



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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## November 2018 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group will NOT meet in November and December. Join us November 4<sup>th</sup> for the Evansville Autumn Walk & December 8<sup>th</sup> at the Holiday Inn for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast at TSMSA office 812-423-5943 or toll free 866-514-4312.

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

**Tell City, IN** support group will meet Tuesday, November 13<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, November 17<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 NOT meet in November or December. Join us November 4<sup>th</sup> for the Evansville Autumn Walk & December 8<sup>th</sup> at the Holiday Inn for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast at TSMSA office 812-423-5943 or toll free 866-514-4312.

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

**Owensboro, KY** support group will NOT meet November or December. Join us December 8<sup>th</sup> at the Holiday Inn, Evansville for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast at TSMSA office 812-423-5943 or toll free 866-514-4312.

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

### Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, November 3<sup>rd</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



### **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!!**



### **November 15, Thursday, Monthly Newsletter Folding**

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

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



### **November 19, Monday, EMD Serono (Rebif) 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: 1-877-969-1722 or [mslifelines.com/liveevents](http://mslifelines.com/liveevents)

## Upcoming December Events



### **December 8, Saturday, Holiday Breakfast With Santa**

**Time:** 9:30 a.m. – 11:30 a.m.

**Location:** Holiday Inn, Hwy 41N, Evansville, IN

**RSVP:** 812-423-5943 or 1-866-514-4312



### **December 19, Wednesday, Biogen Idec (Tecfidera) Educational Dinner Program**

**Speaker:** Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN

**Time:** 6:00 p.m.

**Location:** Moonlite Bar-B-Q, Owensboro, KY

**RSVP:** You and 1 (one) guest: [Navigating-MS.com](http://Navigating-MS.com) or 1-866-955-9999



A special 'thank you' to Deaconess Hospital for Sponsoring and GattiTown for hosting our Family Fun Day!

We appreciate your support.

316 N. Green River  
Evansville, IN 47715  
812-473-3800



# Thank You

Thank you to *Wayback Burgers* and *Bazinga Charitable Promotions* for Hosting an annual car show fundraiser to benefit TSMSA!

115 Cross Pointe Blvd  
Evansville, IN 47715  
(812) 475-9272

The flu season is upon us! It is not too late to get your flu vaccine. Will you be protected when the flu strikes our area this year? I consulted the CDC website to find out more about the seasonal flu vaccine that is being produced now.

The CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the flu vaccine is designed to protect against the three main flu strains that research indicates will cause the most illness during the flu season. Getting the flu vaccine as soon as it becomes available each year is always a good idea, and the protection you get from vaccination will last throughout the flu season. In addition, you can take everyday preventive steps like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading influenza to others.

### **Some precautions that we all need to take are:**

1. Wash your hands thoroughly (with soap, for 15 seconds or longer under running water) often.
2. Cover your mouth when you sneeze, usually with the inside of your elbow, not your hands. If you use a tissue when you sneeze always throw the tissue away after sneezing or coughing into it and then wash your hands.
3. If you are sick do not go out and spread the flu. Do not go out until you have gone for 24 hours without a fever.
4. Avoid touching your nose and mouth with your hands.
5. Wipe frequently touched surfaces often with disinfectant. (Telephones, computer equipment, etc.)

### **Some symptoms of the flu are:**

1. Sudden onset of high fever and chills
2. Cough
3. Headache and body aches
4. Sore throat
5. Stuffy nose
6. Swine flu may include diarrhea.

The only way to know if you actually have the flu is with a respiratory specimen taken in the first four to five days. The specimen would be sent to a lab by your doctor. The important thing is to call your doctor if you think you have the flu. Prescription anti-viral drugs are available and can lessen the severity of your illness if started immediately. Tamiflu and Relenza are two of the antiviral drugs commonly prescribed for flu. Call your doctor very early after you begin having symptoms to get any benefit from taking these antiviral prescriptions.

The seasonal flu shot is available now in most places. Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools.

Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, and often your school, college health center, or work.

The National MS Society website offers excellent and detailed guidance about vaccinations, including the seasonal flu vaccine. To save you a step, here's an excerpt from the section about the flu shot:

## Special considerations:

- Inactivated vaccines are generally considered safe for people with MS, including those who are taking an interferon medication (Avonex®, Betaseron®, Extavia®, Plegridy®, Rebif®), Aubagio®, Copaxone®, Gilenya®, Glatopa®, Lemtrada®, mitoxantrone, Tecfidera® or Tysabri®.
- Live, attenuated vaccines are generally not recommended for a person with MS because their ability to cause disease has been weakened but not totally inactivated.
- People on therapies that suppress the immune system, such as Cytoxan, Imuran®, mitoxantrone, Rheumatrex® and/or chronic corticosteroid therapy, should consult their neurologist before taking any live-virus vaccine.
- A person should not receive a live-virus vaccine following a course of Lemtrada®.
- All necessary vaccinations should be administered at least 6 weeks before a person starts treatment with Ocrevus™. No live-attenuated or live vaccines should be given during treatment or following treatment until B-cells have returned to normal levels.
- MS experts are not in agreement about the risks for a person with MS whose close family member receives a live-virus vaccine. The family should discuss with the neurologist how best to handle this situation.
- People who are experiencing a serious relapse that affects their ability to carry out activities of daily living should defer vaccination until 4-6 weeks after the onset of the relapse.
- FluMist® is a live-virus flu vaccine (sometimes called LAIV for "live attenuated influenza vaccine") that is delivered via a nasal spray. **This live-virus vaccine is not recommended for people with MS.** Live, attenuated vaccines are those whose biological activity has been reduced so that their ability to cause disease has been weakened but not totally inactivated.
- A high-dose flu vaccine is available for people over age 65. This high-dose vaccine has not been studied in people with MS of any age. At present, the Centers for Disease Control is not recommending the high-dose vaccine over the seasonal flu vaccine for the general population.



### ***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 Tri-State MS Association***

Dr. Rick Yeager  
Nancy Arapios  
Lena Juliana  
Michael Clauson

Denise Love Orrick  
Jeffrey Curtis  
Mike Cherry  
Stacy Little

Pamela Gray  
Bea Meredith  
Open Door UU Church  
Garrett Printing

Linda Schraeder  
Kevin Walsh  
Hannah Nowlin  
King Drug & Home Care

#### ***In Honor of Connie Romain***

Mr. & Mrs. Chester Rycroft

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

Bruce Adler

#### ***In Memory of Cindy Graves***

Monica Mize  
Deborah Parish  
Debbie Hebbeler  
Mr. & Mrs. Mike Hazelman  
Karleen Nichols  
Tracy Soliday  
James Beavers Family



### ***In Honor of.....***

Black Friday. Cyber Monday.

# #GIVINGTUESDAY™

**November 27, 2018**

#GivingTuesday is a global day of giving celebrated on the Tuesday following Thanksgiving and the widely recognized shopping days: Black Friday and Cyber Monday. #GivingTuesday kicks off the charitable season, when many families and individuals focus on their end of the year giving.

#GivingTuesday provides a platform for people around the world to donate their time, resources, and talents to address challenges locally. It encourages and amplifies *small acts of kindness*.

We encourage you to join the movement with the Tri-State Multiple Sclerosis Association (TSMMSA) as your primary focus. Do you need help getting started with ideas? The following are a few suggestions:

- Donate to the Tri-State Multiple Sclerosis Association ‘in honor of’ or ‘in memory of’ a family member or friend.
- Organize a fundraiser, with the proceeds benefitting TSMMSA. Take pictures of your fundraiser and share them on Facebook. Be sure to tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- Upload your MS story (video or written story) on Facebook to share with others. This will help many people to understand the challenges associated with MS, and it will encourage many people living with MS to persevere. Again, tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- Share your story as a *caregiver* (video or written story) on Facebook to help others understand the joys and the struggles of caring for your loved ones. Another reminder: tag ‘Tri-State Multiple Sclerosis Association’ and use the hashtag #GivingTuesday.
- If you are not on social media, write or type your MS stories or ideas. Mail or deliver your stories, pictures, and ideas to TSMMSA at 971-C S. Kenmore Dr, Evansville, IN 47714. Or you may email your stories, pictures, and ideas to: [tristatemsfundraising@gmail.com](mailto:tristatemsfundraising@gmail.com)

Thank you for your continued support! We look forward to hearing from you!



## Happy Birthday To You!

Martha Garrett	Brenda Bye	Melissa Combs
Robin Mathias	Shiela Martin	Joyce Rice
Diana Sanner	Paula Sexton	Amanda Howell
	John Woodson	

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.

## Rehab for Life Wellness Program

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!

You Could **WIN** a \$500 Gift Card to Wayne's Appliance & Mattress!

# **WAYNE'S**

## **APPLIANCE • MATTRESS**

Visit Wayne's Appliance and Mattress at 5719 E. Morgan Avenue, Evansville, IN or get tickets at an Autumn Walk or the TSMSA office. A \$5.00 donation = 1 chance, a \$10.00 donation = 3 chances, and a \$20.00 donation = 9 chances! All proceeds will benefit the Tri-State MS Association. The drawing will take place at the **Evansville Autumn Walk** (November 4, 2018)!

The Tri-State MS Association

## *Autumn Walks*

**Sunday, October 28, 2018**  
**Moreland Park**  
**Owensboro, KY**



**Sunday, November 4, 2018**  
**Harrison High School**  
**Evansville, IN**

**Registration 12:30 pm • Walk: 1:30 pm**

### *WE NEED YOUR SUPPORT & PARTICIPATION!!!*

- ❖ Form a Family & Friends Team and start collecting donations today!
- ❖ Ask your employer, your spouse's employer, or any businesses you have connections with to sponsor a Walk Team!
- ❖ Email all of your friends & family asking for their participation & donations!
- ❖ Put together a gift basket to be auctioned off at the Walks!



***WE'RE COUNTING ON YOU!***



Funds raised from the Autumn Walks are used to continue to provide services free of charge for you and your families!

- ❖ MS Certified Nurse
- ❖ Monthly Support Groups
- ❖ Monthly Newsletter
- ❖ Website
- ❖ MS Resources
- ❖ Adult ME Weekend
- ❖ Family Day
- ❖ Financial Assistance
- ❖ And MORE!





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Be aware of the time  
change on the date of our  
Evansville walk!



Get involved by:

- Forming a team
- Sponsor a walk
- Volunteering

Call 812-423-5943  
for more info!