

MG Minute

CONQUER MG

Conquer Myasthenia Gravis

Serving Illinois, Northwest Indiana,
and Southeast Wisconsin

SUPPORT | EDUCATION | RESEARCH | AWARENESS

At a Glance...

MG Support Meetings 2023
February: Low Vision Awareness Month
Viking Challenge for MG - June 4!
A Tale of 2 COVIDS
Rare Disease Day - Feb 28

You've Fallen - Now What?
Volunteer Opportunities
Get Help with Medical Expenses
We've Moved!
From Our Sponsors



We're Back! MG Support Meetings 2023

Whether you have myasthenia gravis or care for someone with MG,

you're welcome to join the conversation.

Anywhere MG Virtual Group

2nd Tuesday of the month with leader Kelly Aiken

2:00pm Central Time, 2nd Tuesday of the month: March 14, April 11, May 9

Email info@myastheniagravis.org to receive link.

North Chicago MG Group

Meets quarterly with leader Linda Loland

10:00am Central Time, Saturday, March 11

@ Curt's Café, 2922 Central St, Evanston, Illinois;

(Meeting moves to Levy Center in June.)

South/West Chicago MG Group

Meets quarterly with leaders Victor Yipp and Joyce Holste

1:00pm Central Time, Sunday, February 26 (This meeting is virtual; others tbd)

Email info@myastheniagravis.org to receive link.

Northwest Indiana MG Group

Meets quarterly with leader SeAndrea Ferguson

10:00am Central Time, Saturday, March 25 (in person)

Location: Schererville-Dyer Library, 1001 W Lincoln Hwy, Schererville, Indiana

Email info@myastheniagravis.org to get a reminder postcard.

Men's Virtual MG Support Group

We welcome new leader and MG advocate Gary Jackson!

Meets virtually in the spring and fall with leaders Gary Jackson and Dr. David Randall

6:30 - 8:30pm Central Time, Thursday, March 2

Click to [register in advance](#) for this meeting.

Northeast Wisconsin MG Group

This independent group meets in person.

2nd Thursday of month through June from 6:00 to 7:30pm Central Time

March 9, April 13, May 11, June 8

Location: Alleluia Lutheran Church; 6725 Elmro Rd., Green Bay, Wisconsin

Contact leader Niki Grossheim at new4mg@gmail.com for details.

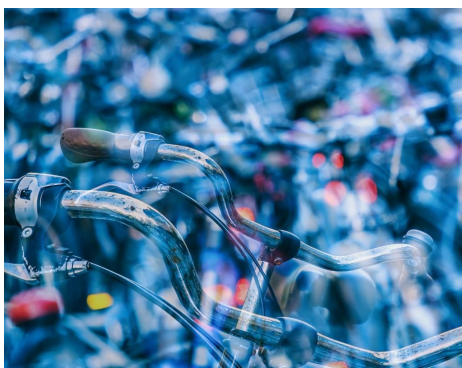
Junta en Español - Spanish MG Support Group

Miastenia Gravis Grupo de Apoyo

Cuarto Sábado del mes cada otro mes – 11am (pacífico), 1pm (centro), 2pm (este)

25 de marzo; Contact Leah Gaitan-Diaz at lamgchampions@gmail.com to receive link.

Events, Dates, and Stories



February is Low-Vision Awareness Month

Low vision is defined as a visual impairment that is not correctable through surgery, medicine, eye glasses or contact lenses. MG vision issues may include fluctuating drooping eyelid(s), double vision, dry eyes, and focusing problems.

VIKING Challenge for MG

June 4 - Save the Date!

This year's Viking Challenge for MG will take place Sunday, June 4, at Berens Park in Elmhurst, Illinois. The beloved Chicago-area family-friendly walk raises awareness and funds to support those with myasthenia gravis.

Plan on bringing your beards and braids (or tutus and wands - we're pretty flexible) to help conquer MG!

Registration opens soon.

A Tale of Two COVIDS

Many of us have contracted COVID, dealt with minor symptoms, and recovered in due course. But it can get complicated if you have MG, take certain MG medications, and have other medical issues.

When she caught COVID last year, Linda could feel MG symptoms worsening. While in the ER, she knew it was time to text her neurologist.

Victor ended a ski trip in Canada with COVID symptoms. He landed back in the hospital where his first crisis was treated. A new medication proved effective.

Click here to read [Linda's and Victor's stories](#).



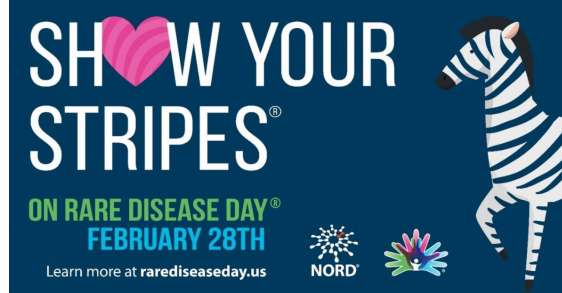
Linda Loland



Victor Yipp

Rare Disease Day - Feb 28

Blue Cross Blue Shield of Illinois will display "CURE RARE DISEASES" in purple lights on their building, visible from Chicago's DuSable Lake Shore Drive on February 28 in support of #RareDiseaseDay! The message will be seen and read by millions, as this building is commonly referred to as the largest, free billboard in the country.



Rare Disease Day is an observance held on the last day of February to raise awareness for rare diseases (like MG) and improve access to treatment and medical representation for individuals with rare diseases and their families. Visit rarediseases.org to see how the National Organization for Rare Diseases advocates for so many.

TRIVIA CHALLENGE

How does your knowledge stack up?

TAKE THE CHALLENGE

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Sponsored Content



You've Fallen...Now What?

Whether you fall outside on an icy sidewalk or inside your home, MG weakness can make it extra challenging to get up. These videos show how to get up from a fall.

- [2 Ways to Get Up from a Fall](#)
- [How to get up from the floor \(after a fall\) - MacGyver style!](#)

Most valuable take-away? **Practice**, so you have a muscle memory of how to reposition yourself to get back on your feet.

Volunteer Opportunities

All hands on deck!

Want to get involved and support those with myasthenia gravis? Conquer MG has opportunities if you are in the Chicago area:

- Serve on the Conquer MG board. We're



For more information, call
Joan Wincentsen or
Mike White

800-888-6208 or
773-804-859

info@myastheniagravis.org
or
Mike@myastheniagravis.org

looking for people with skills and
experience in finance, communications,
and strategic planning.

- Host an MG support group - virtually or in person. We'd like to resume services in locations such as the Quad Cities, Rockford, and Springfield.
- Help plan the 2023 Viking Challenge for MG.

Direct Patient Assistance Program 2023



Entering Our 10th Year

Conquer MG offers financial assistance to myasthenia gravis patients who live in Illinois, Indiana, or Wisconsin, and who can demonstrate financial need.

This program will help cover the cost - up to \$1,000 - for items such as prescriptions, doctor visits, medical equipment, and therapies.

Click to [download an application](#).

We've Moved!



New address, same telephone

Need to reach us? Here's how:

Conquer Myasthenia Gravis
4055 W. Peterson Avenue #105
Chicago, IL 60646
800-888-6208

Email us at:
info@myastheniagravis.org
joan@myastheniagravis.org
mike@myastheniagravis.org

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