



Supporting the MG Community
in Ohio & Beyond

MG OHIO NEWSLETTER

NOVEMBER 2022

Volume 10 Issue 11

MG Ohio

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Sharon Rastatter	Saul Wiener

We are here for you and your family to provide help and hope for those living with Myasthenia Gravis in Ohio and beyond.

If we can assist you with medical care referrals, resources, durable medical equipment, or information about MG, contact Rebecca at 216-218-0477

You will find a wealth of information at the website:

MGOhio.org



November's Thursday Afternoon ZOOM Meetings

When: Nov 3, 2022 03:00 PM Eastern Time

https://zoom.us/meeting/register/tJlkd-2srD8uEtSjop3MagVxetM2krO8CS_Q

When: Nov 10, 2022 03:00 PM Eastern Time

<https://zoom.us/meeting/register/tJcudeqtqzlvHNTjEhV-t3rduLXP1VaUMyK3>

When: Nov 17, 2022 03:00 PM Eastern Time

<https://zoom.us/meeting/register/tJwkde2qrD0sEtze5gXG-dVN5mE05zdx5E5b>

When: Dec 1, 2022 03:00 PM Eastern Time

https://zoom.us/meeting/register/tJlkeqtrjMrG9YRbdDjZ_hc5NDcysdcpBWf

After registering, you will receive a confirmation email containing information about joining the meeting.

**NOTE: No Meeting on Thursday, November 24th
Happy Thanksgiving!**



Next In-Person Meeting Eastside—

November 19, 2022

Mayfield Library 500 SOM Center Rd.

Mayfield Village 44143

1:00—3:00 pm



Ask the MG Expert

Q. Why do I need a support group? Don't you all just sit around and complain? I'm doing fine on my own.

A. A support group is so much more than people gathering to complain, it is a community that allows you to ask questions about MG and provides the following:

- Important tips and tricks for living well with MG
- Information on how to avoid MG flares and crises and when to call the doctor
- Information about what life-style changes have helped in managing MG
- A group of ready made friends who understand why your smile is crooked or that you need to just listen while closing your eyes
- A community willing to provide hope when you are feeling hopeless
- A group of friends who won't judge you if you can't show up all the time
- A community who gets what you are experiencing
- People to talk to about life's daily challenges and yes, allow you to vent when you need

Even if you are in remission, you are welcome to join our support groups. Let your prior experience count for something. Come and give others the hope you have found during your MG journey. We are adding newly diagnosed patients to our midst every month. Come virtually or in person and share your story.

Help out MG Ohio:
If you use the following link to sign up for Rare Patient Voice, MG Ohio will receive \$5 for every person chosen to participate. That money goes towards helping to fund this newsletter and run our support groups. [Click here](#) to sign up.

MG Ohio

Northeast Ohio In Person Events and Support Group Meetings:

October 29—10 am –2 pm

FREE MG Ohio Awareness Event and short 0.7 mile walk

South Central Park—Pavilion 1

7565 Avon-Belden Rd., North Ridgeville 44039

Lunch Provided—RSVP mgohio@mgohio.org

November 3—6:30 pm

FREE Dinner with Crystal Brown, Alexion PEM

Corleones Restaurant 5669 Broadview Rd, Cleveland, OH 44134

Must RSVP—See flyer attached to this email

NOTE: This is not sponsored by MG Ohio

November 19—1:00—3:00 pm

Eastside Support Group Meeting

Mayfield Library—Medium Meeting Room

500 SOM Center Rd., Mayfield Village 44143

December 10—2:00 pm

Annual Christmas Party Macaroni Grill

25001 Country Club Blvd, North Olmsted, OH 44070

See page 3 for more information

MG Ohio

Cincinnati Area Support Group Meetings:

November 12—12:30-3:00 pm

FREE Light Lunch at 12:30—Meeting at 1:00 pm

Mayerson JCC 8485 Ridge Road, Cincinnati, Ohio 45236.

(Take the Ridge Road Exit from the Ronald Regan Highway)

We'll follow with discussion on our opportunity to participate in

MG OHIO, an organization created for Ohio MG Support Groups to

share ideas, friendships and information. RSVP to [Sharon Meyer](#)



MG Ohio—National

OPEN CHAT now every Saturday night at 7:00 pm ET via Zoom (click bellow to register)

<https://zoom.us/meeting/register/tJ0qduytrT4jH9KSiOgggP8G0xHTCjcYC6b1>



ANNUAL CHRISTMAS PARTY

DECEMBER 10, 2022—2:00 PM

Romano's Macaroni Grill

25001 Country Club Blvd, North Olmsted, OH 44070

NOTE: We will be ordering off a special menu

Bring a small gift \$5 or under for the fun gift exchange

Everyone is invited but you Must RSVP by November 26th

Text or leave message at 216-218-0477

Or email mgohio@mgohio.org



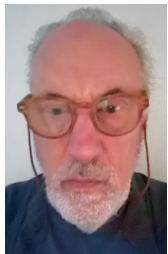
MEET YOUR MG OHIO BOARD

This month we get to know two more of our MG Ohio Board Members:



Bobbi Navarra, Vice-President

Bobbi Navarra relocated to the Cleveland area from her native western Pennsylvania in 1987 to continue her career as a Human Resources professional. Bobbi semi-retired in 2009, renewed her teaching certification, and began a second career working with special needs students. Bobbi has served on the boards of Power of the Pen, Northcoast Food Rescue and the Cleveland Food Bank. Diagnosed with MG in 2020, She credits the Northeast Ohio MG support group with guiding her to the best resources for treatment and for providing valuable ongoing support.



Saul Wiener, Director

Saul Wiener received a Masters degree from Temple University in Plant Physiology in 1965 and a Masters Degree in Landscape Architecture from University of Pennsylvania in 1973. He worked in the Department of Environmental Protection for the State of New Jersey, The US Heritage and Conservation Service, The Montgomery County Planning Commission and for John Rahenkamp Consultants. In 1989 he founded the Urban Tree Connection, a non-profit that worked with underprivileged children in West Philadelphia, transforming vacant land into farms which fed the underserved population in West Philadelphia. Saul retired to Ajijic, Mexico in 2016 and relocated to Cincinnati in late 2021 due to his Myasthenia Gravis.

What are you thankful for?

A great app to help you focus on the positive and count your blessings is **3 Good Things** - a free downloadable app for your smart device.

Check it out and start recording what you're thankful for.

Thank you, Dr. Suzanne Ruff for this suggestion.



MG Ohio Website:

Visit us at www.mgohio.org

Have questions or comments? Send in your MG related questions to our **Ask the MG Expert** column

Email at mgohio@mgohio.org

Has COVID-19 Left You Financially Strapped?

The National Organization for Rare Disorders (NORD) has opened a financial assistance program for people in the rare disease community including those with MG, who are affected by the COVID-19 pandemic in the U.S. Called the NORD COVID-19 Critical Relief Program, the effort will provide up to \$1000.00 annually to those eligible to support critical non-medical needs. For further information about eligibility or how to apply, call NORD at 203-242-0497 or send an email to COVID19assistance@rarediseases.org

Need help paying for your meds? Check out the following sites:

<https://www.needymeds.org/>

[Good Rx.com](http://www.goodrx.com)

<http://www.themedicineprogram.com/>

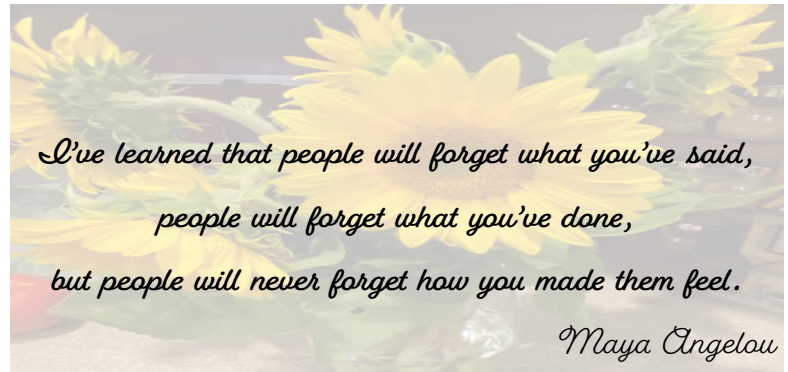
<http://www.togetherrxaccess.com/p/prescription-savings>

<https://mat.org/> (Medication Assistance Tool)

<http://www.rxhope.com/Patient/AssistanceRequest.aspx>

<http://www.myastheniagravis.org/we-can-help/what-we-do/>

More info at: <https://myasthenia.org/Community-Resources/Resources-External-Assistance-Programs>



UPCOMING NOVEMBER 2022 MEETINGS:

In Person—November 12 Mayerson JCC 12:30—3:00

8485 Ridge Road, Cincinnati, Ohio 45236

In Person—November 19 Mayfield Library 1:00 –3:00

500 SOM Center Rd. Mayfield Village 44143

Zoom Meetings—Thursdays 3:00 pm ET via Zoom (see page 1)

OPEN CHAT now every Saturday night at 7:00 pm ET via Zoom (click bellow to register)

<https://zoom.us/meeting/register/tJ0qduytrT4jH9KSiOgggP8G0xHTCjcYC6b1>