



TRI-STATE  
MULTIPLE SCLEROSIS  
ASSOCIATION

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[www.tristatems.org](http://www.tristatems.org)

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## February 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 and their families in Southern IN, Southern IL & Western KY**

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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.

Terri Hasty - Tell City - 812- 686-8183 – 3<sup>rd</sup> Tuesday of the Month.

**Next mtg. - 2/20/24 at Twilight Towers, Tell City at 11am.**

Fran Neal - Washington - 812-259-1565

**3<sup>rd</sup> 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 \*\*February 29, Noon – 1pm, Chair Yoga, TMSMA office.**

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### **\*RESCHEDULED GATTITOWN INFORMATION\***

**Sunday, February 18, - TMSMA Family Get Together - Gattitown at 4pm**

Start off 2024 by joining us and other families in the tri-state living with MS. TMSMA 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 February 14th, 812-423-5943 / 1-866-514-4312.**

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### **MS CHAIR YOGA AT TMSMA OFFICE!**

Delanie Davis, is one our very own who has lived with RRMS for 5 years and will be the instructor. She is a Certified Yoga Instructor, Health and Wellness Coach, and a Licensed Massage Therapist. Chair Yoga has many benefits for people living with MS such as manage fatigue, reduce spasticity, improve balance and relieve stress. Chair Yoga offers short and simple practice that you can adapt to meet your current needs.

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

**LAST THURSDAY OF EVERY MONTH**

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

**NEXT CLASS THURSDAY FEBRUARY 29TH**

Wear comfortable stretchy clothing.

RSVP by calling 812-423-5943 or 1-866-514-4312

## Upcoming March Programs

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: Tuesday, March 5<sup>th</sup> 2024 TIME:** 6:00 PM Central

**WHERE:** Biaggi's Ristorante Italiano, 6401 E. Lloyd Expy. Evansville, IN 47715

**FEATURED SPEAKER:** Kristi Nord MD, Memorial Neurology

**Speaker is sponsored by EMD Serono, Inc.**

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### **UNDERSTAND THE BENEFITS OF ESSENTIAL OILS MAKE AND TAKE WORKSHOP!!**

**Join Kristina Durham-Bellew, CCBDC of 22 Tango,  
Wednesday March 13<sup>th</sup> at 1pm at TMSA office.**

Kristina will be educating you on how essential oils can help benefit you naturally. She will explain how Essential Oils and other therapies can help your vibration frequencies for mood, balance, health, and maybe even alleviate some of those pesky side effects!

This will be a workshop with some **hands-on fun you can take home with you.**

Light bites will be served.

**SEATING IS LIMITED, PLEASE RSVP 812-423-5943 or [director@tristatems.org](mailto:director@tristatems.org)**

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### Valentine's Day – Keep it Simple

February 14<sup>th</sup> means Valentine's Day for lovebirds across the country. You don't have to spend a ton of money on Valentine's Day. You can keep it simple and still have a great time.

1. *Dinner and a movie...at home.* You can have a candlelit home-cooked meal and rent a romantic movie or watch a movie on Netflix. Choose an affordable entrée such as chicken, pork, or fish. Pair it with pasta, and treat your significant other to an unforgettable evening.
2. *Travel the open road.* Just get in your car with your significant other and drive. You'll create lasting memories as you travel to a town that you have never visited. You can also revisit special places in town where you have already created memories and take photos together.
3. *Game night.* Find a few board games, invite some other couples over, and have fun. You can serve Valentine's Day themed appetizers, such as red-velvet cupcakes and heart-shaped candy, to enhance the mood.
4. *Deliver your own flowers.* Buy flowers locally and deliver them yourself. Personally delivering the flowers adds a romantic touch that your date will love.

**Resource: [daveramsey.com](http://daveramsey.com)**

Another year has just blown by! Now is the time to make a resolution to be healthy in the New Year. For people with MS, being healthy means more than just taking your disease modifying therapy. It is also important to get exercise, participate in disease prevention by getting regular check-ups, take care of your personal relationships, enjoy fulfilling work and leisure activities and have a satisfying spiritual life. Caregivers should also take care of their own health. It is impossible to take care of someone else if you have not first, taken care of yourself.

Here are some things you can do in the coming year to increase your life expectancy and make you healthier overall. Generally the same things that apply to people in the general population also apply to people with MS.

**Eat well:** Eat a balanced diet of whole grains, vegetables, fruits and proteins. Increase the amount of vegetables you eat and decrease the sugar and processed foods.

**Exercise:** Thirty to Forty five minutes of aerobic activity every day is a good goal. If you have a disability that prevents this you should ask your Neurologist to send you to a physical therapist that can help you find ways to build your muscles, improve balance and move more efficiently.

**Exercise your Brain:** Give your Brain a daily workout to preserve memory and sharpness. Try doing puzzles and playing memory games. Read books and newspapers. Be engaged as much as possible in the world around you.

**Socialize:** Getting out, being with other people is what life is all about. Socializing improves your mood and protects your brain from cognitive decline. Seek help from your Doctor if you are depressed. You may need an anti-depressant.

**Don't Stress:** A certain amount of stress is good for you but too much stress can be bad. Learn and practice relaxation techniques every day. Prepare ahead of time for stressful situations by having back up plans and emergency funds.

**Take care of your MS:** Find a Neurologist that you like and can see on a long term basis. Preferably a neurologist that works at an MS Clinic. Take your disease modifying therapy as it is prescribed.

**Spirituality:** Developing your beliefs about the meaning of life with organized religion or in other ways. Find a way to look beyond yourself and develop a sense of purpose and hope. Some people find spirituality in religion, others through music, art or appreciation of nature.

**Mental Health:** The last 2 years have been very stressful because of the Pandemic. Many people lost family members and friends. It is very important to take care of your mental health as well as your physical health.

Some people have a continued fear of infection as offices, schools, and public locations have opened up and this winter we are experiencing a triple pandemic with Flu, Covid and RSV. Getting out of your home might not be easy even though you have been cooped up for so long. With that in mind, as you try to find a new normal, a first good step is recognizing that the pandemic is a traumatic event we collectively experienced. Then, we can take extra care to address our needs. Finding a therapist to help you through this transition may be helpful.

**Set Goals:** You cannot change the fact that you have MS but you can do things to improve your life. What can you do this year to improve your life? Set goals to lose weight, develop an exercise plan, join a support group, volunteer, go to church, develop a hobby, spend more alone time, or read more. Find something to look forward to as you get older. Make plans! Having something to look forward to makes you feel good and may give an “atmosphere of growth” to your life because the future seems bright.



### **Highlights from Susan**

#### **Webinars- February 2024:**

February 06, 2024: Multiple Sclerosis Foundation: Ask the MS Expert with Aaron Boster MD, 4:30PM Central time. Go to <https://www.youtube.com/@MSViewsandNews/search> You can also find it at [www.msviewsandnews.org](http://www.msviewsandnews.org) or find it on the MS foundation website: [www.msfocus.org](http://www.msfocus.org)

February 7, 2024: Can Do MS, Understanding and overcoming sexual challenges with MS 6 PM Central time. Go to: <https://cando-ms.org/event/understanding-and-overcoming-sexual-challenges-in-ms/> or you can register on the Can Do MS website [www.cando-ms.org](http://www.cando-ms.org)

February 21, 2024: UW MS Center, Managing Vision Problems in MS , Eugene May MD, 6PM Central time go to <https://www.uwmedicine.org/specialties/neurosciences-institute/multiple-sclerosis-care/events> to register for this event

February 22, 2024: Multiple Sclerosis Association of America, In it Together: Love and MS, Relationships, Communication and Intimacy 7pm Central time. Go to: [https://us06web.zoom.us/webinar/register/WN\\_vq2h2fmnT9iy6w64y--70w#/registration](https://us06web.zoom.us/webinar/register/WN_vq2h2fmnT9iy6w64y--70w#/registration) or you can find in on the MSAA website: [www.mymssa.org](http://www.mymssa.org)

#### **Coaching Series: Mind over MS-Strategies for Staying Sharp**

This Coaching Series will be held virtually, once a week, at the dates and times listed below. By registering for this series, you agree to attend all four sessions. Each session will build upon the last.

2024 Program Dates - Mark your calendar! Register on the Can Do MS website: [www.cando-ms.org](http://www.cando-ms.org) or go to: <https://cando-ms.org/coaching-series-cognition/>

This program takes place from 12:00-1:15pm ET on the following dates:

Tuesday, February 6, Tuesday, February 13, Tuesday, February 20, Tuesday, February 27