



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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May 2018 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet in May. Happy Mother's Day!!

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

Tell City, IN support group will meet Tuesday, May 15th, at 11:00 a.m. at Twilight Towers, 1648 10th Street, in the cafeteria. * Note: Date change. Room not available due to election. 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, May 19th, 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, May 5th, 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, May 12th, 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, May 5th, 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>May 2, Wednesday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY Time: 6:00 p.m. (eastern); 5:00 p.m. (central) Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest: 1-877-895-1136 or Lemtrada.com</p>
<p><i>Celebrate</i> MOTHER'S DAY @ Gehlhausen</p> 	<p><u>May 3, Thursday, Celebrating All Women.... Mothers, Daughters, Sisters</u> Time: 6:00 to 8:00 p.m. Location: Gehlhausen Floral, 735 S. Green River Rd, Evansville, IN Tickets: In Advance: \$15; At the Door: \$20 (<i>All ticket proceeds benefit TSMSA.</i>) 5% GiveBack to TSMSA 20% Off Entire Purchase Fashions by: Gehlhausen Floral Please join us for fun, fashions, door prizes, refreshments, and photos.</p>
	<p><u>May 8, Tuesday, EMD Serono (Rebif) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:30 p.m. (eastern); 5:30 p.m. (central) Location: Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN RSVP: You and 1 (one) guest: 1-877-969-1722 or mslifelines.com/liveevents</p>
	<p><u>May 9, Wednesday, Genzyme (Aubagio) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 1-877-895-1136 or www.aubagio.com/events</p>
	<p><u>May 16, Wednesday, Genzyme (Lemtrada) Educational Lunch Program</u> Speaker: Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY Time: 12:00 p.m. (noon) Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 1-877-895-1136 or Lemtrada.com</p>
	<p><u>May 16, Wednesday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Dr. David Robertson, Neurologist, University of Louisville, Louisville, KY Time: 6:00 p.m. Location: Haub Steak House, 101 E Haub Street, Haubstadt, IN 47639 RSVP: You and 1 (one) guest: 1-877-895-1136 or Lemtrada.com</p>
	<p><u>May 17, Thursday, Monthly Newsletter Folding</u> Time: 11:30 a.m. Location: TSMSA Office – Come help, while you make new friends!</p>
	<p><u>May 21, Monday, EMD Serono (Rebif) Educational Dinner Program</u> Speaker: Dr. Harold Moses, Neurologist, Vanderbilt, Nashville, TN Time: 6:30 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 1-877-969-1722 or mslifelines.com/liveevents</p>

Upcoming Events (cont'd)

	<p><u>May 24, Thursday, Mallinkrodt (Acthar) Educational Dinner Program</u> Speaker: Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY Time: 6:00 p.m. Location: Moonlite Bar-B-Q, Owensboro, KY RSVP: You and 1 (one) guest: 812-423-5943 or 866-514-4312</p>
	<p><u>June 4, Monday, The Ted Donosky MS Golf Scramble</u> Location: Rolling Hills Country Club <i>Save the Date!</i> Single and foursomes available. For sponsorship opportunities: www.tristatems.org Call TMSA for more information: 812-423-5943 or 1-866-514-4312</p>
	<p><u>June 5, Tuesday, Biogen Idec (Tecfidera) Educational Dinner Program</u> Speaker: Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN Time: 6:00 p.m. Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999</p>
	<p><u>June 7, Thursday, MS Views and News Educational Dinner Program</u> Speakers: Dr. David Mattson, MD, PhD, IU Health Physicians <i>and</i> Jeffrey Segal, NSCA-CPT, Personal Trainer & MS Exercise Specialist Time: 6:00 p.m. Location: Holiday Inn, Highway 41N, Evansville, IN RSVP: You and 1 (one) guest: www.events.msvn.org or 1-888-871-1664, ext. 102 * For more details, visit msviews.org or tristatems.org</p>
	<p><u>June 12, Tuesday, Genzyme (Lemtrada) Educational Lunch Program</u> Speaker: Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY Time: 12:00 (noon) Location: Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN RSVP: You and 1 (one) guest: 1-877-895-1136 or Lemtrada.com</p>
	<p><u>June 12, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> 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: 1-877-895-1136 or Lemtrada.com</p>
	<p><u>June 17, Sunday, Holy Hoops H.O.R.S.E. Kick Off Event</u> Time: 12:15 p.m. – 4:00 p.m. Location: Bethel Church, 4400 Lincoln Avenue, Evansville, IN First day of qualifying at court next to parking lot. For more information, go to www.holyhoops4ms.com</p>
	<p><u>June 19, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u> Speaker: Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY Time: 6:00 p.m. Location: The Patio Steakhouse, 3120 E. State Rd. 66, Tell City, IN RSVP: You and 1 (one) guest: 1-877-895-1136 or Lemtrada.com</p>

Upcoming Events (cont'd)



June 21, Thursday, Genentech (Ocrevus) Educational Lunch Program

Speaker: Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH

Time: 12:00 (noon)

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

RSVP: You and 1 (one) guest: Ocrevus.com/events or 1-844-627-3887



June 21, Thursday, Genentech (Ocrevus) Educational Dinner Program

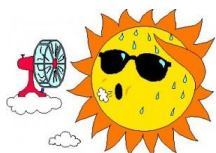
Speaker: Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH

Time: 6:00 p.m.

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

RSVP: You and 1 (one) guest: Ocrevus.com/events or 1-844-627-3887

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.

MS Foundation MSfocus.org Brighter Tomorrow Grant

Each year, The Brighter Tomorrow Grant allows MS Focus to make 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

Many people with MS find that there is a definite connection between stress and MS. Having a chronic illness can increase stress. MS causes uncertainties about the future, which can lead to stress. In addition to the normal stress most people have about jobs, families, and life, people with MS must deal with the unpredictability of having a chronic disease that can strike at a moment's notice.

Studies have been done to prove the relationship between stress and MS. Many people with MS say they experience more symptoms during times of stress, and when the stress decreases the symptoms become less severe. I have found this to be true with my own MS. There is some evidence that Relapsing Remitting MS attacks may be correlated with certain types of acute stressful episodes. Many MS patients have correlated their exacerbations with major stressful events such as a divorce, accidents, major illnesses, surgery, or deaths in the family.

Personality, as well as physiological differences, can make a difference in susceptibility to getting sick with a chronic disease like MS. This was found in a study carried out by psychiatrists at the University of Pittsburgh. In the study, individuals who scored high as neurotic personalities (moody, nervous, and easily stressed) report more disease symptoms and may be less protected against diseases like MS.

A study done in Israel during the 2006 war between Hezbollah and Israel observed the effects of the stress of war on people with MS. During the 33 days of war, there were 18 relapses among the patients in the study, compared to one to six relapses in similar time periods over the 12 months before the war. The percentage of patients reporting intense stress during the hostilities was significantly greater among patients with wartime relapse compared to the rest of the patients (44% vs. 20%).

Another study funded by the National Institutes of Health found that stress may trigger MS flare-ups in women. Researchers recruited 23 women with MS from the MS Clinic at the University of Pittsburgh and followed them for a year. Each week the women completed questionnaires asking about MS symptoms and life events, such as starting a new job, finding out that a child is doing poorly in school, having an auto accident, and being physically assaulted. During the year the women experienced an average of 2.6 MS exacerbations that lasted an average of 29 days. Eighty-five percent of the MS exacerbations were associated with at least one stressful life event in the prior six weeks. These researchers suggest that preventive strategies, such as coping skills, training, and early interventions for symptoms of anxiety and depression, could help women to avoid stress-induced MS flare ups.

Limiting Your Exposure to Stress.

Ask yourself these questions: (1) Am I a perfectionist? (2) Do I set unattainable goals? (3) Do I push myself beyond my limits? If you answered 'yes' to any of these three questions, then you may be adding unnecessary stress to your life. Only you know when you are adding to your stress levels by adding unnecessary expectations. Only you can make the choice not to do so.

How to Relieve Stress:

1. Talk to others. Express your feelings; for example: find MS support groups, or perhaps online chat rooms designed for people with MS.
2. Express your anger, in a controlled manner, without blaming others. Use "I" statements; for example: "I am so angry," instead of "you make me so angry".
3. If you think you are depressed, consult a professional to get treatment. Depression can leave you completely unable to deal with stress. Research shows that 50% of people with MS will experience significant depression at some point along the way.

Techniques and Strategies to Relieve Stress:

- ✓ Relaxation, deep breathing, meditation, visualization, yoga, and tai chi.
- ✓ Exercise, in a group or alone, in water or out of the water.
- ✓ Ask for help when you need it. Make your request for help as specific as possible. For example:
“Could you please help me by _____ ”
- ✓ Eat regular, balanced meals.
- ✓ Use support and education services, such as the Tri State MS Association!
- ✓ Spend as much time as possible with people who have a positive outlook, and are not worriers.
- ✓ Schedule rest periods during the day.
- ✓ Learn to say “No.”
- ✓ Get at least 8 hours of sleep at night.
- ✓ Do one thing at a time. Don’t think about the next task until you have finished your current one.
- ✓ Get out of your rut; boredom can be stressful. Take a class, learn a new skill, join a club, volunteer.

This is by no means a complete list of techniques to relieve stress. There is no “one correct thing” to do to cope with stress. Some people handle MS stress by talking, some educate themselves about the disease, others participate in support groups, still others may ignore it most of the time. Techniques that work for one person may not work for others.

Sources:

Science Daily Magazine; September 1, 2001.

Annals of Neurology; Vol.64, Issue 2, Pages 143-148.

Science Daily; November 28, 2002.

Taming Stress in MS: Frederick Foley, PhD, with Jane Sarnoff; National MS Society Brochure.



Happy Birthday To You!

Leta Kelly	Jim Renner	Joe Randolph
Stephanie Overby	Bri Dri	Rhonda Grant
Don Tharp	Yolanda Webb	Martha Buchta
Sandy Corley	Becki Richardville	Debbie Bashon
Suzanne Deters		

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.



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

Mr. Michael Clauson

Open Door UU Church

NetWork For Good

Church of Resurrection

In Memory of Joni Gentry

Bruce Adler

In Memory of Francile Roth

Kathy Downey



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Ted Donosky MS Golf Scramble

We 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 4, 2018** at Rolling Hills Country Club in Newburgh.

Gather your friends and put together a foursome; or we will gladly team you up with other players as an individual entry. We hope you can take the day off to play golf at this beautiful course. All money raised will be used to provide support, care, and hope to thousands of MS individuals and their families in the tri-state area.

Visit www.tristatems.org for more information and for sponsorship opportunities.

Individual Entry Fee \$125

Includes 18 holes of golf with cart, lunch & dinner, pre-event driving range access

Foursome \$500

Includes 18 holes of golf with cart, lunch & dinner, pre-event driving range access

Team Members:

1. _____
2. _____
3. _____
4. _____

Dinner Only \$30

Number staying for dinner _____

Number of extra dinners \$30 each _____

I cannot attend but would like to contribute to the Tri-State MS Association.

My tax-deductible donation is enclosed: \$_____

Contact Name: _____
Company: _____
Address: _____
Phone: _____
Email: _____



Make your check payable to:
Tri-State MS Association
Mail registration and
payment to:
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