Lightning year for the 8th Annual MGA Triple Crown Showdown

As pouring rain and lightning spread across the Kansas City metro on Sunday May 20, 2018, the decision to cancel the 8th Annual MGA Triple Crown Showdown came and it was one that was heart-breaking but also heartwarming as over 450 participants had registered, 130 volunteers gathered and to date over $50,000 was raised. We thank all participants, volunteers and sponsors for their patience on race morning as we took careful consideration in the decision. Over 100 participants gathered for a celebration brunch at Pig & Finch which brought respite from the rain and lightning. The morning proved to be a reminder that there is much in life we can’t control, like the weather, and it’s all how you respond to the turn of events. We are looking forward to 2019! Save the date for May 19, 2019! Funds raised through the MGA Triple Crown Showdown are utilized to support your local Myasthenia Gravis Association across Missouri, Kansas and NW Arkansas. We appreciate your support!
Happy Retirement to Anne Strader!

As many of you know by now, Anne Strader, Program Coordinator for the MGA for 7 years retired in June. We wanted to share a message from her.

Greetings - I want to let you know that I am retiring from the MGA. It has been a pleasure - more than you’ll ever know - to get to know so many of you, to provide our services to those of you with MG and your families and caregivers, to work along side those of you who provide such wonderful medical care for our members, and to be part of this extraordinary Myasthenia Gravis Association with its great Board of Directors and Medical Advisory Committee. Many, many heartfelt thanks to all our great volunteers, especially the Support Group Coordinators and Clinic Volunteer, who have helped and supported me so much these past seven years, allowing us to accomplish so much with just our little 2-person staff. My sincere best wishes to all of you. -- Anne

The MGA gives many thanks to Anne for her dedication to the mission and the patients served and supported through the years. Anne will be missed and we hope she is enjoying retirement!

Save the Date for Northwest Arkansas’s Annual Conference featuring Richard Barohn, MD October 6, 2018 10am-12pm light lunch provided For more information contact Roger Huff jrhoffl1@icloud.com

The MGA is committed to being more green! Help us reduce costs and save the environment by getting your newsletter via email. Contact the office today to update your delivery preference. 816-256-4100 or allisonfoss@mgakc.org.

Find us on

@mga_heartland @mgakc @myastheniakc
A MESSAGE FROM THE MGA’S EXECUTIVE DIRECTOR

Spring sprung and summer is slipping right by. I can’t help but think this has been one of the quickest few months of my life. What’s that saying, time flies when you’re having fun! What fun we’ve had seeing the outcomes of the 8th Annual MGA Triple Crown Showdown, June Awareness month, working to firm up plans for the 2nd Annual Cy’s Crown Town Trivia, the MGA Snowflake Shuffle 0.1K and Annual Meeting. During the first part of the year we’ve engaged over 145 volunteers, 255 support group attendees in 17 meetings throughout 7 cities and have nearly 6,800 Facebook followers. Got an idea on how we can make waves in the Heartland? I’d love to hear from you! This is an exciting time for the MGA as we continue to leave our mark on the heartland. Thanks for being along for the ride.

Allison Foss, Executive Director

NIF Meters now available to measure respiratory muscle strength

NIF meters measure the patient’s respiratory muscle strength to inhale. The NIF is used to help determine eligibility for BiPAP and need for respiratory support with a ventilator. (The NIF may also be referred to as the MIP.) Patients can use NIF meters at home to assess their breathing status and determine when to call the neurologist or go to the ER.

NIF meters are not available for sale to individual patients but they can now be ordered from Sally O’Meara. They are available for $20, payable to the omeara@oakland.edu PayPal account. Thanks to donations from generous MG angels, patients who need a NIF meter but cannot afford them should e-mail Sally at omeara@oakland.edu to receive one at no charge.

Postage is included in the cost and there is no extra charge for shipping outside the U.S. This project is not for profit in any way- it is only to allow MG patients to more accurately assess their respiratory status and advocate for the care they require.

Save the date for the MGA Annual Meeting in Kansas City, Saturday November 17, 2018. More info to come.
Celebrating MG Awareness Month

Around the Heartland members helped raise awareness of myasthenia gravis

MAC Member Kate Steele and her family dine at Pizzeria Locale in Overland Park on June 21st where $307.00 was raised for the MGA. The family of the late Michael Todd Barnwell who succumbed to MG in May also dined at Pizzeria Locale where they celebrated what would have been his 46th birthday.

In Wichita, Airgas posted about MG on their outside signage as well as members gave out “What is MG?” cards across their community. Special thanks to Larry and Dana Paxson for making up 600 cards to be given out!

DISCLAIMER: Please note that any medical or personal views expressed in this newsletter are those of the individual author(s) and do not reflect any official position of the Myasthenia Gravis Association. The information presented in this newsletter is not intended as medical advice. Each patient’s situation is unique, and treatment, diagnosis and other decisions should be determined in consultation with the patient’s doctor(s). If you have any medical questions, please discuss them with your doctor, as he or she best knows your situation.
Volunteers helped mail 465 letters to neurologists in Missouri, Kansas and NW Arkansas for June MG Awareness month in an effort to share the mission of the MGA! The MGA loves volunteers! Want to volunteer? Email allisonfoss@mgakc.org to learn about upcoming opportunities.

2nd Annual Cy’s Crown Town Trivia approaching

Boulevard Brewery will play host to the MGA on Friday September 28th for the 2nd Annual Cy’s Crown Town Trivia Night. In 2017, the Kansas City Iowa State Alumni Club selected the MGA as their charity of choice in the community. The MGA has once again been selected for this continued partnership in 2018. The alumni club plays a critical role with planning, securing donations and pulling off the event. While the alumni club is ensured that they break even with any expenses they may have incurred for Cy’s Crown Town Trivia, the MGA is the benefactor of funds raised during this exciting evening of three rounds of trivia, Boulevard brews, wine, food and silent and live auctions. The MGA thanks the Kansas City Iowa State Alumni Club for their ongoing support to help us reach our fundraising goals which are needed to maintain our program supports and services. Festivities will kick off at 6:30 and wrap up by 10:30. Tables of 10 are available for $500 or individual tickets are $65. Due to the location of this event, guests must be 21 and over. **Limited tables and tickets remain** so get yours today by going to www.mgakc.org or contacting the MGA at 816-256-4100 or allisonfoss@mgakc.org.
You've got our heart.
We've got your back.

We💫making our patients😊
Learn how ARJ's life-changing IVIg treatments help people across Kansas City.

arjInfusion.com/Journey
866-451-8804

ARJ's advanced IVIg program provides immune globulin infusion therapy to children and adults with myasthenia gravis.

With nationwide pharmacy coverage and 24/7 clinical support, we're on a mission to transform our patients' lives—one unique journey at a time.
Welcome Raghav Govindarajan, MD to Medical Advisory Committee

Dr. Raghav Govindarajan has joined our Medical Advisory Committee. He currently is the associate medical director of the neurology outpatient clinic, MDA/ALS clinic director and EMG/neurophysiology lab director at University of Missouri in Columbia. Dr. Govindarajan who is board certified in neurology and neuromuscular medicine overseas the MG clinic which draws patients from all over mid Missouri.

He is the author of more than 35 peer reviewed publications, 4 book chapters, more than 50 abstracts and is the editor of four books. In addition, he has been awarded 4 research grants more than 30 teaching awards including the prestigious ‘National Golden Apple’ award by the American Medical Student Association, Leonard Tow Humanism in Medicine Award, Clerkship Director Teaching award by the American Academy of Neurology and multiple patient recognition awards including the ‘Golden Doc ’award by Arnold P. Gold Foundation. He is a member of Gold Humanism Honor Society, Alpha Omega Alpha, Sigma Xi and an elected fellow of College of Physicians of Philadelphia.

Ways to Support the MGA

Got an idea for a fundraiser in your community? Contact us today! allisonfoss@mgakc.org

Your financial support enables us to continue reaching patients across the heartland.
Wichita & Southern Kansas friends we hope to see you on October 6th for our MGA Snowflake Shuffle 0.1K! The first 100 participants will get race swag bags! Complete your registration form below and mail in or you can email it to allisonfoss@mgakc.org and send payment via VENMO to @MGAKC

![MGA Snowflake Shuffle 0.1K Run](image)

Come out, show your support & help us raise awareness for this autoimmune, neuromuscular disease and raise money to provide services for those living with MG! Come out for our inaugural 0.1K where everybody crosses the start and finish line! Followed by BBQ and raffles! Bring your family and friends!

Saturday, October 6th

10:30 am
BBQ will begin at 11am

Watson Park
3022 S McLean Blvd.
Wichita, KS 67217

Registration: $25
Includes a T-Shirt
(until September 18th)

FOR MORE INFORMATION ABOUT THIS EVENT OR TO BECOME A SPONSOR FOR $150 OR MORE CONTACT: Dana or Larry Paxson (316) 269-9120 or dkptiffany@gmail.com

WALK FOR MYASTHENIA GRAVIS AWARENESS REGISTRATION/CONTRIBUTION FORM
Saturday, October 6th at 10:30 am

Please Print:
Name
Address
Phone email

☐ I Intend to walk. Enclosed is $25
☐ I can’t attend, but here is my contribution of $ ________

Make tax-deductible checks payable to MGA and send to:
MGA, 2340 E. Meyer Blvd., Building 1, Suite 300A, Kansas City, MO 64132
Donations go to The Myasthenia Gravis Association - Serving Kansas & Missouri

PLEASE DUPLICATE THIS FORM FOR EACH PERSON PARTICIPATING

MGA CONNECTIONS

Are you newly diagnosed and looking for support and answers? Have you lived with MG for years and want to share your experiences? For anyone looking to talk to others who have MG, we have MGA Connections! Give us a call or send us an email and we will send you the full list or help make suggestions of people you may benefit by connecting with via email or phone.
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<th>Area</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Kansas City, MO</td>
<td>October 6th</td>
<td>11am-1:00pm</td>
<td>St. Joseph Medical Center ~ Community Center</td>
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<td>1000 Carondelet Drive, KCMO 64114</td>
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<td>RSVP <a href="mailto:mgakc@sbcglobal.net">mgakc@sbcglobal.net</a> or (816) 256-4100</td>
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<td>KC Northland</td>
<td>September 13th</td>
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<td>Primrose Retirement Communities</td>
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<td>4653 S. Campbell</td>
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<td>St. Louis</td>
<td>September 8th</td>
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<td>RSVP <a href="mailto:mgakc@sbcglobal.net">mgakc@sbcglobal.net</a> or 816-256-4100</td>
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<td>Wichita, KS</td>
<td>August 4th</td>
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<td>Wichita, KS 67214</td>
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<td>Contact: Dana or Larry Paxson for more info or to RSVP</td>
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<td><a href="mailto:dkptiffany@gmail.com">dkptiffany@gmail.com</a> or (316) 269-9120</td>
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<td>Young Persons with MG Group</td>
<td>October 2nd</td>
<td>6pm</td>
<td>Smokehouse BBQ</td>
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<td>8451 NW Prairie View Road</td>
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<td>Kansas City, MO 64153</td>
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<td>Omaha, NE</td>
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<td>Calvary Lutheran Church</td>
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<td>2941 N 80th St, Omaha, NE 68134</td>
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<td>Contact: Dianna McCarty for info or to RSVP</td>
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<td><a href="mailto:dmccarty@abbnebraska.com">dmccarty@abbnebraska.com</a> or (402)426-8006 or</td>
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<td>Kathy Cassidy - <a href="mailto:cassidykathryn@yahoo.com">cassidykathryn@yahoo.com</a> or 402-719-5861</td>
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<tr>
<td>Northwest, AR</td>
<td>Annual Conference- Oct. 6th</td>
<td>2:30-4:30pm</td>
<td>Schmieding Center for Senior Health and Education</td>
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<td>2422 N. Thompson (Hwy 71 North) - Springdale</td>
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<td>Contact: Roger Huff for more info or to RSVP</td>
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<td><a href="mailto:jrhuffl@cox.net">jrhuffl@cox.net</a> or (479) 790-3022</td>
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*Please check with coordinator to insure date & location have not changed*
Typically when I compose articles to promote awareness around Myasthenia Gravis (MG), I tend to write from the perspective of an expert; aiming to teach an audience about something that may be unfamiliar to them. However; this article is different.

I do not have to try to illustrate what it feels like to wake up every morning knowing that some part of my day will be consumed with fatigue and weakness. I do not have to attempt to describe the humiliation that creeps upon me when I sense my speech start to slur or when my eyelids begin to weigh heavily. I do not have to depict how or why this disease has forced me to feel shame, guilt, and discomfort. Why do I not have to do this? Because I would gamble that the majority of you have probably felt one of the things I just mentioned from one time or another, and in reality, describing such feelings and emotion does not even begin to scratch the surface of our individual experiences with MG.

Therefore, this article has almost been a challenge for me to write because for most of my diagnosis I have been required to defend my experience or explain the impact this disease has had on my life. Today I do not have to do that because you know; you get it. You understand.

My goal behind this particular article is to hopefully remind you that you are not alone in this illness, and to validate your experience living with MG. For so long I was doubted, and although my official diagnosis with MG provided confirmation, the validity of my experience continued to be questioned, and I never want anyone to feel that their experience is not real.

I have lived with Myasthenia Gravis for over 12 years now, and I am at a point in my life where my disease has become manageable. My disease remains chronic and I am confronted with challenging moments every single day.

Most recently, I graduated with my master’s degree in social work from one of the most renowned programs in the nation. Prior to being diagnosed I had huge dreams; I did not necessarily know what I was going to do with my life, but I knew that I had the intellect and tenacity to succeed. Yet after I was diagnosed, my aspirations were always second-guessed; and not just by others, but by me. Can I actually do this? Is this a realistic goal? Am I truly capable?

MG constantly influences your decision-making capacity and compels you to question your ability to be the person you hope to be. MG makes you undesirably attuned to your fear of failure and your self-efficacy.

Deciding to take the risk of accepting my offer to the master’s program was one thing, and actually accomplishing this achievement was another. These last two years were extremely grueling and strenuous, balancing my health and academia, but nevertheless I did it. I completed something that a lot of people probably thought I was not capable of doing, including myself at times. Although there was doubt, fear, and apprehension, there was still something within me that believed I could do this. There were of course times when I did not think I could; did not think I was cut out because I would be overcome with the reality of my health.

The fact of the matter is, MG is relentless and it will continue to put you in a place of uncertainty. Remember to recognize this and know that it is okay. However, do not let this disease or anyone convince you that you are unable to live the life you were meant to live. Remind yourself of the unpredictability of this disease, but do not let that determine your destiny. Advocate for your needs, assert your authority over this disease and do not be ashamed about your reality. These are tough tasks, I know; ones that I myself struggle with daily. But I can, and I will, and I hope you do too.

**About the Author:** Meridith O’Connor is a patient in our St. Louis group who recently graduated from Saint Louis University with a Masters Degree in Social Work with a concentration in healthcare. Meridith was diagnosed with MG in 2005 and regularly writes for The Mighty.
Outcomes of treatment with Rituxan

Treatment with Rituxan (rituximab) provided sustained clinical improvement, increased muscle strength, and extended the time before disease worsening in myasthenia gravis, according to researchers. It also allows myasthenia gravis (MG) patients who are resistant to conventional treatment to reduce their dose level of steroids, they said.

Their study, “Rituximab in refractory myasthenia gravis: extended prospective study results,” was published in the journal Muscle & Nerve. Rituxan is an antibody targeted to a protein called CD-20, present in B-cells, a type of immune cell that plays important roles in inflammation and involved in the development of MG. When rituxan binds to CD-20, it lowers the levels of B-cells, which may slow the progression of disease and reduce the need for other medications. Although this treatment seems beneficial in treatment-resistant (refractory) myasthenia gravis, long-term data was needed. Researchers from the University of Alberta, Canada, performed a prospective, open-label study from 2012 to 2018 to evaluate the outcomes of treatment with Rituxan in patients with treatment-resistant MG.

A total of 22 patients received one of two rituximab regimens, followed by repeated maintenance cycles in the case of disease worsening, or relapses. In regimen one (nine patients), Rituxan infusions of 375 mg/m2 were administered once a week for four weeks, then once every four weeks for two additional infusions. In regimen two (13 patients), infusions of 750 mg/m2 (up to a maximum of 1 g per dose) were given twice, with two weeks between infusions. No serious adverse events occurred with infusions.

Patients were followed-up for a median time of 28.8 months; the primary outcome measure was the change in manual muscle testing (MMT) score, a test for evaluating the strength of muscles, from study initiation to the most recent follow-up.

Complete blood cell counts, liver enzymes and B-cell counts were monitored throughout the study. Rituxan was associated with a significant improvement in muscle strength in patients positive for AChR (acetylcholine receptor) antibodies or MuSK (muscle-specific tyrosine kinase) antibodies. No changes were observed in seronegative patients. MuSK-positive patients showed the most improvement, with a mean 89% reduction in MMT scores, while AChR-positive patients demonstrated a 47% reduction. Regimens one and two proved equally effective, leading to comparable improvements in MMT scores. Treatment with Rituxan also enabled those patients taking prednisone (an immunosuppressant steroid) to significantly reduce their daily dose of the drug. Another important effect seen in the treated patients was a significant extension in the time patients were without relapses, following a single cycle of Rituxan. The average time to first relapse was 17.1 months and the average time to second relapse following a second cycle was 13.5 months.

Ten relapses occurred, with the average time to first relapse of 17.1 months; these were not associated with recovery of B-cell counts. Three patients experienced prolonged B-cell depletion after one cycle of Rituxan, representing less than 1 percent of CD19-expressing B-cells for 24 to 34 months. All other patients recovered their B-cell population in an anticipated time period of 12 months. Rituxan may be a promising therapy option in patients with refractory myasthenia gravis, but researchers caution physicians to closely monitor patients’ B-cells. “Given the risk of infection inherent with prolonged B-cell depletion, clinicians must be aware of this possibility, and we would advocate continued monitoring of B-cell counts in all patients receiving rituximab,” researchers wrote.

Article reprinted from Myasthenia Gravis News, a part of Bio News Feeds, May 29, 2018 (www.myastheniagrasnews.com)
Help score one for the MGA! Wanting to go to a Kansas City Chiefs game this fall? Purchase tickets for the following games using the link below and promo code MGAKC and the MGA of the Heartland gets $10 from each ticket sold!

August 9th Chiefs vs Houston Texans
August 30th Chiefs vs Green Bay Packers
October 7th Chiefs vs Jacksonville Jaguars
October 21st Chiefs vs Cincinnati Bengals
November 11th Chiefs vs Arizona Cardinals

http://www.chiefs.com/ticketfundraiser/

PROMO CODE MGAKC
Share with your friends! The more the merrier! All for a great cause!

You can now text the MGA. Texts can be received at 816-256-4100. Texts are answered Monday-Friday between the hours of 8-5.
GoodRX helps compare prescription costs

GoodRX is a free service available via the web and through an app on your mobile device that lets you compare prescription drug prices by location and merchant. GoodRX also will show where discounts are being offered on prescriptions. You don’t have to input any personal information into the app or online to generate cost comparisons. GoodRX may also be able to find you a lower cost insurance pay. Check out www.goodrx.com or download their app on your mobile device to start saving today!

Success found through The Assistance Fund

The MGA recently learned of a success story where a patient utilized The Assistance Fund to request financial assistance with copayment for the new FDA approved drug Soliris for MG. The Assistance Fund is an independent charitable foundation that works to assist patients and their families who face large out-of-pocket costs by providing financial assistance for copayments, coinsurance, deductibles and other health related expenses. The Assistance Fund is currently taking applications for those battling myasthenia gravis in addition to a list of over 50 other chronic conditions. A full list of the conditions covered is available on their website. Applying for assistance through The Assistance Fund is relatively easy and quick. Assistance with regard to MG is currently available for those who meet the qualifications and are currently prescribed Soliris, Mestinon, Edrophonium chloride, Enlon, Menactra, Neostigmine bromide, Prostigmin, Pyridostigmine bromide and Bexsero. For more information or to apply patients can go to www.theasistancefund.org or call (855) 845-7608.

Videos available online from MGFA Conference

The Myasthenia Gravis Foundation of America has published videos from their 2018 National Conference in Kansas City online. You can find them by going to YouTube and searching for the MGFA channel or using this direct link https://www.youtube.com/playlist?list=PLtbuoSJG8VZo9583ioVVq9Pt-YvJv3CNN. Highlights include the keynote address by Andrew E. Kaufman to Crisis/Emergency Management.
Achiving greater work life balance

It’s no secret that stress can greatly impact myasthenia gravis. Mental Health America recently published the following article on how to better achieve a greater work life balance.

With so many of us torn between juggling heavy workloads, managing relationships and family responsibilities, and squeezing in outside interests, it’s no surprise that more than one in four Americans describe themselves as “super stressed.” And that’s not balanced—or healthy.

In our rush to “get it all done” at the office and at home, it’s easy to forget that as our stress levels spike, our productivity plummets. Stress can zap our concentration, make us irritable or depressed, and harm our personal and professional relationships.

Over time, stress also weakens our immune systems, and makes us susceptible to a variety of ailments from colds to backaches to heart disease. The newest research shows that chronic stress can actually double our risk of having a heart attack. That statistic alone is enough to raise your blood pressure!

While we all need a certain amount of stress to spur us on and help us perform at our best, the key to managing stress lies in that one magic word: balance. Not only is achieving a healthy work/life balance an attainable goal but workers and businesses alike see the rewards. When workers are balanced and happy, they are more productive, take fewer sick days, and are more likely to stay in their jobs.

Here are a few practical steps we can all take to loosen the grip that stress has on us and win back the balance in our lives. Read on and reap the benefits.

At Work

Set manageable goals each day. Being able to meet priorities helps us feel a sense of accomplishment and control. The latest research shows that the more control we have over our work, the less stressed we get. So be realistic about workloads and deadlines. Make a “to do” list, and take care of important tasks first and eliminate unessential ones. Ask for help when necessary.

Be efficient with your time at work. When we procrastinate, the task often grows in our minds until it seems insurmountable. So when you face a big project at work or home, start by dividing it into smaller tasks. Complete the first one before moving on to the next. Give yourself small rewards upon each completion, whether it’s a five minute break or a walk to the coffee shop. If you feel overwhelmed by routines that seem unnecessary, tell your boss. The less time you spend doing busy work or procrastinating, the more time you can spend productively, or with friends or family.

Ask for flexibility. Flex time and telecommuting are quickly becoming established as necessities in today’s business world, and many companies are drafting work/life policies. If you ask, they might allow you to work flexible hours or from home a day a week. Research shows that employees who work flexible schedules are more productive and loyal to their employers.

Take five. Taking a break at work isn’t only acceptable, it’s often encouraged by many employers. Small breaks at work—or on any project—will help clear your head, and improve your ability to deal with stress and make good decisions when you jump back into the grind.

Tune In. Listen to your favorite music at work to foster concentration, reduce stress and anxiety, and stimulate creativity. Studies dating back more than 30 years show the benefits of music in everyday life, including lowered blood pressure. Be sure to wear headphones on the job, and then pump up the volume—and your productivity.

Communicate effectively. Be honest with colleagues or your boss when you feel you’re in a bind. Chances are, you’re not alone. But don’t just complain—suggest practical alternatives. Looking at a situation from someone else’s viewpoint can also reduce your stress. In a tense situation, either rethink your strategy or stand your ground, calmly and rationally. Make allowances for other opinions, and compromise. Retreat before you lose control, and allow time for all involved to cool off. You’ll be better equipped to handle the problem constructively later.

Give yourself a break. No one’s perfect! Allow yourself to be human and just do the best you can.

At Home

Unplug. The same technology that makes it so easy for workers to do their jobs flexibly can also burn us out if we use them 24/7. By all means, make yourself available—especially if you’ve earned the right to “flex” your hours—but recognize the need for personal time, too.

Divide and conquer. Make sure responsibilities at home are evenly distributed and clearly outlined—you’ll avoid confusion and problems later.

Don’t over commit. Do you feel stressed when you just glance at your calendar? If you’re overscheduled with activities, learn to say, “no.” Shed the superman/superwoman urge!

Get support. Chatting with friends and family can be important to your success at home—or at work—and can even improve your health. People with stronger support systems have more aggressive immune responses to illnesses than those who lack such support.

Take advantage of your company’s Employee Assistance Program (EAP). Many organizations offer resources through an EAP, which can save you precious time by providing guidance on issues like where to find a daycare center and caretaking for an elderly parent, as well as referrals to mental health and other services.

Stay active. Aside from its well-known physical benefits, regular exercise reduces stress, depression and anxiety, and enables people to better cope with adversity, according to researchers. It’ll also boost your immune system and keep you out of the doctor’s office. Make time in your schedule for the gym or to take a walk during lunch—and have some fun!

Treat your body right. Being in good shape physically increases your tolerance to stress and reduces sick days. Eat right, exercise and get adequate rest. Don’t rely on drugs, alcohol or cigarettes to cope with stress; they’ll only lead to more problems.

Get help if you need it. Don’t let stress stand in the way of your health and happiness. If you are persistently overwhelmed, it may be time to seek help from a mental health professional. Asking for help is not a sign of weakness—taking care of yourself is a sign of strength.
2018 membership/fundraising drive

YTD Totals:
$3,424
Memberships
2018 Goal $10,000

Please keep the MGA on your list as you make charitable donations. The MGA’s annual membership drive benefits those with MG and their families and caregivers through our referrals, newsletters, support groups, clinics, new patient packets, and one-on-one consultations.

Thank you to those who have become members since our last newsletter!

Anne & Milt Strader
Brodie Beck
Derek Haverkamp
Doug & Betty Harper
Kenneth & Denise Fine
Joe Bant

Winston Seeman
CC & Karen Swarens
Hal & Cherie Rouse
Pamela Zurweller
Thomas & Eileen Lundstrom
Jim & Lisa Sackuvich

William Poe
Dwight Hostetler
Kerri & Gerald Mertens
Richard & Janice McGuire
Lynda Hirsekorn in memory of Sheldon Hollub

Memorial Contributions
Michael Todd Barnwell
Las Vegas, NV
Lisa and Steve Gardner
Dan and Pat Lingenfesler
Jack and Regina Ericson

Gail Sackuvich
Kansas City, MO
Anne and Milt Strader
Lloyd and Cheyenne Callwell

Wayne Hammack
Lee’s Summit, MO
Margaret Manual
Nancy and Phillip Hyatt
Brenda Scherstuhl
Brenda Dumler

The MGA can now accept donations via Venmo!
Donate via your Venmo app @MGAKC

Please become a 2018 member & receive a tax deduction!

PLEASE PRINT
Cut & enclose in envelope & mail to:

MGA
2340 E. Meyer Blvd.
Bldg.1, Suite 300A
KCMO 64132

Name ________________________________________________________
Address________________________City____________State___ Zip______
Phone_________________________Email ___________________________

I want to help support the MGA by becoming a 2018 member or making a contribution:

☐ $ 25 Basic Membership
☐ $ 58 (58th Anniversary Membership)
☐ $ 100 Sustaining Membership
☐ $ 500 Patron Membership
☐ $ 1,000 Lifetime Membership
☐ $ _____ In Memory of:
☐ $ _____ In Honor of:

Thank You!

If you’d rather pay with a credit card, https://www.firstgiving.com/event/mgakc/2018-membership-drive
If you would like to be removed from or added to our mailing list, or if you have or will have an address change, please send a note to:
Myasthenia Gravis Association
2340 E. Meyer Blvd.
Building 1, Suite 300A
Kansas City, MO 64132
~ or ~
Call us at: (816) 256-4100

The Mission of the MGA
The Myasthenia Gravis Association (MGA) is dedicated to improving the quality of life for those who are affected by this autoimmune, neuromuscular disease, through awareness, education and patient services.