



971-C S. Kenmore Drive  
Evansville, IN 47714  
Phone: 812-423-5943 Toll-Free: 1-866-514-4312  
[www.tristatems.org](http://www.tristatems.org)  
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## June 2019 Newsletter

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

### Indiana Support Group Meeting Dates

**Evansville, IN** support group **will NOT** meet this summer! 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 meet Tuesday, June 11<sup>th</sup>, at 11:00 a.m. at Twilight Towers,  
1648 10<sup>th</sup> Street, in the cafeteria. Join us for an open discussion.

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

**Washington, IN** support group will meet Saturday, June 15<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 meet Saturday, June 8<sup>th</sup>, at 11:00 a.m. at HealthPark -  
Owensboro Health, 1006 Ford Ave, Owensboro, KY. Join us for an open discussion and  
refreshments.

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

### Illinois Support Group Meeting Dates

**Fairfield, IL** support group will meet Saturday, June 1<sup>st</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>June 3, Monday, Ted Donosky MS Golf Scramble</u></b>  <b><u>Location:</u></b> Rolling Hills Country Club  <i>Individual entry fee:</i> \$125.00; <i>Foursome:</i> \$500; <i>Dinner only:</i> \$30  Sponsorship opportunities available.  For details, visit <a href="http://tristatems.org">tristatems.org</a> or call TSMSA: 812-423-5943</p>
<p><b>NewMed</b></p> 	<p><b><u>June 4, Tuesday, EMD Serono (Mavenclad) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-969-1722 or <a href="http://mslifelines.com/liveevents">mslifelines.com/liveevents</a></p>
	<p><b><u>June 13, Thursday, Monthly Newsletter Folding</u></b>  <b><u>Time:</u></b> 11:30 a.m.  <b><u>Location:</u></b> TSMSA Office – Come help, while you make new friends!</p>
	<p><b><u>June 20, Thursday, Genzyme (Lemtrada) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY  <b><u>Time:</u></b> 12:00 p.m. (noon)  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>June 20, Thursday, Genzyme (Lemtrada) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Nancy Heckler, RN, MSCN Associates in Neurology, Lexington, KY  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Moonlite Bar-B-Q, Owensboro, KY  <b><u>RSVP:</u></b> You and 1 (one) guest: 1-877-895-1136 or <a href="http://Lemtrada.com">Lemtrada.com</a></p>
	<p><b><u>June 25, Tuesday, Biogen Idec (Tysabri) Educational Dinner Program</u></b>  <b><u>Speaker:</u></b> Dr. Kristi Nord, Neurologist, Memorial Hospital, Jasper, IN  <b><u>Time:</u></b> 6 p.m. EST (5 p.m. Central Time)  <b><u>Location:</u></b> Schnitzelbank Restaurant, 393 Third Ave, Jasper, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: <a href="http://Navigating-MS.com">Navigating-MS.com</a> or 1-866-955-9999</p>



*Please Note*  
**DATE CHANGE**  
for June only

## Upcoming July Events

	<p><b><u>July 10, Wednesday, Genentech (Ocrevus) Educational Lunch Program</u></b>  <b><u>Speaker:</u></b> Michael Sweeney, Neurologist, Norton MS Center &amp; Univ. of Louisville  <b><u>Time:</u></b> 11:30 a.m.  <b><u>Location:</u></b> Moonlite Bar-B-Q, Owensboro, KY  <b><u>RSVP:</u></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><u>Speaker:</u></b> Michael Sweeney, Neurologist, Norton MS Center &amp; Univ. of Louisville  <b><u>Time:</u></b> 6:00 p.m.  <b><u>Location:</u></b> Biaggi's Ristorante Italiano, 6401 E Lloyd Exp, Evansville, IN  <b><u>RSVP:</u></b> You and 1 (one) guest: <a href="http://Ocrevus.com/events">Ocrevus.com/events</a> or 1-844-627-3887</p>

Thank You!

Thank you to **Gehlhausen Floral** for hosting our Spring Fashion & Floral Event.

Thank you to: Sandy Bitter, Tiffany Stepto, and Kristin Dannheiser; Jake Hicks (the Easter bunny); and each of the beautiful models.

Thank you to the following business for their donations:

Basket Kases Gift Shoppe	Michelle Beckner at Bliss Salon	The Diamond Galleria
Evansville Massage Specialists	Pet Food Center	Walkie Doggie & Pet
Jake Hicks	Rolling Hills Country Club	Sitter Co.

Our fundraiser at Gehlhausen was a huge success!



**Tell Your Friends and Family to Support Tri-State MS Association by Drinking Prairie Farms Milk!!**

The Tri-State MS Association is part of the Prairie Farms “Our Caps Your Cause” program and is looking for your support. For every cap entered, TSMSA receives 5¢ toward our services. On Prairie Farms white or flavored milk in gallon or half gallon sizes, stickers are located on the caps. Reveal a unique, redeemable code by peeling off the Prairie Farms sticker. Enter the code at <https://www.prairiefarms.com/ourcapsyourcause/>. When prompted to select an organization, please choose Tri-State Multiple Sclerosis Association. If you don’t have a computer, bring your caps to the TSMSA office, and we will enter them for you.

**Drink Prairie Farms Milk and Give to what Moooves You!**



***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	Integrated Rehab Inc.	Open Door UU Church
Mike Clauson	Mr. & Mrs. Joe Vezzoso	Network for Good
Pamela Gray		Mr. & Mrs. Scott McDurmon

***In Memory of Joni Gentry***

Bruce Adler

***In Memory of Suzanne Deters***

Pcsynergy/ Henry Heller  
Debbie Hebbeler



**Happy Birthday To You!**

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

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.

Have you noticed in MS magazines and journals there are reports on how mindfulness meditation positively affects the symptoms of MS? Mindfulness meditation may be helpful in reducing pain and improving depression. People with MS have to confront challenges related to jobs, financial security, childcare, social and recreational activities, and personal relationships. These challenges often result in depression and anxiety about the future.

The disease modifying therapies used to treat MS slow the progression of the disease but have little effect on patients' quality of life. Complementary therapy such as mindfulness meditation can quickly improve depression and anxiety and therefore improve quality of life.

With practice, mindfulness meditation can change how you relate to your body, your pain and even your life. The fact is, when you start to pay attention in this way, your relationship to things changes. You see more and you see more deeply. Mindfulness meditation is the simplest and hardest of all types of meditation. To do it, you simply bring your full attention to whatever you are doing. If you are knitting, you are knitting, if you are walking, you are walking.

The reason meditation is so hard is because our minds are so used to wandering around without any control at all. With mindfulness meditation you learn to identify when your mind wanders and goes on "automatic pilot". You recognize this phenomenon from everyday activities such as driving, where we're barely aware of what we are doing, and we are instead lost in thought. When this happens, our thoughts often turn toward difficulties in our lives, which we then ruminate upon, actually leading to more stress. This self-induced stress is the real problem in our lives. This is what mindfulness meditation addresses.

With "mindfulness" you will learn to notice your mind switching to "automatic pilot" and will learn instead to "stay in the moment". You will begin to notice harmful thoughts and emotions before they get a chance to take hold of you. Instead of adding to your stress by indulging in self-critical talk, worrying, or reacting with anger, you learn better ways to cope with your symptoms, such as breathing through your discomfort and pain until it passes. Mindfulness can help you mobilize your inner resources of mind and body in order to effectively manage pain, stress, and illness. The goals are to achieve greater levels of health and well-being and to develop a sense of control and participation in your life. It is not a miracle cure. It can, however, help you find a new way to relate to your pain or illness and accept your limitations.

### **Recent Studies**

The following recent studies show the promise of mindfulness meditation as a means for coping with the roller coaster of symptoms and side effects that define living with MS:

*Study 1: Mindfulness meditation's effect on psychological well-being.* This study team evaluated for over eight weeks the impact of meditation training on a group of patients with MS. They considered specific factors such as personality types, mental health symptoms (for example, anxiety and depression), and basic mindfulness skills already practiced by their subjects. A control group included people with MS who did not participate in the training.

The results: Participants in mindfulness-oriented training sessions showed improvements in self-directedness and cooperative levels of maturity. Subjects were shown to practice more mindful, conscientious behavior and seemed to display less anxiety as a result. This suggests that potential therapies for people with MS may include practicing mindfulness and meditation as a positive way to balance out the negative behavioral and emotional aspects of living with MS.

Study 2: Online meditation training. Quality of life (QoL) issues are a problematic outcome for those diagnosed with MS, especially when it comes to psychological and emotional health and well-being. This research team sought to test a mindfulness-based intervention (MBI) delivered as an online service to see if it could help improve QoL, sleep health, psychological well-being, and measures of fatigue in 139 patients with MS. A control group, which did not participate in the online MBI, was also assessed.

The results: Participants reported higher QoL and fewer problems with depression, anxiety, and sleep by the end of the study. However, fatigue remained unchanged. Interestingly, at 6 months post-study, the experimental group no longer differed from the control group. This suggests that, for the effects of an MBI to be long-lasting, consistent and regular participation may be required.

Study 3: Mindfulness-based stress reduction. Mindfulness-based stress reduction (MBSR) is a formal term for a specific set of practices developed in the 1970s by Professor Jon Kabat-Zinn. MBSR is an 8-week training program comprised of 2.5 hour sessions teaching mindfulness meditation, body awareness, yoga, and other techniques that support stress reduction, self-awareness, and relaxation.

This research, published in BMC Neurology, tested the likely effectiveness and feasibility of an MBSR program for people with MS. There was an active cohort who underwent the trial and a control group which did not participate. Outcome measures included levels of perceived stress, quality of life, MS symptom severity, mindfulness, and self-compassion.

The results: According to Simpson, Mair & Mercer, perceived stress showed immediate improvement post-MBSR, as well as measures of depression, anxiety, and self-compassion. Quality of life did not show major changes. Mindfulness, however, showed long-lasting improvements at three months post-MBSR, as did self-compassion and MS symptoms such as memory and “positive affect” (positive attitude). This small trial (60 participants) suggests more research should be done to understand the importance of MBSR as a tool for stress reduction in people with MS.

### **Options for Learning More About Mindfulness**

Many books, downloads, and websites allow you to try mindfulness meditation without a steep investment of money and time. Leading books on the topic include:

*Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness* by Jon Kabat-Zinn, PhD, founder of the MBSR program. The paperback is available for less than \$16.

*The Miracle of Mindfulness* by Thich Nhat Hanh. This classic, by a renowned Zen master, teaches mindfulness skills through practical exercises such as mindfully washing the dishes or peeling an orange. The paperback is available for approximately \$12.

*Mindfulness-Based Stress Reduction: The MBSR Program for Enhancing Health and Vitality* by Linda Lehrhaupt and Petra Meibert. This book was written by two European experts on MBSR. It is structured like the official eight-week MBSR course, with exercises (body scans, yoga, sitting meditations) and discussions. The paperback is available for \$11.

Finally, each week MARC at UCLA holds a free 30-minute guided mindfulness session at the Hammer Museum in Los Angeles. These are archived as a podcast that you can download. Each session has a unique theme. You can find them for free at <http://marc.ucla.edu/>, or on iTunes.

Sources:

1. Crescentini C, Matiz A, Cimenti M, Pascoli E, Eleopra R, Fabbro F. Effect of Mindfulness Meditation on Personality and Psychological Well-Being in Patients with Multiple Sclerosis.
2. Cavalera, C., Rovaris, M., Mendozzi, L., Pugnetti, L., Garegnani, M., Castelnuovo, G., Pagnini, F. (2019). Online Meditation Training for People with Multiple Sclerosis: A Randomized Controlled Trial. *Multiple Sclerosis Journal*, 25(4), 610–617.
3. Simpson R, Mair FS & Mercer SW. Mindfulness-Based Stress Reduction for People with Multiple Sclerosis – A Feasibility Randomised Controlled Trial. *BMC Neurology*. 2017; 17:94.

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**MS Foundation MSfocus.org Brighter Tomorrow Grant**

Each year, The Brighter Tomorrow Grant allows MS Focus to make dreams come true across the country. The goal of the grant is to provide you with goods or services that will improve your life, but are not available through our other programs. These items range in value, with a max of \$1,000 per recipient, and can vary from household essentials to hobby supplies. What would make your tomorrow brighter?

*Guidelines:*

Applications submitted must fulfill the following eligibility criteria to be considered for funding:

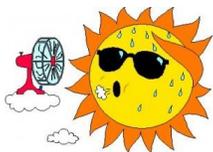
- Applicant must be older than 18 and diagnosed with MS, or be the parent of a minor child with MS.
- Applicant must have no existing financial net (Medicaid, private insurance, etc.) to cover the request.
- Applicant must grant MS Focus the right to use their name and photograph for promotional purposes.
- Application must be postmarked/ time-stamped between June 1 and September 1.
- Request must be for specific goods or services.
- Cash, medications, or items available through current programs are not included.

Applications are confidential and will be reviewed by the grant committee. Recipients will be notified by December. This grant is available one time per person.

For details or to apply, visit [msfocus.org/Get-Help/MSF-Programs-Grants/Brighter-Tomorrow-Grant](https://msfocus.org/Get-Help/MSF-Programs-Grants/Brighter-Tomorrow-Grant)

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**Summer Cooling Products**



It's time to think about cooling off during hot weather. The Multiple Sclerosis Foundation (MSF) and Multiple Sclerosis Association of America (MSAA) are taking applications for cooling products for income eligible individuals.

**MSF:** MSF is taking applications through June 1<sup>st</sup> for cooling products, including cooling vests, neck wraps, wristbands, and hats. You may apply online or print an application at [www.msfocus.org](http://www.msfocus.org), or you may call MSF at 1-888-673-6287.

**MSAA:** You may download an application for a cooling vest from MSAA at [www.mysaa.org](http://www.mysaa.org). Complete the application and mail it to the address on the form. Or you may call 1-800-532-7667.



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