



Supporting the Myasthenia Community in Ohio & Beyond

MG OHIO NEWS

DECEMBER 2025

Volume 13 Issue 12

Upcoming Holiday Parties

Northwest December 6
Southwest December 7
Central December 13

See page 3 for more information

MG Ohio

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Laura Lodge	Treasurer
Sharon Rastatter	Secretary

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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: Dec 4, 2025 03:00 PM ET

https://zoom.us/meeting/register/tJcrcO6urTgiGtK3I9L_RXk1QD0zODwbXpFs

Dial in: 309-205-3325

4th Thursday

When: Dec 25, 2025 - NO ZOOM - Christmas

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/tJ0ufu6grDsG9PS1AQG9vWTYeTnNJAztumm>

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: Dec 13, 2025 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'm on immunosuppressants. How do I keep myself safe while traveling during the Holidays?

A. It is important to protect yourself from the triple threat of viruses making the rounds this season: Covid, influenza, and RSV. Here are some helpful hints for traveling and Holiday get-togethers:

- Wear a good mask in crowds—it's one of your best defenses against air-borne illnesses
- Don't be afraid to ask if the others attending are taking precautions too
- Try meeting in well-ventilated areas—or those with HEPA filtering systems
- Tell everyone that you cannot attend if someone else is attending sick. Don't expose yourself to unknown germs
- When traveling, consider going by car instead of using public transportation (planes, trains, etc.)
- Use caution when using public facilities always wash hands thoroughly with soap

Q. What should I keep in the car when traveling?

A. You should keep the following things in your car in case of emergency:

- A list of current medications you're taking & any allergies you have
- A list of medications contraindicated for those with MG
- Contact information for your attending doctor and your emergency contact
- Extra Mestinon (pyridostigmine bromide) in water tight container.

2025 MG Ohio Meetings:

MG Ohio Northeast Ohio In-Person Support Group Meetings:

December 6, 2025 - 3:00-6:00 pm

Holiday Party
Dave & Buster's
25735 First St.
Westlake OH 44145

NE Ohio is excited to celebrate the holiday season on Saturday, December 6th with our annual dinner gathering and Secret Santa festivities!

Dave & Buster's in Westlake will host our holiday party from 3pm - 6pm where we will enjoy dinner & our Secret Santa exchange in a private room. We can also explore all of the games before/during/after! Dave & Buster's has very accurately been called "a Chuck E Cheese for adults", and it's a ton of fun!

Join us for an afternoon of fun! For more information or to RSVP, contact Laura at events@mgoohio.org or Gina at 440-225-2069. Please RSVP by November 29. See Page 3 for more information.

MG Ohio Central Ohio In-Person Support Group Meetings:

December 13, 2025 - 1:00 pm -3:00 pm

Holiday Season Potluck/Luncheon

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.
This will be an in-person gathering.

Please RSVP to Sharon and Cathy by Dec. 4th at centralohiomg@gmail.com so we can plan accordingly for food, paper products, drinks, seating, etc. Also, please let us know if you'd like to bring a favorite potluck item to share! Could be a side dish, dessert, etc. Thank you, and we look forward to seeing you!

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:

December 7, 2025 - 1:00-4:00 pm

Holiday Party
Maggiano's Little Italy
7875 Montgomery Rd.
Cincinnati, OH 45236

\$10 Cover Charge per person for a 3 course plated lunch of your choice from a select menu with a special dessert created by a fellow MG Member!

Bring a \$5-\$10 gender neutral gift from a store check out aisle or something MG related to play a game after we eat!

* We will also have awards and prizes that we will be presenting for the year!
RSVP to Erica by Dec. 2nd at mgoiosouthwest@gmail.com - All are welcome! See page 3 for more information.

MG OHIO NORTHEAST HOLIDAY PARTY DEC 6

NE Ohio is excited to celebrate the holiday season on Saturday, December 6th with our annual dinner gathering and Secret Santa festivities!



Dave & Buster's in Westlake will host our holiday party from 3pm - 6pm where we will enjoy dinner & our Secret Santa exchange in a private room. We can also explore all of the games before/during/after! Dave & Buster's has very accurately been called "a Chuck E Cheese for adults", and it's a ton of fun!

Join us for an afternoon of fun! For more information or to RSVP, contact Laura at events@mgoohio.org or Gina at 440-225-2069.

To buy your ticket(s) for this event (\$15), go to <https://mgoohio.org/support-groups> or scan the QR code to the right. Tickets must be purchased by November 29, 2025. Please limit Secret Santa gifts to \$5 cost.



Please note that our Holiday Party will be in lieu of the regular NE Ohio meeting. No regular meeting in December.

NEW OPPORTUNITY

UCB just 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.

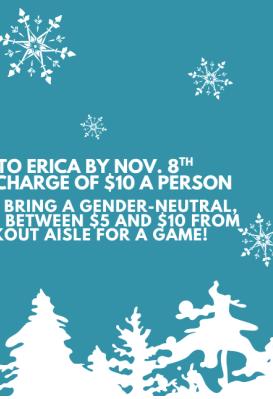
For additional information, see page 5 (if printed newsletter) or additional attachment (if email)

MG Ohio Southwest Holiday Party

MAGGIANO'S LITTLE ITALY
7875 MONTGOMERY RD,
CINCINNATI, OH 45236

SUNDAY, DECEMBER 7, 2025
1 PM - 4 PM

PLEASE RSVP TO ERICA BY NOV. 8TH
AND PAY COVER CHARGE OF \$10 A PERSON
EACH PERSON SHOULD BRING A GENDER-NEUTRAL,
WRAPPED GIFT VALUED BETWEEN \$5 AND \$10 FROM
THE STORE'S CHECKOUT AISLE FOR A GAME!



PLATED LUNCH

FIRST COURSE

RSVP extended to Dec 2nd

Fresh Bread & Chef's Signature Caesar Salad

SECOND COURSE CHOICES

CHICKEN - The grand: Chicken Parmesan Rigatoni

SEAFOOD - Simply Grilled Salmon Lemon Butter & Sauted Spinach - GV

MAGGIANOS SALAD - Grilled Chicken Smoked Bacon Diced Red Onion Avocado Blue Cheese. House Dressing

PAST A - Lasagna. Bolognese. Beef & Italian Sausage. Herb-Ricotta. Tomato Rago

BEEF - Beef Tenderloin Medallions. Sauted Portabella Mushrooms. Balsamic Cream Garlic Mashed Potatoes. Crispy Onion Strings

DESSERT

Tiramisu or Vera-s Lemon Cookies

Served with Regular and Decaffeinated Coffee. Hot Tea. Iced Tea and Assorted Sodas

MG OHIO CENTRAL HOLIDAY SEASON POTLUCK/LUNCHEON DEC 13

Date and time: Saturday, Dec. 13 from 1-3pm.

Location: 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.
This will be an in-person gathering with no hybrid option.

Please RSVP to Sharon and Cathy by Dec. 4 at centralohiomg@gmail.com so we can plan accordingly for food, paper products, drinks, seating, etc. Also, please let us know if you'd like to bring a favorite potluck item to share!

Could be a side dish, dessert, etc. Thank you, and we look forward to seeing you!

At www.mgoohio.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://mgoohio.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://mgoohio.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 mgoohio@mgoohio.org to participate.

Celebrate! December Events

- **December 4:** National Cookie Day
- **December 10:** Human Rights Day
- **December 15:** National Cupcake Day
- **December 25:** Christmas Day
- **December 26:** Kwanzaa begins
- **December 28:** National Chocolate Candy Day

HAPPY HOLIDAYS

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.themedicineprogram.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 November Recap & December Highlights



November Meeting Recap:

In November, we focused on ways we can show gratitude towards others, the importance of gratitude to your own health and then we did an activity to remind us of all the things we are grateful for despite having MG! You can visit our meeting presentation and photos from our activity on the MG Ohio website, Southwest Group page. The biggest takeaway? How do you look at life, is your cup half full or half empty?

November Spotlight Member: Rod Garrett

Our MG Ohio Southwest September Patient Spotlight is Rod Garrett!

Rod has been living with MG for 16 years and was diagnosed at the age of 50. He grew up in a small rural farming town -- Blanchester, Ohio -- with 14 known cases of MG. Two more, Sharon Meyer and Erica Amann, also grew up in the same area and Rod did not count them in his story!

Visit the MG Ohio website, Southwest Group page to read about Rod's MG journey. Thank you, Rod, for sharing your story with us! Rod hopes his story can encourage others living with MG!

November Outing Recap:

We met Wednesday, November 12th after a last-minute theater change when our original show sold out. Thankfully, we found an even better theater- with HEATED recliners and full service! Just push a button for drink and popcorn refills ... amazing.

We watched "Lost & Found in Cleveland" and everyone loved it. It even had us wondering what hidden valuables might be sitting in our own homes! You will have to watch it for yourselves to see what we mean.

MG Ohio Southwest Holiday Party

Sunday, December 7th - Holiday Party 1:00 - 4:00 PM

Maggiano's Little Italy, 7875 Montgomery Rd, Cincinnati, OH 45236

\$10 Cover Charge per person for a 3 course plated lunch of your choice from a select menu with a special dessert created by a fellow MG Member!

Bring a \$5-\$10 gender neutral gift from a store check out aisle or something MG related to play a game after we eat!

* We will also have awards and prizes that we will be presenting for the year!

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