



# NDAD

helping others to help themselves

# Insider

## Places to Go

*NDAD helps a Bismarck woman with lift for van and medications*



**Ione and Robert Balfour**

In 1997, Ione Balfour of Bismarck was diagnosed with Chronic Obstructive Pulmonary Disease (COPD). COPD is a progressive disease that makes it difficult to breathe. Cigarette smoking is the leading cause of COPD. In the beginning, Ione was prescribed medications and needed oxygen only at night. Now Ione is required to be on oxygen 24 hours a day.

According to Ione, her COPD makes it more challenging for her to do the housework, cleaning,

cooking, grocery shopping, etc. Luckily for her, Robert, her husband, is an excellent cook and now does all their cooking! Ione and Robert have been married for 56 wonderful years. They have four children, four grandchildren and five great-grandchildren.

When asked to describe her feelings towards NDAD, Ione stated, "There is not a better

organization out there. NDAD assisted me with some of the costs of my prescription medications when I first found out I had COPD and now NDAD has provided financial assistance with the lift in our van for my power chair. I am very thankful for NDAD's help over the years."

Prior to having a lift in their van, Ione was unable to take her power chair with her. That greatly limited Ione's independence and ability to fully enjoy getting around in the community. Ione said she used to dread going to the grocery store, but now that she is able to take her power chair it has made grocery store shopping much easier.

Ione's words of wisdom to others going through a difficult time are to "look for and accept help from family, friends and friendly organizations."

### **NDAD MISSION STATEMENT**

The mission of NDAD is to enhance the quality of lives of individuals facing health challenges.

# 16th Annual Escape to the Lake

The 16th Annual Escape to the Lake was held June 19th and 20th at Nelson Lake, near Center, North Dakota. NDAD, along with Texas Adaptive Aquatics and Sporting Chance of Bismarck sponsored this adaptive skiing extravaganza giving people with disabilities an opportunity to water ski.

48 participants from around the state of North Dakota came to this year's event and experienced the thrill and excitement of water skiing. Each participant was individually fitted with adaptive ski equipment by the professionals at Texas Adaptive Aquatics; then assisted into the warm water of Nelson Lake. Each skier was accompanied by two volunteer skiers from Aqua Addicts from Aberdeen, South Dakota.

There was barely a dry eye on shore as the first skier went out and shouts of joy and waves of excitement could be heard and seen as the skiers sped by their families and friends on shore.

"That was the most fun I have ever had!" was an often heard comment by the skiers and for many participants it is the highlight of their summer.

Saturday afternoon participants and volunteers were treated to a wonderful ski show by the skiers of Aqua Addicts showcasing their incredible talent and thrilling the audience with daring ski tricks and skits.

This free event was made possible through the generous support and sponsorship of NDAD, Texas Adaptive Aquatics, Sporting Chance, Revolutions Power Sports, Basin Electric Power Cooperative, Capital Electric, SRT, skiers from Aqua Addicts and other volunteers.



## Welcome Support

*NDAD assists Fargo woman with prescription expenses*

Carol Wenger of Fargo got the shock of her life in her doctor's office seven years ago. She was diagnosed with chronic lymphocytic leukemia, also known as CLL.

Chronic lymphocytic leukemia is a type of cancer of the blood and bone marrow — the spongy tissue inside bones where blood cells are made.

About 15,000 people are diagnosed with chronic lymphocytic leukemia each year in the United States, according to the National Cancer Institute.

Carol was working full time but

due to extreme fatigue, one of the main symptoms of CLL, she had to reduce her hours and eventually was unable to work at all. She was prescribed cyclophosphamide which was effectively managing the CLL. However, the medication was more than Carol could afford and she was desperate to find prescription assistance. Carol said she called every agency she and others could think of with no luck. With no options left, desperate and scared, she found NDAD. "Halleluiaah", Carol said. "NDAD was a God-send. I don't know what I would have done without them. I was near death

and had no where to turn."

NDAD has assisted with the cost of Carol's cyclophosphamide. The medication is doing what Carol's doctor hoped, but the symptoms have taken a toll on Carol, leaving her exhausted after the smallest exertion and she needs to take several naps throughout the day.

"I cannot begin to describe how grateful I am to NDAD and their staff. They have been absolutely wonderful to work with. I don't know what I would have done without them. Thank you, NDAD," said Carol.

# Helping Others to Help Themselves

NDAD strives to “help others to help themselves” through several programs in Williston, ND. Funded through the Department of Human Services and/or HUD, these programs assist individuals with disabilities to become more independent, maintain suitable housing and improve their quality of life. The programs include:

## **Crisis Residential:**

Provides short term crisis stabilization for persons with a serious mental illness and or chemical dependency who live independently and are experiencing relapse symptoms that do not require hospitalization or need additional stabilization time following a hospitalization. There are four crisis residential beds available; two rooms with double occupancy.

## **Transitional Residential:**

Provides longer term housing and support services for persons with a serious mental illness and or chemical dependency issues. There are six transitional residential rooms available for single occupancy.

## **Supportive Housing:**

Provides housing and supportive services to people who are homeless with chronic substance abuse disorders. There are supportive housing apartments available for single occupancy.

## **Missouri View Heights:**

Long term housing for persons with serious mental illness who are in need of supportive services. At Missouri View Heights there are eight apartments available for single occupancy.

## **Hearth House:**

A therapeutic community which provides the opportunity for individuals with chronic substance abuse disorders to develop a manageable lifestyle and to explore a recovering lifestyle. Hearth House provides a long-term, clean and sober, residential setting for men and women who are at least 18 years of age. NDAD provides the support staff for this program. Hearth House has separate areas for men and women. There are eight beds available.

## **Independent Living and Medication Monitoring:**

Independent Living Counselors work with individuals with mental illnesses in their home to provide training for living skills such as personal hygiene, problem solving, stress management, socialization, interpersonal relationships, transportation, cooking, cleaning, advocacy and referral. Medication Monitoring brings medications to the client’s home seven days a week. It assists clients

who are court ordered, unwilling to take, or forget to take their medications. These two programs are contracted for staff to Citizen Assistance Programs. On average there are 42 clients who receive Independent Living Services and 24 clients who receive medication monitoring.

DeeAnn Grundstad, NDAD Program Manager, directs the implementation of these programs and states, “The economy in Western North Dakota has had an impact on our programs as well. It is not uncommon for these programs to have waiting lists as well as longer wait times for referral services such as housing assistance and others. Clients tend to stay in our programs longer than usual due to the overwhelming shortage of safe and appropriate housing in our community. While clients are residing in our programs, they are provided assistance with completing housing applications, finding employment and signing up for other needed services.”

NDAD, along with Northwest Human Service Center staff, screen applications and assess needs to determine eligibility for the programs. For more information, contact DeeAnn Grundstad at 1-877-777-NDAD.

**Wheelin' & Dealin'** advertisements, courtesy of NDAD, provide the forum for individuals to buy or sell new or used equipment.

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## **We're Working For You**

NDAD is a nonprofit, charitable organization founded by concerned citizens for the purpose of assisting the mentally and physically disadvantaged within our state, many of whom are not eligible for services from other agencies.

Often, disabling conditions can be very costly. NDAD believes people with disabilities can live more satisfying, productive lives if they have the opportunity. Many times, this requires the purchase of specialized equipment, medical treatment, or other services.

NDAD provides financial assistance through funds generated by the organization and through funds raised by community projects. NDAD also provides information and referral services to assist people in receiving help through other agencies whenever possible.

During its history, NDAD has helped thousands of people with disabilities live fuller, more independent lives. NDAD clients can tell of new found freedom after receiving services they desperately needed. If you would like more information on NDAD's services, please contact one of our offices nearest you.

**[www.ndad.org](http://www.ndad.org)**

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