The Nutmeg:
Newsletter of the
Connecticut "Nutmeg" State Chapter
of the Myasthenia Gravis Foundation
of America, Inc.
Volume 26, Issue 2, July 2008

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Editor: Susan C. Winters

Find us on the internet at our Website:
http://www.myasthenia.org/mgfa_chapterlink.cfm?SID=Connecticut

35TH ANNIVERSARY
CT "NUTMEG" STATE CHAPTER
MYASTHENIA GRAVIS FOUNDATION OF AMERICA
A Letter from the Chairperson

Dear Friends,

I hope this finds you all well, and with summer here, able to get out and enjoy yourself. I would like to take a minute to introduce myself. My name is Roberta Moyer, everyone calls me Bobbie, however. I am the new Chairperson of the CT “Nutmeg” State Board of Directors of MGFA. I, like many of you, have Myasthenia Gravis.

I was diagnosed four years ago in August. The day I got sick, "my" official diagnosis was that my tongue was stuck. The hospital was sure I had had a stroke, and three days later, the doctor gave me the news that I had Myasthenia Gravis.

Unlike many of you, I had heard of the condition but was not aware of the impact it could have to my life. I know I was lucky now to get such a quick diagnosis, but having every symptom possible made it easy for the doctors. After five months of medical leave, I dragged myself back to work. It took me about a year after that to consistently work a full day. I feel blessed that I had the support of my family, friends, work, doctors, and that, although I was initially slow to respond to medication, I eventually did. (My husband said I was too stubborn not to.)

I've learned to slow down, smell the flowers, enjoy my life a little more and to watch for signs that I might be overdoing it. Although hard at times, I try to keep a positive attitude and know that it is my life to live and that I want to enjoy it.

That being said, I would like to thank Marianne Schustek for her many contributions to the Chapter, and wish her and her family well as she retires from the Chairperson’s position. We would not be where we are today without her important contributions and insights.

We are working to establish Chapter goals that are significant to each of us. Please let us know what you think would be of value. We are in this together, but since each person is impacted in a different way, there doesn't seem to be a direct route to these goals.

The Chapter is 35 years old this year and we have planned an anniversary party. Please try to make it to our Annual Meeting this year as we celebrate. Details and an RSVP form are located elsewhere in this newsletter.

Even though June, which is officially Myasthenia Gravis Awareness Month, has passed, you can continue to let others know about MG if you have the opportunity. If you haven’t done so yet, take a short trip to the web site and see what CT and other Chapters are up to these days. The address is http://www.myasthenia.org. This is the Myasthenia Gravis Foundation of America’s national web site. You can also connect to Connecticut’s from there. Knowledge is power.

Remember, I am new at this and would love to hear what your thoughts are. Please email me at bobbie0583@aol.com. I look forward to meeting you at the Annual Meeting.

Bobbie Moyer
Chairperson
Greetings and salutations! The January edition of *The Nutmeg* went out to all of you with my best wishes, and some pride on my part.

I am extending everyone my sincere apologies for the delay in getting out this edition of *The Nutmeg*. My last experience working on a newsletter was in college—and I wasn't the editor! I ask your patience, as I am still on the up-slope of the learning curve for this. The whole process involves several people and a few steps: gathering helpful and appropriate information, putting it all together, getting help to make sure the grammar and spelling are up to par (there are limits to spell-check), getting the final version out to be printed and mailed. These tasks need to be done while juggling the impact of MG. Our goal continues to be a quarterly newsletter that meets your needs.

I have been learning there is a fair amount of information is available about myasthenia gravis, about coping with chronic illness, about medications and treatments, staying as healthy and functional as possible, and other topics. I am working to include appropriate and useful and interesting articles. If there are specific topics about which you want to read or have included, let me know.

In January's edition, I mentioned I was diagnosed with generalized MG in July 2005. This diagnosis was recently re-evaluated in conjunction with exploring more effective treatment options, and it looks like you are stuck with me as an editor (unless someone pops out of the woodwork and demands to take over). The MG diagnosis has been confirmed and will be the "monster" I will be tackling for the time being. My goal continues to be REMISSION, and I have hope!!!!

As I learn more about my illness, I am constantly keeping an open mind to what you might want to know. Please, feel free to send ideas or suggestions, items for submission, and/or feedback to my mail address (66 Songbird Lane, Farmington, CT 06032-3420) or my e-mail (swinters@snet.net). If you opt to e-mail, please, include the word "Nutmeg" in the e-mail subject line, if possible. It will catch my attention easier and not end up as SPAM.

Another option to get feedback to me is to come to the Annual Meeting (and 35th Anniversary Party) of the Connecticut Nutmeg Chapter of MGFA in October. With good food, entertainment, a speaker and fund-raising raffles, it sounds like a good time and lots of fun. Go to page 15.
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We need YOU! Yes, you! If you are willing and able to be a pal to another person dealing with the diagnosis of myasthenia gravis, whether as a mentor, as a friend, or whatever it may be, PLEASE fill out the permission form on the following page and mail it in.

PLEASE PICK UP YOUR PEN AND TAKE ACTION!!! An MG'er awaits your assistance!
MG PALS CONSENT FORM

Recent privacy laws affect our ability to continue to print your information in this manner. If you want to be added to the phone/email list, please fill out the form below and mail it to:

CT Nutmeg Chapter-MGFA
c/o Susan Winters
66 Songbird Lane
Farmington CT 06032-3420

Name: __________________________________________________________

Address: __________________________________________________________________________

City: _________________________   State: ________  Zip code: ____________

Date of birth: _____________   Contact phone number: ____________________

Email address: ________________________________________________________________

Please publish my name and my:

(check one/all)  ☐ home address  ☐ phone # and/or  ☐ email address.

I hereby authorize the Connecticut "Nutmeg" State Chapter, MGFA, to print my name, phone number, and/or email address, as I have provided in this form, in association with the diagnosis of myasthenia gravis, a disclosure that may be viewed as use of protected health information.

I understand that a photocopy of this form will be considered as valid as the original. I understand that I may revoke this authorization at any time by notifying the CT "Nutmeg" State Chapter, MGFA, at the address above, in writing, and this authorization will cease to be effective on the date notified except to the extent action has already been taken in reliance upon it.

I understand that by signing below, I acknowledge that I have read and understand this authorization.

Signature: _______________________________  Date: ___________
CONNECTICUT "NUTMEG" STATE CHAPTER
MYASTHENIA GRAVIS FOUNDATION OF AMERICA, INC.
MEMBERSHIP RENEWAL FORM FOR YEAR 2008

Name: _____________________________  □ Patient  □ Relative  □ Friend  □ Other
□ Family Member  □ Professional

Address: ___________________________

City: _______________________________  State: _____  Zip code: _______________

Phone number: ______________________  Email address: ______________________

☐ Enclosed is my Annual Membership Dues of $ 15.00
☐ Enclosed is my Lifetime Membership Dues of $ 200.00
☐ I am enclosing an additional donation of $ ____________
Total Enclosed $ ____________

☐ Dues waiver requested  ☐ Please remove me from mailing list

Please make checks payable to:  Send to:  CT Nutmeg Chapter-MGFA
CT "Nutmeg" State Chapter, MGFA
  c/o Vicki Sullivan
  7 Kings Grant Road
  Clinton, CT 06413-1021

Donations to our chapter are a nice way to honor a special person you know while contributing
to a good cause. If you would like your donation in honor of or in memory of someone, we will
send an acknowledgement (no amount indicated). Please complete the following:

In honor of: ______________________________________________________

In memory of: ____________________________________________________

Occasion:  □ Birthday  □ Holiday  □ Anniversary
□ Wedding  □ Other: ______________________________

Donation is from:
Name: _____________________________
Address: ___________________________

Please send Acknowledgement to:
Name: _____________________________
Address: ___________________________

Thank you for your support and donations.
We appreciate your continued support in helping us to HELP YOU!
SUPPORT GROUPS

SOUTHWESTERN CONNECTICUT SUPPORT GROUP

The Support Group currently meets every other month at St. Vincent's Hospital, 2800 Main Street in Bridgeport, in the Seton Room, which is on the fourth floor, next to the cafe, on a Sunday from 2-4PM. Family and friends are encouraged to attend. For more information: call 203-929-7627, (866) 329-8784 (toll free) or email mschustek@sbcglobal.net.

The schedule of meetings for the balance of the year is as follows:

July 20th       Sept 21st       Nov 16th

All meeting are at the same place/time as indicated above. Any cancellations due to weather will be announced on the radio on WICC 600.

NORTHERN CONNECTICUT SUPPORT GROUP

This group is not currently meeting due to lack of members/leadership. If you are interested in participating or leading this group, please contact us at (866) 329-8784 (toll free) or email conn@myasthenia.org.

Is Your Doctor Interested In Hearing From Us?

If you think your doctor would like to receive our quarterly newsletter, we can add his/her name to our mailing list. First of all, please, speak with your doctor about this. If your doctor is interested, please call the Chapter Office at (866) 329-8784 (toll free) with his/her name, complete address (including Suite/Floor Number, etc.), and the name of the person who should receive the newsletter (if different from the doctor’s name). You can also send us an email at conn@myasthenia.org. We would be happy to add your physician to our mailing list so that he/she may learn more about the various aspects of living with MG and any other pertinent information that would help in treating their MG patients. It will help if your doctor knows the newsletter will be coming; in busy practices, such mailings can get lost on the bottom of the in-box, if the physician does not know to look for them.
Congress of the United States  
April 9, 2008

The Honorable Selim Noujaim  
Assistant Minority Leader  
State Capitol, Room 4063  
Legislative Office Building  
Hartford, Connecticut 06106-6106

Dear Selim:
Thank you for contacting me to let me know you had not received a response to your letter way back in September expressing support for a study by Dr. Robert Lesser of Yale and for providing adequate funding at the National Institute on Neurological Disorders and Stroke in Fiscal Year 2008 so that this project might be funded. I appreciate your taking the time to let me know of the situation. I am truly sorry for not replying sooner. I am also replying to all the individuals who co-signed your letter in September.

While I do not support individually earmarking funding for particular types of research or for specific research grants, I share your strong support for increasing funding at the National Institutes of Health. By increasing the overall budget at the NIH, we will be able to increase all the Institutes, including NINDS. The President’s budget simply does not meet our research needs and needs to be increased.

Last year, I co-authored a letter with five other representatives that was signed by 180 of our colleagues in support of a 6.7 percent increase in NIH funding for the Fiscal Year 2008 (FY 08). After the House version of the legislation included only a $750 million increased, or 2.5 percent, I co-authored a second letter with 155 of my colleagues in support of the Senate funding level. You may be interested to know I recently co-authored another letter asking for a 6.5 percent increase for Fiscal Year 2009. I am hopeful we will be able to provide a larger increase this year for this critical research.
You may be interested to know I voted for H.R. 6164, the National Institutes Health Reform Act, which passed the House September 26 by a vote of 414 to 2 and was signed into law by the President on January 15. The legislation would help modernize the NIH by requiring standard reporting of NIH research and review of the agency’s structure every seven years to ensure the Institutes are providing research funding in the most efficient and effective manner possible.

Perhaps most importantly, the legislation would authorize five percent increases in funding for the agency for the next three years. As you may know, since we doubled the NIH budget between 1998 and 2003, Congress has not significantly increased funding for the agency in the past three years, and the growth has fallen behind the growth of inflation. This legislation will help ensure the agency’s budget grows more than inflation.

I believe NIH research is one of the most promising and useful federal investments and will continue to strongly support additional funding for this agency.

Selim, if there is anything I can do for you, I hope you won't hesitate to ask in the future. I hope our paths cross soon.

Sincerely,
Christopher Shays
Member of Congress

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Vicki Sullivan, a current CT Nutmeg State Chapter MGFA board member, submitted the following item:

Similar to a credit bureau, a company called the Medical Information Bureau (MIB) maintains records on information such as test results and serious illnesses people experience. Not everyone has a record with the MIB, but if you have applied for individual life, health or disability coverage within the past seven years, chances are good you have an MIB record.

You can request a copy of your record to review—and correct if needed—by calling 866-692-6901 or going to the website, www.mib.com. The Fair Credit Reporting Act covers the data MIB maintains and, since MIB can and does provide information about you to insurers, you have the right to check what they are reporting about you, as well as the accuracy of what's being reported.
PARTICIPATING IN CLINICAL TRIALS

[Editor's note: My initial diagnosis of MG occurred concurrently with the recruiting for the clinical trials for CellCept. The decision to participate in a clinical trial can be daunting and can raise numerous questions and concerns, in addition to hope. Any information or guidance in the decision making process is valuable. ~SCW]

What is a clinical trial and how does it work? What are the benefits and the risks? If you are an older adult, should you consider participating in a clinical trial? These and many other questions are addressed in "Participating in Clinical Trials", a new topic just added to NIH SeniorHealth <www.nihseniorhealth.gov>, a Web site developed by the National Library of Medicine (NLM) and the National Institute on Aging (NIA), both components of the National Institutes of Health (NIH).

"The new clinical trials topic on NIH SeniorHealth will help older adults understand this vital area of medical research," says Donald A.B. Lindberg, M.D., NLM director. "Older adults who log on to <NIHSeniorHealth.gov> will find information to help them make informed decisions, including questions they should ask and the answers they should look for if they are thinking of joining a trial."

Developed by the National Library of Medicine, "Participating in Clinical Trials" is the latest addition to NIH SeniorHealth’s roster of 33 topics targeting the health interests of older adults.

The new topic explains basic terms, the types and phases of trials, the informed consent process and the benefits, risks, and built-in safeguards for trial participants.

"Clinical trials are a critical part of medical research," says Richard J. Hodes, M.D., NIA director. "The risk of many diseases and conditions increases with age, and it is important that clinical trials include older participants, who can help researchers find out if a drug, therapy, lifestyle change, device or medical test is safe and effective in the older population."

One of the fastest growing age groups using the Internet, older Americans increasingly turn to the Internet for health information. In fact, 68 percent of "wired" seniors surf for health and medical information when they go online. NIH SeniorHealth, which is based on the latest research on cognition and aging,
features short, easy-to-read segments of information that can be accessed in a variety of formats, including large-print type sizes, open-captioned videos and even an audio version. Additional topics coming soon to the site include Parkinson's disease, nutrition, and high blood cholesterol. The site links to MedlinePlus, NLM's premier, more detailed site for consumer health information.

Information about federally and privately supported clinical trials conducted in the U.S. and around the world is available at <www.clinicaltrials.gov>.

The NLM, the world's largest library of the health sciences, creates and sponsors Web-based health information resources for the public and professionals. The NIA leads the federal effort supporting and conducting research on aging and the health and well being of older people. Both are components of the NIH in Bethesda, MD.

The National Institutes of Health (NIH) - The Nation's Medical Research Agency - is comprised of 27 Institutes and Centers and is a component of the U. S. Department of Health and Human Services. It is the primary Federal agency for conducting and supporting basic, clinical, and translational medical research, and investigates the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.

For Immediate Release: Friday, January 4, 2008

U.S. Department of Health and Human Services
NATIONAL INSTITUTES OF HEALTH NIH News
National Institute on Aging (NIA) <http://www.nia.nih.gov/>
Contact: Kathy Cravedi, NLM, phone # 301-496-6308;
e-mail: <cravedik@nlm.nih.gov>

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 Connecticut Nutmeg Chapter of the Myasthenia Gravis Foundation of America, 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 medical doctor(s). If you have any medical questions, please discuss them with your medical doctor, as he or she best knows your situation.
We sincerely apologize for not having the current list of donations available for inclusion in this newsletter. Any donations received since December 10, 2007 will be acknowledged in our next newsletter. Please be aware that individual acknowledgment notes are sent out for the donations we receive. Please feel free to contact the chapter with any questions or concerns about this.

We are truly grateful to those individuals and families who have donated in honor or in memory of loved ones and friends. The CT "Nutmeg" Chapter, MGFA, is a volunteer, 501 C (3) non-profit organization whose sole purpose is to assist the myasthenics and medical community of the state. Donations are tax-deductible to the fullest extent of the law. We are thankful to all those who remember us in their giving.

SNOWFLAKE INFORMATION

WHY A SNOWFLAKE?

Each snowflake is unique; each MG patient has unique symptoms and reactions.
* Each snowflake is fragile; each MG patient has times of "fragility", or weakness.
* Each snowflake is beautiful; each MG patient has a special beauty.
* A group of snowflakes can have the awesome power of a blizzard; a group of MG patients can have awesome power as well - to lift each others' spirits.

WHO CAN RECEIVE A SNOWFLAKE?

Any MG patient, anywhere in the world, can receive a snowflake upon request. Snowflakes are specially meant to cheer those who are in MG crisis, in hospital, or recovering from surgery; however, a snowflake can be sent to any MG patient going through a tough time.

REQUESTING A SNOWFLAKE

Send an email with your name and home mailing address to
Connie at: Connie_c_s_g57@yahoo.com or
Bette at: bette_75494@yahoo.com

Please include your full home mailing address in your email so a snowflake can be sent out right away. You may also request a snowflake on an MG patient's behalf. This is no group or organization, just a bunch of MG'ers wanting to help brighten the day for other MG'ers.

Printed by permission from bettesmyastheniagravissupport ~ MG Club Of Hearts
http://health.groups.yahoo.com/group/bettesmyastheniagravissupport/
Muscle Cramps

By Jim Braswell, R.Ph.

Muscle cramps seem to be a common problem among MG patients. Muscles require calcium (Ca), potassium (K), and sodium (Na) to work properly. For relief of muscle cramping, you might try the following:

**CALCIUM** - Dictum dicalcium phosphate tablets crushed between your teeth before swallowing usually works in 10 to 15 minutes. Calcium carbonate or TUMS® also helps prevent cramps. It is absorbed much slower than dicalcium phosphate and is more useful as a preventative. It is also a very good antacid and does not contain magnesium which many antacids contain. Calcium doesn't seem to cause any problems even if you take a lot.

**POTASSIUM** - It is important to have an adequate amount of potassium to prevent muscle problems. Too much can also cause muscle cramps. That is why most potassium tablets, capsules and liquids require a prescription. Potassium can also irritate the stomach. It is much better to get your potassium from potassium rich foods.

**SALT** - An adequate amount of sodium (sodium chloride) in your diet is needed to prevent muscle cramps. MG patients should not go on a low salt diet unless specifically recommended by your doctor. It is better to use the salt shaker very sparingly or not at all and it is preferable to cook salt in the food. MG patients that are certain they do not have high blood pressure can usually relieve muscle cramps by eating salty snacks such as potato chips.

It is particularly important in MG patients to have the proper amount of calcium, potassium and sodium in their blood. Anytime you have a blood test done, ask your doctor for a copy of the lab report. The lab report shows the amount of calcium, potassium and sodium as well as other things in your blood, and it shows the normal range for each.

For quick relief of muscle cramps in my hands, I immerse my hand in hot water until the cramp stops. For leg cramps, I use a heating pad. This is not as fast as using the hot water. Beware of taking hot baths or showers that are too hot. This can relax too many muscles and cause serious trouble.

Do not use over the counter preparations for muscle cramps. All of these contain quinine which can cause myasthenic muscles to stop working. Overuse of weak muscles can cause muscle cramps. Exercise does not help MG but normal activity is needed to keep muscles in good condition.

*AMPS: Carolinas Chapter and Arizona Chapter*
Living with Disabilities

By Allen Appel

It's Not Overachieving To Go On

Disability does not define who I am. It is simply a part of my makeup. Like my height, weight, hair color or any other manner of description. Like saying I'm about 5 feet 8 inches tall and 185 pounds. I have thinning brown hair and brown eyes and I use a wheelchair. Just one additional piece of description.

Some disabilities are obvious: a wheelchair, hearing aid, cane or walker, severe limp or service animal. Some conditions that are not so obvious, known as invisible disabilities: chronic pain, mental or cognitive disorders.

But living with these conditions or any other type of disability is neither heroic nor inspirational. Yes, certain achievements may be noteworthy after a disability was overcome, but simply living with a disability is something that does not deserve any kind of recognition. We are neither brave nor special.

Some become disabled at birth. Some contract a disease or other condition. And many others are befallen by an accident.

People with disabilities consistently strive for that level playing field with the non-disabled community. Seeking accommodations to overcome physical barriers in public areas or in housing or rooting out disability discrimination on the job are part of our ongoing effort to further establish our rightful place in society. By knocking down these barriers, our disabilities become less of an issue, to the point of practically disappearing.

Millions of Americans live and thrive in spite of a disability every day. They are not necessarily overachievers for going about their days with a disability. The more we can be seen and treated as ordinary people, the fewer barriers there will be to overcome. It is the mindset and attitude of the non-disabled community that determine the degree of struggle for those of us with disabilities.

Advocating and fighting for disability rights is not noble, either. It is an inherent part of us.

AMPS: MD/DC/DE Chapter, December 2006
It’s Our 35th Anniversary!!

Celebrate with The Connecticut Nutmeg State Chapter of the Myasthenia Gravis Foundation of America

Please, join us for a very special Annual Meeting!

Sunday, October 5, 2008
11:00AM - 3:30PM
(Registration starts at 10:30AM)

Courtyard by Marriott Hotel
63 Grand Street
Waterbury, Connecticut 06702
Direct phone # (203) 596-1000

The Connecticut Nutmeg State Chapter’s Annual Business Meeting will take place in conjunction with the festivities. Board Member elections will be held during the Business Meeting. We need YOUR help to add on to these 35 years. Please, consider volunteering as a board member. The Board meets approximately 4-6 times per year, with email and telephone also being primary methods of communication. We have numerous projects to work on, and would appreciate any willing volunteers. Please contact the Chapter Office by phone or e-mail with any questions, or if you are interested in serving on the Board.

Directions to Courtyard by Marriott Hotel:

84 West to Exit 22. Take a left at the bottom of the ramp, then turn left at the fourth light onto South Main St. The hotel will be immediately on the right.

84 East to Exit 22. Go straight through the light at the bottom of the ramp, then turn left immediately at the next light (going under the bridge) onto South Main St. The hotel will be on the left.
~Buffet Lunch & Dessert~

~Keynote Speaker~
Dr. Jonathan Goldstein, Director
Yale MDA Clinic

~Raffle~

And back by popular demand is our fundraiser, loaded with terrific items sure to please. Some of our many generous donors include:

Carmen Anthony Restaurants  
Sweet Maria’s Bakery  
Fascia’s Chocolates  
Panera Bread

Debbie’s Doos Salon  
Seven Angels Theatre  
Fazo’s Deli & Catering  
Wild Strawberry Salon & Day Spa

With many more still to come! (Please note that we can only accept cash or checks for raffle tickets. Thank you for understanding.)

~Entertainment~

Tom Chute and the Chutettes, a wonderfully talented performing troupe, will entertain us with their musical and comedy skills. Tom Chute, Trish Torello, and Joyce Follo-Jeffrey are local theatre veterans who have graced stages across Connecticut for decades.

~A visit from State Legislators to help honor our special occasion~

~The Annual Business Meeting~

~And other good stuff still to come!~

(Program subject to change.)

In celebration of our Chapter’s 35th Anniversary, any current Chapter Member in good standing*** and one (1) guest may attend this event FREE OF CHARGE.

Additional guests are welcome to join in the fun!!

The fee for each guest is $25 per person.

(***As always, feel free to contact the Chapter office with any questions or concerns, including interest in possible carpooling, or a need for a waiver because of financial hardship. All calls or emails are confidential.)
Please RSVP by sending this registration form, along with any payment for additional guests, NO LATER than **SEPTEMBER 5th**, to:

CT “Nutmeg” Chapter, MGFA  
c/o Bridget Noujaim  
104 Dinatali Drive  
Waterbury, CT 06705

___ Yes, I will attend the 35th Anniversary Celebration/Annual Meeting at the Courtyard by Marriott Hotel in Waterbury on October 5, 2008!

Name: 

Address: 

Telephone: 

Please, list the name(s) of Member(s) in good standing and one guest who will be attending:

# of Additional Guests attending (at $25 each):

Total Amount Enclosed: 

(make checks payable to CT “Nutmeg” State Chapter, MGFA)

___ No, I am unable to attend, but enclosed is a tax-deductible donation.

**Reservations MUST be received by **SEPTEMBER 5th. **NO tickets will be sold at the door. NO EXCEPTIONS, PLEASE!**

Whether you can join us at the Anniversary Celebration or not, please give serious consideration to joining us as a Board Member. The position is open to anyone who has an interest in making a positive difference in the lives of people with MG. People diagnosed with MG are welcome, as are people who do not have MG but want to help. Please contact the Chapter Office by phone or e-mail with any questions, or if you are interested in serving on the Board.

**We Can’t Wait To See You! All Are Welcome!**

**Bring Your Family & Friends!**
Enclosed is my $______________________ TAX DEDUCTIBLE donation payable to The Connecticut "Nutmeg" State Chapter, MGFA.

NAME: ____________________________________________
ADDRESS: _________________________________________
CITY, STATE, ZIP: __________________________________

THANK YOU, YOUR SUPPORT IS APPRECIATED!!!

Please notify us in advance of your move. It is expensive to have the Post Office return newsletters. Use the handy form below to notify us of your new address.

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NAME: _________________________________
ADDRESS: _____________________________
CITY: __________________________________
STATE: ________ ZIP CODE: _____________
PHONE: ________________________________
DATE OF MOVE: _______________________

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