



# Heartland

MYASTHENIA GRAVIS ASSOCIATION



MEETING DATES: THE SECOND SATURDAY OF THE MONTH  
August 10, September 14, and October 12, 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, July 13, 2019, the Heartland Myasthenia Gravis Association Support Group met for their regular monthly meeting. There were 11 participants in attendance.

We were pleased to have Allison Foss, Executive Director of MGA KC as our guest speaker. Allison has been living with MG since she was 5 years old. She provided a presentation on *Living Your Best Life with MG* and explained what her group is doing across Kansas, Missouri and NW Arkansas. The group was able to ask questions directly on treatments, medications and research and how it pertained to their individual circumstances.

The main point Allison stressed in her talk was that you are a PERSON FIRST. She cautioned against saying you are an “MGer” or a “Myasthenia Gravis Patient”.

For the newly diagnosed, Allison recommended limiting your pity party. Schedule time to reflect and grieve; but also celebrate your successes.

Other helpful suggestions were:

- Be your own best advocate – If something doesn't feel comfortable, do what you need to do to make it comfortable or be ok with finding something new and moving on.
- Give yourself grace – one day you might feel fantastic and the next day not able to accomplish much.
- Laugh it off – laughter really can be the medicine.
- Adapt – find things that will help you adapt.
- Know who your champions are – let go of those who exhaust you and are toxic
- Don't go believing – everything you see online – when in doubt, call your Neurologist
- Grains of Salt – if somebody is trying to “sell” you a cure, take a step back
- Have an outlet – know what you need to help you relax. Relax MD is an app that can help.
- Gratitude – having the gift of gratitude is one of the best gifts you can give yourself
- Simplify your life – utilize Amazon Prime or Boxed, grocery delivery, restaurant delivery, Uber
- Sleep- not enough sleep can impact your life in other areas.

We are currently working on scheduling a speaker from Alexion for our September or October meeting. Stay tuned for further announcements.

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