



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

April 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday April 8th, at 10:00 am, at the TSMSA office. 971-C S. Kenmore Drive.

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

Tell City, IN support group will meet Monday, April 10th, at 11:00 a.m. at the Twilight Towers, 1648 10th Street, in the cafeteria. **Change of date due to program at Log Inn on April 11th.**

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

Washington, IN support group will meet Saturday, April 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 meet Saturday, April 1st, 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, April 8th, 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, April 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



April 4, Tuesday, Novartis (Gilenya) Educational Lunch Program
Speaker: Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Center
Time: 11:30 a.m.
Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN
RSVP: You and 1 (one) guest, 1-866-682-7491



April 4, Tuesday, Novartis (Gilenya) Educational Dinner Program
Speaker: Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Center
Time: 6:00 p.m.
Location: Moonlite Bar-B-Q, Owensboro, KY
RSVP: You and 1 (one) guest, 1-866-682-7491



April 11, Tuesday, Mallinckrodt (Acthar) Educational Dinner Program
Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN
Time: 6:00 p.m.
Location: Log Inn, 12491 County Road 200E, Haubstadt, IN 47639
RSVP: You and 1 (one) guest: 812-423-5943 or 1-866-514-4312



April 12, Thursday, EMD Serono (Rebif) Educational Dinner Program
Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN
Time: 6:00 p.m.
Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN
RSVP: You and 1 (one) guest: 1-877-969-1722



April 19, Wednesday, Genzyme (Aubagio) Educational Dinner Program
Speaker: Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham
Time: 6:00 p.m.
Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN
RSVP: You and 1 (one) guest: 1-866-703-6293, Event Code #TR400143



April 20, Thursday, Monthly Newsletter Folding
Time: 11:30 a.m.
Location: TSMSA Office – Come help, while you make new friends!



April 20, Thursday, Genzyme (Aubagio) Educational Lunch Program
Speaker: Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham
Time: 12:00 p.m. (noon)
Location: Moonlite Bar-B-Q, Owensboro, KY
RSVP: You and 1 (one) guest: 1-866-703-6293, Event Code #TR400144



April 20, Thursday, Genzyme (Aubagio) Educational Dinner Program
Speaker: Beverly Layton, RN, MS Nurse, University of Alabama, Birmingham
Time: 6:00 p.m. eastern / 5 p.m. central
Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN
RSVP: You and 1 (one) guest: 1-866-703-6293, Event Code #TR400481



April 25, Tuesday, Teva (Copaxone) Educational Dinner Program
Speaker: Dr. Randy Cox, Neurologist, Tell City, IN / Hardinsburg, KY
Time: 6:00 p.m.
Location: Moonlite Bar-B-Q, Owensboro, KY
RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100

Upcoming Events



May 4, Thursday, Genzyme (Lemtrada) Educational Lunch Program
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



May 4, Thursday, Genzyme (Lemtrada) Educational Dinner Program
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



June 5, 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!



HAPPY BIRTHDAY TO YOU!!		
Peggy Wade	Sue Hartig	Kristi Stewart

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.



United Leasing Championship "Golf Gives Back"

United Leasing, Inc., is proud to sponsor the United Leasing Championship at Victoria National, an official event of the PGA TOUR. The tournament will be at Victoria National April 17-23, 2017. From now thru April 16, 2017, TSMSA will have the opportunity to raise money through the Old National Bank 'Golf Gives Back' program. Visit www.ulcgolf.com. Purchase your full-week pass for \$35. Select Tri-State MS Association from the drop down menu. The price of the ticket will be donated back to TSMSA. Print your own ticket and head to Victoria National to watch some great golf! It's that simple! Thank you for your support!

Fatigue is a problem almost every MS patient has, and up to 60% of patients consider it their worst problem. Fatigue occurs in 80% of MS patients.

Fatigue can be brought on by non MS-related problems, such as getting overheated, trouble sleeping, stress, depression, anxiety, and just overdoing it in general. Many people with MS take medications that may contribute to fatigue. Muscle relaxers such as Baclofen and Zanaflex can cause fatigue. Also, pain medications such as Neurontin (Gabapentin) and Lyrica can cause fatigue. If your fatigue is made worse by any of these common problems, it could be fixed by getting extra rest. Make sure you get the proper nutrition, and take care of yourself. Also, exercising regularly can help you keep up your energy levels.

Purely MS-related fatigue has many characteristics that make it different from the fatigue of people without MS. MS fatigue is a daily thing. The person is tired from the minute they wake up, even if they have slept well the night before. MS fatigue makes it impossible for the patient to participate in daily activities. It gets worse as the day progresses and is complicated by heat and humidity. It is not clear what causes MS-related fatigue.

If you have severe problems with MS fatigue, talk to your neurologist about it. The first step in treating MS fatigue is to rule out the other possible causes for fatigue which may be related to MS, such as urinary problems that wake you up several times during the night, pain, or muscle spasms. To rule out sleep disorders, many neurologists order sleep studies for patients who have severe problems.

Many MS patients take medications to treat fatigue. Amantadine (or Symmetrel) is usually the first medication most doctors try on their patients with MS fatigue. It is an antiviral drug that has a side effect of keeping you awake. My neurologist in Nashville says to take Amantadine five days a week and stay off of it on the weekends to prevent a tolerance from developing, making the drug less effective for fatigue. Amantadine used to be prescribed for Parkinson's disease, and may improve MS tremors. Amantadine can also cause *livedo reticularis*, which produces purplish blotches on the thighs and/or forearms. Those blotches occasionally remain, even after the medication has been discontinued.

Modafinil (or Provigil) is another drug neurologists prescribe for fatigue. It is more expensive than Amantadine. Provigil comes in 100 mg and 200 mg strengths. Some patients do very well with Provigil. I found that for me, it was best to start with a smaller dose and build up to the dose I was prescribed (100 mg). I began by taking a half pill (50 mg of Provigil). After a couple of weeks I increased to 100 mg.

Provigil can be very expensive, and some health insurance providers will not approve Provigil for MS patients. Some neurologists may be willing to give other stimulants if Provigil is out of reach for you. Methylphenidate (or Ritalin), taken in divided doses two to three times a day at doses between 10 mg and 60 mg daily, may be helpful.

Some neurologists prescribe antidepressants to treat fatigue. And sometimes, antidepressants can be combined with Amantadine or Provigil to help combat fatigue. Talk to your neurologist about this, if fatigue is still a problem for you.

Other things that may help with Fatigue are:

Occupational and/or physical therapy. Occupational therapy can help you make everyday tasks easier and less stressful. Physical therapy can help you begin a regular exercise program, as well as energy saving techniques (such as learning more efficient ways to walk.)

Get regular sleep. Talk to your doctor about getting help for sleep problems. You may need a referral to a Sleep Specialist.

Stress management. Manage your stress with ‘stress management training,’ meditation, yoga, exercise, or just sharing your problems with a friend.

Avoid heat. Use cooling techniques to keep you energized. Take advantage of the cooling vests, cooling scarves and bands that are available for free from the MSAA.

Balance your activities. Balance daily activities with rest.

Plan ahead. Spread labor intensive activities over the week, and alternate them with easier tasks.

Pace yourself. Break bigger tasks into smaller pieces. Don’t hesitate to ask for assistance when needed.

Prioritize. Do the most important things first. Don’t worry about the things that are not as important.

Proper nutrition. Eat a healthy diet, and get plenty of fluid.

Provigil (Modafinil) Class Action Settlement

A settlement has been reached in a class action lawsuit involving the price of the prescription drug Provigil (Modafinil) purchased during the period from June 24, 2006 through March 31, 2012. If you think you may be an eligible member of the class action settlement, you may access the claim form at www.stateagprovigilsettlement.com. The deadline to file a claim is April 13, 2017.



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
Shirley Nunn	D-Patrick, Inc.	TMMI
Teva Pharmaceuticals	The Diamond Galleria	Gibson County United Way
		Bristol-Myers Squibb Matching Gift

In Memory of Joni Gentry

Bruce Adler

In Memory of Von Sloan

Vonda Templeton

In Memory of Ed Peak

St. Mary’s Breast Center

In Memory of Lydia Waelde

Kelly Biggs
The Moll Family

In Honor of Brenda Floyd

Laura Weibush



Thank you to **D-Patrick Ford Lincoln** for donating \$2,500 for the “Test Drive for a Cause” fundraiser. Also, thank you to everyone who participated by test driving.

'Walking for Dreams' Family & Pet Walk



The Sycamore Foundation, located in Indianapolis, collaborates with small non-profit organizations to raise funds and awareness. The Sycamore Foundation, along with several local sponsors, is holding a 'Walking for Dreams' Family & Pet Walk on *Sunday, May 21* in Evansville. Twenty local non-profit organizations, including the Tri-State Multiple Sclerosis Association, will benefit from the 'Walking for Dreams' fundraiser.

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. Gina Mullis is our Team Captain. Your entire donation made in the name of TSMSA will come back to us. For more information, visit www.walkingfordreams.org or call TSMSA at 812-423-5943.

'Walking for Dreams' will take place on the Evansville Riverfront 1:00 pm to 3:30 pm on May 21. Visit the Tri-State MS Association booth, and enjoy a sunny walk along the river for a great cause!

State Farm (Paul Watzlavik, Insurance Agent) will donate \$25 to TSMSA for each person who signs up for a FREE quote. Just complete the form, and be willing to accept a phone call from State Farm. There is no obligation or cost, so we hope you participate. Contact TSMSA to receive the form.

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!



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.



We would like to extend a special **thank you** to The Diamond Galleria for their support. The Diamond Galleria's generosity during 2016 is greatly appreciated!

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 to arrange for pickup.





The Tri-State Multiple Sclerosis Association would like to take this opportunity to ask for your support of our upcoming *Ted Donosky MS Golf Scramble*. This annual event will take place **Monday, June 5**, at Rolling Hills Country Club in Newburgh, Indiana.

There are many ways for you and your company to support this exciting event at the beautiful Rolling Hills Country Club, all the while helping a local charity! All money raised by the Tri-State Multiple Sclerosis Association will be used to provide support, care, and hope to thousands of MS individuals & their families in the tri-state area. Call for information about sponsorship opportunities.

The sun is going to shine, so take the day off to play golf at this wonderful course for a great cause! Gather your friends and put together a foursome for only \$500 or we will gladly team you up with other players as an individual entry for only \$125. We will start the day grilling lunch; we'll serve cold beverages along the course; and we'll wrap up the day with a delicious dinner. What a fun day of golfing!

Register by April 7, 2017 to receive a free weekly pass to the United Leasing Golf Championship (April 17-23)! Call us at 812-423-5943 for more information on how you can be involved!

