wheelchairs/ scooters
- Ability to plug in to any standard wall socket
- Easy access electrical from top of tower to allow for easy maintenance

If interested in the item, please call TSMSA: 812-423-5943 or 1-866-514-4312.



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 | Michael Clauson | Open Door UU Church |
| Mary Rueger | Denise Love Orrick | Kenneth Ashleman |
| Nancy Arapios | Kanesta Downs | Raleigh Rasmussen |
| Kevin Beck | Bethel Temple | Anonymous Donor |
| Tri-State Hot Stove Baseball | | |

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Vonda Templeton

In Memory of Linda Dumes

Megan Riordan

In Memory of Daniel Frick

Julie Owsley

In Honor of Brenda Floyd

Laura Weibush



HAPPY BIRTHDAY TO YOU!!

| | | |
|-----------------------|---------------------------|-------------------------|
| Leta Kelly | James Renner | Joe Randolph |
| Rhonda Grant | Bri Dri | Stephanie Overby |
| Martha Buchta | Yolanda Webb | Don Tharp |
| Sandy Corley | Becki Richardville | Debbie Bashom |
| Suzanne Deters | | |

If you would like to have your birthday included in our newsletter, please send a note that includes your name, date of birth, & signed permission for us to print it.



Thank you to our awesome Speakers!

Below is contact information for details on the services they provide.

The Salon Professional Academy, 5545 Vogel Rd, Evansville, IN 47715; Phone: 812-437-8772

Yoga; Lorien Appman, MPT, OCS, Progressive Health Rehabilitation, High Pointe at The Women's Hospital: 812-842-2820; Princeton Clinic: 812-753-4549; Lappman@phrehab.com

Brain Games and Apps to Help with Daily Tasks; Dawn Westfall, Speech & Language Pathologist; HealthSouth Deaconess, 4100 Covert Ave, Evansville, IN 47714; Phone: 860-786-4278

Tales of the Tea Leaf; Gina McClaister; Mulberry Jeans Accents, 600 State St, Newburgh, IN; Phone: 812-490-5835; www.mulberryjeans.com

Learning New Ways to Cope with Stress & Anxiety; Beth Embry, LCSW, Psychotherapist; Within Sight, LLC, 15 Vann Ave, Evansville, IN 47714; Phone: 812-402-8333; beth@iamwithinsight.com

Acupuncture, Chinese Herbal Medicine, Medical Qi gong; Charlene Fabiano, L. Ac., M. Ac.; Acupuncture Center of Evansville, 2801-B Lincoln Avenue #3, Evansville, IN 47714; Phone: 812-867-9355

Healthy Smoothies and Snacks from Your own Tower Garden; Mandy Patterson, Holistic Health & Wellness Coach, Phone: 812-598-9888, mpatterson.juicepluswellness@gmail.com

Questions on Vitamins, Supplements, Your Rx?; Pharmacist Mark Haywood; Optimum Wellness Pharmacy, 8900 Ruffian Ln, Newburgh, IN 47630; Phone: 812-518-3428; mark@optimumwellnessrx.com

Ampyra, Acorda Therapeutics; Marissa Clark, Masters of Physical Therapy; Clark Neuro Rehab Consultants; *Marissa will speak twice on Tuesday, June 13th: Biaggi's (noon) and Moonlite (6 p.m.)*
See details in this newsletter.

Dinner Music by Monte Skelton. Monte teaches instrumental music lessons for all ages at Evansville Music Academy, 4206 E Morgan Ave, Evansville, IN 47715; Phone: 812-402-5656

Special Thanks to our Sponsors

Acthar – Mallinckrodt; acthar.com

Ampyra – Acorda Therapeutics; ampyra.com

Aubagio – Sanofi Genzyme; aubagio.com

Lemtrada – Sanofi Genzyme; lemtrada.com

Copaxone – Teva; copaxone.com

Community Foundation Posey County;
communityfoundationalliance.org/posey/

Holiday Inn, Ted Holmes;

7101 Hwy 41N; Evansville, IN 47725

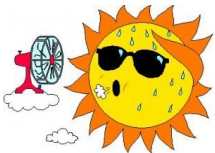


Ted Donosky MS Golf Scramble

The Ted Donosky MS Golf Scramble will take place Monday, June 5th at Rolling Hills Country Club. Sign up as an individual, or a foursome. Sponsorship opportunities are also available. For information, visit tristatems.org or call TSMSA: 812-423-5943.



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 through June 1st for cooling products, including cooling vests, neck wraps, wristbands, and hats. You may apply online or print an application at www.msfocus.org, or you may call MSF at 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.

Coming soon: Holy Hoops H.O.R.S.E. Shootout for MS. Check it out at: holyhoops4ms.com