





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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March 2019 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will NOT meet in March.

Join us at our events in March.

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

Tell City, IN support group will meet Tuesday, March 12th, 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, March 16th, 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 until further notice.

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

Owensboro, KY support group will meet Saturday, March 9th, at 11:00 a.m. at HealthPark - Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and refreshments.

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

Illinois Support Group Meeting Dates







Fairfield, IL support group will meet Saturday, March 2nd, 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

 Questions & Answers	<p><u>March 7, Thursday, Lunch & Learn (CBD Oil, Medications & Supplements Q&A)</u> Speaker: Mark Haywood, Pharmacist, Optimum Wellness Pharmacy, Newburgh, IN Time: 11:30 a.m. to 1:30 p.m. Location: TSMSA Office, 971-C S. Kenmore Dr, Evansville, IN RSVP: TSMSA: 812-423-5943 or 1-866-514-4312</p>
	<p><u>March 13, Wednesday, Craft Day (Easter Project)</u> Time: 2:00 p.m. to 6:00 p.m. Location: TSMSA Office, 971-C S. Kenmore Dr, Evansville, IN</p> <p style="text-align: right;">FREE Please RSVP: 812-423-5943 or 1-866-514-4312</p>
	<p><u>March 21, Thursday, Monthly Newsletter Folding / Volunteer Appreciation Lunch</u> Time: 11:30 a.m. Location: TSMSA Office – Come help, while you make new friends!</p> <p style="text-align: center;"> We're celebrating our Volunteers this day. Join us! </p>
	<p><u>March 25, Monday, Lunch & Learn (Managing MS Symptoms Q&A)</u> Speaker: Susan Reynolds, MS Certified Nurse, Tri-State MS Association Time: 11:00 a.m. to 2:00 p.m. Location: TSMSA Office, 971-C S. Kenmore Dr, Evansville, IN RSVP: TSMSA: 812-423-5943 or 1-866-514-4312</p>

Happy Birthday To You!



Joetta Straughn	Michael Crane	James Williams
Debra Halfacre	Stacy Chambers	Joe Bingemer
Kat Roesler	Jill Partain	John Stanley
Jill Humphry	Jamie Zeller	

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	Open Door UU Church	Marjorie Engbers
Deb Wolfe	Prairie Farms	Network For Good
Julie Fein	EVSC Jean Day	United Way Gibson County

In Memory of Joni Gentry

Bruce Adler

In Memory of Mickey Coomes

Irma Raycraft

Edna Fischer

Mr. & Mrs. James Claybourn

Mr. & Mrs. Terence Kensell

In Memory of Cindy Graves

Mr. & Mrs. Ted Soliday

Mr. & Mrs. Scott Martin

MS Awareness Month is a chance to bring multiple sclerosis into awareness of people in our area. The **Tri-State MS Association** provides information, education, and support for individuals who are living with multiple sclerosis and their family members. This March, we've devoted the month to helping foster greater understanding of MS in our community.

MS is often an "invisible" disease. Many common symptoms can be life-altering to those living with them, but not always apparent to the outside world. MS is a disease of the central nervous system that disrupts communication between the brain and other parts of the body. The severity of the disease and its symptoms vary from person to person. The cause of MS is unknown and, although treatments can slow disease progression, at this time there is no known cure.

What Is MS?

MS is a chronic disease of the brain, spinal cord and optic nerves. Three factors appear to have an influence on developing MS: genetic predisposition, environmental factors such as geographical location, and a trigger, such as a virus.

The nerve fibers in the central nervous system are protected and made more effective by a fatty substance, myelin, which helps the nerve fibers conduct electrical impulses to and from the brain with lightning speed. MS produces injury in the central nervous system when the immune system mistakenly attacks myelin. Areas of myelin damage are known as plaques, or lesions, and these eventually fill in with scar tissue. The name multiple sclerosis means "many scars." MS can also cause destruction of the entire nerve. The damage from lesions disrupts the transmission of nerve impulses from the central nervous system to the rest of the body causing a variety of symptoms.

MS Symptoms

Some symptoms of MS are vision changes, heat sensitivity, muscle weakness, problems with balance, fatigue, muscle spasms, muscle weakness, numbness and tingling, pain, emotional and cognitive difficulties, anxiety, bladder and bowel issues, and depression.

Many MS patients experience "quiet" periods when the disease is relatively dormant, but they may still be coping with one or a number of symptoms that aren't apparent to the outside world. These patients can also have periods where the disease is quite active, known as exacerbations. During exacerbations, symptoms can be more pronounced, but usually subside and sometimes go away entirely soon after an exacerbation. Other patients may not experience dormant periods, and instead live with constant symptoms or a progressive worsening of the disease. MS can sometimes lead to disability, depending on a multitude of factors.

Who Gets MS?

Most people living with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS is the leading cause of disability in young women and the second leading cause of disability in young men. There are an estimated 8,000 to 10,000 children under the age of 18 who also live with MS. Studies indicate that genetic factors could make some individuals more susceptible to the disease, but there is no evidence that MS is directly inherited. It occurs more commonly among Caucasians, especially those of northern European ancestry, but people of African, Asian, and Hispanic backgrounds are not immune. The worldwide prevalence is around 2.7 million, and more than 400,000 Americans have been diagnosed with the disease.

How Is MS Treated?

Medications to treat MS have been available since 1993. Today there are 16 agents approved by the FDA for the treatment of MS, but these drugs are only partially effective. Research efforts to improve MS treatment are ongoing. An encouraging new frontier of MS research is exploring potential strategies for neuroprotection and neurorepair.

Here are some ways to stay up to date with the latest MS News:

- Accelerated Cure Project for MS
- Can Do Multiple Sclerosis
- Erase MS
- Multiple Sclerosis Association of America
- Multiple Sclerosis Foundation
- Rocky Mountain MS Center in Colorado
- Tri-State MS Association
- United Spinal Association

Types of MS

- **Clinically Isolated Syndrome (CIS):** a first episode of neurologic symptoms caused by inflammation and demyelination in the central nervous system that may or may not go on to become MS.
- **Relapsing-Remitting MS (RRMS):** characterized by clearly defined flare-ups (relapses) or episodes of acute worsening of neurologic function followed by remissions (with partial or complete recovery) during which no disease progression occurs. Frequency: Approximately 85% of people are diagnosed with RRMS.
- **Primary-Progressive MS (PPMS):** characterized by nearly continuous worsening from the onset of symptoms, with or without occasional relapses. The rate of progression varies over time, with occasional plateaus. Frequency: Approx. 15% of people are diagnosed with PPMS.
- **Secondary-Progressive MS (SPMS):** follows after an initial RRMS course. Following an initial period of time with RRMS, the disease becomes more steadily progressive, with or without occasional relapses. Frequency: If untreated, 50% of people with relapsing-remitting MS develop this form of the disease within about 10 years of initial diagnosis.

Getting Involved

We are committed to educating about MS so that more people understand what it's like to live with this disease. **Tri-State Multiple Sclerosis Association** provides information, education, and support for individuals who are living with multiple sclerosis and their family members. Stay updated with all of our programs and events by subscribing to our free monthly newsletter. Sign up for the newsletter at our office by calling 812-423-5943 or 1-866-514-4312, or sign up when you attend one of our educational programs. We also have a website (www.tristatems.org) and a Facebook page (Tri-State Multiple Sclerosis Association). Our office is open from 8:30 a.m. to 4:30 p.m., Monday through Friday.

We have many fundraisers throughout the year, most notably our Autumn Walk, which will take place November 3rd. Other Fundraisers include: Evening of Excellence Gala / Dinner; Holy Hoops for MS, May 1 through May 20 (for more information: www.holyhoops.com); the Ted Donosky MS Golf Scramble on Monday, June 3rd; and Girls' Night Out on Thursday, September 12th. Volunteers give their time and talent to help assure our mission is fulfilled.

Donations to the **Tri-State MS Association** are used to assist people who live with MS right here, in the Tri-State area.

Massage Therapy and MS

With MS, muscle problems can lead to difficulty maintaining balance, walking, or performing daily tasks. Therapeutic massage can be quite relaxing. Additional benefits may include reduced spasticity, and increased flexibility in the joints and muscles. Reduced spasticity can allow for pain relief.

Massage Therapists evaluate the patient to find problem areas, then they plan which technique(s) to use. A variety of techniques are available; for example: pressure; kneading; long, gliding strokes (effleurage); compression; and deep, circular movements.

Please note: Massage therapy is not recommended for MS patients who are experiencing a flare-up (exacerbation). Also, it is not recommended for patients who have neuropathy.

In support of MS Awareness Month, our neighbor (located next door), *Evansville Massage Specialists*, is offering \$10 off any massage service during March for individuals with MS and their caregivers. Just bring in the \$10 coupon on the back of this newsletter.

Evansville
MASSAGE
Specialists

evansvillemassagespecialist.com

971-A S Kenmore Dr
Evansville, IN 47714

812-401-3767

Mon	9 am to 6 pm
Tue	1 pm to 6 pm
Wed	9 am to 6 pm
Thur	9 am to 6 pm
Fri	9 am to 6 pm
Sat	9 am to 4 pm
Sun	Closed

March is Multiple Sclerosis Awareness and Disability Awareness Month.

As a person diagnosed with MS, you have the power to choose what direction your life will go with this diagnosis. YOU have choices!

Make MS an illness that you have, NOT an illness that has you!

Be Aware of all the people who care about you and love you!

Be Aware of all that is positive in your life, and choose not to focus on negative things!

Be Aware of all the therapies that can help you control your MS symptoms!

Be Aware of the many MS resources available to you and your family!

Be Aware of the many free educational programs available to you and your family!

Be Aware of the many services that TSMSA offers to you and your family!

Be Aware of the many opportunities to meet new friends, those also living with MS!

Be Aware of the many benefits of exercise and eating healthy!

Be Aware of the challenges, and celebrate all your accomplishments!

Be Aware of all the joys along your journey!

~~DISABILITY~~

“Determination has no disability.” ~Robert M. Hensel

Alone
we can do so little *Together*
we can do so much

Helen Keller

Disability Etiquette

March is Multiple Sclerosis Awareness Month. It's also Disabilities Awareness Month in Indiana. This year's Disabilities Awareness theme, "Be cool. We are." reminds us to treat others the way you want to be treated. The theme emphasizes the importance of being comfortable in your own skin and making the conscious decision to be yourself, because acting different around someone with a disability isn't cool.

When speaking to a person with a disability, relax and extend the same courtesies that you would to anyone. For example, a wheelchair is an extension of a person's personal space. So don't lean on their wheelchair, just as you typically wouldn't lean on a person who is standing.

Other common courtesies will enhance the dignity of people with MS and other disabilities. If you are having a lengthy conversation with a person in a wheelchair, position yourself at eye level to the wheelchair user. This will prevent neck pain for both of you. When talking to a person who has speech difficulties, be patient and give them your full attention. Also, before you attempt to help a person with a disability, ask if he or she wants help.

The following are a few phrases to avoid when speaking to a person with MS:

- You don't look sick.
- You're still young enough to get better.
- I have a friend with MS, and she never misses work.
- This (vitamin, supplement, diet, etc.) will leave you symptom free.
- My friend with MS seems just fine, why aren't you?
- If you are in remission, why are you on meds?
- You seemed fine the other day.
- Trust me...I know exactly how you feel!

Being aware of these common courtesies to people with MS and other disabilities will help you understand where those living with this disease are coming from.



REHAB FOR LIFE & TRI-STATE MS ASSOCIATION

March Strengthening & Balance Workshops

Rehab for Life and TSMSA will be continuing their Strengthening and Balance workshops in March! This class is \$5 per person, per class to be paid that evening and ANYONE is welcome. Classes will be held at Rehab for Life's **NEW LOCATION** (6215 East Florida St, Evansville). This is a great opportunity for individuals with MS, family, friends, or ANYONE!

- **Tuesday, 3/5: 12-1 PM**
- **Tuesday, 3/12: 12-1 PM**
- **Tuesday, 3/19: 12-1 PM**
- **Tuesday, 3/26: 12-1 PM**






RSVP to Tri-State MS: (812) 423-5943



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March is MS Awareness month. Take time to become a little more educated about multiple sclerosis. This month's newsletter contains information about 'Massage Therapy and MS'. In support of MS Awareness month, our next door neighbor, Evansville Massage Specialists is offering \$10 off any massage service during March for individuals with MS and their caregivers. Bring in the coupon below.

<p>\$10 OFF any Massage Service during March for individuals with MS and their Caregivers</p>  <p>* Just bring in this coupon *</p>	<p>March is Multiple Sclerosis Awareness Month</p> 	 <p>evansvillemassagespecialist.com 971-A S Kenmore Dr. Evansville, IN 47714 812-401-3767</p> <table border="0"> <tr><td>Mon</td><td>9 am to 6 pm</td></tr> <tr><td>Tue</td><td>1 pm to 6 pm</td></tr> <tr><td>Wed</td><td>9 am to 6 pm</td></tr> <tr><td>Thur</td><td>9 am to 6 pm</td></tr> <tr><td>Fri</td><td>9 am to 6 pm</td></tr> <tr><td>Sat</td><td>9 am to 4 pm</td></tr> <tr><td>Sun</td><td>Closed</td></tr> </table>	Mon	9 am to 6 pm	Tue	1 pm to 6 pm	Wed	9 am to 6 pm	Thur	9 am to 6 pm	Fri	9 am to 6 pm	Sat	9 am to 4 pm	Sun	Closed
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