



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

JUNE 2026

Volume 14 Issue 6

June is MG Awareness Month

June 14 - Northeast Ohio Lunch & Learn
Holiday Inn Independence - RSVP by June 5

Please support our COOK BOOK PROJECT - see page 4

MG Ohio

Executive Board

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Rebecca Molitoris	Vice-President
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Dr. Yuebing Li	

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: June 4, 2026 - 03:00 PM ET

https://zoom.us/meeting/register/tJcrC06urTgiGtK3l9l_RXk1QDozODwbXpFs

Dial in: 309-205-3325

4th Thursday

The 4th Thursday Zooms at 7:00 pm are taking a break until September 2026.

The 1st Thursday Zooms will continue at 3:00 pm as usual.

Saturday Nights

Saturday night chats weekly at 6:30 PM ET

<https://zoom.us/meeting/register/tJ0ufu6grDsjG9PS1AQG9vWTYeTnNJAZtumm>

Dial in: 646-931-3860

ZOOM MEETING FOR PARENTS OF MG KIDS

Formed to give parents of MG Kids an opportunity to interact with other parents of MG Kids.

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

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

We hope you will join us!

This group is a welcoming space for parents and caregivers of children with MG and CMS to connect, share their journeys, and support one another.

2nd Saturday

Parents of MG Kids

When: June 13, 2026 - 04:30 PM ET

Please contact Kori and register at ohiomgparents@gmail.com you will receive the sign in information after you register

MG Ohio Educates

Ask the Expert

Q. Is there anything I should avoid besides contra-indicated medications for my MG?

A. Yes, some other triggers for exacerbation of myasthenia gravis include the following:

Insecticides—If you must use insecticide for unwanted pests, make sure that it is not an anti-cholinergic. This should be listed on the label. Always read the labels. Choose insect and weed killers that are labeled as being safe for children and pets. You can also use natural treatments such as vinegar and salt or boiling water poured directly into an anthill or on a weed.

If you have pets, avoid using flea and tick collars or the type of topical flea and tick treatment. Every time you pet your cat or dog wearing such a collar, you are exposing yourself to the insecticide contained in the collar or on their fur. Choose instead one of the pill-types of treatments available from your vet.

Golfers and Hikers—Golf courses are known for their magnificent green lawns and weed free beauty. However, golf courses are also one of the largest users of pesticides and weed killers. To protect yourself, wear long pants, clean your clubs well afterwards, and be sure and wash yourself and your clothes after a day of golf.

While walking in your neighborhood or at a park, be mindful that you may not know which lawns or paths are treated with insecticide/pesticides or weed killers. Sometimes, lawn treatment companies will place a flag at the end of the driveway of a recently treated lawn. Avoid those lawns for yourself and your pet. Protect your exposed skin and wash your clothes and exposed skin well

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2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

June 14, 2026 11:00 am-3:00 pm

Northeast Ohio Lunch & Learn - see page 3
Holiday Inn Independence
6001 Rockside Road
Independence 44131

This is a FREE event but you must register by June 5th.

Note: there will be NO meeting on the 13th.
Please join the Lunch & Learn on the 14th

MG Ohio Central Ohio In-Person Support Group Meetings:

June 6, 2026 Special Event

Community Day at the Fawcett Center Columbus
This event has reached maximum capacity
There are no openings available

June 15, 2026 - 4:30 pm

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

We plan for this to be a hybrid meeting for in-person support group members and their caregivers/families as well as online via WebEx for those unable to attend in-person. (WebEx is an online meeting platform similar to Zoom). Please contact Sharon or Cathy at centralohiomg@gmail.com or by phone at 614-334-1140 for the Webex meeting code.

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:

The Southwest Leadership Team has decided to step away from MG Ohio.

Since there is no leader currently willing to step up, MG Ohio is suspending operations in Southwest Ohio at this time.



**Community Day at the Fawcett Center
Myasthenia Gravis Conference
Saturday, June 6th, 2026**
Due to tremendous response, this event is fully booked.



FREE EVENT - REGISTER TODAY

**Northeast Ohio Lunch & Learn -
June 14, 2026 - 11:00 am – 3:00 pm**

***** Registration must be completed by Friday June 5, 2026.*****

Join us for an educational and entertaining catered lunch at the Holiday Inn Independence. Located at 6001 Rockside Road, Independence 44131.

Some of the topics to be presented include *MG and Aging* – what are MG symptoms and what are simply signs of normal aging?; *What is the Role of a Hospital Social Worker*, how can they help me? and *MG 101*. We will also have more topics and lots of vendors with information about the latest treatments for MG that are currently available.

Speakers: Dr. Yuebing Li of the Cleveland Clinic & Amy Shaper of Metro Health.

This lunch and learn event is **free** for patients, caregivers, and family members, but you must pre-register, so we know how much food to order.

You'll have a choice of 3 entrees which you will select when you register.

Registration is open now and will close June 5.

Use this link to register: <https://forms.gle/mUTvGfJq9tMh6pJ88>

Or go to www.mgohio.org Hope to see you there!

Study available from thymia

Voice Biomarker Study for Fatigue in Generalized Myasthenia Gravis

Researchers at [thymia](http://thymia.ai) are conducting an innovative study using voice recordings to detect fatigue in people with generalized Myasthenia Gravis (gMG). While muscle weakness in gMG often receives medical attention, fatigue—that overwhelming exhaustion that doesn't improve with rest—remains frequently overlooked despite significantly impacting quality of life. This fully remote research aims to develop an innovative, non-invasive way to monitor this often-invisible symptom that many with gMG struggle with daily, potentially giving patients a powerful new tool to track and communicate their fatigue experiences.

Who can participate: Adults with diagnosed gMG, with English as first language and access to a computer or smartphone with microphone.

What's involved: 16 brief voice recording and questionnaire completion sessions over 4 weeks (about 15 minutes each), done entirely from home. Compensation provided (rate of \$39/hour in the first two weeks and \$65/hour in the subsequent final weeks; \$214 for completing the full study).

Take part by following [this survey link](#):

Or Learn more: [Study Website](#) or contact Dr. Alexandra-Livia Georgescu at alexandra@thymia.ai

This study is funded by UCB, Inc. and was reviewed by an independent ethics committee of Approval University of Portsmouth Reference with a favorable outcome on 05/13/2025- No. 25/ETHICS/008

**JUNE IS
MG
AWARENESS
MONTH**

Celebrate! June Events

- **June 6:** National Yo-Yo Day
- **June 14:** Flag Day
- **June 19:** Independence Day
- **June 21:** National Smoothie Day
- **June 22:** National Kissing Day
- **June 26:** Take Your Dog to Work Day

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after your hike or walk. Remove your shoes at the door in order to avoid bringing any chemicals that have been transferred to the soles of your shoes.

Heat and Sun Exposure—Most MG patients find that heat saps their strength. To avoid this unwanted effect, protect yourself by limiting your time outdoors to early morning or evening. If you must be out during midday, wear protective UV rated clothing, try and find shade, and carry cooling towels or some other source of cooling such as a personal fan, etc. Remember to stay hydrated and drink plenty of water.

Alcohol—If you like to imbibe, it is best to limit yourself to one drink. Alcohol acts like a mild muscle relaxer and isn't a good idea to drink when your muscles are already weak. The worst drink for people with MG is gin and tonic. Even tonic water itself is bad for those with MG.

Tobacco—If you smoke or use another type of tobacco product, consider this; tobacco farming uses pesticides and insecticides in the growing process. Every time you light up or chew, you are also inhaling or ingesting whatever chemicals have been used on the tobacco some of which could include an anti-cholinergic agent which may cause muscle weakness. If you don't smoke, avoid passive tobacco inhalation by limiting your time with smokers.

Stress—Stress, both good and bad, may exacerbate myasthenia. Try and limit your exposure to unnecessary drama and stress in your life. Take some time out for yourself and practice stress-reducing techniques such as exercise (as tolerated) and mindfulness.



SUNSHINE COMMITTEE

We'd like to walk beside you on your MG journey. Have you recently been hospitalized or had a surgery or illness?

Let us know. Do you have an upcoming birthday? We'd like to celebrate you with a heart-felt card. Contact Gina Oradini at 440-225-2069 or by email at GOradini@dettoregroup.com

MG Ohio Website: Visit us at www.mgohio.org
For all the latest local MG news, upcoming events, and newsletters



COOK BOOK PROJECT

We are creating a cookbook for MG patients, family, and friends - created by you, for you! Send us your favorite appetizers, soups, main dishes, gluten-free, desserts, holiday dishes, etc. We need about 300 recipes to fill our books.

We will be compiling these recipes, sending them off to be published in a book unique to MG Ohio and offering them for sale. Throughout the book we will be able to explain what myasthenia gravis is and how it affects us. It will be used as an awareness tool as much as a super fun fundraiser.

For additional information, please contact Events@MGOhio.org (or) Gina Oradini by text or phone at (440) 225-2069.

Please use Recipe Collection Sheet to submit recipes.

Use the QR code to the right or go to www.mgohio.org and download the recipe form.



Need help paying for your meds? **Check out the following sites:**

<https://www.needymeds.org/>
[Good Rx.com](http://www.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/>

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.

IN PERSON - JUNE 2026 MEETINGS:

Northeast Ohio

June 14 - 11:00 am-3:00 pm

Northeast Ohio Lunch & Learn (Free Event - Register by 6/5)
Holiday Inn Independence.
6001 Rockside Road, Independence, OH 44131

Central Ohio

June 6 - 8:30 am-2:00 pm

OSU Community Day at the Fawcett Center (Fully Booked)
2400 Olentangy River Road, Columbus, OH 43210

June 15 - 4:30 pm

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

Since there is no leader currently, MG Ohio is suspending operations in Southwest Ohio at this time