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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

Easy way to contribute to MGFA:

If you shop at Amazon.com, go to 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 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 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 10th to 216-218-0477 (leave message).**

Can't Leave Home? Join our Zoom Meeting

Topic: Northeast Ohio MG Support Group

Time: Jan 13, 2020 01:00 PM Eastern Time (US and Canada)

Click the link below to join the meeting:

<https://zoom.us/j/821463789?pwd=aHM5OW0xN3Y1SkNsSFhZbnJkbnEwQT09>

Meeting ID: 821 463 789

Password: 570927

Or dial in with your cell phone:

+1 646 558 8656 US (New York)

Meeting ID: 821 463 789

Ask the MG Expert—

Question — How can I avoid getting sick this winter?

Answer — Those of us who are immunosuppressed have a weaker defense against any kind of infection. To guard against the cold and the flu this season, try some of these tips:*

- Let friends and family know that catching a cold or the flu could be dangerous for you. Ask them to avoid visiting if they are sick.
- Call before visiting others to see if anyone is contagious. (Colds can be contagious for up to 24 hours before onset and up to 5 days after onset)
- Avoid shopping at peak times.
- Use shop at home and delivery or pick up services to avoid crowds.
- Avoid crowded places like shopping malls, ball games, theaters, etc.
- Avoid sitting next to someone who is obviously ill on public transportation or in church.
- Employ frequent hand washing with soap and water.
- Avoid touching your eyes, mouth, and nose.
- Augment the humidity in your home to prevent your protective mucous membranes from drying

OUT. *Excerpt from *Living Positively with Myasthenia Gravis* by R.C. Boynton, Ph.D.

2019-2020 MG Meetings and Events

Westside Meetings

Meets every 2nd Saturday *except* September, November, and December at various places (see below)

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

February 8—Parma-Snow Library Meeting Room A, 2121 Snow Rd., Parma, 44134 from 1:00-3:00 pm

March 14—Parma Library Meeting Room
6996 Powers Blvd., Parma, 44129 from 1:00-3:00 pm

April 11—MetroHealth Middleburg Hts Campus 7800 Pearl Rd., Middleburg Hts. 44130 from 1:00-3:00 pm

May 9—MetroHealth Middleburg Hts Campus 7800 Pearl Rd., Middleburg Hts. 44130 from 1:00-3:00 pm

June 13—MetroHealth Middleburg Hts Campus 7800 Pearl Rd., Middleburg Hts. 44130 from 1:00-3:00 pm

July 11—MetroHealth Middleburg Hts Campus 7800 Pearl Rd., Middleburg Hts. 44130 from 1:00-3:00 pm

August 8—MetroHealth Middleburg Hts Campus 7800 Pearl Rd., Middleburg Hts. 44130 from 1:00-3:00 pm

September 12—MGFA Ohio Walk

October 10—TBD

December 12—Annual Christmas Party 2 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.

1st online Zoom meeting, Monday, January 13, 2020 at 1 pm

The meeting will last approximately 30 minutes
(see page 1 for details)

MEETING NOTES: See page 3 for notes about our annual Christmas party

Eastside Meetings

Beginning in January meets every 3rd Saturday of the month *except* September, November, and December, at various places (see below)

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

February 15—Gates Mills Library 1491 Chagrin River Road • Gates Mills, Ohio 44040 from 12:30 -2:30 pm

March 21—Mayfield Library Middle meeting room 500 SOM Center Rd., Mayfield Village, 44143 from 12:30-2:30 pm

April 18—TBD

May 16—TBD

June 20—TBD

July 18—TBD

August 15—TBD

September 12—MGFA Ohio Walk

October 17—TBD

Lorain County Meetings

Meets every 3rd Thursday at **Sugarcreek Restaurant 5196 Detroit Rd, Sheffield, OH 44035 (in the Sheffield Plaza)** *except* November and December

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

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

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.

Annual Christmas Party

Saturday, December 7, 2019

Over 45 in attendance!



A good time was had by all!!

Do you have 15 minutes to spare per week ?

Thank you to those of you who offered help. I still need help in the following areas:

1. **Article Submitter**—you don't have to write the article, just submit it each month
2. **Media Liaison**—can you post our meetings on FaceBook or tweet about it on Twitter?

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

2020 National MGFA Conference: Forth Worth, TX

Omni Fort Worth

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

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

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



Congratulations to December's Winners

Congratulations to Jack Petersen and Michael Vuicich! They both found the double word in last month's newsletter before anyone else.

If you would like a \$10 gift card 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**. January'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

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

ONLINE:

First ZOOM meeting is Monday, January 13, 2020 at 1:00 pm (see pg 1 for details)

See you soon !

Thank you to our sponsors:

