



December 2020

Season's Greetings to our NADF members, friends and family!

Perhaps you are a patient, a friend, a family member or a medical professional...regardless, **this message has reached you as a person affected in some way by adrenal disease**. As we begin to close out this very challenging year, we at NADF have hope that you have managed to stay safe and healthy and are looking ahead to a positive future. While many are looking forward to the end of these challenging times and to quickly embrace 2021, we hope you will join the very dedicated NADF teams and read on as we indulge for just a moment more in the positive.

Board Evolution

- **Timothy Skodon**, NADF's long time Treasurer stepped down in July from his role to more fully enjoy his retirement days. Tim's steadfast dedication to ensuring our finances were in order cannot be overlooked and we are beyond grateful for his many years of service.
- **Liz Rodriguez**, is a new addition to NADF's Board, replacing Tim as Treasurer. Liz brings 20+ years of financial management experience to our organization and we welcome her warmly.

Staff Evolution

- **Melanie Wong**, who was the sole individual running NADF for a long number of years fully retired in August. We will be forever grateful to Melanie for her years of dedication, as well her husband (Ed Wong, Sr.) who selflessly volunteered to assist on printing projects, and on any and all IT issues, including as our webmaster.
- **Lori Engler**, who joined NADF as Support Group Leaders Coordinator in 2018, took on the role of Executive Director following Melanie's departure. Having recently retired from a long career at Citigroup, Lori brings a wealth of knowledge and skills to NADF that will benefit our members.
- **Susan Milliken**, long-time NADF volunteer and Board member, stepped down from the Board to join our staff and will bring her skills from a life career as a graphic designer. Susan was the primary lead on NADF's new website and is now responsible for updating it, designing new brochures and handouts, and managing the layout of our newsletters.
- **Ed Wong, Jr.** continues to serve NADF in many administrative capacities, overseeing management of all donor record keeping and reporting, coordination of NADF conference participation, distribution of materials and other administrative tasks.
- **Vanessa O'Rourke**, a more recently involved volunteer, became NADF's Support Group Leaders Coordinator and also triages all member phone calls and correspondence that come into NADF.

Our staff of four employees under brilliant leadership of Lori, all working part time from their homes, transformed our organization in 2020. Read on for highlights of their accomplishments in 2020.

NADF 2020 Accomplishments

- [Design and launch of our new website!](#) Visit us at www.nadf.us to access our support resources and see our recent growth at work. The updates allow NADF to bring you cutting-edge information on the most important topics related to adrenal disease, and to help you—our members—navigate the challenges that adrenal disease may throw your way.
- [NADF's Support Groups are stronger than ever](#), with many across the country continuing to meet during the pandemic using video conference calls. We have also significantly increased our presence on social media as a previously less explored avenue for offering our member support; follow us on Instagram, Facebook, Twitter and YouTube!
- Our team continues to extend [NADF's alliances with medical associations](#) including The American Association of Endocrine Surgeons and special involvement with The Endocrine Society's Hormone Health Network. We also made headway at The National Institute of Health/Office of Rare Diseases Research, and hope to work more closely with that department to drive advocacy for our members and increase awareness of adrenal disease among medical professionals.
- [HealthWell Foundation](#) recently reached out to NADF and asked for our assistance with distributing information about a new grant for adrenal insufficient (AI) patients, as they determined NADF to be the most suited patient advocacy organization for the AI community. The grant funding provides much needed financial support to under-insured AI patients and as of the time this letter was written, [over \\$44,000 has been awarded those qualifying as a result of this partnership.](#)
- [Adrenal Insufficiency Study](#): NADF's important work on a large global adrenal insufficiency registry and study continues; we continue recruiting subjects for this important work, with a focus on symptoms, diagnosis, quality of life and outcomes of treatment. NADF is sponsoring the study along with National Jewish Health and led by our Board Member and Chief Investigator, Elizabeth Regan, MD, PhD. Please consider enrolling in the study: <https://www.nadf.us/adrenal-insufficiency-study-recruitment.html>; we want everyone possible who has adrenal insufficiency to enroll, and we would really like to get participation from Hispanics, African Americans, Asians and the wide range of other diverse populations. There is a real risk that people who have historically had difficulty being "heard" by the medical profession are not getting diagnosed with this disease.



As always, NADF and the rest of our members appreciate you and your continued financial support. A donation to NADF as we close out 2020 will provide the much-needed help to continue the important initiatives, research and support our adrenal community at large needs. We thank you for your generosity, and wish you a happy and healthy holiday season.

Lori Engler
Executive Director, NADF

Kalina Warren
Board President, NADF

Erin A. Foley-Moudry, MPH
Board Vice President, NADF

To make a donation, please go here: <https://www.nadf.us/donate.html>. You may also mail your check or money order made out to "NADF" to: The National Adrenal Diseases Foundation (or NADF), P.O. Box 566, Lake Zurich, IL 60047