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January 2019 Newsletter

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

Indiana Support Group Meeting Dates

Evansville, IN support group **will NOT** meet in January. Join us at any of the Rehab for Life / TSMSA Wellness Programs in January. *See details in this newsletter.*

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

Tell City, IN support group **will NOT** meet in January. Join us at any of the Rehab for Life / TSMSA Wellness Programs in January. *See details in this newsletter.*

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

Washington, IN support group will meet Saturday, January 19th, at 10:00 a.m. at Daviess Community Hospital.

Contacts: Fran Neal / 812-259-1565 or TSMSA / 1-866-514-4312.

Kentucky Support Group Meeting Dates

Henderson, KY support group **will NOT** meet in January. Join us at any of the Rehab for Life / TSMSA Wellness Programs in January. *See details in this newsletter.*

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

Owensboro, KY support group **will NOT** meet January. Join us at any of the Rehab for Life / TSMSA Wellness Programs in January. *See details in this newsletter.*

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 5th, 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>January 1, 2019 Happy New Year!!</u>
	<u>Every day through January 29, Schwan's for TSMSA</u> Support the Tri-State MS Association by shopping with Schwan's! By placing an order through Schwans.com, 20% of the sales will come back in support of our campaign! Shop from over 300 high-quality, family-pleasing foods that are flash-frozen and delivered to your door and support the Tri-State MS Association! Look for our link on Facebook and Twitter, or search for our fundraiser on Schwans.com.
	<u>January 8, 15, 22 & 29, Tuesdays, Rehab for Life / TSMSA Wellness Program</u> <u>Time:</u> 12:00 (noon) - 1:00 p.m. <u>Location:</u> Rehab for Life, 1449 Kimber Lane, Evansville, IN 47715 <u>RSVP:</u> TSMSA 812-423-5943 or Rehab for Life 812-401-5210
	<u>January 10, 17, 24 & 31, Thursdays, Rehab for Life / TSMSA Wellness Program</u> <u>Time:</u> 5:15 p.m. – 6:15 p.m. <u>Location:</u> Rehab for Life, 1449 Kimber Lane, Evansville, IN 47715 <u>RSVP:</u> TSMSA 812-423-5943 or Rehab for Life 812-401-5210
	<u>January 17, Thursday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. <u>Location:</u> TSMSA Office – Come help, while you make new friends!

Upcoming Events

	<u>February 20, Wednesday, Genentech (Ocrevus) Educational Lunch Program</u> <u>Speaker:</u> Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Center <u>Time:</u> 12:30 (noon) Speaker: 1:00 <u>Please do not come before 12:30p.m.</u> <u>Location:</u> Moonlite Bar-B-Q, Owensboro, KY <u>RSVP:</u> You and 1 (one) guest: Ocrevus.com/events or 1-844-627-3887
	<u>February 20, Wednesday, Genentech (Ocrevus) Educational Dinner Program</u> <u>Speaker:</u> Dr. Mark Tullman, Neurologist, Missouri Baptist Medical Center <u>Time:</u> 6:00 p.m. <u>Location:</u> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN <u>RSVP:</u> You and 1 (one) guest: Ocrevus.com/events or 1-844-627-3887
	<u>February 21, Thursday, Monthly Newsletter Folding</u> <u>Time:</u> 11:30 a.m. <u>Location:</u> TSMSA Office – Come help, while you make new friends!



REHAB FOR LIFE & TRI-STATE MS ASSOCIATION



Strengthening & Balance Workshop



Rehab for Life and TMSMA will be hosting Strengthening and Balance workshops in January! This class is \$5 per person, per class paid that evening and ANYONE is welcome. Classes will be held at Rehab for Life (1449 Kimber Ln # 103A, Evansville). This is a great opportunity for individuals with MS, family, friends, or ANYONE!

- Tuesday, 1/8: 12-1 PM
- Thursday, 1/10: 5:15-6:15 PM
- Tuesday, 1/15: 12-1 PM
- Thursday, 1/17: 5:15-6:15 PM
- Tuesday, 1/22: 12-1 PM
- Thursday, 1/24: 5:15-6:15 PM
- Tuesday, 1/29: 12-1 PM
- Thursday, 1/31: 5:15-6:15 PM

RSVP to Tri-State MS: (812) 423-5943
or Rehab for Life: (812) 401-5210

Another year has just blown by! Now is the time to make a resolution to be healthy in the New Year. For people with MS, being healthy means more than just taking your disease modifying therapy. It is also important to get exercise, participate in disease prevention by getting regular check-ups, take care of your personal relationships, enjoy fulfilling work and leisure activities, and have a satisfying spiritual life. Caregivers should also take care of their own health. It is impossible to take care of someone else if you have not, first, taken care of yourself.

The term wellness is used a lot these days. Many people will be making resolutions this January to quit smoking, join a gym, or diet. Wellness is something that should be a lifelong process of developing your physical, mental, emotional, social, and spiritual well-being. Joining a group of people who have similar experiences and challenges can be a very powerful, motivating thing. It can encourage you to exercise more, eat healthy and maintain your physical focus. You don't have to join a group that is especially for people with MS. Many exercise / wellness programs have instructors that are trained to accommodate for people with differing abilities.

The following are some things you can do in the coming year to increase your life expectancy and make you healthier overall. The same things that apply to people in the general population can also apply to people with MS.

Eat well. Eat a balanced diet of whole grains, vegetables, fruits, and proteins. Increase the amount of vegetables you eat, and decrease the sugar and processed foods.

Exercise. Aerobic activity for 30 to 45 minutes every day is a good goal. If you have a disability that prevents this, you should ask your neurologist to send a physical therapist who can help you find ways to build your muscles, improve balance, and move more efficiently.

Exercise your brain. Give your brain a daily workout to preserve memory and sharpness. Try doing puzzles and playing memory games. Read books and newspapers. Be engaged as much as possible in the world around you.

Socialize. Getting out, being with other people is what life is all about. Socializing improves your mood and protects your brain from cognitive decline. Seek help from your doctor if you are depressed. An antidepressant may ease these symptoms.

Don't stress. A certain amount of stress is good for you, but too much stress can be bad. Learn and practice relaxation techniques every day. Prepare ahead of time for stressful situations by having back up plans and emergency funds.

Take care of your MS. Find a neurologist that you like and can see long-term, preferably a neurologist that works at an MS Clinic. Take your disease modifying therapy as prescribed.

Spirituality. Develop your beliefs about the meaning of life with organized religion or in other ways. Find a way to look beyond yourself and develop a sense of purpose and hope. Some people find spirituality in religion, others through music, art, or appreciation of nature.

Set Goals: You cannot change the fact that you have MS but you can do things to improve your life. What can you do this year to improve your life? Set goals to lose weight, develop an exercise plan, join a support group, volunteer, go to church, develop a hobby, spend more alone time, or read more. Find something to look forward to as you get older. Make plans! Having something to look forward to makes you feel good and may give an “atmosphere of growth” to your life because the future seems bright.

Below are some wellness / fitness programs found online for people with MS:

Can Do MS is a four-day program offered by Can Do Multiple Sclerosis. You can find information about that program and their other programs at www.mscondo.org. This site offers financial aid for their in-house program. The website also has “webinars” you can watch from your computer. The Can Do MS Center is located in Colorado.

ActiveMSers.org is a website designed to motivate, help, and inspire those with MS to stay as active a possible physically, intellectually, and socially, regardless of physical limitations. This site has a blog and a newsletter you can subscribe to. It is written by Dave, who was diagnosed with MS in 2006.

Below are some smart phone apps that can benefit people who have MS:

MSAA-My MS Manager comes from a collaboration between the Multiple Sclerosis Association of America (MSAA) and @Point of Care. It’s designed for people with MS and caregivers. Use it to log daily updates about your condition, like pain level, mood, physical activity, and symptoms. The app also lets you set calendar reminders for medications.

MS Buddy is an app designed to help you find others who have MS, no matter what stage you’re in. Living with MS can feel lonely, especially if you don’t know anyone else with the condition. Get access to the latest MS news and research while making new friends.

My MS Team connects you with people from all over who are living with MS. Get emotional support and advice, post updates and information about your diagnosis, and ask or answer questions. The newest version also includes inspiring quotations and MS-related infographics.

Care Zone: Set reminders for taking medication and refilling prescriptions. The app also helps you stay organized by keeping track of doctor’s appointments, insurance information, and other things you may have trouble remembering. You can even take pictures of a medication, and CareZone will fill in the details automatically.

My MS Diary was developed for people with MS, or other conditions, that require getting injection treatments. Use it to set alarms for when it’s time to remove your medication from the fridge and when to administer the injection. You can even personalize the settings to remind you where on your body to give the injection.

MSFocus Radio is a service provided by the Multiple Sclerosis Foundation. The app offers round-the-clock advice, encouragement, and education for people with MS. You can listen on the web or by using your mobile device.



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 | Denise Love Orrick | Pamela Gray | Network for Good |
| Nancy Arapios | Jeffrey Curtis | Kenneth Ashleman | Hannah Nowlin |
| Regina Dillsworth | Mike Cherry | Open Door UU Church | Mr. & Mrs. Don Tharp |
| Michael Clauson | Stacy Little | Hillary Edmonson | State Employee Campaign |
| John Hein | Cherish Guin | Tammy McCormack | Sol Bronstein Foundation |
| Kevin Walsh | Lena Juliano | Mr. & Mrs. Karl Herzog | Mr. & Mrs. Kenny Stewart |
| | | Mr. & Mrs. Jerry Bulger | Mr. & Mrs. R. Kassenbrock |

In Honor of Brenda Bean

Mr. & Mrs. Terry Schroeder

In Memory of Edaghogo Eferakeya, Jr.

- | | |
|---------------------------|-----------------|
| Yvette Payne | Debbie Hebbeler |
| Mr. & Mrs. Todd Stephens | Linda Mattingly |
| Clair Bros. Audio Systems | Janet Stermin |

In Honor of Debbie & Linda

Mr. & Mrs. Larry Sims

In Memory of Joni Gentry

Bruce Adler

In Memory of Delores Raymond

Mr. & Mrs. Michael Belwood



Happy Birthday To You!

- | | |
|-------------------|----------------|
| Brenda Kozil | Diana Michaels |
| Debbie Wittington | Sarah Russell |
| Carmen Dill | Rachel Zerby |

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 (including one with a manual reclining / tilting seat)
- ✓ Walkers (including one with a forearm attachment)
- ✓ Shower chairs
- ✓ Bedside commodes
- ✓ Canes
- ✓ An exercise bicycle
- ✓ Twin Hospital bed





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**Thank you to everyone for making our
#GivingTuesday a success!**



Thanks to you, we reached our #GivingTuesday goal of raising \$1,400!

A special 'thank you' to those who donated to our online fundraisers:

Anonymous	Diane Hartman	Joan Parker
Carol Berry	Shellie Hendricks	Karen Peck
Kathy Carmichael	Sandy Husk	Jon Perryman
Jana Cocquyt	Sally Ingram	Bridget Schisler
Bonnie Van Deventer	Janice Jillson	Mr. & Mrs. Snurpus
Jeffrey Van Deventer	Kathryn Kaffenberger	Lisa Sturm
John Dunn	Carol Karmire	Dave Titus
Martha Garrett	Cathleen Krochta	Debbie Tucker
Sonja Geary	Stephanie Lefler	Tracy Vindhurst
Van Haas	Leslie Owen	Jo Young

Thanks to your support, we were able to raise a record breaking amount of \$1,400 this 'Giving Tuesday'! Thank you to everyone who shared their MS stories, donated, shared our donation page, or just followed along. It is thanks to individuals and supporters like yourself that we are able to continue to offer resources, assistance, and support to the MS individuals in our area.

Thank You