

WELCOME April

April showers bring MAY Flowers



APRIL

MEETING



Our April meeting will be rescheduled from April 11 to April 18, 2026, which is the 3rd Saturday due to the MGFA National Patient conference from April 12th - April 14th.

Saturday, April 18th

1 pm - 3pm

Mayerson JCC

8485 Ridge Ave

Cincinnati, OH 45236

The meeting will be offered in a hybrid format. We are using Google Meet for our meeting as our virtual platform, the link is in the OVer MG calendar on the meeting date and here, [Meet](#)

If you haven't attended a meeting before — or if it's been a while — this is a wonderful opportunity to reconnect and meet new people that live with the same rare disease.

We would LOVE for you to join us!

You can also find this meeting listed on the Ohio Valley Region MG Calendar under the Saturday meeting date.

MGFA CONFERENCE APRIL, 12-14, 2026

If you did not register to attend the National Patient MGFA Conference in person, but would like to attend the conference virtually you can by going to www.myasthenia.org and register on the MGFA website. You must register to attend.

Erica will be representing the state of Ohio on Sunday during the opening ceremony by walking across stage holding a miniature Ohio Flag in addition representing our organization! You should be able to attend virtually on Sunday evening if you want to see the ceremony.



Do you know how MG affects your brain?

Dr. Williams has the answers!
Join us on May 9th to find out.

Jon Williams, DO, PhD Is currently a neurologist at the Clinical Neuroscience Institute at Miami Valley Hospital in Centerville, Ohio. Dr. Williams also serves on our Board of Directors as our medical professional.

This meeting will be In person and virtual using Google Meet.

MAY 9TH MEETING

Guest Speaker: Dr. Williams

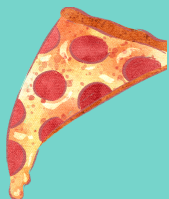
Dr. Williams will be speaking about how MG affects your brain. You don't want to miss this meeting!

Mayerson JCC, 1 - 3 PM



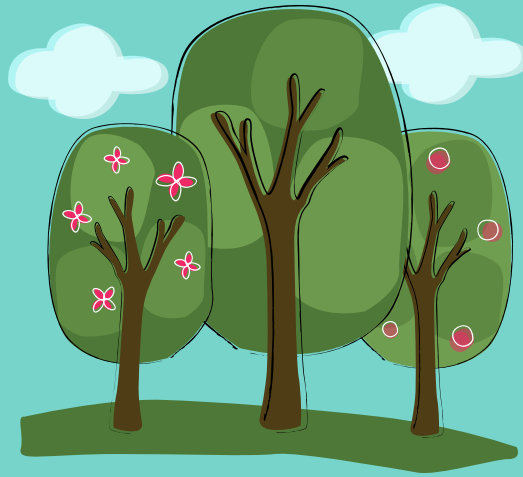
MAY OUTING

Wednesday, May 27, 2026



**Lunch and Board Games
at the Park!**





Join us for lunch, games, and fellowship with your MG friends! This is a wonderful opportunity to connect, have fun, and get to know one another better. We plan to order pizza from nearby Godfather's Pizza, play board and card games, and enjoy the beautiful sights of Glenwood Gardens.

Participating in MG social outings is a great way to build friendships within our community, and it's especially a fun opportunity for new members to join us.

Location:
Glenwood Gardens
10397 Springfield Pike
Wyoming, Ohio 45215

Time:
12:00 PM–2:00 PM

Please note:

Donations toward the purchase of pizza are welcome. Please bring your own beverage, a dessert to share, and your favorite board or card game if you would like.

In the event of rain, this outing will be rescheduled.

We look forward to spending time together and making great memories with you!



BEHIND EVERY MG DIAGNOSIS IS A STORY WORTH TELLING,
**SHARE YOUR
STORY**



REAL STORIES. REAL STRENGTH. REAL IMPACT.
BE OUR MG SPOTLIGHT PATIENT

Over the past month, we have been incredibly busy preparing and organizing paperwork, finalizing our bylaws, and working through the process of obtaining our 501(c)3 status for **Ohio Valley Region MG**. Because of that, we did not select an MG Spotlight Patient for March.

As we look ahead to April, we would love to feature one of *you*.

If you would be willing to volunteer as our **April MG Spotlight Patient** and share your story, please let Erica know so we can make it happen!

Sharing your journey with Myasthenia Gravis could help someone more than you realize. Your story might:

- Bring hope to someone who is newly diagnosed
- Encourage someone to open up about their own struggles
- Help others learn something new about living with MG
- Remind someone that they are not alone

Every story matters. Every journey is different. And your voice could truly make a difference.

Please reach out to Erica – we would LOVE to have you share.

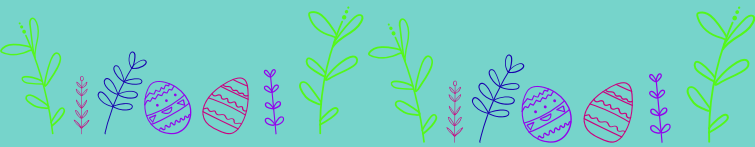


Happy Birthday

to our
April Members!

HANNAH WILLEY (8TH)

COURTNEY HUMPHRIES (12TH)



April Fools!



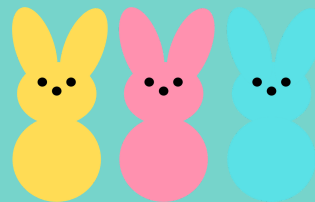
🌸 April Holidays & Observances 🌸

- April 1 – April Fool's Day
- April 2 – World Autism Awareness Day
- April 3 – Good Friday
- April 5 – Easter Sunday
- April 7 – World Health Day
- April 12–14 – MGFA National Patient Conference
- April 15 – Tax Day 💰
- April 18 – Ohio Valley Region MG Support Group Meeting ☐
- April 22 – Earth Day 🌍
- April 23 – World Book Day 📖
- April 24 – Arbor Day 🌳
- April 26 – National Pretzel Day 🍪
- April 28 – National Superhero Day 🦸

🌸 Month-Long Observances:

- National Volunteer Month
- Earth Month
- National Poetry Month
- Autism Acceptance Month

🌟 Join us throughout the month as we connect, serve, and grow together as an MG community!



Happy Easter



REMINDERS & UPDATES

PERMISSION TO SHARE FORMS

If you have not yet completed your **Permission to Share Form** for the OVer MG Support Group, please do so and return it to me as soon as possible.

These forms give our organization permission to share your photo in brochures, on social media, and on our website. They also allow us to include you in any video recordings taken during educational presentations that may be shared publicly.

You may choose for your permission to never expire, or you can include an expiration date on your form.

Please use the link below to download the form:

[GOVer MG Permission to Use Likeness in Video, Audio, and Photography Form](#)



Events Committee

Our Events Committee met for the first time on March 24th, and we're excited to share that Kacy Self is serving as our committee chair! We currently have four members and would love to welcome more people to join us. **Our next meeting is on April, 2nd at 2 pm on Google Meets.**

During our meeting, we discussed a variety of businesses and organizations we plan to invite to our upcoming Community Health Fair. We've put together a fantastic list, and we're hopeful for great participation!

Stephanie has been reaching out to local businesses for donations for our raffle baskets and silent auction. These will include themed baskets, where attendees can purchase tickets for a chance to win their favorite items, as well as larger auction items like FCC Cincinnati tickets.

We would LOVE your help! Consider gathering family members, friends, or your church community to create a themed basket. You can choose a theme and invite others to contribute one or two items. It's a fun way to give back, and all proceeds will benefit our MG group.

Please use the link below to sign up for a themed basket. More information below on basket donations.

Name (Sign Up)	Theme	Item Ideas
	Movie Night Basket	popcorn, candy, boardwalk, streaming gif
Erica Amann	Spa Day / Self-Care Basket	lotions, candles, bath bombs, cozy sock
Randy and Diane Mirvich	Coffee Lover Basket	mugs, coffee beans, syrups, gift cards
	Wine & Cheese Basket	wine, glasses, crackers, gourmet crac
	Dine Night Basket	restaurant gift cards, candles, games
	Cozy Night In	blanket, hot cocoa, fuzzy socks, book
	Baking Basket	mixing tools, recipes, baking mixes, ut
	Golfing Basket	BBO cases, tools, spurs
	Home Essentials Basket	candles, odor, kitchen gadgets
Rick & Stephanie Crane	Family Game Night	board games, snacks, cards
	Kids Fun Basket	toys, crafts, coloring books
	Puzzle & Relaxation Basket	puzzles, tea, calming items
	Gardening Basket	seeds, gloves, tools, planters
	Crafting Basket	DIY kits, art supplies
Erica Amann	Book Lover Basket	books, bookmarks, reading light
	Fitness & Wellness Basket	resistance bands, water bottle, gym fee
	Cincinnati Local Favorites Basket	local treats, gift cards, merch
	Sports Fan Basket	gear, tickets, fan items
	Travel Essentials Basket	neck pillow, luggage tags, travel-size b
Fundraising Baskets/Silent Auction Items Sign Up		

New Group New Shirts



United for the MG Community in the Ohio Valley & Beyond



Together, we are stronger.



Order now | Refresh Your Look! >>>>>

any extra money above cost will be donated to our new organization!

Cash or Check

Zelle to 513-767-6750

Venmo to @OVerMG

New Group Special Sale!

New Group Special Sale!

New Group Special Sale!

New Group Special Sale!

🎉 Check Out Our New OVer MG T-Shirt! 🎉

We're excited to share our brand-new shirt design for the Ohio Valley Region MG group! Dr. Williams created the slogan, and Erica designed the shirt — and since we are **Ohio Valley Region MG**, and many of us truly feel **OVer MG**, it couldn't be more perfect!

👕 Front:

Logo

"United for the MG Community in the Ohio Valley & Beyond."

👕 Back:

OVer MG

"Together, we are stronger."

\$ T-Shirts are \$22 each. Polo Shirts are \$27 each.

✉ **To order**, email erica@overmg.org or reply to the newsletter. You can also let Erica know directly if you'd like to place an order.

💳 Payment Options:

- Cash or Check
- Venmo: @OVerMG
- Zelle: 513-767-6750

Any funds beyond the cost of shirts and materials will be donated back to our group to support our mission.

Note: Those that have already ordered a shirt will be able to pick them up at our April 18th meeting! If you have not paid yet, please do so soon!

Thank you for supporting the OVer MG community — together, we are stronger!

(On the image below to view T-shirts and Polo Shirt choices click on the white bars to go back and forth between image 1 and image 2)

T-SHIRT CHOICES

\$22 each



Basket Donations for our MG Awareness Walk in June

Help Us Make the MG Awareness Walk a Success!

We're inviting all members to sign up to sponsor a themed basket that will be raffled off at the MG Awareness Walk!

Here's how you can help: [Fundraising Baskets for Walk 2026](#)

- ✦ Choose a theme and add your name to the sign-up sheet
- ✦ Have a great idea that's not listed? Add your theme to the sheet!
- ✦ Ask family and friends to help you collect items for your basket
- ✦ Make it fun, creative, and something people will love!

♥ Important Details:

- All items must be new/unused
- If you do sign up, we kindly ask that you follow through with collecting the items. If your plans change and you cannot complete the task please let Kacy know as soon as possible so we can find someone else to take your place.
- Completed baskets must be brought to our June 13th meeting

Your support makes a big difference and helps us raise funds and awareness. Thank you for being part of this effort! ♥



Take Time to Explore Our OVeR MG Website!

I would like to remind everyone to visit our website. There are many things that it offers - On our home page we provide our purpose and mission statement to remind the community our focus, which is to serve the MG Community with integrity, compassion, and purpose, a brief overview of links to other topics within our website, and a contact us section.

Our About Us provides information about our group, our history, and our current board members.

The website provides a page that explains myasthenia gravis which includes subpages about clinical trials that are recruiting, helpful tips and items recommended by others with MG, a list and explanation of current FDA approved drugs, cautionary drug list, and the MG-ADL Scale.

We have a page that is called Get Support, which provides information about our support group meetings and activities we are currently doing and also those coming up. It also includes our group calendar and a way to download it, and a slideshow of meetings and events throughout the past year.

Get Support includes subpages that provide financial support resources, a list of medical professionals in the Ohio Valley, a newly diagnosed patients page, our Open Arms Closet request for support, and collaborating organizations.

Our News & Education page provides our monthly newsletters, monthly meeting presentations, and soon our biyearly clinical newsletter.

Last we have ways to support our organization, such as donating items to our Open Arms Closet, Volunteering, Essential Support through gift cards, and our Resilience Fund. We provide three different ways to donate on our website, through Zeffy (free transaction fees for both parties), our website (free for the donor, but not the organization), and Venmo (free for both parties).

We hope you find it helpful and informative. If there is something specific you would like to see added, please let Erica know — If you see any grammar or misspelled words please let Erica know, so I can get those corrected ASAP. We are always open to ideas and will do our best to make them happen.

Our website is www.ohiovalleyregionmg.org



Thank you for being part of Ohio Valley Region MG.

Together, we are stronger.

Donate now

[Open Email in Web Browser](#)

[Update your information](#) or [unsubscribe](#).

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United for the MG Community in the Ohio Valley & Beyond