



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

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September 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

Preparing for a Disaster

Susan Reynolds RN, MSCN

Are you prepared for a disaster? It seems like we hear about weather, fire and earthquake disasters more and more often. People with disabilities should take extra care to make sure they will be safe during and after a disaster. The American Red Cross has some advice on disaster preparedness for people with disabilities.

In our area, we are likely to experience an earthquake or a tornado. It will be important to know where your utility cut off valves are located. If you are house bound, be sure that there is someone that will call or come by to check on your safety. A neighbor or family member is best. Keep your lists of medications, contacts, and personal information accessible to any first responder who may be the first to come in and find you if you may be unconscious. Here are some suggestions from the American Red Cross and FEMA that I found to be especially important for people with MS:

1. Know what kinds of disasters could happen in your area and consider what your environment will look like after one occurs. Certain resources or utilities may not be available and conditions could hamper your independence.
2. Complete a personal assessment. Decide what you will be able to do for yourself and what assistance you may need before, during and after a disaster (based on the disrupted environment, your capabilities and your limitations).
3. Create a personal support network of friends, relatives, neighbors, roommates and co-workers who could assist you at a moment's notice. Discuss your special needs with them, including evacuation plans and medical information lists.
4. Make an emergency information list so that others will know whom to call if they find you unconscious, unable to speak or if they need to help you evacuate quickly. Include the names and numbers of out-of-town contacts, as well as everyone in your network.
5. Compile a medical information list that contains the names and numbers of your doctors, your medications, dosage instructions, and any existing conditions. Make note of your adaptive equipment, allergies, and any communication difficulties you may have.

The list should have information about your medical providers. Also include the names of medications you take and their dosages, when you take a medication, the condition for which you take a medication, the name of the doctor who prescribed it and the doctor's phone number. It is important to record any adaptive equipment you use, your allergies and sensitivities and communication or cognitive difficulties you may have.

Attach copies of health insurance cards and related information to the medical information list. Keep at least a seven-day supply of essential medications with you at all times. Work with your doctor(s) to get extra supplies of medications and extra copies of prescriptions. Talk with your doctor or pharmacist about what you should do if you do not have enough medicine after a disaster and cannot immediately get what you need. Be sure you ask about the shelf life of your medications and the temperatures at which they should be stored.

*It is important to rotate your stock (use your oldest medications first) so that your extra seven days of medicine will not expire.

6. Install at least one smoke alarm on each level of your home and test them once a month. Know the location of main utility cut off valves and learn how and when to disconnect them during an emergency. Identify evacuation routes and safe places to go during a disaster. A Carbon monoxide detector is also a good thing to have.

7. Make sure that your personal disaster plan is comprehensive; include your medical needs, evacuation routes, care plans for your service animals, and an alternative place to stay, etc.

8. Keep a disaster supply kit in your home, car, workplace or anywhere you may spend your time. Include such items as food, water, a first aid kit, adaptive equipment, batteries, and supplies for your pets or service animals.

9. Make your home or office safer by checking hallways, stairwells, doorways, windows and other areas for hazards that may keep you from safely leaving a building during an emergency. Secure or remove furniture and objects that may block your path.

10. What will happen with your pets or animals? Have some kind of plan in place for your pets. The Humane Society's disaster preparedness for pets can help.

11. Your family should establish a meeting place in case there is an emergency while they are at school or work. Have a drill to see if your plan works. Of course all school age kids should go by their school plan.

12. Teach children how and when to dial 911.

13. If you cannot move from your bed without help, store a fire-resistant blanket in your bedside cabinet, along with a washcloth or small towel that you can wet with your drinking water and place over you face as a shield against smoke. Use bedding and bedclothes made of fire resistant fabrics.

This is not a comprehensive list of everything that should be done to prepare for a disaster, there is much more to be taken into account for a disabled person. The American Red has a lot of information that is good for disabled people.

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: Monday, September 18, 2023 **TIME:** 6:00 PM Central Time

WHERE: The Patio Steak House, 3120 E. IN-66, Cannelton, IN

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



Wednesday, September, 20th, 12:00 – 2:00pm

TSMSA will offer an informal Educational Session at the TSMSA office, 971 S. Kenmore Dr.

A Clinical Education Manager will offer information and answer questions on Ocrevus. Also, you will be able to learn about health insurance options and how health insurance changes may affect your coverage and treatment costs.

Please RSVP by September 18th to TSMSA 812-423-5943 / 1-866-514-4312.

Limited space available. Refreshments will be served!

Educational Lunch 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

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.

RSVP to TSMSA 812-423-5943 / 1-866-514-4312

Program limited to individuals living with MS and one guest!

Educational Dinner Program

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

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.

RSVP to TSMSA: 812-423-5943 / 1-866-514-4312

Program limited to individuals living with MS and One (1) guest!

SAVE THE DATE

2023 SAVE THE DATES TO SUPPORT TSMSA

SEPTEMBER: Wednesday, September 27th, 12pm-9pm:

Orange Leaf Gives Back. Burkhardt Rd.



A percentage of your purchase will be donated to TSMSA, when you mention TSMSA!

OCTOBER: Thursday, October 19th 6pm-8pm.

Gehlhausen Fashion Show - Tickets will be going on sale soon!

OCTOBER: Monday, October 23rd 11am-10pm.

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

			
Group:	Tri-State Multiple Sclerosis Ass.	Group:	Tri-State Multiple Sclerosis Ass.
Date:	Monday October 23, 2023	Date:	Monday October 23, 2023
Location:	Greenriver Rd (Eastside)	Location:	Greenriver Rd (Eastside)
<p>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.</p> <p>Don't have time to eat out? Pick up a Hacienda gift card or Fiesta-to-go order. They count towards the fundraiser.</p> <p>Restaurant Phone Number <input type="text" value="812-474-1635"/></p> <p>GIFT CARDS WILL NOT BE ACCEPTED TO MAKE PAYMENT FOR YOUR PURCHASE WITH THIS TOKEN.</p>		<p>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.</p> <p>Don't have time to eat out? Pick up a Hacienda gift card or Fiesta-to-go order. They count towards the fundraiser.</p> <p>Restaurant Phone Number <input type="text" value="812-474-1635"/></p> <p>GIFT CARDS WILL NOT BE ACCEPTED TO MAKE PAYMENT FOR YOUR PURCHASE WITH THIS TOKEN.</p>	

NOVEMBER: Sunday November 5th registration 12:30pm.

Evansville Autumn Walk at Harrison High School.

SongShine – Gaining Vocal Strength Through The Power of Music

For those with voices affected by parkinson's, stroke, other neurological disorders, or the effects of aging.

Class Schedule

When: Tuesdays, September 12, 2023 to December 12, 2023

Where: Aldersgate U M Church, 5130 Lincoln Ave, Evansville, Indiana and on Zoom

Time: From 1:30 pm to 2:30 pm

Email: colleenracemartin@gmail.com

Call: 812-598-8332. Call for information or to reserve your space.

Registration fee-\$10 for the full class series

Website: www.SongShineforParkinsons.org

Facebook: SongShine Evansville



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