 

971-C S. Kenmore Drive

Evansville, IN 47714

Phone: 812-423-5943 Toll-Free: 1-866-514-4312

[www.tristatems.org](http://www.tristatems.org/)

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**September 2018 Newsletter**

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

# Indiana Support Group Meeting Dates

**Evansville, IN** support group will meet Saturday, September 8th, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive. ***Richard Ogilvy*** will discuss and demonstrate Qigong, a holistic system of coordinated body posture & movement, breathing, and meditation. Qigong is practiced worldwide for recreation, exercise, relaxation, preventive medicine, self-healing, alternative medicine, meditation, self-cultivation, and training for martial arts.

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

**Tell City, IN** support group will meet Tuesday, September 11th, at 11:00 a.m. at 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, September 15th, 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, September 19th, at 12:30 p.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, September 8th, at 11:00 a.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion.

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

# Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, September 1st, 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***



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|  | **September 6, Thursday, Walking Difficulty in Multiple Sclerosis: “Importance****of Adherence and Long-Term Management”****Speaker:** Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD**Time:** 6:00 p.m.**Location:** Log Inn, 12491 County Road 200E, Haubstadt, IN**RSVP:** www.livemsevent.com or 1-800-397-8082  |
| Dr. Kristi M. Nord, MD | **September 12, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program****Speaker:** Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN**Time:** 6:00 p.m.**Location:** Moonlite Bar-B-Q, Owensboro, KY**RSVP:** You and 1 (one) guest: TalkMS.com or 1-866-955-9999 |
|  | **September 13, Thursday, ‘Girls' Night Out’ Fundraising Event****Time:** 6:00 p.m.**Location:** Evansville Country Club, 3810 Stringtown Road, Evansville, IN**Cost:** $25.00 prior to event; $30.00 at the door. Tickets available at TSMSA office.***Come support TSMSA and enjoy time with the girls!* Vendor space available.** |
| http://www.myrehabforlife.com/uploads/3/5/9/4/3594764/9797706.jpg | **September 20, Thursday, Rehab For Life and TSMSA Wellness Program****Time:** 6:00 p.m.**Location:** Rehab for Life, 1449 Kimber Ln, Evansville, IN 47715**RSVP:** TSMSA 812-423-5943 or 1-866-514-4312**\****See details in this newsletter*\* |
|  | **September 20, Thursday, Monthly Newsletter Folding** **Time:** 11:30 a.m.**Location:** TSMSA Office – Come help, while you make new friends! |
|  | **September 23, Sunday, TSMSA Family Fun Day \****See details in this newsletter*\***Time:** 2:00 p.m. to 5:00 p.m.**Location:** GattiTown, 316 N Green River Rd, Evansville, IN 47715**RSVP:** TSMSA 812-423-5943 or 1-866-514-4312 *by Friday, September 21*.  |
| Dr. Kristi M. Nord, MD | **September 26, Wednesday, Biogen Idec (Tysabri) Educational Dinner Program****Speaker:** Kristi Nord, Neurologist, Memorial Neurology, Jasper, IN**Time:** 6:00 p.m.**Location:** Biaggi’s Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN**RSVP:** You and 1 (one) guest: tysabrievents.com or 1-866-955-9999 |
| ***Upcoming October Events*** |
| Image result for dr michael sweeneyImage result for dr michael sweeney | **October 2, Tuesday, Genentech (Ocrevus) Educational Lunch Program****Speaker:** Michael Sweeney, Neurologist, Norton MS Center & Univ. of Louisville**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 |

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| ***Upcoming October Events (cont’d)*** |
| Image result for dr michael sweeney | **October 2, Tuesday, Genentech (Ocrevus) Educational Dinner Program****Speaker:** Michael Sweeney, Neurologist, Norton MS Center & Univ. of Louisville**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 |
| http://bloximages.chicago2.vip.townnews.com/thesouthern.com/content/tncms/assets/v3/editorial/d/44/d4420494-d314-5b45-b9f0-8f6a45f0f16a/563b839488700.image.jpg | **October 9, Tuesday, Genzyme (Aubagio) Educational Lunch Program****Speaker:** Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD**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 [www.aubagio.com/events](http://www.aubagio.com/events) |
| http://bloximages.chicago2.vip.townnews.com/thesouthern.com/content/tncms/assets/v3/editorial/d/44/d4420494-d314-5b45-b9f0-8f6a45f0f16a/563b839488700.image.jpg | **October 9, Tuesday, Genzyme (Aubagio) Educational Dinner Program****Speaker:** Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD**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 [www.aubagio.com/events](http://www.aubagio.com/events) |
| http://bloximages.chicago2.vip.townnews.com/thesouthern.com/content/tncms/assets/v3/editorial/d/44/d4420494-d314-5b45-b9f0-8f6a45f0f16a/563b839488700.image.jpg | **October 10, Wednesday, Genzyme (Aubagio) Educational Lunch Program****Speaker:** Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD**Time:** 12:00 (noon) EST**Location:** Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN**RSVP:** You and 1 (one) guest: 1-877-895-1136 or [www.aubagio.com/events](http://www.aubagio.com/events) |
| http://bloximages.chicago2.vip.townnews.com/thesouthern.com/content/tncms/assets/v3/editorial/d/44/d4420494-d314-5b45-b9f0-8f6a45f0f16a/563b839488700.image.jpg | **October 10, Wednesday, Genzyme (Aubagio) Educational Dinner Program****Speaker:** Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD**Time:** 6:00 p.m.**Location:** Moonlite Bar-B-Q, Owensboro, KY**RSVP:** You and 1 (one) guest: 1-877-895-1136 or [www.aubagio.com/events](http://www.aubagio.com/events) |
| ***MC900297491[1]*** | **October 28, Sunday, Autumn Walk – Owensboro, KY** **Registration:** 12:30 p.m. **Walk:** 1:30 p.m.**Location:** Moreland Park, 1215 Hickman Ave, Owensboro, KYStart getting your team together TODAY! **We are counting on you!!** |

**GIRLS’**

**Evansville Country Club**

**3810 Stringtown Rd**

**Evansville, IN**

**Tickets:**

**$25 in advance**

**$30 at the door**



Vendor space available.

Reserve a Designer Level table for 8 for only $225!

Call 812-423-5943 for more information.

Visit tristatems.org for ticket sales locations.

**Thursday, September 13 6 – 8:30 p.m.**

NIGHT OUT

TSMSA

Fundraiser

Cash Bar

Silent Auction

Socializing

Light Refreshments

Informal Modeling

Shopping

**Reduce Your Risk of Falling Susan Reynolds RN, MSCN**

The many symptoms of MS make most people with MS at risk for falls. This information is aimed at helping you to reduce your risk of falling.

**Common physical symptoms for increased fall risks:**

- Previous falls - Weakness - Fatigue - Forgetfulness

- Numbness / tingling in feet or legs - Poor nutrition - Poor vision - Difficulty walking

- Feeling lightheaded / disoriented / dizzy - Dehydration - Unsteady walking - Muscle spasticity

- Using a cane or walker - Anxiety - Depression

Taking many medications (polypharmacy) increases your risk for falling. Research shows that taking four or more medications increases your fall risk. Examples include:

- Nyquil, Tylenol PM, Sudafed, etc. - Herbal supplements - Sleeping pills - Pain medications

- Seizure medications - IV (intravenous) fluids - Laxatives - Antidepressants

- Mixing alcohol with medications - Water pills (diuretics)

**Prevent falls while you are at home.**

- Set up furniture so it is not in the way - Secure electrical cords - Use brighter light bulbs

- Use a nightlight or flashlight at night - Remove loose items from floor

- If area rug is covering a slippery floor, make sure the rug does not have loose fringe.

Consistently use all of your prescribed mobility aids. Ask your doctor to set up an appointment with a physical therapist to assess your need for mobility aids and assistive devices such as a cane, walker, wheelchair, leg/foot braces, or a scooter. You can also ask your doctor to refer you to an occupational therapist, who can do a home safety evaluation to assess the falls risks in your home.

Add handrails to stairways. Install raised toilet seats. If your bathroom is not close to your bedroom (or where you spend most of your time during the day), get a bedside commode and place it near you. Install grab bars and handrails next to your toilet and inside your shower. Never use towel racks to pull yourself up. Apply anti-slip stickers to the floor of your tub or shower. Buy a shower chair and a hand-held shower head so you can sit while taking a shower. Use a seat in the shower or bathtub. When getting up from a lying position, always sit at the side of the bed or couch for a few minutes before you stand.

Arrange items in your kitchen and bathroom cabinets at shoulder height so you don't have to bend too low or reach too high. Wear sturdy shoes with non-slip soles; avoid going barefoot or wearing slippers. Be careful of pets. Have them wear metal tags or bells so that you can hear them.

**Other things you can do to prevent falls:**

- Exercise regularly, focusing especially exercises that strengthen your core or abdominal muscles.

- Eat nutritious foods and stay well hydrated.

- Avoid alcohol.

- Have your doctor or pharmacist look at *all* medicines you take, including over-the-counter medicines, herbs and supplements. They can tell you which medicines can make you sleepy or dizzy.

- Have your vision checked at least once a year by an eye doctor.

**Other safety tips:**

- Place emergency numbers in large print near each phone.

- Place a phone near the floor in case you fall and can’t get up.

- Keep your cell phone with you at all times when you are alone.

- Think about wearing an alarm device that will bring help in case you fall and can’t get up.

**If you feel dizzy or weak, let someone know you need help!**

**Preventing Polypharmacy Gina Downs, V.P. of Senior Connection**

What exactly is polypharmcy and why does it matter? Polypharmacy is basically a fancy term used to describe the prescribing of multiple medications. One of the biggest concerns of taking multiple medications is the increased risk of dangerous drug interactions.

It’s not necessarily a bad thing if you are prescribed multiple prescriptions, but it can be helpful to understand how they work and interact with each other. Your doctor or pharmacist will be able to answer any questions you may have regarding potential interactions. Make sure they have the full list of your prescriptions, vitamins, herbals, and over-the-counter medications.

If you are concerned about possible medication interactions, please don’t change your medication regimen without first consulting your physician or pharmacist.

TSMSA’s 4th Annual Family Fun Day

 Sponsors:

**• • • • •**

**• • • • •**



***Must* RSVP** by September 21:

812-423-5943

or

1-866-514-4312

This event is exclusive to individuals living with multiple sclerosis and their \*family members\* as well as volunteers of TSMSA.

**• • • • •**

316 N Green River Rd

**• • • • •**

Evansville IN 47715

**Sunday, September 23, 2018**

**Join us any time from 2 to 5 pm! GattiTown closes at 7 pm**

Come enjoy a *FREE* afternoon of fun for the whole family. Pizza Buffet, Unlimited Drinks with Refills.

Each child receives a $5.00 game card.

Other family members can join us at a discounted price. Call for details.

\* Qualifying family members: MS individual(s), 1 adult guest, children living at home, or grandchildren. \*



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.

|  |  |
| --- | --- |
| **Happy Birthday To You!** |  |
| Ella Minor Greg Bannister Melvin DicksonPatricia Goodge Kathy Hazelwood Sharon MehlingNina Harris Catherine Graber Alan Bartlett  Mike Cherry Amy Phillips Sharon Kamholtz Rose Fieldhouse Patricia LaGrone Debbie Robertson  Susan Reynolds Linda Winfield Diane Goffinett |  |  |



***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 YeagerNancy ArapiosMrs. Bea Meredith | Michael ClausonDenise Love Orrick Jeffrey Curtis  | David TitusStacy LittlePamela GrayNetwork For Good | Pacific Coast DetailsMike CherryUnited Way Gibson Co.Open Door UU Church |
| ***In Memory of Joni Gentry***Bruce Adler |  |  |





Tri-State MS Association

**Autumn Walks**

Sunday, November 4, 2018

Harrison High School

Evansville, IN

Sunday, October 29, 2018

Moreland Park

Owensboro, KY





**How can you help?**

\*Form a Family & Friends Team and start collecting pledges today!

\*Get your employer / your spouse’s employer to sponsor a Walk Team!

\*E-mail all your friends asking for their participation and pledges!

\*Put together a gift basket to be auctioned off at the Walk!

**We’re counting on you!**

**Call us today: (812) 423-5943 / 1-866-514-4312 or go to tristatems.org**

All money raised stays in the tri-state to help individuals

coping with multiple sclerosis and their families!