





971-C S. Kenmore Drive  
Evansville, IN 47714  
Phone: 812-423-5943 Toll-Free: 1-866-514-4312  
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## July 2019 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group **will NOT** meet in July or August! See you in September!  
971-C S. Kenmore Drive. Join us for an open discussion.

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

**Tell City, IN** support group **will NOT** meet in July or August! See you in September!

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

**Washington, IN** support group will meet Saturday, July 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 NOT** meet until further notice.

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

**Owensboro, KY** support group **will NOT** meet in July or August! See you in September!

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

### Illinois Support Group Meeting Dates







**Fairfield, IL** support group will meet Saturday, July 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

	<p><b><u>July 10, Wednesday, Genentech (Ocrevus) Educational Lunch Program</u></b>  <b>Speaker:</b> Michael Sweeney, Neurologist, Norton MS Center &amp; Univ. of Louisville  <b>Time:</b> 11:30 a.m.  <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY  <b>RSVP:</b> You and 1 (one) guest: <a href="http://Ocrevus.com/events">Ocrevus.com/events</a> or 1-844-627-3887</p>
	<p><b><u>July 10, Wednesday, Genentech (Ocrevus) Educational Dinner Program</u></b>  <b>Speaker:</b> Michael Sweeney, Neurologist, Norton MS Center &amp; Univ. of Louisville  <b>Time:</b> 6:00 p.m.  <b>Location:</b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b>RSVP:</b> You and 1 (one) guest: <a href="http://Ocrevus.com/events">Ocrevus.com/events</a> or 1-844-627-3887</p>
	<p><b><u>July 18, Thursday, Monthly Newsletter Folding</u></b>  <b>Time:</b> 11:30 a.m.  <b>Location:</b> TSMSA Office – Come help, while you make new friends!</p>
	<p><b><u>July 23, Tuesday, Genzyme (Lemtrada) Educational Lunch Program</u></b>  <b>Speaker:</b> Dr. Lee Stien, Neurologist, Baptist Memorial Hospital, Cordova, Tennessee  <b>Time:</b> 12:00 p.m. (noon)  <b>Location:</b> Moonlite Bar-B-Q, Owensboro, KY  <b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>July 23, Tuesday, Genzyme (Lemtrada) Educational Dinner Program</u></b>  <b>Speaker:</b> Dr. Lee Stien, Neurologist, Baptist Memorial Hospital, Cordova, Tennessee  <b>Time:</b> 6:00 p.m.  <b>Location:</b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b>RSVP:</b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>July 29, Monday, EMD Serono (Mavenclad) Educational Dinner Program</u></b>  <b>Speaker:</b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b>Time:</b> 6:00 p.m.  <b>Location:</b> Haub Steak House, 101 E. Haub Street, Haubstadt, IN 47639  <b>RSVP:</b> You and 1 (one) guest: 1-877-969-1722 or <a href="http://mslifelines.com/liveevents">mslifelines.com/liveevents</a></p>

## Upcoming August Events

	<p><b><u>August 2 thru 4, Friday thru Sunday, 'Strike Out MS' Fundraiser</u></b>  NGS fields, Newburgh, IN ✓ 8u to 16u divisions ✓ All-star teams are welcome  ✓ 4-game guarantee with a champion for each division ✓ Play at your 2019 or 2020 age  ✓ Fast Pitch Softball ✓ All proceeds benefit TSMSA</p> <p style="text-align: center;"><i>*For details, see back page of this newsletter.*</i></p>
	<p><b><u>August 13, Tuesday, Biogen Idec (Tysabri) Educational Dinner Program</u></b>  <b>Speaker:</b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b>Time:</b> 6:00 p.m.  <b>Location:</b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b>RSVP:</b> You and 1 (one) guest: <a href="http://tysabrievents.com">tysabrievents.com</a> or 1-866-955-9999</p>

## **Congratulations to the 2019 Spirit Award Recipients**

**Mrs. Mindy McDurmon** was recognized for her continued support and dedication to the Tri-State Multiple Sclerosis Association and other individuals coping with the disease.

**Mr. Joe Vezzoso** was recognized for his outstanding leadership in the community.

## **Thank you to all our Evening of Excellence Sponsors**

<i>Diamond:</i>	Biogen Idec Mr. & Mrs. Joe Vezzoso	Direction by Newman Tropicana Evansville	Edward W. Love Foundation WEHT 25 Local and Local 7 WTVW
<i>Gold:</i>	Old National Bank Sease, Gerig & Associates	Midwestern Pet Foods United Companies	Pet Food Center
<i>Silver:</i>	Deaconess Hospital Hertzman Radcliff Rally's Mr. & Mrs. Scott McDurmon	Dr. Mark & Siobhan Standring Mr. & Mrs. Bruce Houp Rehab for Life	German American Mr. Jeff Simpson The Diamond Galleria

Alan Clark / CRS OneSource	Escalade Sports	Rare Birds Uncommon Gifts
Atomic Provisions	Evansville Massage Specialists	Reitz Home Museum
Azzip Pizza	Evansville Otters	River Kitty Cat Café
Backstage Bar & Grill	F.C. Tucker Commercial	Rolling Hills Country Club
Bandana's BBQ	Family Dentistry	Schön Boutique
Beech Bend Park	Fifth Third Bank	Stacy Davis
Bella Vi Spa	French Lich Resorts	Stephen Libs
Biaggi's Ristorante Italiano	Glo Tanning & Wellness	Sugar Bakers Home Fashions
Big 4 Cycle & Marine	Grand Hair Station: Erin Graber	Swonder Ice Arena
Big Splash Adventure Park	Holiday Inn Evansville Airport	The Rug Gallery of Newburgh
Blue Frog Tees	Holiday World	Thyme in the Kitchen
Bob's Gym	House of Bluez	Tim Hoehn
Bonefish Grill	Lake Rudolph	Tools 4 Teaching
Brinker's Jewelers	Lefler Collision & Glass	Townsquare Media
Browtiques	Mrs. Maurita Braun	Tropicana Evansville
Club Pilates	Mesker Park Zoo & Botanic Garden	TSMSA Board Members
CMOE	Mindy McDurmon	Tucker Publishing
Courier & Press	Missy: Cabi Representative	Turoni's
Creation Museum	Mr. & Mrs. Bill Bussing	Walther's
Creation Museum	Mr. & Mrs. Robert Griffin	Wayback Burgers
Dapper Dudes	No Fry Zone	Wesselman Woods
Dean Bosler's Furniture	Orangetheory Fitness	West Baden Springs
Déjà Vu Skin & Vein	Pangea	Wildflower Boutique
Dillard's	Parlor Doughnuts	Working Distributors
Diverse Salon	Peephole Grill	Y Factor
Donut Bank	Pet Food Center	YMCA
Dukane Skin Care	Planet Fitness	

### **Special Thanks To:**

Andrea Killion  
Angie Wargel  
Direction by Newman  
Gina Moore  
Monte Skelton  
Rebecca Daniels  
Ron Rhodes  
Schutte Printing

### **Special Thanks to Our Dinner Committee:**

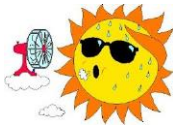
Angie Martin  
Kristin Dannheiser  
Sandy Bitter  
Siobhan Standring  
Tiffany Stepto  
**Thanks for the Dinner Desserts:**  
Berkley Ripper  
Lauren Martin

### **Volunteers**

Kelsey Greenwell  
Lauren Clowers  
Lauri Shipman  
Linda Anslinger  
Samantha Greenwell

### **Thanks to Our Auctioneers:**

Hobart Scales  
Steve Hammer



## Cooling Products

To learn how to make your own cooling vest, visit: [www.p2designs.com/pdfs/SoldiersVest.pdf](http://www.p2designs.com/pdfs/SoldiersVest.pdf).

To shop for cooling vests, neck coolers, hats, wrist coolers and cooling scarves, visit [mscooling.com](http://mscooling.com).

To shop for misting fans, visit [cool-off.com](http://cool-off.com). You can also buy them at Walmart, Target or sporting goods stores.

MSAA has free Cooling Vests for anyone with MS who qualifies. Visit [msaa.com](http://msaa.com) to complete an application, or call 1-800-532-7667.

*thank you*

## 2019 TMSA Golf Scramble in Memory of Ted Donosky

*thank you*

### THANK YOU to our Outstanding Sponsors!

**Event/Flag Sponsor:** *FC Tucker Commercial & FC Tucker Emge Realtors*

**Cart Sponsor:** *Lucas Oil Center*

**Dinner Sponsor:** *Mrs. Katherine Kleindorfer*

**Beverage Sponsor:** *Miller / Coors, Steve Peters*

**Printing Sponsor:** *Schutte Lithograph*

**Signs / Banner Sponsor:** *Signs by deSign*

**Food Sponsors:** *Rally's, Frito Lay, RC Cola*

**Hole-In-One Sponsor:** *Schulthies Insurance*

### Elite Hole Sponsors

Moore Music  
Mr. & Mrs. Bart Mulzer

Old National Wealth Mgmt.  
D-Patrick

Hebron Leasing  
Schultheis Insurance

Kenny Kent Lexus  
The Rug Gallery of Newburgh

### Hole Sponsors

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Heads Construction  
HG McCullough Designers  
IBEW Electrical Workers  
Mr. & Mrs. Thomas Gulley

In Honor of Megan Riley  
In Memory of Charlie Omer  
Lynn Auto Body  
LNB Natl Bank  
Mr. & Mrs. Mike Greenwell

Pet Food Center  
Prime Foods, LLC  
Product Acceptance & Research  
SYM Financial  
Warrick Co. F.O.P.

### Auction Donations

Victoria National Golf Club  
Arc Lanes  
YMCA  
Holiday Inn Airport

Logan's Roadhouse  
Lucas Oil Center  
Miller / Coors  
Mesker Zoo

Escalade Sports  
Tri-State Athletic Club  
Holiday Inn  
Planet Fitness

Raycom Media / 14 News  
Rolling Hills Country Club  
Stacy Davis  
Louisville Zoo

**Special Thanks To:** Jody Donosky, Kristin Dannheiser, Andrea Fisher, Tiffany Stepto, Sandy Bitter, Rolling Hills Country Club, Angie Wargel / Fire & Rain!

**Thank you to our wonderful volunteers:** Ted Donosky Family, Jay Donosky Family, Brenda Floyd, Cassie Russell, Diane Whipkey, Sharon Omer, Pam Jutzi, Linda Anslinger, Jim Whipkey, Jim Mumford, Brian Jones, Amy Miller, Mike & Cathy Williams, Nancy Carlson, Melanie Sneed, and Bennett Kain

Cigarette smoking and MS do not go together. Researchers have identified factors that increase a person's chance of developing MS. The risk factors involve geography, gender, age, genes, and ethnic background. Among various environmental risk factors, cigarette smoking has emerged as an important risk factor that may not only increase the risk of developing MS, but also influences disease progression in MS patients.

Over the years, studies have identified a link between cigarette smoking and the risk of developing MS. It has been found that the risk of MS in smokers is 1.5 times higher compared to nonsmokers. Researchers are now saying that quitting cigarette smoking may limit or delay central nervous system damage in MS. This is the first time that a modifiable risk factor for MS progression has been identified.

Two studies were completed in 2009 on cigarette smoking and MS. The first study, reported in *Neurology* (2009; 73:504-510), was done in Buffalo, NY. It was a study of 368 people with MS during routine follow-up visits to their MS clinic. Of these patients, 128 were current or former smokers. Smoking was associated with increased disability over that of never smokers. Smokers had more lesions on gadolinium enhanced MRIs, a greater volume of brain lesions, and more brain atrophy. Another study, reported in *Neurology* (2009; 73:696-701), was done in Stockholm, Sweden. The study showed that smokers have an increased risk of developing MS, and the risk increased with the cumulative amount of smoking over the years.

A group of Boston researchers tracked 891 patients for an average of 3 years to identify how many changed from relapsing remitting MS (RRMS) to secondary progressive MS (SPMS). The conversion from RRMS to SPMS occurred faster in current smokers compared with never smokers, but was similar in ex-smokers and never smokers. This study was reported in *Archives of Neurology* 2009; 66(7): 858-864. The findings also suggest that patients with MS who quit smoking may not only reduce their risk of diseases related to smoking, but also delay the progression of MS.

According to *Multiple Sclerosis Monitor* 2009: vol.3 no.4 page 2, criticism of the research suggests that smoking is difficult to isolate as a causative factor to MS because it is associated with so many other types of variables, such as poor diet, alcohol intake, getting less exercise, or having a life style that minimizes your exposure to Vitamin D. In other words, smoking has so many bad lifestyle habits that go with it, that it is hard for researchers to determine which of the bad habits cause the problems.

In another study, researchers assessed the association between cigarette smoking and progression from RRMS to SPMS. They studied 179 patients diagnosed with RRMS and their smoking habits and found that the risk of progressing to SPMS was 3.6 times higher for current and past smokers compared to people who never smoked. The study also concluded that cigarette smoking may transform or hasten the transformation of MS into progressive forms.

There is plenty of scientific evidence suggesting that smoking may not only increase the risk of developing MS but may also influence disease progression. Considering this, it is crucial for people diagnosed with MS to give up cigarette smoking. The hazards of smoking are well known. The surgeon general warned of the hazards of smoking cigarettes for many years. Smoking increases the risk for cancer, heart disease, and lung disease. Now MS can be added to the list. You owe it to yourself, your family, and especially the children in your family to protect yourself and others from the harmful effects of smoking.

Second hand smoke has been studied as related to MS. If you have MS, you have children, and you smoke, it is now thought that exposing your children to second hand smoke could increasing their risk for MS. This was reported by a researcher at the annual CMSC meeting that Debbie and I attended in Seattle in May. The evidence against smoking is growing and should be hard for a smoker to ignore. There is cause for hope, though. The Boston research showed that smokers with MS who quit had a similar risk for developing secondary progressive MS as never smokers. Much more research is needed in this area, but enough has been done to show that cigarette smoking makes your MS worse.

References:

D. Wingerchuk, Smoking: effects on multiple sclerosis susceptibility and disease progression, [Ther Adv Neurol Disord](#). 2012 Jan; 5(1): 13–22.

[Nielsen TR<sup>1</sup>](#), [Pedersen M](#), [Rostgaard K](#), [Frisch M](#), [Hjalgrim H](#). [Mult Scler](#). Correlations between Epstein-Barr virus antibody levels and risk factors for multiple sclerosis in healthy individuals. 2007 Apr;13(3):420-3. Epub 2007 Jan 29.

Healy BC, Ali EN, Guttmann CR, et al. Smoking and disease progression in multiple sclerosis. [Arch Neurol](#).2009;66(7):858-864.



***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 Yeager	Stacy Little	Mr. & Mrs. Steve Sanner
Mike Clauson	Nancy Arapios	Allstate Insurance
Pamela Gray	Denise Orrick	Open Door UU Church

***In Memory of Joni Gentry***

Bruce Adler

***In Memory of Ona Robertson***

Mr. & Mrs. Joe Welden  
Debbie & Linda

***In Memory of Suzanne Deters***

Carol & John Ruth  
Anonymous



**Happy Birthday To You! JUNE**

Kathy Knight Betty Tharp John Wick  
Tiffany Stepto Jeff Elpers Scott Berry  
Gayle Taylor Billie Jo Winder Lori Gray  
Donna Cooper Alice Burkhardt Joyce Elpers

**Happy Birthday To You! JULY**

Kris Holder Kathy McGlothlin Terri Hasty  
Andrea Slack Becki Unfried Wendy Whitaker  
Jon Perryman Ethel Schuster Susie Sims  
Carolyn Herron Kurt Tretter Paula Elpers



**Coping**

When you can't cope, try hope.

What you can't cure, you must endure.

The difference between an adventure and an ordeal is your attitude.



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## Fundraiser to Benefit TSMSA Strike Out MS



This is the first year for Strike Out MS, a tournament that was conceived by Molly Jillson and her father, Rick Jillson. Molly grew up in Newburgh playing league ball and travel ball before playing for Memorial HS and helping lead the team to sectional and regional championships her senior year.

One year after playing her final competitive softball game, Molly was diagnosed with MS. As she learned more about the disease and how to manage it, Molly decided she wanted to do something to help raise money and awareness. As she and her dad began to talk about this, Molly quickly realized she wanted to host a softball tourney. Thus, "Strike Out MS" was born.

### **Fast Pitch Softball**

- ✓ 8u to 16u divisions
- ✓ 4-game guarantee w/ a champion for each division
  - All-star teams are welcome
  - Play at your 2019 or 2020 age
- ✓ \$350 per team
- ✓ All proceeds benefit the *Tri-State Multiple Sclerosis Association*

Make checks payable to **Tri-State MS Tourney** and mail to:

Rick Jillson  
8194 Shore Court  
Newburgh, IN 47630

On Facebook: [@StrikeOutMSNewburgh](https://www.facebook.com/StrikeOutMSNewburgh)

For more information, contact Rick Jillson at 812-204-0072 or [jillsonrick@gmail.com](mailto:jillsonrick@gmail.com)

Our goal is to have fun while raising funds & awareness to fight MS.  
We will accommodate as many teams as possible.

