



Supporting the Myasthenia
Community in Ohio & Beyond

MG OHIO NEWS

JANUARY 2026

Volume 14 Issue 1

We wish you a
Healthy and Happy
New Year

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: Jan 1, 2026 -NO ZOOM New Years Day
https://zoom.us/meeting/register/tJcrc06urTgiGtK3l9L_RXk1QDozODwbXpFs
Dial in: 309-205-3325

4th Thursday

When: Jan 22, 2026 07:00 PM ET
https://zoom.us/meeting/register/tJUkceCtqj0jHnaMrXHj4XLH1K4BzKYld_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: Jan 10, 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. I have like so many of us, a suppressed immune system. Are there dietary restrictions I should know about?

A. There are many pathogens that can cause food born illness in immune-suppressed individuals. The foods you choose and how you cook and store them can reduce your risk of becoming ill from one of these pathogens.

Choose Wisely — Choose cooked meats, poultry, and seafood over raw or undercooked foods. It is recommended to cook beef, pork, veal, and lamb chops, roasts and steaks to 145°F; Fish to 145°F; ground beef, pork, veal, and lamb and egg dishes to 160°F; and turkey, chicken, and duck whole or ground to 165°F. Buy a portable food thermometer for accurate measuring.

Wash vegetables— thoroughly including pre-washed salads. An easy home wash can be made with 1-part white vinegar to 5 parts water and ½ part baking soda. Spray on food and rinse. Avoid eating raw sprouts or any unwashed raw vegetables.

Eggs — Avoid undercooked or raw eggs such as raw cookie dough or homemade Caesar dressing. Use only pasteurized eggs. Note: most retail dressings and cookie dough are made

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2026 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

January 10, 2026 - 1:00-3:00 pm **Metro Health November Campus**
7800 Pearl Rd.
Middleburg Hts., OH 441

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:

January 26, 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:

January 17, 2026 - 12:00 pm **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:

January 10, 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 mgohisouthwest@gmail.com

This will be a hybrid meeting broadcast over Zoom. Please use the link or call to join:
<https://zoom.us/j/97131113585?pwd=r52SrweJG59pfVbfKgyNCrwelzqZh.1>

OPPORTUNITY

UCB has launched the second year of their MG Scholarship Program that includes 15 scholarships of up to \$10,000 each for patients diagnosed with MG or an immediate family member of someone with MG. Application deadline is January 31, 2026.

Reported last month.

For additional information, see last month's newsletter available on the MG Ohio website, www.mgohio.org

Ask the Expert
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with pasteurized eggs.

Milk and Cheeses— Use only pasteurized milk and soft cheeses made from pasteurized milk. Avoid soft cheeses made from raw milk. Hard cheeses, processed cheese and cream cheese are generally safe to eat.

Hot Dogs and Deli Meats— These meats should be heated to 165°F. Choose hot lunch meat sandwiches over cold. Note: These types of meats need to be reheated before eating them because the bacteria *listeria monocytogenes* grows at temps 40 or below. This bacterium is known to cause severe illness or even death.

For more information go to
www.fsis.usda.gov

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 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](http://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.

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](http://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.



Celebrate! January Events

- **Jan 1:** New Year's Day
- **Jan 4:** World Braille Day
- **Jan 19:** National Imagination Day and National Popcorn Day.
- **Jan 20:** Martin Luther King Jr. Day
- **Jan 29:** Chinese New Year

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://GoodRx.com)
<http://www.themedicineprogram.com/>
<http://www.togetherrxacces.com/p/prescription-savings>
<https://mat.org/> (Medication Assistance Tool)
<http://www.rxhope.com/Patient/AssistanceRequest.aspx>
<https://accessiahealth.org/patient-programs/>



MG OHIO SOUTHWEST - December Recap 2025 & January Highlights 2026

December Holiday Party Recap:

In December, We wrapped up the year with our holiday party at Maggiano's Little Italy in Kenwood Towne Center. Everyone had a wonderful time celebrating one another's friendship, strength, and courage throughout the year.

Together, we shared laughter while presenting awards to attending members, singing in fellowship, and playing a fun Left-Right gift exchange game. Enjoy watching us sing, MG Thrills and more in our Holiday Party Video by visiting the MG Ohio Website, Southwest Group page. The biggest takeaway? Who knew men sang better than women!

January Meeting:

Saturday, January 10th 1:00 - 3:00 PM

Mayerson JCC, 8485 Ridge Ave, Cincinnati, OH 45236

Erica will be bringing our Southwest Directory to pass out to those who participated. If you are in attendance you will receive your copy to take home.

Our meeting will be hybrid, so you can attend in person or by zoom. Please send an email to Erica at mgohiostwest@gmail.com if you are able to attend! We hope to see you there in person or virtually!

IN PERSON - JANUARY 2026 MEETINGS:

Northeast Ohio

January 10 - 1:00-3:00 pm

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7800 Pearl Rd. Middleburg Hts. OH 44130**

Central Ohio

January 26 - 4:30 pm

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

Southeast Ohio

January 17 - 12:00 pm

**Wheeling Park at the White Palace
1801 National Rd, Wheeling, WV 26003**

Southwest Ohio

January 10 - 1:00-3:00 pm

**Mayerson JCC
8485 Ridge Road, Cincinnati, Ohio 45236**