

MDA end-of-year wrap-up



Christina Vela Davidson



As I state to those who have met me, I love my job, and my job is very personal to me. I never knew that this organization would become so close to my heart—or hit close to home. Two weeks ago, I found out that a friend of mine from high school was diagnosed with facioscapulohumeral muscular dystrophy (FSHD). FSHD is a genetic muscle disorder that affects the muscles of the face, shoulder blades and upper arms in particular. FSHD is rare and usually progresses very slowly without affecting the heart or respiratory

system (according to the research I've done, she should have a normal life span), but disease severity is highly variable.

As I wonder why and how, I remember all the good that we do for the Muscular Dystrophy Association (MDA). As I talk to her, I let her know I am here for her, and that my brothers and sisters of the NALC raise money for MDA every day. And we will be here until there is a cure for every neuromuscular disease.

NALC was the first national sponsor of the MDA, and letter carriers are among MDA's top fundraisers, collecting millions of dollars to finance research and provide care and services to children and adults with muscular dystrophy. We also help children go to summer camp, allowing them to just be kids for a week.

A new year is coming, and that means a new year in which we can raise money for MDA. Branches across this lovely nation, Puerto Rico, Guam and the Virgin Islands all raise money in different ways. One of the easiest ways is to join a MDA event—or create your own event—to raise vital funds to help MDA families live longer and grow stronger.

I am asking you all to share your ideas. Share your thoughts. Share the methods behind the fundraising madness. The more we help and share with each other, the more money we can raise for muscular dystrophy. You can share your ideas on the NALC MDA Facebook page, facebook.com/deliverthecure.

Participation in these events creates excitement within your branch, knowing you've made a big difference in the lives of kids and adults with muscular dystrophy. Local MDA representatives are available to support you in your fundraising efforts as a branch and as individuals.

Easy ways to raise money for MDA:

- Casual days
- Raffles
- Car washes
- Yard sale
- Satchel drive
- Bake sales

- Bowling tournaments
- Pool and dart tournaments
- Comedy/karaoke nights
- Charity golf tournaments
- Corn hole and bean bag tournaments
- Local credit union partnerships
- Pancake breakfasts or spaghetti dinners
- Branch member donation drives
- Bingo nights
- Muscle walks
- Texas hold'em tournaments (follow state laws)
- 5K Tough Mudder
- Trivia tournaments
- Text DeliverTheCure to 41444

So many ideas to choose from, and probably many more ideas out there that can be shared. Remember, our commitment to MDA is to be here until a cure is found, no matter how long it may take. Also remember that next year, NALC would like to offer your branch MDA/NALC T-shirts (see below) that can be worn by volunteers and participants at your events. Requests will be filled on a first-come, first-served basis until our supply is exhausted.



End-of-year reporting and Honor Roll money should be turned in to the local MDA office within two days of the conclusion of a fundraiser. A copy of the NALC Activity Report should be included with the check or money order. All funds must be mailed by Dec. 20 to be counted toward the calendar year and to be included in the Honor Roll. Pledge money that has not yet been received cannot count toward your year-end total. MDA can provide a receipt, called the SE-14 Income Verification Form, for all cash or checks upon request.

Mail a copy of any receipts for all cash or checks, along with the NALC Activity Report, to NALC Headquarters, Attn: MDA—Christina Vela Davidson, 100 Indiana Ave. NW, Washington, DC 20001-2144.

Please reach out if you have questions about special circumstances or events that conclude after the Dec. 20 deadline. If you wish to know where your branch stands on donations for this year to ensure proper credit, contact me at 202-662-2489 or mda@nalc.org before Dec. 20, to give me the time needed to research any concerns.