



971 C S. Kenmore Drive  
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[www.tristatems.org](http://www.tristatems.org)  
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## **March 2025 Newsletter**

**Offering support, care, and hope...*right here at home!***  
The mission of the Tri-State Multiple Sclerosis Association is to enhance the quality of life for individuals living with MS & their families in Southern IN, Southern IL & Western KY

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### **SUPPORT GROUP MEETINGS AND CONTACT ONFORMATION**

**Evansville, Indiana- MS Connect Evening Support Group at TSMSA office,**  
2<sup>ND</sup> Tuesday of each month, 5:30PM - 6:30PM. Led by Delanie Davis.  
Contact TSMSA office to RSVP 812-423-5943. **(Must RSVP Tuesday by noon)**

**Tell City, Indiana** - 1st Monday of the month, 11am at Twilight Towers in Tell City.  
Contact Terri Hasty at 812-686-8183

**Washington, Indiana** - 3rd Saturday of the month, 10am at Cherry Ghost Coffee House in Washington. Contact Fran Neal at 812-259-1565

**Henderson, Kentucky-** Last Monday of each month at different locations.  
Contact Cheryl Walker at 270-823-4752



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### **LUNCH AND LEARN**

**March 20<sup>th</sup>, Thursday, Noon at TSMSA Office**

**Topic: “Understanding Your MRI”**  
**Susan Reynolds, RN, MS Nurse Specialist**  
**Please RSVP 24 hours in advance at 812-423-5943.**  
*Lunch will be provided*



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### **MS CHAIR YOGA WITH DELANIE**

**March 27<sup>th</sup>, Thursday, Noon at TSMSA Office**  
*In Person or Virtually*

**Please RSVP if you plan on joining us in person or virtually.**  
**Call 812-423-5943 or email [officemanager@tristatems.org](mailto:officemanager@tristatems.org) .**  
*Light refreshments will be served*

Multiple Sclerosis Awareness Month is an opportunity to educate you, family and friends on what the disease is, and finding resources on how to live with it.

### **What is MS?**

MS is often an "invisible" disease. So many common symptoms can be truly 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 there are treatments that can slow disease progression, at this time there is no known cure.

### **What are the different 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):** a disease course 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):** a disease course characterized by nearly continuous worsening from the onset of symptoms, with or without occasional relapses. The rate or progression varies over time, with occasional plateaus. Frequency: Approximately 15% of people are diagnosed with PPMS.
- **Secondary-Progressive MS (SPMS):** a disease course that 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 left untreated, 50% of people with relapsing-remitting MS develop this form of the disease within about 10 years of initial diagnosis.

### **How is MS Treated?**

It's only been since 1993 that medications have been available to treat MS. Today there are 22 agents approved by the FDA for the treatment of MS. Research efforts to improve MS treatment are ongoing. One encouraging new frontier of MS research is exploring potential strategies for neuroprotection and neuro-repair. As yet, there is no cure for MS.

## Where do I go for local MS Resources?

**The Tri-State Multiple Sclerosis Association** was established in 2001 by an enthusiastic group of volunteers passionate about offering local services to individuals living with multiple sclerosis, as well as their families, in the tristate.

**The Tri-State Multiple Sclerosis Association** provides information, education, and support for individuals and their family members who are living with multiple sclerosis. Stay updated with current information by subscribing to our free newsletter. Sign up for the newsletter by calling 812-423-5943 or visit [www.tristatems.org](http://www.tristatems.org) and the Facebook page.

Donations to the **Tri-State MS Association** go to assist people with MS in the Tri-State area. All money raised by the Tri-State Multiple Sclerosis Association stays here locally! The Tri-State MS Association is independent of any national organizations, which means local money supports local services and local people!

We have found that there is a great need for listening and being there for the hundreds of individuals living with MS and their families in the tristate.

**Let the Tri-State MS Association continue to hold your hand on this journey, Offering support, care and hope...right here at home!**



## Other Resources:

- Accelerated Cure Project for MS. [www.acceleratedcure.org](http://www.acceleratedcure.org)
- Can Do Multiple Sclerosis. [www.can-do.org](http://www.can-do.org)
- Erase MS. [www.erasems.org](http://www.erasems.org)
- Multiple Sclerosis Association of America. [www.msaa.org](http://www.msaa.org)
- Multiple Sclerosis Foundation. [www.msfocus.org](http://www.msfocus.org)
- National Multiple Sclerosis Society. [www.nationalmssociety.org](http://www.nationalmssociety.org)
- Rocky Mountain MS Center in Colorado. [www.mscenter.org](http://www.mscenter.org)
- Tri-State MS Association. [www.tristatems.org](http://www.tristatems.org)
- MS News Today. [www.multiplesclerosisnewstoday.com](http://www.multiplesclerosisnewstoday.com)
- Multiple Sclerosis International Federation. [www.msif.org](http://www.msif.org)

*Many of these organizations have grants, publications, programs, assistance or equipment for people who have MS.*



## Hard to believe but warm weather is around the corner! Are you ready?

The Multiple Sclerosis Association of America and the Multiple Sclerosis Foundation have applications for a coolant vest and other articles. The MSAA program is ongoing and MSF started on February 1st and continues through June 1st. Applications can be submitted online below or via postal mail. All applications are confidential and will be reviewed by the grant committee. For more information on these services, call or e-mail: 1-888-673-6287, [support@msfocus.org](mailto:support@msfocus.org). MSAA at 1-800-532-7667 [msaa@msassociation.org](mailto:msaa@msassociation.org)

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## We're looking for your feedback!

Because the TSMSA wants to be certain we are effectively addressing the needs of our local MS community, we are conducting a comprehensive review of the programs and resources we provide.

**With this in mind, we ask you to take a moment to consider the following questions and email ([officemanager@tristatems.org](mailto:officemanager@tristatems.org)) or mail (971 C S. Kenmore Drive Evansville, IN 47714) us your responses.**



- *How do you typically access the TSMSA newsletter? By mail, email, or on the TSMSA website?*
- *Do you attend TSMSA programs, such as support groups, lunch-and-learns, Yoga sessions, family programs, pharmaceutical-sponsored dinners/lunches? **Please circle which attended.***
- *Do you participate in TSMSA fundraising events, Gehlhausen's Style Show, Golf Outing, Girls' Night Out, Evening of Excellence, and Autumn Walk? **Please circle events attended.***
- *Have you ever called or stopped by the TSMSA office asking for help? If so, which of the following describes your need? Had general questions about MS. Wanted to talk with an MS nurse. Needed financial assistance. Needed equipment. **Please circle or include more info.***

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- *How often would you say you utilize TSMSA? \_\_\_\_\_*
  - *What other MS organizations do you follow and/or use to access information or resources? \_\_\_\_\_*
  - *What could TSMSA be doing to better serve the local MS community? \_\_\_\_\_*
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To show you how important your feedback is to us, **we will enter you in a drawing for a \$50.00 Walmart Gift Card.** Please mail **responses by 3/31** to enter into the drawing.

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_  
EMAIL: \_\_\_\_\_