



# Heartland

MYASTHENIA GRAVIS ASSOCIATION

MEETING DATES: THE SECOND SATURDAY OF THE MONTH

July 13, August 10, and September 14, 2019

At 10:00AM CST



The Heartland MGA group meets at 10:00AM the second Saturday of each month at Calvary Lighthouse Church, **2941 N. 80<sup>th</sup> Street, Omaha NE 68134**. Calvary is located just north of Maple on 80<sup>th</sup> Street.

**S**aturday, June 8, 2019, the Heartland Myasthenia Gravis Association Support Group met for their regular monthly meeting. There were 11 participants.

Kathy brought teal ribbons for Myasthenia Gravis awareness month to give to anyone who wanted one.

Tom posted a link to Medline Plus on the Heartland MGA Facebook page. Medline Plus is a website that has health topics, drugs and supplements information, a medical encyclopedia, medical test explanations and even a section on healthy recipes. Check out the website at <https://medlineplus.gov/>

Tom suggested that our support group use Google Groups to communicate with each other. He explained Google Groups is a service from Google that provides discussion groups for people sharing common interests' and, he provided a handout of what the invitation to join the group would look like. Those present said they would like to be part of the group. Tom noted that there was currently a issue with the program.

## Guest Speaker for Saturday July 13, 2019



We are pleased to announce that Allison Foss, Executor Director of MGA KC will speak at our July support group meeting on "Living your Best Life with MG....." Allison will also explain what they are doing across, Kansas, Missouri and NW Arkansas.

Dianna McCarty – 402-426-8006  
8487 Tranquility Loop  
Fort Calhoun, NE 68023

Kathy Cassidy – 402-719-5861  
426 No. Main  
Hooper, NE 68031

Randy Strobel – 402-572-0918  
6105 Park Lane Drive  
Omaha, NE 68104