

Myasthenia Gravis Support Group of Central Texas

Linda Ann Joslin	Facilitator	Lee Higgins	MGFA Rep	Susan Larkin	Treasurer
Karen Davis	Web Mgr	Rachel Higgins	MGFA Rep	Keith Pflieger	Secretary

Meeting date: April 11, 2018

Members in Attendance:

David Renfro	Rachel Higgins	Sallie Sassoon	Danny & Jackie McSpaden
Daniel Bealko	Angie Bealko	Sergey Landa	

Member News:

Linda Ann and Larry have been dealing with their own share of medical issues related to Linda Ann's knee and Larry's heart. Please keep them in your thoughts.

Meeting Notes:

Our group was small but mighty, at this past month's support group meeting. We took the opportunity to catch up with each other via round-robin and ask questions about each myasthenic and caregiver's journey.

Topics we also talked about:

- preparing medical forms before an expected hospital stay
- preparing medical forms in case of an unexpected hospital stay
- experiences with NEW medical facilities in the Austin metro
- experiences with doctors/emergency teams in more remote locations
- how some individuals have adjusted diet, and how it is felt this has impacted their MG/health
- the prior month's KI GONG demonstration, and where/how you can take part (details below)

Ki Gong

Carla Ek explained and demonstrated Ki Gong (alternatively spelled chi gung or chi kung) to our group. When Carla contacted me a year ago about talking to our group, she mentioned that her father has MG and she wanted to help him exercise. She got involved with Ki Gong and helped people exercise the body and mind.

Qigong (alternatively spelled chi gung or chi kung) is a form of gentle exercise composed of movements that are repeated a number of times, often stretching the body, increasing fluid movement (blood, sensorial and lymph) and building awareness of how the body moves through space.

When you practice and learn a qigong exercise movement, there are both external movements and internal movements. These internal movements or flows in China are called *neigong* or "internal power". These internal neigong movements make qigong a superior health and wellness practice.

The internal movements also differentiate qigong from almost every other form of exercise in the West that often emphasizes prolonged cardiovascular movements (such as in running and biking) or that focus on muscular strength training (weight lifting).

China's 3,000-Year-Old System of Self-Healing

The effectiveness of qigong has been proven in China by its beneficial impact on the health of millions of people over thousands of years. Developing the life force, or chi, is the focus of Taoism, China's original religion/philosophy. The Taoists are the same people who brought acupuncture, Chinese herbal medicine, bone setting, and the yin/yang concept to the world.

Unfortunately, most of the specifics of these valuable contributions have until just recently been blocked from Western awareness by immense cultural and language barriers. These barriers are beginning to break down to an extent in acupuncture, but with regard to qigong they are still very much in place.

For most people, the first and foremost benefit of qigong lies in the relief or prevention of chronic health problems. The range of maladies that have been helped by qigong in China include cancer, internal organ ailments, poor circulation, nerve pain, back and joint problems and general physical disease.

Qigong Gives Mental Clarity

Many physical problems are at least partially due to, or aggravated by, mental or emotional stress, so the importance of the inner tranquility developed through chi gung cannot be overestimated. The practice of qigong helps manage the stress, anger, depression, morbid thoughts, and general confusion that prey on your mind when your chi is not regulated and balanced. Strengthening and balancing the energy of your mind enhances your ability to detect subtle nuances and to perceive the world and its patterns at ever-increasing levels of complexity.



KI GONG

Cost per class: \$10

Monday's 5-6pm & Thursday's 9-10am

Carla Ek, Level 4 WKGC certified

512-797-6580, Facebook/MMKIGONG

Rattan Creek Community Center (The Great Room)
7617 Elkhorn Mountain Trail, Austin, TX 78729

Develop the Mind, Body and Spirit

- *Exercises focus on circulatory, respiratory, and energy systems.*
- *Geared towards students with limited range of motion.*
- *Uses non-impact movements. It's fun too!*
- *Helps to improve posture, balance, concentration, relaxation.*

Next Month's meeting – May 9th – Speaker: Dr. Adam Horvit

Support Groups in Texas ----- LET'S GO TEXAS!!!!!!!!!!!!!!

Central Texas MG Support Group meets every 2nd Wed. Spicewood Springs Library 8637 Spicewood Springs Rd Austin 78759

Linda Ann & Larry Joslin, Facilitators Started in February 2007 www.mg-centraltexas.org

Alamo MG Support Group meets in San Antonio on the 2nd Health Link Fitness Center, 288 W. Bitters Rd San Antonio 78216

Elroy and Gail Tschirhart, Facilitators Started in February 2007 www.mgsouthtexas.org

Houston MG Support meets in Houston every 2nd Saturday. Trini Mendenhall Community Center, 1414 Wirt Rd. Houston 77055

Meena Outlaw or Sarah Ricks, Facilitators Started January 2017 <https://mghoustontx.org/>

Northwest TX/DFW Support meets in Dallas Every 2nd Sat contact Facilitator to confirm location

Karon & Jerry Faught, Facilitator [Facebook: DFW Myasthenia Gravis Support Group](#)

Southeast Texas MG Support (also servicing Southwest Louisiana) 2nd Thurs in Beaumont - Howell's Furniture Community Rm

Tracey Young, Facilitator Started November [Facebook Page](#)

Corpus Christi Texas MG Support Meets 3rd Saturday confirm location Robert Harvey, Facilitator Started January 2017

https://www.facebook.com/Myasthenia-Gravis-Support-Group-of-Corpus-Christi-Texas-630868910390981/?ref=page_internal&qsefr=1

Deep South Texas MG Support Harlingen Karen Mau Planning

Linda Ann Joslin, Facilitator, MG Support Central Texas www.mg-centraltexas.org