



Supporting the Myasthenia  
Community in Ohio & Beyond

# MG OHIO NEWS

**JANUARY 2025**

**Volume 13 Issue 1**

Please note our Zoom virtual meetings are now the 1st and 4th Thursdays of the month. Please click on the link to register.

Also, if you have been attending the Saturday night Zoom chats, please click on the link below to register for 2025 chats. New people are always welcome at any of our meetings.

We wish you a Wonderful, Happy, and Healthy 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](https://MGOhio.org)

To Donate to  
MG Ohio, scan  
here



## **MG Ohio Zoom Support Group Meetings** **1st and 4th Thursdays**

**When: Jan 2, 2025 03:00 PM ET**

[https://zoom.us/meeting/register/  
tJcrcO6urTgiGtK3l9lRXk1QDozODwbXpFs](https://zoom.us/join/https://zoom.us/meeting/register/tJcrcO6urTgiGtK3l9lRXk1QDozODwbXpFs)

**When: Jan 23, 2025 07:00 PM ET**

[https://zoom.us/meeting/register/  
tJkceCtqi0jHNaMrXHj4XLLH1K4BzKYld\\_U](https://zoom.us/join/https://zoom.us/meeting/register/tJkceCtqi0jHNaMrXHj4XLLH1K4BzKYld_U)

## **Saturday night chats weekly at 6:30 pm (ET)**

[https://zoom.us/meeting/register/  
tJ0ufu6grDsJG9P51AQG9vWTYeTnNJAztumm](https://zoom.us/join/https://zoom.us/meeting/register/tJ0ufu6grDsJG9P51AQG9vWTYeTnNJAztumm)

After registering, you will receive a confirmation email containing information about joining the meeting.



## **MG Ohio Educates**

### Ask the MG Expert

**This month's expert answer is  
by Rebecca Molitoris**

**Q.** My life before MG was already complicated. Now with MG I'm overwhelmed and finding it hard to keep track of medications and other items that I keep losing. Have any hints on how to get organized and make life easier?

**A.** January is the perfect time to make some changes to organize and simplify your life with MG.

**Assess your environment**— Do you spend precious minutes hunting for everyday items like keys, phone, or wallet? Are your kitchen and bathroom storage areas working for you? Do you spend a lot of time daily organizing your medications? Make a list of your problem areas and try using some of the hints below.

**Landing Station**— Set up a landing station near your entry to place keys and purse or wallet as soon as you enter. This can be a simple shelf, some hooks, or a bowl on a side table. Make it a habit to place your items at this station every time you enter. Another alternative for keys is to attach them to your purse with a carabineer so they are always handy.

**Organize Medications**— Invest in a weekly or monthly pill planner. Set aside a time once a week/month to fill your container. Store all prescription medications and supplements in a decorative tin or box so medicine bottles are not taking up counter space. Alternatively, set aside a shelf or cupboard in your kitchen for these bottles away from sources of heat or moisture.

**Continued on page 3** are more helpful hints for organizing your space.

**MG Ohio Supports**

**2025 MG Ohio Meetings:**

**MG Ohio**

**Northeast Ohio (NEO) In-Person Support Group Meetings:**

**January 11, 2025 —1:00-3:00 pm**

Metro Health November Campus  
7800 Pearl Rd. Middleburg Hts., OH 44130

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

Time: Jan 11, 2025 01:00 PM Eastern Time (US and Canada)

<https://zoom.us/j/93436800361?pwd=mhsXgRqysqn9qpDIEzdE82h1rQBSsL.1>

Meeting ID: 934 3680 0361      Passcode: 337957

**NOTE:** This year 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 & Zoom Support Group Meetings:**

**January 20, 2025—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](http://www.ohiohealth.webex.com) Please contact Sharon or Cathy at [centralohiomg@gmail.com](mailto:centralohiomg@gmail.com) or by phone at 614-334-1140 for the Webex meeting code.

**MG Ohio**

**Southwest Ohio In-Person Support Group Meetings:**

**January 11, 2025 —1:00-3:00 pm**

Mayerson JCC \*Speaker (see pg.3)  
8485 Ridge Road, Cincinnati, Ohio 45236.

(Take the Ridge Road Exit from the Ronald Regan Highway)  
RSVP to Erica at [amannerica@gmail.com](mailto:amannerica@gmail.com).

*This will be a hybrid meeting broadcast over Zoom. Please use the link to register:* <https://zoom.us/j/92050781296?pwd=636s28r9dgWZH4VgBfOpHH1FH03NSY.1> **NOTE: If you need to sign on using Meeting ID and Passcode, contact MG Ohio at [mgohio@mgohio.org](mailto:mgohio@mgohio.org) or 216-218-0477.**

## Ask the MG Expert (Continued from page 1)

**Organize Kitchen—** Rearrange your kitchen so it works better for you. Think about placing everyday dishes on open shelving or store under the counter so it isn't so hard to lift plates from above your head. Keep items you use the most on the counter so you don't have to lift and move can openers or toasters every day.

**Organize Bathroom—** Decide which items need to be close at hand. Invest in some corner shelves in the shower or bathroom to make life a little easier. Figure out what works best for you in the placement of items.

**Assess Pathways—** Do you use a walker, cane, rollator or wheelchair? Take some time to identify problem areas in your home where it's hard to navigate. Enlist some help if moving furniture is needed to make your path clear.

**Organize Your Time—** Life with MG can be challenging and it's easy to get discouraged about not being able to do tasks you once could. By organizing your daily activities, you can decide which ones to do during times of peak strength and which ones you could do when feeling weaker. Build in rest periods for yourself.

**Be Good to Yourself—** With an MG diagnosis comes lots of uncertainty and change. Don't waste time feeling guilty about what you can't do. Give yourself credit for what you can do. With a little bit of organization, you can make life easier for yourself.

## Your Opinion Matters!

The newly formed Education Committee of MG Ohio wants to hear from you. The committee will be gearing future educational programming to topics and concerns important to those of us with MG, our families, and caregivers. Watch your email box soon for a survey to determine the focus of programming for 2025.



Powering the dreams of people impacted by myasthenia gravis (MG)

The UCB Myasthenia Gravis Scholarship is unique and aims to support people living with MG or their immediate family achieve educational or career goals at any stage of their life

- 15 scholarships of up to \$10,000 each
- Applicable for tuition, fees, and/or books
- Available for studies in trade skills, college degrees, or other various disciplines
- Open to all ages, academic scores, and levels of financial status

### To apply, you must

- Be a resident of the United States
- Have been diagnosed with MG or be an immediate family member of someone with MG
- Demonstrate resilience and embrace a way of life beyond the boundaries of MG

UCB is committed to helping people impacted by neurological diseases achieve their academic goals. Since 2005, UCB has awarded over \$3 million to more than 600 students through the UCB Family Epilepsy Scholarship Program. We continue to build our legacy by providing scholarships to those from families impacted by MG.

Apply by  
**FEBRUARY 5, 2025**



Visit [ucbmgscholarship.com](https://ucbmgscholarship.com) to find out if you or someone you know is eligible to apply.

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Inspired by patients.  
Driven by science.

## Northeast MG Ohio Support Group News—

We had over 70 people register for the MG Ohio Annual Holiday Party held at Pioneer Ridge Lodge on December 7th. The food was catered by Stancato's from Parma, Ohio. After the annual gift exchange, a special surprise presentation was given by Laura Lodge and Gina Oradini. Rebecca and Jerry Molitoris were given plaques for their years of service to the Northeast Ohio myasthenia gravis support group. Here are a few of the pictures taken that day. Thanks to the events committee of Laura Lodge, Gina Oradini, and Rebecca Molitoris. A special thanks to Mike Oradini for the artistic centerpieces and Margie Carroll, Jim Carroll, and Kelly Somerville for helping with the set-up, clean-up, and serving.



## Southwest MG Ohio Support Group News—



On January 11th, our guest speaker will be **Dr. Junaid Malik**. He will discuss how MG affects your diaphragm and best breathing machines available to give you support. Dr. Junaid Malik has been practicing medicine for 17 years. He is currently a critical care medicine specialist in Middletown, OH. Dr. Malik has extensive experience in Sleep Apnea and Obstructive Lung Disease. This will be a hybrid meeting.



**MG Ohio Website: Visit us at [www.mgohio.org](http://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](mailto:news@mgohio.org) and let us know!

Did you know that at [www.mgohio.org](http://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 Resource Partners Page <https://mgohio.org/more-resources> 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.

**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>



*"May the New Year bring you peace, joy, and happiness. Wishing you a year of blessings and good health. May your dreams and aspirations come true in 2025."*

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