

## 52ND FOUNDER'S DINNER

by Dova Levin

On Saturday, April 1, 2017 the Myasthenia Gravis Foundation of California celebrated its 52nd Founder's Dinner at the Beverly Wilshire Hotel in Beverly Hills. Proceeds from this event support medical research and patient services. This year's gala honored the distinguished physicians on our Medical Advisory Board, who are committed to finding a cure for Myasthenia Gravis.

This year's honorees are physicians who make a difference in an MG patient's life every day. Without their care, myasthenia gravis patients would not be able to function, work, and enjoy life to the fullest. Many of you may have had a special doctor help you with a difficult issue with Myasthenia Gravis. We are privileged to have these illustrious doctors on our annual medical advisory board advising us and being involved in the foundation. They stand out as dedicated individuals who care a great deal about their patients.



### OUR MEDICAL ADVISORY BOARD CONSISTS OF:

Chairman, David P. Richman, MD (*University of California, Davis*), Secretary, Jeffrey Ralph, MD (*University of California, San Francisco*).

**MEMBERS:** Thomas L. Anderson, MD (*Harbor UCLA Medical Center*), Said R. Beydoun, MD, FAAN (*University of Southern California*), Luis A. Chui, MD (*University of California, Irvine*), Benjamin M. Frishberg, MD (*Neurology Center of Southern California*), Namita A. Goyal, MD (*University of California, Irvine*), Jonathan S. Katz, MD (*California Pacific Medical Center*), Richard A. Lewis, MD (*Cedars-Sinai Medical Center*), Jonathan I. Macy, MD (*Cedars-Sinai Medical Center*), Ricardo A. Maselli, MD (*University of California, Davis*), Robert G. Miller, MD (*California Pacific Medical Center*), Tahseen Mozaffar, MD (*University of California, Irvine*), Gregory A. Sahagian, MD (*Neurology Center of Southern California*), Geoffrey L. Sheean, MBBS, FRACP (*Scripps Clinic*), Perry B. Shieh, MD (*University of California, Los Angeles*), and Annabel Wang, MD (*University of California, Irvine*).

The 52nd Founder's Dinner was a memorable and successful event. Our lively silent auction consisted of Disneyland tickets, NCIS memorabilia, Southwest Airlines tickets, fabulous jewelry and wine, an iPad, a fit bit and many other amazing donations. Our fun Cirque performers made the night magical. We were thrilled to have so many patients join us for a wonderful event. We hope to continue to grow this event and to bring in new attendees and new sponsors.

We are very grateful to our corporate sponsors who have purchased tables and donated amazing silent auction items. Our platinum sponsor, Kroger Specialty Infusion continues to support the foundation in many ways. We also want to thank our silver sponsor, KabaFusion and other sponsors including Octapharma, Nihon Kohden and Premier Pharmacy Services. Our goal this year is to expand our sponsorships so that we can attract more supporters.

Keep an eye out for next year's event – we might have some surprises in store!



## A MESSAGE FROM THE PRESIDENT

By David Kohn



California to meet with our patients and doctors. Dova's periodic attendance at our clinics is important since she receives first hand feedback from patients and doctors. I expect her to continue to attend different clinics throughout the year and make improvements to our Foundation based on the feedback she receives.

We have expanded our board of directors as well. Over the past two years we added three excellent board members: Dr. Jeffrey Rosenfeld, Dr. Perry Shieh and Neil Ross. Each new board member brings different perspectives and experience to our foundation and I am grateful each of them have agreed to be part of MGFC Board.

Dr. Jeffrey Rosenfeld is the Professor and Associate Chairman, Department of Neurology, the Director for the Center for Restorative Neurology at Loma Linda, and the Director for Neuromuscular/ALS Programs at Loma Linda University Health Systems. Dr. Rosenfeld was influential in creating and developing of the Center for Restorative Neurology at Loma Linda University School of Medicine. We are very lucky to have Dr. Rosenfeld on the board, particularly because of his "hands-on" knowledge with working with patients.

Dr. Perry Shieh, is an Associate Professor & Director of the Neuromuscular Program, Neurology at UCLA David Geffen School of Medicine. Dr. Shieh specializes in the diagnosis and the clinical care of rare muscle disease. His research interests are focused on clinical trials for muscle diseases, pathogenesis of neuromuscular conditions, and biomarkers of neuromuscular diseases. Dr. Shieh earned his M.D. and Ph.D. degrees from the Johns Hopkins University of Medicine before completing his Neurology Residency Training at Stanford and his Clinical Neurophysiology Fellowship training at Partners in Boston faculty in 2003.

Our third new board member, Neil Ross, has over sixteen years of experience in the Specialty Pharmacy market. Mr. Ross was a pioneer in the development of the subcutaneous (SCIG) route of administration for immune globulin (IgG). He has experience in all aspects of the Specialty Pharmacy business. As a patient with multiple autoimmune issues, he utilizes his experience and passion to help patients living with chronic diseases achieve an enhanced quality of life.

I am proud that we honored our Medical

Advisory Board at our 52nd annual Founder's Dinner. Whenever I attend our fall medical advisory board meeting, I am amazed at the amount of detail and diligence that each doctor reviews related to the causes and treatments of Myasthenia. I am impressed and thankful that doctors travel from all areas of California including San Francisco, Irvine, Davis and Loma Linda. Keep in mind that Myasthenia Gravis is typically only a small part of their overall practice. What makes these doctors so special is that even though they have a full practice, they make time every year to spend time working together to share information and best practices and of course, help find a cure. These eighteen doctors, soon to be twenty doctors, as we just recently added two more physicians are the "best of the best."

When I think about serving on the Board of Directors along with my fellow Board members, I remember the following quote:

*"Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work."*

— William Arthur Ward

Another year has gone by and not surprisingly, there have been several changes to our Foundation. To start with, this year we hired an Executive Director, Dova Levin. Dova comes to us with many years of management experience in the non-profit sector. She has improved our website, was a key person organizing our Founder's dinner this year and has added a more professional "feel" to our board meetings. As importantly, among her other responsibilities, Dova is traveling to various Myasthenia Gravis clinics in



## Surviving MG, My Story

By Vicky Duniven



Off to UCLA I went, just 30 days into my diagnosis. I was very excited for the removal of these tumors with the hopes of remission in about 6 months. When I woke up from surgery, all I could do was finger an “O” for Ouch, it was very painful. The doctors were very pleased with the surgery and were confident that they had removed ALL of the tissue. They had never seen a thymoma as large as a grapefruit, and I consented to donate it to UCLA for further research. I healed very quickly and was soon back to my “new normal.” I got in touch with the MG Foundation of California and have utilized their resources ever since. I eventually became the Central Coast Auxiliary Chair Person and have enjoyed meeting other MG warriors over the years.

In 2003, my symptoms started plummeting again out of control. The next thing I knew I was back in the hospital, fighting off several doctors, nurses, and EMT’s. I was quickly put into a medically-induced coma and my loved ones had no idea if I was going to ever wake up. My treating physician during this time was Dr. Nelson Yamagata, a neurologist I had sought after before but he was not allowing new patients. He had immediately put me on a ground breaking drug CellCept, as well as Plasmapheresis, IV-IG, and a plethora of other drug cocktails. I was touch and go for two whole weeks. Despite total muscular atrophy, I was able to walk out of the front doors after 6 months. Dr. Yamagata continues to be my dedicated neurologist and I am thankful for him saving my life.

As my loved ones and doctors would tell you, I have a zeal for life which has helped me endure. I work closely with my doctors and I have learned to keep up on doctor appointments, journal and report BEFORE I am in trouble. I love Jesus, my family, horseback riding, and camping. I even traveled abroad to Italy, The Vatican and Israel on a walking tour. I also stay on top of researching MG and thymomas. It is my passion to help others come to terms with, cope and live full and joyous lives with this wicked and frustrating disease.

*Check out the next newsletter to hear more of my story!*

April 10, 2001 was the day before my 36th birthday. I was driving down the freeway and everything started “stacking up” on one another... double vision. Frightened, I pulled the car over and called a friend to pick me up and rush me to the eye doctor. I clearly needed eye glasses! The ophthalmologist sent me straight to a neurologist and after a battery of tests, I was given my diagnosis: Myasthenia Gravis. By that time, my right eye was in full diplopia and side of my face was uncontrollable. I could not pronounce Myasthenia Gravis, let alone understand it. How could this be? I always have been so healthy, active and independent.

The neurologist also told me that I had an enlarged thymus gland and thymoma sitting on my heart. My only option was to go to UCLA for an open heart surgery. He sent me home that day with a prescription of my new best friend: Mestinon. I went home to try to absorb this diagnosis, tell my loved ones, and make arrangements for my clients. Wow, I had a lot to do before my surgery. Well, I got a speed lesson on MG Crisis and when it is raging, there is no way I can out-muscle it. The harder I fought, the weaker I got. Within 7 days of my diagnosis, I was in the ICU with a complete MG Crisis. Hooked up to a Plasmapheresis machine, I had one purpose: get well enough to proceed with the surgery at UCLA. During this time, my family was by my side. By nature, we are smart and playful. We made the most of this time to get as educated about MG and used laughter as another prescription.

## FALL MEETING

By Mary Jo Enriquez

Sixty-seven MG patients and family members gathered at the Westin Hotel in Pasadena for the fall meeting held on Sunday, October 30, 2016.

Dr. Samir P. Macwan from the Department of Neurology of Eisenhower Medical Center, Palm Springs, CA led a detailed discussion on how to manage MG via medications and medical treatments. Dr. Macwan gave a brief overview of the history of MG, its onset, common symptoms and various tests used to diagnose the disease. He focused on three different types of treatments: symptomatic, immunosuppressants and plasmapheresis. Symptomatic, which is the category Mestinon and Neostigmine, an injectable medication fall under. Immunosuppressants, which most patients use, such as Prednisone, Imuran, CellCept, Methotrexate. Following the two most common forms of treatment, he then talked about IV-IG, the proper dosage which would be 2g/kg upon induction and a maintenance dose of 0.4-1g/km over a period of 3 to 4 weeks. The last treatment he covered was plasmapheresis, which would be recommended to patients with more severe cases of MG. Dr. Macwan made sure the patients were aware of the limitations of plasmapheresis, such as complications including sepsis and pulmonary embolism and that it only

provides relief for weeks and is not a long-term solution to managing MG. He also talked about a brief international study on patients who had received a thymectomy and were taking prednisone versus patients who were taking prednisone alone. At the three-year mark, the patients who received thymectomies, were on lower dosages of prednisone and they were less likely to be hospitalized for their MG.

Including his presentation, Dr. Macwan briefly talked about Rituximab, SCIG, Belimumab and Eclizumab all emerging treatments. He also provided a list of medications that patients should avoid (listed below). The meeting ended in traditional fashion with a raffle drawing and refreshments.

### DRUGS TO AVOID:

- Telithromycin
- Zithromax
- Quinolones i.e. Ciprofloxacin; Levofloxacin
- Gentamicin/Neomycin
- Botulinum toxin
- Quinine
- Procainamide
- D-penicillamine
- Magnesium
- Beta Blockers i.e. Propranolol; Atenolol; Labetalol

## AN INTERVIEW WITH KEVIN SHIMP

By Joanna H. Kraus



**This interview is part of an ongoing series of anecdotal patient experiences with Myasthenia Gravis.**

At age forty-six, Kevin Shimp developed generalized Myasthenia Gravis. It happened while at work and at first, he feared a stroke or heart trouble. ER doctors ruled out those possibilities, yet were unable to determine the reason for his major weakness, droopy right eye, double vision, breathing difficulties and chest pain. Then, his wife looked up these symptoms on Google and discovered MG. Their primary physician was doubtful but referred him to a neurologist, who immediately suspected

what was wrong. As Kevin anxiously waited for the results of various tests, the symptoms grew progressively worse.

Further complications arose when he developed stage 2 cancer. It was nine months after the initial diagnosis and long after his thymectomy and radiation that he finally began to see positive results from his treatments. Because of the radiation it was necessary for him to switch from steroids to CellCept and Mestinon.

Three years since the first onset, he is far better now “about 85% to 90% back to normal,” but it takes a long time for him to recover from any illness. Also, if he is ill, his asthma worsens. Neither family nor friends had ever heard of MG and could not believe that he was experiencing this rare “snowflake” disease. His wife described it as “Superman having kryptonite surgically put into body.”

Currently, his treatments consists of periodic IV-IG, 2500 mg. CellCept and occasional Mestinon. For the first year after the onset of MG, he was unable to work at all. But now he says, “*there isn't anything I cannot do.*” He’s even gone back to the gym and has lost weight. His major focus is trying to stay healthy.

Kevin’s advice to other patients is to “stay positive” and to find a local MG support group.

## Staying Active with MG

By Armando Arenas

About 15 years ago, a neurologist discovered that I was suffering from myasthenia gravis after he ran some tests. He prescribed 60 mg. of pyridostigmine bromide 3 times a day, but after that I developed a very bad cold, so he prescribed a very strong dosage of antibiotics (1,500 mg.), which neutralized the effects of my medications. I developed a drooping eyelid, weak neck, my jaw got frozen and had trouble speaking and swallowing. Due to my new symptoms, I was put on new drugs of 60 mg. prednisone once a day in addition to my regular medication of pyridostigmine bromide 60 mg. 3 times a day. Since I am diabetic, my glucose spiked to 350 or more. I was then put on insulin, but my prednisone went down from 60 to 50 mg., and then from 50 to 40 mg. At present, I take the same dosage of pyridostigmine bromide; however, prednisone has been reduced to 5 mg. every other day and my sugar level is in control.

In general, my MG is fine with no noticeable symptoms, just slight double vision but seldom. I exercise regularly –

I walk in the park two to three times a week which helped me lose weight. I also stay away from fried foods. I attribute my improved condition of my MG and diabetes by achieving an ideal weight for my age and physique.

I thank the Myasthenia Gravis Foundation of California for its concern to its patients.



*The views expressed in this newsletter are those of the authors and do not reflect any official position of the Myasthenia Gravis Foundation of California or the Medical Advisory Board.*

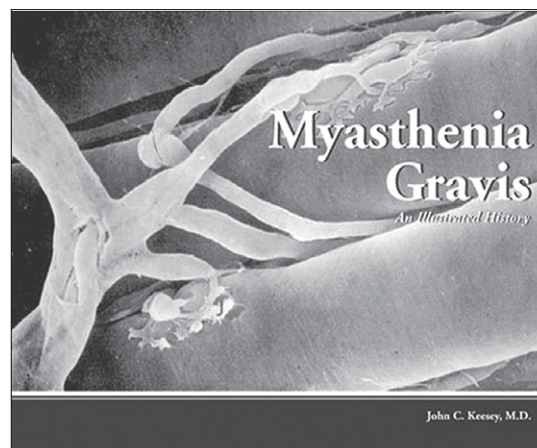
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## MG BOOK OFFERED AT 50% OFF

Myasthenia Gravis: An Illustrated History by John C. Keeseey, M.D., is beautifully illustrated and highly readable and tells the unfolding story of a medical condition which, until 1879, went largely unrecognized by the medical profession.

You can now purchase this handsomely published and important account of MG’s history at the price of \$25.00 (cover price is \$49.95). Sales tax approximately \$2.20 (**for California residents only**) will be added and \$7.00 for shipping and handling (add \$2.00 for each additional book).

Help publicize MG through the purchase of a book to donate to your library or hospital.



Buy a book and give it as a gift to your doctor. We’ll ship it to him or her with an enclosed card. It will be a gift much appreciated.

All proceeds from the sale of this publication will be donated to the Myasthenia Gravis Foundation of California for research and patient programs.

**Please mail your check to:**

Myasthenia Gravis Foundation of CA  
6055 E. Washington Blvd., Suite 350  
Los Angeles, CA 90040



## My MG Story

By Majelane Bautista



Since being diagnosed, I've tried various doses of Mestinon, along with CellCept, Prednisone, IV-IG and even had a laparoscopic thymectomy in June of 2016. It's a blessing to have been treated by Dr. Chui at UC Irvine and I find my condition manageable with the cocktail of medication that we've spent the past six years trying to perfect. While I'm feeling better and able to carry out a pretty normal life, I know that these medicines are just band-aids and more research needs to be done so we can find a cure.

While I may no longer be running marathons or participating in all of the outdoors activities that I once enjoyed, I'm determined to push forward for myself and my family. I'm determined to travel and see the world. I'm determined to finish the final year of my doctoral program. I'm determined to marry my high school sweetheart in the fall. Most of all, I'm determined to live a full and wonderful life and MG isn't going to stop me.

I have an amazing support system and I wouldn't be able to do it without them. As determined as I am, I'd be lying if I said that I never stressed out or worried about my condition. In those times of confusion, my support system is there to pick me up (sometimes literally) and remind me that everything is going to be OK.

There are a few adjustments that I've had to make since being diagnosed with MG. I put my pride aside and am better about asking for help when I need it or slowing down so that I don't overwork myself. I've ditched my stiletto heels and over-sized tote bags and instead make my way through campus with flats and a rolling laptop bag. With the upcoming summer heat in Southern California, I like to get my day started early before the temperature rises. I try to stay healthy by going on morning walks and I feel my best when I avoid eating processed foods (as much as I can!). While I may have MG, MG doesn't have me.

It was January of 2011, I had just finished the first semester of my master's program and decided to celebrate with a weekend of snowboarding in Mammoth Mountain. Little did I know that my carefree life would take an unexpected turn when the next weekend, I wasn't able to carry a load of laundry up the stairs without falling to my knees. I panicked and wondered what had happened to cause this sudden weakness in my body. Was it some weird reaction to the altitude change? Did I not sleep enough? Did I unknowingly hit my head on the slopes causing some kind of concussion?

Originally, the Physician's Assistant thought that I had rheumatoid arthritis or lupus and referred me to a specialist. Luckily, that specialist was familiar enough with Myasthenia Gravis to run the appropriate blood tests to confirm it. MG didn't care that I was 22, adventurous, and had a bright future ahead of me. It attacked my body just the same as it has to so many others. I find myself fortunate that I was diagnosed with MG rather quickly and I didn't have to wait in the unknown, play guessing games as what could be wrong with me or take a battery of tests in an attempt to confirm the condition.

## A Magical Event

By Gerry Furth-Sides

The pre-dinner cocktail party for the annual MGFC spring dinner at the historic, sumptuous Beverly Regent (Four Seasons Hotel) is enough to hint at the excitement of the evening to come. And this year sprays and sprays of yellow roses rose high in their vases in the hotel lobbies that felt as though they were announcing spring and our group. The service at the Beverly Regent is as regal as its name, too, so every guest feels important. I even wrote to the management with accolades last year.

This beautifully organized event is the perfect way for patients, plus friends and families of patients, to connect with each other. It is also a profound reminder of how much work the MG Foundation board accomplishes all year long.

This year, entertainers on stilts performing around the room added another hint of the whimsical performance to come. Perfect for April 1st! (Another year the Patel family brought a complete Bollywood performance as entertainment with enough rousing energy to last the year).

Guests enjoying cocktails from the bar could filter over to the inviting auction tables in the middle of the room. This year entire new categories featured such items as special passes to events, rare performance tickets, trips.

I've attended the dinners for four years and each experience has been fascinating in a different way. To my continuing astonishment you often cannot tell the patients from the non-patients. Other guests, in fact, don't believe at first that I have MG and am lucky enough to be on a common medication, though in remission for the most part.

This year, I was seated at a table with a newly diagnosed patient still in a fairly shocked state of mind; the daughter of a prominent patient, and a young lady honoring her sister who passed away earlier in the year from complications of MG who expected this fate from the time she was very young. MG is such a complex and puzzling disease.

Each of us had a very different type of MG story to bring to this social table. Unlike the MG support group sessions, another stimulating, inspiring and also lively dimension is added from the many involved non-MG patients at the same time.

Hearing the stories sheds so much light on the many facets of treatment and of symptoms of MG. Another year, a truck driver MG patient, briefly told me his story. I just read it in detail in the recent MG newsletter!

The Foundation honors and invites many of the medical researchers who are able to personally explain their commitment to finding a cure and also developing medication for MG patients. In previous years, I've been honored to dine with a few of them. They have told me themselves that inter-acting with patients and the Board at the dinners increases their awareness and caring.

I always look forward to participating in the dinners (and contributing to the auction donations) and am excited as soon as I see the invitation in the mail. The dinner event evenings seem to start slowly and then flash by. But the glow (and the gorgeous flowers I took home one year) last a long time afterward.

## Remembering Sherry Gold

By Nancy Farrand



With great sadness we announce the passing of Sherry Gold in August 2016. Sherry was a dear member of the Myasthenia Gravis Foundation of California Board of Directors. She and her husband were generous supporters of MG and gave tremendously to help our organization.

She was such a lovely and gracious person. Being the smiling supporter of our organization, she showed concern to those who suffered from MG. At the patients' meeting, when they would come up and talk to her, she listened quietly and she always let them know that her support and prayers were with them.

Mathilda Spak (MGFC Founder) and Richard E. Lewis (MGFC Past President), were dear friends of Sherry and Dave Gold. And with Sherry's urging, Mathilda ran for Governor of California against Arnold Schwarzenegger. This made Sherry so very happy! Dave Gold was incredibly impressed with Mathilda's spunk at 99 years old that he asked her to be the 99 Cents Only Store's honorary spokesperson. Mathilda graciously accepted and the Sheila Gold Foundation made a donation of \$9,999.99 in her honor. That was just the beginning of their support and generosity to the Myasthenia Gravis Foundation of California.

Sherry will be missed with fond remembrances by all who knew her.

## 2016 MEMBERSHIP DRIVE WINNERS

Our annual membership drive concluded December 31, 2016.

Prizes in various categories were donated by members of the board of directors of the Myasthenia Gravis Foundation of California.

Listed below are the lucky winners:

**\$500 Cash**  
(Donation of \$200 or more)  
Dr. Vic Willits

**\$250 Gasoline Certificate**  
(Sustaining Membership  
of \$100 or more)  
Walter Abrams

**IPOD**  
(Contributing Membership  
of \$50 or more)  
Gretchen McCurdy

**\$100 Target Gift Card**  
(Participating Membership  
of \$35 or more)  
Rosemary Stevens

## The Mathilda Karel Spak MG Clinic

The Mathilda Karel Spak  
MG Clinic is held on  
first Friday afternoon  
of each month

at

UC-Irvine  
Neuromuscular Center  
200 S. Manchester Avenue  
#110  
Orange, CA 92868.

Please call (714) 456-2332  
for an appointment and identify  
yourself as a patient of the  
Mathilda K. Spak MG Clinic.

Patients with insurance  
can make an appointment  
Tuesdays of each week.

## Summer Newsletter Sponsors

Platinum Sponsor:



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Other Sponsors:

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# HONOR FUND AND MEMORIALS

*Gifts to the Myasthenia Gravis Foundation of California are thoughtful remembrances which give deep satisfaction. Special events such as birthdays, anniversaries or other occasions may be appropriately commemorated through a gift to the Honor Fund. Tributes in memory of a relative or friend serve the living through the advancement of medical research, education and patient care. (This list includes honor and memorial gifts received from October 1, 2016 – April 30, 2017.)*

KEY: *Tribute/Honoree*  
*Donor*

**TO HELP – OR TO BE HELPED**  
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## GIFTS IN HONOR OF...

### **Howard & Nikki Applebaum “Happy Holidays”**

*Art & Robin Rosen*

### **Dad’s (Sam Applebaum) 100th Birthday**

*Ann Dault*

### **Sandra Archer “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Bob & Eleanor Boike**

*Joan & Steven Boike*

### **Katie Boyer’s Birthday**

*Julie Brannon*

### **Leslie Evans Cox “Merry Christmas”**

*Mom & Dad*

### **Ann Dault “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Ann Dault on her Birthday**

*Howard & Nikki Applebaum*

### **Alice DeKoven**

*The Howard & Nikki Applebaum Foundation*

### **Alice DeKoven’s dedication to Mathilda & MG**

*James Clarke & Joyce Karel*

### **Mr. & Mrs. Gary Friar & Family**

**“Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Dr. Bryna Kane “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. David Kohn “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Gregory Kotanjian “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Wayne Lee “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Jon Melichar “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Gary Offstein “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Yeda Richman “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Arthur Rosen “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Dr. Sarah Sandell “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Harry Sasaki “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Mr. & Mrs. Sam Scarlett “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Dr. Zuhair Yahya “Happy Holiday Season”**

*Nikki & Howard Applebaum*

### **Dr. Valeri Yarema “Happy Holiday Season”**

*Rona & Jack Kaufman*

## GIFTS IN MEMORY OF...

### **Norman R. Anderson**

*Beatrice Anderson*

### **Toby Brown**

*Elizabeth Brown*

### **Joe Dudney**

*Mr. & Mrs. Robert McClelland*

### **O’Nelva Frank**

*Beverly Russell*

### **Bud Hickler**

*Mom & Dad*

### **Aunt of Mr. & Mrs. Gregory Kotanjian**

*Nikki & Howard Applebaum*

### **Richard Levin**

*Ann, Lisa, EJ & Jude*

*Nikki & Howard Applebaum & family*

### **Howard Mangels**

*George & Joan Hansen*

### **Douglas Marshall**

*Mr. & Mrs. Robert McClelland*

### **Daughter of Mr. John Sloat**

*Nikki & Howard Applebaum*

### **Wayne Pittman**

*Florence Harper*

*Wilma Howard*

*Barbara Carlsen*

*Jackie Brackett*

### **Yeda Richman**

*Ann Dault*

### **June Wessel**

*John Wessel*

## YOUR SUPPORT AUXILIARIES

### **CENTRAL COAST**

Chair: Vicky Duniven

### **EAST BAY/HAYWARD**

Chair: Bob Boike

2017 Meetings –

Aug. 6 & Nov. 5

at St. Rose Hospital, Hayward, CA.

### **FRESNO**

Chair: Joy Kiser

2017 Meeting – Oct. 3

MDA Office, Fresno

### **INLAND EMPIRE**

Chair: Gail Myatt

2017 Fall Meeting at

Kaiser Hospital, Riverside, CA

### **LANCASTER**

*Looking for volunteer to be the leader*

### **LOS ANGELES**

No Chair

We are combining meetings at this time with San Fernando Valley Auxiliary.

### **LAS VEGAS**

Chair: Joan Silverstein,

Co-Chair: Cindy Yurek

2017 Meetings – Every other month.

### **ORANGE COUNTY**

Chair: Lynne Krygier

### **PALM SPRINGS**

*Looking for volunteer to be the leader*

### **SACRAMENTO/STOCKTON**

Chair: Joy Baird

2017 Meetings –

July 15 & Oct. 21.

### **SAN DIEGO**

Chair: Katie Boyer

2017 Meetings –

2nd Saturday in Sept. & Nov.

### **SAN FERNANDO VALLEY**

Chair: Ed Cholakian

2017 Meeting –

Aug. 26 at

Kaiser, Woodland Hills

### **SAN GABRIEL VALLEY**

Chair: Marie Magrdchian

### **SANTA ROSA**

Chair: Ron Crawford

### **SOUTH BAY/SAN JOSE**

Chair: Terri Sessions

### **VENTURA**

*Looking for volunteer to be the leader*

We are combining meetings at this time with San Fernando Valley Auxiliary.

Plan to attend one of the Share groups located in your area. When you need to talk to someone who has MG, call the chair of your nearest group. Learn more about MG and share your experiences with other MG patients. Feel free to invite your spouse, family or friends to any of these meetings.

## HAVE YOU MOVED? – ARE YOU MOVING?

PLEASE SEND YOUR NEW ADDRESS TO:

**Myasthenia Gravis Foundation of California**

6055 E. Washington Blvd., Suite 350, Los Angeles, CA 90040

or email to: [info@myasthenia-ca.org](mailto:info@myasthenia-ca.org)

Name \_\_\_\_\_

Old Address \_\_\_\_\_

New Address \_\_\_\_\_

Effective Date \_\_\_\_\_ New Phone Number \_\_\_\_\_

Email \_\_\_\_\_

## CONTRIBUTE VIA HONOR FUND AND MEMORIALS

Whenever a birth, birthday, anniversary, graduation, or any special event occurs, mark the event with a donation to the Myasthenia Gravis Foundation of California in the name of the honoree who will receive a beautiful card honoring the occasion.

How about when a loved one has passed on and you want to remember him or her? Send a donation to the Myasthenia Gravis Foundation of California.

The donor will receive a donation acknowledgment receipt from the Foundation. Your name and the recipient’s name will appear in the next newsletter.

## And Speaking of Giving,

there’s another way: Via your Last Will and Testament and Trusts. Consult your lawyer and your accountant as to the various options you have to “do good” upon your death – lasting good to help pay for research, patient support, our MG clinics, etc.

Be sure to specify the Myasthenia Gravis Foundation of California as the recipient of personal or real property or a share of your estate’s residue.