



Northeast Ohio Area Support Groups

JUNE 2020

Meeting Updates →

Meeting information/notes pg. 2

Virtual Closet pg. 2

Assistance Program pg. 3

June is Awareness Month pg.3

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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

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.



For Strength,
Independence & Life

Volume 8 Issue 6

June is MG Awareness Month

Here are a few ways to celebrate this month:

- Attend an MG Awareness event—In North Ridgeville, Farmhouse Yoga LLC is holding an outdoor Yoga class and MG awareness event see page 3 for more details.
- Post to social media—post a picture or story about MG to FaceBook, Instagram, Twitter, or make a video for TikTok or other site. #MGSTRONG
- Wear your MG Walk shirt, bracelet, or other MG apparel when out in public.
- Explain to someone who doesn't know about MG what it is, and how it affects you.
- Educate yourself more fully about MG and the latest treatments available—knowledge is power.
- Attend a Zoom meeting to connect with your fellow MG patients—even if your MG is in remission because some people need that hope that remission is possible.
- Chalk your driveway in teal to spread awareness.
- Host an MG car parade in your neighborhood.
- Contribute to the new MG Virtual Closet—see page 2 for details.



June's ZOOM Meetings

Thursdays at the following times:

1st Thursday June 4—11:00 am

<https://zoom.us/j/98794852967>

Meeting ID: 987 9485 2967

Dial in: +1 312 626 6799 US (Chicago)

2nd Thursday June 11—1:00 pm

<https://zoom.us/j/92113868414>

Meeting ID: 921 1386 8414

Dial in: +1 312 626 6799 US (Chicago)

3rd Thursday June 18—3:00 pm

<https://zoom.us/j/96092337309>

Meeting ID: 960 9233 7309

Dial in: +1 312 626 6799 US (Chicago)

4th Thursday June 25—7:00 pm

<https://zoom.us/j/95421434570>

Meeting ID: 954 2143 4570

Dial in: +1 312 626 6799 US (Chicago)

Please allow extra time before the meeting to log on as Zoom requires a software update as of May 30, 2020 This update contains added privacy protections for the user.



June is Myasthenia Gravis Awareness Month



2020 MG Meetings and Events

Westside Meetings

Meets every 2nd Saturday except September, November, and December at **various places (see below)**

July 11—TBD

August 8—TBD

September—MGFA Virtual Walk

October 10—TBD

December 12—Annual Christmas Party 2 pm

Lorain County Meetings: TBD

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.

MEETING NOTES: Due to the coronavirus pandemic, we will not be meeting in person at *least* through June maybe longer depending on circumstances. Therefore we will be having a Zoom online meeting every Thursday at various times (see page 1)



The average attendance at May's Zoom meetings was about 12 people per meeting.

I apologize for the last meeting in May which, quite frankly, I didn't realize until afterward *wasn't* the fifth Thursday in May but the fourth Thursday and I should have been in the meeting. Blame it on Covid brain and being stuck in the house so long that May felt like it had an extra week. I will try and do better this month (sigh)

I would highly recommend that if you have the time, give Zoom a try. It is a great way to connect and learn more about MG and each other.

Eastside Meetings

Beginning in January meets every 3rd Saturday of the month except September, November, and December, at **various places (see below)**

July 18—TBD

August 15—TBD

September—MGFA Virtual Walk

October 17—TBD

December 12—Annual Christmas Party 2 pm

What to expect at in-person meetings:

Regular meetings are open to all

Attendance usually 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.

Introducing the MG Virtual Closet!

Do you need any durable medical equipment?

Do you have some to share?

Email me at clevelandmggroup@gmail.com and I will add it to the closet inventory.

Let me know what the item is and whether you are willing to lend (short-term), (long-term), or don't need it back

Likewise, if you need some equipment, please state what the item is and your anticipated term of need for the item.

Don't forget to include your name and contact info. Thanks! We can all use a little help now and then.





Sad News. Husband of Ann Byrne, DAVID GLENN BYRNE passed away on Sunday morning, May 24th, 2020 following a courageous battle with lung cancer. He was at home with his loving wife, Ann, and his family by his side.

David is survived by his beloved wife of 66 years, Ann Byrne (nee Guest); his children, David C. Byrne (Joyce) and Pam Tomm (Rick); grandchildren, Laura Porterfield (Jason), Andrea Moses (David), Sara Hopkins (Eric), Nathaniel Tomm (Teresa), Sharyn Tomm and Derek Tomm; great-grandchildren Mika, Luke and Jono Porterfield, Christy and Amy Moses, and Elenore and Elliott Hopkins.

For full Obituary go to <https://www.schultemahonmurphy.com/obituaries/David-Glenn-Byrne?obId=14618371>

JUNE MG AWARENESS MONTH EVENT

EVENT DETAILS: Farmhouse Yoga 37000 Center Ridge Road, North Ridgeville 44039

*Date: Sunday, June 14th at 11am (this will be an OUTDOOR class)

*Time: 11am – 12pm

*Cost: \$ Donation-based. No pre-registration. Cash or cards accepted.

If you wish to participate in the outdoor yoga class, you are required to provide your own yoga mat.

For more details, go to: <https://farmhouseyogallc.com/>

Or <https://www.facebook.com/farmhouseyogallc/>

This will be our first OUTDOOR class at Farmhouse Yoga this year! A wonderful way to kick off the outdoor yoga season, build connections and support a great cause. This event is in support of Myasthenia Gravis (MG), in honor of my mom and many others. No pre-registration; donation-based class, day of the event. Anything will be accepted & appreciated. Refreshments & snacks will be provided. NOTE- the yoga class is optional, you're more than welcome to stop by, say hello, donate, grab a drink/snack, and learn about MG. Indoor, shaded space will be available during the class. Please consider joining us! —Katie Oradini



I just want to say a BIG thank-you to everyone who stepped up and offered to help a fellow MG patient recently. I'm overwhelmed by the generosity and love shown to a complete stranger, who I'm sure won't be a stranger for long. It is a privilege to know you all and I'm proud of what our group has become, not by anything that I've done, but how you all care for each other and the friendships we have formed. This means more and more as each day goes on. I'm looking so very much forward to the day we can all be in the same room again but until then, know that we are truly all in this together!

Has COVID-19 Left You Financially Strapped?

The National Organization for Rare Disorders (NORD) has opened a financial assistance program for people in the rare disease community including those with MG, who are affected by the COVID-19 pandemic in the U.S. Called the NORD COVID-19 Critical Relief Program, the effort will provide up to \$1000.00 annually to those eligible to support critical non-medical needs. The program is designed to help rare disease patients and their families who may be facing monetary hardships due to the outbreak. The funds are exclusively for living expenses such as utility bills, internet service, car repairs, rent and mortgage. Applicants must have income levels at or below 4 times the poverty level or experiencing financial difficulties due to the pandemic. Examples include: job loss, inability to work due to local stay-at-home orders, and school closures.

For further information about eligibility or how to apply, call NORD at 203-242-0497 or send an email to COVID19assistance@rarediseases.org
—Submitted by Ana Colic Thanks, Ana!

LOCAL MGFA GROUP WEBSITE

Visit us at www.clevelandmggroup.org

For all the latest local MG news, upcoming events, and newsletters

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

“Our greatest glory is not in never falling, but in rising every time we fall.”

—Confucius

“BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD”

—Mahatma Gandhi

UPCOMING 2020 MEETINGS:

WESTSIDE: Ohio's Stay Safe at Home order is currently still in effect until July 1, 2020

EASTSIDE:

LORAIN COUNTY:

ONLINE: ZOOM meetings every Thursday in June (see pg.1 for details)

Thank you to our sponsors:

