



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

MAY 2026

Volume 14 Issue 5

June 6 - Community Day at the Fawcett Center
Columbus

June 14 - Northeast Ohio Lunch & Learn
Independence

MG Ohio

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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: May 7, 2026 - 03:00 PM ET

https://zoom.us/join/join?secret=1Jcrc06urTgiGtK3l9l_RXk1QD0zODwbXpFs

Dial in: 309-205-3325

4th Thursday

When: May 28, 2026 - 07:00 PM ET

https://zoom.us/join/join?secret=tJUkceCtqj0jHNaMrXHj4XLLH1K4BzKYld_U

Dial in: 301-715-8592

Saturday Nights

Saturday night chats weekly at 6:30 PM ET

<https://zoom.us/join/join?secret=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: May 9, 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. What kind of information can I find at www.mgohio.org?

A. You can find a lot of information about our local support groups, upcoming events, and presentations about MG. Here are the pages on our website and what information they contain:

Home—On the home page is our latest event registrations and shortcut clicks to Support Groups, Newsletters, Educational Pamphlets, etc.

Support Groups—This page provides the most up-to-date information about our various support groups and their meeting times and places.

Central Ohio—Provides more in-depth information about this support group.

Northeast Ohio—Provides more in-depth information about this support group.

Southeast Ohio—Provides more in-depth information about this support group.

Newsletters—Archive of our newsletters over the years.

NEO MG Presentations—Educational presentations on various topics

For MG KIDS & parents—Specifically for kids and parents including info about IEP's and special challenges for kids

Educational Pamphlets—Educational brochures developed by MG Ohio and also those offered by MGFA

MG Alliance—Connect with other MG Groups around the country by clicking on their logos.

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2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

May 9, 2026 - 1:00-3:00 pm

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

This will be a hybrid meeting.

Register in advance for this meeting:

<https://zoom.us/join/zoom/register/mmuHG7X5TyOkwYmnVCexCA>

We will be crafting visions boards – see page 3

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

MG Ohio Central Ohio In-Person Support Group Meetings:

May 18, 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) www.ohiohealth.webex.com. 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:

May 16, 2026

Field trip to MGA of Southwest PA
Panera Bread - Waterworks
942 Freeport Road
Pittsburgh, PA 15238

Southeast will be making a field trip to Pittsburgh, PA on May 16 to attend the Support Group of the Myasthenia Gravis Association of Western PA. For those interested in attending, please call 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

COOKBOOK

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.



Continued from page 1

MG Ohio Blogs—Blogs published on various topics

Donate to MG Ohio—Connects you to our donation platform, Zeffy.

Registration is open now for the Northeast Ohio Lunch & Learn June 14, 2026 - 11:00 am – 3:00 pm

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? And *What is the Role of a Hospital Social Worker*, how can they help me? We will also have more topics and lots of vendors with information about the latest treatments for MG that are currently available. 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 a week before our event. Use this link to register:

<https://forms.gle/mUTvGfJq9tMh6pJ88>

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



THE OHIO STATE
UNIVERSITY

REGISTER TODAY! Community Day at the Fawcett Center Myasthenia Gravis Conference

This in-person event will take place on
Saturday, June 6th, 2026, from 8:30 AM to

2:00 PM at the **Fawcett Center** (2400 Olentangy River Road, Columbus, OH 43210). Note that a light breakfast, buffet style lunch and beverages will be served.

This special event offers an opportunity for individuals living with Myasthenia Gravis — as well as their care partners — to connect with expert healthcare professionals from the Myasthenia Gravis multidisciplinary clinic, fellow patients, and educational resources. Attendees will receive the latest information on managing MG and navigating available support. We invite you to join us for a day of learning, connection, and community! Note: Conference and Parking are free.

Agenda Highlights:

- MG Management and Diagnosis
- Navigating Treatments for Myasthenia Gravis
- Exercise and Physical Therapy
- Optimizing Diet and Nutrition
- Stress and Resiliency in Neurological Disease
- Clinical Trials: What They Are and Why Participation Matters
- Overview of Current Clinical Trials in Myasthenia Gravis

We look forward to welcoming you to Community Day at the Fawcett Center!

Sincerely,
Miriam Freimer, MD and the rest of the Neuromuscular Team

Here is the registration link:

https://osu.az1.qualtrics.com/jfe/form/SV_8H8oloNc7f85AjQ

May 9, 2026 NEO Support Group Meeting

When diagnosed with a major illness such as MG, it sometimes robs us of the dreams we had for our lives. But we can build new dreams for ourselves. It's important to have something to look forward to, to work towards, no matter what your age or condition. And it's also important to be grateful for the life we are living no matter the stage.

On Saturday, May 9, 2026. Gina and Laura will lead us in creating vision boards to help us bring life to our dreams. All supplies will be provided.

For those joining us via Zoom, gather some magazines, glue, scissors, cardboard, and markers and craft along with us.

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



Celebrate! May Events

- **May 13:** National Apple Pie Day
- **May 16:** Armed Forces Day
- **May 22:** National Maritime Day
- **May 25:** Memorial Day
- **May 25:** National Wine Day
- **May 28:** National Hamburger Day

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/](http://www.rxhope.com/Patient/AssistanceRequest.aspx)

[AssistanceRequest.aspx](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 - MAY 2026 MEETINGS:

Northeast Ohio

May 9 - 1:00-3:00 pm

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

Central Ohio

May 18 - 4:30 pm

**The Dempsey Family Education and Resource Center
3535 Olentangy River Road, Columbus, Ohio 43214**

Southeast Ohio

May 16

**Field trip to MGA of Southwest PA
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Southwest Ohio

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