



helping others to help themselves

Spring 2024

Insider

NDAD'S MISSION:

Enhance the quality of lives
of individuals facing health challenges.

NDAD's charitable contributions during 2023 helped maintain and enhance several thousand lives. Meet . . .

Three of the 3,180

*J*eff Guy of Grand Forks is one. Young Isabella Perez of Watford City is, too. Minot's Diane Mead makes three.

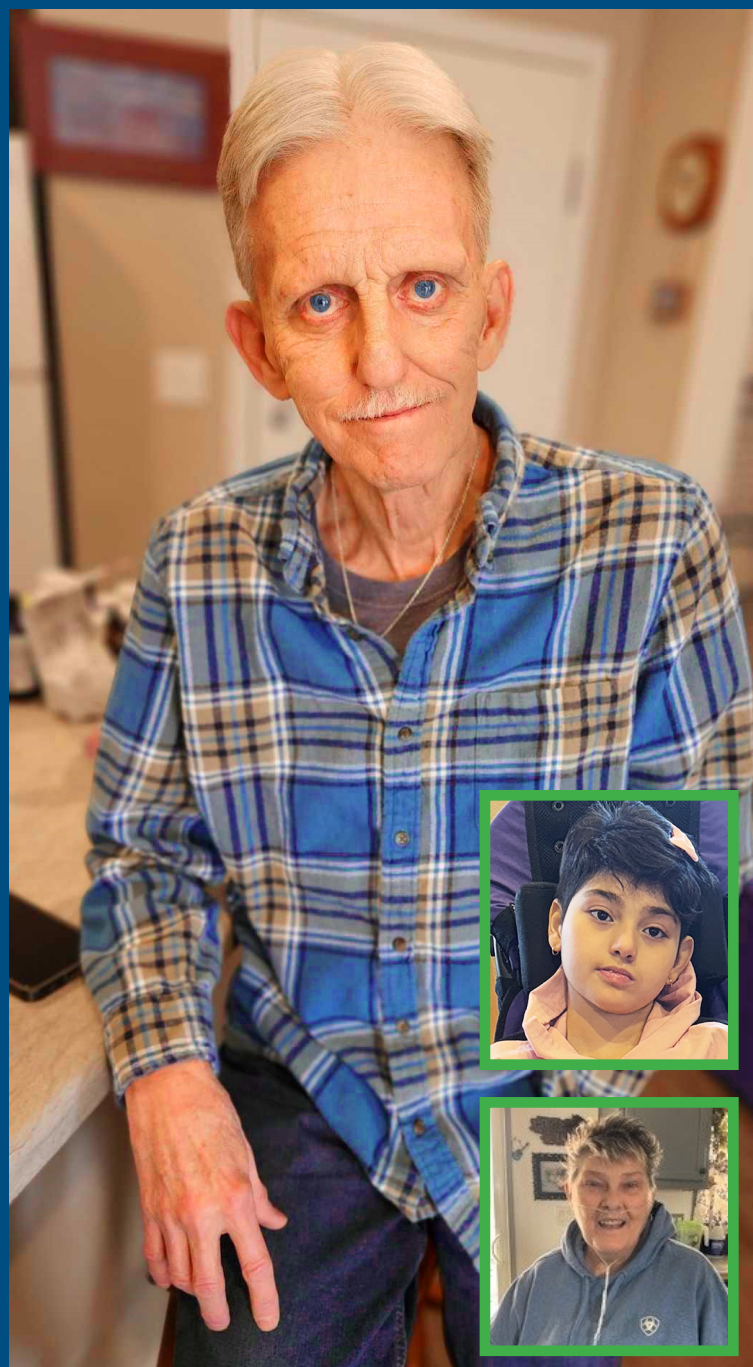
Count them among approximately 3,180 children and adults with health challenges and disabilities who received charitable help in 2023 from NDAD. We made a positive impact on quite a few lives.

For example, NDAD's popular home Healthcare Equipment Loan Program (HELP) benefited close to 2,650 people alone by providing free equipment use for up to 90 days.

Many individuals received one or more of the thousands of prescription medications that NDAD purchased, accessible rides that we provided and out-of-town trips to medical facilities that we supplied. Our nonprofit purchased clients several hundred pieces of medical equipment and medical supplies, provided close to 250 accessible van loans and paid for thousands of personal attendant / respite care hours.

For many of our clients, NDAD became their resource of last resort after they could not obtain the type of assistance they needed through government or other nonprofit sources. We are grateful to be able to help so many - and we look forward to assisting numerous people facing challenges during 2024.

Read inside how we helped Jeff, Isabella and Diane, and view some 2023 client services totals highlights.



INSIDE: 2023 NDAD by the numbers | Nonprofit spotlight on Community Action
Call for applications: Gibbens Memorial Grant | Escape to the Lake

Jeff Guy

NDAD helps Grand Forks man retain independence, meet tight budget

The idea I'd like to share most," Jeff Guy said recently, "is don't get discouraged."

The Grand Forks man is facing cancer uncertainties, trying to regain strength after recent kidney removal surgery, and dealing with radiation treatment-related side effects that include severe incontinence. Throughout, he maneuvers within a small budget that medical expenditures threaten to bust monthly.

"I pray a lot," he noted. "I don't pray to win the lottery."

Jeff regained hope with NDAD's help on several occasions. When his insurance wouldn't cover two needed medications costing more than \$70 a month, NDAD provided assistance. Medical healthcare supplies provided by NDAD help Jeff deal with

"Before (NDAD) helped me, I could not make my check last 'til the end of the month and always had to try and find financial help elsewhere. As for NDAD's staff., you are all awesome, compassionate and respectful."



ongoing bowel issues. After kidney surgery, short-term home healthcare

equipment loans from NDAD helped Guy safely use his bathroom. He calls NDAD's help "a great blessing."

"If you have difficulties coping with whatever physical or emotional needs you may be struggling with, don't quit," Jeff said. "Don't give up asking for what you need, to feel safe in your home, or medication assistance, or anything you need but can't find for one reason or another."

He learned that NDAD could help him only after he asked. "Go ask!" he exclaimed.

Isabella Perez

NDAD gas assistance helps Watford City girl make several 1,200-mile medical round trips

Isabella Perez marks her 10th birthday on April 10, but very few girls her age face challenges like hers.

Dayana and Jose Perez's daughter relies on frequent care from Gillette Children's Hospital in St. Paul, Minn., for Rett syndrome. It's a rare neurological disorder that's genetic and leads to multiple severe impairments. Just since last summer, NDAD has provided the Perez family with gas cards for four trips to and from the Twin Cities. Isabella underwent spinal surgery the first trip.

Her parents "are just extremely thankful for all that we do," said Jeremy Huschka, NDAD's client services representative in Williston.



Diane Mead

Equipment purchase by NDAD bolsters Minot woman's quality of life

Diane Mead's need for oxygen severely limited her ability to leave her Minot residence.

A portable oxygen concentrator was beyond her limited budget.

Diane applied for assistance through NDAD's Minot office and met our guidelines. She was approved for a portable oxygen concentrator - a decision that she said was freeing: "Can't go anywhere otherwise. Quality of life has greatly improved."

No longer restricted to her home, Diane has one recommendation for people looking for help: "If they need help and assistance, call NDAD."

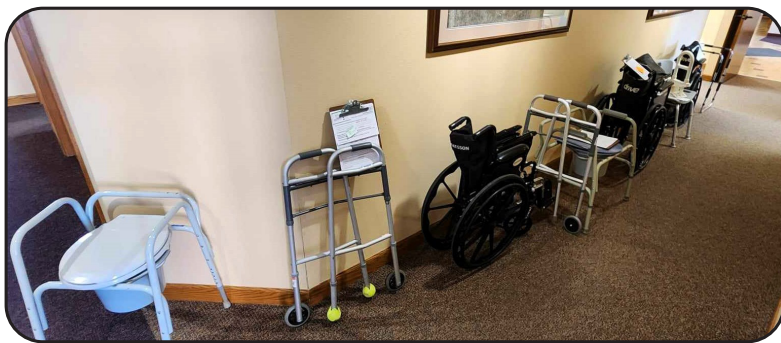


Continued NDAD growth evident in record client assistance totals

NDAD's charitable service to people with health concerns and disabilities took multiple record-sized leaps forward in 2023.

Our organization spent about \$445,000 for direct financial assistance to help many of our clients. More 2023 highlights:

- NDAD provided a record 7,123 **prescription medications**.
- NDAD provided 6,410 **accessible rides** for employment, shopping and community events.
- NDAD loaned a record 5,275 pieces of **home medical equipment** through its free Healthcare Equipment Loan Program (HELP), saving 2,651 borrowers a total of \$602,984.
- NDAD provided 3,167 **trips to medical facility appointments**.
- NDAD purchased 545 **medical supplies** and 293 **pieces of medical equipment** for clients.
- NDAD made **240 free loans of wheelchair-accessible vans** from our Grand Forks and Minot offices to 135 individuals:
- NDAD provided 23 **grants and donations to nonprofit organizations and projects**. A total of \$74,754 was provided.
- NDAD provided 8,509 hours of **personal attendant care or respite care**.



Home healthcare equipment at our Grand Forks office in NDAD's free HELP program awaits pickup by borrowers.



'Poverty Fighting Network' mission helps struggling North Dakotans reach, maintain self-sufficiency

Budgeting and Money Management. Weatherization. Child Care. Emergency Assistance. Housing. Volunteer Income Tax Assistance. Commodities. Energy Assistance. Food Pantry. Head Start. These programs and other resources are provided through North Dakota's Community Action Partnership.

Billed as N.D.'s "Poverty Fighting Network," Community Action serves a variety of nonprofit programs and services to all 53 state counties from seven agency locations. It works by combining local, state, federal and private resources to help low- and moderate-income people - individuals, families, senior citizens and others - to secure opportunities they need to obtain and maintain self-sufficiency.

Community Action frequently is the go-to agency for people in crisis situations.

The private, nonprofit partnership in N.D. was established in 1976, but nationally Community Action agencies originally came about as a result of the Economic Opportunity Act of 1964 to fight American poverty.

Eligibility includes a wage standard of \$15 an hour or less. Proof of income is required. Details are available at <https://capnd.org>.

The North Dakota CAP is housed within the Fargo region office, 3233 S. University Dr. Fargo, ND 58104; (701) 232-2452; (800) 726-7960; info@capnd.org.

Other regional offices are in Williston, Minot, Devils Lake, Grand Forks, Jamestown, Bismarck and Dickinson.

Registration soon for adaptive Escape to the Lake on June 15

Registration will begin in April for the NDAD-founded Escape to the Lake, set for Sat., June 15, at Nelson Lake Recreation Area near Center, N.D.

Adaptive water-skiing for adults and children with physical disabilities is the highlight of this water recreation extravaganza northwest of the Bismarck-Mandan metropolitan area.

Escape is free for participants, their families and their caregivers.

A performance ski program by the Aberdeen (S.D.) Aqua Addicts



ski team, pontoon rides by Sporting Chance North Dakota and a picnic lunch provided by NDAD round out the Saturday event fun.

NDAD created Escape to the Lake in the mid-1990s.

Sporting Chance and the Aqua Addicts have been event partners for most of the years since.

People interested in participating should email lstastny@ndad.org or call (800) 532-6323.

April 26 application deadline set for first round of 2024 Gibbens grant award

NDAD is calling for applications for the first round of its 2024 Gibbens Memorial Grant. At least one \$5,000 grant will be awarded to an agency/organization to be used for a health, welfare, social service or educational purpose for at-risk populations. Application

forms and more information are at NDAD.org. Applications must be completed and sent to lstastny@ndad.org. Deadline: 5 p.m. Central Time on Fri., April 26.

Be sure to subscribe to our digital newsletter at NDAD.org



and follow NDAD on social media



Our charitable programs help with:

Prescription Medications | Local Accessible Transit | Out-of-town Medical Travel
Medical Equipment and Supplies | Adaptive Recreation
Home and Vehicle Accessibility | Personal Attendant Care ... [and more!](#)

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NDAD was founded by concerned citizens for the purpose of assisting people in North Dakota with disabilities and health issues, many of whom were ineligible for services from other agencies. NDAD's reach also includes border communities in surrounding states.

If you would like to [donate](#) to NDAD's mission, please visit our [website](#) or [contact an NDAD office](#) near you.

*It's **AMAZING** what people can do when there's **help**.*

**It's for
You.**

NDAD INSIDER - Spring 2024 - April 1

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