

MDA Summer Camp is coming—let the games begin



Asst. to the President for the Contract Administration Unit Geneva Kubal



diseases “the best week of the year.” At MDA Summer Camp, kids are living beyond limits in a place where anything is possible. It’s a week where they’re free to enjoy adventures like horseback riding, swimming and fishing, while developing lifelong friendships and building self-confidence and independence.

MDA’s weeklong summer camps—offered at no charge to families, thanks largely to our NALC branches that fund the camps—give kids with limited muscle strength and mobility a life-changing experience in an environment without barriers. Maybe there is a volunteer opportunity waiting at a camp near you.

Opportunities at camp include preparing or serving meals; assisting with daily activities, including those in water; developing and assisting campers with crafts; and attending the VIP day. The NALC is a VIP sponsor by virtue of NALC’s fundraising efforts and Diamond partnership status with MDA. You can also volunteer on the medical staff or as a counselor for the entire week, if you meet the requirements set by MDA. Children over age 16 can volunteer with you to make it a family event.

Volunteer counselors work one-on-one with campers, providing the around-the-clock care, close supervision and attention that children with muscular dystrophy and related muscle-debilitating diseases need. Counselors push wheelchairs, meet the daily needs of each child and become a youngster’s friend for a week. What a great way to support NALC’s national charity if fundraising events are not for you. Some branches frame their entire fundraising efforts to focus on sending a child to camp. Having an NALC member there would be a great way to put the face of a letter carrier to the funds that were raised for this purpose.

MDA Summer Camp offers a fun and safe outdoor experience, along with opportunities to engage in a variety of activities such as adaptive sports, arts and crafts, camp dances and much more. In addition to all of the fun and

“**T**he branch is having a bowlingathon to benefit MDA and I have been invited to attend. I’d really like to help out, but I stink at bowling. I hate to ask for pledges. I feel awful, but bowling and fundraising are not for me.” If this is you, I would like to offer another way to help the NALC with its commitment to our national charity. Volunteering at an MDA summer camp might be just the activity you feel comfortable with and are able to participate in.

MDA Summer Camp provides thousands of kids with muscular dystrophy and related muscle-debilitating

friendship it offers, MDA Summer Camp enables campers to stretch their comfort zones, grow in independence as they spend a week away from home and permit someone other than their parents to provide personal care. Sure, there’s an abundance of fun and games at camp, but if you talk to MDA campers, they’ll tell you the real benefits come in a much subtler form—the lifelong friendships, the increased self-esteem and confidence, and the chance to spend at least one week of the year in a place where physical disabilities are the norm rather than the exception.

For parents and guardians, MDA camp provides a brief break from their roles as caregivers for a child with neuromuscular disease. It’s a place where parents know they can send children for a week of summer fun and, at the same time, be assured that their child’s medical and physical needs will be met by a team of dedicated health professionals and trained camp volunteers. MDA staff and volunteers assume all camper care, including physical and emotional support, allowing parents much-needed time to attend to their own needs and, in some cases, spend some special time with the camper’s siblings.

Attending camp inspired me to continue my individual effort to help MDA in ways I am able. I participate, promote or develop fundraising and volunteering opportunities for the NALC. I am here to assist you in furthering NALC’s continued commitment to help “Deliver the Cure” for MDA. To find an MDA Summer Camp near you, give me a call or send me a letter. I will help you get in contact with your local MDA office for more information. Think of the difference you can make with this volunteer opportunity.

Five chances to win with MDA at the National Convention

The NALC will be raffling off five travel gift certificates valued up to \$3,000 each to a destination, time and duration of your choosing through Carlson Wagonlit Travel—CWT Vacations.

Since many NALC members have supported MDA by purchasing raffle tickets at past conventions, it is important to know about some changes. There are more chances to win and with prizes that everyone will enjoy.

If you want to get in on the opportunity to win one of five chances to take a vacation where and when you want to go, you need to purchase MDA raffle tickets for a drawing to be held at our national convention.

Tickets will be sold at the MDA booth during normal registration hours until one hour prior to the drawing. All raffle ticket sales will be credited to the branch that sells them for the 2016 honor roll to help your branch boost its fundraising amount.

Please contact me at mda@nalc.org or call 202-756-7403 for details. Tickets will be \$20 each, so bring lots of \$20 bills to help the NALC “Deliver the Cure” for MDA.