

WE ADVOCATE FOR EVERYONE IN THE STATE OF WASHINGTON AFFECTED BY SPINA BIFIDA BY PROVIDING SUPPORT, EVENTS, OUTREACH AND PUBLIC AWARENESS.



The Evergreen

March 2016

The quarterly newsletter of Spina Bifida Advocates of Washington State (SBAWS)

Revitalize your SBAWS

Together we make the difference!

y Celeste McCormick, Newsletter Editor

Welcome to an issue of *The Evergreen* that has been a long time in coming. I recently realized that in the past two years I have only released two issues of our organization's newsletter. That is a sad rate indeed. I have no excuse or reason other than regular life; most of us can relate to having too many commitments on our plates and needing to make choices about our priorities. I will admit that this organization was not a high priority for me over the past couple of years while I pursued other endeavors, but it is no less special or meaningful to me. I remained connected and am revitalizing my involvement with the organization not only by promising to publish quarterly newsletters but also by joining the Board of Directors.

The Board of Directors has many returning members, including Vice President Amy Shiel, Secretary Savannah Lacy, Treasurer Jon Tutt, and directors Ryan Callaway, Dave Carl, Rebekah Ethington, Tim Miller and Nicole Williamson. The Board also boasts one very special new member: President Sarah Gammons-Reese whose term began in January.

Sarah says she first became involved in SBAWS when her daughter Angelina was a baby. "We adopted her from Haiti and we didn't know much about Spina Bifi-

da," she explains. She said that meeting others who had Spina Bifida – adults and children – was a great source of information for her. She says it is the people in this organization that have made it so important to her. She credits "so many wonderful and welcoming families" over the years who have been not only been a resource for her but also a source of support and inspiration. "It has been amazing watching everyone's children grow up and I love having my children with Spina Bifida, Angelina and Jude, be able to form kinships within this community."

Sarah seems excited and hopeful about her new role and the future of the organization. "I think that the most important part about being President of SBAWS is that I am open to new ideas of our members and can bring those ideas and continued positive change to this organization," she said. She values strong leadership skills and hopes to foster collaboration among SBAWS constituents to keep offering quality programs and services. "Being a good leader, to me, is being a good team member as it has taken many people to be able to put together good events, community supports and fundraisers over the years."

Sarah steps into her role as a President at a critical

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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.

Board of Directors' Bulletin

The Board of Directors is the governing body for Spina Bifida Advocates of Washington State. The Board makes executive decisions regarding the budget, policies, events, and other actions undertaken by SBAWS.

Go to www.sbaws.org/board for a biography of each Board member. Visit www.sbaws.org/minutes for details of the latest Board meetings.

News from the Board...

New slate of officers named for 2016

The Board of Directors named several new members starting in 2016. The organization is proud to be led by new President Sarah Gammons-Reese who has an extensive background working with and raising children with disabilities. We also welcome longtime member and newsletter editor Celeste McCormick to the Board. The Board members are here to advocate for you and help you stay connected and involved with the SBAWS community! Learn more about the Board members and obtain their contact information by visiting <http://sbaws.org/board.html>.

Volunteers needed!

SBAWS always has work to do and volunteer opportunities for all interests and abilities! Contact any Board member (see www.sbaws.org/board) for ideas about how you can help. We have a particular need for volunteers as we plan the upcoming Walk-N-Roll, our annual major fundraiser.

Get your photos here!

All SBAWS event photos can be downloaded for FREE from our group's Shutterfly site! Simply visit <https://sbaws.shutterfly.com> and create an account (or log in if you already have one).

Direct Aid Reimbursement requests

To submit a request for Direct Aid Reimbursement

Go to <http://www.sbaws.org>, click on Direct [Aid Reimbursement](#), complete the form and mail it to SBAWS.

Qualified applicants are people with SB or their parent/guardian. The request must be due to financial need and the funds must be used for the intended purpose. Decisions about aid are made at each Board meeting.

Next Board of Directors meeting:

March 23, 2016

SBAWS Board of Directors



President: Sarah Gammons-Reese,
president@sbaws.org
Vice President: Amy Shiel
vicepresident@sbaws.org
Secretary: Savannah Lacy
secretary@sbaws.org
Treasurer: Jon Tutt,
jon_tutt@msn.com

Directors

Ryan Callaway, Dave Carl,
Rebekah Ethington,
Celeste McCormick, Tim Miller,
Nicole Williamson



NEWSLETTER IDEAS?

Contact the Newsletter Editor, Celeste McCormick, at celtutt@yahoo.com with your story ideas!



2015 Year End Financial Report

	2015		2014		\$ Change	
Profit & Loss Comparison						
Income						
Donations						
Fundraising						
Walk N Roll	\$	13,518.43	\$	13,214.35	\$ 304.08	
Amazon Smile	\$	6.83	\$	11.63	\$ (4.80)	
Total Fundraising	\$	13,525.26	\$	13,225.98	\$ 299.28	
In Kind Donations						
ED Meg Paulsen	\$	-	\$	4,500.00	\$ (4,500.00)	
Other	\$	1,100.00	\$	2,747.00	\$ (1,647.00)	
Total In-Kind Donations	\$	1,100.00	\$	7,247.00	\$ (6,147.00)	
CHCWA/CFC Donations	\$	491.58	\$	909.13	\$ (417.55)	
General Donations	\$	2,127.39	\$	886.18	\$ 1,241.21	
Total Donations	\$	17,244.23	\$	22,268.29	\$ (5,024.06)	
Interest	\$	53.67	\$	53.52	\$ 0.15	
Total Income	\$	17,297.90	\$	22,321.81	\$ (5,023.91)	
Expenses						
		% by Category		% by Category		
Mission/Program	\$	12,542.24	75.10%	\$ 18,109.51	74.91%	\$ (5,567.27)
Administration	\$	894.02	5.35%	\$ 2,369.19	9.80%	\$ (1,475.17)
Fundraising	\$	3,265.28	19.55%	\$ 3,694.81	15.28%	\$ (429.53)
Total Expenses	\$	16,701.54	100.00%	\$ 24,173.51	100.00%	\$ (7,471.97)
Net Income (Loss)	\$	596.36		\$ (1,851.70)		\$ 2,448.06
Balance Sheet Comparison						
Assets (cash in the bank)	\$	25,631.69		\$ 25,035.53		\$ 596.16
Liabilities	\$	-		\$ -		\$ -
Total Equity (Fund Balance)	\$	25,631.69		\$ 25,035.53		\$ 596.16

ANALYSIS:

Income: Total Income was 22% less this year but almost all of the dollar difference was due to Meg's 2014 In-Kind Donation.

Expenses: Total Expenses were 30% less than last year, which is a move in the right direction and also affected by Meg's donation.

Net Income (Loss): In the positive and a 122% improvement over last year. We spent virtually the same as we took in which is an ideal situation for a not for profit charity.

Expenditure by Category: These percentages are acceptable. We'll need to continue to keep an eye on this in 2016.

Net Worth: Our total assets, fund balance, cash in the bank increased by 2.4%: at \$596.16 it is a significant improvement.

Liabilities: We have no liabilities (unpaid bills).

Trend Analysis: We have definitely decreased our spending, but our long term goal must be to increase our income so we can increase and adequately fund our mission programs.



Jon Tutt, Treasurer

It's almost here...
the 2016 Walk-N-Roll
for Spina Bifida and annual
summer picnic!



Join the Spina Bifida Advocates of Washington State for its annual Walk-N-Roll

Come support the thousands of Washingtonians who live with Spina Bifida! All proceeds go to programs and services for people living with Spina Bifida or to promote the prevention of this birth defect.



Save the date: Saturday July 16, 2016
Bradley Lake Park, Puyallup WA

This is our only major fundraiser all year and YOU can help! Create your team today! Visit <http://www.firstgiving.com/sbaws> to create your team's fundraising page.



volunteers needed
contact president@sbaws.org
or visit www.sbaws.org

SBAWS, Seattle, Annual Holiday Party



Our many SBAWS families came together again this year for our annual holiday party!



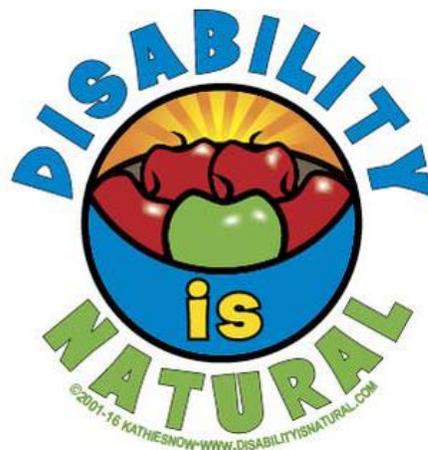
This year's event included lunch, crafts, gifts for the kids, and the Science on Wheels program "Radical Reactions" presented by the Pacific Science Center.



Special thanks to Coloplast, Kenndale Memorial Hall, Spina Bifida Advocates of WA State, Thy Huynh, Children's Hospital Child Life Department, and Rebekah's Crochet Corner.

Disability is Natural unveils new website

Kathie Snow's Disability is Natural website has been redesigned for 2016. Visit it at <https://www.disabilityisnatural.com> for articles, books, handouts, stickers and many other resources advocating for the respect and inclusion of people with disabilities. You may also sign up for the e-newsletter at by clicking the "Subscribe" link on the website. Note that this site has very specific copyright and reprinting requirements (which is why this little blurb in our newsletter can only say so much about it).

A photograph showing a group of people at an outdoor event. In the foreground, a man in a grey tank top and blue shorts is walking alongside a young girl in a yellow dress and sunglasses, who is holding a white sign that says "SBAWS TEAM CHIPPY CHAMPS". Next to them is a person in a yellow shirt sitting in a wheelchair. Other people are visible in the background on a paved path.

Interested in photos from our recent events?
Visit the SBAWS Shutterfly website at <https://sbaws.shutterfly.com/> (use password SBAWS). And create your own login.
You can add and download photos for all of our events.

You can revitalize your commitment to SBAWS too

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point in time for SBAWS. Several of the most active directors have stepped down and scaled back their commitment, but there is still much important work to be done, particularly with the annual Walk-N-Roll fundraiser coming up in a few months. She has a vision and aspirations not only for herself as President but for the organization as a whole. "It is my hope that the organization can grow to include more people and new families too. It is difficult to attend an event when you don't know anyone personally but if more families can feel the warm welcome that my family did so many years ago, that would be wonderful. To be able to continue to provide a supportive and fun community for people with SB is my biggest goal."

What does SBAWS mean to you? How has this organization supported and assisted you in the past? Can you revitalize your participation with us? Can you return the favor in any way that works for you? Can you start a Walk-N-Roll team at our fundraising site www.firstgiving.com/sbaws? Can you volunteer the day of the Walk-N-Roll to help set up the event? Do you have specialized skills or great contacts that would help make this amazing event a reality? Just call 888-289-3702 or email info@sbaws.org to ask questions or offer assistance. Together we make the difference!

Do you want to...

- Learn more about SB?
- Request reimbursement for medical expenses?
- Sign up to volunteer at our next event?

You can do it all at

www.sbaws.org!

Shop at AmazonSmile
and Amazon will make
a donation to:

**Spina Bifida Advocates
of Washington State**

Get started

amazonsmile

Together we make the difference!

ABOUT SBAWS

SBAWS began as a small support group in 1980. Over the years we have grown (and changed our name a few times) and we now serve the entire state of Washington. With SBAWS, parents of children with Spina Bifida are empowered with information and support services, teens transition into new-found independence, and adults lead productive and fulfilling lives.



**Follow SBAWS
on Facebook**

Contact SBAWS today

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