



The Evergreen

May 2012

Spina Bifida Association of Washington State
A chapter of the national Spina Bifida Association

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Make a commitment to Walk-N-Roll for SBAWS

"GO TEAMS" is the theme for our 2012 Walk & Roll on Saturday, July 7th, 2011 at Lake Bradley Park in Puyallup. The FirstGiving site has already been busy with people signing up their teams – go to our website at www.sbaws.org for the link! This year we are combining our Walk with our annual summer picnic (so lunch is included!) and we are very excited that "Western Washington's Funniest Comedian" Pat Cashman will emcee the event! Please be sure to read Elizabeth Lovelace's special article (on page 6) dedicated to the Walk-N-Roll – it's moving and motivational.



Meg Paulsen

One of the elements Elizabeth included in her article was an emphasis on the commitment it takes to create, plan and pull off any type of event. It reminded me of my own personal views on commitment. When I was in my twenties I had the opportunity to participate in some very intense personal growth workshops. In one of these workshops we were asked to discover our "purpose in life" – what a HUGE undertaking that seemed. But, after going through some very helpful exercises and guidance offered by facilitators, I actually came up with my

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SB Professionals Gather at the Second World Congress

Reprinted with permission from the April 2012 issue of SBA's magazine Enlighten
The Second World Congress on Spina Bifida Research and Care concluded in Las Vegas, Nevada to overwhelming acclaim. Over 390 participants from more than 20 countries attended this unique forum where leaders in the fields of neurosurgery, neurology, urology, developmental pediatrics, orthopedics, epidemiology and other arenas gathered for three days to discuss the future of care for those with Spina Bifida.

Medical professionals and researchers presented findings from research studies and projects on a variety of health topics. Some of these included the Centers for Disease Control and Prevention's (CDC) research on three major risk factors for Spina Bifida affected pregnancies - diabetes, obesity, and taking anti-epileptic medications. Other research findings informed attendees on the process and results of Phase I of the Man-

agement of Myelomeningocele Study (MOMS) and detailed next steps of the Phase II portion of this groundbreaking research.

Presenters also updated attendees on the bladder nerve rerouting procedure; health issues for Latinos with Spina Bifida; the importance of exercise, from babies on treadmills to exercise assessments that improve cardiovascular and pulmonary health in adults; and how sometimes the best shunt for managing hydrocephalus is "no shunt" at all!

Keynote presentations and abstracts are now available at worldcongressonsb.org <<http://www.worldcongressonsb.org>>.

Throughout the Congress, attendees reflected upon a heartfelt tribute to Dr. Gregory S. Liptak <<http://obits.syracuse.com/obituaries/syracuse/obituary.aspx?>

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Newsletter Editor
Celeste McCormick
celtutt@yahoo.com

HIGHLIGHTS FROM BOARD OF DIRECTORS MEETING April 22, 2012

For full content of the minutes, visit www.sbaws.org/Minutes.html

Have you moved recently? Is the postal service forwarding this newsletter to your new address? We do not want you to miss an issue or any other important mailing from SBAWS, so please send us your updated contact information!

- In attendance: Jason Lane, Krystal Monteros, Jon Tutt, Linda Bailey, Nicole Williamson, Dave Carl, Jamie Heckinger, Elizabeth Lovelace, Ryan Callaway, Leslie Gilchrist
- Treasurer's Report: Motion made and approved to file the 2011 tax returns & accept the first quarter financials
- Secretary's report: Will touch base with Debbie Rodgers about offering to financially assist her & her niece to attend the SBA conference
- Executive Director's report: returned to work two weeks ago; concentrating on Walk-N-Roll; cannot attend SBA conference due to health issues
- Walk-N-Roll Committee: Meg is going to several places for donations
 - Several businesses plan on starting corporate teams
 - \$500 donated from Coloplast
 - CCS Medical and Rocky Mountain Medical want to get involved
 - Meg will be doing a TV station appearance: 28 minute clip that will repeat on the station
- Old Business
 - 2012 National Conference attendees:
 - Motion made and approved to cover all legitimate costs based on receipts for Nicole and Mikey to attend the SBA Conference
 - Now open for others to attend the conference as well
 - New Chair-Elect: Elizabeth is thinking about taking the position, but has not confirmed yet
- New Business:
 - SB Cruise Information: only has cruises going out of the east coast; willing to get one going out of the west coast; will possibly allow us to use a cruise as a raffle item
 - Does SBAWS want to support the 2012 Hydrocephalus Walk this year? Tabled until after the 15th, when we can find out if they plan on attending our walk
- **NEXT MEETING: Saturday July 7th at 3:15pm (will be held in person after the Walk-N-Roll)**

Chair
Jason Lane
jlane101@comcast.net
Secretary
Krystal Monteros,
babykeitho@aol.com
Past Chair
Linda Bailey,
gingersnap8160@yahoo.com
Treasurer
Jon Tutt, jon_tutt@msn.com

Directors
Meg Paulsen, Exec. Director,
megpaulsen@sbaws.org
Ryan Callaway
Dave Carl
Jamie Heckinger
Elizabeth Lovelace
Nicole Williamson

It is time to start building your teams and start the fundraising for Walk N' Roll 2012. We are using Firstgiving again for our online fundraising site. You can start building your teams starting on our event page at <https://www.firstgiving.com/sbaws/walk-n-roll-for-spina-bifida-2012>.

This year's event goal is to raise \$50,000. We got close to that number last year. With all of your help we can exceed this goal and make this a very successful event. There are a few changes for this year's event. It has been moved far north to Bradley Lake Park in Puyallup. It is a wonderful park with an inclusive playground and paved walking path. This year's date is set for Saturday July 7, 2012 at 10:30 AM.

For Team Development assistance please contact Jamie at JHeckJr@aol.com.



Spina Bifida Association of Washington State
Financial Statement Summaries
As of March 31, 2012

	2012		2011		\$ Change
Profit & Loss Comparison					
Income					
Donations					
Fundraising					
Walk N Roll	\$ 1,475.00		\$ 4,179.25		\$ (2,704.25)
Adopt-a-Ghost	\$ 52.00		\$ 52.00		\$ -
Shop for a Cause	\$ -		\$ -		\$ -
Other	<u>\$ 598.00</u>		<u>\$ 472.00</u>		<u>\$ 126.00</u>
Total Fundraising	\$ 2,125.00		\$ 4,703.25		\$ (2,578.25)
In Kind Donations					
ED Meg Paulsen	\$ 5,340.00		\$ 7,500.00		\$ (2,160.00)
Other	<u>\$ 590.08</u>		<u>\$ 20.00</u>		<u>\$ 570.08</u>
Total In-Kind Donations	\$ 5,930.08		\$ 7,520.00		\$ (1,589.92)
Restricted Donations	\$ 100.00		\$ 675.00		\$ (575.00)
Other Donations	<u>\$ 745.42</u>		<u>\$ 982.15</u>		<u>\$ (236.73)</u>
Total Donations	\$ 8,900.50		\$ 13,880.40		\$ (4,979.90)
In-tere					
	<u>\$ 60.19</u>		<u>92.56</u>		<u>\$ (32.37)</u>
Total Income	<u>\$ 8,960.69</u>		<u>\$ 13,972.96</u>		<u>\$ (5,012.27)</u>
Expenses					
		% by Category		% by Category	
Mission/Program	\$ 9,843.69	75.41%	\$ 11,567.09	76.72%	\$ (1,723.40)
Administration	\$ 2,044.71	15.66%	\$ 2,059.51	13.66%	\$ (14.80)
Fundraising	<u>\$ 1,165.10</u>	<u>8.93%</u>	<u>\$ 1,450.24</u>	<u>9.62%</u>	<u>\$ (285.14)</u>
Total Expenses	\$ 13,053.50	100.00%	\$ 15,076.84	100.00%	\$ (2,023.34)
Net Income (Loss)	<u>\$ (4,092.81)</u>		<u>\$ (1,103.88)</u>		<u>\$ 2,988.93</u>
Balance Sheet Comparison					
Assets (cash in the bank)	\$ 44,101.45		\$ 50,341.69		\$ (6,240.24)
Liabilities	<u>\$ -</u>		<u>\$ -</u>		<u>\$ -</u>
Total Equity (Fund Balance)	<u>\$ 44,101.45</u>		<u>\$ 50,341.69</u>		<u>\$ (6,240.24)</u>

Income: Our YTD income is only 18% of our annual goal of \$50,000 and 36% less than last year at the same time. This is basically due to the fact that the Walk-n-Roll is much later this year, resulting in donations coming in slower and because we've started paying Meg so her in-kind donation has decreased.

Expenses: Total expense is right on target at 26% of our \$50,000 annual goal, and this quarter's total expense was almost 14% less than last year's first quarter. Our goal is to receive and spend the same amount.

Net Income (Loss): Is in the negative since we spent more than we took in and the loss was significantly more than last year's first quarter. Hopefully this will turn around as we get closer to the Walk-n-Roll.

Expenditure by Category: These are acceptable percentages given this time of the year, especially with our insurance cost being an annual expense and paid in the first quarter. We have probably spent about 65% of our administrative cost for the year. These percentages will more than likely improve as the year goes along.

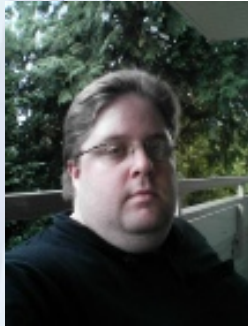
Net Worth: Our total assets, fund balance, cash in the bank decreased by over 12% as compared to a year ago. We have no liabilities (unpaid bills).

Trend Analysis: It's time to once again increase our income and hold the line on spending.

Jonathan A. Tutt, Treasurer



New SBAWS Chair Jason Lane invites YOU to get involved



Jason Lane,
SBAWS Chair

Greetings SBAWS Constituents!

This past February, I took over the Chair position on the Board of Directors for the Spina Bifida Association of Washington State (SBAWS). I grew up in Federal Way and after graduating from Federal Way High School, I attended college at both Green River Community College and Highline Community College. I have worked since the age of 17 primarily in customer service and office administration related positions. I currently work part-time at Seattle Children's Hospital in the Purchasing Division as an Assistant Purchaser.

I have been a member of the SBAWS Board of Directors since June 2009, after having the pleasure of starting the North Seattle Cluster in 2006 with fellow Board member Nicole Williamson and former constituent Alex Bungli who has since moved down to California. In January 2011, I became an Officer on the Board of Directors as Chair-Elect.

SBAWS is committed to serving those living with or those supporting loved ones with Spina Bifida in the state of Washington. We do this by offering assistance in purchasing medical items or repair of medical equipment (not covered by insurance), connecting people with Spina Bifida with each other for support, providing educational grants, sharing access to informational resources available to us, offering assistance in purchasing new desktop or laptop computers, providing financial assistance for registration to the yearly National Spina Bifida Association Conference, publishing our newsletter "The Evergreen," hosting various social events such as our Summer Picnic, Holiday Party, Annual Summit, and holding fundraising events such as the Annual Walk-N-Roll for Spina Bifida.

SBAWS is also dedicated to becoming more visible within our community and educating women of childbearing age about the need to take folic acid on a daily basis in order to reduce the chances of having a child with Spina Bifida. We accomplish this by having our Executive Director reach out to other organizations and staff at hospitals and clinics, The Easter Seals Society, Planned Parenthood, and various other appropriate groups. Attending the Northwest Women's Show and other public events to hand out our educational material is also part of our strategy. Our chapter has made great strides the past few years in becoming more and more visible in our community by becoming an affiliated chapter of the National Spina Bifida Association, hiring our first ever Executive Director to help oversee some of our day to day operations, having an active Board of Directors looking for ways we can better serve you, our constituents!

However, the Board of Directors and the Executive Director cannot do all these things alone, or improve on the level of support we offer without support from our community, and more importantly, our constituency. Over the past few years, many of our constituents have approached Board members, including myself, asking how they can help. We are always looking for those who wish to make a difference and have fresh new ideas on how we can increase our level of support to the very community we are a part of and serve. Serving on the Board of Directors does not take very much time, but the time put in can make a huge difference to our chapter and the lives of others by helping to shape the future of SBAWS. The SBAWS Board of Directors meets every other month, and two or three of the meetings occur in-person (usually after an event such as the Holiday Party, Summit, or the Annual Walk-N-Roll fundraiser). The other meetings occur via teleconference calls that start at 7pm. Most meetings last approximately 90 minutes or so. In between meetings, the Board of Directors will occasionally take votes via e-mail as well and then record the results of those votes at the next meeting. One can also be a part of any of our committees such as, the Walk n Roll Planning Committee, Summit Planning Committee, Development Committee, and others.

I challenge any of you who have been asking how you can make a difference, to step up and join our Board of Directors and be a part of making a difference. I hope you will consider taking me up on my challenge, so that SBAWS can improve the lives of those we serve and further our community outreach. If you have any questions, please feel free to contact me either by phone

(206) 363-3726, or via e-mail at jlane101@comcast.net.

Jason Lane, Chair, Spina Bifida Association of Washington State



SPOKANE SCHOOL ALLOWS ITS FIRST WHEELCHAIR ATHLETE

by Diana Tutt, Reporter

Mountain View Middle School located just north of Spokane has broken a barrier! The school has its first wheelchair athlete, Michael Hoyt. Michael is 13 and very active in the track program. He prefers the field events but is no slouch when it comes to racing. Thank you to the Mead School District in Spokane for being inclusive.



Michael is also a member of Team St. Luke's athletic program and travels to basketball meets to play other teams. He is learning independence and the feeling of success, a goal that everyone strives for. These trips are taken without parents (unless they go to watch). The young athletes further their personal and physical maturity. Go, Michael, and we hope other schools are following this fine example that lets everyone reach their full potential!

(Continued from page 1)

own definition of success which is the foundation of my purpose and is built upon my driving needs. To this day I believe that *success to me is consciously and constructively creating connection through committed contribution serving my community*. Therefore my purpose is to breathe life into my definition of success by being in the moment with integrity and feeling true compassion and kindness for myself and others. These realizations (that now shape my lifestyle) keep me on my right path – a path that allows me to really fulfill the SBAWS motto of “together we make the difference” by contributing my own commitment to those involved with our Board of Directors, event committees and general membership.

As we approach July 7th and our BIGGEST fundraiser of the year we need our membership to reach deeply and offer some commitment towards keeping the SBAWS as strong and empowered as possible. Without the commitment of our membership we as an organization are meaningless and unsustainable – please do what you can to help us ensure that together we continue to make a difference in our community.

As we eagerly await summer weather, and all of the activities that come with it, we appreciate the efforts of each of you who attend our events, sit on our Board and volunteer time to ensure that SBAWS is meeting its goals and mission – we could not do this without YOU! Looking forward and working together to make the dif-

Are YOU interested in volunteering for SBAWS?

SBAWS is currently seeking volunteers for the following positions:

- **Treasurer:** this position sits on the Board, reconciles the bank account, prepares financial statements and more.
- **Historian:** the SBAWS history page (www.sbaws.org/History..html) needs rewritten with more accurate and up-to-date information.

Contact SBAWS today to learn more about these opportunities.

The Evergreen reporting staff:

Michele Hopkins, michele@thehopkins.us

Elizabeth Lovelace, emeraldsweet2002@yahoo.com

Elizabeth Scriven, liz-biz@iname.com

Diana Tutt, nanatutt@msn.com

Walkin'-N-Rollin' with team spirit

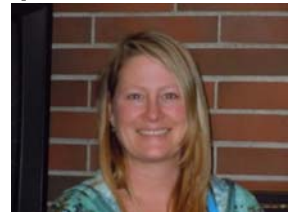
by Elizabeth Galan, Board member

With 2 months until the 2012 Walk-n-Roll/Annual Picnic, I wanted share a few words about team spirit and the incredible importance it has in the grand scheme of ALL things.

I have been participating in the organization of this year's Walk/Picnic event and continue learning a great deal about the commitment, dedication, hours, and team spirit required to make it all happen. In particular I have been reminded of the responsibility of being a team member.

Our team of Walk-N-Roll committee members has been 'working together' on all aspects of the event. Communication, a key element in this planning process, is what allows this TEAM to be productive and forward moving. It is easy for a ball to land in somebody's court and not be picked up, for whatever reason. If the ball is

not moving, the game is not able to keep going. With our planning team? Not a chance of this happening!



Elizabeth Lovelace

The ball is rallied back and forth until the desired results are achieved. If a ball idles for any amount of time, the team is there offering a nudge and ideas to assist. This is what it is all about. Keep up the great work TEAM! "Rah, rah, rah! Go TEAM Go!" A huge "HIP-HIP-HURRAY!" to Team Captains/Walkers-n-Rollers for their commitment, dedication, hours, fundraising efforts, and team spirit! "Individual commitment to a group effort—that is what makes a team work, a company work, a society work, a civilization work." –Vince Lombardi

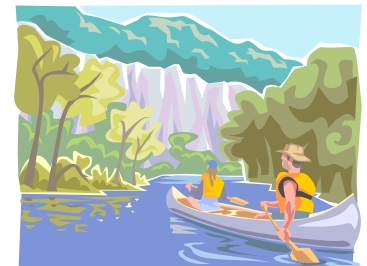
Summer Camps for Your Kids

Hot fun in the summer sun is just around the corner. Every kid deserves an opportunity to create summer memories at camp, and our kids are no exception. Accessible camps offer a variety of activities, and the experience can be life changing. As summer camps across the nation gear up for the fun, now is a good time to see if there is one suited to your child's needs.

Learning the culture of a summer camp comes through research. Not every camp is a good fit for every child. If you want to find out which is best for your child, ask for a quick telephone interview with the camp's director. Remember that lasting memories and friends are made at summer camp so doing a little homework goes a long way.

Questions to ask

- How did the camp get started?
- What is the camp's philosophy?
- What is the director's background?
- How many other kids with Spina Bifida typically come to camp?
- How are the staff chosen and trained?
- What type of medical professionals are on staff?
- What type of certification is required to run a camp for children with disabilities?
- Are there precautions for allergies, particularly latex allergies?
- Do you have references?



Click here for a list of accessible camps: http://www.spinabifidaassociation.org/site/c.liKWL7PLLrF/b.2701549/k.3CBB/Accessible_Summer_Camps.htm

First Annual Spina Bifida Young Adult Enrichment Cruise



Royal Caribbean Cruise Lines
Independence of the Seas™
6-Night Western Caribbean Cruise
January 7 – 13, 2013



Don't miss your chance to sail away to the sunny Caribbean along with new friends during the **First Annual Spina Bifida Young Adult Enrichment Cruise!**

Act now through **August 1, 2012**, to reserve your cabin by contacting Debra Kerper at Easy Access Travel toll-free at 800/920-8989, by cell phone at 951/202-2208 or by e-mail at debra@easyaccesstravel.com.

Debra will work with you personally to see that your needs are met and can offer assistance with flights, transfers and other arrangements for this exciting adventure.

6-night cruise from Ft. Lauderdale starting at only \$138 per night* including all port charges, taxes, vacation protection and gratuities!

\$250 refundable deposit per person will hold your stateroom!**

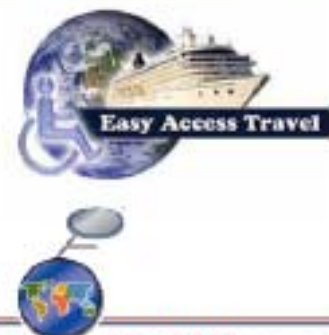
**Based on double occupancy; prices for single, third or fourth available on request. **See full cancellation policy available through Easy Access Travel.*

TravelinWheels has partnered with Easy Access Travel to bring **Young Adults with Spina Bifida, their families and friends**, a trip to remember on Royal Caribbean's Independence of The Seas™.

Ports of call include **Grand Cayman, Jamaica, and Royal Caribbean's Private Island of Labadee!** Optional enrichment activities will be offered both at sea and in port!

Space is limited, so please book your reservation early by calling Debra at 800/920-8989.

For cruise event updates, follow **TravelinWheels** on Facebook, or go to our website at www.travelinwheels.com/YASB2013



TravelinWheels



June 28 - July 1, 2012
Indianapolis, Indiana

Time is running out to book your Conference registration and hotel room at our discounted rates!
Visit www.spinabifidaconference.org today!

World Congress Findings to Be Released

Findings from the Second World Congress on Spina Bifida Research and Care, SBA's international meeting of Spina Bifida health care providers and researchers, will be unveiled during this year's National Conference. [Be the first to hear](#) about the latest in care treatment and what is on the horizon for this challenging condition!

Hotel Rooms are Going Fast – Book Yours Today!

The [Indianapolis Marriott Downtown](#) will be our home for the 39th National Conference...and we know it will be as lucky for us as it was for the New York Giants who stayed there during the 2012 Super Bowl! **But you need to act soon to [book your rooms](#) at our discounted rate of \$139/night plus taxes.**

NEW: Call the exclusive reservation line at 1-800-228-9290 or [click here](#) to reserve your rooms today! Be sure to tell the reservationist that you are with the Spina Bifida Association National Conference.

Enjoy the 4th of July in Indianapolis

SBA has arranged with the Indianapolis Downtown Marriott to extend our discounted hotel room rate for three days pre and post the Conference dates* so our attendees can enjoy the 4th of July festivities in this great American city!

*Offer good while rooms are available. Act today to guarantee your rooms!

Plus, many exciting tourist events are taking place in Indianapolis for the 4th of July holiday!



(Continued from page 1)

[n=gregory-s-liptak&pid=156323583](#)>, a Spina Bifida researcher and world-renowned developmental pediatrician who recently succumbed to a long illness. In addition to numerous accomplishments in the field of neurodevelopmental disabilities, Dr. Liptak contributed vitally to our Community as a past leader of the Spina Bifida Association's Professional Advisory Council and undertook an annual comprehensive cataloging of Spina Bifida research conducted across the globe for the Spina Bifida Association research center. His hard work and dedication will live on in those whose lives he touched.

The Spina Bifida Association would like to thank all of our presenters, attendees, and contributors and exhibitors<<http://worldcongressonsb.org/Contributors-Exhibitors/contributors-and-exhibitors?Name=Value>> for their participation in making this international event<<http://worldcongressonsb.org/>> a tremendous success.

SBAWS Services and Programs




- Emotional support for everyone affected by Spina Bifida, including meetings at numerous local cluster support groups throughout the state
- Newsletter *"The Evergreen"* detailing local SBAWS activities and providing news on medical, therapeutic, rehabilitative advances, recreational and legislative issues
- Website www.sbaws.org and toll free contact number to connect you directly to SBAWS
- A lending library containing information on Spina Bifida, secondary conditions and pertinent information on the rights of people with disabilities
- Social events for children, teens and adults to gather, have fun and share their life experiences
- "New Parents" packets to help parents learn about Spina Bifida and to help manage their children's health care needs
- Scholarships awarded for educational needs
- Subscriptions to the national Spina Bifida Association's *"Insights"* magazine and access to other current information on Spina Bifida
- A limited Equipment Fund to assist people with purchasing mobility devices, medical supplies and other necessary items not covered by insurance
- Delegates sent every year to SBA's annual convention



Would you like your story featured in *The Evergreen* and on the SBAWS website? We want the world to know that we are more than just SB—we are real people. It's okay if you're not sure how to get started —just contact the newsletter editor for help!



Resource Spotlight

 The Children's Hospital of Philadelphia®
Hope lives here.

Since its start in 1855 as the nation's first hospital devoted exclusively to caring for children, The Children's Hospital of Philadelphia has been the birthplace for many dramatic firsts in pediatric medicine. The Hospital has fostered medical discoveries and innovations that have improved pediatric healthcare and saved countless children's lives. Over 150 years of innovation and service to our patients, their families and our community, reflect an ongoing commitment to exceptional patient care.

The Children's Hospital of Philadelphia's web site, [CHOP.edu](http://www.chop.edu), recently unveiled some Spina Bifida content that may be of interest to the SBAWS community.



Spina Bifida Treatment

<http://www.chop.edu/service/fetal-diagnosis-and-treatment/fetal-diagnoses/spina-bifida.html>

- Addresses both prenatal and postnatal repair considerations
- Outlines the findings of the MOMS (Management of Myelomeningocele) Study, which looks at treatment in-utero

Eligibility Guidelines for Fetal Surgery for Myelomeningocele

<http://www.chop.edu/service/fetal-diagnosis-and-treatment/professional-resources/fetal-spina-bifida-surgery-referral-guidelines.html>

Fetal Surgery for Spina Bifida Video Series

<http://www.chop.edu/video/fetal-surgery/spina-bifida-video.html>

- Explores Spina Bifida diagnosis, treatment options, delivery and follow-up care

The Spina Bifida Genetics Research Project

is starting the second phase of a study to determine if genetic variations in folic acid metabolism account for an increased risk of having a child with Spina Bifida. We are seeking mothers who have had children with Spina Bifida, and who did not participate in the first phase of this study, conducted 2009-2010. Participants in the study are asked to complete a brief online survey and provide a DNA sample using a simple, at-home saliva collection kit that is delivered and returned by mail. To enroll or find out more information please visit <http://sbgenetics.org>. The study will only be open until July so it is important to participate today!

Rebuilding Together Spokane—an update

by Diana Tutt, Reporter

Rebuilding Together Spokane, a non-profit organization, has completed another yearly project. As reported in an earlier issue of the newsletter, this organization has a primary role of providing repairs and renovations to help keep seniors and persons with disabilities in their own homes safely as long as they wish. The Spokane chapter is part of a nationwide organization supported by corporate sponsors such as Albertsons who provide time and treasure. The president of the Spokane organization is store director from Albertsons, David Tutt. This year's project was to work on the 1890 St Joseph's Family Care Center. Grant Manager Liz Backstrom expressed her appreciation along with Sister Pat, Executive Director of the Center. This allows funds to be used on clients and services from private to family counseling and other therapies.

This year "April's Angels" of Gonzaga University provided major assistance along with other volunteers. April's Angels feel a special connection with St Joseph's Care Center as it is located in their neighborhood. As expressed in a major article in the April 15, 2012 Spokesman Review, a Spokane newspaper, students expressed their happiness in improving their own neighborhood for the needy. To view the Spokesman Review article go to www.spokesman.com/picture-stories.

The volunteers washed windows, painted a garage, repaired a toilet, did yard work, started to renovate the entryway and even scrubbed clean a statue of Mary. Expressions of thankfulness were expressed by Mary Mulvey who was quoted in the Spokesman Review saying "we're happy." April's Angels from GU were instrumental in so many ways. They are appreciated very much along with corporate sponsors such as Albertsons. The 180+ volunteers were awesome, walking the walk. If there is a "Rebuilding Together (name your city)" and you are in need of assistance, there are steps to follow. Requirements include owning/purchasing your home, being financially and/or physically needy and applying for a grant by submitting an application. Tutt stated that a lot of planning and collaboration are involved, from choosing the site, determining the scope of the work and then implementing the project. It always feels like there are a million things to do and not enough time to do it but everyone pulls together and makes it happen. More information may be obtained at the national website www.rebuildingtogether.org.

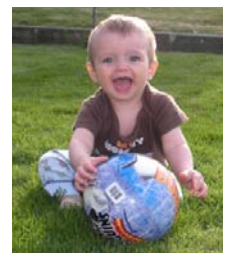


Please consider contributing to the fundraising efforts of SBAWS that support SBAWS programs and services, such as this newsletter, with a tax deductible donation. Go to www.sbaws.org and click on the "Donate" button in the top right corner.

On a personal note...

Our editor Celeste McCormick and her husband Emmett recently celebrated the first birthday of their son Deaglan. We all had a great time with the star of the show, along with four of his many cousins plus Aunt Colette, Nana and Papa and friends.

Submitted by Diana Tutt (Nana)



SPINA BIFIDA ASSOCIATION OF WASHINGTON STATE

2128 N Pines Rd Ste 17B Spokane WA 99206
Phone: 253-589-3700/Fax: 775-766-1654
Toll free: 888-289-3702
Email: sbaws@yahoo.com

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WHAT IS SPINA BIFIDA?

Spina Bifida is the most common permanently disabling birth defect in the United States. An average of eight babies every day are born with Spina Bifida or a similar birth defect of the brain and spine. There are over 60 million women in the US who could become pregnant and each one is at risk of having a baby born with Spina Bifida.

WHAT IS SBAWS?

SBAWS is the Washington chapter of the national Spina Bifida Association (SBA), which serves over 180,000 adults and children who live with Spina Bifida. Since 1973, SBA has acted as the nation's only voluntary health agency dedicated to enhancing the lives of those with Spina Bifida and the more than 250,000 people whose lives they touch. Through SBA and its network of chapters, parents of children with Spina Bifida are empowered with information and support services, teens transition into newfound independence, and adults lead productive and fulfilling lives.


Spina Bifida Association
of Washington State

