



MG OHIO NEWS

FEBRUARY 2026

Volume 14 Issue 2

Supporting the Myasthenia
Community in Ohio & Beyond

Stay safe and warm
this winter.

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: Feb 5, 2026—03:00 PM ET

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

Dial in: 309-205-3325

4th Thursday

When: Feb 26, 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 to connect, share their journeys, and support one another.

2nd Saturday

Parents of MG Kids

When: Feb 14, 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. How will I know if I'm going into an MG crisis?

A. MOST MG crises do not happen without advance warning. An MG crisis (one in which you experience trouble breathing or swallowing) may take days or weeks to develop. But, if you know the signs to watch for, you may avoid a serious crisis or lessen its effect :

BE AWARE of your body. Are you experiencing unusual weakness? Weakness that lingers even when you rest? Weakness that doesn't respond to Mestinon or Prednisone?

HAVE YOU SUFFERED an emotional upset strong enough to cause weakness?

HAVE YOU EXPERIENCED a recent viral or bacterial infection?

ARE YOU HAVING increased problems with chewing or choking; walking, vision, or speaking?

ARE YOU EXPERIENCING burning in your lungs as if you had just run a mile but haven't moved?

DO YOU HAVE trouble getting enough air in? (to determine this, take a deep breath and while expelling it, try and count to 20) If you can't get beyond 10 or 12, call your doctor.

IF YOU ARE EXPERIENCING any of the above, **call your doctor** to report your symptoms, **rest more and do less**. If you still feel bad or weakness is increasing or you are having **trouble breathing call 911 or go to the ER.**

2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

February 14, 2026 - 1:00-3:00 pm

Metro Health November Campus
7800 Pearl Rd.
Middleburg Hts., OH 441

We will be celebrating Rare Disease month. Our speaker will be Rebecca Molitoris who will be presenting "Supporting One Another; What's Your Filter?" - see page 3 for more information

This will be a hybrid meeting broadcast over Zoom. Please use the link or call to join:

<https://zoom.us/j/95377894109?pwd=NoN8jb0pTRZkrtXEdZkuxfmaja2vdd.1>

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:

February 23, 2026 - 4:30 pm

The Dempsey Family Education and Resource Center
at OhioHealth Neuroscience Center Riverside Methodist Hospital
3535 Olentangy River Road, Columbus, Ohio 43214
Parking is free (with vouchers we will provide at the meeting). Park in the "Red" parking garage.

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:

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:

February 14, 2026 - 1:00-3:00 pm

Mayerson JCC
8485 Ridge Road,
Cincinnati, Ohio 45236.
(Take the Ridge Road Exit from the Ronald Reagan Highway
RSVP to Erica at mgohiosouthwest@gmail.com

We welcome "Paint the Town" to our meeting - see page 3 for more information

This will be a hybrid meeting broadcast over Teams

Teams is very similar to using Zoom. When you click the link below, you will be asked to type in your name and then request to join. There will be a waiting room, and the host (Erica) will admit you. There is no need to create a login.

Here is the link:

<https://teams.microsoft.com/l/meetup-join/19%3a4698c16dca374832933ee0dd8262f4a0%40thread.tacv2/1767469749204?context=%7b%22Tid%22%3a%222031287e-2589-41aa-ad65-3c67b6edca30%22%2c%22Oid%22%3a%22fc2de635-b30f-46e1-8f36-b6364aa4b938%22%7d>

Adult Patient Zoom Meetings:

1st Thursday at 3:00 pm ET, 4th Thursday at 7:00 pm ET,
and Saturday Chats at 6:30 pm ET

We offer Zoom meetings open to *anyone* interested in MG and MG related diseases no matter where they live.

We cover various topics related to myasthenia gravis and at the Thursday Zoom meetings usually have Dr. Robert Ruff on the call to answer questions

Family, friends, and caregivers welcome!

Parents of Kids with MG Zoom Meetings:

2nd Saturday at 4:30 pm ET

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

At Northeast MG Ohio's February meeting we will be celebrating Rare Disease month and Valentine's Day.

Our speaker will be Rebecca Molitoris who will be presenting "Supporting One Another; What's Your Filter?" This will be an interactive talk allowing us to share in small groups.

We will also be serving cake to celebrate Rare Disease month and Valentine's day. You are welcome to bring a friend or family member.

We are looking forward to seeing you there!

MG OHIO SOUTHWEST - January Recap & February Highlights 2026



January Meeting:

In January, we welcomed guest speaker LeeJean Beringer, a Patient Education Manager, who led our meeting on self-advocacy and setting realistic goals for living with myasthenia gravis. LeeJean shared how using the

SMART framework can help turn goals into something achievable and meaningful.

SMART goals include:

S - Specific: Clearly define what you want to accomplish, who is involved, where it will happen, and why it matters.

M - Measurable: Establish criteria to track progress and know when the goal has been met (numbers, frequency, or milestones).

A - Achievable (or Attainable): Make sure the goal is realistic given your skills, resources, and current limitations-while still being a challenge.

R - Relevant: Ensure the goal aligns with your personal needs, values, and overall MG journey.

T - Time-bound: Set a clear timeframe or deadline to stay focused and motivated.

The biggest takeaway? You don't have to actually be smart to set a SMART goal-you just need to know what each letter stands for and make sure it's included in your goal!

February Meeting:

Saturday, February 14th 1:00 - 4:00 PM

Mayerson JCC. 8485 Ridge Ave, Cincinnati, OH 45236

Our meeting will be hybrid, so you may attend in person or virtually via Microsoft Teams.

Southwest Directory

Erica will be bringing the Southwest Directory to distribute to those who participated. If you attend in person, you will receive your copy to take home.

Special Event: Paint the Town

We are excited to welcome Paint the Town to our meeting!

Cost: \$30 per person - MG Ohio Southwest will cover \$10, leaving \$20 per person

Payment is required before the meeting (by February 14)

Payment options: Venmo: @MGOhioSW - Zelle: 513-767-6750 - Cash (paid directly to Erica)

Activity: Painting will take place during a portion of the meeting.

Virtual attendees: If you plan to attend virtually and would like to paint, please notify Erica by February 2, so Paint the Town can ship supplies to you.

RSVP Please email Erica at mgohiosouthwest@gmail.com to let us know if you are able to attend, either in person or virtually.



Celebrate! February Events

- **Feb 2:** Groundhog Day
- **Feb 8:** Super Bowl Sunday
- **Feb 14:** Valentine's Day
- **Feb 16:** Presidents' Day
- **Feb 17:** Random Acts of Kindness Day
- **Feb 20:** World Day of Social Justice

OPPORTUNITY

Rare Patient Voice is currently offering \$120 for participating in a phone interview survey for those with MG who qualify. Go to <https://rarepatientvoice.com/for-patients/study-opportunities/> to see if you qualify.

**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!

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.

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 - FEBRUARY 2026 MEETINGS:

Northeast Ohio

February 14 - 1:00-3:00 pm

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7800 Pearl Rd. Middleburg Hts. OH 44130**

Central Ohio

February 23 - 4:30 pm

**The Dempsey Family Education and Resource Center
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Southeast Ohio

To Be Determined

**Wheeling Park at the White Palace
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