

**NOVEMBER 2019**

**Volume 7 Issue 11**

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**MDA ADDRESS:**

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**We are here for you** and your family to provide help and hope for those living with Myasthenia Gravis

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: [Myasthenia.org](http://Myasthenia.org)

**Easy way to contribute to MGFA:**

If you shop at Amazon.com, go to [smile.amazon.com](http://smile.amazon.com) next time you shop. Choose MGFA as your charity. It is that simple. Then every time you shop, do it through [smile.amazon.com](http://smile.amazon.com) and a portion of your sales will be contributed to the National MGFA.

**WESTSIDE—**

Our next *regular* meeting will be **January 11, 2020** at the **Parma Library Meeting Room 6996 Powers Blvd., Parma, 44129** from 1:00-3:00 pm

**NOTE: NEW meeting place!**

**Get directions [here](#)**

**EASTSIDE—**

Our next *regular* meeting will be **January 18, 2020** at the **Mayfield Library Middle meeting room 500 SOM Center Rd., Mayfield Village, 44143** from 12:30-2:30 pm



**LORAIN COUNTY—**

Our next meeting will be held on **Thursday, January 16, 2020** at the **Sugarcreek Restaurant** located at **5196 Detroit Rd, Sheffield, OH 44035** in the Sheffield Plaza from **1:00—3:00 pm** We will be ordering off the menu and everyone is responsible for their own check. **Please RSVP by January 10<sup>th</sup> to 216-218-0477 (leave message).**

**Are you unable to come to meetings?**

In January the meeting will come to you! Using an app called zoom, you may call in or join online from your computer. Watch this space for more info.

**Ask the MG Expert—**

**Question** — What websites can I trust to give me the correct information about MG?

**Answer** — The best information about the latest MG news and treatments is found at [www.myasthenia.org](http://www.myasthenia.org).

Now I may be biased, but all of the information found there has been vetted and verified by a panel of MG experts.

Other good choices for MG information on the latest treatments, studies, and clinical trials may be found at:

Clinical Trials.gov

[www.clinicaltrials.gov](http://www.clinicaltrials.gov)

National Institutes of Health  
[www.nih.gov](http://www.nih.gov)

Muscular Dystrophy Association  
[www.mda.org](http://www.mda.org)

Beware of sites like Wikipedia that allow anyone to add content to their information. Often, this content is not verified or checked.

**2020 Address Book**

The 2020 address book will be distributed at the Christmas Party and made available at the January meetings.

If your information has changed or if you do not want to be included in the book, please contact me immediately at 216-218-0477

NOTE: Your personal information is only shared with the group for contact purposes and never shared with non-MG people.



# 2019-2020 MG Meetings and Events

## Westside Meetings

Meets every 2<sup>nd</sup> Saturday *except* September, November, and December at **Metro-Health November Meeting Room 7800 Pearl Rd., Middleburg Hts., 44130 (unless noted)**

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**December 7 Annual Christmas Party**—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

**January 11**—Parma Library Meeting Room 6996 Powers Blvd., Parma, 44129 from 1:00-3:00 pm

**NOTE:** Everyone is welcome to attend any meeting regardless of where you reside. Family and friends are welcome too! Hope to see you soon at one of our meetings or events.

**What to expect:** Regular meetings are open to all

Attendance ranges from 8 to 30 or more.

All information shared is confidential.

\*Speakers will present information at meetings marked with \*

Speakers *usually* present during the second half of the meetings allowing the group to introduce themselves to new patients or catch up with old friends.

Light refreshments are served at the meetings which don't meet at restaurants.

Feel free (but not obligated) to bring a snack to share.

## **MEETING NOTES:**

The **Westside meeting** on October 12 was attended by 22 people, including Jim Aust from OSHIP who presented about insurance and Medicare.

The **Lorain County Meeting** was held on **October 17** and attended by 6 people. The small group size allows for good in-depth discussions. Come to this group to learn more about your fellow MG's

## Eastside Meetings

Beginning in January will meet on the 3<sup>rd</sup> Saturday at **various places (see below)**

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**December 7 Annual Christmas Party**—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

**January 18**—Mayfield Library Middle meeting room 500 SOM Center Rd., Mayfield Village, 44143 from 12:30-2:30 pm

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## Lorain County Meetings

Meets every 3<sup>rd</sup> Thursday at **Sugarcreek Restaurant 5196 Detroit Rd, Sheffield, OH 44035 (in the Sheffield Plaza)**

**NOTE:** Due to Thanksgiving and Christmas, we will have our next regular meeting in **January**.

**December 7 Annual Christmas Party**—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

**January 16**— **Sugarcreek Restaurant 1:00—3:00 pm**

We order off the menu and everyone is responsible for their own check.





# Annual Christmas Party

**Saturday, December 7, 2019**

**2:00 pm**

**Romano's Macaroni Grill  
25001 Country Club Blvd  
North Olmsted, OH 44070**

**R.S.V.P. 216-218-0477 or email [clevelandmg-group@gmail.com](mailto:clevelandmg-group@gmail.com)**

**by November 23rd**

**Please bring a \$5 (or less) gift for the gift exchange**

**It's fun to see how creative you can get for \$5**

Help STILL Wanted: The following Volunteer positions are needed for our support groups:

1. Article Submitter
2. Media Liaison
3. Phone Liaison
4. Event Coordinator
5. MG Experience Volunteers
6. Co-Leader
7. Conference Planner

Please consider getting more involved. Call me or email me if you are interested at [clevelandmg-group@gmail.com](mailto:clevelandmg-group@gmail.com) Thanks! - Rebecca

**2020 National MGFA Conference: Fort Worth, TX**

**Omni Fort Worth**

**Save the Dates!**

National MG Walk: April 4

National Conference: April 5-7

To book your hotel reservation using the MGFA National Conference rate, please see below:

<https://www.omnihotels.com/hotels/fort-worth/meetings/mgfa-2020-annual-meeting-04032020>

\*Guests may also call Omni Reservations at 1-800-THE-OMNI and refer to the group name "MGFA 2020 Annual Meeting"



**NEW!**

**NEW LOCAL WEBSITE!!**  
Visit us at [www.clevelandmggroup.org](http://www.clevelandmggroup.org)

There you can get all the latest local MG news, see upcoming events, download any newsletter from this year, and sign up for the newsletter email edition.

Be sure and send in your MG related questions for our **Ask the MG Expert** column

Email at [clevelandmggroup@gmail.com](mailto:clevelandmggroup@gmail.com)

Or snail mail it to: Rebecca Molitoris, 9356 Asbury Lane, North Ridgeville, OH 44039



### Russ Lockyer was the Newsletter Winner for October!

If you would like a \$10 gift card to Subway just for reading the newsletter and finding the **double word** this month, be the **first** person to email or call me and win. Since the newsletter goes out in both email and printed form, there will be one winner from each category. If you receive the email version, [email me](#) with the answer and if you receive the printed version, **call me and leave a message**. November's winners will be listed in next month's newsletter. You can only win once every 12 months so if you have already won, let someone else have a chance (family members or friends can play too!) and thanks for playing—Rebecca



**A special thank-you to everyone who helped this year with setting up and cleaning up after meetings. We couldn't do this without you!**

### UPCOMING 2020 MEETINGS:

#### WESTSIDE:

Next meeting: **January 11, 2020**    **Parma Library**  
**1:00—3:00 pm** 6996 Powers Blvd., Parma, 44129

#### EASTSIDE:

Next meeting: **January 18, 2020**    **Mayfield Library**  
**12:30—2:30 pm** 500 SOM Center Rd., Mayfield Village, 44143

#### LORAIN COUNTY:

Next meeting: **January 16, 2020 (Thursday)**    **Sugarcreek Restaurant**  
**1:00—3:00 pm** 5196 Detroit Rd, Sheffield, OH 44035

Thank you to our sponsors:

