



Who deserves the credit?

When planning for the 2010 NALC-Muscular Dystrophy Association bowlathon, I set what I considered to be an aggressive goal of \$500,000 for our efforts during this one-day event. I wanted to increase our giving over the prior year substantively and give branches a chance to really improve their totals from last year.

Little did I know how our members would respond to the challenge. Our total thus far is more than \$485,000 and some branches have yet to report. I want to thank you all for what you have accomplished in only the second year we have held this event. While we printed the list of branches participating in the last *Postal Record*, we have added branches that reported late in this issue (*see page 13*).

This total is 42 percent higher than last year's amount of \$340,000 and congratulations go to every branch that

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took part in the 2010 bowlathon. You should be proud of all you accomplished.

So who deserves the credit? Branches that have donated time and effort toward this worthy goal are the ones that deserve special mention for what they've done.

In the beginning of our efforts for MDA in 1952, NALC was the top-performing national sponsor for MDA. In fact, we held that distinction for many years. My goal is for NALC to one day again be among the top contributors MDA relies on until a cure is found. I know we can do it.

In a recently published study, data shows that more than 29 percent of residents of the United States, 65 million people, provides ongoing care for a family member or friend. What exactly is a caregiver? It's someone who is

responsible for the daily needs of another individual.

They are the people who labor in the background, putting their lives on hold because they care so much for their loved ones. Most are parents or spouses and most times they never get a break from the tasks that make up their day. There's no denying that caring for a loved one is both an honor and an art. Most don't even think of themselves as “caregivers.” But odds are that every person reading this article knows several people who fall into this category.

Rosalynn Carter, wife of former President Jimmy Carter, said it this way: “There are four kinds of people: those who are caregivers, those who have been caregivers, those who will be caregivers, and those who will need a caregiver.”

When we raise money for MDA, it goes for research and support for those afflicted with the diseases covered by our national charity. But what about the caregivers? How can we help them?

If you know someone who is caring for someone else, reach out. Let them know you are thinking about them. Recognize that they have given up at least some of their dreams to make this sacrifice. Visit them and listen. Many times it is just what the doctor ordered.

Put them in touch with a local MDA coordinator who can connect them with MDA-sponsored support groups. They are not alone.

Totals for 2010 coming soon—It is our intention to get a final listing of all branch contributions for 2010 in the May issue of *The Postal Record*. If you haven't gotten your total to MDA or NALC, please make that happen immediately so we can get your amount published. Don't let your branch be left out.

With all that is happening in the economy nationally, we are doing a fantastic job and I can only ask that we keep up the good work. Every year for the past five years, we have boosted our contributions to MDA. It is all due to your work on MDA's behalf. I give all the credit to you all! ☒