



TRI-STATE  
MULTIPLE SCLEROSIS  
ASSOCIATION

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## August 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**

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### **Coping with the Heat!**

**Susan Reynolds RN MSCN**

The dog days of August are here! It is time for the worst heat of the summer to start rolling in. I am never ready for it. I choose to do most everything indoors in the air conditioning in the summer time. I find I can tolerate heat a little better if I stay out of the direct sunlight. If I go outside I stay in the shade or do outdoor activities when the sun goes down. Becoming overheated can temporarily worsen MS symptoms. The temporary worsening is due to an increase in body temperature and will usually disappear when the body temp returns to normal. Getting the body temperature back to normal can be as easy as taking a cool shower, a cool bath or jumping in the pool.

Heat intolerance to people with MS is felt as increased symptoms, such as: Decreased Cognitive function, Numbness in extremities, fatigue, blurred vision (known as Uhthoff's sign), tremor, weakness and pain. What causes heat intolerance? People with MS have plaques or places where demyelination has taken place on nerves in their brain and spinal cord. Demyelination slows down the transmission of the nerve impulses. An increase in body temp of  $\frac{1}{4}$  to  $\frac{1}{2}$  of a degree can worsen MS symptoms because heat further impairs the ability of the demyelinated nerve to conduct electrical impulses.

This list is intended to help people with MS deal with heat in the summer. It is in no way comprehensive, but does contain things that have worked for me and things I want to try.

**Air Conditioning:** If an air conditioner is needed for your home because of MS-related heat intolerance, the cost of this equipment may be tax-deductible if your doctor has written a prescription for it. Air conditioning is the number one way to stay cool on a hot summer day.

**Cooling Products:** There are a large variety of personal cooling products available, including different types of vests, neck bands and bandanas. The Multiple Sclerosis Association of America has a Cooling Distribution Program to get those products to people with MS that need them but cannot afford them. I have a vest that was made by my mother-in-law! There are patterns and instructions online.

**Avoid direct sunlight:** Wear loose clothing in the summer and stay out of the sun. Choose a shady spot if you must be outdoors. Take along your own battery operated misting fan.

**Don't blow-dry your hair:** Take time to let your hair dry naturally. If you must blow dry your hair, use the coolest setting possible.

**Order a sandwich:** Instead of soup or anything hot, eat only cool foods. Try not to eat too much cool food that is high in sugar content such as popsicles and ice cream. This can contribute to fatigue by causing a sudden drop in blood sugar.

**Drink cold beverages:** Drinking cold beverages can really help lower your body temperature. Keep a plastic bottles filled with water in your freezer to take along in the car to drink.

**Pre-Cool:** Cool down before activities with a cold shower. Getting chilly before heading outside seems to buy a lot of time before you feel the heat. You will have to experiment with how cool of a shower you can endure and how much it helps you, but you might be surprised at the increase in your tolerance for the heat.

**Go for a swim:** Pools with water that is 85 degrees or cooler are ideal places for exercising or just relaxing outside.

**Use a Microwave:** Don't use the oven in the summer, use a microwave instead. If you use an oven, don't open the door to check on the food. The blast of hot air can trigger symptoms.

**Take an Aspirin:** Some Neurologists suggest taking one regular strength aspirin before going out in the heat, to keep your core body temperature down.

**Get "The Handicapped Tag":** If you are ambulatory, it may not have occurred to you to get a disabled parking placard to avoid crossing blazing hot parking lots in the summer. Some of you might be resistant to getting one. A "Tag" can be a lifesaver during the summer months.

Last, but not least, stay out of the Hot Tub. Yes, I still find an occasional MS Patient who doesn't know to stay out of the Hot Tub. I remember when I was first diagnosed getting in a Hot Tub thinking I could do it "just this once". I paid for that experience for the rest of the day! For some people, heat intolerance can be debilitating enough to make them unable to function. It can be very dangerous if you are in a hot tub alone or even out on a very hot day and suddenly become so debilitated because of the heat that you can't get out of the tub or get yourself inside for the air conditioning. Be very careful and know your threshold. Don't do anything foolish. Fortunately, the people who are most sensitive to heat are the most responsive to cooling down and their symptoms disappear quickly.

*These are two great programs that can help cool you down!*

**MSAA Cooling Program** The MSAA Cooling Distribution Program offers cooling vests and accessories for individuals diagnosed with multiple sclerosis. If you have any questions, please call MSAA at **(800) 532-7667, ext. 154** or email [clientservices@mymsaa.org](mailto:clientservices@mymsaa.org).

**MS Foundation Cooling Program** offers a variety of items, free of charge, that will help you stay cool in the heat. Program Services & MS Helpline: [888-MSFOCUS \(673-6287\)](tel:888-MSFOCUS) E-mail: [support@msfocus.org](mailto:support@msfocus.org) 9 a.m. - 7 p.m. Eastern Standard Time

Visit [MAVENCLADevents.com](http://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:** Monday, August 7, 2023 **TIME:** 6:00 PM Central Time

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

**SPEAKER:** Kristi Nord MD, Memorial Neurology, Speaker is sponsored by EMD Serono



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**Craft Day with Tina and Diana – Wednesday, August, 16<sup>th</sup> 11am – 1pm**

Join us for some refreshments and to make a fun craft. Or just come to visit with your friends!  
Please RSVP 812-423-5943 to let us know you're coming!

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**GIRLS' NIGHT OUT**

August 24<sup>th</sup> 2023 6pm-8:30pm @ Evansville Country Club  
3810 Stringtown Road, Evansville IN

Tickets \$30 in advance, \$35 at the door

\*To purchase tickets electronically- Go to our website [www.tristatems.org](http://www.tristatems.org) click the DONATE button, enter the names of attendees in Special Instructions.

\*Use QR Code above, choose Girls' Night Out and enter names of attendees.

\*Or, simply stop in the office, contact us by phone 812-423-5943 or email [director@tristatems.org](mailto:director@tristatems.org), then mail us a good old fashion check 😊

Guests at the event will enjoy shopping among the vendors, light refreshments, a cash bar, a silent auction, and socializing with friends.

**This year we've added a 360 Photo Booth to enhance your GNO experience!**

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**SAVE THE DATE**

**Thursday, October 19, Gehlhausen Fashion Event-Evansville**

**Sunday, November 5, Evansville Autumn Walk, Harrison High School**

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**Thank you to Dr. Luke Barr, Deaconess Neurologist,** for a very interesting and informative presentation on the Plasticity Neurorehabilitation– Polyform -1H, device. He has developed and produced this product to help with hand and brain function. We hope to have him back to speak again soon! Information is available at the office, if you are interested in knowing more.

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**REMINDER:**

To remain on the mail or email list, you **must contact us today:** 812-423-5943 or [director@tristatems.org](mailto:director@tristatems.org)! **We don't want you to miss out on what's happening at TSMSA!**

# 2023 TSMSA Golf Scramble in Memory of Ted Donosky

## THANK YOU to our Outstanding Sponsors!



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**Our teams of golfers:** Aquatic Control, Atlas Van Lines, German American, Moore Music, Sons of American Legion, Jack Frost Heating and Air, IBEW Local 16, Signs by Design, ONB Wealth Management, Rug Gallery of Newburgh, Our loyal fun ladies - Jennifer, Janice, Brenda, Julie, and the great guys that made up several foursomes - Mike, Mike, Jon, Eric, John, Trevor, Roger, Kevin, William, Steve, Zach and Andrew.

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**Special Thanks:** Jody Donosky, Andrea Killion, Volunteers: Joy, Connie, Diane, Amy, Lori, Bob, Sally, Tiffany, Sandy, Derek, Griffin, Alice, Pam and RHCC.