

MG KIDS



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Volume 1 Issue 1

Welcome to MG KIDS.

The first MG Newsletter just for kids living with myasthenia gravis.

This is a free newsletter brought to you by the North-east Ohio MG Support Groups. Want to get a printed copy? Just email the Editor and provide your mailing address and we'll send you one.

In this issue you will find the following:

- Ask the MG Expert column—(see right) which will answer your questions about MG and the issues that may go along with your diagnosis. Got a question? Submit it to the Editor at clevelandmggroup@gmail.com
- Recipe Corner—Quick and easy ideas for delicious and mostly nutritious foods that are fun to make and easy to eat
- Crossword Puzzle—A fun way to learn new MG words
- Coloring Pages—A chance for you to strut your artistic self! After you color the pages, take a picture of your artwork and send your picture to clevelandmggroup@gmail.com to be featured in a future issue of MG KIDS

Ask the MG Expert

- **Q:** How do I explain to my friends that sometimes I'm too tired or my muscles are too weak to play active games?
- **A:** Keep it simple. Everyone needs to take a break. Sometimes you may need longer or more frequent breaks. You can think of your MG like a game of catch between your nerves and muscles. Your nerves throw the message/ball and your muscles catch it. When you are well rested or your medicine is working, it is like playing catch on a nice sunny day. But when you get tired or your medicine is wearing off it can be like trying to catch a ball in a rainstorm.
- When your muscles get weak it is because they are having a hard time catching the message/ball from the nerves. The message is being blocked before it can be caught. Once you rest or take your medicine, the rain clouds move away and the sun comes out again, making the game of catch easier.



- Let your friends know that you will join them again as soon as you are able. Cheer and enjoy from the sidelines while you rest.
- Let your muscles rest while your mind replays your great moves or plans your next activity.
- Invite your friends to join you in a calm activity instead such as playing a board game or card game.

SPRING



LIFE HACK— Did you know that an ice pack can quickly revive weakened muscles? Keep a cold wet cloth in the fridge. Wring it out and place it on your wrists, behind your neck, on your forehead, or behind your knees for a quick pick-me-up!

ZEBRA

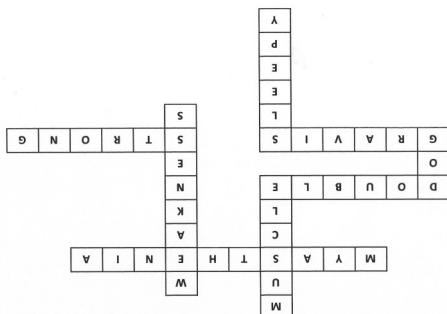


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**FUN
FACT!**

Did you know that no two Zebras look alike?
Each animal's stripes are as unique as fingerprints—
Just like the Zebra, each MG Kid is unique and special.
That makes you—you!

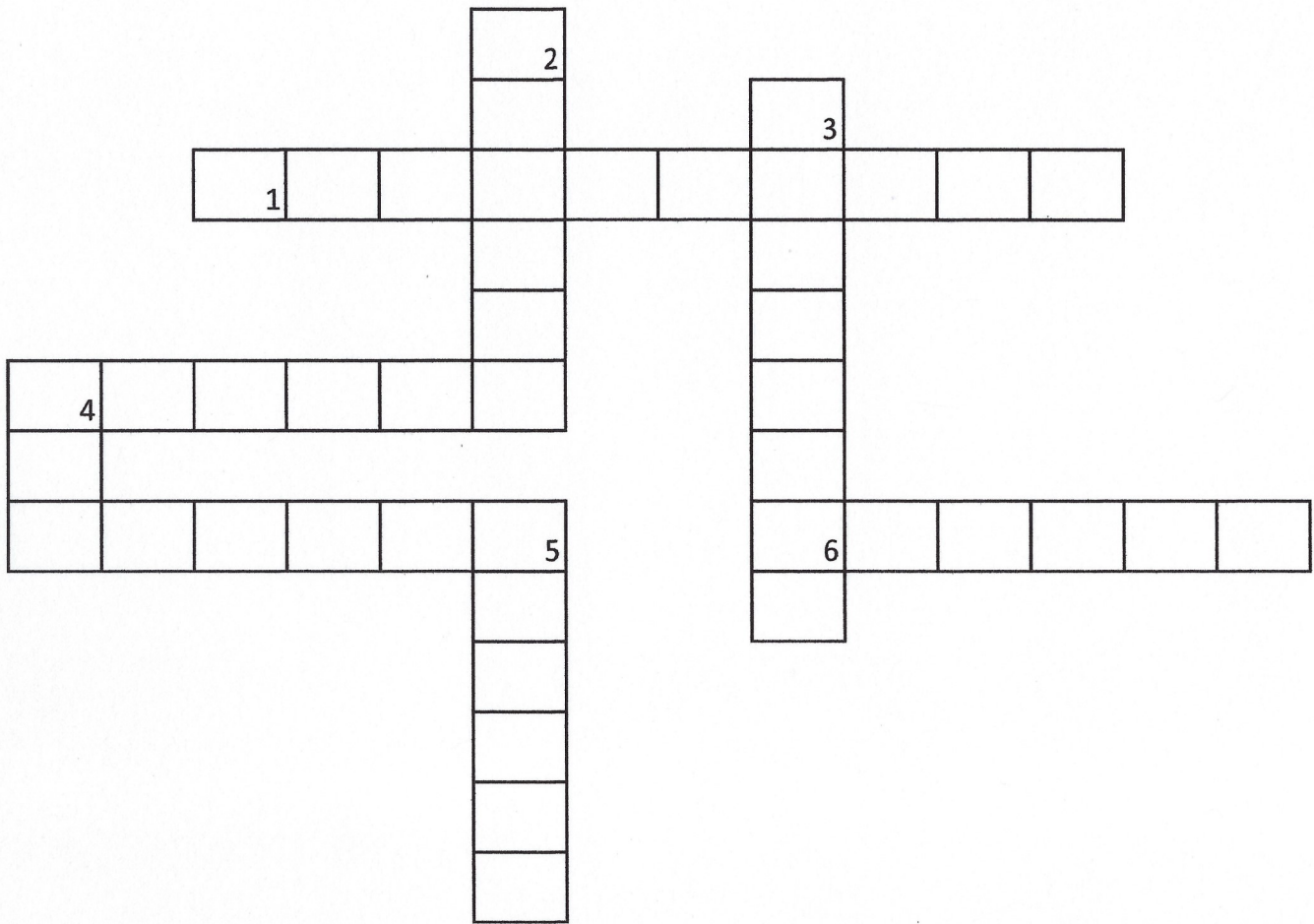
Crossword Answers



This year The National Organization for Rare Disorders (NORD) chose the Zebra as their mascot

DIG DEEPER: Find out more about NORD
<https://rarediseases.org/>

ALL ABOUT MG

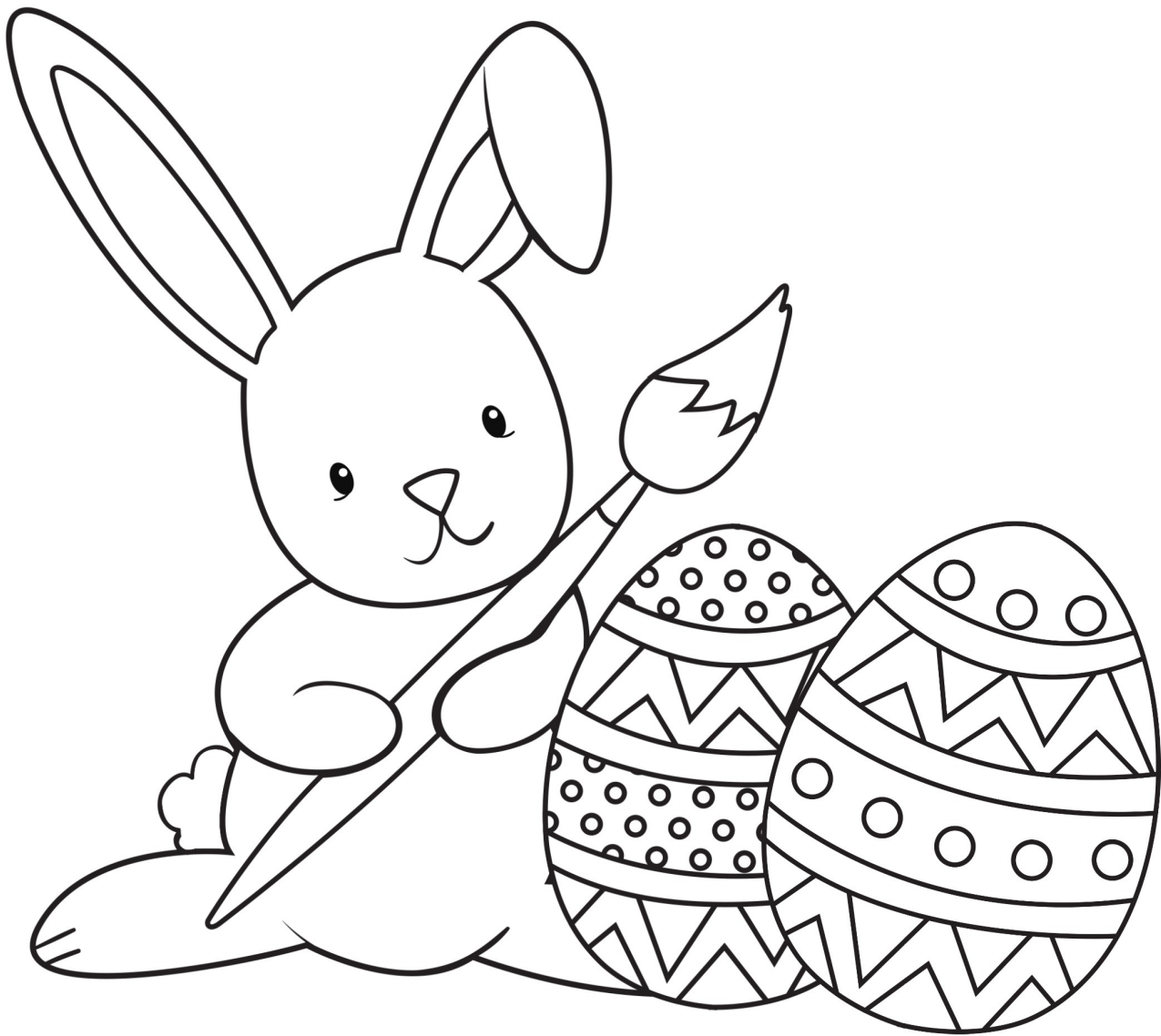


ACROSS:

1. What the "M" in MG stands for _____gravis
4. Sometimes when you eyes are weak you may get _____ vision
5. What the "G" stand for in MG myasthenia _____
6. When you rest your muscles get _____ again

DOWN:

2. You use your _____s when you move your body
3. What you feel when your muscles tire
4. The household pet that can have MG
5. The Disney Dwarf that has MG



RECIPE CORNER—

Quick and Easy Peanut Butter Eggs:

2/3 cup peanut butter (crunchy or smooth)

1 Tablespoon Honey

1-2 Tablespoons of Coconut Flour

1 cup Chocolate Chips (melted)

1. Mix all ingredients (except for the chocolate chips) well with a fork until blended.
2. Pinch off a small ball and shape into an egg shape.
3. Continue with rest of peanut butter "dough" until you have formed all the eggs.
4. Place eggs in the freezer.
5. In the microwave, heat chocolate chips until melted 30-60 seconds
6. Dip cold eggs into melted chocolate, place on parchment paper and freeze until cold
7. Enjoy!