



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

August 2016 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, August 13th, at 10:00 a.m. at the TSMSA Office, 971-C S. Kenmore Drive. **Speaker:** Dr. Karl Lamb has been a practicing chiropractor in Evansville for over 36 years. He is Board Certified in both Chiropractic Orthopedics and Clinical Nutrition. He has worked with a wide variety of conditions, both joint/spinal and nutritional, and enjoys the challenges they bring. His focus on nutrition has begun to shift toward conditions that were thought to be permanent. Many of these conditions may be due to inadequate intake of key nutritional components, or the consumption of detrimental foods. Gluten is one such food that influences more of our bodily function than we know. In this lecture he will look at the effects of Gluten on the brain and nervous system as it relates to MS. **Contacts:** Nita Ruxer / 812-479-3544 or Sharon Omer / 270-333-4701.

Tell City, IN support group **will NOT meet** in July or August. Have a great summer!!
Contacts: Terri Hasty / 812-649-4013 or Gayle Taylor / 812-719-2417.

Washington, IN support group will meet Saturday, August 20th, 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 NOT meet** in July or August!! Have a great summer!!
Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group will meet Monday, August 8th, 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, August 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>August 4, Thursday, Mallinkrodt (Acthar) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312</p>
	<p><u>August 17, *WEDNESDAY*, Monthly Newsletter Stuffing</u> **DAY CHANGE** (Due to Girls Night Out) Time: 11:30 a.m. Location: TSMsa Office – Come help, while you make new friends!</p>
	<p><u>August 18, Thursday, ‘Girls Night Out’ Fundraising Event</u> Time: 6:00 p.m. Location: Evansville Country Club, 3810 Stringtown Road, Evansville, IN Cost: \$25.00 prior to event; \$30.00 at the door. <i>Come support TSMsa, and enjoy some time with the girls!</i></p>
	<p><u>August 18, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington, KY Time: 6:30 p.m. EST (5:30 p.m. Evansville time) Location: The Patio Steakhouse, 3120 IN 66, Tell City, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>August 23, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington, KY Time: 6:30 p.m. EST (5:30 p.m. Evansville time) Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>August 29, Monday, EMD Serono (Rebif) Educational Dinner Program</u> Speaker: Dr. Harold Moses, Neurologist, Vanderbilt, Nashville, TN Time: 6:00 p.m. Location: Biaggi’s Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 1-877-969-1722</p>
	<p><u>August 31, Wednesday, Biogen Idec Educational Dinner Program</u> Speaker: Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY Time: Registration 5:30 p.m.; Program 6:00 p.m. Location: Patti’s Restaurant, 1793 J H O’bryan Ave, Grand Rivers, KY 42045 RSVP: You and 1 (one) guest to Active Source: 1-866-955-9999</p>



Thank you to Jake’s Wayback Burgers and Jon Fowler for hosting the Bazinga Cruise-In 2016 benefitting the Tri-State MS Association!

A Girls' Night Out



Our annual “A Girls’ Night Out” event will be held on Thursday, August 18, 2016 at Evansville Country Club from 6:00-8:30 p.m. Join us for a wonderful variety of local vendors, appetizers, desserts, a cash bar, and a silent auction! Tickets are \$25 in advance or \$30 at the door. Purchase advance tickets at TSMSA Office today! Tell your family and friends to join us for a night of shopping, sipping, socializing, and supporting TSMSA! If you are interested in having a vendor booth at this event, please contact TSMSA at 812-423-5943 for vendor information!



Macy’s Shop for a Cause – Friday, August 26 to Sunday August 28

Macy’s “Shop For A Cause” will be held Friday, August 26 thru Sunday, August 28. Purchase a “Shop For A Cause” pass for \$5 from the TSMSA Office and save 25% on regular, sale and clearance items, including home. You’ll even save on brands usually excluded, and you’ll save 10% on electrics/electronics, watches, furniture, mattresses and rugs/ floor coverings. PLUS enter for a chance to win a \$500 Macy’s gift card! TSMSA will receive the entire \$5 from each pass sold. So tell your family and friends, and pick up your pass today!

Upcoming September Events

	<p><u>September 8, Thursday, Genzyme (Lemtrada) Educational Lunch Program</u> <u>Speaker:</u> Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington, KY <u>Time:</u> 12:00 p.m. (noon) <u>Location:</u> Biaggi’s Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>September 8, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker:</u> Nancy Heckler, RN, BSN, CBN Associates Neurology, Lexington, KY <u>Time:</u> 6:00 p.m. <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>October 30, Sunday, Autumn Walk – Owensboro, KY</u> <u>Registration:</u> 12:30 p.m. <u>Walk:</u> 1:30 p.m. <u>Location:</u> Moreland Park, 1215 Hickman Ave, Owensboro, KY Start getting your team together TODAY! <u>We are counting on you!!</u></p>
	<p><u>November 6, Sunday, Autumn Walk – Evansville, IN</u> <u>Registration:</u> 12:30 p.m. (Don’t forget the time change!) <u>Walk:</u> 1:30 p.m. <u>Location:</u> Harrison High School, 211 Fielding Rd, Evansville, IN Start getting your team together TODAY! <u>We are counting on you!!</u></p>



We need your help!! Let’s start now making baskets that we can auction off at the Owensboro or Evansville walks! Can’t be there or can’t get pledges?? This is your way to help TSMSA!!

The dog days of August are here! It's time for the worst heat of the summer to roll in. I am never ready for it. I choose to do most things indoors in the air conditioning during the summer. I can tolerate heat a little better if I stay out of the direct sunlight. If I go outside, I stay in the shade, or I do outdoor activities when the sun goes down.

Hot weather or becoming overheated can temporarily worsen MS symptoms. The temporary worsening is due to an increase in body temperature, and usually disappears when the body temperature returns to normal. Getting the body temperature back to normal can be as easy as taking a cool shower, a cool bath or jumping in the pool.

Heat intolerance to people with MS is felt as increased symptoms, such as decreased cognitive function, blurred vision, numbness in the extremities, tremors, fatigue and weakness.

What causes heat intolerance? People with MS have plaques, or places where demyelination has taken place. Demyelination slows down the transmission of the nerve impulses. An increase in body temp of $\frac{1}{4}$ to $\frac{1}{2}$ of a degree can worsen MS symptoms because heat further impairs the ability of the demyelinated nerve to conduct electrical impulses.

Heat produces only a temporary worsening of MS symptoms. It does not cause actual tissue damage. As stated before, the symptoms can be rapidly reversed when the body is cooled.

The following is a list of ideas to help people with MS deal with summer heat. This list is in no way comprehensive, but it does contain things that have worked for me and things I want to try.

1. **Air conditioning:** If an air conditioner is needed for your home because of MS-related heat intolerance, the cost of this equipment may be tax-deductible, if your doctor has written a prescription for it. Air conditioning is the number one way to stay cool on a hot summer day.
2. **Cooling products:** There are a large variety of personal cooling products available, including different types of vests, neck bands and bandanas. The Multiple Sclerosis Association of America and the MS Foundation have Cooling Distribution Programs to provide products to people with MS who need them but cannot afford them. Also, you may purchase cooling products from Polar Products, Inc: 1-800-763-8423 or polar@polarproducts.com. I have a vest that was made by my mother-in-law! There are patterns and instructions online!
3. **Avoid direct sunlight:** Wear loose clothing in the summer and stay out of the sun. Choose a shady spot if you must be outdoors. Take along your own battery operated misting fan.
4. **Don't blow-dry your hair:** Take time to let your hair dry naturally. If you must blow dry your hair, use the coolest setting possible.
5. **Order a sandwich:** Instead of soup or anything hot, eat only cool foods. Try not to eat too much cool food that is high in sugar content, such as popsicles and ice cream. This can contribute to fatigue by causing a sudden drop in blood sugar.
6. **Drink cold beverages:** Drinking cold beverages can lower your body temperature. Keep plastic bottles filled with water in your freezer, and take them in your car to drink as they melt.
7. **Go for a swim:** Pools with water that is 85 degrees or cooler are ideal places for exercising or just relaxing outside.

8. **Pre-cool:** Cool down before activities with a cold shower. Getting chilly before heading outside seems to buy a lot of time before you feel the heat. You will have to experiment with how cool of a shower you can endure and how much it helps you, but you might be surprised at the increase in your tolerance for the heat.
9. **Use a microwave:** Don't use the oven in the summer. Use a microwave instead. If you use an oven, don't open the door to check on the food. The blast of hot air could trigger symptoms.
10. **Take an Aspirin:** Some Neurologists suggest taking one regular strength Aspirin before going out in the heat to keep your core body temperature down.
11. **Get "the handicapped tag":** If you are ambulatory, it may not have occurred to you to get a disabled parking placard to avoid crossing blazing hot parking lots in the summer. Although some of you might be hesitant about getting one, a "tag" can be a lifesaver during the hot summer months. Get one just in case you need it.
12. **Don't get in the hot tub:** Last, but not least, stay out of the hot tub. I still find an occasional MS Patient who doesn't know to stay out of the hot tub. I remember getting in a hot tub when I was first diagnosed, thinking I could do it "just this once". I paid for that experience for the rest of the day! For some people, heat intolerance can be debilitating enough to make them unable to function. It can be very dangerous if you are in a hot tub alone and suddenly become so debilitated because of the heat that you can't get out of the tub. Be very careful and know your threshold. Don't do anything foolish.

Fortunately, the people who are most sensitive to heat are the most responsive to cooling down and their symptoms disappear quickly.

FREE Grocery Pick-Up Programs

Walmart Grocery has a new pickup service for FREE! Take advantage of Walmart's everyday low prices on a huge assortment of groceries and more, and save time by shopping online.

Here's how it works: 1) Place an order online at walmart.com/grocery. 2) Choose a time when you are going to pick your order up. 3) When your order is ready, Walmart will call you with instructions on where to park to pick up your order. 4) Your order will be loaded directly into your car by a Walmart employee! It's that easy!

Our experience with the service so far has been excellent! Everything on the grocery list was available online and the order pickup was fast with friendly service! Your order must be \$30 or more to use the pickup service. If your order is \$50 or more, use promo code: **RCVOCYML** when you checkout and you will receive \$10 off your order! Check online to find out if your local Walmart is a participating store!

Schnucks also offers a pick-up program, as well as a delivery program. Visit <https://express.schnucks.com/help/tutorial.html> for more information on the Schnucks grocery pick-up and delivery program!

Sam's Club offers a pick-up program called Club Pick-Up. 1) Shop online. 2) Choose your pick-up time. 3) Check in. 4) Pick up order curbside! There are no fees associated with this program but you must be a Sam's Club member to participate.



Thank you to everyone who came out and supported us at
Texas Roadhouse on July 10!

Schwan's Cares Fundraiser

You have until October 2, 2016 to place an order to benefit TSMSA. Go to Schwans-Cares.com to order from Schwan's Home Delivery and help our organization meet its fundraising goals. When you order thru October 2nd, 5% of all product sales and 5% of eGift Card sales will go back to TSMSA!

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



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
Kanesta Downs
Wendell Peden
Clark Restaurant Service

Open Door UU Fellowship
Denise Love Orrick
Mr. Kevin Beck
Nancy Arapios
Jon Fowler

Michael Clauson
Mary Rueger
United Way Central In.
Mr. & Mrs. Shawn Coy

In Honor of Brenda Floyd

Laura Weibush

In Memory of Richard Daly

Mr. & Mrs. Larry Bennett
Mr. & Mrs. Larry Schultz

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Vonda Templeton

In Memory of Dorothy Graf

Mr. & Mrs. Brian Reising

In Memory of Ray Winn

Mr. & Mrs. Bob Shipman

In Memory of Edward Peak

Mr. & Mrs. Lee Smith
Mr. & Mrs. Mike Hirsch
Mr. & Mrs. Paul Hirsch
Mr. & Mrs. Scott Roales
Mr. & Mrs. Larry Crouch

Mr. & Mrs. Larry Bander
Mr. & Mrs. Scott Macer
Mr. & Mrs. Richard Smallwood
Ms. Gayle Hall
Mr. & Mrs. Kevin Nutter

Ms. Judith Weber
George Koch & Sons
USW Local 104
Mr. & Mrs. Dennis Hirsch
Mr. & Mrs. Dirk Hicks



HAPPY BIRTHDAY TO YOU!!

JoAnna Sisk

Gwen Brewer

Margret Kafel

Vivian Doyle

Julie Fisher

John Sherrel

Stacy Bell

Connie Romain

Tresa Miller

Ray Farmer

Katherine Simon

MaryAnn Howard

Terri Sampson

April Brandow

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.



Please Read!!

Important information regarding the continuation of your monthly newsletter!!

The Tri-State MS Association is proud to provide many services to individuals living with MS and their families, one being a free monthly newsletter. St. Mary's has generously provided the envelopes and underwritten the cost of mailing the monthly newsletter since 2001. However, due to recent budget cuts, St. Mary's will no longer be able to continue to underwrite this cost. We would like to take this opportunity to thank St. Mary's. We are truly appreciative of their support for so many years!

We are grateful that Teva Neurosciences will continue to help sponsor the newsletter. However, we need to make adjustments to our mailing list. We mail monthly newsletters to 1,400 individuals each month. Some newsletters are sent to outdated addresses. In order to update our mailing list, we need your help!

If you would like to continue receiving the monthly newsletter by mail, you MUST contact us by e-mail: officemanager@tristatems.org, by phone: 812-423-5943 or 1-866-514-4312 or by returning the survey included in this newsletter, and indicate your newsletter preferences.

Please cut and mail back to:

Tri-State MS Association, 971 C. South Kenmore Drive, Evansville, IN 47714

OR fill out the survey on our website at www.tristatems.org!



2016 Newsletter Survey

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: Home (____) ____-____ Cell (____) ____-____

Email: _____

1) I enjoy receiving the newsletter because I:

- Have MS Have a family member that has MS Am a Health Provider / Pharm Rep.

2) I would like to receive the monthly newsletter by:

- Mail E-mail Both I no longer wish to receive the newsletter

3) Information I find interesting in the newsletter: *(Please check all that apply.)*

- Educational Program Information Support Group Meeting Information
 Nurse Susan's Article Fundraising Event Information Social Event Information
 Other (Please Explain) _____

4) I attend or am interested in attending: *(Please check all that apply.)*

- Educational Programs Social Events Support Group Meetings
 Newsletter Stuffing Wellness Programs Family Events

5) I would like to have the following types of programs offered:

6) When it comes to participation in fundraising events: *(Please check all that apply.)*

- I participate My family/friends participate My company participates
 Send me information on fundraising events Send my company sponsorship information

Company Name _____

If you have multiple sclerosis, please provide the following information:

When were you diagnosed? Date: ____/____/____

Who is your neurologist? _____

What MS drug therapy are you currently on? (Example: Copaxone, Tecfidera, etc.)

Comments:

The information in this survey will NOT be shared with anyone, and will be used to help us better our educational programs and newsletter content.

