

MG KIDS



MAY / JUNE 2021

Volume 1 Issue 2

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Welcome to MG KIDS.

This is a free newsletter brought to you by the Northeast 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.

Email: clevelandmggroup@gmail.com

Ask the MG Expert

- **Q:** Do you have any suggestions to help me stay strong in the summer heat? I feel tired and drained when I'm in the sun too long.
- **A:** You may have heard that MG is called the snowflake disease because everyone experiences MG a little differently, but many children and adults with MG have trouble staying strong in the heat of summer. When this happens to you, here are some suggestions for maintaining your strength:
- **Stay Cool**—Invest in a good cooling vest. Some of the lower cost vests work by evaporation. You soak the vest in water and it slowly evaporates keeping you cool. Other vests work by having special pockets inside to hold refrigerated cooling packs.
- If you don't want to wear a vest, try a cooling towel. Made of special fabric, these towels are soaked in water and cool by evaporation. You can also make your own using a hand towel soaked in water and kept in the fridge.
- **Drink plenty of water**—Keep a water bottle with you at all times and remember to take several sips while you are outside.
- **Use Sunscreen**—Remember to apply a good sunscreen often when outside even if you don't usually burn.
- **Stay indoors.**—On days with high humidity and high temperatures, it may be best to play indoors where it is cool. If that is not possible, try to find a shady spot outdoors in which to play.
- **Don't go it alone**—Tell a trusted adult when you are feeling weak from the heat.
- **Take a Break**—Take a popsicle, smoothie, or fudgesicle break when the sun gets to be too much. You'll find some recipes on page 4.

June is a month to celebrate some **wacky** and not so **wacky** things. Here are some things for which June is known:

Aquarium Month

Candy Month

Dairy Month

Fight the Filthy Fly Month

Great Outdoors Month

National Accordion Awareness Month

National Adopt a Cat Month

National Fresh Fruit and Vegetables Month

AND Myasthenia Gravis Awareness Month!!

We'd like to hear from you!

Do you have a question for the MG Expert? Or maybe you just want to see a different recipe or solve a different puzzle. Let us know. Email us at: clevelandmg-group@gmail.com





**FUN
FACT!**

Did you know that June is Myasthenia Gravis (MG) Awareness Month?

Here's your chance to spread awareness in your community:

- Tell a friend about MG and your experience
- Wear something teal (the official color of MG)
- Draw a picture of what MG feels like
- Write an inspirational message on your shoes (ask an adult first)

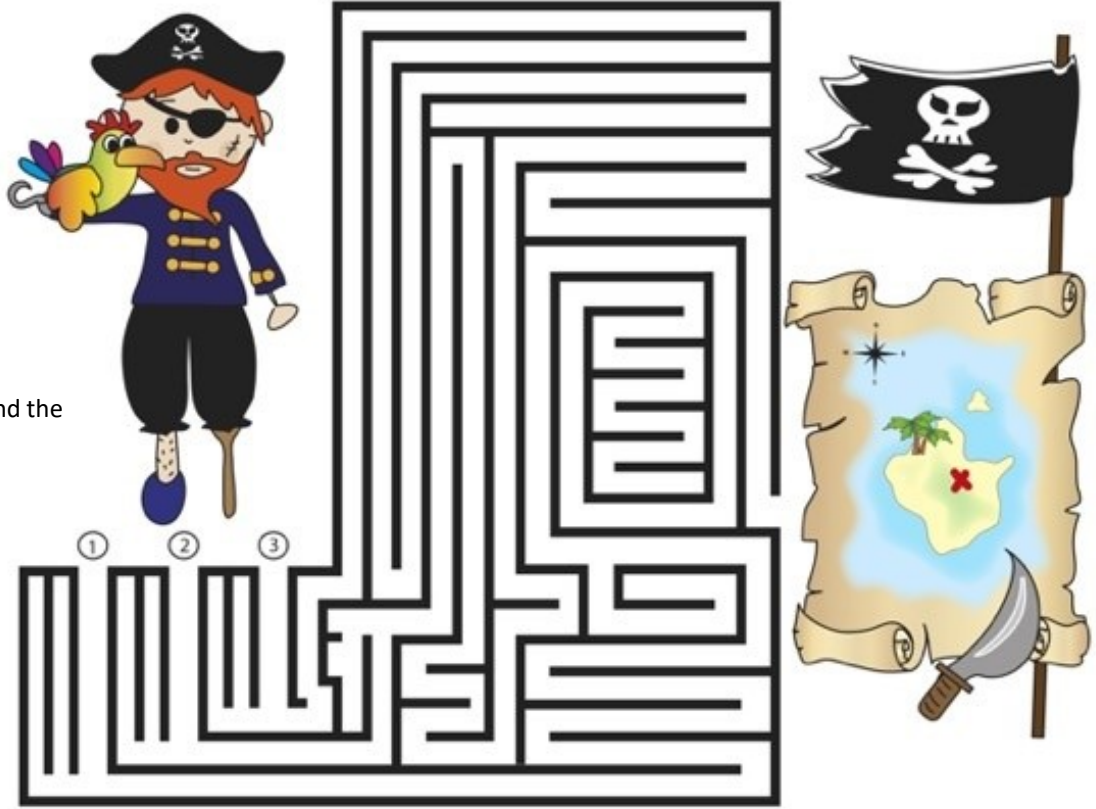


- Sign up for the MG Walk in your area

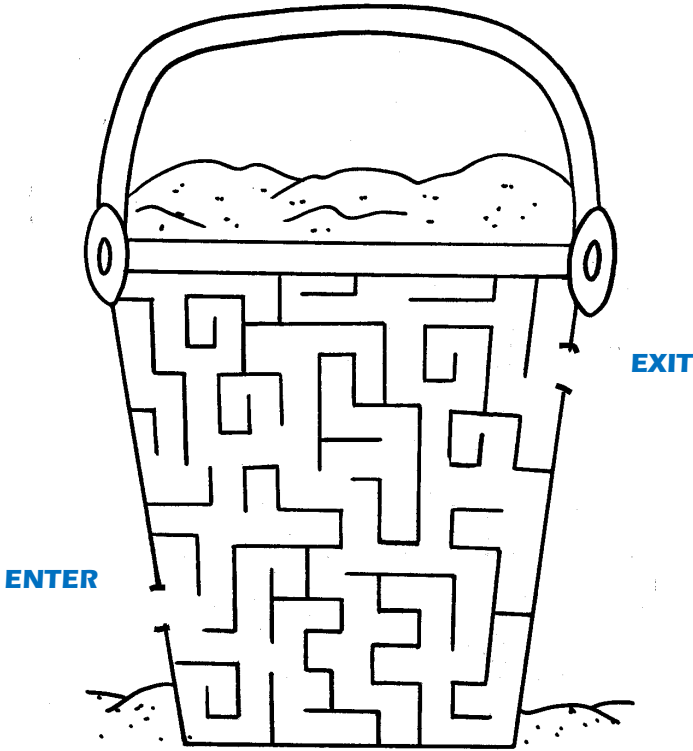


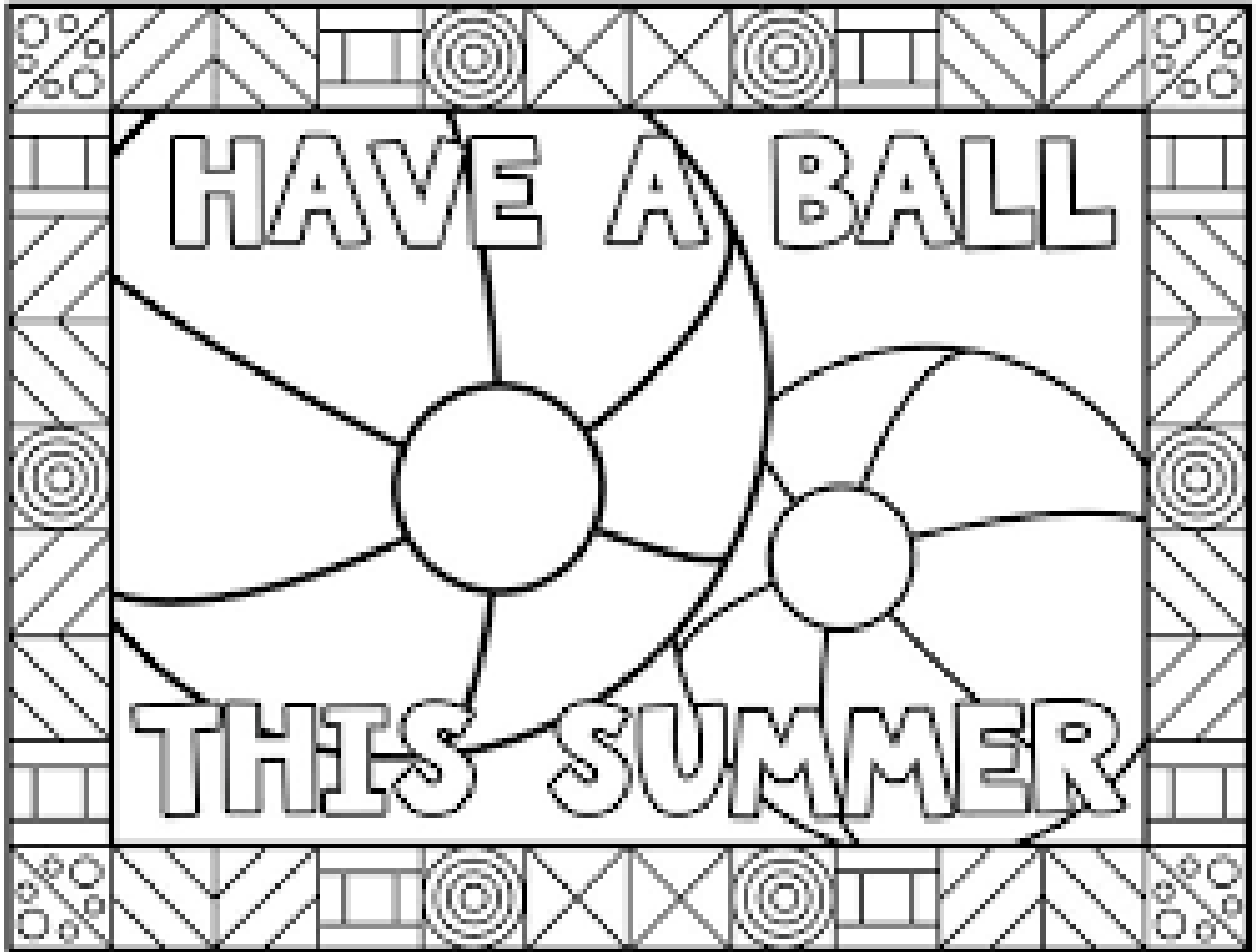


The maze of pirates



Choose a path to find the treasure map





RECIPE CORNER—

Quick and Easy Cooling Treats:

Smoothie:

1 cup frozen fruit like berries or bananas

Blend in a blender until smooth and enjoy!

1 cup plain or chocolate almond milk

Note: if allergic to nuts, use other milk or water

Fudgesicle:

2 cups milk or cream

2 tablespoon cocoa powder

2 tablespoon sugar

1 cup semi-sweet chocolate chips

1. In microwave safe bowl, or a large measuring cup, heat milk on high until hot but not boiling, about 2 minutes.

2. Remove from microwave and whisk in cocoa and sugar until completely blended.

3. Pour milk mixture over chocolate chips and stir until chips are completely melted. Let mixture cool for 5 minutes then pour into popsicle molds. Place popsicle sticks in each compartment. Freeze until completely frozen. About 6-8 hours

Recipe source: ChocolateChocolateandmore.com