



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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March 2018 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, March 10th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Join us for an open discussion.

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

Tell City, IN support group will meet Tuesday, March 13th at 11:00 a.m. at the Twilight Towers, 1648 10th Street, in the cafeteria. Join us for an open discussion.

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

Washington, IN support group will meet Saturday, March 17th, 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, March 3rd 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 meet Saturday, March 10th 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, March 3rd 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

	<p><u>March 6, Tuesday, Mallinkcrodt (Acthar) Educational Dinner Program</u> 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</p>
	<p><u>March 8, Thursday, Craft Day</u> Time: 11:00 a.m. to 1:00 p.m. and 5:00 p.m. to 7:00 p.m. Location: TSMSA Office, 971-C S Kenmore Dr, Evansville, IN</p> <p style="text-align: right;">FREE Please RSVP: 812-423-5943 or 1-866-514-4312</p>
	<p><u>March 9, Friday, Genzyme (Aubagio) Educational Lunch Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 12:00 p.m. (noon) Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest: 1-866-703-6293 or www.aubagio.com/events</p>
	<p><u>March 15, Thursday, Monthly Newsletter Folding</u> Time: 11:30 a.m. Location: TSMSA Office – Come help, while you make new friends!</p>
	<p><u>March 22, Thursday, Mallinkcrodt (Acthar) Educational Dinner Program</u> 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: 812-423-5943 or 1-866-514-4312</p>

Upcoming April Events

	<p><u>April 18, Wednesday, Genzyme (Aubagio) Educational Lunch Program</u> Speaker: Dr. Mark J. Janicki, Neurologist, Witham Health Services, Lebanon, IN Time: 12:00 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 1-866-703-6293 or www.aubagio.com/events</p>
	<p><u>April 18, Wednesday, Genzyme (Aubagio) Educational Dinner Program</u> Speaker: Dr. Mark J. Janicki, Neurologist, Witham Health Services, Lebanon, IN Time: 6:00 p.m. Location: The Patio Steakhouse, 3120 E State Rd 66, Tell City, IN RSVP: You and 1 (one) guest: 1-866-703-6293 or www.aubagio.com/events</p>
	<p><u>April 19, Thursday, Genzyme (Aubagio) Educational Lunch Program</u> Speaker: Dr. Mark J. Janicki, Neurologist, Witham Health Services, Lebanon, IN Time: 12:00 p.m. (noon) Location: Biaggi's, 6401 E Lloyd Expwy, Evansville, IN RSVP: You and 1 (one) guest: 1-866-703-6293 or www.aubagio.com/events</p>
	<p><u>April 19, Thursday, Genzyme (Aubagio) Educational Dinner Program</u> Speaker: Dr. Mark J. Janicki, Neurologist, Witham Health Services, Lebanon, IN Time: 6:00 p.m. Location: Schnitzelbank Restaurant, 393 3rd Ave, Jasper, IN RSVP: You and 1 (one) guest: 1-866-703-6293 or www.aubagio.com/events</p>

Research has shown that women with disabilities are more likely to experience domestic violence, emotional abuse, and sexual assault than women without disabilities. Women with disabilities are more isolated and are often unable to report the abuse, or they may be dependent on the abuser for their care. Like many women who are abused, women with disabilities are usually abused by someone they know, such as a partner or family member.

What Is Abuse?

Abuse is a form of mistreatment by an individual that causes harm to another person. If you witness a life-threatening situation involving a senior or adult with disabilities, immediately call 911.

These are commonly reported types of abuse received by Adult Protective Service (APS) agencies:

Physical abuse: slapping, hitting, beating, bruising or causing someone physical pain, injury or suffering. This also could include confining an adult against his/her will, such as locking someone in a room or tying him/her to furniture.

Emotional abuse: creating emotional pain, distress or anguish through the use of threats, intimidation or humiliation. This includes insults, yelling or threats of harm and/or isolation, or non-verbal actions such as throwing objects or glaring to project fear and/or intimidation.

Neglect: failures by individuals to support the physical, emotional and social needs of adults dependent on others for their primary care. Neglect can take the form of withholding food, medications or access to health care professionals.

Isolation: restricting visits from family and friends or preventing contact via telephone or mail.

Financial or material exploitation: the misuse, mishandling or exploitation of property, possessions or assets of adults. Also includes using another's assets without consent, under false pretense, or through coercion and/or manipulation.

Abandonment: desertion by anyone who assumed caregiving responsibilities for an adult.

Sexual abuse: physical force, threats or coercion to facilitate non-consensual touching, fondling, intercourse or other sexual activities. This is particularly true with vulnerable adults who are unable to give consent or comprehend the nature of these actions.

Self-neglect: involves seniors or adults with disabilities who fail to meet their own essential physical, psychological or social needs, which threatens their health, safety and well-being. This includes failure to provide adequate food, clothing, shelter and health care for one's own needs.

If you have a relative with a disability, learn the signs of abuse. Report abuse to adult protective services if you notice any of the following symptoms with a loved one who has a disability:

- Visible handprints or bruising on the face, neck, arms, or wrists
- Burns, cuts, or puncture wounds
- Unexplained sprains, fractures, or dislocations
- Signs of injuries to internal organs, such as vomiting
- Wearing torn, stained, soiled, or bloody clothing or clothing that is inappropriate for the weather.
- Appearing hungry, malnourished, disoriented, or confused
- Sudden inability to meet essential daily living needs that affect health, safety, or well-being.
- Disappearing from contact with friends or family.

What should I do if I suspect abuse against a person with a disability?

Report suspected abuse to adult protective services. Each state has an adult protective services agency.

Kentucky Adult Protective Services

Report Abuse of Seniors or Adults with Disabilities

Phone: 877-597-2331

Indiana Adult Protective Services

Report Abuse of Seniors or Adults with Disabilities

Phone: 800-992-6978

Illinois Adult Protective Services

Report Abuse of Seniors

Phone: 866-800-1409

TTY: 888-206-1327

Resouce: National Adult Protective Services Organization, NAPSA

Massage Therapy and MS

With MS, muscle problems can lead to difficulty maintaining balance, walking, or performing daily tasks. Therapeutic massage can be quite relaxing. Additional benefits may include reduced spasticity, and increased flexibility in the joints and muscles. Reduced spasticity can allow for pain relief.

Massage Therapists evaluate the patient to find problem areas, then they plan which technique(s) to use. A variety of techniques are available; for example: pressure; kneading; long, gliding strokes (effleurage); compression; and deep, circular movements.

Please note: Massage therapy is not recommended for MS patients who are experiencing a flare-up (exacerbation). Also, it is not recommended for patients who have neuropathy.

In support of MS Awareness Month, our neighbor (located next door), *Evansville Massage Specialists*, is offering \$10 off any massage service during March for individuals with MS and their caregivers. Just bring in the \$10 coupon on the back of this newsletter.



evansvillemassagespecialist.com

971-A S Kenmore Dr
Evansville, IN 47714

812-401-3767

Mon	9 am to 6 pm
Tue	1 pm to 6 pm
Wed	9 am to 6 pm
Thur	9 am to 6 pm
Fri	9 am to 6 pm
Sat	9 am to 4 pm
Sun	Closed



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 23-29, 2018. TSMSA will have the opportunity to raise money through the Old National Bank 'Golf Gives Back' program. Visit www.ulcgo.com. Purchase your full-week pass. 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!

Multiple Sclerosis Awareness Month

March is Multiple Sclerosis Awareness month. For people living with MS and their families / caregivers, support and information are vital.

This article contains information that can improve the quality of life for people living with MS and their caregivers. Persons living with MS need to take care of themselves. Examples of self care include conserving energy, exercising, preventative health screening and planning for the future. It is also very important for caregivers to take care of the physical and emotional strain that comes with their responsibilities.

Meal Preparation / Energy Conservation

Fatigue can be especially problematic for people with MS who have the responsibility for meal preparation at home. The following energy conservation strategies can be helpful when preparing meals:

- ✓ Use pre-washed, pre-cut foods.
- ✓ Prepare larger portions to be stored in your freezer for future meals.
- ✓ Use home delivery services for groceries.
- ✓ Sit while preparing meals. (For example, use a chair with wheels.)
- ✓ Keep commonly used items on the easiest to reach shelves.

Exercise and MS

People living with MS have fitness and exercise options. The choice will depend on one's lifestyle and physical functions, along with guidance from a healthcare provider. Options include strengthening and stretching exercises, aerobics, yoga, tai chi, water exercises, and more.

Preventative Health

Regularly monitoring one's general health is very important. Often, people living with MS and their caregivers spend so much time focusing on multiple sclerosis that they dedicate little time to preventative health. Tests / screenings that are important to preventative health include:

- ✓ Mammograms
- ✓ Colonoscopy
- ✓ Cervical exams (pap test)
- ✓ Prostate exams
- ✓ Urinalysis
- ✓ Oral exams (gums, tongue, and cheeks)
- ✓ Vision exams

Growing Older with MS

As individuals living with MS grow older, they may experience other health conditions. Common examples include heart disease, arthritis, and diabetes. These physical difficulties may impair a person's freedom to do as they would like. This, of course, can challenge the person's sense of identity and self.

What can you do? It's not possible to stop the aging process. However, individuals with MS and their families / caregivers can anticipate the long-range effects of MS and aging. In doing so, they can plan for potential needs. Realistically consider "what if", and plan for what may come in the future. Planning ahead can help a person feel in control, and it can make the impacts of MS and aging less intimidating.

Caring for the Caregivers

Caregivers are often spouses, children living at home, or adult children living away from home, or aged parents. Although many caregivers welcome their role and adjust very well, the responsibility produces a level of emotional and physical stress. Therefore, it is important for caregivers to avoid burnout.

The following are a few ways to avoid burnout:

- ✓ *Set realistic limits.* You cannot do it all.
- ✓ *Create a "team" of friends and family members.* Delegate responsibilities to members of your team.
- ✓ *Take periodic breaks.* Taking time to do an activity that brings you joy and pleasure can help you recharge for your responsibilities.
- ✓ *Use sources for aid.* Sources may be available for respite care, caregiver training, etc.

Please share MS awareness locally by telling someone about the Tri-State MS Association. And remember... *We're here to help you!*



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	Ms. Denise Love Orrick	United Leasing Employees Open Door UU Church Heat & Frost Insulators & Allied Workers Local #37
Mr. Mike Cherry	Ms. Marcy Powers	
Mr. Michael Clauson	Ms. Autumn Brown	
Mr. Jeffrey Curtis	Ms. Nancy Arapios	
Ms. Kris Holder		

In Memory of Joni Gentry

Bruce Adler

In Memory of Francile Roth

Mesker Park Docents
Mr. & Mrs. Larry Grimsley
Mr. & Mrs. James McAlpin
Mr. & Mrs. Dan Downey
Mr. & Mrs. William Drebus
Mr. & Mrs. JC Kissel

In Honor of Diane Helfrich

Mr. & Mrs. Thomas Borries
Mr. & Mrs. Roy Paschall
Mr. & Mrs. Stephen Niemeier

In Memory of Kathy Cola

Debbie Hebbeler
Linda Mattingly



Happy Birthday To You!

Joetta Straughn	Michael Crane	James Williams
Debra Halfacre	Stacy Chambers	Joe Bigimer
Kat Roessler	Jill Partain	John Stanley
Jill Bean Humphrey	Jamie Zeller	

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.



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March is MS Awareness month. Take time to become a little more educated about multiple sclerosis. This month's newsletter contains information about 'Massage Therapy and MS'. In support of MS Awareness month, our next door neighbor, Evansville Massage Specialists is offering \$10 off any massage service during March for individuals with MS and their caregivers. Bring in the coupon below.

\$10 OFF
any Massage Service
during March
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their Caregivers



* Just bring in this coupon *



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