



NDAD

helping others to help themselves

Insider

Winter 2020

NDAD'S MISSION:
Enhance the quality of lives
of individuals facing health challenges.

Heart to heart

NDAD'S logo is a heart, formed by the image of two unique people coming together and caring for each other, hands joined as both equals and partners.

Makes sense.

There's plenty of heart in NDAD's charitable mission to give people with serious health and physical challenges - most of them with essential unmet needs - a chance to live more healthy, mobile and independent lives.

Just ask Mike Dorsher (cover) or our other ambassadors for the 2020 Giving Hearts Day, set for Feb. 13.

This annual fundraiser for North Dakota and northwest Minnesota nonprofits is your opportunity to help take part in NDAD's much-valued mission that began in the 1970s.

Let's come together. Let's be partners.

Please join us for a giving heart-to-heart.



#countme4NDAD
Feb. 13 GivingHeartsDay.org

Mike Dorsher

Forks man 'never had a day when I regretted coming to visit' NDAD

When Mike Dorsher of Grand Forks came to pick up a new scooter from NDAD recently through the charity's general assistance program, he was both effusively grateful and relieved.

His old scooter was "pretty much on its last legs," he said. "I was really happy when they approved this one. This one is safer than the one I had" after all the wear and tear of regular use, said Dorsher, a lifelong bachelor who turns 74 on Jan. 3.

That old scooter and several before it all were obtained since the late 1990s with help from NDAD's general assistance program. Thanks to that assistance, Mike remained mobile and independent all those years, he said.

"[NDAD] never made me feel like I was somebody with a handout. They always made me feel like I was one of them."

Mike Dorsher
Grand Forks

"I'm just so grateful knowing that there is another place I can go to [for help]," Dorsher said, "because sometimes a person can get caught between the cracks, so they say."

Especially after problems with neuropathy led him to give up driving a motor vehicle, the former local sports coach, parochial school athletic director and Grand Forks city employee put on an average of five miles daily on his scooter, he said, when weather permitted.



Dorsher has been challenged by a variety of health issues in adulthood, beginning with a right-knee injury and concussion while a college freshman football player and much later including surgeries for heart and back issues.

After his failing health forced him to leave his 19-year job as city streets and sanitation office manager, Mike found a new, part-time role

much to his liking. During much of his 50s and 60s, Dorsher helped the Sisters of St. Francis with office tasks, communications, financial reports and driving retirees at St. Anne's Guest Home with health issues back and forth to appointments, or maybe just to get a meal.

"It was healing," he recalled, "and I was grateful that I was able to do that for people."

Even as his health repeatedly challenged him, Mike said he could count on NDAD to do its best to help him remain independent.

"I've never had a day there when I regretted coming to visit. Everyone is so kind." He used the words "personable," "attentive" and "smiling" several times to describe his experiences with NDAD. "Even the Christmas card every year - a nice touch, especially when you're on the receiving end of help like I've been," he said. ■

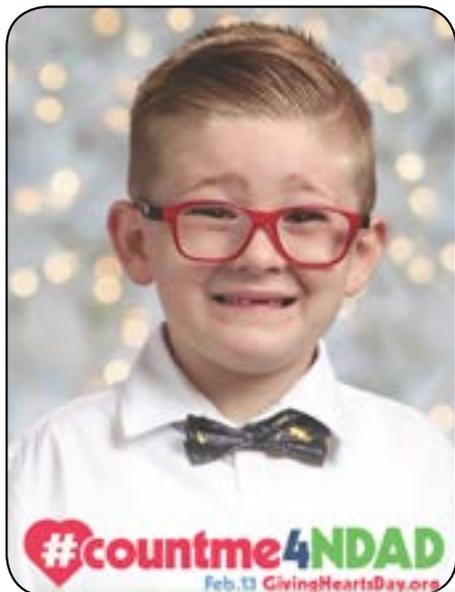
Learn more about NDAD's general assistance program at NDAD.org.

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Thanks to NDAD...



Hudson Hopkins
of Minot gets help for medical travel and prescription coverage.

chronic respiratory issues

“

I have absolutely recommended that people look into NDAD like we did.... Their turnaround time is just phenomenal.”

Samantha Hopkins
Hudson's mom



Haley Brossart
of Fargo gets help to participate in adaptive recreational activities and for medical travel.

cerebral palsy

“

Our family is so grateful for the services that NDAD offers and all the help they have given us.... Thank you so much for helping us out so that Haley can do the things she loves.”

Peggy Brossart
Haley's mom



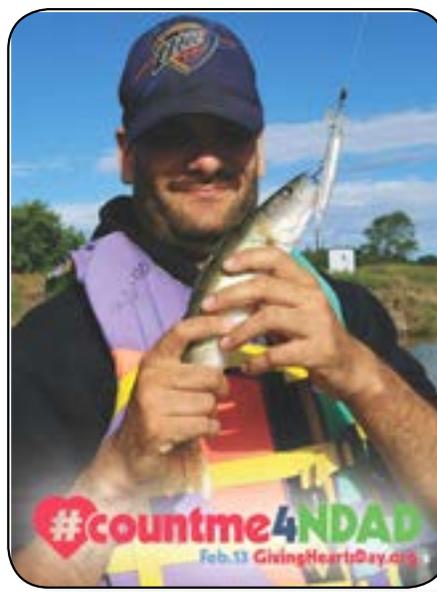
Camille Derricott
of Williston gets help with medical travel.

kidney transplant recipient

“

I definitely want it known how grateful I am. The last couple of medical [travel] appointments would not have happened without NDAD.”

Camille Derricott



Casey Johnson
of Bismarck receives accessible transportation for activities.

physical & intellectual disabilities

“

I think [NDAD] has been great.... I definitely would recommend it.”

Sandy Johnson
Casey's mom

WAYS TO PARTICIPATE IN GIVING HEARTS DAY 2020

YOUR GENEROUS DONATION TO NDAD PAYS FOR:

VITAL PRESCRIPTION MEDICATIONS
MEDICAL TRAVEL EXPENSES
HOME & VEHICLE ACCESSIBILITY
DURABLE MEDICAL EQUIPMENT
PERSONAL ATTENDANT CARE
ADAPTIVE RECREATIONAL ACTIVITIES

Visit givingheartsday.org
and donate to NDAD on



OR... visit givingheartsday.org
anytime from Jan. 6 to Feb. 11 and
schedule a gift to be processed on



Be sure the "Schedule this Gift" box is checked in your cart review

OR... mail or deliver your donation to
NDAD. Make your check payable to NDAD,
date the check Feb. 13, 2020, and write
"Giving Hearts Day" on the memo line.

100% of Giving Hearts Day donations to NDAD provide client assistance.



Thank you!

New NDAD program helps with autism service gaps

NDAD is pleased to announce the launch of the Autism Spectrum Assistance Program (ASAP).

Through conversations with professionals, NDAD learned about the service gaps that families face. NDAD developed ASAP to help individuals of all ages, children through adults, with autism spectrum disorder when no other payment option is available for them through local, state or federal programs.

ASAP may assist with medical travel expenses and respite services. Qualifying individuals receive gas cards for out-of-town medical travel for appointments, including occupational, physical, speech/language and behavioral therapies, and psychiatric appointments.

NDAD also may assist with up to eight hours per week of respite care expenses.

North Dakota residents and individuals living in direct bordering state communities are encouraged



to apply. You must complete and application and qualify based on NDAD guidelines.

For more informaton and an applicaton, visit NDAD.org or call [your nearest NDAD office](#).

Efforts to improve respite help in N.D. continue

About 68,000 North Dakotans are family caregivers, providing about 57 million hours of care each year for free, with an economic value of \$980 million, according to an AARP report released in November.

The organization's state director called those caregivers "the backbone of the long-term care continuum" in a fall news release.

A need for family caregiving respite - a temporary period of rest or relief - that occurs in a variety of planned, unplanned and emergency situations drives efforts in the state to improve access across the lifespan.

The Lifespan Respite Care Grant program works to build coordinated systems of accessible, community based respite care services for family caregivers of all ages of people with disabilities.

An individual receiving emergency respite care services must meet the following criteria:

- Meet the definition of caregiver.
- Have a need for respite care and either does not have access to other public funding

sources or is on a waiting list for available services.

- Lives with the care recipient, or if the primary caregiver does not live with the care recipient, the caregiver must be providing frequent on-site visits throughout the day, which are essential to assure the client's health and safety.

Learn more Lifespan Respite by calling (855) 462-5465 or emailing carechoice@nd.gov; or by visiting these links:

- N.D. Aging and Disability Resource Link: <https://carechoice.nd.assistguide.net/>.
- Lifespan Respite Care Grant Service: <https://www.nd.gov/dhs/services/adultsaging/respite.html>
- Lifespan Respite Care standards, effective since Oct. 1, 2019: <https://bit.ly/2PwMCmX>.
- N.D. State Information on Respite Providers or Programs: <https://bit.ly/3442fy8>.
- A Consumer Guide for Family Caregivers: <https://bit.ly/2PsWKNq>.

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



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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**.*