

### Calendar

Myositis Keep in Touch Support Meetings  
Zion Lutheran Church 14205 Ida, Omaha, NE  
Each meeting starts at 1 and ends at 3.

- Jan. 10, 2026 Zoom and in person
- April 11, 2026
- July 11, 2026
- Oct 10, 2026

### Contact Information for Leaders

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### Zoom Option for our Meeting Jan 10, 2026

We have it set up for a hybrid meeting. I will be sending out a link for it in an email. I still encourage you to come in person if you are able.

Watch your email for the link. If you have not done a zoom before and want to practice, contact me and we will try to fit in a practice before the meeting. - Laura

(past eye exams, eye conditions, surgeries, injuries, vision problems, and prescription history) Billing History (keep track of what you are charged and what you have paid).

Other life documents to keep available are government issued identification (usually a drivers license), insurance cards, advanced directives, and if needed medical power of attorney. Also suggested are a personal health history, they suggest a succinct time line of major health events, family health history of grandparents, parents and siblings (keep up to date as time progresses), current provider information - note what condition or disease each provider treats for you.

Many providers now have many of these documents available for you on a portal. This way you do not have to carry the information with you, But you do have to make sure you remember the password to your portal or portals. Some portals or health systems can not be accessed by all doctors, be prepared to be able to open the needed portal to share the information you want to with the other provider.

I have a spread sheet with a list of medications, dosage, provider and reason for the medication. It also has a list of surgeries and other major medical events. I do need to add the different diagnoses and providers. Since I get blood work with my IVig infusions, I get copies of that blood work to share with my other providers summary to prevent having to redo blood work with them. I also brought my results from my EKG at my cardiologist appointment to share with my family doctor for my surgery pre op appointment. Not only did I not have to go through a 2nd EKG, but I saved money.

Keeping track of your medical records can help your providers understand your medical situation better which in turn will hopefully give you better care.

### Managing Your Medical Records and Life Documents

Summary of *IG Living Dec-Jan 2026 p 22-25*

It's important to keep medical records and other life documents organized and up to date. When I read this article I felt overwhelmed, because of all my doctor visits, tests, meds and procedures. Yet I realize that I need to try to organize as much as possible.

First what are medical records? They are documents that track events and transactions between your healthcare provider and you the patient. It includes personal information on diagnoses, procedures, lab tests and other services. You should keep the following: Encounter Notes (created when a patient visits a doctor these notes are taken during the visit), Encounter Summaries (created at the end of your visit, includes summary of what was discussed, plan for moving forward, new prescriptions, lab test, imaging appointments, referrals.) Specialist Reports (same type of info in Encounter Summary), Laboratory and Imaging Results (lab results and imaging reports), Immunization Record, Prescription History (this includes present and past medications with doses and reasons why taking or why stopped) Dental Records (includes clinical exam notes, past treatments, x-rays, cleaning record, cavity reports and list of major procedures) Vision Records