

MDA's 'Giving Tuesday' good beyond Dec. 3

NALC is partnering with the Muscular Dystrophy Association to #DeliverTheCure during its Giving Tuesday campaign.

Occurring on Dec. 3 this year, Giving Tuesday is a national movement to boost the spirit of helping others during the holiday season. It's also a good time of year to make a tax-deductible contribution (consult your tax advisor for details on your tax situation).

On Giving Tuesday and throughout the month of December, many people will donate money, goods and time to their favorite charities. NALC and

MDA are asking letter carriers and their friends and family to support #DeliverTheCure on Giving Tuesday to assist those kids and adults afflicted with muscular dystrophy, ALS and related diseases.

"No events, no equipment, no bags and no going anywhere unless you want to," NALC Assistant to the President for Community Services **Christina Vela Davidson** said. "Just sit on your couch and hold your phone in your hand; it's that easy. It is what we do every day: texting. With one text, you can help transform the lives of people

living with muscular dystrophy, ALS and related neuromuscular diseases."

The following steps show you how easy it is to donate:

1. Text "DeliverTheCure" to 41444, and click on the link provided.
2. Complete the donation portion.
3. Once you have donated, you will receive a "thank you" note.

"Three steps—that's all it takes to deliver the cure," Davidson said.

Another easy way to support MDA is through the Combined Federal Campaign—see the story below. **PR**

Still time to contribute through CFC

As the holiday season continues, it's a great time to think about giving back. Since the founding of the Combined Federal Campaign (CFC) in 1961, the program has grown to become the world's largest and most successful workplace charitable giving drive. In the time since its creation under President John F. Kennedy, the CFC has raised more than \$8.3 billion for charity.

Letter carriers are federal employees and therefore eligible to participate in the CFC. But the clock is ticking—the last day to register during the 2019 Open Season is Jan. 12, 2020.

During Open Season, employees may make pledges to the eligible non-profit organizations of their choosing. The CFC uses paycheck deductions to allow carriers to conveniently make regular charitable donations.

Carriers can choose which organizations to donate to from a list of more than 2,000 eligible charities. After those selections are made, carriers may then specify their desired donation amount for each organization;

that amount will be automatically deducted from their paychecks every pay period and sent to the charities.

If retired letter carriers choose to donate, they will follow the same steps but will have their selected amount deducted from their annuity payments.

Three charities on the CFC list have ties to NALC:

The Muscular Dystrophy Association (MDA) is NALC's only official charity. It is the world's leading non-profit health organization sponsoring research, treatments and improved technological assistance for individuals with neuromuscular diseases. MDA research grants support about 150 research projects worldwide, as well as camps and activities for children with neuromuscular diseases. For more information, go to mda.org.

The Postal Employees' Relief Fund (PERF) provides small relief grants to assist active and retired postal employees whose primary residence has been destroyed or left uninhabitable by a major natural disaster or house

fire. The fund helps qualifying victims re-establish residence and replenish necessities in the aftermath of these disasters. The charity is run by the four postal employee unions and the three management organizations—their members support PERF through voluntary donations. Information and applications for assistance from PERF can be found at postalrelief.com.

United Way Worldwide is the leadership and support organization for the network of nearly 1,800 community-based United Way organizations. The program spans 40 countries and territories, and focuses on using community-driven solutions to increase access to developmental cornerstones such as education, financial stability and health. For more information, go to unitedway.org.

The simplest way to sign up to contribute is through the CFC Online Donation System at opm.gov/show-somelovecfc. For more information, see last month's issue of *The Postal Record*. **PR**