



Volume 1, Issue 1

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mgMN Interim Board

Diane Tower, Chair

Dan Formato, Vice Chair

Vicki Engelen, Secretary

Jerry Smith, Treasurer

Barb Corner

Lianne Anderson

Shirley Kramer

mgMN Mission

Our mission is to support individuals with myasthenia gravis and other myasthenic syndromes, and their families, through information, education and outreach.

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mgMN Voice

Myasthenia Gravis Minnesota Inc

Promote Myasthenia Gravis Awareness

While June was Myasthenia Gravis Awareness Month, any time is a good time to educate someone about MG, you can:

- Share your story with someone
- Make a post on Facebook
- Instagram
- Learn something new about MG
- Make a donation to your local MG organization

SAVE THE DATE

The first Annual mgMN State Conference will be held on

Sunday, September 25, 2016

The conference will be held at the Shoreview Hampton Inn. Please watch your mail for updates.

Chair Speak

by Diane Tower



Welcome to this newsletter for mgMN Inc. My name is Diane Tower and I am serving as the Interim Chairman of the Board. This is an exciting time in our history, and I feel privileged to serve you. My family has been affected by Myasthenia Gravis since my diagnosis sixteen years ago. I have been a member of the Twin Cities Support group for fifteen years, connecting with others who have MG is important to me. I appreciate the support of my family, especially my sister who attends the support group with me and has been an active volunteer in the organization. Previous to helping form the new board, I was the Secretary on the Board of Directors for the MGFA Minnesota State Chapter. As your Chairman I am interested to know how our organization can better serve you. I'd like to invite you to contact me by email at mgditower@gmail.com with your thoughts, questions and ideas.

mgMN is officially a 501(c)(3) nonprofit organization registered with the State of Minnesota. We are a nonprofit self-supporting organization. Please consider contributing to our cause, volunteering at the support group level, serving on a board committee, or helping with a fundraising event. There are many rewards to be had in reaching out to others in the MG community.

It is my hope to be able to reach out to more people in Minnesota who have MG. I am looking for ways to identify, reach out to, and provide support to everyone who has this condition. I am especially interested in looking at expanding our support group network and developing new strategies better suited to meeting the needs of young people with MG. Please contact me with your thoughts and ideas.

Finally, I would like to thank Barbara Corner (Former MGFA MN State Chapter Chairman) and Lianne Anderson (Twin Cities Support Group Leader) whose support and mentoring through this organizational transition has been invaluable to me.

That's me, pictured above, with my pug Ziggy, who brings much love and laughter into my life.

Look for more from mgMN . . .

2016 is a “building year” for mgMN, as a new organization. A Board of Directors as been established, Bylaws have been created, a website is being developed, the fall conference is being planned, and volunteer roles are being filled. Many hands make light work, so as more people get involved, the board and volunteers will be able to do even more to get mnMN up and running smoothly.

You will receive updates on progress in future communications, including the website address—when the site is up and running—and details about the annual fall conference.



mgMN Support Groups

MID-MN SUPPORT GROUP (BRAINERD, MN)

Contact Person: Barb Corner (218) 562-4594 or mgcorn@uslink.net

The support group meets in September, October and November, and then in March through June. Meetings are usually held on the **second Tuesday** of the month at Park United Methodist Church in Brainerd, MN, from 1:30– 3:00pm. Current members should check for a notice two weeks prior to the scheduled meetings for updates from Barb. New visitors should contact Barb to verify meeting times. The Mid-MN Support Group welcomes new members and is open to anyone who is interested in knowing more about Myasthenia Gravis (MG).

TWIN CITIES SUPPORT GROUP

Contact Person and Leader: Lianne Anderson (651) 633-5465

Support group meetings are held on the third Saturday of the month, except in September when the Annual Meeting and Conference takes place. Support group meetings are held at the Midland Hills County Club, 2001 Fulham St., in Roseville, MN, starting at 1:00 pm. In addition to sharing personal stories and experiences, there are also speakers and educational programs offered. All participants and guests are welcome to come early for informal socializing and to partake of a buffet lunch served at noon. The lunch includes an entrée, coffee/tea and dessert for \$16.00 Including tax and gratuity. Other beverages are \$2.50 extra. This is entirely optional. Many members bring family or friends with them. New members and visitors are very welcome.

SOUTHERN MN SUPPORT GROUP (ROCHESTER, MN)

Contact Person and Leader: Ellen Walle (507) 206-0675 or ellenwallw@gmail.com

Support group meetings are held on the third Friday of the month unless otherwise noted, from 1:00-3:00 pm at Zumbro Lutheran Church in the Kyros Room at 624 3rd Ave SW, Rochester, MN. New MG patients as well as family members and/or caregivers are warmly welcomed.

NE MN/NW WI SUPPORT GROUP (DULUTH,MN) NO OFFICIAL MEETINGS

Contact Person: Georgia Wagar (218) 728-1511 or MGFMNNE@aol.com

A SMALL TIP: THIS COMES FROM DAN FORMATO WHO IS A CAREGIVER TO HIS WIFE MAXINE WHO HAS MG. INVEST IN A REMOTE CAR STARTER FOR THE SUMMER. WHEN YOU ARE READY TO LEAVE, START YOUR CAR, HAVING SET IT WITH THE AIR CONDITIONER ON. THIS WAY YOU CAN GET IN A COOL CAR AND MINIMIZE YOUR EXPOSURE TO THE SUMMER'S HEAT AND HUMIDITY.

We are updating our Membership and Mailing Lists -

Please fill out this form and return to the address listed below. Remember you need not become a member to receive our mailings or participate in a support group. However, contributions and membership dues support the work that we do. Volunteers are greatly appreciated. If you would like to know more about our organization or have other questions please call mgMN Chairman, Diane Tower at (952) 942-8775 or email mgditower@gmail.com. Thank you!

| | |
|----------------|---|
| Name | |
| Street Address | City and State Zip |
| Home Phone | Cell Phone |
| Email Address: | Newsletters and communications WILL be sent via email. Please check to receive by postal service <input type="checkbox"/> |

Please add me to the Mailing List **ONLY** ☐

Request dues waiver information ☐

\$ 15.00 Annual Dues ☐

Additional Donation \$

\$ 100.00 Lifetime Dues ☐

Additional Donation \$

TOTAL enclosed \$

mgMN is a 501(c)(3) charity and as such donations are tax deductible.

If you would like to make a donation in honor or in memory of someone, we can send an acknowledgment (no amount indicated). Please complete the following:

In honor of: _____

In memory of: _____

Occasion: _____ (birthday, holiday, anniversary, etc)

From: _____

Please acknowledge to: _____

Address _____

Please mail this completed form with your check payable to:

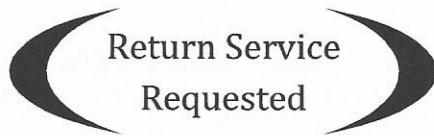
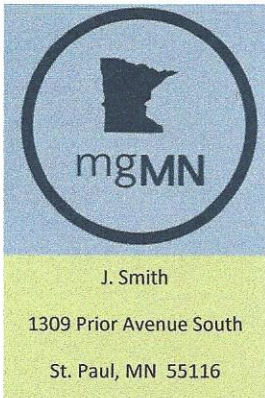
Myasthenia Gravis Minnesota Inc.

Please Consider —mgMN is a brand new organization and we need your energy and help. There are lots of fun and exciting opportunities available for those who are interested in volunteering. Please contact Diane Tower at mgditower@gmail.com. Thanks for your support!

c/o Jerry Smith, Treasurer

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St. Paul, MN 55116



mgMN Voice

Myasthenia Gravis Minnesota Inc

Valuable Outreach Information Communication Education
Speak up for mg

Please Note: Any views expressed in this newsletter are those of the individual author and do not reflect any official position of Myasthenia Gravis Minnesota Inc. Always contact/consult your physician, pharmacist, nurse, or other health care professional who knows your situation the best.