

CARE CENTERS

Navigating a chronic disease, especially a rare one, can be difficult, as there are often many choices that must be made when it comes to treatments, therapy options, medical guidance, education and more. But thanks to funding provided by Community Health Charities of Nebraska (CHC-NE) donors, families can receive crucial support from a care center that specifically works with their condition, giving them access to support in a variety of areas and helping them make decisions.

Diane Mouchka was originally diagnosed with carpal tunnel syndrome, but when none of the traditional surgeries and treatments helped, she was referred to the ALS Association Certified Treatment Center of Excellence at Nebraska Medicine. There, she received a diagnosis much more serious: She had ALS. Since her diagnosis, Mouchka has utilized services from several agencies and continues to attend the clinic regularly. "They are extremely helpful. The lift chair they provided me with has been a godsend to me. Some of the tools they sent me have made my everyday life a little easier," she said.

[Read More](#)

Download our care center resource guide [here](#).



combined health agencies drive

We have some exciting news! We will be changing our name for the 2019 campaign year. Community Health Charities of Nebraska will go back to Combined Health Agencies Drive, or CHAD. We will stay CHC-NE for the 2018 campaign year, but you will see our new logo as a co-brand this year. We also have a new Twitter account! If you're on Twitter, follow us [@CHADNebraska](#). More details will follow.

Medical Research Update

Can Scientists Regrow Myelin as an MS Treatment?

MS is progressive disease that attacks myelin, the sheath that protects nerves, and thus affects the body, making everyday tasks difficult for a person affected. But a recent study in mice looked at re-myelination, which is the growth of lost myelin. This could reverse the damage caused by MS and restore lost functions. The study also helps scientists understand how myelin works.

[Learn More](#)



Story of Caring



May is cystic fibrosis (CF) awareness month. Lydia's CF journey is somewhat unique, as she wasn't diagnosed until age 9, as a result of several misdiagnoses and the lack of genetic testing at birth. Though now, CF testing is now mandated at birth in all 50 states, meaning it is caught much earlier.

When it comes to CF, Lydia said there is so much work that goes on "behind the scenes," as the disease impacts the respiratory and digestive systems with thick, sticky mucus. Dealing with her CF requires constant care and time to be healthy, much of which goes unnoticed. "While so many with CF 'look healthy,' I think sometimes the severity and the work CF requires is downplayed," Lydia said. "Staying healthy is a constant battle."

[Read More](#)

WELLNESS CHALLENGE



Do you Know the Cost?

What is the average monthly medical cost of care for a person affected by hemophilia?
A.\$10,000 B.\$20,000 C.\$30,000
See the answer [here](#).

HEALTH TIP



Dealing with Arthritis Pain

Are you living with arthritis pain in your hips and knees? Here are [25 treatments](#) that help treat the pain, including balneotherapy, acupuncture, medications and more.

TEST YOURSELF



GI Buddy

[This app](#) helps you and your healthcare team see how inflammatory bowel disease (IBD) affects you.

FEATURED RECIPE



Going Green

Rhubarb will be in season soon! Here are [18 ways](#) to cook it.

It's Easy to Support CHC-NE!

It's easy to support the health charities you care about!

- Participate in a workplace giving campaign in [Omaha](#), [Lincoln](#) or [Greater Nebraska](#). If your workplace doesn't currently support a campaign, [contact us](#) to see how to start one.
- Use this [AmazonSmile](#) link when shopping to support Community Health Charities of Nebraska with your purchases.
- Remember CHC-NE in your planned giving.
- Make a donation through our web site and give the gift of health! We appreciate your support!

Donate Now

Find us Online!

Visit www.chcne.org for our [calendar of events](#), [keep up on the latest news during the month](#) and learn more about our [22 member charities](#). To learn more about us, access our annual report [here](#).

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