



971-C S. Kenmore Drive  
Evansville, IN 47714  
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## August 2018 Newsletter

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

### Indiana Support Group Meeting Dates

Evansville, IN support group will meet Saturday, August 11<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, August 18<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, August 15<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, August 11<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, August 4<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>HOUSE of WHITE<br/>Bridal Boutique</b></p> | <p><b>Entire month of August, ‘Misses for MS’ at House of White Bridal Boutique</b></p> <p><b>Location:</b> House of White Bridal Boutique, 3 Market Street, Newburgh, IN 47630<br/>Know someone getting married? House of White Bridal Boutique will donate a portion of the proceeds from any purchase made in August to TSMSA.</p>                                                                         |
|                                                   | <p><b>August 1, Wednesday, Genzyme (Aubagio) Educational Dinner Program</b></p> <p><b>Speaker:</b> Dr. Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN<br/><b>Time:</b> 6:00 p.m.<br/><b>Location:</b> Haub Steak House, 101 E. Haub Street, Haubstadt, IN 47639<br/><b>RSVP:</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>August 14, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</b></p> <p><b>Speaker:</b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY<br/><b>Time:</b> 6:00 p.m.<br/><b>Location:</b> The Patio Steakhouse, 3120 E. State Rd. 66, Tell City, IN<br/><b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>                      |
|                                                   | <p><b>August 16, Thursday, Monthly Newsletter Folding</b></p> <p><b>Time:</b> 11:30 a.m.<br/><b>Location:</b> TSMSA Office – Come help, while you make new friends!</p>                                                                                                                                                                                                                                       |
|                                                 | <p><b>August 17, Friday, Genzyme (Aubagio) Educational Lunch Program</b></p> <p><b>Speaker:</b> Dr. Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN<br/><b>Time:</b> 12:00 p.m. (noon) EST<br/><b>Location:</b> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN<br/><b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://www.aubagio.com/events">www.aubagio.com/events</a></p> |

## Upcoming Events

|                                                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                           |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p><b>September 6, Thursday, Walking Difficulty in Multiple Sclerosis—“Importance of Adherence and Long Term Management”</b></p> <p><b>Speaker:</b> Dr. Lori Guyton, Neurologist, Neurology of Southern IL, Ltd.<br/><b>Time:</b> 6:00 p.m.<br/><b>Location:</b> Log Inn, 12491 County Road 200E, Haubstadt, IN 47639<br/><b>RSVP:</b> <a href="http://www.livemsevent.com">www.livemsevent.com</a> or 1-800-397-8082</p> |
|  | <p><b>September 12, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program</b></p> <p><b>Speaker:</b> Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN<br/><b>Time:</b> 6:00 p.m.<br/><b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY<br/><b>RSVP:</b> You and 1 (one) guest: <a href="http://TalkMS.com">TalkMS.com</a> or 1-866-955-9999</p>                                                            |
|  | <p><b>September 26, Wednesday, Biogen Idec (Tysabri) Educational Dinner Program</b></p> <p><b>Speaker:</b> Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN<br/><b>Time:</b> 6:00 p.m.<br/><b>Location:</b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN<br/><b>RSVP:</b> You and 1 (one) guest: <a href="http://TalkMS.com">TalkMS.com</a> or 1-866-955-9999</p>                               |

MS can affect many parts of the body; therefore, treating MS usually requires a team of doctors and healthcare professionals who will work closely with you to determine the best course of care. An MS team typically includes the following healthcare professionals:

**Primary Care Physician:** If you have any symptoms of MS, see your family doctor or primary care physician (PCP) first. After your doctor takes a physical exam and reviews your medical history, they may refer you to a neurologist.

**Neurologist:** A neurologist is a doctor who specializes in diseases of the nervous system. You'll find neurologists in:

- private practices
- community-based MS centers
- academic settings
- general clinical settings

A neurologist is involved in testing, diagnosis, treatment, and symptom management. Before your appointment with a neurologist, it's a good idea to write down a few things. Your neurologist will ask many questions to help them make an accurate diagnosis. Having the answers ready will help with the process.

Questions your neurologist may ask you:

- What are your symptoms?
- When did they begin?
- Are your symptoms constant, or do they come and go?
- What makes your symptoms worse?
- What makes your symptoms better?
- How severe are your symptoms?
- Does anyone in your family have MS?
- What other medical conditions do you have?
- What medications do you take?

Questions you may ask your neurologist:

- Do you think I have MS?
- How will we know for sure?
- Is there a test?
- What else might be causing my symptoms?
- Can this be treated?
- Will it go away?
- Is it going to get worse?
- What do you recommend?

**Neuropsychologist:** A neuropsychologist will help you manage your mental function. MS can cause difficulties with memory, focus, information processing, and problem solving. A neuropsychologist might diagnose your cognitive deficits and teach you exercises to help maintain and improve mental function.

**Nursing Professional:** A clinical nurse specialist, nurse practitioner, or registered nurse might be involved in your care. These professionals have advanced training. They can help you in many areas, including:

- ongoing assessment and management of symptoms
- counseling
- maintaining general good health
- giving medication
- monitoring side effects
- communicating with your healthcare team

**Social Worker:** A social worker is trained to assist you in identifying and accessing:

- community services
- resources
- programs
- entitlements
- Social workers are also trained to provide counseling, emotional support & crisis intervention

**Psychologist:** A psychologist can diagnose and treat issues related to mental health, such as depression, which is common in MS. Interventions can include specialized testing and ongoing counseling and support for you and your family.

**Physiatrist:** A physiatrist is a doctor who specializes in rehabilitation medicine. A physiatrist will design a treatment plan to help you function at the highest level possible. This may include exercise and assistive devices as well as medication. The goal is to give you the highest possible quality of life.

**Physical Therapist:** Physical therapists (PTs) treat problems that involve balance, coordination, strength, and mobility. PTs assess for:

- muscle strength
- range of motion
- proprioception, which is the perception of your location in space (Is the toe up or down, for example)
- muscle tone
- gait
- balance transfers
- mobility

PTs help you find the balance between exercise and fatigue. They can:

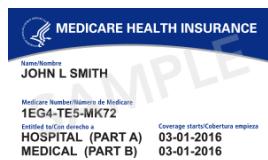
- help you strengthen muscles
- teach you the appropriate use of rehabilitation equipment and mobility devices
- measure for and apply braces and other orthotic supports
- help you maintain a fitness-oriented lifestyle

**Occupational Therapist:** An occupational therapist (OT) will help you stay productive, safe, and independent in your home and work environments. Treatment may involve modifications of your space, such as: bathrooms, kitchens, entrances, stairways, and cars. OTs can also help you develop strategies to simplify jobs and conserve energy.

**Dietician:** A dietitian or nutritionist will help you maintain a healthy diet. There's no diet specific to MS but eating a healthy diet will help you stay healthy. A dietitian can teach you how to prepare healthy meals that can help with weight management and reduce fatigue and constipation. A dietitian can also help with any swallowing problems that you might develop because of MS.

**Speech Language Pathologist:** A speech-language pathologist (SLP) can help if you have problems with breathing, swallowing, speech, and cognition. In the case of swallowing problems, an SLP works with a physical therapist and dietitian to help you learn to eat safely. If you have speech difficulties, they can help with speech production and clarity so that you can continue to communicate effectively.

## New Medicare Cards



*Starting this month, we will feature articles by Gina Downs, Vice President of Senior Connection at Key Benefit Administrators. Senior Connection is located at 951 S Hebron Ave # D in Evansville. You can contact Gina by calling (812) 473-1474.*

You've probably seen it on TV or in the newspaper. New Medicare cards are being issued this year. The mailings started in April, and will continue until April of 2019. They will go out in seven waves.

In Illinois and Indiana, those cards started going out in wave 3, after June 2018. In Kentucky, the cards started going out in wave 7, after June 2018.

Unlike your current cards, the new cards are paper to make it easier for doctor's offices to copy them. When you receive your new card, discard (shred) your old one, and make sure to give all of your providers your new card information during your next visit.

For those of you who have a Medicare Advantage plan, you will continue to use your plan's card for services, but store your new Medicare card in a safe place.

Please note: If you receive a call from anyone claiming to be with Medicare or Centers for Medicare & Medicaid (CMS) stating you must pay for your new card, this is a scam! Do not give them any personal or payment information. There are very rare circumstances when Medicare or CMS will call you, but this is not one of them.



## Happy Birthday To You!

|                 |                 |               |
|-----------------|-----------------|---------------|
| Katrina Barber  | JoAnna Sisk     | Gwen Brewer   |
| Margret Kafel   | Virginia Doyle  | April Brandon |
| Julie Fisher    | John Sherrel    | Stacy Bell    |
| Connie Romain   | Tresa Miller    | Ray Farmer    |
| Katherine Simon | Mary Ann Howard | Terri Sampson |

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 | Jeff Curtis |
| Nancy Arapios    | Denise Love Orrick | Pamela Gray  | Mike Cherry |
| Open Door Church |                    |              |             |

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

Bruce Adler



### **Stimulate Your Mind with Puzzles**



Many people with MS experience a cognitive deficit. Exercising your mind is an important part of staying healthy with MS. The following are fun ways to help stimulate your mind.

Jigsaw puzzles – They're great for working visual and perceptual skills.

Crossword puzzles – They can help your problem-solving skills, mental flexibility, word retrieval, and more.

Search & Find puzzles – These can include hidden pictures, word searches, mazes, and more great puzzles.

A variety of mind-stimulating puzzles are available for purchase at bookstores, dollar stores, and even online.

### **Alternative Funding Resources**

*If you are looking for financial assistance to fund any of your therapies, these are good options you can look into!*

#### **Patient Advocate Foundation**

[www.patientadvocate.org](http://www.patientadvocate.org)  
Phone: (866)512-3861

#### **Good Days**

[www.mygoooddays.org](http://www.mygoooddays.org)  
Phone: (877)968-7233

#### **Extra Help**

[www.ssa.gov/prescriptionhelp/](http://www.ssa.gov/prescriptionhelp/)  
Phone: (800)633-4227

#### **The Assistance Fund (TAF)**

[www.TAFcares.org](http://www.TAFcares.org)  
Phone: (877)245-4412

#### **Patient Access Network (PANF)**

[www.panfoundation.org](http://www.panfoundation.org)  
Phone: (866)316-7263

#### **Healthwell Foundation**

[www.healthwellfoundation.org](http://www.healthwellfoundation.org)  
Phone: (800)675-8416

#### **NeedyMeds**

[www.needymeds.org](http://www.needymeds.org)  
Phone: (800)503-6897





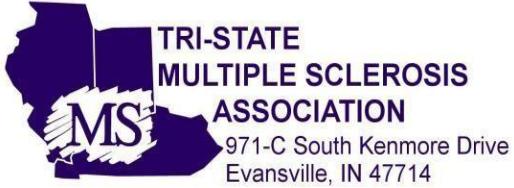
## Upcoming Fundraising Events

|                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|---------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>17<sup>th</sup> Annual Evening of Excellence Corporate Dinner &amp; Auction</b><br/>August 24</p> | <ul style="list-style-type: none"><li>• Tickets are \$125 each and sponsorships are available for your companies!</li><li>• Event will honor our 2018 Spirit Award recipients: Holly Dunn Pendleton, a community leader, author, and activist, and Andrea Fisher, an individual living with multiple sclerosis.</li><li>• <b>How you can help?</b> We are searching for auction donations and corporate sponsorships!</li></ul> |
| <p><b>Girls Night Out</b><br/>September 13<br/><br/>Location:<br/>Evansville Country Club</p>           | <ul style="list-style-type: none"><li>• Shop 'til you drop with a variety of local vendors!</li><li>• Event will have appetizers, door prizes, and more.</li><li>• <b>How you can help?</b> We are searching for sponsors, event vendors to be able to display your local businesses, and people to attend our event!</li></ul>                                                                                                 |
| <p><b>Owensboro Autumn Walk</b><br/>October 28<br/><br/>Location: Moreland Park</p>                     | <ul style="list-style-type: none"><li>• Held to promote public involvement and raise awareness for multiple sclerosis in Owensboro and the tri-state.</li><li>• <b>How you can help?</b> Spread the word about event sponsorships available in the Owensboro area, create your team to get donations, and plan to walk.</li></ul>                                                                                               |
| <p><b>Evansville Autumn Walk</b><br/>November 4<br/><br/>Location: Harrison High School</p>             | <ul style="list-style-type: none"><li>• Held to promote public involvement and raise awareness for multiple sclerosis in Evansville and the tri-state.</li><li>• <b>How you can help?</b> Spread the word about event sponsorships available in the Evansville area, create your team to get donations, and plan to walk.</li></ul>                                                                                             |

## Ongoing Fundraising Events

|                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|-----------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>5+5=Love</b><br/>Through 2018<br/><br/>The Diamond Galleria</p> | <ul style="list-style-type: none"><li>• Grab a purple discount card at The Diamond Galleria or TSMSA office.</li><li>• Use this card while making a purchase to get 5% off and The Diamond Galleria will also donate 5% to TSMSA!</li></ul>                                                                                                                                                                                                              |
| <p><b>Facebook Fundraisers</b><br/>Year Round!</p>                    | <ul style="list-style-type: none"><li>• Donate your birthday on Facebook to raise money for TSMSA and get free Donut Bank donuts and a Tri-State MS t-shirt to help celebrate!</li><li>• Check out our Facebook for more details.</li></ul>                                                                                                                                                                                                              |
| <p><b>Monthly Sponsorships</b><br/>Year Round!</p>                    | <ul style="list-style-type: none"><li>• If your company would be interested in a monthly sponsorship with us, give us a call! We do have a few months still available and you get a great advertisement package from us!</li><li>• Special thanks to our July sponsor, First Ave Schnucks, for their donations during the Bags 4 My Cause event and our August sponsor, White House Bridal Boutique, for their collaboration on Misses for MS!</li></ul> |

**For more information on how to participate, sponsor, or attend these events, contact:  
Cara at (812)423-5943 or [tristatemsfundraising@gmail.com](mailto:tristatemsfundraising@gmail.com).**



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ASSOCIATION

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Thank You

**Holy Hoops H.O.R.S.E. Shootout for MS**



A HUGE THANK YOU to **Jay Stockman** for all of his hard work and devoted time in making the Holy Hoops H.O.R.S.E. Shootout for MS a success! Jay is a dedicated volunteer that established Holy Hoops to support Tri-State MS Association three years ago. He works year round completely on his own to organize restaurant giveback days, get sponsorships and auction items, and advertise his individually run event. He truly is an example of an outstanding and caring person. Thank you, Jay!

Special thank you to all of Jay's sponsors for their generous donations and helping to make this event a success. Check out the full list of sponsors at [www.holyhoops4ms.com/prize-donors](http://www.holyhoops4ms.com/prize-donors).

And thank YOU for attending the event's silent auction and restaurant giveback days in July, along with those that participated in the event! We truly appreciate your dedication to supporting us.