



helping others to help themselves

Winter 2021

Insider

NDAD'S MISSION:

Enhance the quality of lives
of individuals facing health challenges.

The heart of our mission

*NDAD provides people with
health challenges opportunities
to better their own lives*

Each year, Giving Hearts Day helps NDAD help others to help themselves.

Each gift makes the giver a valued partner in our splendid mission.

For 45 years, our charitable nonprofit has provided opportunity for improved health, more mobility and greater independence to many thousands of adults and children with disabilities and health issues throughout North Dakota and its adjacent border towns.

Imagine being unable to afford a medication you dearly need, the gas money to reach your crucial out-of-town doctor's appointment, or the home or vehicle adjustment required to do the most basic of tasks or activities. For NDAD clients, the help we've provided in such situations is very real, as is their gratitude.

That appreciation became particularly clear during 2020, when NDAD came through with vital assistance time and again despite pandemic obstacles.

The heart of NDAD's mission will beat strongest with generous help from your Giving Heart this Feb. 11. Thank you.



Patrick and Chanae Stegeman

Jamestown child, mom rely on “huge lifesaver” NDAD

Chanae Stegeman isn't sorry to see

tumultuous 2020 go, but the Jamestown resident is pleased that one of the better things introduced to her family during the year remains: NDAD.

“They’ve been a really good organization,” Chanae said, “and they’ve been a huge lifesaver for my family, that’s for sure.”

Life is a particularly precious word in the young Stegeman household.

Both Chanae, 28, and son Patrick, 3, have multiple significant health issues. The family struggles financially with neither she nor caregiving husband Shane working outside the home. Since mom and son qualified for NDAD assistance, the charitable nonprofit has provided gas cards for two of Patrick’s medical appointments in Fargo, and for multiple appointments in Fargo and the Twin Cities for Chanae. She also has received help for medical travel within Jamestown, too.

NDAD’s “very easy” application process, plus “wonderful” assistance from Kim Zeeb, Fargo office client services representative, further helped Chanae focus on family matters, she said.

“I have a beautiful 3 year old who makes me strive every day,” Chanae said.

Patrick is “a voracious eater” who inhales food much more easily than air, she said. Her son depends on a tracheostomy tube to breathe, but his parents hope it will be removed in early



Chanae (left) with Patrick and husband Shane.

2021. Meanwhile, Patrick is affectionately called “Baby Vader,” a nod to the “Star Wars” character.

Born prematurely (26 weeks) at 1.59 lbs., Patrick spent 219 days in a neonatal intensive care unit. “With him, it was touch and go a lot,” Chanae said. He has faced developmental delays and failure to thrive - challenges made more complex by the presence of

hypothyroidism, which can hinder growth and intellectual development, and the connective tissue disorders known as Ehlers-Danlos syndromes.

“I take it day by day,” Chanae said of Patrick’s health - and also her own. The Gwinner native

“ (NDAD) has been a big wonderful help They do all that they can and I’m very grateful for their help.”

Chanae Stegeman

is a type 1 diabetic since childhood, has battled health issues since her pregnancy. She now has end-stage renal disease,

osteoporosis - a dozen compression fractures so far - and requires dialysis three times weekly. She fights through lots of back pain. Kidney and pancreas transplant lists are in her future if she qualifies.

Meanwhile, Chanae says she will keep on striving - buoyed by family and the help she’s received from medical professionals and others, including NDAD. ■

NDAD to host February online presentations on inclusive federal health research

NDAD will host two online presentations in late February on the national All of Us Research Program and how you can take part. They’re set for 7 p.m. Feb. 24 and noon Feb. 25, both Central Time. Learn more at [NDAD.org](https://www.ndad.org) and on NDAD’s [Facebook](https://www.facebook.com/ndad) and [Twitter](https://twitter.com/ndad) pages.

All of Us
RESEARCH PROGRAM

The
Future of
Health Begins
With You

Count them 4 NDAD. They hope 2 count you, too.



Braydon Kauzlarich

age 10, Elgin
autism

“(NDAD) has been great. It’s really helped tremendously for our family, and every little bit helps.”

Amanda Jaklich
Braydon’s mom

Autism Spectrum Assistance Program (ASAP)

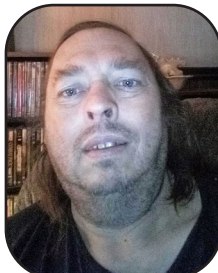
NDAD pays for scheduled medical travel to and from pediatric therapy sessions in Bismarck.

More about Braydon in the Fall 2020 issue of NDAD Insider (ndad.org/about/NDADInsider/)

Tim Heckelsmiller

age 62, Bismarck
end-stage renal disease, strokes

“I’d tell people (NDAD) is a good outfit. I really enjoy the help they give me. They work out good for what I needed.”



Prescription medications & in-town accessible transportation fees

NDAD provides co-pays for 12 medications and pays for transit rides.

More about Tim in [NDAD.org’s Success Stories](http://NDAD.org/success-stories).

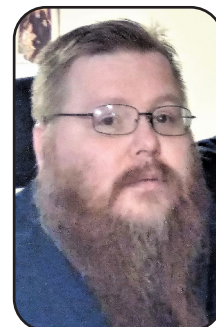
Here’s how you can help

- Visit GivingHeartsDay.org and donate to NDAD anytime on Thursday, Feb. 11, 2021.
- OR... Visit GivingHeartsDay.org anytime from Jan. 4 through Feb. 9 and schedule your donation. Be sure the “Schedule this Gift” box is checked in your cart review. Your gift will be processed on Giving Hearts Day.
- OR... mail your donation to NDAD. Make your check payable to NDAD, date the check Feb. 11, 2021, and write “Giving Hearts Day” on the memo line.

Dan Butts

age 44, Grand Forks
spinal cord injury

“If people were going to donate to an organization, I would recommend NDAD all day long.”



Medical equipment & Healthcare Equipment Loan Program (HELP)

NDAD paid for a wheelchair modification to improve accessibility and independence, and provided short-term loan of wheelchair ramp.

More about Dan in the NDAD Insider Spring 2021 issue.

100% of your Giving Hearts Day donation to NDAD provides client assistance for:

Vital prescription medications | Medical travel expenses | Durable medical equipment
Home & vehicle accessibility | Personal attendant care | Adaptive recreation activities

Thank you for your *Giving Heart!*



NDAD

helping others to help themselves

North Dakota Association for the Disabled, Inc.
2660 S. Columbia Road
Grand Forks, ND 58201

RETURN SERVICE REQUESTED



Help NDAD keep costs low and go paperless by subscribing to our electronic version.

It's easy to do. Provide your email address at NDAD.org.

Or, contact mbrue@ndad.org, or call (800) 532-NDAD
if you cannot access our electronic version.

Thank you for your interest in NDAD.

Visit us online at NDAD.org



facebook.com/ndad.nd



twitter.com/ndad4you

NDAD OFFICES

GRAND FORKS

Main Office
(701) 775-5577
(800) 532-NDAD
2660 S. Columbia Road
Grand Forks, ND 58201

MINOT

(701) 838-8414
(888) 999-NDAD
1808 20th Ave. S.E.
Minot, ND 58701

FARGO

(701) 281-8215
(888) 363-NDAD
21 N. University Drive
Fargo, ND 58102

WILLISTON

(701) 774-0741
(877) 777-NDAD
P.O. Box 1503
309 Washington Ave.
Williston, ND 58801

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.

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.

NDAD INSIDER - WINTER 2021 - JAN. 1 - Published four times annually
Mike Brue, communications director & editor, (701) 795-6605