



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

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**

May 2023 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

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 5, at Rolling Hills Country Club.

There are many ways for you and your company to support this exciting event. All money raised will be used to provide support, care, and hope to thousands of MS individuals & their families in the area. Call us at 812-423-5943 for more information on how you or your company can be involved!

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

Individual \$125

Foursome \$500

Event Date: Monday, June 5, 2023

Registration Begins: 11:30 am

Shot Gun Start: 1:00 pm

Place: Rolling Hills Country Club

Lunch Begins: 11:30 am

Hi I'm Tina! I can't tell you how excited I am to be a part of such a wonderful organization and want to take this opportunity to tell you a little bit about myself.

I'm originally from Beaver Dam Kentucky and graduated from Ohio County High School, many years ago ☺ I moved to Evansville shortly after high school and started college classes at Ivy Tech and obtained my License in Practical Nursing (LPN) in 1993. For ten years I worked in a variety of specialties including orthopedics, neuro surgery, allergy, cardiology, urology, gastro, internal medicine and podiatry. In 2003, I earned my Bachelor's Degree in Organizational Management from Oakland City University that opened the doors to the sales and marketing world in health care that included home health, hospice and long term care. My educational goal at that time was to return to school once my daughter

graduated high school, so in 2018 I did just that! I earned a Master's Degree in Business Administration with a concentration in Health Care Administration in 2018 from Oakland City University. Most recently I worked for a non-profit community based organization for 4 years serving a vulnerable population and during that time I fell in love with non profit which lines up with why I originally went to school to be a nurse, to help people.

I have been married to my husband, Chris, for 8 years and together we have 4 children. The ages are 29, 27, 26, 17 years of age and 4 grandchildren who are 7, 6, 4, 3 years of age with two additional grand babies coming this summer. We also care for my 86 year old father in our home who is precious to us. During our spare time, we love to go camping, or as I like to call it "glamping" with our camping buddies.

I look forward to learning more about each and every one of you and can't wait to meet you in person!

My favorite quote is by Dolly Parton- "*Find out who you are and do it on purpose.*"

*Sincerely,
Tina*

**Looking for a great Mother's Day, Father's Day, or Birthday Gift?
Maybe you just like a clean car?**

**Tri-State MS Association's is selling a package of three
Shine Care Washes from Lucas Oil Car Wash for only \$25.00!**

**A Shine Car Wash is normally \$15.00.
With this promotion, you are getting 3 Washes for only \$25.00!**

**Now the best part, Lucas Oil Car Wash is donating \$12.50
to Tri-State MS Association for every package sold!**

It's a Win Win for everyone!
Call Tri-State MS Association 812-423-5943
or email director@tristatems.org to order!





Susan's Highlights

Spring is finally here! More days filled with sun and warmer weather is upon us. It is the time of the year to get out of hibernation mode and get into gear. Spring is a great time to enjoy the outdoors and get active. For some people with MS, independence can be an issue. Here are a few ideas to help you maintain and become more independent and enjoy spring!

Don't go out and start a difficult exercise program but do try some things and fit some movement into your routine every day. Warm-up, stretch, and get your heart rate up. Every MSer has a different level of ability. I have found many videos on YouTube to that are made specifically for people with MS from wheelchair to ambulatory patients. The best videos I have found are made by MS Workouts, MS Gym and MS Trust. My neurologist at Vanderbilt MS Clinic stresses how important exercises that target core strength are for people with MS. Your core muscles are the muscles in your trunk that hold you up and help you maintain your balance.

Be sure to stay hydrated and cool while you move. Try bringing a fan into the room where you exercise and turn it directly on you while you are moving. Warm up with stretching before you get started. Get someone else at home to exercise with you. Start slow and gradually increase your time and intensity. You will feel better when you do!

Canes and walkers are a great device to assist with lengthier walking distances. Some of you may already use a walker or cane. If you plan on going somewhere where you will need to walk a distance longer than you are accustomed to, you may consider the use of a cane or walker to assist you. Using a cane allows you extra support for balance. A walker with a seat is also a great idea for those who may need to rest their legs while walking. Walkers with seat are a very popular product at this time. You can order a walker with a seat from most pharmacies, Wal-Mart, and durable medical equipment stores.

We have all heard that there is a correlation between people diagnosed with Multiple Sclerosis and a vitamin D deficiency. Vitamin D is known as the sunshine vitamin because the sun is a natural supply of vitamin D. Being exposed to the sun for 15-20 minutes a day is an easy way to get your share of vitamin D. Sunshine has been shown to help with depression among many other benefits.

Some Individuals living with MS, have found benefits from Massage Therapy to help them keep moving. Massages can help with those tight muscles and relief stress. **Evansville Massage Specialty** 971 S. Kenmore Drive (Next door to TSMSA office) would like to help you get moving by offering you \$10.00 off a massage, during the month of April! Call for details 812-401-3767!

*I hope these tips will help you regain and keep your independence
and help you feel great at the same time!*

Upcoming Programs

The following pharmaceutical companies have scheduled educational dinner programs.

Visit **MAVENCLADevents.com** or call **1-866-254-5621** to register for this event.

Attendance is Limited! Pre-Registration is required for attendee and guest. No walk-ins.

All attendees must be 18 years of age, or older. Space is limited to 3 events per person, per topic, in a calendar year.

WHEN: Tuesday May 2, 2023 **TIME:** 6:00 PM Central

WHERE: Biaggi's Ristorante Italiano, 6401 E. Lloyd Expy. Evansville, IN 47715

FEATURED SPEAKER: Kristi Nord MD, Memorial Neurology

Speaker is sponsored by EMD Serono, Inc.

To register, learn more, or find other events:

1-844-OCREVUS (1-844-627-3887) www.ocrevus.com/events

If you or someone you care about has Relapsing Multiple Sclerosis (RMS) or Primary Progressive Multiple Sclerosis (PPMS), we invite you to a free educational event.

PRESENTED BY: Christopher Wilson, MD, American Health Network

Heather: Person living with Relapsing Multiple Sclerosis (RMS)

WHERE: Biaggi's Ristorante Italiano, 6401 E Lloyd Expressway, Evansville, IN 47715

DATE & TIME: Wednesday, May 10, 2023, 6:30pm CT

Please plan to arrive 30 minutes before the presentation time.

Space is limited and advance registration is strongly recommended.