

Meeting Updates →

Meeting information/notes pg. 2
Help Wanted pg. 3
Christmas Party pg. 3

MDA ADDRESS:

Valerie Galbicsek

Care & Clinical Services Specialist, Muscular Dystrophy Association

Gemini Towers 1, 1991 Crocker Road, Suite 600, Westlake, Ohio 44145

Tel 440.892.3367 ext.1643

We are here for you and your family to provide help and hope for those living with Myasthenia Gravis

If we can assist you with medical care referrals, resources, durable medical equipment, or information about MG, **contact Rebecca at 216-218-0477**.

You will find a wealth of information at the website: Myasthenia.org

WESTSIDE—

Our next *regular* meeting will be **January 11, 2020** at the **Parma Library Meeting Room 6996 Powers Blvd., Parma, 44129** from **1:00-3:00 pm**

NOTE: NEW meeting place!

Get directions [here](#)

EASTSIDE—

Our next *regular* meeting will be **January 18, 2020** at the **Mayfield Library Middle meeting room 500 SOM Center Rd., Mayfield Village, 44143** from **12:30-2:30 pm**

LORAIN COUNTY—

Our next meeting will be held on **Thursday, January 16, 2020** at the **Sugarcreek Restaurant located at 5196 Detroit Rd, Sheffield, OH 44035** in the Sheffield Plaza from **1:00—3:00 pm** We will be ordering off the menu and everyone is responsible for their own check. **Please RSVP by January 10th to 216-218-0477 (leave message).**

2020 Address Book

Suzanne and I have called anyone who wasn't signed up for the Christmas party. We asked for any changes in info for the 2020 address book.

If your information has changed or if you do not want to be included in the book, please contact me immediately at 216-218-0477

NOTE: Your personal information is only shared with the group for contact purposes and never shared with non-MG people.

It's not to late!!

If you want to attend the Christmas party, please rsvp to Rebecca at 216-218-0477 asap.

Ask the MG Expert—

Question — What can I do to prevent choking and swallowing problems during the holidays?

Answer — Holiday parties and family get-togethers sometimes present increased problems with choking and swallowing. Here are some tips to avoid these problems:

- Be mindful of how much you put in your mouth. Decreasing bite size can help prevent choking.
- Chew carefully and thoroughly
- Don't eat and talk
- Be careful with drinking alcohol and eating

If you feel like you can't swallow try these tips:

- Try drinking a warm carbonated beverage
- Try drinking ice water
- Turn your head to the left or right to help complete swallowing
- Try and eat more slowly and taking sips of liquid in between bites
- Be mindful of your Mestion timing ideally taking it 20-30 minutes prior to eating

Easy way to contribute to MGFA:

If you shop at Amazon.com, go to smile.amazon.com next time you shop. Choose MGFA as your charity. It is that simple. Then every time you shop, do it through smile.amazon.com and a portion of your sales will be contributed to the National MGFA.



Happy Chanukah!

MERRY CHRISTMAS!



Happy Kwanzaa!



2019-2020 MG Meetings and Events

Westside Meetings

Meets every 2nd Saturday *except* September, November, and December at **Metro-Health November Meeting Room 7800 Pearl Rd., Middleburg Hts., 44130 (unless noted)**

December 7 Annual Christmas Party—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

January 11—Parma Library Meeting Room 6996 Powers Blvd., Parma, 44129 from 1:00-3:00 pm

NOTE: Everyone is welcome to attend any meeting regardless of where you reside. Family and friends are welcome too! Hope to see you soon at one of our meetings or events.

What to expect: Regular meetings are open to all

Attendance ranges from 8 to 30 or more.

All information shared is confidential.

*Speakers will present information at meetings marked with *

Speakers *usually* present during the second half of the meetings allowing the group to introduce themselves to new patients or catch up with old friends.

Light refreshments are served at the meetings which don't meet at restaurants.

Feel free (but not obligated) to bring a snack to share.

MEETING NOTES:

I hope you all enjoyed a wonderful Thanksgiving. There were no meetings during the month of November this year due to several factors.

I hope to see you soon at a meeting in January!

Happy Holidays! - Rebecca and Jerry

Eastside Meetings

Beginning in January will meet on the 3rd Saturday at **various places (see below)**

December 7 Annual Christmas Party—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

January 18—Mayfield Library Middle meeting room 500 SOM Center Rd., Mayfield Village, 44143 from 12:30-2:30 pm

Lorain County Meetings

Meets every 3rd Thursday at **Sugarcreek Restaurant 5196 Detroit Rd, Sheffield, OH 44035 (in the Sheffield Plaza)**

NOTE: Due to Thanksgiving and Christmas, we will have our next regular meeting in January.

December 7 Annual Christmas Party—combined Romano's Macaroni Grill 25001 Country Club Blvd. North Olmsted, OH 44070 2 pm

January 16— **Sugarcreek Restaurant 1:00—3:00 pm**

We order off the menu and everyone is responsible for their own check.



Annual Christmas Party

Saturday, December 7, 2019

2:00 pm

**Romano's Macaroni Grill
25001 Country Club Blvd
North Olmsted, OH 44070**

R.S.V.P. 216-218-0477 or email cleveland-mggroup@gmail.com

A.S.A.P.

Please bring a \$5 (or less) gift for the gift exchange

It's fun to see how creative you can get for \$5



Do you have 15 minutes to spare per week to help help us out? : We need some help with the following:

1. **Article Submitter**—you don't have to write the article, just submit it each month
2. **Media Liaison**—can you post our meetings on facebook?
3. **Phone Liaison**—as bad weather approaches I need people willing to call a few others in case of meeting cancellations
4. **Event help**—I need people willing to help plan events

Please consider getting more involved. Call me or email me if you are interested at clevelandmg-group@gmail.com Thanks! - Rebecca

ZOOM

Ever wondered how great it would be to visit with fellow MG's and share ideas and tips for better living all the while sitting at home in your pjs?

Well now you can! Introducing Zoom meeting—a new online or on-phone MG Support Group that caters to those of us content to stay home and stay warm.

MG can be an isolating disease especially when we can't walk well or feel too tired to even leave the house.

Starting the third week in January, 4 Zoom meetings will be scheduled.

These will be held at various times and days to gauge participation.

If you have strong feelings about a certain day or time, please [email](mailto:) me with the best time for you.

I will schedule meetings for times that most can make it.

Instructions and times will appear in the January newsletter.

2020 National

MGFA Conference: Forth Worth, TX

Omni Fort Worth

National MG Walk: April 4

National Conference: April 5-7

To book your hotel reservation using the MGFA National Conference rate, please see below:

<https://www.omnihotels.com/hotels/fort-worth/meetings/mgfa-2020-annual-meeting-04032020>

*Guests may also call Omni Reservations at 1-800-THE-OMNI and refer to the group name "MGFA 2020 Annual Meeting"



NEW!

NEW LOCAL WEBSITE!!
Visit us at www.clevelandmggroup.org

There you can get all the latest local MG news, see upcoming events, download any newsletter from this year, and sign up for the newsletter email edition.

Be sure and send in your MG related questions for our **Ask the MG Expert** column

Email at clevelandmggroup@gmail.com

Or snail mail it to: Rebecca Molitoris, 9356 Asbury Lane, North Ridgeville, OH 44039



No Winner for November's Issue

If you would like a \$10 gift card to Subway just for reading the newsletter and finding the **double word** this month, be the **first** person to email or call me and win. Since the newsletter goes out in both email and printed form, there will be one winner from each category. If you receive the email version, [email me](#) with the answer and if you receive the printed version, **call me and leave a message**. December's winners will be listed in next month's newsletter. You can only win once every 12 months so if you have already won, let someone else have a chance (family members or friends can play too!) and thanks for playing—Rebecca

Thank-you to everyone who helped this year

Especially our medical consultants—Dr. Robert Ruff, Dr. Suzanne Ruff and Dr. Yuebing Li

UPCOMING 2020 MEETINGS:

WESTSIDE:

Next meeting: **January 11, 2020** **Parma Library**
1:00—3:00 pm 6996 Powers Blvd., Parma, 44129

EASTSIDE:

Next meeting: **January 18, 2020** **Mayfield Library**
12:30—2:30 pm 500 SOM Center Rd., Mayfield Village, 44143

LORAIN COUNTY:

Next meeting: **January 16, 2020 (Thursday)** **Sugarcreek Restaurant**
1:00—3:00 pm 5196 Detroit Rd, Sheffield, OH 44035

Thank you to our sponsors:

