

Looking forward to a better future



Christina Vela Davidson



The Muscular Dystrophy Association (MDA) has been NALC's only national charity since 1952. The good news: many of the persons diagnosed with muscular dystrophy are living longer lives that include more opportunities to live independently as young adults. Children who would have had little or no hope to grow up and go to college or get a job now have those opportunities, in no small part due to the work our branches have done. What a testament to your help!

While longer life spans for children with muscular dystrophy is a benefit achieved through MDA-sponsored research, that blessing brings its own new set of issues. How does a young person in his or her late teens and early twenties map out the future? Well, the answer is found in the recent efforts by MDA and other organizations to help young people address those difficult questions.

MDA and NALC are committed to supporting young adults with muscular dystrophy with resources, programming and community connections as they move through high school, higher education, employment and independent living. MDA's peer-led initiatives create solutions for them to exceed limits and unleash their fullest potential.

Questions like career choices, family decisions, education and ways to develop an independent lifestyle have to be addressed. As always, MDA is at the forefront of providing those answers and more. You can see some of those results at mda.org/young-adults/resources.

There are many components to living independently

as a young adult, including accessible housing and financial education. Local nonprofit branches called Centers for Independent Living can connect them to many services to support these young adults. For individuals with neuromuscular conditions, finding, managing and paying for personal care can be one of the greatest challenges to successfully living on your own, even while dealing with disabilities.

So what does all this mean to letter carriers? As we move through this new year, please join me in remembering those who are less fortunate. Remember that a gift of any size can help transform lives through better care and more chances at a cure. You can be assured that your efforts are not only making life better for those with muscular dystrophy, but also are giving kids hope for a future in the world that we all take for granted. Imagine the teen who now sees that he or she might be able to get a job, have a family or go to college. Now that is a legacy for NALC to be proud of.

I hope that you are excited about the difference you can make in the lives of families represented by MDA. Remember, you never know when it might be you. Brothers and sisters, we should continue to work hard and raise funds to help at a collective level to implement changes that will create a more equal world.

Totals for 2019 coming soon—It is our intention to publish a final listing of all branch contributions for 2019 in the April issue of *The Postal Record*. If you haven't sent in your totals, please do that immediately so we can get your amount published. Don't let your branch be left out.

Finally, part of NALC's community service is driven by veterans. If you are a veteran, don't forget to sign up for the Veterans Group by filling out and mailing in the card below.

Join the NALC Veterans Group

The NALC Veterans Group is designed to provide NALC members—both active and retired letter carriers—who are also military veterans the ability to connect with fellow NALC veterans and stay informed on issues of importance to letter carrier veterans. It is free to join.

Members receive a pin as a symbol of gratitude for your military service and membership in NALC.

If you are interested in joining the group, complete the sign-up card at right and mail it to the address included. A fillable version is also available at nalc.org/veterans.



You continue to serve your country—

THANK YOU!

NALC Veterans Group

Complete this form and mail it to:
NALC Veterans Group, c/o NALC,
100 Indiana Ave., N.W., Washington, DC 20001-2144

NAME: _____

ADDRESS: _____

CITY, STATE, ZIP: _____

NALC BRANCH NUMBER: _____ BRANCH OF SERVICE: _____

I BELONG TO THE FOLLOWING VETERAN GROUP(S):

AMERICAN LEGION DISABLED AMERICAN VETERANS VETERANS OF FOREIGN WARS

OTHER: _____

Free
to join