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January 2020 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group will **NOT** meet until March.

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

Tell City, IN support group will **NOT** meet until March.

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

Washington, IN support group will meet Saturday, January 18th, 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, January 6th, 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 until March.

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

Illinois Support Group Meeting Dates

Fairfield, IL support group will meet Saturday, January 4th, 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><u>February 10, Monday, Genentech (Ocrevus) Educational Lunch Program</u> <u>Speaker:</u> Dr. Nicole Everman, St. Joseph’s Neurology, Lexington, KY <u>Time:</u> 12:00 p.m. (noon) <u>Location:</u> Moonlight Bar-B-Q Inn; Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: 1-844-627-3887 or Ocrevus.com/events</p>
	<p><u>February 10, Monday, Genentech (Ocrevus) Educational Dinner Program</u> <u>Speaker:</u> Dr. Nicole Everman, St. Joseph’s Neurology, Lexington, KY <u>Time:</u> 6:00 p.m. <u>Location:</u> Biaggi’s, 6401 E. Lloyd Expwy; Evansville, IN <u>RSVP:</u> You and 1 (one) guest: 1-844-627-3887 or Ocrevus.com/events</p>
	<p><u>January 16, Thursday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. <u>Location:</u> TMSMA Office</p>

Why Should You Declutter?

Getting rid of a bunch of stuff can impact you in ways you might not have even considered. Decluttering can not only help you save space in your house, but it can also help you make more space in your life for the things that *really* matter.

Declutter your house. Just *thinking* about decluttering your house can be exhausting. But instead of looking at the big picture, just declutter in small ways, little by little. Baby steps!

Create a sorting system. The first thing you need to do is take everything out of your drawers and any other places clutter might be lurking. Separate your items into three different groups: *keep*, *toss* and *store*. And don’t forget to sell or donate any duplicates you find along the way.

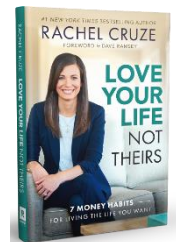
Declutter your rooms. When it comes to decluttering your house, there are two simple rules you can use as you go through each room. Ask yourself: 1.) Does this item belong in this room? 2.) When was the last time I used it?

Declutter your workspace. Even pack rats know that it’s hard to get work done in a messy workspace. So declutter it! Sort papers into three categories: 1.) File 2.) To-do 3.) Trash Get everything off your desk, and don’t forget to go through those drawers and cabinets! See what you can purge and part with altogether.

Declutter the closets. Closets can be one of the worst areas to dive into when you’re trying to declutter. But it doesn’t have to be scary! Keep these three rules in mind as you go through the clothes in your closet: 1.) Does it fit? 2.) Is it damaged? 3.) Have I worn it in the last year?

Don’t let this decluttering mission be a one-time thing! You can make this a habit in your life. Put these decluttering tips into practice any time you need to declutter. All you have to do now is keep moving toward the decluttered life you want to live!

Source: *Rachel Cruze: Love Your Life, Not Theirs*



The following are tips to consider for making each day better for people with MS.

Get on a disease modifying therapy, and take it as prescribed. This is very important to keep your disease from progressing and to keep you functioning at your best level.

Take care of your overall health. See your family physician once a year for mammograms, colon cancer screening, bone density monitoring, and cholesterol screening. Eye exams are important for people with MS, too. It is very important to keep up with these health screenings.

Get a flu shot every year. The best time to get it is in October or November. Studies have shown that flu shots have no bad effect on people with MS. The flu is a viral respiratory illness. It is the sudden onset of a high fever and respiratory symptoms such as coughing and trouble breathing. It is usually accompanied by body aches and chills. The flu can be very dangerous for people with MS. Healthcare expenses can be reduced by getting a flu shot.

Eat a healthy diet. Cut down on your fat intake, and get plenty of protein for energy. Add more fiber with whole grains to your diet. Eat more fresh vegetables, leafy green vegetables, and fresh fruit. Add omega-3 fatty acids to your diet by eating more fish and flaxseed. Drink plenty of fluids, preferably water. Be careful that the protein you eat comes from low fat sources, such as skim milk, low fat yogurt, and baked fish. As much as possible, eliminate processed foods from your diet, and avoid all fast food.

Don't smoke. Research has shown that smoking worsens MS. Smoking increases inflammation and causes MS progression to accelerate. If you need help with stopping smoking talk to your physician about getting prescription help for smoking cessation.

Reduce stress. Studies have shown that stress levels are reduced when a person regularly schedules time off from activities of life to calm down and let go for few minutes every day.

Get exercise. Full body exercise such as an elliptical machine, walking, or swimming for cardiac health can be helpful. And in early stages of MS, weight lifting to build muscles can be helpful. Yoga and tai chi can help maintain balance stability. Some MS patients may need to see a physical therapist to find a safe way to exercise and build muscle strength. You can get a referral for physical therapy from your neurologist. An exercise routine can help with the daily fatigue that most MS patients have. Begin with an exercise program that you can manage.

Share your problems. Don't neglect the value of your family and friends to help you through when times get rough. When life seems unmanageable, perhaps it is time to seek professional advice or at least talk to other MS patients who have experienced similar difficulties. Develop a positive attitude. Attitude is everything! Don't underestimate the power of a positive inner dialogue. Try to dwell on the things that *can* be done and not on the things that can't. Some people keep a Gratitude Journal. A Gratitude Journal helps keep the focus on the good things you *do* have and not on what you don't have.

Lower your body temperature. One of the most uncomfortable symptoms of MS is the body's inability to deal with heat. Drinking cold beverages and staying in air conditioning in summer months can help you stay cool. If overheating is a big problem, cooling vests can help. The Multiple Sclerosis Association of America may give you a free vest, if you qualify.

Be of service to others. One of the best antidotes to depression is service to others. Helping other people produces a therapeutic effect that is difficult to measure but is very real to those who experience it. There are many ways to contribute, be creative, and get outside of yourself.

Aim for acceptance. It is a well-known fact that when a difficulty is accepted and integrated into the activities of ordinary behavior, it stops exerting a negative effect and becomes a neutral fact of life. I have talked to so many MS patients who are at peace with their disease and are making the best of their lives. We can all reach acceptance once we realize that it is all right to go on living, working, and plowing ahead as best we can even though we know that it will be rough at times.

Benefits of Support Groups

Support groups allow persons with MS to connect with people who can relate to their experience. Support groups are available in person, through educational programs, and online.

Discovering how others cope. Positive outcomes occur when we are able to share thoughts and ideas with individuals who walk in our shoes daily. For example, when discovering how people facing similar challenges are handling something in their world, we can implement positive changes in our coping skills. It can give us hope!

Socialization and encouragement. Support groups allow us the opportunity to socialize. Getting out of the house and having conversations with people you don't talk to every day can be beneficial for emotional health. And maybe you will be able to encourage your peers by sharing your thoughts. Providing support to your peers creates personally rewarding feelings.

Learning. Support groups can also be a source for learning information about new medications, current research, coping skills, etc.

In-person support groups are offered through the Tri-State Multiple Sclerosis Association (TSMSA). Currently, six in-person support groups are available through TSMSA.

Educational lunch and dinner programs available through TSMSA are also a form of support. Sponsored by pharmaceutical companies, the lunch and dinner programs provide education about MS disease modifying medications, MS symptoms, and many facts about MS.

Countless support groups are available online. For example, many Facebook pages dedicated to MS are available. In addition, drug manufacturers provide peer counseling for patients using their medications.

When you participate in a support group, be prepared to contribute. Share your experiences and your challenges. Listen completely when others speak. And offer your support. Doing so will open a whole new world for you.

Tips for Eating Healthy on a Budget

We hear it all the time: “Eating healthy on a budget is impossible!” And the truth is—nope, it’s not. Did you know plenty of healthy foods are actually budget-friendly? It’s true! And get this... we’re not talking about only beans and rice here (although, that’s a perfect example of healthy *and* cheap). The following are ways you can stick to eating healthy on a budget.

1. Plan your meals. That’s right—it’s meal prep time! And guess what? It really isn’t as hard as you might think it is. Spend one night a week planning the meals you want to make for the next seven days. Depending on when you go grocery shopping, these meals might use up what’s left in your fridge or be based around your grocery shopping list for the week. Either way, just make sure you have a plan and stick to it!

2. Shop for produce that’s in season. Shopping for a watermelon in December is probably going to cost you—and will it even taste good? We’re willing to bet it probably won’t. Shop for fruits and veggies that are actually in season. Your wallet will thank you! **Bonus tip:** Buy extra of the fruits and veggies that are in season and freeze them! You can enjoy them over time and not feel rushed to eat five containers of strawberries before they go bad.

3. Start eating inexpensive foods. We’ve said it before, and we’ll say it again: Rice and beans are healthy for you, and they’re pretty cheap. Cook up a veggie medley on the side, and you’ve got yourself a super inexpensive and healthy meal! You can even get fancy and do black beans and brown rice. Throw in some salsa and have yourself a fiesta. Other affordable, healthy staples to work into your diet are eggs, multi-grain pastas and breads, oats, potatoes, cottage cheese, spinach, tuna, dried lentils, baby carrots, apples and bananas.

4. Stop buying processed food. Hey, you know what isn’t healthy and racks up your food budget? Processed food. We’re talking about things like chicken nuggets and pizza pockets, refined sugars, boxed mashed potatoes, cookies, hot dogs, potato chips and other salty snacks. A good rule of thumb? Stick to the outer edges of the grocery store when you shop. The closer you go toward the middle aisles, the more processed the food gets.

5. Stop buying soda. It’s crazy how easy it is to drink your calories (and drain your budget) just by pumping your body full of soda. Even “healthy” fruit juices can be packed full of sugar! To save your money and waistline, try switching to water and straight-up black coffee as your beverages of choice. It might sound like weird and unusual torture at first, but you’ll be surprised at the big impact it can have over the long haul.

6. Skip dessert. Swap your half-gallon of cookie dough ice cream for an orange or even a nice hunk of dark chocolate, and your budget and belly will thank you!

7. Check the clearance aisle. Did you know most grocery stores have some kind of clearance aisle or dedicated manager’s markdown shelf? There might be random things you don’t need, but every now and again, you can find bread, spices and even produce that the store needs to clear out ASAP. Their markdown is your gain!

Thank You!



A very special "Thank You" to **The Diamond Galleria** for their continuous support through 2019. We appreciate your generosity.



Holiday Breakfast with Santa *Thank You!*

"Thank You" to **Golden Corral Buffet & Grill** for hosting TSMSA's Holiday Breakfast with Santa. "Thank You" also to **Biogen** for sponsoring the breakfast. And of course, we really appreciate **Santa Claus** for taking time out of his busy schedule to join us.



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
Mr. Mike Clauson
Ms. Pamela Gray
Ms. Doris Dewig
Mrs. Joanna Egler

Mr. John Hein
Mr. & Mrs. Jerry Bulger
Mr. & Mrs. Don Mills
Mr. & Mrs. Robert Kassenbrock
Mr. & Mrs. Paul Hirsch

Mr. David Titus
Network For Good
Open Door UU Church
State Employees' Campaign

In Memory of Joni Gentry

Bruce Adler

In Memory of Lee Ruxer

Mr. & Mrs. Bill Bosaw
Mr. & Mrs. Don Mills
Mr. & Mrs. Rex Volz

Mary May
Lana Barkman
Linda Schraeder



Happy Birthday To You!

Diana Michael Debbie Whittington
Carmen Dill
Rachael Zerby Sarah Russell

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.

Equipment Closet: If you need durable medical equipment, check our equipment closet before you make the purchase. If we have what you need, we would love for you to have it and save your money! The items available include:

- ✓ Wheelchairs (manual wheelchairs only at this time)
- ✓ Walkers (including one with a forearm attachment)
- ✓ Shower chairs
- ✓ Bedside commodes
- ✓ Canes





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Starting the New Year with Gratitude

“Joy is really the simplest form of gratitude.” ~Karl Barth

We want to start 2020 by expressing joy and gratitude for the kindness shown by each person who has supported us through the years.

It is with your continued support that the Tri-State Multiple Sclerosis Association celebrates 19 years in service. And we look forward to many more years.

Our hope for you this year is good health and peace.

May you be surrounded by your supportive loved ones as you reach for your long-term and short-term goals.

Thank you for your continued support.