



# Heartland

MYASTHENIA GRAVIS ASSOCIATION

MEETING DATES - THE SECOND SATURDAY OF THE MONTH



The Heartland MGA group's scheduled time and place to meet is at 10:00 AM, 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.

Our last support group meeting was in February 2020 and way too long ago. Our last official newsletter was dated October 2020.

The year 2020 was an extraordinary year in that we learned how to cope in a pandemic world. For many, we learned new skills - wearing masks, sheltering in place, avoiding crowds and for some, how to participate in on-line meetings. We also said goodbye to some family members, old friends, and yes, even a few of our Heartland MGA members.

I am glad to announce that the Heartland Myasthenia Gravis Association is going to re-instate in-person meetings at Calvary Lighthouse Church beginning May 8, 2021.

Our meeting will be held in a new area of the church – upstairs in the “conference room”. Instead of parking in the lower parking lot, we will park up front (second driveway on the right from the corner of 80<sup>th</sup> and Maple) and enter where the sign says Education Center. Diane Ourada will post directional signs.

Even though many of us have received our Covid-19 vaccinations, **masks will be required** as a safety precaution.

This first meeting is intended to be social, “catch up” with those attending, and hear your stories of how you survived the pandemic.

For those of you still not comfortable with meeting in groups, we understand. You are welcome to follow our Heartland MGA support group on Facebook -

<https://www.facebook.com/groups/1067366219986364> where I have been posting articles and updates from Myasthenia Gravis Foundation of America (MGFA) and information on virtual group meetings with MGAKC.