



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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## June 2018 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group will meet Saturday, June 9<sup>th</sup>, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Speaker will be Robin Church, who is trained and certified in EFT, also known as Emotion Freedom Technique and Energy Field Therapy. EFT is a synthesis of principles of traditional Chinese medicine, neuroscience and cognitive behavior therapy, combining stimulation of a series of acupressure points with cognitive restructuring (specifically worded affirmations), typically leading to shifts in thought patterns and relief from both physical tension, excess negative emotions, and pain.

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

**Tell City, IN** support group will meet Tuesday, June 12<sup>th</sup>, at 11:00 a.m. at Twilight Towers, 1648 10<sup>th</sup> 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, June 16<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 Wednesday, June 20<sup>th</sup>, at 12:30 a.m. at Subway Restaurant, 2627 US Hwy 41, Henderson, KY. **Note new time and place!!**

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

**Owensboro, KY** support group will NOT meet in June.

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

### Illinois Support Group Meeting Dates







**Fairfield, IL** support group will meet Saturday, June 2<sup>nd</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

	<p><b><u>June 4, Monday, The Ted Donosky MS Golf Scramble</u></b>  <b><u>Location:</u></b> Rolling Hills Country Club</p> <p>Single and foursomes available. For sponsorship opportunities: <a href="http://www.tristatems.org">www.tristatems.org</a>  Call TMSA for more information: 812-423-5943 or 1-866-514-4312</p>
	<p><b><u>June 5, Tuesday, Biogen Idec (Tecfidera) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: <a href="http://Navigating-MS.com">Navigating-MS.com</a> or 1-866-955-9999</p>
 Dr. David Mattson  Jeffrey Segal	<p><b><u>June 7, Thursday, MS Views and News Educational Dinner Program</u></b>  <b><u>Speakers:</u></b> Dr. David Mattson, MD, PhD, IU Health Physicians <i>and</i>  Jeffrey Segal, NSCA-CPT, Personal Trainer &amp; MS Exercise Specialist  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Holiday Inn, Highway 41N, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: <a href="http://www.events.msvn.org">www.events.msvn.org</a> or 1-888-871-1664, ext. 102</p> <p>About this program:  <i>Dr. Mattson</i> will discuss an overview of MS and the importance of having a comprehensive healthcare team to meet your needs. He will also discuss effective communication, along with setting priorities and goals.  <i>Jeffrey Segal</i> will discuss staying active and living well. He will talk about improving strength and flexibility. He will also address balance and spasticity through movement.</p> <p>* For more details, visit <a href="http://msviews.org">msviews.org</a> or <a href="http://tristatems.org">tristatems.org</a></p>
	<p><b><u>June 12, Tuesday, Genzyme (Lemtrada) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY  <b><u>Time:</u></b> 12:00 (noon)  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>June 12, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. James Winkley, Baptist Neurology Center, Nicholasville, KY  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Moonlite Bar-B-Q, Owensboro, KY  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>June 19, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> The Patio Steakhouse, 3120 E. State Rd. 66, Tell City, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>June 21, Thursday, Monthly Newsletter Folding</u></b>  <b><u>Time:</u></b> 11:30 a.m.  <b><u>Location:</u></b> TMSA Office – Come help, while you make new friends!</p>



## June Events (cont'd)

	<p><b><u>June 21, Thursday, Genentech (Ocrevus) Educational Lunch Program</u></b> <b>Speaker:</b> Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH <b>Time:</b> 12:00 (noon) <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY <b>RSVP:</b> You and 1 (one) guest: <a href="http://Ocrevus.com/events">Ocrevus.com/events</a> or 1-844-627-3887</p>
	<p><b><u>June 21, Thursday, Genentech (Ocrevus) Educational Dinner Program</u></b> <b>Speaker:</b> Dr. Tracy Eicher, Neurologist, Clinical Neuroscience Inst., Dayton, OH <b>Time:</b> 6:00 p.m. <b>Location:</b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <b>RSVP:</b> You and 1 (one) guest: <a href="http://Ocrevus.com/events">Ocrevus.com/events</a> or 1-844-627-3887</p>
	<p><b><u>June 24, Sunday, Holy Hoops H.O.R.S.E. Opening Day</u></b> <b>Time:</b> 1:00 p.m. – 5:00 p.m. <b>Location:</b> Wesselman Park Basketball Courts, Evansville, IN First day of qualifying. For more information, go to <a href="http://www.holyhoops4ms.com">www.holyhoops4ms.com</a></p>

## July Events

	<p><b><u>July 3, Tuesday, Teva, (Copaxone) Educational Dinner Program</u></b> <b>Speaker:</b> Dr. Rod Warren, Neurologist, Deaconess Gateway, Evansville, IN <b>Time:</b> 6:00 p.m. <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY <b>RSVP:</b> You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
	<p><b><u>July 10, Tuesday, Teva, (Copaxone) Educational Dinner Program</u></b> <b>Speaker:</b> Dr. Rod Warren, Neurologist, Deaconess Gateway, Evansville, IN <b>Time:</b> 6:00 p.m. <b>Location:</b> The Patio Steakhouse, 3120 E. State Rd. 66, Tell City, IN <b>RSVP:</b> You and 1 (one) guest: Shared Solutions 1-800-887-8100</p>
	<p><b><u>July 12, Thursday, Genzyme (Lemtrada) Educational Lunch Program</u></b> <b>Speaker:</b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY <b>Time:</b> 12:00 (noon) <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY <b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>July 12, Thursday, Teva, (Copaxone) Educational Dinner Program</u></b> <b>Speaker:</b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY <b>Time:</b> 6:00 p.m. <b>Location:</b> Haub Steak House, 101 E Haub Street, Haubstadt, IN 47639 <b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>July 19, Thursday, Monthly Newsletter Folding</u></b> <b>Time:</b> 11:30 a.m. <b>Location:</b> TSMSA Office – Come help, while you make new friends!</p>

**July Events (cont'd)**

	<p><b><u>July 20, Friday, Mallinkrodt (Acthar) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Warren Chumley, KentuckyOne Health Neurology Assoc., Lexington, KY  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Moonlite Bar-B-Q, Owensboro, KY  <b><u>RSVP:</u></b> You and 1 (one) guest: 812-423-5943 or 866-514-4312</p>
	<p><b><u>July 25, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999</p>



**Happy Birthday To You!**

- |                |                  |               |
|----------------|------------------|---------------|
| Kathy Knight   | Betty Tharp      | John Wick     |
| Tiffany Stepto | Jeff Elpers      | Scott Berry   |
| Gayle Taylor   | Billie Jo Winder | Lori Gray     |
| Donna Cooper   | Alice Burkhardt  | Debbie Bashon |
|                | Joyce Elpers     |               |

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. & Mrs. Jim Alka           | Open Door UU Church          |
| Blake Musick                | Kimberly Clark Matching Funds | West Side Nut Club           |
| Regina Dillworth            | Diamond Galleria              | Red Spot Paint Company       |
| Marcia Augustus             | Bethel Temple                 | Tri State Hot Stove Baseball |
| Dianne Elpers               | Conoco, Morgan Avenue         | Novartis Pharmaceuticals     |
| Mead Johnson Matching Funds | Kramer Auto Care              |                              |

**In Memory of Joni Gentry**

Bruce Adler

**In Memory of Charlie Omer**

Mr. & Mrs. Don Mills

**In Honor Of Sharon Omer**

Mr. & Mrs. Don Mills

**In Memory of Leslie McCool**

Dr. & Mrs. Larry Sims  
 Debbie Hebbeler  
 Linda Mattingly

**In Memory of Mina Isaac**

Barbara Hart

June is here! It's time for the summer heat to start rolling in. I am never ready for it. I choose to do almost everything indoors, in the air conditioning during the summer time. I am able to tolerate heat a little better if I stay out of the direct sunlight. If I go outside, I stay in the shade; or I do outdoor activities when the sun goes down.

Hot weather or becoming overheated can temporarily worsen MS symptoms. The temporary worsening is due to an increase in body temperature and will usually disappear when the body temperature returns to normal. Getting the body temperature back to normal can be as easy as taking a cool shower, a cool bath or jumping in the pool. Heat intolerance to people with MS is felt as increased symptoms, such as: decreased cognitive function, numbness in the extremities, fatigue, blurred vision (known as Uthoff's sign), tremor, or weakness.

What causes heat intolerance? People with MS have plaques, or places where demyelination has taken place. Demyelination slows down the transmission of the nerve impulses. An increase in body temperature of  $\frac{1}{4}$  to  $\frac{1}{2}$  of a degree can worsen MS symptoms because heat further impairs the ability of the demyelinated nerve to conduct electrical impulses.

The following list may be helpful in dealing with summer heat. The list is in no way comprehensive, but it does contain things that have worked for me, and things I want to try.

**Air conditioning:** If an air conditioner is needed for your home because of MS-related heat intolerance, the cost of this equipment may be tax-deductible, if your doctor has written a prescription for it. Air conditioning is the number one way to stay cool on a hot summer day.

**Cooling products:** There is a large variety of personal cooling products available, including different types of vests, neck bands and bandanas. The Multiple Sclerosis Association of America has a Cooling Distribution Program to provide those products to people with MS that need them but cannot afford them. I have a vest that was made by my mother-in-law! There are patterns and instructions online.

**Avoid direct sunlight:** Wear loose clothing in the summer, and stay out of the sun. Choose a shady spot, if you must be outdoors. Take along your own battery operated misting fan.

**Don't blow-dry your hair:** Take time to let your hair dry naturally. If you must blow-dry your hair, use the coolest setting possible.

**Order a sandwich:** Instead of soup or anything hot, eat only cool foods. Try not to eat cool foods that are high in sugar content, such as popsicles and ice cream. This can contribute to fatigue by causing a sudden drop in blood sugar.

**Drink cold beverages:** Drinking cold beverages can really help lower your body temperature. Keep a couple of plastic bottles filled with water in the freezer to take along in the car and drink as they melt.

**Pre-Cool:** Cool down before activities with a cold shower. Getting chilly before heading outside buys time before you feel the heat. You will have to experiment with how cool of a shower you can endure and how much it helps you, but you might be surprised at the increase in your tolerance for the heat.

**Go for a swim:** Pools with water that is 85 degrees or cooler are ideal places for exercising or just relaxing outside.

**Use a microwave:** Don't use the oven in the summer. Use a microwave instead. If you use an oven, don't open the door to check on the food. The blast of hot air is enough to trigger symptoms.

**Take an aspirin:** Some Neurologists suggest taking one regular strength aspirin before going out in the heat, to keep your core body temperature down.

**Get “The Handicapped Tag”:** If you are ambulatory, it may not have occurred to you to get a disabled parking placard to avoid crossing blazing hot parking lots in the summer. A “Tag” can be a lifesaver during the hot summer months. Get one just in case you need it. Save your energy for what you want to do rather than burning up all your energy getting from the car to your destination.

**Hydrate! Hydrate!** Drink plenty of cold water! This may be the most important way to stay cool. Last, but not least, stay out of the Hot Tub. I still find an occasional MS Patient who doesn’t know to stay out of the hot tub. I remember, when I was first diagnosed, getting in a hot tub thinking I could do it “just this once”. I paid for that experience for the rest of the day! For some people, heat intolerance can be debilitating enough to make them unable to function. It can be very dangerous if you are in a hot tub alone or even out on a very hot day and suddenly become so debilitated because of the heat that you can’t get out of the tub or get yourself inside for the air conditioning. Be very careful and know your threshold.

To make your own cooling vest go to: [www.p2designs.com/pdfs/SoldiersVest.pdf](http://www.p2designs.com/pdfs/SoldiersVest.pdf)

MORE Cooling products:

[www.bodycooler.com/cooling-head-multiple-sclerosis-products.htm](http://www.bodycooler.com/cooling-head-multiple-sclerosis-products.htm) ✓Hats, neck coolers, cool pillows

[www.mscooling.com](http://www.mscooling.com) ✓Cooling vests, neck coolers, hats, wrist coolers cooling scarves

[www.cool-off.com](http://www.cool-off.com) ✓Misting Fans. You can also get these at Walmart, Target or sporting goods stores.

[www.keepingmecool.com](http://www.keepingmecool.com) ✓vests

[www.silvereagleoutfitters.com/shop/vests.htm](http://www.silvereagleoutfitters.com/shop/vests.htm) ✓vests, cooling blankets and headwear

[www.msaa.com](http://www.msaa.com) The MSAA has free Cooling Vests for anyone with MS who fills out an application. Or call: 800-532-7667

The Multiple Sclerosis Foundation also has a cooling program. You can apply for assistance from the MSF up until June 1 of this year. Call 1-888-673-6287 for information on their cooling program.

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### Holy Hoops for Multiple Sclerosis Restaurant GiveBack

<b>Boston’s</b> 391 Venetian Dr Newburgh, IN	Monday,	July 2, 9, 16 & 23	11 a.m. to 11 p.m.	<i>Mention that you are there to support Holy Hoops for MS, and Boston’s will donate 15% of your receipt.</i>
<b>Schlotzsky’s</b> 301 N Green River Rd Evansville, IN 47715	Tuesday,	July 10	4 p.m. to 9 p.m.	<i>Mention that you are there to support Holy Hoops for MS, and Schlotzsky’s will donate 15% of your receipt.</i>
<b>Jason’s Deli</b> 943 N Green River Rd Evansville, IN 47715	Tuesday,	July 10	5 p.m. to 9 p.m.	<i>Mention that you are there to support Holy Hoops for MS, and Jason’s Deli will donate 15% of your receipt.</i>
<b>Azzip Pizza</b> All 3 locations Evansville & Newburgh	Wednesday,	July 11	11 a.m. to 9 p.m.	<i>Mention that you are there to support Holy Hoops for MS, and Azzip Pizza will donate 20% of your receipt.</i>

**GIVE BACK**

For information, visit: [www.holyhoops4ms.com](http://www.holyhoops4ms.com)



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*Thank you to **Blake Musick** for raising \$300 for the Tri-State MS Association. With help from Kyla Reid and teacher Ms. Kaiser, Blake successfully held a walk at Harrison High School and sold T-shirts to raise funds. Well done, Blake & friends!!!*

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*Thank You!*

*Thank you to **Gehlhausen Floral** for hosting our Mother's Day fundraiser.*

*Thank you to: Sandy Bitter, Tiffany Stepto, Kristin Dannheiser, Erik Ripper, and Todd Tucker; the beautiful mothers & daughters who modeled; and volunteers: Linda Anslinger and Amy Miller.*

*Thank you to the following business for their donations:*

Assuage Spa

Biaggi's

Redd Photography

Basinski & Juran, MDs

Dèjà Vu Skin & Vein Center

Sift Yoga

Bella Vi Spa

Erin Grabert Salon

The Diamond Galleria

*Our first fundraiser at Gehlhausen was a huge success!*

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**Thank You!** 

*Thank you to **D-Patrick Ford** for your donation to the Tri-State Multiple Sclerosis Association for the 'Test Drive for a Cause' during May. Thank you also to everyone who participated in the fundraiser. We appreciate your continued support.*