



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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## **MARCH 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

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### **SUPPORT GROUP LEADERS AND CONTACT INFORMATION**

**Terri Hasty** - Tell City - 812- 686-8183 – 1<sup>st</sup> Monday of the Month. NO MEETING IN MARCH

Next mtg. – 4/1/2024 at The Patio, 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

Evansville - March 13<sup>th</sup>, 3pm, Essential Oil Make and Take Workshop, TSMSA office

Evansville - March 28<sup>th</sup>, 12pm, Chair Yoga, TSMSA office

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### **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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**WHEN: Wednesday, March 13<sup>th</sup> 2024** **TIME:** 12:00 PM Central

**WHERE:** Moonlite Bar BQ, 2840 W. Parrish Ave, Owensboro, Ky 42301

**FEATURED SPEAKER:** Dr. Mark Janicki, Witham Health Services

Speaker is sponsored by **EMD Serono, In**



**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 3pm (\*\*Please Note Time Change from 1pm to 3pm\*\*) 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)**



**MS CHAIR YOGA with Delanie Davis**

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

**LAST THURSDAY OF EVERY MONTH**

**12PM (NOON) to 1PM AT THE TMSA OFFICE.**

**NEXT CLASS THURSDAY March 28<sup>TH</sup>**

Wear comfortable stretchy clothing.

RSVP by calling 812-423-5943, 1-866-514-4312 or [director@tristatems.org](mailto:director@tristatems.org)

**FREE MS PATIENT EDUCATION PROGRAM**  
**WEDNESDAY APRIL 17<sup>TH</sup>, 2024**

Deaconess Gateway Hospital - 4011 Gateway Blvd, Newburgh  
Conference Rooms A & B (1<sup>st</sup> 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**  
"Put the power of neurorehabilitation  
in your hands with polyform-1h"

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



## **March is MS Awareness Month!**

**Susan Reynolds RN, MSCN**

MS Awareness Month is a chance to bring multiple sclerosis awareness to people in our area. The **Tri-State MS Association** provides information, education, and support for individuals who are living with multiple sclerosis and their family members. This March, we've devoted the month to helping foster a greater understanding of MS in our community.

MS is often an "invisible" disease. Many common symptoms can be life-altering to those living with them, but not always apparent to the outside world. MS is a disease of the central nervous system that disrupts communication between the brain and other parts of the body. The severity of the disease and its symptoms vary from person to person. The cause of MS is unknown and, although treatments can slow disease progression, at this time there is no known cure.

### **What Is MS?**

MS is a chronic disease of the brain, spinal cord, and optic nerves. Three factors appear to have an influence on developing MS: genetic predisposition, environmental factors such as geographical location, and a trigger, such as a virus.

The nerve fibers in the central nervous system are protected and made more effective by a fatty substance, myelin, which helps the nerve fibers conduct electrical impulses to and from the brain with lightning speed. MS produces injury in the central nervous system when the immune system mistakenly attacks myelin. Areas of myelin damage are known as plaques or lesions, and these eventually fill in with scar tissue. The name multiple sclerosis means "many scars." MS can also cause destruction of the entire nerve. The damage from lesions disrupts the transmission of nerve impulses from the central nervous system to the rest of the body causing a variety of symptoms.

### **MS Symptoms**

Some symptoms of MS are vision changes, heat sensitivity, muscle weakness, problems with balance, fatigue, muscle spasms, muscle weakness, numbness and tingling, pain, emotional and cognitive difficulties, anxiety, bladder and bowel issues, and depression.

Many MS patients experience "quiet" periods when the disease is relatively dormant, but they may still be coping with one or a number of symptoms that aren't apparent to the outside world. These patients can also have periods where the disease is quite active, known as exacerbations. During exacerbations, symptoms can be more pronounced, but usually subside and sometimes go away entirely soon after an exacerbation. Other patients may not experience dormant periods and instead live with constant symptoms or a progressive worsening of the disease. MS can sometimes lead to disability, depending on a multitude of factors.

### **Who Gets MS?**

Most people living with MS are diagnosed between the ages of 20 and 50, with more women being diagnosed than men. MS is the leading cause of disability in young women and the second leading cause of disability in young men. Studies indicate that genetic factors could make some individuals more susceptible to the disease, but there is no evidence that MS is directly inherited. It occurs more commonly among Caucasians, especially those of northern European ancestry, but people of African, Asian, and Hispanic backgrounds are not immune. The worldwide prevalence is around 2.7 million, and more than 1,000,000 Americans have been diagnosed with the disease and 200 more people are diagnosed every week.



## March is Multiple Sclerosis Awareness and Disability Awareness Month.

As a person diagnosed with MS, you have the power to choose what direction your life will go with this diagnosis. YOU have choices!

Make MS an illness that you have, NOT an illness that has you!

**Be Aware** of all the people who care about you and love you!

**Be Aware** of all that is positive in your life, and choose not to focus on negative things!

**Be Aware** of all the therapies that can help you control your MS symptoms!

**Be Aware** of the many MS resources available to you and your family!

**Be Aware** of the many free educational programs available to you and your family!

**Be Aware** of the many services that TMSMA offers to you and your family!

**Be Aware** of the many opportunities to meet new friends, those also living with MS!

**Be Aware** of the many benefits of exercise and eating healthy!

**Be Aware** of the challenges, and celebrate all your accomplishments!

**Be Aware** of all the joys along your journey!

### MULTIPLE SCLEROSIS RESOURCES

**MSAA**      <https://mymsaa.org/>

- MRI Access Program      (800) 532-7667, ext. 142 or email [MSquestions@mymsaa.org](mailto:MSquestions@mymsaa.org).
- Cooling Products      (800) 532-7667, ext. 154 or email [clientservices@mymsaa.org](mailto:clientservices@mymsaa.org).
- My MS Manager mobile app      (800) 772-8277, ext. 178 or email [apphelp@mymsaa.org](mailto:apphelp@mymsaa.org).

**MS Foundation**      <https://msfocus.org/Home.aspx>

- Emergency Assistance Grant 888-MS Focus (888-673-6287), or email [support@msfocus.org](mailto:support@msfocus.org).
- Transportation Assistance Grant 888-673-6287, or email [transportation@msfocus.org](mailto:transportation@msfocus.org)
- Brighter Tomorrow Grant <https://msfocus.org/Contact.aspx>
- Health and Wellness Grant [healthandwellness@msfocus.org](mailto:healthandwellness@msfocus.org)

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**Mark Your Calendar for these fundraising events!!**  
**CONTACT TMSMA FOR MORE INFORMATION AND TICKETS**

**Friday, March 15<sup>th</sup>**, Evening of Excellence at Bally's Conference Center

**Thursday, May 9<sup>th</sup>**, Gehlhausen Fashion Event at Gehlhausen Floral

**Monday, June 3<sup>rd</sup>**, Ted Donosky Golf Scramble at Rolling Hills Country Club

**Wednesday, August 21<sup>st</sup>**, Girls' Night Out at Evansville Country Club

**Sunday, November 3<sup>rd</sup>**, Evansville Autumn Walk at Harrison High School

**Strike Out MS – Softball Tournament, Date Coming Soon!!**