



**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

Follow us on **facebook**, Instagram, **Linked in**

May 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

SUPPORT GROUP MEETINGS AND CONTACT INFORMATION

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

Next mtg. – 5/6/24 at Twilight Towers, 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- MS Chair Yoga & Meal Planning with Delanie Davis-Details Below-
Evansville-Lunch & Learn with Susan Reynolds, Certified MS Nurse-Details Below-**

PRIVATE SHOPPING EVENT

SUPPORT THE TRI-STATE MULTIPLE SCLEROSIS ASSOCIATION

Thursday, May 9, 2024

6:00 p.m. - 8:00 p.m.

735 S Green River Road

**SWAG BAGS
AT THE DOOR
to the first 100**

**20% off your
purchase**

**DOOR PRIZES
& DRAWINGS**

**5% give back to the Tri-State
Multiple Sclerosis
Association**

SCAN HERE
for your ticket
\$15 NOW or
\$20 at the door



***FASHION SHOW*SHOPPING*LIGHT REFRESHMENTS**

Only **150 TICKETS** available



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ASSOCIATION**
Tristatems.org | 812.423.5943
971 S Kenmore Dr C, Evansville, IN 47714

**Looking for a great Mother's Day, Father's Day,
or Birthday Gift?**



Maybe you just like a clean car?

Tri-State MS Association's is selling a coupon book of three Shine Care Washes from Lucas Oil Car Wash for only \$25.00!

Fundraiser starts May 1st and ends June 30th

A Shine Car Wash is normally \$15.00.

With this promotion, you are getting 3 Washes for only \$25.00!

Now the best part, Lucas Oil Car Wash is donating **\$12.50** back to Tri-State MS Association for every coupon book sold!

It's a Win Win for everyone!

Call Tri-State MS Association 812-423-5943/1-866-514-4312

or email director@tristatems.org to order!

Lunch & Learn With Susan Reynolds, RN, Certified MS Nurse

"Tips On Managing Pain Associated With MS"



Thursday May 16th at 11:30am at TMSA

Seating is limited, please RSVP by May 13th @ 812-423-5943/1-866-514-4312

This FREE educational session will be held at TMSA office, 971-C South Kenmore Dr.,
Evansville, IN **Refreshments will be served!**



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 TMSA OFFICE.

Refreshments always served!

NEXT CLASS THURSDAY May30th

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

Ted Donosky MS Golf Scramble



The Tri-State Multiple Sclerosis Association would like to take this opportunity to ask for your support of our upcoming Ted Donosky MS Golf Scramble. This annual event will take place on Monday, June 3 at Rolling Hills Country Club.

There are many ways for you and your company to support this exciting event. All money raised will be used to provide support, care, and hope to hundreds of individuals living with MS & their families in the area.

Call us at 812-423-5943 for more information on how you or your company can be involved!

ENTRY FEES: Entry fee includes 18 holes of golf w/cart.

LUNCH, SNACKS, AWARDS, SILENT AUCTION, HALF POT

Individual \$125

Foursome \$500

Event Date: Monday, June 3, 2024

Place: Rolling Hills Country Club

Registration and Lunch Begins: 11:30 am

Shot Gun Start: 1:00 pm



Caring for an individual with multiple sclerosis can be a challenge.

We had a caregiver reach out to us with an interest in starting a Peer-Led Caregiver Support Group. Before we start this group, we would like to get an idea of the interest. Contact us if you are interested in joining this group as a caregiver. Call 812-423-5943/1-866-514-4312

Educational Information from Susan Reynolds, RN, MSCN

World MS Day, sponsored by the Multiple Sclerosis International Federation.

World MS Day is an international awareness day for everyone affected by multiple sclerosis (MS). It brings the global MS community together to share stories, raise awareness and campaign for change. World MS Day is officially marked on 30 May but activities take place throughout the month of May and early June.

The theme for World MS Day 2024-2025 is diagnosis. The **My MS Diagnosis campaign** advocates for early and accurate diagnosis for everyone living with MS. It highlights the global barriers to diagnosing MS, raising awareness by sharing real stories and data. MSIF is calling for better MS training for healthcare professionals, new research, and clinical advancements in MS diagnosis. Together we are building informed, caring communities and systems that support people diagnosed with MS.

Multiple sclerosis (MS) is one of the most common diseases of the central nervous system (brain and spinal cord). Today, an estimated **2.9 million people** around the world have MS in 2023.

MS is an inflammatory demyelinating condition. It is caused by damage to myelin – a fatty material that insulates nerves. In MS, the loss of myelin affects the way nerves conduct electrical impulses to and from the brain. Symptoms can include blurred vision, weak limbs, tingling sensations, unsteadiness, memory problems, and fatigue.

Most people with MS are diagnosed between the ages of 20 and 50. MS is two to three times more common in women than in men. No drug can cure MS, but treatments are available which can modify the course of the disease.

To find out more about MS, get in touch with an MS organization near you, such as the Tri-State MS Association in Evansville, Indiana or visit the MSIF website.

Who is affected in the United States?

36 years is the average age of an MS diagnosis.

74% of people with MS are women.

Number of people with MS in the US?

913,925 people are living with MS. This equates to 1 in every 400 people.

4,000 children under the age of 18 are living with MS.

Diagnosis of MS in the US?

24,924 new people are diagnosed each year. That's 2,077 diagnosed every month.

85% of people are initially diagnosed with relapsing-remitting MS. 15% have progressive MS.

MS Around the Globe: from Atlas of MS 3rd Edition

There are 2.9 million people living with MS around the globe. This is our most accurate and up-to-date estimate of the number of people living with MS worldwide. This equates to 1 in 3,000 people in the world living with MS. In countries with the highest prevalence, as many as 1 in every 300 people have MS. 1 Based on 75 reporting countries The estimated number of people with MS globally has increased from 2.3 million people in 2013 to 2.9 million people in 2023.

Several factors are likely to be contributing to the increase, including: better counting methods nationally and globally as well as improved diagnosis, people with MS living longer, and global population growth. However, from the data available we cannot rule out that there may also be some increase in the risk of developing MS. Although the number of people with MS has increased, gender and age at diagnosis remain similar to those seen in the 2013 Atlas of MS, as does the regional distribution around the globe.

SAVE THE DATE

Gehlhausen Fashion Show: Thursday, May 9th @ Gehlhausen on Green River Rd.
Golf Scramble In Memory Of Ted Donosky: Mon, June 3rd @ Rolling Hills Country Club

Girl's Night Out: Wednesday, August 21st @ Evansville Country Club

Strike Out MS: Fall of 2023

Evansville Autumn Walk: Sunday, November 3rd @ Harrison High School