



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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July 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday July 8th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Guest speaker Kay Hummell will discuss reflexology as it relates to releasing general tension. Reflexology is the application of pressure to areas on the feet, hands and ears. Kay will demonstrate the self-help technique, which can be beneficial to everyone.
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, July 15th, 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 NOT** meet again until October! Have a good summer!
Contacts: Meg Burnley / 270-826-9507 or Debbie Whittington / 270-827-8298.

Owensboro, KY support group **will NOT** meet in July!
Contacts: Susan Reynolds / 812-228-6100 or TSMSA / 1-866-514-5312.

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, July 1st, 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



Happy 4th of July! Celebrate our Independence!!



Holy Hoops for M.S. – Entire month of July

Throughout July, Holy Hoops for MS will sponsor H.O.R.S.E. shootout events. All proceeds will benefit TSMMSA.

- Six restaurant giveback fundraisers through the month. (See details and coupons in this newsletter, or pick up coupons at TSMMSA office or print coupons: tristatems.org)
- Shootout events will be held every day through Sunday, July 30.
- Great prizes available.
- Silent auction at American Baptist East on Sunday, July 23, from 1:00 to 8:00 p.m.

For details, visit www.holyhoops4ms.com or call Jay Stockman: 812-774-3963



July 5, Wednesday, Teva (Copaxone) Educational Dinner Program

Speaker: Dr. Rod Warren, Neurologist, Evansville, IN

Time: 6:00 p.m.

Location: Edgewater Grille, 1 E. Water St, Newburgh, IN (LaVeranda Banquet Room)

RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100



July 13, Thursday, Genzyme (Lemtrada) Educational Dinner Program

Speaker: Dr. Cary Twyman, Associates in Neurology, Lexington, KY

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

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

RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502



July 13, Thursday, Genzyme (Lemtrada) Educational Dinner Program

Speaker: Dr. Cary Twyman, Associates in Neurology, Lexington, KY

Time: 6:00 p.m.

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

RSVP: You and 1 (one) guest: Lemtrada.com or 1-866-682-7502



July 19, Wednesday, Teva (Copaxone) Educational Dinner Program

Speaker: Dr. Rod Warren, Neurologist, Evansville, IN

Time: 6:00 p.m.

Location: BriarPatch Restaurant, 2760 Veach Road, Owensboro, KY 42303

RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100



July 20, Thursday, Monthly Newsletter Folding

Time: 11:30 a.m.

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



July 26, Wednesday, Biogen (Tysabri) Educational Dinner Program




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

Time: 6:00 p.m.

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

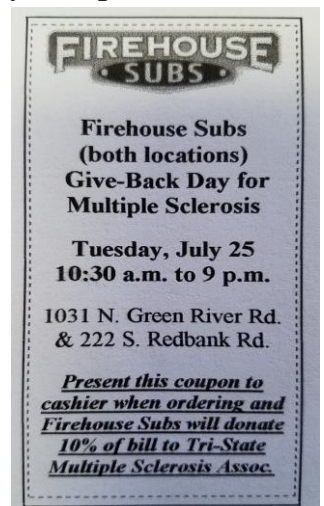
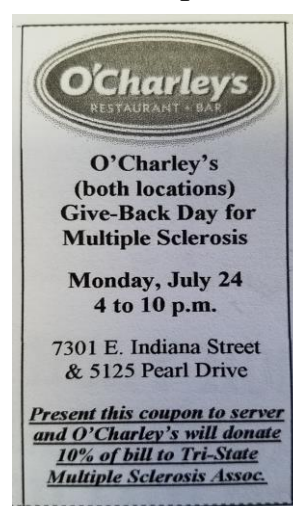
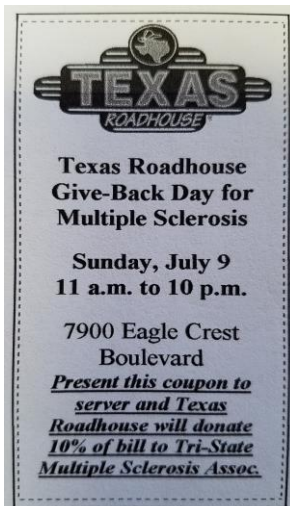
RSVP: You and 1 (one) guest: Active Source 1-866-955-9999

Upcoming August Events

	<p><u>Tuesday, August 8, 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>Thursday August 17, '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. <i>Come support TMSA, and enjoy some time with the girls!</i></p>
	<p><u>Monday, August 28, 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>

Holy Hoops Restaurant Givebacks

- Sunday, July 9:** Texas Roadhouse (11 a.m. to 10 p.m.). Present coupon below to your server. Texas Roadhouse will give back 10 percent of your bill to Holy Hoops for M.S.
- Tuesday, July 11:** Jason's Deli (5 p.m. to 9 p.m.). When ordering your food, tell the cashier you're there to support the fight against MS. Jason's Deli will give back 15 percent of your bill to Holy Hoops for MS.
- Sunday, July 16:** Texas Roadhouse (11 a.m. to 10 p.m.). Present coupon below to your server. Texas Roadhouse will give back 10 percent of your bill to Holy Hoops for M.S.
- Tuesday, July 18:** Wayback Burgers, Cross Pointe Blvd (4 p.m. to 8 p.m.) Wayback Burgers will give back 20 percent of your bill to Holy Hoops for MS.
- Monday, July 24:** O'Charley's, both Evansville locations. (4 p.m. to 10 p.m.). Present coupon below to your server. O'Charley's will give back 10 percent to Holy Hoops for MS.
- Tuesday, July 25:** Firehouse Subs, North Green River Rd. (10:30 a.m. to 9 p.m.). Present coupon below to your server. Firehouse Subs will give back 10 percent to Holy Hoops for MS.



Did you know that cognitive problems occur in about two-thirds of people with MS? Ten to fifteen percent of people with MS have significant problems that lead to decreased job performance and altered social skills. Cognitive impairment does not affect every person with MS the same way. For some people, the signs and symptoms are only a minor annoyance; for other people the signs and symptoms interfere significantly with work, home life and social life.

Highly myelinated nerve fibers, working at top efficiency, transmit nerve impulses from front to back and side to side of the brain. Transmission of the nerve impulses is necessary for a person to remember and communicate. MS cognitive problems may affect: information processing (dealing with information gathered by the five senses); memory (acquiring, retaining, and retrieving new information); attention and concentration (especially divided attention); executive functions (planning and prioritizing); visuospatial functions (visual perception and constructional abilities); or verbal fluency (word finding).

A person may experience difficulties in only one or two areas of cognitive functioning, or they may experience difficulties in several areas. Certain functions, including general intellect, long-term (remote) memory, conversational skills, and reading comprehension are likely to remain intact. Demyelinated fibers do not transmit as well when a person with MS is experiencing fatigue, heat, or stress; therefore, memory problems are often worse with those circumstances.

Depression may complicate the symptoms of cognitive impairment. Therefore, it is important to assess for depression when cognitive impairment is involved. A person with MS does not always recognize his or her depression, but they may respond to medication therapy.

Exercise can improve cognitive problems in MS

A small pilot study shows that regular walking on a treadmill may improve cognitive abilities and physical fitness in ambulatory patients with relapsing-remitting MS. Brian M. Sandroff, PhD, associate research scientist at the Kessler Foundation, West Orange and his colleagues designed a pilot trial to prove the concept that a long-term exercise program could be an optimal intervention to improve cognitive processing speed and executive function in MS.

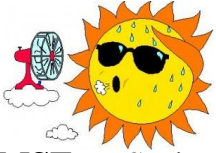
To participate in the study, subjects had to be able to walk with or without minimal assistance, such as a cane or crutch. After treadmill walking 3 days a week over 12 weeks, the 5 patients who received the intervention had improvements in cognitive measures, cardiorespiratory fitness, and walking, as measured by the 6-minute walk test.

Researchers still need to answer other questions; for example: Do you have to continue using the treadmill after you're done with the 6-week course? Dr. Sandroff and his colleagues will examine the maintenance effect in a large randomized, controlled trial in MS patients who have impaired cognition.

So far, not much evidence is available on the treatment of cognitive deficits. Although cognitive rehabilitation can teach people ways to compensate, in general it has not become a practical way to fight the losses of brain demyelination caused by MS. The best strategy is to prevent the damage from occurring is **with aggressive early treatment with a disease modifying therapy and staying adherent to the medication for the rest of your life.**

If you feel you are having symptoms of cognitive impairment it is important to discuss this with your doctor. It might be helpful to keep a record of your symptoms and note whether you've experienced heat, stress, or fatigue, or whether you've started taking a new medication.

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.

VA



U.S. Department
of Veterans Affairs

Did you know...?

VA Hospitals will provide Polar's cooling vests and hot/cold therapy products at no cost to veterans!

MS Foundation MSfocus.org Brighter Tomorrow Grant

Each year, The Brighter Tomorrow Grant allows MS Focus to makes dreams come true across the country. 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!

**Kris Holder
Andrea Slack
Jon Perryman
Carolyn Herron**

**Kathy McGlothlin
Becki Unfried
Ethel Schuster
Kurt Tretter**

**Terri Hasty
Wendy Whitaker
Susie Sims
Paula Elpers**

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.

2017 TSMGA Golf Scramble in Memory of Ted Donosky

THANK YOU to our Outstanding Sponsors!

Event Sponsor:	<i>Moore Music</i>	Printing Sponsor:	<i>Schutte Lithograph</i>
Cart Sponsor:	<i>Lucas Oil Centers</i>	Signs/ Banner Sponsor:	<i>Signs by deSign</i>
Beverage Sponsor:	<i>Miller / Coors, Steve Peters</i>	Media Sponsor:	<i>Evansville Courier</i>
Food Sponsors:	<i>Rally's, Frito Lay, Cleo's Bakery, Sassy Smith's Sweets Newburgh</i>	Hole-In-One Sponsor:	<i>Romain Cross Pointe Auto Pk</i>

Hole Sponsors

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Dustin Sarver Insurance	In Memory of Charlie Omer	Mel-Kay Electric Co	Brad Weathers
Thomas Gulley	J.E. Shekell Heating & Air	Prime Foods, LLC	Home Instead

Auction Donations

Acropolis	Christmas Lake Golf	Holiday World	Roca Bar North
Beech Bend Park	Cigar! Cigar!	Indianapolis Colts	Rolling Hills Country Club
Beef O'Bradys	Cincinnati Reds	Kentucky Horse Park	Rug Gallery of Newburgh
Bokeh Lounge	Cleo's Bakery	Knob Hill	Santa Claus Christmas Store
Boonville Country Club	Comedy Sportz Indy	Longhorn	Sassy Smith's Sweet Shop
Carson's Brewery	Dèjà Vu	Monarch Beverage	St. Louis Cardinals
Carts Gone Wild	Evansville Media Group	NCAA Hall of Champs	Victoria National
Chicago Bulls	Evansville Otters	Nestle Inn B&B	WNBA Indiana Fever
Chicago Cubs	Holiday World	Raycom Media	

Special Thanks To: Jody Donosky, Jennifer Jones, Rick Tanner, Andrea Fisher, Tiffany Stepto, Sandy Bitter, Rolling Hills Country Club, and Angie Wargel / Fire & Rain!

Thank you to our wonderful volunteers: Diane Whipkey, Bob Shipman, Sally Jochim, Barb Heacock, Sharon Omer, Chris & Maria Hillenbrand, Sandy Bitter, Griffin Bitter, Patty Given, Brenda Floyd, Pam Jutzi, Linda Anslinger, Jim Whipkey, Jim Mumford, Brian Jones, Castle Golf Team, John Copeland, and Connie Romain!



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	Marcia Augustus	Raleigh Rasmussen
		Regina Dillsworth

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Vonda Templeton

In Honor of Brenda Floyd

Laura Weibush



Tips to Cope With the Summer Heat

The best way to fight the heat is to prepare in advance. The following tips may help you cope with heat.

- ✓ Take a cool shower in the morning and allow your hair to dry naturally.
- ✓ Wear loose fitting clothing in light colors.
- ✓ Bring hats to shade your face, fans to cool you down, cooling vests or wristbands, and plenty of cool bottled water to drink.
- ✓ Put bottles in the freezer and then drinking them as they thaw.
- ✓ Eat foods which are cooler in temperature and have high water content (cucumbers, watermelon, and peaches in particular).
- ✓ Freeze green grapes: they are like flavored ice cubes, easy to pop into your mouth and enjoy.
- ✓ Stay out of direct sunlight when outdoors.
- ✓ Choose activities which are not going to cause you to overexert yourself.
- ✓ When you are getting too warm, tell those around you and then make sure to get indoors where you can cool down quickly.
- ✓ Put cold packs on pressure points (at the base of your neck, behind your knees, and at your wrists) and drink cool fluids.

Enjoy your summer, be prepared, and try to stay out of the heat when possible!