



# Welcome MARCH

Welcome to a new chapter. Welcome March signifies a shared commitment, unity, and purpose as we move forward together to grow, collaborate, and achieve meaningful progress.



# MARCH

# MEETING

We're excited to announce that our March Meeting will be held on Saturday, March 14th from 1:00 - 3:00 PM at:

Mayerson JCC  
8485 Ridge Ave  
Cincinnati, OH 45236

This will be our first official meeting under our new organization, Ohio Valley Region MG, and we are truly looking forward to beginning this new chapter together.

The meeting will be offered in a hybrid format. Virtual access details will be shared closer to the meeting once our platform has been finalized.

If you haven't attended a meeting before — or if it's been a while — this is a wonderful opportunity to reconnect and be part of this exciting new beginning.

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.



# COFFEE & DONUTS



**JOIN US!**



We would love for you to join us for Coffee & Donuts as we gather to celebrate the holiday and support one another through casual conversations about our lives.

This is a wonderful opportunity to get to know your fellow MG community members on a more personal level – and it's a great time for new members to join us!

**Location:  
Blossim Donuts  
9797 Montgomery Rd  
Montgomery, OH 45242**

**Time: 10:00 AM – 12:00 PM**

**Please note: Coffee and donut purchases will be the responsibility of each individual.**

**We look forward to connecting 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  
**March Members!**

KRISTINA JANZ (8TH)

MEGAN WILLIAMS (18TH)

TOM MOLLEY (30TH)



# HELLO March

## March 2026 Holidays & Observances

### March 1:

- World Compliment Day
- National Pig Day

### March 2

- Read Across America Day (US observance)
- World Teen Mental Wellness Day
- National Banana Cream Pie Day

### March 3

- Purim (Jewish holiday based on Hebrew calendar)
- National Anthem Day

### March 4

- National Grammar Day
- National Pound Cake Day

### March 6

- Employee Appreciation Day

### March 8

- International Women's Day – Global celebration of women's achievements.
- Daylight Saving Time begins (clock change in the US)

### March 14

- **Support Group Meeting at Mayerson JCC, 1 pm - 3 pm**
- Pi Day (3.14) – Math-themed celebration.

### March 15

- Laylat al-Qadr (Muslim observance during Ramadan)

### March 17

- **Coffee & Donuts, 10 am-12 pm at Blossim Donuts**
- St. Patrick's Day



### March 20

- Eid al-Fitr (end of Ramadan; date based on moon sighting)
- March Equinox, First day of Spring
- International Day of Happiness

### March 21

- International Day for the Elimination of Racial Discrimination
- World Poetry Day

### March 23

- National Puppy Day
- World Meteorological Day

### March 24

- World Tuberculosis Day
- National Cheesesteak Day

### March 25

- International Waffle Day
- World Day of Remembrance for the Slave Trade

### March 29

- Palm Sunday (Christian observance before Easter)
- National Vietnam War Veterans Day (US observance)

## Month Long Themes

**Women's History Month** – Celebrates contributions of women.

**National Reading Month** Encourages reading and literacy.

### March 26–31 Fun Days!

- Epilepsy Awareness/Purple Day
- Manatee Appreciation Day
- National Pencil Day

# REMINDER

## April Support Group Update

Please note that our regular April meeting will not be held on April 11th due to the upcoming conference hosted by the Myasthenia Gravis Foundation of America (MGFA).

We strongly encourage everyone to attend the MGFA Conference — either in person or virtually. It is an incredible experience filled with valuable education, community connection, and important updates on new research and treatments.

You must register to attend, whether participating in person or virtually. Registration is available on the MGFA website at: [www.myasthenia.org](http://www.myasthenia.org)

## Rescheduled April Meeting

We will instead meet on:

**Saturday, April 18th**

**1:00 PM – 3:00 PM**

Mayerson JCC

During this meeting, we will discuss key information and highlights shared at the MGFA Conference.

We look forward to seeing you there!



## New Group New T-Shirts



United for the MG Community in the Ohio Valley & Beyond!

**\$22**



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.**

**To order**, email [overmg@ohiovalleyregionmg.org](mailto:overmg@ohiovalleyregionmg.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.

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



## Ohio Valley Region MG First Board Meeting

I would first like to say thank you to everyone who was able to participate in and observe our first official Board Meeting as **Ohio Valley Region MG**. Your support, presence, and engagement truly mean so much as we continue building a strong foundation for our organization.

Board agendas and meeting minutes, once approved, will be available to view on our website. Providing access to this information is part of our commitment to open communication and transparency. This organization does not belong to one person or even just the Board — it belongs to all of us: every member affected by Myasthenia gravis and related neurological disorders.

As a nonprofit organization, our goal is to always remain focused on our Mission and Vision Statements and to serve our community with integrity, compassion, and purpose.

If you have not yet visited our new website, we encourage you to take a moment to explore it at [www.ohiovalleyregionmg.org](http://www.ohiovalleyregionmg.org). We hope you find it helpful and informative. If there is something specific you would like to see added, please let Erica know — we are always open to ideas and will do our best to make them happen.

We are also currently working on developing a page featuring local specialists for MG within our region to serve as a helpful reference for our community.

Thank you for being part of Ohio Valley Region MG.

Together, we are stronger.



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