





971-C S. Kenmore Drive
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December 2018 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group **will NOT** meet in December. Join us December 8th at Holiday Inn, Hwy 41N in Evansville for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast. TSMSA office: 812-423-5943 or 1-866-514-4312.

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

Tell City, IN support group will meet Tuesday, December 11th, at 11:00 a.m. at Twilight Towers, 1648 10th Street, in the cafeteria. Join us for a Christmas Party. Please bring a dessert to share.

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

Washington, IN support group will meet Saturday, December 15th, at 10:00 a.m. at Daviess Community Hospital.

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 December. Join us December 8th at Holiday Inn, Hwy 41N in Evansville for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast. TSMSA office: 812-423-5943 or 1-866-514-4312.

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

Owensboro, KY support group **will NOT** meet December. Join us December 8th at Holiday Inn, Hwy 41N in Evansville for the TSMSA Holiday Breakfast, 9:30 a.m. to 11:30 a.m. Please RSVP for breakfast. TSMSA office: 812-423-5943 or 1-866-514-4312.

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

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, December 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



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 or 1-866-955-9999



December 20, Thursday, Monthly Newsletter Folding & Christmas Party

Time: 11:30 a.m. Bring your favorite “Holiday Dish” to share!!

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

There’s Still Time to Earn Autumn Walk Prizes!

Did you know: You can still earn prizes, even if you were not able to attend the TSMSA Autumn Walks. Send your Autumn Walk donations to the TSMSA Office, or drop your donations off.

\$50 donation Autumn Walk T-Shirt will be awarded

\$100 or more Autumn Walk T-Shirt and a local gift certificate will be awarded

This holiday, make a difference while you shop

Shop for holiday gifts and supplies at smile.amazon.com and Amazon donates

You shop. Amazon donates. amazon.com



This holiday season, remember to shop at smile.amazon.com! It’s exactly the same website as amazon.com and offers the same products and prices, but AmazonSmile donates to your favorite non-profit! Go to your settings and select “Tri-State MS Association” as your non-profit of choice and Amazon will donate 0.5% of your purchase to our organization!

THE
DIAMOND
GALLERIA



GIVE BACK AND SAVE

Before Christmas shopping, pick up a FREE “5+5=LOVE” card from the TSMSA office. Present your card on each visit to The Diamond Galleria. You’ll receive a 5% discount and TSMSA will receive a donation of 5% of your total purchase. It’s easy!

Happy Birthday To You!

Crystal Janis	Mitchell Coomes	Nancy Pribble
Samantha Marx	Sandy Russell	Mary Popetz
Diane Seaton	Chad Kirk	Kathy Rowans
Susie VanHoose	Phyllis Siddons	Camilla VanTrease



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.

Thank You

Autumn Walk We appreciate all of you!



Evansville Spirit Award Winners:

Largest Family & Friends Team: **Amy's Army**
Most Creative T-Shirt: **No One Fights Alone**
Largest Company Team: **UE Women's Basketball**
Team with Most Spirit: **MS CureSteppers**



Owensboro Spirit Award Winners:

Largest Family & Friends Team: **Titus Family**
Most Creative T-Shirt: **Fighting Back with Faith**
Largest Company Team: **Moonlite Bar-B-Q**
Team with Most Spirit: **Mulligan Family**

Thank You to our Autumn Walk Sponsors!

104.1 WIKY	German American	Owensboro Health	Shoe Carnival
Allstate Ins., Paula Hayden	Gribbins Insulation Co., Inc.	Pepsi Beverages Company	Signs by deSign
Biogen Idec.	Hot 96	Pet Food Center	Swat Pest Management
City of Owensboro	House of White Bridal	Prairie Farms Dairy	The Diamond Galleria
Comaier Wheel Chair Transp.	IBEW – Local 16	Professional Transp., Inc.	United Companies
CRS OneSource	Local WEHT-TV/WTVW-TV	Rally's Hamburgers	Walmart Owensboro
Deaconess Hospital	Lucas Oil Center	Red Spot Paint and Varnish	Walmart West E'ville
Domino's Pizza	Medtronic	Rehab For Life	Wayne's Appliance
Fehrenbacher Cabinets	Mountain Valley Water	Romain Cross Pointe	Westside Nut Club
Frito Lay, Inc.	Novartis	Sanofi Genzyme	...and YOU!
Genentech	Old National Bank	Schultheis Insurance	

Thank You to our Autumn Walk Silent Auction Donors!

Blake Musich	Jody Donosky	Rare Birds Uncommon Gifts
Brenda Floyd	Joyce Rice	Rebecca's Gift Gallery
Carla Shuler	Kari's Closet Boutique	Rolling Hills Country Club
Caroline Elpers	Knob Hill Tavern	Sarah Loehr
Comedy Sportz Indianapolis	Lauers Floral	Samantha Greenwell
Connie Shumaker	Lauren Clowers	Sandy and Dennis Russell
Crystal Curtis	Laurie Shipman	Scott Alford
Cut Loose Salon	Lee Lechner	Sharon Omer
Dale Shuler	Nancy Carlson	Steve & Brenda Osborne
Davis Family	Nick T. Arnold Jewelers	Tammy Saalman
Diana Sanner	Meijer	Team Susan
Escalade Sports	Old Hickory Bar-B-Q	Terri Hasty
Evansville YMCA	Owensboro YMCA	The Log Inn
GattiTown Evansville	Owensboro Starbucks	Theresa Davis
Golf Plus	Owensboro Hampton Inn	Tina Nicks
Hacienda	Penny John's	Wilsbacher Family
Hirsch Family	Pet Food Center	

SPECIAL THANKS

\$500.00 Gift Card giveaway by **Wayne's Appliance & Mattress** (Dave & Sandy Quick).
The winner was: **Samantha Greenwell**.

Special thanks to our DJ - **Monte Skelton, Alli Wilsbacher** - who beautifully sang our National Anthem, and **Deputy Brad Fein** for volunteering his time to oversee the event.

Special thanks to our volunteer groups: **the Hirsch Family, Kentucky Wesleyan College, Owensboro Catholic High School, USI OT Program Students** and individual volunteers!

... Choose Not to Lose this Holiday Season

It's the most wonderful time of the year! Unfortunately, we have some Grinches who use this opportunity to take advantage of busy homeowners and shoppers. Please use these tips to beat the Grinches:

Tips for Your Home

- Many Grinches will go door to door until they find an unlocked door. Also, keep in mind that many burglaries happen in the rear of the house, so lock both the front and back doors.
- If you're going to be gone for several days, cancel your mail, and postpone the delivery of newspapers or packages. Have timers on your lights and ask a friend or neighbor you trust to watch your house.
- After opening gifts, break the boxes down before disposal and place them in a bag or container so you don't advertise what you have. When Grinches go shopping, they also like to see what is available. A cardboard box decorated with a 60" TV screams "come get me!"
- Watch for suspicious behavior at your neighbors' homes, and write down license plate numbers and descriptions of people you don't know in the area.

Tips for Your Vehicle

- Park in well-lit areas, and pay attention to your surroundings. If something or someone appears suspicious or out of place, trust your gut.
- Don't forget to lock your vehicle. An unlocked vehicle is exactly what a Grinch is looking for, especially during the holiday season.
- Hide your packages and valuables out of public view, such as in a trunk. Don't leave them laying in the seat for everyone to see. Most Grinches prey on opportunity, so don't make it easy for them.
- If you don't have a trunk, at least try to cover up or hide items.
- Watch for Grinches who may be looking in windows of other vehicles.
- Take out removable radios and face plates.



If you have information on a Grinch, please call 1-800-78-CRIME

Source: Evansville Police Department

It's that time of year again! It's time for the all of the holiday hustle and bustle that makes even healthy people have a hard time coping. As a person with MS, I usually dread the fatigue I know I will always feel when the holidays are over. I have had MS for 28 years. I do better with the holidays now that I am older and better at saying "no". My children are older and all but one has moved out of our house. I always look forward to getting together with family and friends this time of year, but some people with MS can become overwhelmed with all of the holiday expectations.

Relax your expectations. One of the best things you can do for yourself this time of year is relaxing your expectations. If your MS is acting up, make sure to take care of yourself first. Just say "no" to over scheduling at Christmas time. Be easy on yourself, and don't worry about having a perfect house. No one will remember that there was dust on the tables after a family get together. Better yet, have the get together at someone else's house! I talked to some MS "old timers" who have no problem with the holidays because they have made it known to their families what they can and cannot do.

Keep it simple. Start your holidays with a "to do" list. If possible, delegate as much of the running as you can. Shop online. Don't wrap presents, put them in gift bags. Keep gift giving simple by buying gift cards.

Ask for help. Acknowledge your MS and ask for help. People may not be aware of your symptoms, or they may be too distracted to notice, especially since people with MS have invisible symptoms.

Plan for travel carefully. Plan travel arrangements carefully, because travel is highly disruptive, affecting everything from eating and care habits to sleep and medication schedules. MS patients should keep in mind that ground or air travel may require special arrangements, like easy bathroom access. You should carry a doctor's letter confirming the need to use injection medications. Those traveling by plane may be expected to show such letters to Transportation Security Administration (TSA) agents.

Be careful with food and alcohol. Eating rich holiday foods may cause digestive problems. For patients with MS, eating different foods around the holidays can affect the digestive system and result in constipation or gastrointestinal problems. Drinking too much alcohol may not be a good idea as alcohol may increase the side effects of medications, such as drowsiness and memory issues. Your best bet is to avoid foods that cause problems, and keep your alcohol consumption to a minimum.

Manage your logistics. Manage logistics amid the holiday bustle. That adorable dog running around everyone's feet in excitement may trip an unsteady person. If you like to cook, but are unsteady by the stove, struggle with chopping, or have numbness in your hands that makes handling hot dishes dangerous, volunteer to read the recipe out loud to your helpers instead of cooking. Family members should consider that a new environment, like a relative's house, can be challenging. Remove rugs or clutter for anyone with gait problems.

Manage heat sensitivity. Heat sensitivity is an ongoing problem for MS patients. Family and friends should be told that the house should not be too warm. And the patient should remember to use a cooling vest. Baking or cooking over a hot stove will worsen MS symptoms for an MS patient.

Set realistic goals. The holidays can trigger a range of feelings, and having MS can make a person more likely to experience depression. Therefore, remember to set realistic goals for yourself. Do not take on more responsibilities than you can handle. Don't put all of your energy into one day; try to pace yourself over the holidays. If you are lonely, volunteering some time to help others puts things into perspective. Spend your time with supportive and caring people. Live and enjoy the present.

Take your meds. Above all, please remember to continue taking your disease modifying therapy during the holidays. Many MS patients skip a day or two during the holidays because they are too tired to take a shot or take a pill. It is very important to keep up the regime that you always do during the rest of the year. Don't skip doses!

Maintain your spiritual health. Do whatever it is you do to keep yourself connected spiritually during the holidays. Remember the reason for the season! Be grateful for what you have. Research shows that people who practice gratitude have more energy and optimism. They are less bothered by everyday hassles, are more resilient in the face of stress, have better health and suffer less depression than the rest of us. The holidays are a great time to aspire to that state of mind.



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	Denise Love Orrick	Pamela Gray	Network for Good
Nancy Arapios	Jeffrey Curtis	Kenneth Ashleman	Kevin Walsh
Regina Dillsworth	Mike Cherry	Open Door UU Church	Hannah Nowlin
Michael Clauson	Stacy Little	Raleigh Rasmussen	United Way of Gibson County

In Memory of Chris Singleton

Mr. & Mrs. Dan Miller

In Memory of Joni Gentry

Bruce Adler

In Memory of Cindy Graves

Jill Snyder
Karen Brown
Mr. & Mrs. Terry Schroeder
Washington, IN Support Group



Medicare Annual Enrollment Deadline

Friday, December 7th is the deadline to make changes to your Medicare plan.

For Medicare information, or to compare plans,
go to medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

*DON'T MISS
THE DEADLINE!*



Prescription Assistance Program Changes?



Each year, Prescription Assistance Programs modify their programs based on funds available, government regulations, and other factors. If you are currently in a Prescription Assistance Program, consider calling the company to see if your assistance will be changed in 2019.

Questions you can ask include:

- Do I need to take steps to renew my coverage in the Prescription Assistance Program for 2019?
- Will my prescription(s) continue to be covered?
- Will there be changes to the cost sharing for my prescription(s)?

The customer service representatives for your Prescription Assistance Programs should be able to answer your questions related to your assistance.



The Joy of Giving

“We make a living by what we get, but we make a life by what we give.” Winston Churchill

It's that busy time of year, where we are being pulled in many directions! Decorating for the holidays, planning a get-together, and shopping for the perfect gifts! Please consider one more thing. Include the Tri-State MS Association on your gift list.

Your gift will directly support the many services we provide:
support groups, an MS certified nurse, social events, resources, financial assistance,
medical assistance, and more.

Donations can be made directly online at www.tristatems.org or by mailing to:

TSMSA
971 C S. Kenmore Drive
Evansville, IN 47714

Don't forget to check with your employer, to see if they match their employees' charitable giving.