



**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](http://www.tristatems.org)  
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## October 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



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

**EVANSVILLE, IN**

**SUNDAY, NOVEMBER 5TH, 2023**

**MUSIC | PRIZES & VENDORS | SILENT AUCTION**  
**AT HARRISON HIGH SCHOOL**  
**211 FIELDING ROAD**  
**REGISTRATION STARTS AT 12:30 PM**  
**WALK STARTS AT 1:30 PM**

**CRIMSON MAPLE SPONSORS**



**GOLDEN OAK SPONSORS**



**RED DOGWOOD SPONSORS**



**THANK YOU TO OUR SPONSORS!**

The flu season is here! It is not too late to get your flu vaccine. Will you be protected when the flu strikes our area this year? I consulted the CDC website to find out more about the seasonal flu vaccine that is being produced now.

The seasonal flu shot is available now in most places. Flu vaccines are offered in many locations, including doctor's offices, clinics, health departments, pharmacies and college health centers, as well as by many employers, and even in some schools. Even if you don't have a regular doctor or nurse, you can get a flu vaccine somewhere else, like a health department, pharmacy, urgent care clinic, your school, college health center, or work.

The National MS Society website offers excellent and detailed [guidance about vaccinations](#), including the seasonal flu vaccine. To save you a step, here's an excerpt from the section about the flu shot:

### Special considerations

- Live, attenuated vaccines are generally not recommended for a person with MS because their ability to cause disease has been weakened but not totally inactivated.
- People on therapies that suppress the immune system, such as Cytosan, Imuran®, mitoxantrone, Rheumatrex® and/or chronic corticosteroid therapy, should consult their neurologist before taking any live-virus vaccine.
- A person should not receive a live-virus vaccine following a course of Lemtrada®.
- All necessary vaccinations should be administered at least 6 weeks before a person starts treatment with Ocrevus™. No live-attenuated or live vaccines should be given during treatment or following treatment until B-cells have returned to normal levels.
- MS experts are not in agreement about the risks for a person with MS whose close family member receives a live-virus vaccine. The family should discuss with the neurologist how best to handle this situation.
- People who are experiencing a serious relapse that affects their ability to carry out activities of daily living should defer vaccination until 4-6 weeks after the onset of the relapse.
- FluMist® is a live-virus flu vaccine (sometimes called LAIV for "live attenuated influenza vaccine") that is delivered via a nasal spray. **This live-virus vaccine is not recommended for people with MS.** Live, attenuated vaccines are those whose biological activity has been reduced so that their ability to cause disease has been weakened but not totally inactivated.
- A high-dose flu vaccine is available for people over age 65. This high-dose vaccine has not been studied in people with MS of any age. At present, the Centers for Disease Control is not recommending the high-dose vaccine over the seasonal flu vaccine for the general population.

Several of the TSMSA Support Group leaders are working on 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

Fran Neal – Washington - 812-259-1565

Cheryl Walker – Henderson - 270- 823-4752

Susan Reynolds – Owensboro - 812-228-6100

Evansville will be planning Lunch and Learn meetings at the TSMSA office.

Watch the newsletter for dates and times.

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Greetings, Tri-State MS Association community,

I am thrilled to introduce myself as the newest addition to the Tri-State MS Association team. My name is Lexi Collins, and I am currently a student intern pursuing a degree in social work at the University of Southern Indiana. Over the past few weeks, I have had the privilege of working alongside the incredible staff of this organization, and I would like to share with you what I've been up to.

One of my initial tasks as an intern was to update and enhance the agency's resource binder. This comprehensive guide is an invaluable tool for our community members who are seeking information on various aspects of living with Multiple Sclerosis. I have been diligently researching and curating the most up-to-date resources, from medical information to support groups and local services. My goal is to ensure that this binder is a go-to source of knowledge and support for individuals and families affected by MS.

In doing this research I have come across a resource tool that I would like to highlight for you all. A mobile app called **My MS Manager** provided by the Multiple Sclerosis Association of America is available for download on iOS (Apple) and Android devices! It can track disease activity, store medical information such as medications & treatments, and track your doctor's appointments. Once downloaded, you can create an account either as the patient or the patient's caregiver. You can go to <https://mymsaa.org/msaa-community/mobile/> to find the download link or look it up in your app store or google play store!

One of my primary goals during my internship is to help increase engagement with our organization. Understandably so, since the peak of the COVID-19 pandemic, it has been difficult to revive community engagement to what it once was. I firmly believe that by promoting a sense of community and connection, we can provide better support. That being said, I will be sending out a survey in a future newsletter asking for your feedback on what you want to see and learn about through the Tri-State MS Association, and hopefully we can make your suggestions happen in the future! In the meantime, make sure to check out the amazing events and programs we have coming up featured in this newsletter; I can't wait for you to join us!

Warm regards,

Lexi Collins,  
Social Work Student Intern

## Educational Lunch or Dinner Program

Join us for a **lunch presentation** on the newest MS therapy, briumvi.

**WHEN:** Wednesday, October 25, 2023 **TIME:** 11:30 PM Central Time

**WHERE:** **Moonlite Bar-B-Que**, 2840 Parrish Avenue, Owensboro, KY

**SPEAKER:** Dr. Edward Fox, Round Rock, Texas, sponsored by TG Therapeutics

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Join us for a **dinner presentation** on the newest MS therapy, briumvi.

**WHEN:** Wednesday, October 25, 2023 **TIME:** 6:00 PM Central Time

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

**SPEAKER:** Dr. Edward Fox, Round Rock, Texas, sponsored by TG Therapeutics

**RSVP to TSMSA for Lunch or Dinner Program 812-423-5943 / 1-866-514-4312**

**Programs limited to individuals living with MS and one guest!**

Dr. Fox specializes in the diagnosis and treatment of Multiple Sclerosis. He also has extensive experience in clinical research trials involving novel therapeutics for the treatment of Multiple Sclerosis. \*\* Debbie and Susan have had the pleasure of hearing Dr. Fox speak at several MS conferences. He is very knowledgeable and an excellent speaker.

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### **2023 SAVE THE DATES TO SUPPORT TSMSA**

**OCTOBER: Thursday, October 12<sup>th</sup> 12:30 – 2pm**

E-rep Chamber Ribbon Cutting and TSMSA Open House, 971 S. Kenmore Dr.


**OCTOBER: Thursday, October 19<sup>th</sup> 6pm-8pm.**

Gehlhausen Fashion Show – Purchase tickets at Gehlhausen or TSMSA!

**OCTOBER: Monday, October 23<sup>rd</sup> 11am-10pm.**

Hacienda Gives Back (East side location on Green River Rd.) **Must show coupon!**

	
Group:	Tri-State Multiple Sclerosis Ass.
Date:	Monday October 23, 2023
Location:	Greenriver Rd (Eastside)
<small>You must receive this token from your organization prior to your event. Distribution of this token on Hacienda property will disqualify the organization from receiving any proceeds.</small>	
<small>Don't have time to eat out? Pick up a Hacienda gift card or Fiesta-to-go order. They count towards the fundraiser.</small>	
Restaurant Phone Number	<input type="text" value="812-474-1635"/>
<small>GIFT CARDS WILL NOT BE ACCEPTED TO MAKE PAYMENT FOR YOUR PURCHASE WITH THIS TOKEN.</small>	

	
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**Craft Day, Wednesday, November 8, 11am-1pm**

Join us to make a holiday craft or come to visit and have lunch.

RSVP 812-423-5943

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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!**