



**TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION**

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December 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 and their families in Southern IN, Southern IL & Western KY

Several of the Support Group leaders are working on starting back meetings in their areas. Give them a call if you are interested in talking with someone or maybe getting together.

Terry Hasty - Tell City - 812- 686-8183 – 3rd Tuesday of the Month.

Next mtg. - 1/16/24 at Twilight Towers, Tell City at 11am.

Fran Neal - Washington - 812-259-1565

3rd Saturday of the Month at Ghost House in Washington at 10 am.

Cheryl Walker - Henderson - 270- 823-4752

Susan Reynolds - Owensboro - 812-228-6100

TSMSA ****December 5th Lunch and Learn** at the TMSMA office.

Tuesday, December 5: 12:00 – 2:00pm

A Clinical Education Manager will offer information and answer questions on Ocrevus.

You will be able to learn about health insurance options. Lunch will be provided.

Please RSVP by December 1st to TMSMA 812-423-5943 / 1-866-514-4312

Texas Roadhouse Dine to Donate Night to TMSMA: Thursday, Dec.7 - Must Present Flyer



Medicare Enrollment Deadline and Prescription Program Changes

Friday, **December 7th** is the deadline to make changes to your **Medicare** plan.

For Medicare information, or to compare plans, go to medicare.gov or call 1-800-MEDICARE (1-800-633-4227).

Also, each year **Prescription Assistance Programs** modify their programs based on funds available, government regulations, and other factors. If you are currently in a Prescription Assistance Program, **call the company to see if your assistance will be changed in 2024.**

Sunday, January 14, 2024 TSMSA Family Get Together - Gattitown at 4pm

Start off 2024 by joining us and other families in the tri-state living with MS.

Tri-State MS Association will underwrite the cost of the meal for a MS individual and their family (those living in your household) or a MS individual and one guest.

Must RSVP by January 10, 812-423-5943 / 1-866-514-4312.

Take Care of Yourself During the Holidays

Susan Reynolds RN, MSCN

It's that time of year again. It's time for the all of the holiday hustle and bustle! As a person with MS, I usually dread the fatigue I know I will always feel during the holidays. I have had MS for 31 years, and I do better and better with the holidays now that I am older and better at saying "no". I always look forward to getting together with family and friends this time of year, but some people with MS can become overwhelmed with all of the holiday expectations.

One of the best things you can do for yourself this time of year is relaxing your expectations. If your MS is acting up, make sure to take care of yourself first. Just say "no" to over-scheduling at Christmas time. Be easy on yourself, and don't worry about having a perfect house. Have your holiday get together at someone else's house! I talked to some MS "old timers" who have no problem with the holidays because they have made it known to their families what they can and cannot do.

Start your holidays with a "to do" list. IF possible, delegate as much of the running as you can. Shop online. Don't wrap presents; put them in the gift bags that are so popular now. Keep gift giving simple by buying gift cards. Acknowledge your MS and ask for help. People are not necessarily aware of your symptoms and may be too distracted to notice, especially since people with MS have invisible symptoms.

For patients with MS, eating different foods around the holidays can affect the digestive system and result in constipation or gastrointestinal problems. Drinking too much alcohol may not be a good idea for other reasons. Alcohol may increase the side effects of medications, such as drowsiness and memory issues.

Above all, please remember to continue taking your disease modifying therapy during the holidays. Many MS patients skip a day or two during the holidays because they are too tired to take a shot. It is very important to keep up the regime that you always do during the rest of the year. Don't skip doses!!!

The holidays can trigger a range of feelings, and having MS can make a person more likely to experience depression. Remember to set realistic goals for yourself.

Don't put all of your energy into one day; try to pace yourself over the holidays. If you are lonely, volunteering some time to help others puts things into perspective. Spend your time with supportive and caring people. Live and enjoy the present.

Do whatever it is you do to keep yourself connected spiritually during the holidays. Remember the reason for the season! Be grateful for what you have. Research shows that people who practice gratitude have more energy and optimism. They are less bothered by everyday hassles, are more resilient in the face of stress, have better health and suffer less depression than the rest of us. The holidays are a great time to aspire to that state of mind.

Greetings Tri-State MS Community,

Unfortunately, my time as a social work intern at TSMSA is coming to an end, and I wanted to express my gratitude and bid you all farewell. It has been an amazing journey working with this wonderful team and contributing to a worthy cause. I have learned so much, both personally and professionally.

I want to express my appreciation to all of you for welcoming me and giving me insight into your lives. I have been inspired by your stories and experiences, and it has assured me I am on the right career path.

Also, a quick reminder, if you have not already, please fill out this survey I created so that the TSMSA team can provide this community with the adequate support that you all want and need: <https://forms.office.com/r/X9cu6RfYYm>.

Thank you for an invaluable experience. I wish you all the best in your journeys with MS, and I hope you have a joyful holiday season.

Warm regards, Lexi Collins, Social Work Intern

The return of our Autumn Walk was a success on what turned out to be a perfect day, and it's all thanks to the incredible support from our community. We extend our deepest appreciation to **Harrison High School** for generously hosting our event, providing the perfect backdrop for our gathering.

A special shout-out to the dedicated volunteers from **USI BSW Club, UE PT Club** and **SAE fraternity, IVY Tech** who lent their time and energy, assisting with set up, tear down, registration, walk routes, and T-shirt sales. The fantastic **Boom Squad** deserves a round of applause for leading our walk with enthusiasm and energy, creating an uplifting atmosphere for all participants. A big thank you to **Sheriff Brad Fein** and **Comair Wheelchair Transportation** for ensuring everyone's safety throughout the event. **Monte Skelton**, your music set the perfect tone for our Autumn Walk and we appreciate your talent adding to the vibrancy of the day. **Pam**, thank you for capturing all the wonderful moments at the event. To **Sarah**, for gracing us with a beautiful rendition of the National Anthem, and to the **Hirsch Family** for successfully running the auction, your contributions were much appreciated!

A heartfelt thank you to **Domino's, Frito Lay, Walmart, Coca-Cola**, and **Schnucks** for generously providing delicious food and refreshing drinks. **Wayne's Appliances**, thank you for the generous \$500 giveaway that added excitement to our event. **Stretchlab**, we appreciate the valuable information and experiences you shared with our participants. Thank you to **Garrett Printing** for taking care of our printing! To all other vendors and sponsors listed below, thank you for your support; your involvement truly made our event a success.

And last but not least, thank you to all of our **walkers and teams** for showing up and supporting TSMSA at this event. Also, a shout-out of appreciation and celebration to the following walk teams who won in the following categories: **Largest Family & Friend Team – the Touch of Class, Largest Company Team – United Leasing, the MOST SPIRIT– MSaurus (dinosaur costume) and the Most Creative T-Shirt - Team Joanna.**

Thank you **Signs by Design** for sponsoring the team awards!

Thank you everyone from the TSMSA staff and Board of Directors for your support! The support from this Autumn Walk will help us with our goal in offering support, care, and hope for those living with Multiple Sclerosis & their families...right here at home!

Again, thank you to all our sponsors!



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