



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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December 2017 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet in December! Join us on Saturday, December 9th for our Christmas Breakfast! **Please RSVP!**

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

Tell City, IN support group will meet Tuesday, December 12th, at 12:00 p.m. at Diane Goffinet's Home. Join us for our annual Christmas party! Please bring your favorite dessert! RSVP to Terri Hasty for more info and directions.

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

Washington, IN support group will meet Saturday, December 16th, 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 / 1-866-514-4312.

Kentucky Support Group Meeting Dates

Henderson, KY support group will meet Saturday, December 2nd, at 10:00 a.m. at Golden Corral, 1320 N. Green Street for a Holiday Breakfast. **Please RSVP!**

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

Owensboro, KY support group will meet **NOT** meet in December! Join us in Evansville, on Saturday, December 9, for our Christmas Breakfast! **Please RSVP!**

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

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, December 2nd, at 11:00 a.m. at Fairfield Memorial Hospital in the Board Room of Horizon Clinic. Join us for an open discussion.

Contacts: Carol Anne Greenwood / 618-558-1045 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>December 9, Saturday, Holiday Breakfast with Santa</u> Time: 10:00 a.m. Location: Holiday Inn, Hwy 41N, Evansville, IN RSVP: 812-423-5943 or 1-866-514-4312</p> 
	<p><u>December 13, Wednesday, Teva (Copaxone) Educational Dinner Program</u> Speaker: Dr. Rod Warren, Neurologist, Evansville, IN Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
	<p><u>December 21, Thursday, Monthly Newsletter Folding</u> Time: 11:30 a.m. Location: TSMSA Office – Come help, while you make new friends!</p>

THE
DIAMOND
GALLERIA



GIVE BACK AND SAVE

Before Christmas shopping, pick up a FREE “5+5=LOVE” card from the TSMSA office. Present your card on each visit to The Diamond Galleria. You’ll receive a 5% discount and TSMSA will receive a donation of 5% of your total purchase. It’s easy!



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 | Michael Clauson | Open Door UU Church |
| Linda Schraeder | Mary Rueger | Regina Dillworth |
| Kanesta Downs | Mr. & Mrs. Gary Lutz | United Way of Gibson County |
| Marcia Augustus | | Toyota Employee Giving |

In Memory of Joni Gentry

Bruce Adler

In Memory of Earl DeLong

Sheilla Napier
Phyllis Giagnoni
Mr. & Mrs. Rick Ritsch

In Memory of Chris Singleton

Mr. & Mrs. Daniel Miller



Happy Birthday To You!

- | | | |
|---------------|----------------|------------------|
| Crystal Janis | Cindy Graves | Mitchell Coomes |
| Nancy Pribble | Samantha Marx | Sandy Russell |
| Marty Popetz | Diana Seaton | Chad Kirk |
| Kathy Rowans | Susie VanHoose | Camilla Vantrese |

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.

It is thought that MS is caused by a combination of genetic and environmental factors. The latest research shows that addressing certain environmental factors may decrease your risk of getting MS. You may also decrease the severity of the course of your disease by changing some environmental factors such as smoking, weight and vitamin D levels. There are some risks that you may not be able to change; for example, geography before age 11 or exposure to infectious factors.

Some of the known risks for developing MS are: 1) Geography; 2) Infectious Factors; 3) Smoking; 4) Obesity; and 5) Vitamin D

Geography

Where you live before the age of 11 or 12 has a big effect on whether or not you will develop MS. It has been shown if you live close to the equator before the age of 11 or 12 you will have less of a lifetime risk of developing MS. Conversely, if you live far away from the equator throughout your young years, you have a higher lifetime risk of developing MS. The average risk of developing MS in the US is 1 in 1000, or 1/10 of 1 percent. Identical twins have a 30 percent chance of developing MS if one of them has MS. For first degree relatives (such as a child or a sibling) the risk increases to 3 to 4 percent chance of developing MS. That is not true for adopted or half siblings, whose risk is the same as the general population.

Infectious Factors

Combinations of infectious factors appear to be involved in acquiring MS. Slow acting viruses, such as Epstein Barr could be involved (Epstein Barr can remain dormant for many years). Other viruses, such as Human Herpes Virus are also being looked at as triggers, among other lesser known viruses. After being exposed to one of these viruses, some researchers theorize that MS may develop in *genetically susceptible* people. Genes have some role in developing MS, but there are many genes involved and the exact mechanisms remain unclear and are still being researched.

Smoking

Another factor linked to MS is cigarette smoking. Women who smoke are 1.6 times more likely to develop MS than women who are non-smokers. Individuals with MS who smoke also appear to be at much greater risk of experiencing a more rapid progression of the disease. In a study comparing 1,465 smokers, ex-smokers and never smokers, all of whom had MS, MS disability progressed more quickly in smokers and faster progression was also noted in MRI measures of disease activity. For several measures, ex-smokers did not differ substantially from never smokers, suggesting that quitting may delay MS progression.

Research has also shown that two *individual* factors that were previously identified as increasing the likelihood of developing MS can also work *together* to further increase your chances of developing MS. Exposure to Epstein Barr virus and tobacco smoking may interact to substantially increase the risk of developing MS in those with both risk factors.

A Norwegian study published in 2003 showed that the risk of a developing MS was significantly higher among smokers than among those who had never smoked. Smoking can also be responsible for changing from a relapsing remitting course of MS to a secondary progressive course.

Obesity

A new study suggests that obesity in adolescence or early childhood is associated with increased risk for MS. Results of a study presented at the American Academy of Neurology meeting in 2014 showed that people who are obese (BMI greater than 30kg/m²) at age 20 are twice as likely to develop MS.

Research has found that BMI correlated directly with serum leptin levels. In addition, leptin exerted opposite effects on regulatory CD4 and Effector T cells, promoting inflammatory responses, potentially representing a link between obesity and autoimmunity in MS. Research shows that in obese MS patients, leptin increases the proliferation of auto aggressive cells responsible for myelin damage.

Vitamin D

Research is increasingly pointing to a reduced level of vitamin D in the blood as a risk factor for developing MS, and studies are underway to determine how vitamin D levels influence disease activity. In addition to food and supplements, vitamin D is also derived from sunlight. It has been noted that living further away from the equator increases your chances of developing MS. A popular theory is that those living close to the equator get more sun exposure and are therefore less likely to have a vitamin D deficiency. Vitamin D has protective and immunomodulatory effects in the brain, and is useful in MS.

If you have MS, talk to you neurologist or primary care doctor to get an order for a serum vitamin D level. If your vitamin D level is very low, your neurologist will have a plan to bring your levels up to the recommended levels for MS patients. Most neurologists recommend regular/daily supplementation with vitamin D. Talk to you neurologist about how much vitamin D supplementation he or she recommends for you based on the results of your blood work.



Medicare Annual Enrollment Deadline

DON'T MISS THE DEADLINE!

Thursday, December 7th is the deadline to make changes to your Medicare plan. For Medicare information, or to compare plans, go to medicare.gov or call 1-800-MEDICARE (1-800-633-4227).



Prescription Assistance Program Changes?



Each year, Prescription Assistance Programs modify their programs based on funds available to the programs, government regulations, and other factors. If you are currently in a Prescription Assistance Program, consider calling the company to see if your assistance will be changed in 2018.

Questions you can ask include:

- Do I need to take steps to renew my coverage in the Prescription Assistance Program for 2018?
- Will my prescription(s) continue to be covered?
- Will there be changes to the cost sharing for my prescription(s)?

The customer service representatives for your Prescription Assistance Programs should be able to answer your questions related to your assistance.



Prescription Assistance Programs for MS Symptom Management

NeedyMeds is a national nonprofit organization that provides information to help people who can't afford medications and healthcare costs. For information: needymeds.org or call 1-800-503-6897.

Other nonprofit organizations that may be able to assist with the cost of medications include:

- The Assistance Fund: www.taufactures.org or 1-855-845-3663
- The Patient Access Network (PAN) Foundation: www.panfoundation.org or 1-866-316-7263



No Holiday Headaches: 3 actions you must take now



With the holiday season just around the corner, it's easy to lose track of your spending. Even hardcore budgeters can find themselves lured into the retail marketing engine telling them to buy more, more, more. That's because our emotions tend to influence our spending on a whole new level during the last several months of the year.

Instead of getting sucked in, make a spending plan today. Because, really, who wants to be paying for Christmas in April? Here are three simple steps to help you budget during this busy time of year.

1. Wait on the stuff

Before we talk about budgets, let's talk about stuff. We love stuff! What we don't love, however, is the debt that comes along with buying new stuff you can't afford. Those Italian leather gloves? They're a fantastic splurge if you have some disposable cash. But if you're barreling through debt, it's much more important to stay focused on your debt snowball than on buying hand candy.

Sounds obvious when you put it like that, doesn't it? Delaying pleasure is a sign of maturity. Your diligence and sacrifice now will set you up for plenty of debt-free fun later on.

2. Make your plan

Instead of giving in to every seasonal whim, make a realistic plan for the months ahead. This doesn't have to be a complicated contract. It's just a simple agreement of "We are going to spend X amount of dollars for gifts, X amount for potluck-gathering food, and X amount for traveling." Make sure this amount aligns with your budget for each month.

After you and your family decide on a plan for your holiday spending, go ahead and pinky-swear, spit-shake or whatever you must do to establish that you're committed to seeing it through.

3. Stick with it

Don't stress if the amount you've set aside for these celebrations isn't as high as you want it to be. Visiting family and giving gifts are fun, but these should be blessings not burdens. So stay strong! As the holidays near, you'll see others overextending themselves on everything from pumpkin spice drinks to cozy wool coats. And you'll be tempted to do the same. But ask yourself this: Is it worth it to buy hundreds of dollars' worth of stuff now, pay for it later, and still be no closer to your goals this time next year?

The choice is yours. Make it a good one!

—*Courtesy of EveryDollar.com*



The Joy of Giving



Please don't let this season of joy and giving pass without remembering the mission of the TSMSA.

Your gift will impact the Tri-State MS Association by directly supporting the many services we provide: support groups, an MS certified nurse, social events, resources, financial assistance, medical assistance, and more.

Donations can be made directly online at www.tristatems.org or by mailing to
TSMSA, 971 C S. Kenmore Drive, Evansville, IN 47714.

Don't forget to check with your company, to see if they match their employees' charitable giving.

**THANK YOU to all of our teams and individual walkers who participated
in our Autumn Walks this year!**

We appreciate all of you!

Evansville Spirit Award Winners:

Largest Family & Friends Team: **Wilsbacher Team**
Most Creative T-Shirt: **You Get On My Nerves**
Largest Company Team: **United Companies**
Team with Most Spirit: **Remembering Randy**



Owensboro Spirit Award Winners:

Largest Family & Friends Team: **Lisa Coates**
Most Creative T-Shirt: **Mary Mulligan**
Largest Company Team: **Dr. Kristi Nord**
Team with Most Spirit: **Fighting Back w/Faith**

Thank You to our Autumn Walk Sponsors!

104.1 WIKY	Genentech	Owensboro Health	Shoe Carnival
Allstate Ins., Paula Hayden	German American	Pepsi Beverages Company	Signs by deSign
Biogen Idec.	Gribbins Insulation Co., Inc.	Pet Food Center	Swat Pest Management
City of Owensboro	IBEW – Local 16	Prairie Farms Dairy	Teva Pharmaceutical Indus.
Comaier Wheel Chair Transp.	Local WEHT-TV/WTVW-TV	Professional Transp., Inc.	The Diamond Galleria
CRS OneSource	Lucas Oil Center	Rally's Hamburgers	United Companies
Domino's Pizza	Mallinckrodt Pharmaceuticals	Rehab For Life	Walmart Owensboro
ERA First Advantage Realty	Moonlite Bar-B-Q Inn	Romain Cross Pointe Auto	Walmart West E'ville
Evansville Courier & Press	Mountain Valley Water	Park	Wayne's Appliance &
Fehrenbacher Cabinets	Novartis	Sanofi Genzyme	Mattress
Frito Lay, Inc.	Old National Bank	Schultheis Insurance	Westside Nut Club

Thank You to our Autumn Walk Silent Auction Donors!

Acropolis	Evansville Living	Longhorn Steakhouse	Steve & Brenda Osborne
Angie Bough	Evansville Museum	Mesker Park Zoo	St. Louis Cardinals
April Patton	Evansville Police Officers	Mike's Car Wash	Sugar Bakers
Arc Lanes	Evansville YMCA	Morty's Comedy Club	Susan Reynolds
Archie & Clyde's	Flowers by Les'a	Nick T. Arnold Jewelers	Swonder Ice Arena
Beef O'Brady's	Glo Tanning	Nita Ruxer	Tammy Saalman
Biaggi's	GattiTown Evansville	Olive Garden	Terri Hasty
Bowling Green Hot Rods	Gwen Brewer	Owensboro YMCA	The Diamond Galleria
Camilla Vantrease	Hacienda	Pacetre	The Log Inn
Carson's Brewery	Harrison High School	Pangea Kitchen	The Rug Gallery of
Casey's General Store	Hirsch Family	Paoli Peaks	Newburgh
Coyote Creek Ranch Soap	Indianapolis Colts	Pat Brown	Kenny & Janet Schmitt
Chicago Bears	Indianapolis Zoo	Pie Pan	Tina Nix
Chick-Fi-La	Indy Motor Speedway	Purdue University	University of Evansville
Children's Museum of Indy	Jay Stockman	Rebecca's Gift Gallery	University of Kentucky
Connie Brown	Jeff & Caroline Elpers	Roca Bar North	University of Louisville
Cory Jochim	Joan Parker	Rolling Hills Country Club	Vertical Escape
Daniel Cain	Joyce Rice	Sally Jochim	Walther's Golf & Fun
Duell's Kia/ Jake Hicks	Judy Dewig	Sandy Russell	WayBack Burgers
Dr. Kristi Nord	Just Stylin' Salon	Scott Alford	WKU University
Escalade Sports	Kroger	Sharon Omer	White River Gardens
Evansville Firefighters	Lauers Floral	Shyler's BBQ	YMCA Southwestern IN

SPECIAL THANKS

- \$500.00 Gift Card give-away by **Wayne's Appliance & Mattress** (Dave & Sandy Quick). The winner was: **Joan Parker**
- Our DJ, **Monte Skelton**
- **Hirsch Family, Jr League, USI Volunteers**
- and **all Volunteers!**
- National Anthem, sang beautifully by **Alli Wilsbacher**
- **All** who **donated to Silent Auction**



GRATEFUL *thankful* BLESSED



We soon will be hearing sleigh bells ringing, carols being sung, and greetings of holiday cheer!
Yes, it's right around the corner.... *"the most wonderful time of the year"!*

The holidays remind us of the many blessings in our lives, and what we have to be thankful for....

Our Tri-State MS Association Board of Directors: Jody, Jennifer, Donna, Ben, Alan, Connie,
Sharon, Sandy, Kristin, Fred, Sally, Angie, Chad, Tiffany, and Josh

Our very generous sponsors and supporters for their donations;

The pharmaceutical companies and their representatives for the great educational programs/dinners;

The outstanding speakers who share their knowledge;

Our support group leaders: Nita, Terri, Mary Ann, Fran, Cheryl, Debbie, and Kathie;

The many volunteers, who we would be lost without;

The caregivers who give of themselves tirelessly;

and

YOU, the individuals living with multiple sclerosis!

Thank you for friendship, support, hugs, kindness, time, and love.....

Merry Christmas! *Debbie, Linda, and Susan*