

MESSAGE FROM THE PRESIDENT

by David Kohn



First and foremost, I would like to thank every one who sent in membership dues and donations. Your philanthropy allows the Myasthenia Gravis Foundation of California (MGFC) to continue to support MG patients and their caregivers. In particular, MGFC provides funding for support groups, patient meetings, a number of clinics located in California and our medical advisory meeting.

I also want to thank each of our volunteers. Our dedicated Board meets four times a year and we call on them in countless emails to make decisions in the best interest of the Foundation. In addition, our Medical Advisory Board consists of physicians in the neurology field who are experts in Myasthenia Gravis. They advise MGFC on medical questions and help patients in crisis. The Foundation also provides a "pharmacist at the ready" to answer questions from patients about their medications. We even have relatives of our employees who regularly come to events to help out (Marla and Mary Jo – thank you). I am also thankful to our support group leaders who work to set up and run MGFC support groups. In addition, MGFC also has "telephone buddies" who are willing to accept phone calls from MG Patients who

need to talk to someone who understands their situation.

I would be remiss if I did not also thank our corporate sponsor's generosity. In 2017, Kroger Specialty Infusion, KabaFusion, Premier Pharmacy Services and Ameripharma donated funds and manned information booths at many of our events. We hope to expand this list in 2018.

We have a very exciting year coming up in 2018. We will continue to look to expand our locations for patient meetings. We had a successful meeting in the fall in Costa Mesa and will continue to hold meetings in the South Bay or Orange County area. In addition, northern California may not be far behind. We will continue to hold support group meetings and would encourage patients to start support groups with our help in areas that are lacking them--just call our office. We also have a Facebook support group that you can join. Just search "Myasthenia Gravis Foundation of California" on Facebook. We have over 100 patients currently in our group.

Please be sure to mark your calendar for our most exciting event of the year – our **Founder's Dinner**. This Gala will be held on Saturday, June 2nd at *The Aquarium of the Pacific*. Not only will we have full run of the Aquarium, but this event is a great way to raise funds for MGFC and network with patients, doctors and volunteers. *In addition, we will have tiered pricing for patients and children to make it possible for everyone to attend.* Stay tuned to our website at www.myasthenia-ca.org for more news about this Gala Dinner along with general information about our patient meetings, support groups.

Finally, I urge any of you who are interested in becoming a volunteer to please reach out to Dova Levin, our Executive Director. Whatever your talents, Dova will find a way to find a meaningful position that needs you!

In Memory of Dr. Christian Herrmann, Jr.



The Myasthenia Gravis Foundation of California sadly announces the passing of Dr. Christian Herrmann, Jr. on October 23, 2017 at 96 years old. Among his many volunteer roles, Dr. Herrmann served as President of MGFC. In 1974, Dr. Herrmann received our organization's highest honor, the Humanitarian Award. He was a dedicated volunteer and generous donor.

Christian Herrmann, Jr. was a distinguished UCLA Professor Emeritus of Neurology and an early expert in EEG and neuromuscular diseases, including his specialty, myasthenia gravis. When

Dr. Herrmann joined the UCLA faculty in 1954 as its second academic neurologist, no one could have foreseen that 63 years later, he would still remain active there, still attending Grand Rounds and assisting with students' education.

Thousands of patients and generations of students benefitted from his dedication and expertise. His colleagues remember him as kind, patient and thorough, a true "neurologist's neurologist" who taught them both the science and the art of medicine.

Raised in Lansing, Michigan, Dr. Herrmann was the son of Christian Herrmann, a tailor and haberdasher and Agnes (Bauch) Herrmann, a talented conservatory graduate who taught piano and voice in their home. Because of his mother, Dr. Herrmann developed an interest in music and continued to play piano and organ throughout his life. Because of an old-fashioned plug on his mother's curling iron, he became fascinated with electricity, an interest that later prompted both his professional and avocational pursuits.

Dr. Herrmann will long be remembered for his fine mind, his enduring friendships, his sense of humor and his unusual breadth of knowledge and interests. He will be missed.

MY FIRST PATIENTS MEETING EXPERIENCE

By Stephanie Gonzalez

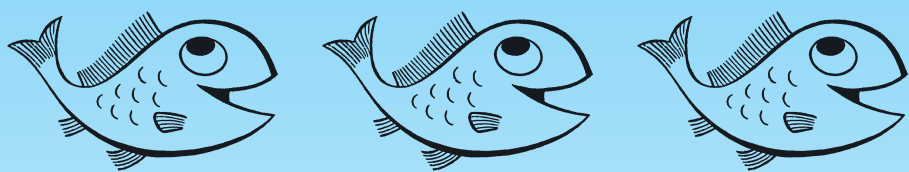


She found the MGFC and quickly got in touch with Melissa, who told us about this meeting.

Fast-forward to October 15th, the day of the meeting, I am pretty sure I was feeling every type of emotion possible. I was nervous because it was the first time I would meet anyone that has what I have. I was excited to learn new things from Dr. Shu. I was hopeful in making this a memorable experience. And still, I was calm because I had the support of my family. Like I mentioned, this was my first meeting, so naturally I decided to bring my whole family with me. My mom was there, along with my brother, sister, aunt and cousin. The support of my family has been amazing through this journey and just knowing that they were there for me meant the world to me.

Getting to hear Dr. Francy Shu speak was an honor. I am used to going to my neurologist and hearing his suggestions, that getting another opinion was refreshing. Dr. Shu first talked about the basics of MG, which I appreciated because up until then the disease was still confusing to me. She also went over lists of medications that we should be avoiding as MG patients. She expressed her opinion over the removal of the thymus, which I learned that many people have multiple opinions over this. Overall, her presentation and the conversations during the presentation were extremely informative.

I had the opportunity to meet and hear stories from a lot of other people which I will always remember. For the first time, I felt like I was not the only one who had MG because I was in a room filled with amazing people who have gone through the journey that I am now embarking, and much more. Overall, the meeting was a great experience and I cannot wait for the next one.



**Save Saturday, June 2, 2018
to attend the 53rd Annual
Founder's Dinner and Gala!**

It's going to be at the

*Aquarium
of the Pacific*

Join us for an elegant, fun, special evening. Participate in supporting the foundation by buying tickets, donating silent auction items, or placing an ad in our virtual tribute book.

WATCH FOR INVITATIONS COMING SOON!

On October 15th, 2017 the Myasthenia Gravis Foundation of California (MGFC) held its Fall patients meeting. The meeting was at the Westin South Coast Plaza in Costa Mesa and they were able to host Dr. Francy Shu from UCLA as the main speaker. I had the pleasure of attending, making it the first patient meeting I have ever attended.

Let me tell you a little about myself. My name is Stephanie Gonzalez and I am currently a student at California State University, San Marcos. Life with myasthenia gravis is very new to me as I was just diagnosed in June of 2017, only two weeks after my twenty-first birthday. Everything came so quickly for me that I had almost no time to absorb what was happening. I wanted to live my life as normal as possible so I spent my summer in my home in LA getting stabilized and as soon as the Fall semester started I was off to San Diego once again. Personally, I decided to go back to school and just make myself work around my newly diagnosed autoimmune disease. My mom, who is my backbone in all of this, took it upon herself to find support groups around our area.

Surviving MG, My Story (Part 2)

By Vicky Duniven



rheumatologist. This was a quick way for me to learn that most MG patients are diagnosed with another autoimmune disease during their lifetime.

I am now 52 years young, I have two beautiful grown children, am an avid horseback rider, outdoor enthusiast, reader, and lover of Christ. I enjoy cooking, knitting, swimming, gardening, daily walks, hiking and the ocean. I have a Chihuahua named Crash and have trained him to be an emotional support and certified therapy dog. Despite my active lifestyle, I am still a poster child for almost everything MG: symptoms, treatments and crippling side effects. I wear a Medic Alert necklace, carry an MG emergency wallet card, and have notified my nearest Fire Department of my condition. It is important to be prepared. MG does not respect my time or activities, and it strikes when it likes.

The little things other people take for granted, we cannot. Our “nickels” must be spent wisely. We MUST: Take our meds, hydrate, eat, and make doctor appointments. Then, we tackle the rest. Our priorities shift as does our energy and abilities. The sooner I accepted these challenges, the easier it became. The more I fought to stay independent, not accepting help, the worse I wore myself out. Now, I am a “yes” girl, and my family and friends are happy to do anything they can to help. They feel great knowing that they are helping me as well. I am also a “no” girl. It has taken me a long time to get here. Saying no to things is great self-care and relieves so much pressure. I do not make long range plans unless I am positive that I can do it. I am still a work in progress because I am very independent and stubborn. I am in counseling and putting more “tools” in my tool box every day!

On December 18, 2008, I was cooking dinner for my children and I suddenly fell to the floor, unable to breathe. I was rushed to the hospital and had suffered four pulmonary embolisms. Through a series of scans, they discovered two thymomas -one the size of a baseball sitting on my pulmonary and aortic valves and the other on my right lung. I was looking down the barrel of another battle of an MG Crisis: on the ventilator being transferred from hospital to hospital, Plasmapheresis, and IVIG treatments. I needed to be well enough for surgery at Stanford. This stay was another close call: I almost did not make it. Once I was stable enough to be admitted to Stanford, I had the surgery and “wintered” there in ICU. I was released on April 28, 2009, mapped out for radiation and have had regular monitoring scans since.

Eventually, I found a good GP, who has also been an integral part of my medical team. After reviewing my history and current symptoms, my GP suggested a test for Lupus. Voilà, he gave me a second diagnosis and got me in touch with a good

MG WALK: November 18, Santa Monica

A number of MGFC Board members participated in the MG Walk in Santa Monica on Saturday, November 18th. We came together to support the MG community, by helping to raise funds and raise awareness to bring more valuable resources to meet the needs of MG patients.

President, David Kohn and Board Member Howard Applebaum participated in cutting the ribbon to get the walk started. Linda Delevitt, Board Member, and Dova Levin, Executive Director also attended the walk. It was a beautiful morning in Santa Monica and there were a couple of hundred patients, families and supporters who joined in the walk.

There was a great feeling of comradery and pride at the event.



Ask the Pharmacist Feature on our Website

Do you have a question about your medication that you would like to get answered? Go to our website at <http://www.myasthenia-ca.org/news/ask-a-pharmacist> (under “In the News” tab) and click on the link to ask the pharmacist.

An experienced pharmacist who regularly works with MG patients will be sent your question. If we feel that your question pertains to other patients and you give your permission, we will post your question and the pharmacist’s answer for other patients to see.

We hope this feature will be helpful to you should you have a question regarding your medication or how your medication interacts with other medication and supplements.

Readers are encouraged to correspond directly with members of the Medical Advisory Board of the Myasthenia Gravis Foundation of California with respect to questions or comments related to MG.

Please send your correspondence to the Myasthenia Gravis Foundation of California.

June was MG Awareness Month

By Carole Brown



In 2010, I drove my 1971 vintage VW Bus home to Massachusetts from collecting it in Oregon. I quickly discovered that having a vintage campervan was a magnet for attracting strangers and starting conversations. This gave me the idea of using my VW to promote a cause. I chose MG because it is close to my heart as my mother was diagnosed in London in 1944 at aged 20, ten years before I was born.

The next year, I set off from MA to California. After six months and 8000 miles, I attracted public attention and gained higher visibility for MG. With signs on my campervan, people would ask “What is MG?” My focus was to spread the word and hand out leaflets to everyone I met. I connected to patients across country as best I could. Social media was not as popular as it is today.

I met patients along the way in many states and a couple of radio stations and one TV station in Phoenix interviewed me about the MG Awareness drive. In Lake Havasu, AZ, at an annual Vintage VW gathering, I walked across the London Bridge just like I did with my Mum in London as a child when visiting Guy’s hospital. At that VW meeting, a film maker seeing my MG signs interviewed me and the YouTube video is still viewable online (https://www.youtube.com/watch?v=Hzml_jaheng). Please excuse

my scruffy appearance as I had no time to prepare. On reaching California in February 2012, I visited the MGFC offices and met some volunteers. Fast forward to June 2017 – MG Awareness month, I asked to support my current poster campaign.

To continue the theme of using a vehicle to draw attention to a cause, I ran a car poster campaign. The idea was that anyone could display the MG Awareness poster in their vehicle window for others to read. By asking people to share a photo of their vehicle poster on Facebook, they would be spreading the word. As we know, sharing a photo on Facebook has the potential to be seen by hundreds if not more.

The posters spread the message that June is MG Awareness month, explained briefly the symptoms of MG and the importance of public education for a disease that often takes years to get diagnosed.

Hundreds of posters were handed out at three big VW shows in California in June. Photos of around 40 posters were shared on the MG Awareness group and VW4Causes Facebook group that I set up years ago to support June awareness month. Many photos came from CA and other states, even as far away as Brazil, Chile, England and Germany.

I was a bit disappointed at first that we didn’t get more posters on Facebook, or receive one from each state, but then I realized that many people had picked up a poster and read about the symptoms. In my hometown, we had posters in several stores and ran a local campaign on our independent radio station drawing attention to the MG Awareness display at our annual VW Show.

The best result of all was when a woman came up and said she was going to advise her best friend to see a neurologist. Her friend had all the symptoms listed on our poster, and her doctor could not work out what was going on. If we can help just one person get diagnosed more quickly through our campaigns to the public, that’s a great result!

MYASTHENIA GRAVIS NEWS

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.

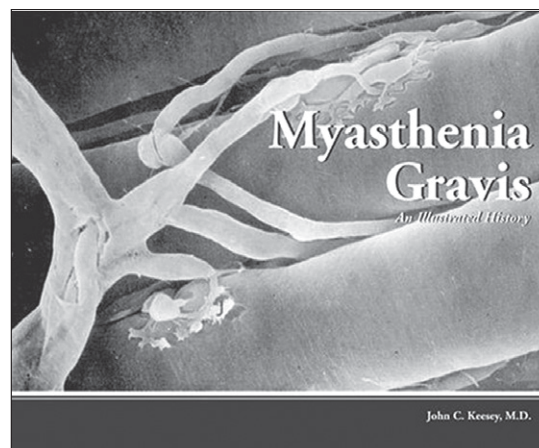
PLEASE NOTE: Any part of this newsletter may be copied only with permission from the Myasthenia Gravis Foundation of California.

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 \$2.40 (**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

HOW TO QUALIFY FOR SOCIAL SECURITY DISABILITY BENEFITS WITH MYASTHENIA GRAVIS

This article was written by Deanna Power, Director of Outreach at **Disability Benefits Help** (www.disabilitybenefitscenter.org) DBH is an independent organization dedicated to helping people of all ages receive the disability benefits they need, or remain eligible for Social Security after approval. We have thousands of resources on how to qualify with various conditions, the application process, what to after a denial, and more. Deanna began working with people with disabilities throughout college by volunteering with **Best Buddies**, and now specializes in helping Social Security applicants determine if they're medically eligible for benefits. She can be reached at drp@ssd-help.org, or the entire team can be found at help@ssd-help.org. All of our resources or assistance are always free, so don't hesitate to reach out if you have any questions on qualifying.

Myasthenia gravis (MG) can be a devastating disorder. Because the majority of people with MG are affected during adulthood, it can be especially debilitating to learn how to cope with the disorder's medical and financial repercussions.

However, if your severe myasthenia gravis prevents you from working and earning a gainful income, you may qualify for monthly financial support via Social Security disability benefits. Continue below to learn how to medically qualify, how to determine which disability program is best for you, and how you can begin your application today.

MEDICAL QUALIFICATIONS

The Social Security Administration (SSA) evaluates applicants using the "Blue Book." This medical guide is a collection of all severe conditions that could qualify for disability insurance. By looking at the Blue Book online, you can examine your disorder and determine whether or not your symptoms are severe enough to qualify.

Myasthenia gravis is listed in the Blue Book under **Section 11.12** for Neurological Disorders. Here, it states that those with the condition can qualify in three ways:

- A) Exhibiting a disorganization of motor function (being unable to control movement) of two or more extremities (arms and legs), resulting in extreme limitation to stand, sit, balance, walk, or perform dexterous movements like typing or writing.

OR

- B) Bulbar and neuromuscular dysfunction (trouble with eating, drinking, swallowing, or breathing) that has resulted in needing:
- mechanical ventilation (use of a machine to help you breathe), or
 - supplemental nutrition through a gastronomy or catheter.

OR

- C) Moderate trouble with physical functioning as well as with one or more of the following:
- Understanding, remembering, or applying information,
 - Interacting with others,
 - Concentrating, persisting, or maintaining pace, or
 - Adapting or managing oneself.

It may be difficult to tell whether or not your myasthenia gravis qualifies under these conditions. Before applying, it is always best to be safe and speak with your physician to compare your symptoms to those listed above. The following tests and information will be the most helpful for you to receive from your physician and include on your disability application:

- Complete medical history from the start of your disorder
- Hospitalization history
- Medication lists (especially those that haven't worked)
- Neurological tests that measure reflexes, muscle strength, coordination, and balance
- Endrophonium tests (measures the ability of weakened muscles to improve with temporary injection)
- Blood and antibody tests
- EMG (electromyography) tests
- MRIs and CT scans

SSDI VS. SSI

The US government has two different programs dedicated to helping those with disabilities get financial and medical benefits. Depending on your history, you may qualify for one (or both) of the following programs:

SSDI

Social Security Disability Insurance is for people with a history of working and earning taxable income. Because the

majority of people get MG diagnoses as adults, this is the most common disability program to qualify for. Here, the applicant only receives benefits if they have contributed enough taxes to the government during their working years. The older you are, the more taxes are required of you to contribute. For the most part, so long as you earned just \$5,000 of taxable income per year, you will qualify for SSDI. **To determine exactly how many years you need to have worked, you can view a Work Credits chart on the SSA's website.**

As far as assistance goes, SSDI recipients get the same benefits as those who are receiving Social Security retirement. Medicare is awarded in full 24 months after your MG prevented you from working, while your monthly benefit is based on how much money you have contributed in taxes throughout adulthood. Higher earners will receive higher payments.

SSI

Supplemental Security Income is for those who have low income and do not have a history of working. Credits are not required to qualify here – instead, all Social Security needs is proof that the applicant is not engaging in "Substantial Gainful Activity" (earning enough money to support themselves each month), and has limited accessibility to resources. This means that if you haven't worked throughout life but are married to someone learning a living wage, you will not qualify for SSI regardless of the severity of your MG.

If your spouse is currently working, his or her income will be counted against your SSI resource limit.

STARTING THE APPLICATION

When all of your paperwork has been assembled and you are ready to go, you can start the Social Security disability application anytime. Applications for SSDI can be found on the *SSA's main website*, while SSI applications must be filled out in person at your nearest Social Security office.

If you need help filling out your application, you can ask for help from a family member or call your *local SSA office* to have a worker fill it out with you. If you have questions or concerns about the application, you can make an appointment at your local office at any time.

MEDICATIONS TO AVOID

Dr. Francy Shu

Meds that MG patients should avoid:

- Never use alpha-interferon, Botox, D-penicillamine, or telithromycin (Ketek - ketolides)

Use with caution:

- Succinylcholine, d-tubocurarine, or other neuromuscular blocking agents
- Quinine, quinidine, procainamide
- Antibiotics:
 - Aminoglycosides – gentamicin, kanamycin, neomycin, tobramycin, and streptomycin
 - Fluoroquinolones – ciprofloxacin, levofloxacin, norfloxacin, ofloxacin, perfloxacin, moxifloxacin
 - Macrolides – erythromycin, azithromycin
- Beta-blockers (systemic and ocular): propranolol, timolol
- Calcium channel blockers
- Magnesium salts
- Lithium
- Iodinated contrast agents
- Statin drugs

Daroff, R., et al. Bradley's Neurology in Clinical Practice. Elsevier Saunders, 2012.

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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.

Are you a loyal Ralphs customer?

For years now, the Myasthenia Gravis Foundation of California has been supported through the Ralphs rewards Community Contribution Program.

As a Ralphs rewards member, each time you shop and swipe your Ralphs card, the MG Foundation of California automatically receives a rebate.



If you would like to contribute to the fundraising of the MG Foundation, please register or re-register for the new term on www.ralphs.com. And please encourage your family and friends to do the same.

Thank you for your continuing support and happy shopping!

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 May 1, 2017 – November 30, 2017.)

KEY: *Tribute/Honoree*
Donor

TO HELP – OR TO BE HELPED
MYASTHENIA GRAVIS FOUNDATION OF CALIFORNIA
6055 E. Washington Blvd., Suite 350 • Los Angeles, CA 90040
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GIFTS IN HONOR OF...

Howard Applebaum “Happy 70th Birthday”
Art & Robin Rosen

Howard Applebaum “Happy 70th Birthday”
John F. Sloat

Bob and Lee Boike “Thank you for your support”
Andrea Heckman

Guy Maillaro
Kathy & Jim Schrecengost

Dr. David Richman “Thank You”
Anthony Simeone

Leslie Shaffner
Joel Arthur

Tara Zaccagnino
Dad (Tony Zaccagnino)

GIFTS IN MEMORY OF...

Florence Burns “Forever in my heart”
Loren Burns

Lee Clarkson
Faith Denis & Rod Zalunardo
Randall & Janet Seidl

Grace Ehrlich
Irwin Ehrlich

Sylvia Jacobs
Ruthann Schaeffer

Gene King
Maxine King

Father of Dova Levin
Howard & Nikki Applebaum

Sandra Love
George Love

Vada McEntire
Vicky Duniven

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Rita & Jan Vanlierop

Rae Shumway
Kim Clayton

Mathilda Karel Spak
Bill & Gail Myatt
Carolyn Okamoto

Mother of Mr. & Mrs. Pete Veloff
Howard & Nikki Applebaum

YOUR SUPPORT AUXILIARIES

CENTRAL COAST

Chair: Vicky Duniven

EAST BAY/HAYWARD

Looking for a Chair.

FRESNO

Chair: Judy Clary
2018 Meetings
MDA Office, Fresno
You will be notified by flyer.

INLAND EMPIRE

Chair: Gail Myatt
2018 Meetings –
Spring Meeting and Fall Meeting
at Kaiser Hospital, Riverside
You will be notified by flyer or email.

LANCASTER

Looking for a Chair.

LOS ANGELES

No Chair
Temporarily we are combining
meetings at this time with
San Fernando Valley Auxiliary.
You will be notified by flyer or email.

LAS VEGAS

Chair: Joan Silverstein,
Co-Chair: Cindy Yurek
2018 Meetings – Every other month.
You will be notified by flyer or email.

ORANGE COUNTY

Looking for a Chair.

PALM SPRINGS

Looking for a Chair.

SACRAMENTO/STOCKTON

Chair: Joy Baird
2018 Meetings –
Jan. 20, April 21, July 21 & Oct. 20.
You will be notified by flyer or email.

SAN DIEGO

Chair: Katie Boyer
2018 Meetings –
Jan., March, May (luncheon),
Sept. & Nov.
You will be notified by flyer or email.

SAN FERNANDO VALLEY

Chair: Ed Cholakian
2018 Meetings
Kaiser, Woodland Hills
You will be notified by flyer or email.

SAN GABRIEL VALLEY

Chair: Marie Magrdchian

SANTA ROSA

Chair: Ron Crawford

SOUTH BAY/SAN JOSE

Chair: Terri Sessions

VENTURA

No Chair.
Temporarily we are combining
meetings at this time with
San Fernando Valley Auxiliary.
You will be notified by flyer

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.

If you are willing to serve as a chair of a support group, please call Melisa at (323) 887-0056.

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

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.