NDAD helped Kori Moore get back on her own two feet by helping her keep off one of them. Through the charity's Healthcare Equipment Loan Program (HELP), which provides free loans of durable medical equipment for up to 90 days, Kori obtained a knee scooter that helped her retain mobility and independence while recovering from July foot surgery in Minot.

The 25-year-old Velva, N.D. resident had tarsal tunnel syndrome caused by nerve compression from a ligament in her left foot. It numbed the inside of her left calf and bottom of her left foot going back several years.

Borrowing the knee scooter “was actually very easy,” she recalled. “I called and asked if they had one. They said yes. I said, ‘I’m on my way.’ All I had to do is sign for it and answer a couple questions. I thought there was going to be more involved.”

Moore said the scooter worked wonderfully. “I could move around a lot faster than on crutches,” which gave her pain in her shoulders, arms and back. “It’s a very smooth ride, if that makes any sense,” she smiled.

She would definitely recommend NDAD to other people, Kori said, “because it’s a very friendly place to work with, and it’s very easy to get the item you need. It’s a very easy process. They don’t judge you or anything.”

More information about HELP at NDAD.org.
At a time when growing numbers of Americans with diabetes are wondering how to pay for skyrocketing insulin costs, or resorting to dangerous rationing to try getting by, NDAD has given North Dakota insulin users hope.

Fern Hofstad knows firsthand. The widowed Grand Forks woman, 80, has heart and blood pressure issues and type II diabetes. She recalls visiting her pharmacist about a year ago to fill her insulin prescription. The bill nearly equaled the money she needed to live on after other necessary expenses.

“I said, ’I can’t pay for it. I can’t get it,’” Fern said. “’I would have nothing to live on the rest of the month. No gas. No groceries. Nothing.’” Recognizing Fern’s plight, the pharmacy contacted NDAD’s Grand Forks-based client services representative, Lora Machart. Within days after applying, our North Dakota charity was providing Fern with the assistance she needed to afford her insulin, and not just for one month, which also had worried her.

“I remember saying, ’I can’t believe it,’” Fern recalls. The pharmacy worker replied, “Well, you need it, and they’re going to do it.”

Hofstad remains extremely grateful for NDAD’s help. If asked, she said, “I would tell people that without NDAD, I would never have gotten my insulin. Never.”

Despite soaring insulin costs, Fern and other grateful North Dakotans receiving NDAD prescription help are getting their vital dosages without resorting to delaying filling a prescription to save money, skipping dosages, or taking fewer of them — actions that may have life-threatening consequences.

“I’m very thankful and I couldn’t be more appreciative because everybody has been so nice… I don’t know how I would have been able to afford [insulin] if I didn’t get help from [NDAD]. I don’t know how I would dig the money up. I was so happy and still am.”

Sandra Norgard
Grand Forks

Contact NDAD details for more information and an application form.
NON-PROFIT SERVICE SPOTLIGHT

FirstLink 2-1-1 Helpline provides phone, online access to N.D. resources

Multiple North Dakota community health and human service resources can be located through FirstLink 2-1-1 Helpline, a free 24-hour phone number provided throughout North Dakota and also Clay County, Minn., part of the Fargo-Moorhead metropolitan area.

The 2-1-1 Helpline provides information, referral, and confidential listening and support. Call specialists also are trained in suicide intervention and other crisis interventions.

You also can text your ZIP Code to TXT-211 (898-211) for resources, confidential listening and support.

In addition, FirstLink provides an online 2-1-1 database of community resources (https://myfirstlink.org/community-resources/). It features a dozen resource categories: food, housing and utilities, support groups, substance use disorder services, education, health care, personal items, transportation, mental health services, employment, consumer services and seasonal programs.

The database webpage offers a keyword search that is aided by typing your ZIP Code into a location box.

The resource database, which focuses mainly on nonprofit agencies, health and human service agencies, and government resources, is comprehensive in nature and does not specialize in services of a particular subject area.

FirstLink handled 55,340 contacts during 2018, primarily via incoming calls on the 2-1-1 Helpline and National Suicide Prevention Lifeline, according to its website.

During the first seven months of 2019, the top caller topics were rent payment assistance, electric service payment assistance and food pantries, FirstLink reported. Information, listening and support were provided in 78 percent of the calls during that same period.

For more information about FirstLink: (888) 293-6462 or https://myfirstlink.org/contact-us/.

Do you have a health concern or disability and need financial help?

North Dakota Association for the Disabled may be able to help with:

Medical Equipment • Prescription Medications
Medical Travel Expenses • Personal Attendant Care
Home/Vehicle Accessibility

NDAD is a charitable, non profit organization serving North Dakota residents with health concerns or disabilities

Call 1-888-999-NDAD (6323) or visit ndad.org for more information
NDAD is a nonprofit, charitable organization founded by concerned citizens to assist mentally and physically disadvantaged people in North Dakota, many of whom are not eligible for services from other agencies. NDAD provides financial assistance through funds generated by both the organization and community projects. NDAD also provides information and referral services to help people receive assistance through other agencies, when possible.

It's **AMAZING** what people can do when there's help.

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