

Get your action plan ready

NALC and MDA families know firsthand how diseases like muscular dystrophy and ALS severely limit physical strength and mobility. These diseases take away everyday freedoms, such as walking, playing, hugging, running, talking, and even breathing. NALC's support has contributed to significant progress in the fight to end muscular dystrophy.

For decades, the partnership between NALC and MDA has stood as one of the most recognizable and impactful labor-charity collaborations in the United States. As we move through 2026, the continued support of local NALC branches is more important than ever in advancing MDA's mission to empower individuals and families affected by muscular dystrophy, ALS, and related neuromuscular diseases.

At the heart of this partnership is a shared commitment to community. Letter carriers are uniquely positioned within American neighborhoods. You are there to serve as trusted, familiar faces who connect daily with families in every corner of the country. When you rally behind MDA fundraising efforts—whether through annual campaigns, local events, or volunteer outreach—you amplify awareness and inspire participation in ways few other organizations can.

This year, our collective strength will help accelerate treatments, care and support for MDA families. The more our branches are connected with MDA, the better we can #DeliverTheCure.

From large branches to small, below is a list of easy ways to raise money for MDA:

- Raffles
- Car washes
- Yard sales
- Shamrock sales
- Satchel drives
- Texas hold'em tournaments (follow state laws)
- Local credit union partnerships
- Bowling tournaments
- Pool and dart tournaments
- Comedy/karaoke nights
- Charity golf tournaments
- Corn hole and bean bag tournaments
- Bake sales
- Bingo nights
- Branch member donation drives
- Pancake breakfasts or spaghetti dinners
- Muscle walks
- 5K Tough Mudders
- Trivia tournaments

Once you have figured out what you want to do, you need to develop an action plan that includes specific tasks, times and assignments for each person about what needs to happen and when. The committee should periodically check the progress related to the tasks and should ask itself the following questions:

- Are we on schedule?
- Are our plans still feasible?

- Did we leave anything out?
- Have things come up that we did not anticipate?
- How did we handle them?
- Does new information suggest that changes in strategy are needed?

Review your objectives and strategy with the aim of adjusting and improving if necessary. Depending on what the evaluation shows, celebrate your branch's accomplishments, make corrections and keep moving forward toward the goal. Then, next year about this time, repeat the whole process over again. If we can keep moving our strategic plan along, we will help get MDA ever closer to finding a cure, and we will provide the help and hope that the MDA families need.

Your branch participation also strengthens internal union engagement. MDA campaigns and events often unite members across generations, from seasoned carriers to new hires. These events continue to show all members our strength and determination to continue to help "Deliver the Cure." Through MDA, branches can witness firsthand how their efforts translate into tangible outcomes—funded research grants, mobility equipment for children, accessible clinics, and inclusive summer camp experiences.

In 2026, we have an opportunity to re-energize our commitment to MDA through creativity, collaboration and community spirit. Whether through large-scale events or simple, consistent efforts, every branch—regardless of size—can play a meaningful role. Together, these activities not only raise vital funds but also reaffirm the NALC's enduring legacy of service and compassion.

We have a special union. We have been successful in raising money for MDA in past years because of branch leadership and coordinators. Our members, whether active or retired, feel a deep connection to those we serve every day.

All checks and offline gifts received by the branch should use the NALC Donation Allocation Card (see nalc.org/mda) and mail donations to: Muscular Dystrophy Association Inc., Attn: NALC, P.O. Box 7410354, Chicago, IL 60674-0354. Also, please send copies to NALC Headquarters or the Region 9 office.

The partnership is more than tradition—it is a testament to what working people can accomplish when they stand together for a cause greater than themselves. Thanks again for your continued hard work helping to deliver the cure! Remember, helping MDA can help you, too. By supporting MDA, you enhance letter carriers' public image, boost members' morale and draw positive attention to NALC.

"I want to thank all those who have worked so hard to raise money for MDA," MDA Coordinator Christina Vela Davidson said. "Remember, you never know when it might be you or someone you love who may need help."