





971-C S. Kenmore Drive
Evansville, IN 47714
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December 2019 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 at *Golden Corral* for the Holiday Breakfast with Santa, Saturday December 14th.**

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

Tell City, IN support group will **NOT** meet in December. **Join us at *Golden Corral* in Evansville for the Holiday Breakfast with Santa, Saturday December 14th.**

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

Washington, IN support group will meet Saturday, December 21st, 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 Monday, December 9th, at 3:30 p.m. at *Seventh Street Baptist Church, 627 Short 7th Street, Henderson, KY*. Join us in the Dr. A. M. Brooks Family Life Center to discuss future meetings.

Contacts: Cheryl Walker / 270-823-4752 or Gayla Gilbert / 270-860-7689

Owensboro, KY support group will **NOT** meet in December. **Join us at *Golden Corral*, in Evansville for the Holiday Breakfast with Santa, Saturday December 14th.**

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 7th, 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

	<u>December 3, Tuesday, EMD Serono (Mavenclad) Educational Dinner Program</u>	
	<u>Speaker:</u> Dr. Harold Moses, Neurologist, Vanderbilt, Nashville, TN	
	<u>Time:</u> 6:30 p.m. – <i>Please note the time.</i>	
	<u>Location:</u> The Miller House, 301 E. 5 th Street, Owensboro, KY 42303	
	<u>RSVP:</u> You and 1 (one) guest: 1-877-969-1722 or MAVENCLAD.com	
	<u>December 10, Tuesday, Novartis (Mayzent) Educational Dinner Program</u>	
	<u>Speaker:</u> Sara Perry, Nurse Practitioner Specialist, Norton Hospital, Louisville, KY	
	<u>Time:</u> 6:00 p.m.	
	<u>Location:</u> The Miller House, 301 E. 5 th Street, Owensboro, KY 42303	
	<u>RSVP:</u> You and 1 (one) guest: 1-877-MAYZENT (1-877-462-9936)	
	<u>December 14, Saturday, Holiday Breakfast with Santa</u>	
	<u>Time:</u> 9:30 a.m. to 11:30 a.m.	
	<u>Location:</u> Golden Corral, 130 Cross Pointe Blvd., Evansville, IN 47715	
	<u>RSVP:</u> 812-423-5943 or 1-866-514-4312	
	Reservations <u>MUST</u> be made in advance. Only immediate family! Limited seating!	
	<u>December 18, Wednesday, Christmas Open House at</u>	
	<u>Evansville Multi-Specialty Clinic</u>	
	<u>Time:</u> 9:00 a.m. to 3:30 p.m.	
	<u>Location:</u> 6140 E Columbia Street, Evansville, IN 47715	
	<i>Join us to celebrate the season with free snacks and giveaways!</i>	
	<u>December 19, Thursday, Monthly Newsletter Folding</u>	
	<u>Time:</u> 11:30 a.m.	
	<u>Location:</u> TSMSA Office	
	<i>Bring your favorite “Holiday Dish” to share!!</i>	



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 2020.

Questions you can ask include:

- Do I need to take steps to renew my coverage in the Prescription Assistance Program for 2020?
- Will my prescription(s) continue to be covered?
- Will there be changes to the cost sharing for my prescription(s)?

Each disease modifying medication has its own Prescription Assistance Program. The customer service representatives for your medication should be able to answer your questions related to your prescription assistance.

Thank You

Autumn Walk We appreciate all of you!



Evansville Spirit Award Winners:

Largest Family & Friends Team: **Jenna's Gang**

Most Creative T-Shirt: **Cindy's Team**

Largest Company Team: **Rehab for Life**

Team with Most Spirit: **Kim's Angels on Earth**

Thank You to our Autumn Walk Sponsors!

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

Thank You to our Autumn Walk Silent Auction Donors!

Amy's Army	Hacienda	Reitz Home Museum
Angie Bough	Hirsch Family	Rolling Hills Country Club
Azzip Pizza	Indianapolis Colts	Samantha Greenwell
Blake Musich	Jillson Family	Sandy and Dennis Russell
Caroline Elpers	Joyce Rice	Sarah Loehr
Connie Shumaker	Laurie Shipman	Scott Alford
Costco	Lee Lechner	Sharon Omer
Crystal Curtis	Linh Nguyen	Starbucks
Diana Sanner	Meijer	Sugar Baker's
Dunigan YMCA	Morris Knight	Swonder Ice Arena
Dunn Hospitality Group	Old Hickory Bar-B-Q	Tammy Saalman
Elaine Spaetti	Owensboro Hampton Inn	Team Susan
Escalade Sports	Owensboro Starbucks	Terri Hasty
Evansville YMCA	Owensboro YMCA	Theresa Davis
Firestone	Pamela Jutzi	Tina Nicks
GattiTown Evansville	Pet Food Center	Tonya Bizzell
Greg Bannister	Rare Birds Uncommon Gifts	Walthers Golf & Fun
Greg & Teresa Davis	Rebecca's Gift Gallery	Wilsbacher Family

SPECIAL THANKS

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

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, Harrison High School Students, USI Students, U of E Students** and individual volunteers!



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 TSMMSA Autumn Walks. Send your Autumn Walk donations to the TSMMSA 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 card will be awarded



A special "Thank You" to D-Patrick Ford Lincoln for their generous donation of \$2,500. During October, The Tri-State MS Association was the recipient of funds from the Test Drive for a Charity program. This program provides donations to organizations that make an impact in the local community. We appreciate your support.



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
 Mike Clauson
 Pamela Gray
 Open Door UU Church
 Denise Orrick
 State Employees' Campaign

Michael Cherry
 Mr. & Mrs. Larry Sims
 Jeffrey Curtis
 Sol & Arlene Bronstein Foundation
 Stacy Little

Network For Good
 Kroger Foods
 Golf Gives Back
 D-Patrick Ford Lincoln
 Nancy Arapios

**In Memory of
Katherine Ringlar**

Ms. Margaret Stofleth

**In Memory of
Joni Gentry**

Bruce Adler

**In Memory of
Lee Ruxer**

Katherine Kleindorfer
 Mr. & Mrs. Jim Muehlbauer
 Debbie Hebbeler
 Linda Mattingly
 Sharon Omer

**In Memory of
Pat Singleton**

Mr. & Mrs. Dan Miller



Happy Birthday To You!

Crystal Janis Nancy Pribble Samantha Marx
 Sandy Russell Marty 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.

The beauty of yoga lies in its adaptability to fit each person's needs. You do not need to be able to twist yourself into a pretzel or stand on one foot, eyes closed, and reach to the stars. You just need to "start where you are." Yoga is a process that helps to integrate mind, body, and spirit. Most classic yoga poses can be refined to meet the needs of persons using a wheelchair, those who have balance or coordination concerns, or who have physical pain that limits the ability to practice weight-bearing movements found in traditional yoga.

I have been going to yoga classes for several years now. I feel it has helped me to maintain my flexibility, strengthen my core muscles, and relieve stress. I love it because it can be adapted for my ability and needs. Yoga can relieve fatigue and pain, and it can help you sleep better. I love going to yoga classes for the social benefits of sharing yoga in a group.

Studies have demonstrated multiple benefits of yoga in persons with MS. Besides reducing pain and anxiety, it can help to decrease blood pressure and pulse rates, and it can improve general health, body flexibility, cognitive functioning, and quality of life. It is recommended that people with MS "start low" and "go slow" when beginning an exercise program.

Mindy Eisenberg, MHSA, E-RYT-500, C-IAYT, Qualified MBSR Teacher, had a booth at the Consortium of Multiple Sclerosis Center's (CMSC) annual meeting, which took place in June of 2019. Mindy has been a yoga instructor and therapist since 2004, and she is the founder and director of the growing Yoga Moves MS program and community. Adaptive yoga modifies postures for persons with MS and neuromuscular conditions. This type of yoga consists of taking a yoga pose or sequence and adapting it, making the pose easier by using blocks, bands, and other tools. You can find out more about adaptive yoga on Mindy's website: yogamovesms.org/mindy-eisenberg.

Mindy wrote an inclusive 400-page book, "Adaptive Yoga Moves Any Body". This book, which includes plenty of photos and instructions, took her five years to complete. Mindy says that adaptive yoga is especially good for MS patients. The book says "Yoga is an art and science that connects the mind, body, and spirit through the practice of physical postures (asanas), partnered with the breath (*pranayama*), and meditation practices." Mindy is particularly interested in helping people with MS because her mother had Progressive MS and was confined to a wheelchair for over 25 years.

Yoga is not a cure for MS. Mindy said yoga has the potential to reduce some of the physical symptoms of the disease, helping patients feel improvements in strength, flexibility, posture, balance, focus, circulation, and digestion. MS yoga practitioners generally also find a decrease in tension, fatigue, spasticity, and some of the aches and pains associated with the disease. In addition, overall coping skills tend to improve with practice and a regular yoga regimen. Her book contains hundreds of photos featuring Mindy and her students as they demonstrate poses and suggested adaptive variations to meet individual needs using chairs, yoga blocks, blankets, straps, and even walls. The descriptions of movements are clearly written, and cross references throughout the book are very helpful.

Her website (yogamovesms.org/mindy-eisenberg) has access to 12 videos you can purchase. The videos include yoga sequences you can do at home. Each video has a different yoga sequence lasting from 9 minutes (“Sun Salutations in a Chair”) to 30 minutes (“Finding Balance”). Each video costs \$5.00, and can be used in conjunction with the book. The videos will download to your computer after your purchase.

Please consult with your physician before beginning a yoga practice, especially if you have a serious chronic health problem, abnormal blood pressure, a back or neck injury, are pregnant, or have had surgery.

12 Ways to Unwrap Low-Cost Christmas Cheer

1. Bake together
2. Have a Christmas movie marathon
3. Make your own crazy Christmas carols
4. Have a sock snowball fight
5. Go on a scavenger hunt
6. Look at Christmas lights
7. Go to a Christmas tree lighting or parade
8. Put on a play
9. Snow painting
10. Pick out a Christmas tree
11. Make DIY ornaments or keepsakes each year
12. Volunteer



Source: daveramsey.com

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
amazon smile



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!

BONUS DAYS – December 13th through December 15th your discount will increase to 10% and TSMSA will receive a donation of 10% of your total purchase! Pick up your discount card soon!

**If you don’t have a discount card, you can still give back and save. Just let the staff know that you are with the Tri-State MS Association.



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:

TMSA
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.