



971-C S. Kenmore Drive
Evansville, IN 47714
Phone: 812-423-5943 Toll-Free: 1-866-514-4312
www.tristatems.org
“Like” us on Facebook
Follow us on Twitter and Instagram



May 2022 Newsletter

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

We are continuing to work in the office to make sure the telephone calls, emails, and office needs are being handled. If you are in need of an in person meeting, please call the office and we will be glad to make arrangements to meet with you. It is important to us that we provide up-to-date information on our website and Facebook page for you.

To receive newsletters, send your email address to: officemanager@tristatems.org

**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**

Tri-State MS Association and Community Wellness Resources for Multiple Sclerosis

Tuesday, May 17th, 1:00pm – 4:00pm. Welborn Conference Center,
412 Mulberry Street, Evansville, IN 47713

The Tri-State MS Association continues to work within the community to provide information on resources for individuals living with MS and their families’ wellness. We are excited to provide an opportunity to meet a few of these providers. Join us on Tuesday, May 17, anytime from 1:00- 3:30pm (will close at 4:00pm) to meet a team of providers that offer resources on taking care of you and your family! Tri-State MS Association Nurse, Susan Reynolds, will be joined by representatives from SWIRCA & More, Southwestern Behavioral Healthcare, Rehab For Life, Primary Care Plus, and Bristol Meyers Squibb. *We hope you can stop by!*

Exercise is Best for MS!

Susan Reynolds, RN, MSCN

We all know that we should be exercising. Besides all of the great stuff that exercise does for everyone (lowered cardiovascular risk, increased muscle mass, etc.), research on the effects of exercise in MS has shown that it can increase overall daily activity level, functional capacity, and balance in people with MS. Overall, this adds up to a measurable increase in quality of life. There is even limited evidence in animal models that exercise therapy may halt, slow or reverse disease progression of MS. Studies have also shown exercise can combat the loss of fitness caused by a sedentary lifestyle. Exercise can also be therapeutic for such MS-related problems, such as spasticity and poor balance.

Historically, exercise was something to be avoided by people with MS. Doctors advised against exercise because of the problems MSers have with fatigue and overheating. As a result, many people with MS became de-conditioned due to inactivity. However, we are now aware that when MSers exercise, it can improve your fitness, your endurance, and the strength in your arms and legs. Studies have shown that exercise can also give you better control over your bowel and bladder function, and can decrease overall fatigue.

Exercise can have a huge impact on anxiety you're feeling due to coronavirus, and it can help ease stress and depression. Exercise has been shown to improve cognitive function as well. Even a small amount of movement, like stretching or a walk around the block, can make a difference in how you feel.

So why don't we exercise? As a person with MS, my answer is pretty simple: Even though I know it will make me feel better, many times I feel so horrible or so fatigued that the thought of 30 minutes of sustained exercise just makes me laugh. Or cry. Studies have shown that fewer than 20% of people in the general US population get the recommended 150 minutes of moderate-intensity exercise per week. In people with MS, this number is definitely lower, as research shows that activity in people with MS starts off low and declines over time.

Don't immediately start a difficult exercise program; instead, try new things and fit some movement into your daily routine. Warm-up, stretch, and increase your heart rate. Many YouTube videos are made specifically for MSers and our different levels of ability. The best videos I have found are made by 'MS Workouts', 'MS Gym', 'MS Trust' and 'Can Do MS'.

Statistics show that over 50% of adults drop out of any formal exercise program after 3 months; and after 6 months 75% have stopped exercising. However, you can prevent this exercise attrition by incorporating more physical activity into our daily lives. Intermittent exercise has the same effect as "continuous bouts" of exercise. In other words, accumulating 30 minutes a day of moderate exertion doing normal things (walking to our car, gardening, pushing a vacuum cleaner) can be as effective as a 30-minute exercise session.

Be sure to stay hydrated and cool while you move. Place a fan where you exercise or work, and turn it directly toward you while you are moving. Warm up with stretching before you get started. Find an exercise partner. Start slowly, gradually increasing your time and intensity.

Always consult with your physician or physical therapist before starting a new program. Your provider will be able to help you put together a realistic plan and attainable goals that are best for you and your MS symptoms. For example, if you are in a wheelchair, your provider can recommend the best activities to do safely in your wheelchair.

Upcoming Programs

EMD Serono has scheduled the following educational program: 'Understanding Mavenclad, Use and Its Impact on the Immune System'. Wednesday, May 18th at 11:30am EST at Schnitzelbank Inn, Jasper; and again Wednesday, May 18th at 6:00pm at Biaggi's, Evansville. **To RSVP for the Evansville Program, call Ken Skinner at 1-270-302-4090.**

For more information, go to MAVENCLADevents.com or call 1-855-685-0738.



Ace CARE
COMMUNITY ACTION THROUGH
REHABILITATION AND EDUCATION

ACERCISE

GROUP EXERCISE PROGRAM

ACercise is a free group exercise program designed for individuals with neurologic conditions. Diagnoses may include Parkinson's disease, stroke, spinal cord injury, traumatic brain injury, Multiple Sclerosis, balance deficits, etc. Individuals are required to have a physician's release in order to participate. Sessions focus on endurance, strength, balance, and walking. ACercise is led by University of Evansville Doctor of Physical Therapy students. Participants are paired with students to provide more individualized exercises based on personal abilities and goals.

ACercise is a great way to stay active in a safe and fun environment! Please contact us for more information.



SESSIONS:

**TUESDAYS &
THURSDAYS**

**5-5:50 pm &
6-6:50 pm**

**FALL AND SPRING
CLASSES!**

LOCATION:

**University of
Evansville Campus**

CONTACT US:

Emma:

**(812) 968-4728
eb311@evansville.edu**

Rachael:

**(618) 708-1208
rh214@evansville.edu**

Mailing:

**515 Bob Jones Way
Evansville, IN 47712
Attn: ACercise**

FAX:

(833) 345-3918

**[www.evansville.edu/
majors/physicaltherapy/
acecare.cfm](http://www.evansville.edu/majors/physicaltherapy/acecare.cfm)**

Ted Donosky MS Golf Scramble



The Tri-State Multiple Sclerosis Association would like to take this opportunity to ask for your support of our upcoming Ted Donosky MS Golf Scramble. This annual event will take place on Monday, June 6, at Rolling Hills Country Club in Newburgh, Indiana.

There are many ways for you and your company to support this exciting event at the beautiful Rolling Hills Country Club, all while helping our local charity! All money raised by the Tri-State Multiple Sclerosis Association will be used to provide support, care, and hope to thousands of MS individuals & their families in the tri-state area. Call us at 812-423-5943 for more information on how you or your company can be involved!

ENTRY FEES: Individual \$125
 Foursome \$500

Entry fee includes 18 holes of golf w/cart; lunch and snacks; pre-event driving range access.

SCHEDULE

Event Date: Monday, June 6, 2022
Place: Rolling Hills Country Club
Times: Registration Begins 11:30 am
 Lunch Begins 11:30 am
 Shot Gun Start: 1:00 pm

Ways to Help Your Cognitive Skills

1. **Vocabulary.** When you are reading, keep a notebook nearby. Write down one word that is not familiar to you. Look up the definition. Try using that word once during a conversation that day.
2. **Music.** Listen to some feel-good music to wake up your creativity. If you're physically able, dance, dance, dance! And, if you feel inclined, learn to play an instrument.
3. **Jigsaw Puzzles.** Whether it's 100 pieces or 5,000 pieces, working jigsaw puzzles is an excellent way to strengthen your brain.
4. **Learn.** Learn any new skill. Crocheting, drawing, repairing a car, riding a horse. It doesn't matter what the new skill is. The learning process can strengthen your brain.
5. **Teach.** After you learn a new skill, teach that skill to someone else. This will allow you to practice what you have learned, and you will learn explain it step-by-step.
6. **Math.** Try to figure a few math problems in your head....without the aid of a pen, paper, phone, or computer. You might be surprised at how well you do!
7. **Switch.** Do something differently. For example, drive home via a different route or brush your teeth with the opposite hand.