





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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## October 2018 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group will meet Saturday, October 13<sup>th</sup>, at 10:00 a.m. at the TSMSA office, 971-C S. Kenmore Drive.

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

**Tell City, IN** support group **will NOT meet** in October. Plan on attending the Genzyme (Aubagio) Educational Dinner Program on Tuesday, October 9 at The Patio Steakhouse. Speaker for this event will be Dr. Lori Guyton, Neurologist, Neurology of Southern IL, LTD.

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

**Washington, IN** support group will meet Saturday, October 20<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, October 17<sup>th</sup>, 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, October 13<sup>th</sup>, 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, October 6<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



### **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](http://Ocrevus.com/events) or 1-844-627-3887



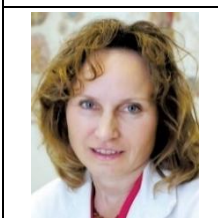
### **October 2, Tuesday, Genentech (Ocrevus) Educational Dinner Program**

**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](http://Ocrevus.com/events) or 1-844-627-3887



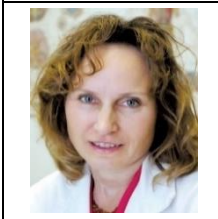
### **October 9, Tuesday, Genzyme (Aubagio) Educational Lunch Program**

**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)



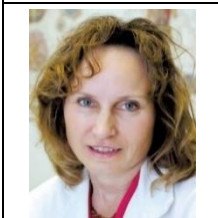
### **October 9, Tuesday, Genzyme (Aubagio) Educational Dinner Program**

**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)



### **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)



### **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)



### **October 17, Wednesday, \*Note Date Change\* Monthly Newsletter Folding**

**Time:** 11:30 a.m.

**Location:** TSMSA Office – Come help, while you make new friends!

**\*\* See Heady's information in this newsletter \*\***



### **October 28, Sunday, Autumn Walk – Owensboro, KY**

**Registration:** 12:30 p.m.

**Walk:** 1:30 p.m.

**Location:** Moreland Park, 1215 Hickman Ave, Owensboro, KY

Start getting your team together TODAY! We also need Auction Items or Baskets!

**We are counting on you!!**

## Upcoming November Events



### November 4, Sunday, Autumn Walk – Evansville, IN

**Registration:** 12:30 p.m.

**Walk:** 1:30 p.m.

**Location:** Harrison High School, 211 Fielding Rd,

Start getting your team together TODAY! We also need Auction Items or Baskets!

**We are counting on you!!**

**READY SET GO!** Use this pledge sheet to get donations and sponsors as you participate in our Autumn Walks! Get your team together, fill out your information below, then get friends, family members, and businesses to sponsor you and help support our autumn walks and the Tri-State MS Association!



Walker's Name \_\_\_\_\_ Team Name \_\_\_\_\_

Email Address \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

MY FUNDRAISING GOAL IS: \$ \_\_\_\_\_

Please have sponsors prepay with checks payable to: "Tri-State MS Association."  
Contributions are tax-deductible.

SPONSOR'S NAME	ADDRESS	PHONE	DONATION AMOUNT	CHECK # OR CASH



**Fill this form up?**  
**Mail or bring it and the money to:**  
 971 C S. Kenmore Drive  
 Evansville, IN 47714

CASH	
CHECKS	
\$	_____

**Or bring this form to the walk rain or shine!**

Here are some tips to consider to help make this coming fall and winter and the rest of 2018 a good year for people with MS.

**Get on a disease modifying therapy and take it as prescribed.** This is very important to keep your disease from progressing and to keep you functioning at your best level.

**Take care of your overall health.** See your family physician once a year for mammograms, colon cancer screening, bone density monitoring, and cholesterol screening. Eye exams are also important for people with MS. It is vital that you keep up with these health screenings.

**Be sure and get a flu shot every year.** The best time to get it is in October or November. Studies have shown that flu shots have no bad effect on people with MS. The flu is a viral respiratory illness. It is the sudden onset of a high fever and respiratory symptoms like coughing and trouble breathing. It is usually accompanied by body aches and chills. Flu can be very dangerous for people with MS. A lot of healthcare expenses can be avoided by getting a flu shot.

**Eat a healthy diet.** Cut down on the fat and get plenty of protein for energy. Add more fiber to your diet with whole grains. Eat more fresh vegetables, leafy green vegetables and fresh fruit. Add Omega 3 fatty acids to your diet by eating more fish and flaxseeds. Drink plenty of fluids, preferably water. Be careful that the protein you eat comes from low fat sources, such as skim milk, low fat yogurt, and baked fish. Eliminate processed foods from your diet as much as possible and avoid all fast food.

**Don't smoke.** Research shows that smoking worsens MS. Smoking increases inflammation and accelerates MS progression. If you need help to stop smoking, talk to your physician about getting prescription help for smoking cessation.

**Reduce stress.** Studies show that stress levels are reduced when a person schedules time off from the regular activities of life to calm down and let go for few minutes every day.

**Get exercise.** Full body exercise, such as an elliptical machine, walking, or swimming may be helpful for cardiac health. Also, in early stages of MS, weight lifting helps build muscles. Yoga and tai chi can help balance stability. Some MS patients may need to see a physical therapist to find a safe way to exercise and build muscle strength. You can get a referral from your neurologist. An exercise routine can help with the daily fatigue that most MS patients have. Begin with an exercise program that you can manage.

**Share your problems.** Don't neglect the value of your family and friends to help you through when times get rough. When life seems unmanageable, it may be time to seek professional advice, or at least talk to other MS patients who have experienced similar difficulties. Develop a positive attitude; attitude is everything! Don't underestimate the power of a positive inner dialogue. Try to only dwell on the things that can be done and not on the things that can't be done. Some people keep a Gratitude Journal, which can be helpful to keep the focus on the good things you do have instead of what you don't have.

**Lower your body temperature.** One of the primary and most uncomfortable symptoms of MS is the body's inability to deal with heat. Drinking cold beverages and staying in the air conditioning in summer months can help keep you cool. If overheating is a big problem, cooling vests can help. The Multiple Sclerosis Association of America may give you a free vest, if you qualify.

**Be of service to others.** One of the best antidotes to depression is service to other people. Helping other people produces a therapeutic effect that is difficult to measure, but is very real to those who experience it. There are many ways to contribute, so be creative and get outside of yourself.

**Aim for acceptance.** It is a well-known fact that when a difficulty is accepted and integrated into the activities of ordinary behavior, it stops exerting a negative effect and becomes a neutral fact of life. I have talked to so many MS patients who are at peace with their disease and are making the best of their lives. We can all reach acceptance once we realize that it is alright to go on living and working and plowing ahead as best we can, even though we know that at times it will be rough.



### Happy Birthday To You!

Mary Magan	Rae Ann Dauby	Dani Goldsberry
Meg Burnley	Linda Allen	Laura Howard
Sharon Omer	Tamera Lewis	Debbie Hebbeler
David Hamilton	Diana Biggs	Jean Rideout
	Sharon Glover	

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
Nancy Arapios	Denise Love Orrick
Lena Juliano	Jeffrey Curtis
United Way Gibson Co.	Open Door UU Church

#### *In Memory of Joni Gentry*

Bruce Adler

### Rehab for Life Wellness Program

Our first Wellness Program with Rehab for Life kicked off on September 20<sup>th</sup>! This meeting was an informational session to discuss what you want to learn about your MS throughout this program and any exercises, management styles, and more you'd like to have discussed. It's not too late to give your input for this program if you were unable to attend the first meeting. While we collected physical surveys on Sept. 20<sup>th</sup>, we still want to hear what you have to say. We have placed an additional survey about this Wellness Program collaboration on our website for you to complete. Go to [tristatems.org/support-meetings](http://tristatems.org/support-meetings) to complete our electronic survey and have your voice heard regarding these programs. You can also call us at (812) 423-5943 to let us know what you want from this program. Check back in your newsletters for the next program date!

### \* Newsletter Folding / Heady's Pizza \*

This month, our newsletter folding will be held on a Wednesday as part of a very special event! Heady's Pizza has a program called Heady's Heroes as a way of giving back to non-profit organizations and the volunteers (that's you!) that make us who we are. Each Wednesday at 11:30 AM, WEVV goes out to these non-profits and give a free pizza party to all their volunteers. They film a 5 minute Facebook Live video for the news discussing volunteers and our non-profit. After that, everyone that is present gets free pizza! WE NEED YOUR HELP to showcase what the Tri-State MS Association is all about. We will be holding this event during our newsletter folding on WEDNESDAY, October 17, at 11 AM (note the deviation from our usual folding day/time). Our guests will arrive at 11:30 AM, so we ask everyone to come attend this special newsletter folding! You'll even get free pizza and drinks and might get the chance to appear on the news!! If you plan to attend, we ask that you arrive prior to their arrival at 11:30 so we don't disrupt the video shoot. Come hungry! 😊

## Thank you to all participants of the 2018 “A Girls’ Night Out” event!

Be sure to remember these local businesses when out and about!

<p><b><u>LuLaRoe</u></b> Cori Walton (812) 760-0826 lularoecoriwalton</p>	<p><b><u>United Leasing</u></b> 3700 E Morgan Ave (812) 479-0231 unitedevv.com</p>	<p><b><u>Color Street</u></b> Lauren Piekos (812) 292-3490 laurenpiekos@gmail.com</p>
<p><b><u>The Orr Clinic</u></b> 7525 E Virginia St. Evansville 47715 (812) 428-4139 bodybyorr.com</p>	<p><b><u>Glitters &amp; Traditions</u></b> 5425 Oak Grove Rd Evansville, IN 47715 (812) 473-5755  glitters-and-traditions</p>	<p><b><u>Junior League Evansville</u></b> Lisa Vaughan (812) 434-6710 juniorleagueofevansville.org</p>
<p><b><u>Pet Food Center</u></b> North, West, East (E’ville) and Newburgh (812) 425-9533 mypetfoodcenter.com</p>	<p><b><u>Lollipop Tree Boutique</u></b> 5625 E Virginia St Evansville, IN 47715 (812) 401-8733 la-petite-demoiselle.myshopify.com</p>	<p><b><u>Just Stylin’ Salon</u></b> Karyle Elder 955 S. Hebron Ave, Suite B Evansville, IN 47714 (812) 598-7223 juststylinsalon.com</p>
<p><b><u>Sugar Baker’s</u></b> 1100 Tutor Ln. Evansville, IN 47715 (812) 475-1344 sugarbakers.us</p>	<p><b><u>Paparazzi Jewelry</u></b> Gayla Gilbert (270) 860-7689</p>	<p><b><u>Lasting Order</u></b> Amy Payne (812) 858-2457 lastingorder.net/amy-payne-cpo</p>
<p><b><u>Mainstream Boutique</u></b> 6401 E Lloyd Expwy, Suite 13 Evansville, IN 47715 (812) 402-0311 mainstreamboutique.com</p>	<p><b><u>Mary Kay Cosmetics</u></b> Judy Boehman &amp; Christina Carrie (812) 589-1340 &amp; (812) 899-0553 marykay.com/jboehman marykay.com/christinacarie</p>	<p><b><u>McKown Massage</u></b> Matt McKown 812-208-0244 mattmckown09@yahoo.com</p>
<p><b><u>Woolsley Financial, Inc.</u></b> 2231 W Franklin St, Suite D Evansville, IN 47712 (812) 422-8400</p>	<p><b><u>Matilda Jane Clothing</u></b> Jamie Chapman (812) 430-1015 matildajaneclimbing.com/jamiechapman</p>	<p><b><u>Scentsy</u></b> Terra Casper (812) 461-7257 terracasper.scentsy.us</p>
<p><b><u>Blush Designs</u></b> Brittany Mason (812) 499-9058 britmason20@gmail.com</p>	<p><b><u>Premier Designs Jewelry</u></b> Donna Robinson (812) 430-9930 premierdesigns.com/DonnaRobinson</p>	<p><b><u>Dakri Sinclair</u></b> dakrisinclair.com  dakrisinclairart</p>
<p><b><u>Zipper Chic</u></b> Morgan Fletcher (812) 598-3319  ZipperChic</p>	<p><b><u>Profile by Sanford</u></b> Reenie Brown (812) 618-4360 Reenie.brown@profile.net</p>	<p><b><u>The Rug Gallery of Newburgh</u></b> Mike Kishline 7955 Bell Oaks Dr / Newburgh, IN  RugGallery</p>
<p><b><u>Damsel in Defense</u></b> Wendy Young (410) 917-8799 mydamselpro.net/PRO22085 GotchaCoveredLadies@gmail.com</p>	<p><b><u>Serendipity Designs &amp; Decor</u></b> 1024 Lincoln Ave Evansville, IN 47714 (812) 250-4448 serendipitydesignsanddecor.com</p>	<p><b><u>Young Living Essential Oils</u></b> Erin Rainey (812) 483-5281 erin_rainey12@yahoo.com</p>
<p><b><u>Dapper Dudes Designs</u></b> Joy O’Connor (812) 604-8023 dapperdudesdesigns.com</p>	<p><b><u>Zilis Full Spectrum Hemp Oil</u></b> Mary Ellen Ziliak, RN, MSCS (812) 454-8313 openyourreddoor.com</p>	<p><b><u>Dazzling Designs Wreaths</u></b> Debbie Yeager (812) 499-1914 shoppindebbie@yahoo.com</p>
<p><b><u>Duell’s Kia / Test Drive E’ville</u></b> Jake Hicks 4000 Division Street Auto Plaza Evansville, IN 47715 jake@evansvillekia.com</p>	<p><b><u>Wildflower Boutique</u></b> 2809 Lincoln Avenue #124 Evansville, IN 47714 (812) 428-0848 thewildflowerboutiques.com</p>	<p><b><u>Special Thanks to:</u></b> Sandy Bitter Kristin Dannheiser Tiffany Stepto</p>



A Special Thank You to Mr. & Mrs. Owen, who donated a  
“Bubbly & Blade”  
champagne and wine tasting party!

## **Tri-State MS Association** *Autumn Walks*

**Sunday, October 28, 2018**

**Moreland Park**

**Owensboro, KY**



**Sunday, November 4, 2018**

**Harrison High School**

**Evansville, IN**



### **How can you help?**

- \*Form a Family & Friends Team and start collecting pledges today!
- \*Use the pledge sheet *in this newsletter* as you collect pledges!
- \*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](http://tristatems.org)**

All money raised stays in the tri-state to help individuals coping with multiple sclerosis and their families!