



MG OHIO NEWS

APRIL 2026

Volume 14 Issue 4

Supporting the Myasthenia
Community in Ohio & Beyond

Did you hear about the cashew and the walnut
that threw an April Fools' Day party?

It was nuts.

MG Ohio

Executive Board

| | |
|-------------------|----------------|
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| Rebecca Molitoris | Vice-President |
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| Dr. Kylie Sramek | Dr. Jon Williams |
| 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: April 2, 2026 - 03:00 PM ET

https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9L_RXk1QDozODwbXpFs

Dial in: 309-205-3325

4th Thursday

When: April 23, 2026 - 07:00 PM ET

https://zoom.us/meeting/register/tJUkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U

Dial in: 301-715-8592

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: April 11, 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

Dr. Hani Kushlaf, Dr. Yuebing Li, and Dr. Robert Ruff answered questions that participants had submitted in advance from the Regional Conference of 2023. Well worth printing again:

Q. Does being on Prednisone make one more susceptible to infection?

A. Yes. Any immune-suppressant drug will lower your body's ability to fight off infection making you more susceptible to viruses and bacterial infections. Vaccines are encouraged

Q. Does living in a rural community and being exposed to agri-chemicals make one more likely to come down with an autoimmune disease?

A. While there is no direct correlation between instances of MG and living in rural communities, there has been an uptick in the number of cases reported perhaps due to the processed foods we eat and the chemicals in those foods. Some patients have felt better by changing to an organic diet. This will not cure MG but following an anti-inflammatory organic diet has been shown to help some patients feel better.

Q. Does thymectomy help ocular patients?

A. A long dialog ensued about the merits of thymectomy in gMG, but Dr Kushlaf pointed out that unless there is evidence of a thymoma, having a thymectomy for ocular only MG could do more harm than good leaving the patient at risk for certain types of cancer.

Continued on page 3

2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

April 7, 2026 10:00 am Brunch at Scramblers in North Olmsted - see page 3

April 11, 2026 - 1:00-3:00 pm Metro Health November Campus
7800 Pearl Rd.
Middleburg Hts., OH 44130

This will NOT be a hybrid meeting. In-Person only.

NOTE: 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 Support Group Meetings:

April 11 , 2026 - 12:00-2:00 pm Spring Barbecue
The Dempsey Family Education and Resource Center
OhioHealth Neuroscience Center Riverside Methodist Hospital
3535 Olentangy River Road, Columbus, Ohio 43214

MG patients and their caregivers/family - please join us for barbecue and fixins from City Barbecue.

Parking is free (red garage) with vouchers we will have available at the event. There is also a patient drop-off in the front of the building if you have a caregiver/family/friend driving you. Valet parking may be available.

See page 3 for more information.

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.

RECIPES

**COMING SOON! COMING SOON!
COMING SOON! COMING SOON!**

MG Ohio will be putting out a cookbook and we need your help! What's your favorite recipe? Anything goes, appetizers, soups, breads, salads, main dishes, and desserts, we want them all. 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. So, get those recipes ready and stay tuned to as we launch our cookbook project. See page 5 for information.

Continued from page 1

Q. Are there any alternative medicine options that will treat myasthenia gravis?

A. No. We do not know of any alternative drugs, or vitamins, or supplements that will treat MG.

SAVE THE DATES

MG Education Day (conference) with OSU Neurology

Saturday, June 6, 2026
Fawcett Center - Columbus, Ohio
More details to follow!

MG Lunch 'n Learn Mini-Conference

on Sunday, June 14th at the Holiday Inn, Rockside Rd, in Independence.
Registration will open soon, please check the website for more



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

Spring Barbecue with the Central Ohio MG Support Group!

Saturday, April 11 from 12-2pm



MG patients and their caregivers/family — please join us for barbecue and fixins from City Barbecue as we (hopefully!) welcome springtime to Central Ohio after what has been a long, snowy winter!

Festivities will take place (indoors) at the Dempsey Family Education and Resource Center at the OhioHealth Neuroscience Center at Riverside Methodist Hospital

ADDRESS: 3535 Olentangy River Road, Columbus, Ohio 43214

Please RSVP to Sharon or Cathy at centralohiomg@gmail.com or via phone (not text) at 614-334-1140 by April 3, 2026. If you have any questions, please contact us via email or phone.

Parking is free (red garage) with vouchers we will have available at the event. There is also a patient drop-off in the front of the building if you have a caregiver/family/friend driving you. Valet parking may be available - please contact us for more information if you're interested.

Celebrate! April Events



**Happy
April
Fools'
Day**

- **April 1:** April Fools' Day.
- **April 11:** National Pet Day
- **April 14:** Jackie Robinson Day
- **April 20:** National Look-Alike Day
- **April 22:** Earth Day
- **April 30:** International Jazz Day

Northeast Ohio MG brunch on April 7th at Scramblers in North Olmsted.

We meet at 10:00 am.
Everyone pays separately.
26435 Great Northern Shop Center
North Olmsted, OH 44070

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!

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.

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->

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.

IN PERSON - APRIL 2026 MEETINGS:

Northeast Ohio

April 7 - 10:00 am

**Brunch at Scramblers
26435 Great Northern Shop Center, North Olmsted, OH 44070**

April 11 - 1:00-3:00 p

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

Central Ohio

April 11 - 12:00 pm

**Spring Barbecue at 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

MG Ohio Cookbook Fundraiser Advertising Information

MG Ohio is collecting delicious recipes from our members & friends to assemble into a keepsake cookbook, and we would be pleased to have your support! We will collect recipes and offer advertising until the Fall of 2026 to publish in time for the holidays.

This cookbook advertising is evergreen, meaning that it will be a permanent part of the cookbook, continually visible to those who use it throughout the years. If you would be interested in advertising in our cookbook, the various sizes of advertising and associated cost are below. We appreciate your support!

| | | | | | |
|----------------|------------------------------|-------|-------------|------------------------------|------|
| Full page ad | Dimensions = 4 3/8" x 7.5" | \$100 | 1/2 page ad | Dimensions = 4 3/8" x 3 3/4" | \$60 |
| 1/4 page ad | Dimensions = 4 3/8" x 1 7/8" | \$30 | 1/6 page ad | Dimensions = 4 3/8" x 1 1/4" | \$25 |
| Patron Listing | 33 characters, maximum | \$15 | | | |

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

Please use Recipe Collect Sheet to the right to submit recipes.

Full information is available on the MG Ohio website.

INSTRUCTIONS

- Please WRITE LEGIBLY, as this will greatly reduce errors.
- List all ingredients in order of use in ingredients list and directions.
- Include container sizes, e.g., 2 (8-oz.) cans, temps, and baking/cooking times.
- Keep ingredients separate and directions in one paragraph. Do not submit recipes in steps, columns, or charts. Recipes which cannot conform to our chosen recipe format will be omitted.
- Use names of ingredients in the directions, e.g., "Combine flour and sugar."
- DO NOT use statements like, "combine first three ingredients."
- Be consistent with the spelling of your name for each recipe you contribute.
- Any special recipe notes (anything other than ingredients, directions, contributor name, serving size, or recipe title) should be kept as a separate comment on the bottom of this form, as they may not be included unless we pay extra for it.
- Your recipes should fit into one of the following categories:

| | |
|-------------------------------------|----------------------------|
| Appetizers & Beverages | Breads & Rolls |
| Soups & Salads | Desserts |
| Vegetables & Side Dishes | Cookies & Candy |
| Main Dishes | This & That |



RECIPE COLLECTION SHEET

For office use only

Recipe No.

Category _____

Recipe Title _____

Submitted By _____

INGREDIENTS: Use abbreviations pt. qt. pkg. env. c. tsp. T. oz. lb. gal. doz. sm. med. lg.

DIRECTIONS: _____
