



971-C S. Kenmore Drive  
Evansville, IN 47714  
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www.tristatems.org  
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## **February 2018 Newsletter**

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

### **Indiana Support Group Meeting Dates**

**Evansville, IN** support group will **NOT** meet in February! Join us at the “All About Me” Day Saturday, February 17. (See details in this newsletter.)

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

**Tell City, IN** support group will **NOT** meet in February. Join us at the “All About Me” Day Saturday, February 17. (See details in this newsletter.)

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

**Washington, IN** support group will meet Saturday, February 17<sup>th</sup>, at 10:00 a.m. at Daviess Community Hospital. Join us for an open discussion.

**Contacts:** Fran Neal / 812-259-1565 or TSMSA / 1-866-514-4312.

### **Kentucky Support Group Meeting Dates**

**Henderson, KY** support group will meet Saturday, February 3<sup>rd</sup> at 10:00 a.m. at Calvary Missionary Baptist Church, 2360 Green River Road, Henderson, KY. Join us for an open discussion.

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

**Owensboro, KY** support group will **NOT** meet in February! Join us at the “All About Me” Day Saturday, February 17. (See details in this newsletter.)

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

### **Illinois Support Group Meeting Dates**





**Fairfield, IL** support group will meet Saturday, February 3<sup>rd</sup> 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.*



## Calendar of Events

	<b><u>February 14, 2018 Happy Valentine's Day</u></b>
	<b><u>February 15, Thursday, Monthly Newsletter Folding</u></b> <b><u>Time:</u></b> 11:30 a.m. <b><u>Location:</u></b> TSMSA Office – Come help, while you make new friends!
	<b><u>Saturday, February 17, All About ME Day!!</u></b> <b><u>Time:</u></b> Registration begins at 9:30 a.m. <b><u>Location:</u></b> Holiday Inn, Hwy 41, Evansville, IN <b><u>RSVP:</u></b> 812-423-5943 or 866-514-4312 <i>by Tuesday, February 13<sup>th</sup>.</i> (See details in this newsletter.)
	<b><u>Wednesday, February 21, Teva (Copaxone) Educational Dinner Program</u></b> <b><u>Speaker:</u></b> Dr. Paul Warren, Neurologist, Deaconess Gateway, Evansville, IN <b><u>Time:</u></b> 6:00 p.m. <b><u>Location:</u></b> : Shyler's BBQ, 5416 E Indiana St, Evansville, IN <b><u>RSVP:</u></b> You and 1 (one) guest: Shared Solutions 1-800-887-8100



### *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	Mr. & Mrs. Adam Unfried	Mr. & Mrs. Al Yager
Carroll Petricek	Mr. & Mrs. Bill Hines	Mr. & Mrs. Randy Tuley
Wynn Denman	Mr. & Mrs. Kenny Stewart	Mr. & Mrs. Joseph Doyle
Michael Clauson	Mr. & Mrs. Brian Urbanski	Open Door UU Church
Leta Kelly	Mr. & Mrs. Sol Bronstein	EVSC Fundraiser
Jeremy Racine	Dr. Kristi Nord	

### *In Memory of Joni Gentry*

Bruce Adler



### **Happy Birthday To You!**

Theresa Ladd	JaVan Cook
Nita Ruxer	Bruce Houpp
Diana Helfrich	Terry Shanks

If you would like to have your birthday included in our newsletter, please send a note that includes your name, date of birth, and signed permission for us to print it.



**Saturday, February 17, 2018**  
**Holiday Inn, Hwy 41 N., Evansville, IN**

**Saturday, February 17, 9:30-10:20 am – Registration, Light Breakfast**

**It's All About ME event** is quickly approaching, and we are excited that you will be joining us! All sessions will take place Saturday, February 17th, at Holiday Inn, Hwy 41 N., Evansville, IN. Sessions will include laughing yoga, stress coloring, health & wellness, and much more.  
*Sessions will run from 10:30am to 4:00pm.*

**The registration fee is only \$20 per person!**  
This includes all sessions, materials, and all meals.

**Staying the night?**

If you would like to stay Friday, February 16<sup>th</sup> or Saturday, February 17<sup>th</sup>, please contact the hotel directly at 812-867-7999 and ask for the Tri-State MS Association rate. **You** will be responsible for making your hotel reservation (if you choose to stay overnight) and for paying the hotel when checking in.

**Questions?** If you have any questions, please call the TSMMSA office today!  
812-423-5943 or 1-866-514-4312.

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**All About ME Reservation**

Please RSVP by February 13<sup>th</sup>, 2018  
Mail check and this form to:

**TSMMSA**  
**971-C S. Kenmore Dr.**  
**Evansville, IN 47714**

Name: \_\_\_\_\_

Name of Guest: \_\_\_\_\_

Please check meals you will be joining us for:

Saturday

Meals: Breakfast \_\_\_\_\_ Lunch \_\_\_\_\_

People frequently tell me about things they find on the internet. There is a lot of good information on the internet but there is also a lot of bad information. It is difficult to tell what is credible from what is incredible on the web. There are many sites that make fantastic claims that are directed at people with MS. Even when I am on *Facebook* I see ads on the right side of the page enticing me to click and read about some unbelievable claim from a company that has a treatment or cure for MS. Much of the information on the internet is valuable, but anyone can put anything on the internet! There is no guarantee that the information you find on the internet is accurate or up to date. However, there are some clues that can tell you whether a website is legitimate.

The NIH (National Institute of Health) has some very good information on how to spot a legitimate Health website. Another place to get information about finding good Health websites is the Medical Library Association. I have read their material and have summed it all up for you below:

If you are looking for medical information on the web you should become familiar with the sites that publish legitimate medical research articles. Examples are: Medline Plus, [www.medlineplus.gov](http://www.medlineplus.gov) or Health finder, [www.healthfinder.gov](http://www.healthfinder.gov) The Medical Library Association has a “top ten” Health information sites list were you can go to find legitimate health information. Here are some sites from the list:

- Cancer- [www.cancer.gov](http://www.cancer.gov)
- Centers for disease control – [www.cdc.gov](http://www.cdc.gov)
- Health finder- [www.healthfinder.gov](http://www.healthfinder.gov)
- HIV- [Http://hivinsite.ucsf.edu](http://hivinsite.ucsf.edu)
- Kids health- [www.kidshealth.org](http://www.kidshealth.org)
- Mayo Clinic- [www.mayoclinic.com](http://www.mayoclinic.com)
- Medline plus- [Http://medlineplus.gov](http://medlineplus.gov)
- NOAH- New York Access to Health [www.noah-health.org](http://www.noah-health.org)

**There are many sites associated strictly with MS care and some of the legitimate MS sites are:**

- Multiple Sclerosis Association of America- [www.msaa.org](http://www.msaa.org)
- Multiple Sclerosis Foundation- [www.msfocus.org](http://www.msfocus.org)
- National Multiple Sclerosis society- [www.nmss.org](http://www.nmss.org)
- Consortium of MS Centers- [www.cmssc.org](http://www.cmssc.org)
- Accelerated Cure Project- [www.acceleratedcure.org](http://www.acceleratedcure.org)
- Rocky Mountain MS Center- [www.mscenter.org](http://www.mscenter.org)
- Multiple Sclerosis International Federation- [www.msif.org](http://www.msif.org)
- International Organization of MS Nurses- [www.iomsn.org](http://www.iomsn.org)
- MS Research News-<https://multiplesclerosisnewstoday.com/>

There are many other legitimate MS websites. They are too numerous to list. I hope that what you learn in this article will tell you how to distinguish between a legitimate site and a site that is not legitimate.

- 1. Who pays for the site?** The source of the website's funding should be clearly stated or readily
- 2. Who runs the site?** Any website should make it easy to find out who is responsible for the site.
- 3. How does the website document the evidence supporting its information?** Does the site list professional advisory members or consultants? Medical facts and figures should have references (such as citations of articles published in medical journals). Web sites should give information about the credentials of the people who prepared and reviewed the material on the website. Also, opinions or advice should be clearly set apart from information that is "evidence based" (or based on research results. Testimonials from people who say they have benefitted from a treatment are not evidence based and usually cannot be corroborated. Compare the information you find on the internet with other resources. Check two or three articles in the medical literature or medical textbooks to see whether the information or advice is similar.
- 4. The web address itself can provide additional information about the site:** Government agencies have ".gov" in the address. An educational institution (such as a university) has ".edu" in the address. A professional scientific or research organization had ".org" in the address. Commercial sites are identified with a ".com".
- 5. How current is the information on the site?** Health information changes constantly and as new information is learned about diseases through research and patient care the website should update the information. The latest revisions should be clearly posted. This usually appears at the bottom of the page. The website should also say whether the health information is intended for a patient or a health professional.
- 6. Many websites voluntarily participate in HON or "Health on the Internet",** a foundation that specifies eight principles known as the "Internet Foundation Code of Conduct", intended to hold website developers to basic ethical standards and make sure consumers always know the source and purpose of the data they are reading. Sites displaying the Foundation's symbol are generally considered credible sources for health information.
- 7. Many websites will ask you to subscribe to the site.** They will ask you for personal information or even collect a fee. Any site asking for personal information should explain what the site will and will not do with the information. Be certain to read any privacy policy on the website and do not sign up for anything unless you fully understand. Also, a legitimate website will always offer a way to get in touch with the website owner with problems, feedback and questions.
- 8. Be extra careful when receiving e-mail messages that provide health information.** Always look for the source of the message. Some companies use e-mail to advertise products or attract people to their website. Be careful of a company or person that is promoting a medical product or service in an e-mail and not providing supporting medical evidence.

When in doubt you should ask your Doctor if you want to try something you have seen on a website, particularly before you buy any products. Be very careful about giving credit card information on the internet. Check to see if they have a secure database such as Verisign™.



**This month we will celebrate Valentine's Day.** A day associated with love, friendship, and kindness. Let us all remember, that it should not be only on a particular day that we offer these acts of love, friendship and kindness...but every moment of every day!

*We share with you several wonderful quotes about acts of kindness.*

**“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.**

*Princess Diana*

**“A little thought and a little kindness are often worth more than a great deal of money.**

*John Ruskin*

**“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.** *Leo Buscaglia*

**“I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.** *Maya Angelou*

**“A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves.** *Amelia Earheart*

**“You will never have a completely bad day if you show kindness at least once.**

*Greg Henry Quinn*

**“Kindness is the language which the deaf can hear and the blind can see.**

*Mark Twain*

**“Forget injuries, never forget kindnesses.** *Confucious*

**“Be kind to unkind people - they need it the most.** *Ashliiegh Brilliant*

**“When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.**

*Rabbi Harold Kushner*

**“A kind and compassionate act is often its own reward.** *William John Bennet*

**“Kind words can be short and easy to speak but their echoes are truly endless.**

*Mother Teresa*

**“You cannot do a kindness too soon, for you never know how soon it will be too late.**

*Ralph Waldo Emerson*



**We came across this idea and wanted to share it with You!**

You can do it as an individual, as a family, at work or maybe at school.  
(This would be a great project to share with a teacher)

Kick off the year with an empty jar.  
Each week add a note with an act of kindness.  
Something you did for someone or that someone did for you!  
On next New Year's Eve empty the jar  
and read about the amazing year of kindness that you were part of!

(We know we're a month behind, just drop two in for February)