



971-C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312
www.tristatems.org
“Like” us on Facebook

August 2017 Newsletter Offering
support, care, and hope...right here at home!

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday August 12th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Guest speaker will be Andrea Lantz, MSW, LCSW Social Worker, Deaconess Health System, Palliative Care. The goal of palliative care is to improve the quality of life while living with a chronic disease.

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

Tell City, IN support group **will NOT** meet again until September! Have a good summer!

Contacts: Terri Hasty / 812-649-4013 or Mary Ann Weatherholt / 812-719-2666.

Washington, IN support group will meet Saturday, August 19th, 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 meet Saturday, August 5th, at 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY. Join us to discuss ideas for future meetings!

Contacts: Cheryl Walker / 270-823-4752 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group **will NOT** meet in August! See you in September! **Contacts:**

Susan Reynolds / 812-228-6100 or TSMSA / 1-866-514-5312.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, August 5th, 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.*

Thank you to Teva Neurosciences for sponsoring our monthly newsletter!



Calendar of Events

	<p><u>August 2, Wednesday, Teva (Copaxone) Educational Dinner</u> <u>Program Speaker:</u> Dr. Rod Warren, Neurologist, Evansville, IN <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: Shared Solutions 1-800-887-8100</p>
	<p><u>August 3, Thursday, EMD Serono (Rebif) Educational Dinner</u> <u>Program Speaker:</u> Dr. Harold Moses, Neurologist, Vanderbilt, Nashville, TN <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; 1-877-969-1722</p>
	<p><u>August 8, 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> The Patio Steakhouse, 3120 IN 66, Tell City, IN <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>
	<p><u>August 16, Wednesday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. ** <u>Note Date Change Only For August</u>** <u>Location:</u> TSMSA Office – Come help, while you make new friends!</p>
	<p><u>August 17, Thursday, 'Girls' Night Out' Fundraising Event</u> <u>Time:</u> 6:00 p.m. <u>Location:</u> Evansville Country Club, 3810 Stringtown Road, Evansville, IN <u>Cost:</u> \$25.00 prior to event; \$30.00 at the door. <u>You can buy tickets at TSMSA office.</u> <i>Come support TSMSA, and enjoy time with the girls!</i></p>
	<p><u>August 28, Monday, Biogen Idec (Tecfidera) Educational Dinner Program</u> <u>Speaker:</u> Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Center <u>Time:</u> 6:00 p.m. <u>Location:</u> Patti's Restaurant, 1793 J H O'Bryan Ave, Grand Rivers, KY 42045 <u>RSVP:</u> You and 1 (one) guest to Active Source: 1-866-955-9999</p>
	<p><u>August 29, Tuesday, Genzyme (Lemtrada) Educational Lunch Program</u> <u>Speaker:</u> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, 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>



August 29, Tuesday, Genzyme (Lemtrada) Educational Dinner Program
Speaker: Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY **Time:**
 6:00 p.m.
Location: Haub Steak House, 101 E Haub Street, Haubstadt, IN 47639
RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502



***NEW PROGRAM ADDED!**
August 23, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program
Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN
Time: 6:00 p.m.
Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN
RSVP: You and 1 (one) guest: Active Source: 1-866-955-9999

Upcoming September Events



September 6, Wednesday, Biogen Idec (Tysabri) Educational Dinner Program
Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN **Time:** 6:00
 p.m.
Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN
RSVP: You and 1 (one) guest: Active Source: 1-866-955-9999



September 7, Thursday, Acorda (Ampyra) Educational Lunch Program
Speaker: Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS **Time:**
 12:00 (noon)
Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN
RSVP: You and 1 (one) guest: 1-866-514-4312 or 812-423-5943






September 7, Thursday, Acorda (Ampyra) Educational Dinner Program
Speaker: Marissa Clark, MPT, Clark Neuro Rehab Consultants, Lawrence, KS **Time:**
 6:00 p.m.
Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN
RSVP: You and 1 (one) guest: 1-866-514-4312 or 812-423-5943



October 2, Monday, Genentech (Ocrevus) Educational Program
Speaker: Dr. Nicole Everman, St. Joseph's Neurology, Lexington, KY **Time:**
 6:00 p.m.
**** Save the date. Location and RSVP information to be announced.**



September 21, Thursday, Genzyme (Aubagio) Educational Dinner Program
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: Lemtrada.com or 1-866-703-6293

	<p><u>September 21, Thursday, Genzyme (Lemtrada) Educational Dinner Program</u> <u>Speaker Jennifer Patterson, LPN, MSCN, Norton Healthcare Neurology MS Center Louisville, KY</u> <u>Time:</u> 6 p.m. EST (5 p.m. Central Time) <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>September 26, Tuesday, Genzyme (Lemtrada) Educational Lunch Program</u> <u>Speaker:</u> Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY <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: Lemtrada.com or 1-866-682-7502</p>
	<p><u>September 26, 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> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: Lemtrada.com or 1-866-682-7502</p>

Brain Game Apps to Help With Cognition

Susan Reynolds, RN, MSCN

Brain games can help people with MS who are having cognitive difficulties. Brain games can improve your memory and attention. Many smartphone apps can help you improve your brain's abilities. I spent some time checking out quite a few of the apps. Here is my report:

I found a smartphone app / website designed especially for people with MS who want to exercise their brains! It is called **Cognifit**. The website says it was made for people with MS, by people with MS. They have a patient steering committee that makes sure the information on the site speaks directly to people with MS. The site is totally free to use. The smartphone app is free as well.

First, you need to register on the site. When you register, the site will keep track of your scores so you can track your improvement over time. There is a place on the site where people with MS can get technology tips. Some examples are how to enlarge the print on your screen, large print keyboards, speech recognition, PDAs, books on CDs, form fill programs, and many other tips are mentioned. All of the technology tips address the problems that an MS patient may experience.

I played three games on the Cognifit website. The games appear to be very simple, but they are much harder than they look. There is training on the site for concentration, memory, mental arithmetic, mental planning, spatial perception, and sports coordination. There are levels of play with each game. The idea is to keep coming back to the site, increasing your levels, thus improving your memory and attention!

I found many other applications and resources that have fun brain games. Each app is unique, and most of them are free. However, some of the better apps charge a fee. They do a very good job of coaching you and keeping track of your scores over time.

The following is a short list of smartphone apps to go to for more brain exercises. Happy playing!!

- ✓ Lumosity
- ✓ Brain Trainer Special
- ✓ Happify
- ✓ Fit Brains Trainer
- ✓ Personal Zen
- ✓ Brain Fitness Pro
- ✓ Positive Activity Jackpot
- ✓ Relief Link

For the most part, brain apps cannot make you smarter or happier, but they can help you perform some tasks better or have more control over your emotional state. Most games are developed for people who are reasonably healthy, not for those with mental disorders. They are not a replacement for mental health professionals. Brain training apps can be gateway treatments that empower individuals to make positive changes, which can lead them to seek other tools that promote health.

American Red Cross Home Fire Campaign



The American Red Cross has launched a nationwide campaign to save lives, build resiliency and keep the community safe. The Home Fire Campaign aims to reduce the number of home fire deaths and injuries by 25 percent. People of all ages are vulnerable to home fires. The Red Cross urges you to make an appointment, and to share the importance of fire safety with your family and friends.

Red Cross volunteers will install free smoke alarms and test existing alarms. The Red Cross also installs specialized bedside alarms for individuals who are deaf or hard of hearing. Schedule your appointment by calling 1-888-684-1441. Or you may go to: www.redcross.org/local/indiana/homefire-safety-visit

MS Foundation MSfocus.org Brighter Tomorrow Grant

Each year, The Brighter Tomorrow Grant allows MS Focus to make dreams come true. The goal of the grant is to provide you with goods or services that will improve your life, but are not available through our other programs. These items range in value, with a max of \$1,000 per recipient, and can vary from household essentials to hobby supplies. What would make your tomorrow brighter?

Guidelines:

Applications submitted must fulfill the following eligibility criteria to be considered for funding:

- Applicant must be older than 18 and diagnosed with MS, or be the parent of a minor child with MS.
- Applicant must have no existing financial net (Medicaid, private insurance, etc.) to cover the request.
- Applicant must grant MS Focus the right to use their name and photograph for promotional purposes.
- Application must be postmarked / time-stamped between June 1 and September 1.
- Request must be for specific goods or services.
- Cash, medications, or items available through current programs are not included.

Applications are confidential, and will be reviewed by the grant committee. Recipients will be notified by December. This grant is available one time per person.

For details, or to apply, visit msfocus.org/Get-Help/MSF-Programs-Grants/Brighter-Tomorrow-Grant



Happy Birthday To You!

JoAnna Sisk	Gwen Brewer	Margret Kafel
Vivian Doyel	April Brandon	Julie Fisher
John Sherrel	Stacy Bell	Connie Romain
Tresa Miller	Ray Farmer	Katherine Simon
MaryAnn Howard	Terri Sampson	

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.



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
Stacy Little	Denise Love Orrick Marcia	Raleigh Rasmussen Kanesta
Nancy Arapios	Augustus	Downs
Mary Rueger	Meagan Brien	Regina Dillsworth
Mr. & Mrs. Steve Sanner	Kenneth Ashleman	Toyota Employee Campaign

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Vonda Templeton

In Memory of Velma Wright

Phyllis & Resa Ramsey

In Memory of Joan Gooch

Mr. & Mrs. James Sheraden

Mr. & Mrs. Elmer Williams

Ms. Janice Gooch

Ways to Save.... Ways to Give



The Diamond Galleria: 5 + 5 = Love



The Tri-State Multiple Sclerosis Association has once again teamed up with The Diamond Galleria! Anytime you purchase jewelry during 2017, you will receive a 5% discount off your purchase, and The Diamond Galleria will donate 5% to the Tri-State MS Association! And here's more great news: Your 5% discount can be combined with all promotions!

Pick up your purple '5+5=Love' card at The Diamond Galleria at 6245 Vogel Rd., or at the TSMSA Office at 971-C Kenmore Dr. Evansville, IN 47714.



Pick up a FREE escrip card at Schnucks. Register your card. Have your card scanned every time you check out at Schnucks. TSMSA will receive a donation.

BUFFALO WILD WINGS..... Eat Wings. Raise Funds.

When: Monday, August 7

Time: 11:00 a.m. until midnight

Where: Buffalo Wild Wings
715 N Green River Rd Evansville, IN
47715



On August 7, show the ticket above to your server, and Buffalo Wild Wings will donate 10% of your total bill to the Tri-State MS Association.

Heart to Heart Night Out... Heart Smart Meals

When: Thursday, August 24, 6:00 p.m.

Where: Deaconess Gateway Conference Center

April Boeke of Culinary Innovations will be giving tips for cooking heart smart meals. This event is FREE of charge. Seating is limited.



To register, call 812-842-3231 or visit www.deaconess.com/HeartToHeart

Cooking and Nutrition – The Power of Food for Cancer Prevention & Survival

St. Vincent Wellness Center at Epworth Crossing is offering a Cancer Project class, which includes information about how certain foods and nutrients work to promote or discourage cancer growth. The project will also include demonstrations of simple recipes that can be easily recreated at home. The 2-hour class will take place on Thursdays, August 24 thru September 21.



For details and to register, call the Wellness Center: 812-485-5725.



It's time to get busy on your Autumn Walk Team and Basket!!

Owensboro, KY, October 29, 2017 Moreland Park

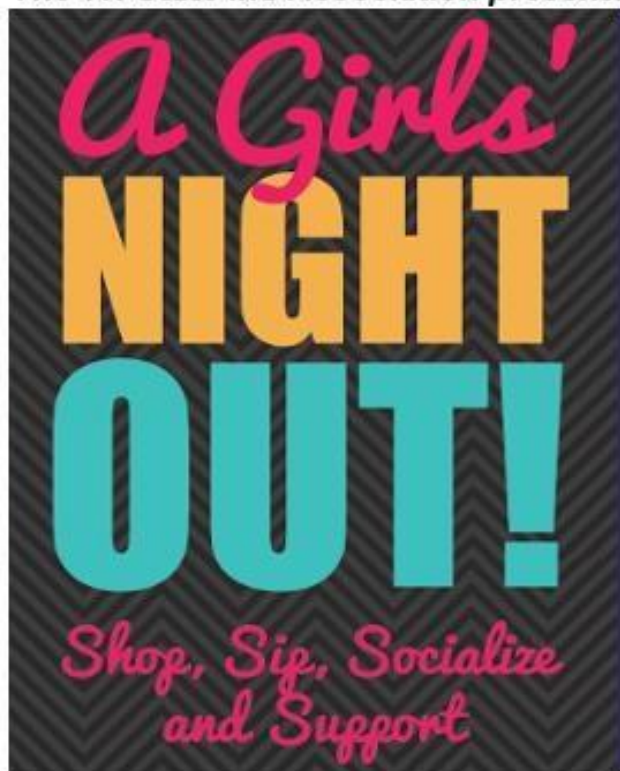
Evansville, IN November 5, 2017 Harrison High School



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**
971-C South Kenmore Drive
Evansville, IN 47714



The Tri-State MS Association presents



TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION

thursday
AUGUST
17TH, 2017
6:00-8:30

at Evansville Country Club

- * Enjoy shopping at a variety of wonderful local vendors
- * Appetizers & Desserts included
- * Cash bar available
- * Silent Auction

*Purchase your tickets at
TSMMSA Office today!*

812-423-5943

Tickets:
\$25 in advance
\$30 at door