



TRI-STATE
MULTIPLE SCLEROSIS
ASSOCIATION

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www.tristatems.org

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APRIL 2024 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

SUPPORT GROUP LEADERS AND CONTACT INFORMATION

Terri Hasty - Tell City - 812- 686-8183 – 1st Monday of the Month.

Next mtg. – 4/1/2024 at The Patio, 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

Evansville – Thursday, April 25th, 12pm, Chair Yoga, TSMSA office



WISHING DEBBIE HEBBELER A

HAPPY RETIREMENT

Please join all of us at the Tri-State MS Association in wishing Debbie Hebbeler a joy-filled and rewarding retirement. Debbie is one of the original founders of TSMSA (in 2001), and over the years she has touched the lives of countless individuals and families living with MS. From everyone at TSMSA and within the Tri-State MS community, THANK YOU, Debbie, for bringing your vision to life and making a positive, enduring difference right here in the Tri-State!

QUOTES FROM PEOPLE WHO LOVE YOU, DEBBIE!

-Debbie, you can retire knowing all your clients love you. -Jody D.

-Debbie, I want to thank you for bringing me so much peace when I was first diagnosed.

-Connie R.

-Anytime I had any questions or anytime I felt overwhelmed or upset with just how things were going, she was always there to listen. -Melissa D.

-When I first met her, I was very scared and I didn't know what was going to happen or what I needed to do to keep the lifestyle I was living so after I met her we just built a special bond and she just has always been there and is very compassionate about MS. -Andrea K.

-When I first met Debbie, I felt like I had met someone who cared. She treated me as if I was the only person who had MS and she was very interested in helping calm me down. -Pam K.

-I would not have been able to get through any of this journey without her. She is absolutely amazing and I consider her part of my family. -Molly D.

WELCOME TINA REED TO THE TSMSA FAMILY



We are also pleased to share that Tina Reed has accepted the role of TSMSA's new Executive Director. Tina is an Indiana-licensed LPN and brings 31 years of healthcare experience to TSMSA. She earned her MBA in 2018 and is a lifelong learner who fell in love with non-profit work in 2018 when she served as Director of Prevention for Matthew 25 AIDS Services. She served on the TSMSA Board in the early 2000s, giving her hands-on experience with the local MS community. Tina is married to Chris, they have four kids together and love to spoil their six grandchildren. Please join us in officially welcoming Tina to our TSMSA Family!

-With Tina's leadership, vision, and dedication, we will continue to enhance the quality of life for individuals living with MS in the Tri-State area. -Josh Davis, Board Chair

Pam Schenk has also joined the TSMSA family as our Office Coordinator. Pam brings 40 years of healthcare experience to TSMSA. Pam is married to Ken, they enjoy camping, hiking trails, and beach time together. She has two sons and four grandchildren. Please welcome Pam!!

Congratulations to the 2024 Spirit Award Recipients

Mrs. Molly Dewig was recognized for her determination and optimism in being diagnosed with Multiple Sclerosis at the age of 19.

Honorable Judge Wayne S. Trockman was recognized for his outstanding leadership in the community.

Thank you to all our Evening of Excellence Sponsors

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Entwined
Escalade Sports
Evansville Massage Specialist
Evansville Music Academy
Evansville Philharmonic
Evansville Thunderbolts
Foxpools of Evansville
Franklin Street Tavern
Franklin Street Boutique
French Lick Resort
Friendship Diner
GattiTown

Gerst Haus/ Smitty's/Sportsman's
High Score Saloon
Holiday World & Splashin' Safari
Hometown Nutrition
Honeymoon
In Memory of Robin Lawrence
Jake Kiper
Jalisco Mexican Restaurant
Jaya's Authentic Foods
Jillson Family
Just Rennie's
KB Customs-Chad Hammock
Kite and Key
Lake Rudolph/Sun Outdoors
LIC'S Deli
Lilly Lu Designs
Lucas Oil
Neighbors
Nellie's Restaurant
No Fry Zone
Noche
Orange Leaf
Orange Theory
Parlor Doughnuts
Patio Steak House
Paul's Menswear
Peephole Bar
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Petfood Center
Philthy Clothing
Photography by Jewels
Piece of Cake
Posh on Main
PrimeTime Newburgh

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Schnucks
Schon Boutique
Showplace Cinema
Sixth and Zero
Solarbron Senior Living
Southwest Graftix & Apparel
St. Louis Cardinals
State Farm Ins.-Mary Rokicki
SUV Limousine
Texas Roadhouse
The Rug Gallery of Newburgh
Thyme In The Kitchen
Tiki on Main
Tin Fish
Tracy's New Home Decor
TSMMA Board of Directors
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Walkie Doggie
Wildflower Boutique
YMCA
Zias Italian Restaurant

Special Thanks to Our Volunteers, In-Kind Donors, and Planning Committee

Volunteers

Delanie Davis
Diane Merritt
Ken Schenk
Laurie Shipman
Sally Jochim
Samantha Greenwell
Sheryl Harmon
Pam Kishline -Photography
Nicole Allyn-Mktg Intern

In-Kind Donors

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Southern Glazers Wine & Spirits
Stacey May-Eyewitness News
Tim Coslett-Auctioneer

Planning Committee

Joy O'Connor
Kristin Dannheiser
Sandy Bitter
Tiffany Stepto

FREE MS PATIENT EDUCATION PROGRAM WEDNESDAY APRIL 17TH, 2024

Deaconess Gateway Hospital - 4011 Gateway Blvd, Newburgh
Conference Rooms A & B (1st floor of hospital)

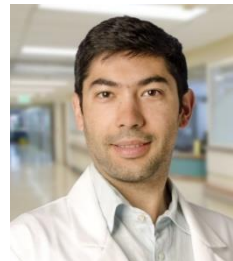
PROGRAM SCHEDULE

5pm Registration Begins
Hors d'Oeuvres Served

6pm Dr. Rod Warren
"Back to Basics Q&A"



Dr. Rod Warren



Dr. Luke Barr



7pm Dr. Luke Barr

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in your hands with polyform-1h"

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ATTENDEES WILL BE ENTERED TO WIN A DINNER FOR TWO FROM CRACKER BARREL

RSVP by 4/12/24 to 812-423-5943, 1-866-514-4312, or director@tristatems.org
Seating is limited to individuals living with MS and one guest.

MS Chair Yoga and Meal Planning with Delanie Davis

IS NOW BEING OFFERED VIRTUALLY!!!!

Email director@tristatems.org and Tina will send you
an invite through Microsoft Teams.

This class will be offered FREE to individuals living with MS.

LAST THURSDAY OF EVERY MONTH

12PM (NOON) to 1PM AT THE TSMSA OFFICE.

NEXT CLASS THURSDAY APRIL 25TH

RSVP by calling 812-423-5943, 1-866-514-4312 or director@tristatems.org

