





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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## July 2018 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group will meet Saturday, July 14<sup>th</sup>, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. Speaker will be Tiffany Floyd, owner of “All That Is.” Tiffany will teach us a simple and profound exercise routine: *Laughter Yoga*. Tiffany studied directly from Dr. Madan Kataria at Laughter Yoga University in Bangalore, India where she became a certified Laughter Yoga Therapist.

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

**Tell City, IN** support group will *not* meet until September. Have a great summer!

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

**Washington, IN** support group will meet Saturday, July 21<sup>st</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, July 18<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 meet Saturday, July 14<sup>th</sup>, at 11:00 a.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY.

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

### Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, July 7<sup>th</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>Schnucks ‘Bags 4 My Cause Program’ – Entire month of July</u></b>  Schnucks located at <i>3700 First Ave</i> in Evansville has chosen the Tri-State MS Association for their ‘Bags 4 My Cause’ program! This means for the entire month of July, every time the <b>RED</b> reusable bag with the message “Giving is in the Bag” is purchased at the <i>First Avenue location</i>, we receive \$1!</p> <p>Please go to <i>Schnucks First Ave</i>, find the reusable bag rack, and buy a few Giving bags! Remember to spread the word – the more bags purchased, the bigger the donation!</p>
	<p><b><u>Holy Hoops for M.S. – Entire month of July</u></b>  Throughout July, Holy Hoops for MS will sponsor H.O.R.S.E. shootout events. All proceeds will benefit TSMSA.</p> <ul style="list-style-type: none"> <li>- Ten restaurant giveback fundraisers through the month. (See details &amp; coupons on back page, or pick up coupons at TSMSA office, or print coupons: <a href="http://tristatems.org">tristatems.org</a>)</li> <li>- Shootout events will be held through Saturday, July 28.</li> <li>- Great prizes available.</li> <li>- Silent auction at American Baptist East on Wednesday, July 25, 5:30 to 9:00 p.m.</li> </ul> <p><i>For details</i>, visit <a href="http://www.holyhoops4ms.com">www.holyhoops4ms.com</a> or call Jay Stockman: 812-774-3963.</p>
	<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, Genzyme (Lemtrada) 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 17, Tuesday, Novartis (Gilenya) Educational Lunch Program</u></b>  <b>Speaker:</b> Dr. David Brandes, Hope Neurology, Knoxville, TN  <b>Time:</b> 12:00 (noon)  <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY  <b>RSVP:</b> You and 1 (one) guest, 1-866-682-7491</p>

## July Events (cont'd)

	<p><b><u>July 17, Tuesday, Novartis (Gilenya) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. David Brandes, Hope Neurology, Knoxville, TN  <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, 1-866-682-7491</p>
	<p><b><u>July 19, Thursday, Monthly Newsletter Folding</u></b>  <b><u>Time:</u></b> 11:30 a.m.  <b><u>Location:</u></b> TMSMA Office – Come help, while you make new friends!</p>
	<p><b><u>July 20, Friday, Mallinckrodt (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 (Tysabri) 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>

## Upcoming Events

	<p><b><u>August 1, Wednesday, Genzyme (Aubagio) 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> Haub Steak House, 101 E. Haub Street, Haubstadt, IN 47639  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://www.aubagio.com/events">www.aubagio.com/events</a></p>
	<p><b><u>August 14, 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>August 15, 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> Moonlite Bar-B-Q, Owensboro, KY  <b><u>RSVP:</u></b> You and 1 (one) guest: Navigating-MS.com or 1-866-955-9999</p>
	<p><b><u>August 17, Friday, Genzyme (Aubagio) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 12:00 p.m. (noon) EST  <b><u>Location:</u></b> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://www.aubagio.com/events">www.aubagio.com/events</a></p>

## **How to Get the Most Out of Your Appointment With Your Neurologist Susan Reynolds RN, MSCN**

Your neurologist is your greatest ally in your treatment of multiple sclerosis. MS is a condition you will need to manage for the rest of your life, so it is important to develop an open line of communication with your neurologist. Use your time with your neurologist to get answers to your questions. Don't feel rushed or worry about asking silly questions. The more information you can give your doctor about symptoms, flare-ups, or general health, the better equipped he or she will be to help treat your MS.

Before your appointment, write down your questions, starting with the most important ones. Don't wait until the end of the appointment when the doctor is going out the door to bring up your problems or questions. Consider asking a friend or family member to go with you so you can get help remembering what was said at the appointment. One of you should take notes at the appointment or even record what the doctor says, with the doctor's permission of course. Most doctor's offices write changes in medications, changes in treatment, and the day and time of any scheduled tests on a piece of paper for you to take with you. If they don't do this, you should ask them to do this for you.

Don't let the doctor do all of the talking. Sometimes people just let doctors keep talking and talking, even though they don't understand a thing. You have to stop them and say, "I'm sorry, I don't understand you. Can you explain it to me in words that I can understand?" It is a good idea to repeat what the doctor told you in your own words to make sure you understand.

Always prepare a list of all the medications you are currently taking, including strength and dosing schedule to take with you to your doctor's appointment. Keep a list of all the symptoms you have had since the last neurologist visit. Note when the symptoms started and what you did to treat them. It is important to bring up symptoms that are related to your MS. Remember to mention any symptoms about depression, memory loss, trouble concentrating, vision problems, sexual issues, bowel and bladder problems, fatigue, numbness and tingling, muscle stiffness, and pain. There are many medications available to treat the signs and symptom of MS. These can be added to your MS treatment, along with your disease modifying therapy.

Don't be afraid to ask your neurologist about complementary or alternative therapies you may be considering. Always tell your neurologist if you are going to try a complementary or alternative therapy. Your neurologist can tell you if the alternative therapy is safe to combine with other medications you are taking. Many neurologists are open to their patients' trying supplements, herbs, massage, yoga, reflexology, acupuncture, chiropractic and many other things. They will be able to tell you which complementary therapies have some medical research to back them up.

Always be honest about your lifestyle habits that may affect your MS: diet, smoking, physical activity, alcohol or drug use, and sexual history. Not sharing information like this can be harmful. Always tell your neurologist if you are pregnant or intend to become pregnant. All of the MS disease modifying therapies are not recommended to be taken while pregnant. You should also not be taking MS disease modifying therapies while you are trying to get pregnant.

Don't be afraid to ask your neurologist about any new drugs for the treatment of MS or symptoms of MS. You can ask your neurologist to help you understand information you have learned elsewhere. If you have been to an educational program or heard an MS expert speak recently, in person or on the internet, you can ask your neurologist for his or her expertise. Ask how the information applies to you.

Always find out from your neurologist the appropriate action to take when you think you are having an MS exacerbation. Your doctor may have a 24 hour on call phone number, or he/she may prefer you go directly to the emergency room for corticosteroids or other treatments. Most MS Clinics and some neurologists' offices have a website where you can log in with a password and ask questions about your care and look at recent test results. Make use of their website to avoid having to wait on the phone for the nurse or neurologist to get back to you. Most offices have a turnaround time of 24 hours to get back to you with and answer to your question.



Don't give up if all of your questions are not answered during one appointment. As a patient, you have the right to have your questions answered. You also have the right to request a referral to a new neurologist if you think your current neurologist is not giving your condition the kind of attention required to correctly treat it. Look for neurologists who specialize in the treatment of MS. MS Specialists are usually found at an MS Clinic. The Consortium of MS Centers (CMSC) has a nationwide list of MS Clinics on their website. At the Tri-State MS Association office, we have a list of MS clinics that are within driving distance of the tri-state area.

MS can affect many parts of the body; therefore, treating MS usually requires a team of doctors and healthcare professionals. Next month, I will discuss which healthcare professionals typically make up a healthcare team.

### Welcome, Cara Hoskins!



Hello! I'm Cara Hoskins, and I am excited to join the Tri-State MS Association team as the Fundraising Coordinator! I am an Evansville native, and a recent graduate of Hanover College, majoring in Communication and Business with a focus in video production and interpersonal relationships. I originally became interested in this organization because my grandfather has MS. After accepting the position, I gained more and more connections with the organization and the disease as I discovered I had other close friends that had also been diagnosed.

I am passionate about giving back to others and making a difference in the world. I am very excited to have been given an opportunity to serve my community, and look forward to spreading awareness and raising money to help support multiple sclerosis in the tri-state area. I love to talk and meet new people, so stop by the office someday to say hello! ☺

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



Kris Holder	Kathy McGlothlin	Terri Hasty
Andrea Slack	Wendy Whitacker	Jon Perryman
Ethel Schuster	Susie Sims	Becki Unfried
Kurt Tretter	Paula Elpers	Carolyn Herron

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	Michael Clauson	Stacy Little	Facebook Donations
Nancy Arapios	Mr. & Mrs. Steve Sanner	Pamela Gray	Brown's Welding Service
Mike Cherry	Denise Love Orrick	Network For Good	Alan's Body Shop
Jeff Curtis			

#### ***In Memory of Joni Gentry***

Bruce Adler

*thank you*

**2018 TMSA Golf Scramble in Memory of Ted Donosky**  
**THANK YOU to our Outstanding Sponsors!**

*thank you*

**Flag Sponsor:** *FC Tucker Commercial &  
FC Tucker Emge Realtors*  
**Cart Sponsor:** *Lucas Oil Center*  
**Dinner Sponsor:** *Moore Music*  
**Beverage Sponsor:** *Miller / Coors, Steve Peters*

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**Signs / Banner Sponsor:** *Signs by deSign*  
**Food Sponsors:** *Rally's, Frito Lay, RC Cola  
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Dean Bosler Furniture      Home Instead      Mr. & Mrs. Thomas Gulley      The Rug Gallery of Newburgh  
Doris Grabhorn      IBEW Electrical Workers

**Auction Donations**

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Chicago Bears      Evansville Massage Specialists      Miller / Coors      Tropicana  
Cork 'n Cleaver      Gerst Haus      Pet Food Center      Wayne's Appliance

**Special Thanks To:** Jody Donosky, Kristin Dannheiser, Rick Tanner, Andrea Fisher, Tiffany Stepto, Rolling Hills Country Club, Angie Wargel / Fire & Rain, and Blue Frog T's!

**Thank you to our wonderful volunteers:** Jay Donosky, Diane Whipkey, Bob Shipman, Sharon Omer, Sandy Bitter, Pam Jutzi, Linda Anslinger, Jim Whipkey, Jim Mumford, Brian Jones, Sue Blakeslee, Steve & Bendi Boughton, Becky Owen, Berkley Ripper, Megan Riley, Josh Davis, Mary Myrick, Amy Miller, Trenton Hoehn, Bryan Chandley, and Kavan McManus!

**American Red Cross Home Fire Campaign**



The American Red Cross has launched a nationwide campaign to save lives and keep the community safe. The Home Fire Campaign aims to reduce death and injuries from home fires by 25 percent by 2020. The Red Cross urges you to make an appointment, and share the importance of fire safety with your family and friends.

Red Cross volunteers will check existing smoke alarms, replace batteries, install new smoke alarms (if needed), and provide home fire safety information. The Red Cross also installs a limited number of specialized bedside alarms for individuals who are deaf or hard of hearing. Schedule your appointment by calling 1-888-684-1441. Or you may go to: [www.redcross.org/local/indiana/home-fire-safety-visit](http://www.redcross.org/local/indiana/home-fire-safety-visit)

## Holy Hoops for Multiple Sclerosis Restaurant GiveBack

### Boston's

391 Venetian Dr  
Newburgh, IN

Monday

July 2, 9, 16 & 23

11 am to 11 pm

*Mention Holy Hoops  
Boston's gives 15%*

### Schlotzsky's

301 N Green River Rd  
Evansville, IN

Tuesday, July 10

4 to 9 pm

*Mention Holy Hoops  
Schlotzsky's gives 15%*

### Jason's Deli

943 N Green River Rd  
Evansville, IN

Tuesday, July 12

5 to 9 pm

*Mention Holy Hoops  
Jason's Deli gives 15%*

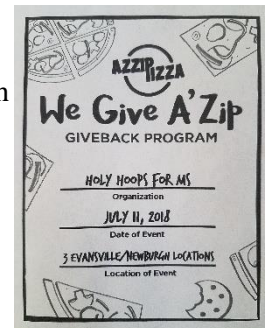
### Azzip Pizza

All 3 locations  
Evansville & Newburgh

Wednesday, July 11

11 am to 9 pm

*Show the voucher  
Azzip gives 20%*



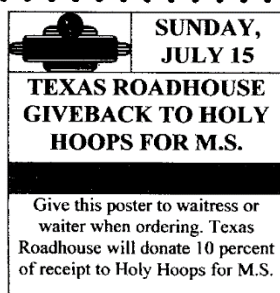
### Texas Roadhouse

7900 Eagle Crest Blvd  
Evansville, IN

Sunday, July 15

11 am to 10 pm

*Bring coupon  
Giveback: 10%*



### Fazoli's

899 N Green River Rd  
Evansville, IN

Tuesday, July 17

4 to 9 pm

*Mention Holy Hoops  
Fazoli's gives 20%*

### Wayback Burgers

115 Cross Pointe Blvd  
Evansville, IN

Tuesday, July 24

4 to 8 pm

*Mention Holy Hoops  
Wayback gives 20%*

**Give Back**



Tri-State Multiple Sclerosis Association

For more information: [Holyhoops4ms.com](http://Holyhoops4ms.com)