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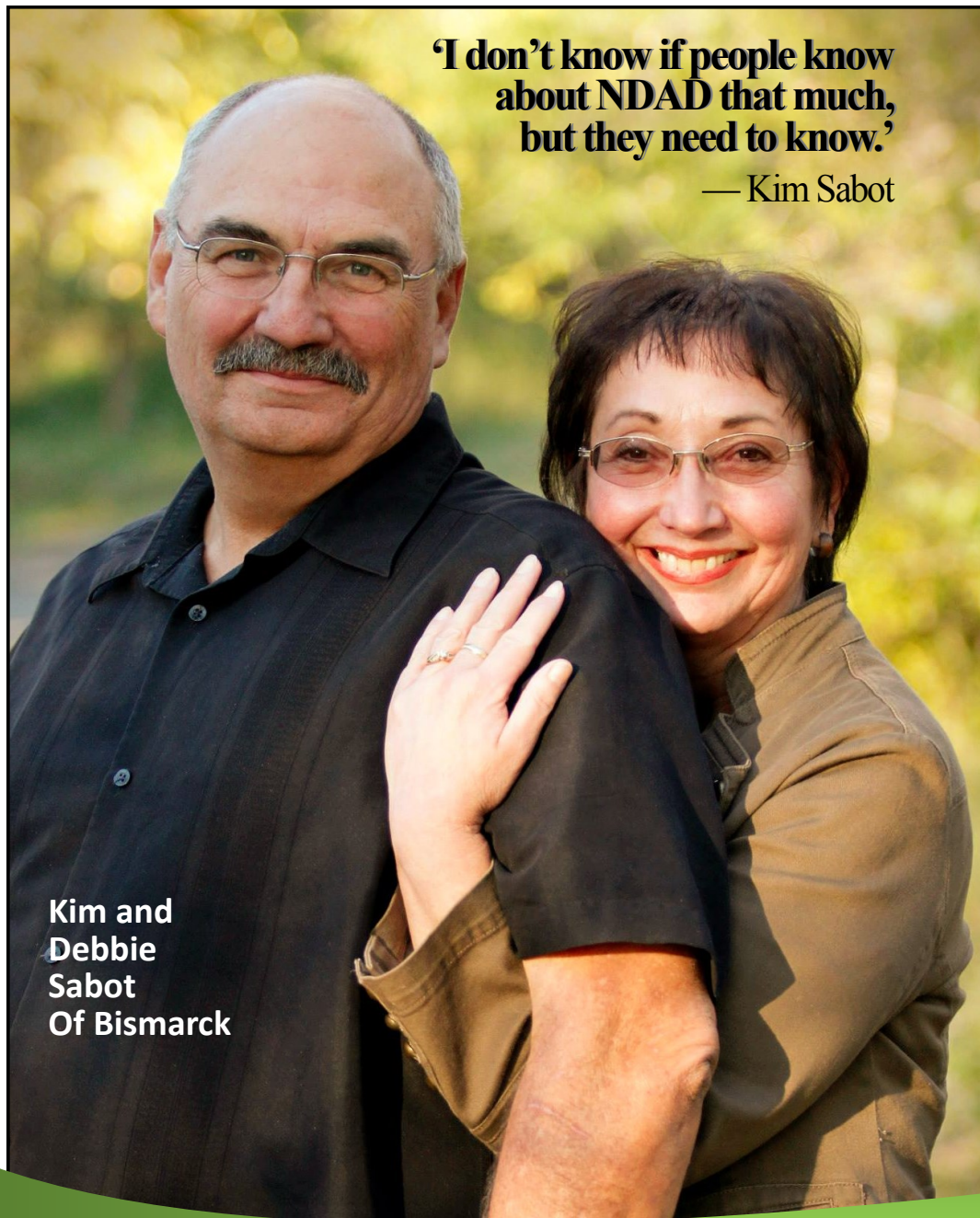
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SPRING EDITION 2016

**'I don't know if people know
about NDAD that much,
but they need to know.'**

— Kim Sabot



**Kim and
Debbie
Sabot
Of Bismarck**

A matter of heart

**Transplant fund helps
Bismarck man handle
life with donor heart**

On May 19, Kim Sabot marked his birthday, an annual milestone he never takes for granted.

"I can't believe I am 60," the Bismarck father of six told Debbie, his wife of 41 years.

"Just be glad you're here," she replied. "We could be saying, 'Today's Dad's birthday. Wish he was here.'"

The Sabots, grandparents to 12 children, already have that wish fulfilled, but it hasn't come easily.

Kim underwent a heart transplant Jan. 18, 2015, at the Mayo Clinic facility in Phoenix, Ariz. That life-saving event followed more than 14 years of heart issues and near-death experiences.

HEART

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NDAD'S MISSION

*Enhance the quality of lives of
individuals facing health challenges.*

Articles by Mike Brue

NDAD bolsters client assistance with new Southeast N.D. rep

NDAD's client services staff has expanded with the addition of a representative based in Fargo.

In recent years, NDAD has served most of its eastern North Dakota client service needs through a representative based in the charitable nonprofit's Grand Forks headquarters.

Now, NDAD has a full-time client services representative based at its office at 21 University Dr. in Fargo, North Dakota's largest city. This NDAD representative also will serve Jamestown, Valley City, Wahpeton and other southeast North Dakota communities, and also border communities such as Moorhead and Breckenridge, Minn., which are eligible for some NDAD services.

NDAD soon plans to offer a full 9 a.m.-to-5 p.m. weekday operating hour schedule in Fargo, as is the case in Grand Forks and Minot.

The Fargo office provides short-term loans of durable medical equipment for years and will continue to do so.

A Fargo-based client services representative will allow NDAD to service North Dakota's most populated area more thoroughly, said Leslie Stastny, NDAD's chief program officer.

NDAD wants its Fargo representative to be familiar with other services that exist in that area, too, in order to best compliment NDAD's programs with those of other federal, state, local and non-profit agencies, Stastny said. NDAD services include information, referral and advocacy and providing NDAD's primary contact to help clients apply for direct financial assistance for things as prescription medication, medical travel, personal attendant care, durable medical equipment, and home and vehicle modification.

Another of NDAD's goals is to make better known to southeast North Dakotans the agency's Community Fundraisers Program. It assists, free of charge, local efforts to raise money and provide custodial care for funds from benefits and other fundraisers held for people with serious health challenges and other disabling circumstances.

NDAD's client services representatives are Lora Machart, based in Grand Forks, (800) 532-NDAD; Jennifer Church, based in Minot, (888) 999-NDAD; and now Kim Zeeb, based in Fargo, (888) 363-NDAD.

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The first sign of problems came in May 1999, when he had chest pains at work near Beulah and learned his blood pressure was 230/180. At a Bismarck hospital, angioplasty couldn't open his blocked arteries, and physicians opted to treat him medically, but the next few years included a heart attack, unsuccessful triple bypass and congestive heart failure before he received a pacemaker defibrillator in 2004. It helped stabilize Kim's heart and, for a time, took him off a waiting list for a heart transplant.

With Kim unable to work at Dakota Gasification, where he'd been an operator and maintenance mechanic, the Sabots moved in 2006 to Bismarck, closer to their adult children and medical facilities.

By 2010, Kim's heart stability lessened. His transplant eligibility was renewed in 2011 at Mayo Clinic in Rochester, Minn. For a year starting in latter 2013, he lived with a picc line to inject a drug directly into his heart to help it contract stronger with better blood flow, but its effectiveness waned.

A new Bismarck cardiologist helped Kim transfer to the transplant waiting list at Mayo in Phoenix, where circumstances improved his transplant opportunities. There, the Sabots waited through a pulmonary edema episode and the late 2014 holidays.

Kim already had more than 1,800 days of wait time on the transplant list. "For me, it became just one more thing I needed to do to take care of my family, to be with them, to be with my grandchildren," he recalled. His wait in Arizona lasted about 10 weeks.

These days, Sabot carefully follows an expensive anti-heart-rejection drug regimen, complicated by side effects from changing doses, thanks to his own "too robust" immune system, he said.

NDAD helped the Sabots with medical travel expenses for check-ups and tests at Minnesota's Mayo Clinic. NDAD administers the N.D. Organ Transplant Fund, established by the Legislature 25 years ago to help individuals alleviate demonstrated financial costs associated with transplant operations normally not covered by insurance.

"That burden being lifted from us was just a blessing -- something we don't have to worry about with all these other things going on," Kim said

COVER PHOTO: Kristin Sabot Photography

About NDAD Insider

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Faye Gibbens Memorial Grant

NDAD program gives at-risk populations help in late co-founder's name

In life, one of Faye Gibbens' passions was to provide assistance to people in need, particularly those who were not eligible for services elsewhere.

NDAD – the North Dakota Association for the Disabled – grew out of Gibbens' passion and that of her husband, Ron, the parents of a son born with cerebral palsy.

Forty-one years after its formal creation, the organization continues to follow its co-founders' lead. One of the ways NDAD is doing so is through the Faye Gibbens Memorial Grant.

It's a new program, created in 2015, as a tribute to Faye's long service of creating, expanding and overseeing NDAD's client programs.

Born Faye Lavonne Lynse and raised near Harlow, N.D., Gibbens retired in 2013 and died in February 2014 at age 70.

NDAD recently awarded its second \$5,000 Faye Gibbens Memorial Grant, which is to be used for a health, welfare, social service or educational purpose for at-risk populations.

An Altru Family YMCA community playground renovation



Gibbens

project in Grand Forks that plans to offer greater accessibility for children with mobility challenges received this grant. The project includes new play stations and a safer, accessible playground surface.

The Altru Family YMCA continues working to raise money for the playground, set to replace its existing daycare and children's play area on the south side of its downtown Grand Forks facility later this year. The renovated playground also would be opened to neighborhood children and families during designated time periods. At this writing, the YMCA had raised roughly two-thirds of the project cost of about \$155,000.

The first \$5,000 Gibbens grant was awarded in the fall of 2015 to a collaborative entrepreneurial refreshment service at Mayville State University, involving students there and the Griggs-Steele-Trail (GST) Special Education Cooperative.

The Coffee Time mobile cart service debuted this

spring and will help provide transitional life skills to older teens and young adults with disabilities.

The next Faye Gibbens Memorial Grant application process is set to begin in September. Learn more about the grant and how your organization may apply by calling (800) 532-NDAD.



The architect's illustration of the Grand Forks Altru YMCA's playground renovation project includes an image (far left) of a young child in a wheelchair who's trying out a new play station.

Special assistance, event scholarships illustrate other ways NDAD provides help

With some additional available funds, NDAD awarded two \$2,500 awards in late 2015.

One went to Grafton Education Foundation, which will identify students with disabilities to participate as campers or performance audience members in a full-spectrum theater experience provided this summer by Second Stage Summer Camp.

The other award went to Fraser, Ltd. for its Stepping Stones Resource Center of Fargo to help pro-

vide shelter supplies, such as mats, food, cots and pillows, for transition-age homeless older teens, young adults and their children.

NDAD also provides camperships/scholarships for individuals, but only if related to a disability. Camp Grassick, Camp Sioux and NDAD's own Escape to the Lake are just three examples, as are special needs swimming instruction.

Call (800) 532-NDAD for more information.



North Dakota Association for the Disabled, Inc.
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RETURN SERVICE REQUESTED

NDAD is a nonprofit, charitable organization founded by concerned citizens to assist mentally and physically disadvantaged people in North Dakota, many of whom are not eligible for services from other agencies.

Disabling conditions often are very costly. NDAD was founded on the belief that people with disabilities, when given the opportunity, can live more satisfying, productive lives — and NDAD has helped thousands do just that since its creation in 1975. This often requires the purchase of specialized equipment, medical treatment, or other services.

NDAD provides financial assistance through funds generated by both the organization and community projects. NDAD also provides information and referral services to help people receive assistance through other agencies, when possible.

It's amazing what people can do when there's help.

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