



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

NOVEMBER 2025

Volume 13 Issue 11

Save the Date for upcoming Holiday Parties

Central	November 16
Northwest	December 6
Southwest	December 7

See page 3 for more information

MG Ohio

Elected Officers

Dr. Suzanne Ruff	President
Dr. Robert Ruff	Vice-President
Laura Lodge	Treasurer
Sharon Rasttater	Secretary

Board of Directors

Dr. Bakri Elsheikh	Dr. Daniel Benson
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Gina Oradini	Amy Shaper
Dr. Kylie Sramek	Saul Wiener

If we can assist you with medical care referrals, resources, durable medical equipment, or information about MG, **contact us at 216-218-0477 (leave a message)**

You will find a wealth of information at the website:

MGOhio.org

To Donate to
MG Ohio, scan
here



MG Ohio Zoom Support Group Meetings

1st Thursday

When: Nov 6, 2025 03:00 PM ET

[https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9l_RXk1QDozODwbXpFs](https://zoom.us/join/https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9l_RXk1QDozODwbXpFs)

Dial in: 309-205-3325

Meeting ID: 936 7763 3806 Passcode 586068

4th Thursday

When: Nov 27, 2025 - NO ZOOM - Thanksgiving

[https://zoom.us/meeting/register/tJUkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U](https://zoom.us/join/https://zoom.us/meeting/register/tJUkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U)

Dial in: 301-715-8592

Meeting ID: 919 6954 6962 Passcode 799908

Saturday Nights

Saturday night chats weekly at 6:30 PM ET

[https://zoom.us/meeting/register/tJ0ufu6grDsJG9PS1AQQG9vWTYeTnNJAZtumm](https://zoom.us/join/https://zoom.us/meeting/register/tJ0ufu6grDsJG9PS1AQQG9vWTYeTnNJAZtumm)

Dial in: 646-931-3860

Meeting ID: 993 9782 0917 Passcode 730070

ZOOM MEETING FOR PARENTS OF MG KIDS

Formed for parents to be able to interact with other parents of MG KIDS.

Lead by Kori Khan, parents will have the opportunity to chat and encourage one another.

This meeting will be held every month on the 2nd Saturday at 4:30 pm ET

We hope you will join us!

2nd Saturday

Parents of MG Kids

When: Nov 8, 2025 04:30 PM ET

<https://zoom.us/j/96043460108?pwd=Z3JLrZAFK2EldiN08WHOhSye1dhTGS.1>

Dial in: 646-931-3860

Meeting ID: 960 4346 0108 Passcode: 509617

After registering, you will receive a confirmation email containing information about joining the meeting.

MG Ohio Educates

Ask the Expert

What changes are coming to insurance plans in 2026?

Insurance plan premiums, including Medicare Part B (original plan) and Part D (medications), are expected to rise in 2026. The amount of the cost increase in insurance plans will vary from company to company, and even from state to state. But, everyone in the industry agrees that costs will be significantly higher, more than 10%. At present no one is certain about the extent of the rising costs. This is also true with government costs and/or subsidies because Congress has yet to vote on some of the proposed changes.

What can you do to ensure that your plan is the best for you? Many of our Support Groups held a special session last month with a speaker to explain the expected changes and offer advice to those who need help in finding the best plan. If your Support Group has any literature from these talks, please talk to the leader in your area and ask for it. We have attached to this newsletter, information about some changes in Medicare, and Medicaid specific to the state of Ohio.

An excellent option would be to consult with a health insurance broker. Brokers are very different than insurance agents. Brokers' services are paid for by insurance companies and are free of charge to you. Brokers are fiduciaries – which means they are obligated to work in the best interest of their client - you. ***They find the best product (insurance plan) for the client*** rather than the best client for the company. As with all products, MG continued on page 3

2025 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

November 8, 2025 - 1:00-3:00 pm

Metro Health November Campus
7800 Pearl Rd.
Middleburg Hts., OH 441

This will be a hybrid meeting broadcast over Zoom. Please use the link or call to join:

<https://zoom.us/j/95377894109?pwd=NoN8jb0pTRZkrtXEdZkuxfmaja2vdd.1>

Meeting ID: 953 7789 4109 Passcode: 980913

NOTE: This year regular NEO meetings will be BYOW (bring your own water) Coffee will be available. Donations of baked goods always welcome.

MG Ohio Central Ohio In-Person & Zoom Support Group Meetings:

November 16, 2025 -1:30 pm -3:30 pm

Holiday Season Potluck
The Dempsey Family Education and Resource Center
at OhioHealth Neuroscience Center Riverside Methodist Hospital
3535 Olentangy River Road, Columbus, Ohio 43214

Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage.

This will be an in-person gathering.

Please RSVP to Sharon and Cathy by Nov. 7th at centralohiomg@gmail.com so we can plan accordingly for food, paper products, drinks, seating, etc. Also, please let us know if you'd like to bring a favorite potluck item to share! Could be a side dish, dessert, etc. Thank you, and we look forward to seeing you!

MG Ohio Southeast Ohio In-Person Support Group Meetings:

To Be Determined

Wheeling Park at the White Palace
1801 National Rd, Wheeling, WV 26003

This is a historic building located in beautiful Wheeling Park. The building is handicap accessible and has a Starbucks, important to members as they like coffee to go with the cookies that I provide at each meeting. The building also has ample free parking.

For more details regarding time and location, please contact Jay Adams at 304-780-9274.

MG Ohio Southwest Ohio In-Person Support Group Meetings:

November 8, 2025 - 1:00-3:00 pm

Mayerson JCC
8485 Ridge Road,
Cincinnati, Ohio 45236.
(Take the Ridge Road Exit from the Ronald Reagan Highway
RSVP to Erica at mgohiosouthwest@gmail.com

We will be having a guest patient advocate from Argenx joining us for our November meeting to discuss managing your MG symptoms.

This will be a hybrid meeting broadcast over Zoom. *Please use the link or call to join:*

<https://zoom.us/j/97131113585?pwd=r52SrnweJG59pfVbfKqyNCrzelqZh.1>

Meeting ID: 971 3111 3585 Passcode: 974695

MG OHIO CENTRAL HOLIDAY SEASON POTLUCK

Date: Sunday, Nov. 16

Time: 1:30-3:30pm

Location: The Dempsey Family Education and Resource Center at the OhioHealth Neuroscience Center at Riverside Methodist Hospital

ADDRESS: 3535 Olentangy River Road, Columbus, Ohio 43214

Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage.

This will be an in-person gathering. Please RSVP to Sharon and Cathy by Nov. 7th at centralohiomg@gmail.com so we can plan accordingly for food, paper products, drinks, seating, etc. Also, please let us know if you'd like to bring a favorite potluck item to share! Could be a side dish, dessert, etc. Thank you, and we look forward to seeing you!

MG OHIO NORTHEAST HOLIDAY PARTY

We're mixing things up this year, with a holiday gathering at Dave & Buster's in Westlake! Mark your calendar for Saturday, December 6 from 3 - 6pm for a delicious dinner, gift exchange, and a whole lot of gaming fun! We will have our own private area to eat and exchange gifts, and then you can dive into everything that is Dave & Buster's. Bring friends & family to join the fun! See the website for more information about who/what is [Dave & Buster's](http://daveandbusters.com)



[Arcade, Sports Bar, and Restaurant near Westlake \(Cleveland\)](http://daveandbusters.com)

Eat, Drink and Play at Westlake (Cleveland) Dave & Buster's located at 25735 First St., Westlake OH. www.daveandbusters.com

Please RSVP to Gina at 440/225-2069 or Laura at Events@MGOhio.org. Attendees will be asked to contribute \$15/person toward dinner in advance.

Continued from page 1
Ohio does not endorse any one company's broker. The flyer included in this newsletter serves as an example of some of the services offered by a health insurance broker.

Another point to keep in mind: open season time frames are specific and inflexible. Please take time now to start looking at your current plan and how it will change. Explore other plans and how they would work for you. Coverage for medications, access to visits and hospitalization costs vary tremendously among plans. Please make sure that your plan is the best one for you.

At www.mgohio.org

you can view educational videos, download newsletters and brochures, and get all the latest information about our in-person and online meetings.

Check out our MG Alliance Partners Page <https://mgohio.org/mg-alliance> for information about other MG groups in different parts of the country that hold online meetings. Just click on their logo and you will be taken to their site. You are always welcome to attend any online meeting wherever you may live.

MG Ohio SouthWest Holiday Party

MAGGIANO'S LITTLE ITALY
7875 MONTGOMERY RD,
CINCINNATI, OH 45236

SUNDAY, DECEMBER 7, 2025
1 PM - 4 PM

PLEASE RSVP TO ERICA BY NOV. 8TH
AND PAY COVER CHARGE OF \$10 A PERSON
EACH PERSON SHOULD BRING A GENDER-NEUTRAL,
WRAPPED GIFT VALUED BETWEEN \$5 AND \$10 FROM
THE STORE'S CHECKOUT AISLE FOR A GAME!

PLATED LUNCH

FIRST COURSE

Fresh Bread & Chef's Signature Caesar Salad

SECOND COURSE CHOICES

CHICKEN - The grand- Chicken Parmesan Rigatoni

SEAFOOD - Simply Grilled Salmon Lemon Butter & Sautéed Spinach - GV

MAGGIANOS SALAD - Grilled Chicken Smoked Bacon Diced Red Onion Avocado Blue Cheese. House Dressing

PAST A - Lasagna. Bolognese. Beef & Italian Sausage. Herb-Ricotta. Tomato Rago

BEEF - Beef Tenderloin Medallions. Sautéed Portabella Mushrooms. Balsamic Cream Garlic Mashed Potatoes. Crispy Onion Strings

DESSERT

Tiramisu or Vera-s Lemon Cookies

Served with Regular and Decaffeinated Coffee. Hot Tea. Iced Tea and Assorted Sodas

Alcoholic beverages are the responsibility of each individual and must be paid for separately

DID YOU KNOW?

- You can find the latest clinical trials for myasthenia gravis by going to : www.clinicaltrials.gov
- MG Ohio has formed an alliance with other independent MG Support Organizations across the country. Go to <https://mgohio.org/mg-alliance> to find such virtual groups as Black with MG, Muscle Makers (for crafters), Young Adults, and LGBTQ+
- MG Ohio offers one-on-one mentoring in our MG Friends program. Contact us at mgohio@mgohio.org to participate.

Celebrate! November Events

- November 1 World Vegan Day
- November 6 National Nachos Day
- November 11 Veterans Day
- November 13 World Kindness Day
- November 16 International Day for Tolerance
- November 19 Tongue Twister Day
- November 27 Thanksgiving



MG Ohio Website: Visit us at www.mgohio.org

For all the latest local MG news, upcoming events, and newsletters

Is there a topic or subject that
you would like to see covered
in the monthly *MG News*?
Email us at news@mgohio.org
and let us know!

Need help paying for your meds?

Check out the following sites:

<https://www.needymeds.org/>

[Good Rx.com](http://GoodRx.com)

<http://www.themedicineprogram.com/>

<http://www.togetherrxaccess.com/p/prescription-savings>

<https://mat.org/> (Medication Assistance Tool)

<http://www.rxhope.com/Patient/AssistanceRequest.aspx>

<https://accessiahealth.org/patient-programs/>



MG OHIO SOUTHWEST October Recap & November/December Highlights

October Recap:

In October, **Wendy Kobler** from Mindful Medicare Solutions gave an excellent Lesson on **Medicare** explaining to our group about different plans that Social Security Medicare offers and navigating benefits and changes occurring for 2026 before the **Open Enrollment period, October 15th - December 7th.**

The biggest takeaway? Make sure before you turn 65 that you sit down with a professional so questions are answered and that you fully understand the health plan you and your doctor set together, because once you choose which way to go Advantage or Traditional it is hard to switch after that initial decision!

October Spotlight Member: Erica Amann

Our **MG Ohio Southwest September Patient Spotlight** is **Erica Amann**! Erica has been Living with MG for 8 years. She is the Southwest Group Support Leader and was just started on her first MG targeted drug therapy being seronegative! Visit the MG Ohio website, [Southwest Group page](#) to read Erica's motivating MG journey. Thank you, Erica, for sharing your story with us!

Upcoming Events:

Saturday, Nov. 8th -Monthly Meeting 1:00 - 3:00 PM

Moyerson JCC - Hybrid Format (join in person or on Zoom). Guest Speaker: TBA from Argenx. We will be having a guest patient advocate from Argenx joining us for our November meeting to discuss managing your MG symptoms.

Sunday, December 7th -Holiday Party -1:00 - 4:00 PM

Maggiano's Little Italy, 7875 Montgomery Rd, Cincinnati, OH 45236.

\$10 Cover Charge per person for a **3 course plated Lunch** of your choice from a **select menu** © with a **special dessert** created by a **fellow MG Member!**

Bring a **\$5-\$10 gender neutral gift** from a store check out aisle or something MG related to play a game after we eat! We will also have awards and prizes that we will be presenting for the year!

RSVP to Erica by Nov. 11th at mgohiosouthwest@gmail.com - ALL are **welcome!**

IN PERSON - NOVEMBER 2025 MEETINGS:

Northeast Ohio

November 8 - 1:00-3:00 pm

Metro Health November Campus
7800 Pearl Rd. Middleburg Hts. OH 44130

Central Ohio

November 16 - 1:30-3:30 pm

Holiday Season Potluck
The Dempsey Family Education and Resource Center
3535 Olentangy River Road, Columbus, Ohio 43214

Southeast Ohio

To Be Determined

Wheeling Park at the White Palace
1801 National Rd, Wheeling, WV 26003

Southwest Ohio

November 8 - 1:00-3:00 pm

Mayerson JCC
8485 Ridge Road, Cincinnati, Ohio 45236



Key Medicare and Medicaid Changes Coming in 2026

MyCare Ohio changes

- Only 4 carriers will offer FIDE Effective January 1st, 2026 (Fully Integrated Dual Eligible) plans: Anthem, Buckeye, CareSource, and Molina.
- April 1, 2026 – Program begins in remaining counties
- By August 2026 – Program should be available statewide
- This means fewer choices and possible plan disruption for those currently enrolled.
- Age eligibility shifts from 18+ to 21+. This means younger adults may lose coverage.

VBID program ends, SSBICI replaces it

- Income-based extra benefits disappear. (Healthy Food Cards, Utility Cards, Transportation Assistance, ETC.)
- New SSBICI program is stricter and only for certain chronically ill. This could mean fewer may qualify.

Original Medicare adds prior authorization

- Some outpatient procedures (e.g., skin/tissue substitutes, neurostimulators, incontinence devices) now require approval.
- Could cause delays or denials for necessary care.

Prescription drug costs shift

- Part D annual cap rises from \$2,000 to \$2,100.
- \$35 insulin cap & free vaccines remain.
- Slightly higher costs for some enrollees.

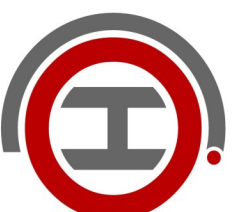


What this means for you:

In 2026, Medicare and Medicaid members may face fewer plan options, stricter eligibility rules, and new obstacles to accessing care.

Ohio Health Insurance Consultants reviews your coverage every year, helps with billing issues, appeals, grievances, and fraud — and ensures you get the best plan available at

No-Cost to you.



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