



IMPROVING LIVES BY RAISING FUNDS
FOR NEBRASKA'S HEALTH CHARITIES

What Your Dollars Buy...

\$5 Provides ...

- One emergency medical notification necklace or bracelet for a kidney patient.
- An Arthritis Foundation Aquatics Program CD.
- A monthly support group meeting for someone affected by ALS (Lou Gehrig's disease).
- The Asthma 101 program for one individual to learn about this lung disorder.
- One dinner for a person with cerebral palsy attending a family focus event to socialize and meet others living with similar challenges.
- One educational booklet for patients newly diagnosed with cystic fibrosis.
- One meal for a child with muscular dystrophy enjoying a week at MDA summer camp.

\$10 Provides ...

- One week of water therapy for a person living with cerebral palsy.
- One glaucoma screening to detect vision loss and check visual acuity.
- One HIV test to detect AIDS.
- Two hours of special summer camp for a child living with Crohn's disease or ulcerative colitis.
- One spacer for a child with asthma to better manage the disease.
- Peer telephone contact for a newly diagnosed leukemia patient with a First Connection volunteer.
- 8.5 seconds of research funded by the Muscular Dystrophy Association.

\$25 Provides

- One switch for an adaptive toy for a child living with special needs.
- The Safe Return program cost for identifying an Alzheimer's disease patient who wanders from home.
- Vision screening for five Head Start preschool children.
- One Parent Care Kit for a family with a premature infant in the neonatal intensive care unit.

- Incentives for 10 children with asthma who participate in the Open Airways for Schools program.
- One book for an individual with diabetes to learn about the disease and daily self-care.
- Packets on end-of-life care in the waiting rooms of five family practice physicians.
- One week of Lifeline services to enable an individual with a disability to remain at home.
- One flu shot for a person with a chronic disease.

\$50 Provides

- A toy for teaching cause-and-effect skills to a child with cerebral palsy at one Tech Tots/Tech Tools toy lending library site.
- 200 organ donor program brochures to educate the public about organ donation and the success of organ transplantation.
- One Wizdom Kit for a health care professional to use in educating an individual newly diagnosed with type 1 diabetes.
- The administrative cost of loaning a power wheelchair for as long as needed by an individual with ALS (Lou Gehrig's disease).
- All Nebraska legislators with a copy of state's End-of-Life Survey Report from the Nebraska Hospice and Palliative Care Partnership.
- A replacement battery for a wheelchair or scooter for person with MS.
- One pair of eyeglass lenses for recycled frames for Operation Eyeglasses.
- One mastectomy garment for a woman following breast cancer surgery.
- Peak flow meters for 25 people with asthma to better manage their disease.

\$75 Provides

- One physical therapy consultation for a muscular dystrophy patient at an MDA Clinic.
- Two days of day camp at Camp Hot Shots Central in Hastings for a child living with diabetes.

\$100 Provides

- One refurbished computer to a child with a disability to ensure continued learning and educational success.
- A cooling vest for a client with MS dealing with heat-related challenges in the summer.
- HIV testing and AIDS counseling for 10 high-risk individuals.
- One day of summer camp at Camp Oasis for a child living with Crohn's disease or ulcerative colitis.

- One lymphedema sleeve for a woman to reduce complications after breast cancer surgery.
- Screening 50 people for chronic obstructive pulmonary disease.
- One week of specialized art classes for a child with a disability.
- A Winning at Work program for one company's entire organization to learn about diabetes.
- One hour of glaucoma and visual acuity screening by certified adult screeners at a community health fair, retirement community or company.
- Case management services for an individual affected by ALS in order to manage the progression of the disease and prevent the family from going into crisis.
- 100 copies of hospice brochures in Spanish for a company's employee health fair.

\$250 Provides

- A digital mammogram to detect breast cancer.
- An Assisted Communication device that allows an individual with ALS (Lou Gehrig's disease) to communicate with family members after losing the ability to speak.
- Five days of adult day care services for a person affected by Alzheimer's disease.
- Voice recognition computer software for a person living with a disability.
- One initial diagnostic work-up for a muscular dystrophy patient at an MDA Clinic.
- A six-week telephone support group meeting for cancer patients across the state.
- One Breathe Well, Live Well class for 10 adults with asthma to learn the skills and information needed to manage the disease.
- One set of aluminum ramps for the home of a person in a wheelchair.
- An approved car seat for a child with a physical disability.

\$500 Provides

- One specialized positioning chair or stroller to enable a child with cerebral to remain safe and participate in family activities.
- One day in the lab for a researcher investigating IBD (inflammatory bowel disease).
- 27 hours of in-home companion care for an individual with Alzheimer's disease.
- A Freedom from Smoking cessation clinic for 25 adults who want to quit smoking.
- One ALS clinic visit to manage Lou Gehrig's disease with help from a multi-disciplinary team of health professionals.
- Six people with arthritis the opportunity to participate in an aquatic exercise program.
- A portion of the cost to underwrite a Kidney Early Detection Screening program.
- One cancer patient with help paying for out-of-pocket costs for chemotherapy, radiation, transportation, transfusion and testing.
- The annual repair cost for a wheelchair or a pair of leg braces for an individual with muscular dystrophy.