

# Quarter 1 Branch Challenge results, national convention campaign

**Q**uarter 1 is over and MDA Summer Camp is just around the corner. Thanks to your incredible efforts, 74 branches have raised more than \$81,000—enough to send 40 kids to camp! Let’s keep the momentum going and help send 40 more kids before camp season officially kicks off in June.

This summer, MDA will offer 23 in-person camp sessions and two virtual options—all completely free for families. MDA Summer Camp is a place where kids living with neuromuscular diseases can experience independence, adventure and connection. Campers enjoy activities such as swimming, fishing, ziplining, horseback riding, dancing and campfires—all while building confidence, life skills and lifelong friendships. Last year, your support helped send 836 kids to camp!

Want to experience the best week of the year? Join us for a Sponsor Day near you! Sign up here for more information: [shorturl.at/AbBwz](http://shorturl.at/AbBwz).

Special shout-out to our top 10 branches for Quarter 1:

1. **Stamford, CT Branch 60: \$8,300**
2. **Camden, NJ Merged Branch 540: \$6,532**
3. **North Oakland County, MI Branch 320: \$5,700**
4. Chicago, IL Branch 11: \$5,475.15
5. Albuquerque, NM Branch 504: \$5,370
6. Western Wayne County, MI Branch 2184: \$5,323.75
7. Huntsville, AL Branch 462: \$4,580
8. Medford, OR Branch 1433: \$2,774.49

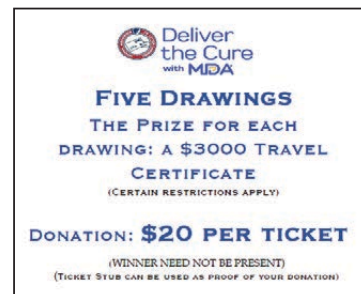
9. Royal Oak, MI Branch 3126: \$2,153
10. Bismarck, ND Branch 957: \$2,070

The top three branches will receive an MDA prize pack. Congratulations to all of NALC’s Quarter 1 Branch Challenge champions!

Thank you again for all of your hard work.

**As you know, the national convention is right around the corner. NALC will sell raffle tickets for MDA at the national convention, but you can get them before. There will be five drawings and each winner will win a \$3,000 travel voucher. Here is the link for electronic sales: [mda.donordrive.com/NALCConvention26](http://mda.donordrive.com/NALCConvention26) and the QR code is at right.**

As a reminder, you can find all the details for the 2026 quarterly branch challenge at [mda.donordrive.com/NALC2026](http://mda.donordrive.com/NALC2026). Also, any events you want NALC to promote or for MDA Coordinator Christina Vela Davidson to attend, send a letter or an email. Have questions or need assistance? Contact the NALC Service Team at [nalc@mdausa.org](mailto:nalc@mdausa.org) or 719-640-8625.



## Director, Health Benefits

# Women’s health (continued)

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symptoms that may present differently than men, and take preventive action earlier. It also delivers personalized education so women can better understand their unique cardiovascular risk and feel confident taking control of their well-being.

For women going through menopause—a time when cardiovascular risk significantly increases due to hormonal changes—Hello Heart provides targeted support to navigate this transition. This includes menopause-specific guidance, lifestyle coaching around

nutrition and physical activity, and mental health support to build sustainable habits and reduce long-term risk. Together, these tools empower women to take charge of their health during a critical life stage. To get started, go to [join.helloheart.com](http://join.helloheart.com).

If you need more information, make sure to visit [nalchbp.org](http://nalchbp.org), where you will find more information about our 2026 benefits and programs. We continue to support our mission—providing members with access to quality medical care—while maintaining a comprehensive and affordable benefits package.