



TABLE OF CONTENTS

- * **SBANENY FAMILY RETREAT WEEKEND** Page 2 & 3
- * **ANNUAL TUBING PARTY, WILLARD MOUNTAIN**
- * **WAYS TO GET INVOLVED – VOLUNTEER TODAY!** Page 4
- * **EQUIPMENT EXCHANGE**
- * **SCHOLARSHIP OPPORTUNITIES** Page 5
- SBANENY DEVELOPMENT UPDATE**
- * **GO TO THE THEATRE FOR SBANENY!** Page 6
- * **WALK-N-ROLL FOR SB 2013**
- * **HOME ENERGY ASSISTANCE**
- * **INDIVIDUAL BUDGETING** Page 7

MESSAGE FROM THE CHAPTER CHAIR

I can't believe another year has come and gone. At the beginning of the year everyone always seems to have lots of hope. People set goals and they are determined to reach them.

2012 was another successful year for SBANENY, with many goals achieved. Earlier in the year, after many issues with the weather, we had our Cabin Fever party at the Crossings in Colonie. It was a great time to get to know each other, play games and eat some good food.

In April, we had two successful events. We hosted a regional Spina Bifida conference in Albany and the following day held our second SBANENY Walk-N-Roll for Spina Bifida in Schenectady. In the summer, some families came together for a picnic and baseball at Joe Bruno Stadium in Troy. I want to thank the Stadium staff for their hospitality. In October we had a weekend retreat for young families at Frost Valley in Claryville.

To round up 2012 we had another successful fundraising event, "Go to the Theatre for SBANENY" in Albany. Finally, in 2012 we had the pleasure of welcoming three new board members to our board of directors.

This month, our board of directors will be coming together for our annual strategic planning session to discuss goals, events and activities for the Chapter for the upcoming year. If you have any ideas about the Chapter goals, activities and events please feel free to share them with us by contacting the office or on our Facebook page.

I want to thank the staff, board of directors, and volunteers of SBANENY for helping to make 2012 a successful year. We could not do it without you. I wish all of you a very successful, happy and healthy 2013 in whatever your goals may be and I look forward to another year working with all of you as Chair of the board.

Shameka Andrews
Chapter Chair

SBANENY Board of Directors

- Shameka Andrews, Chair
- Vacant, Vice-Chair
- Stephanie Mumford, Treasurer
- Dan O'Connell, Secretary
- Kevin Chamberlain, Past Chair
- Amy Clinton
- Barbara Devore
- Hali Holmes
- Raymond Langelier
- Dr. Matthew Adamo
- Kevin Bean
- James Dunham

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SBANENY NEWS

SBANENY FAMILY RETREAT WEEKEND

The last weekend in October 2012 found a group of SBANENY families on retreat at Frost Valley in Claryville. This annual event provides families with a child with Spina Bifida between the ages of 5 & 21 an opportunity to meet and grow networks and connections with others facing similar experiences. This year we were able to enjoy a variety of fun activities in the setting of the beautiful Catskill Mountains. Do you have a child in that age range? Consider joining us this fall for the annual retreat. You can mark your calendars – Dates have been set for October 25th – 27th at Double H Ranch in Lake Luzerne!

Among the many benefits of this weekend retreat together...

New Friendships & Connections.....



Sibling time..... The best!



Outdoors & Exercise!



Creative Outlets.....

Family time.....



Dressing Up... Ahoy There Matey!

Fresh Air.....



Exploring
New
Skills.....



Finally, there is nothing like a campfire for a time of reflection together....

Until next time!

SBANENY's ANNUAL TUBING PARTY WILLARD MOUNTAIN

Date: Tuesday February 19, 2013

Time: 5 – 8 PM

Place: Willard Mountain, Easton, NY
(45 minutes NE of Albany)

Price: \$12/person
Under 5 – pay your age!
Pizza only -- \$5/person

(Please Note: Individuals with SB or immediate family members – We do not wish to exclude any individual with SB or their immediate family members because of the fee for attending the event. If you are unable to pay this fee, please send an amount that you feel you are able to afford.)

- Price includes 3 hours of tubing, pizza & drinks, bonfire, board games in tubing lodge
- Please bring a snack or cookies to share.

Make checks payable to SBA of NENY and mail to 123 Saratoga Road, Scotia, NY 12302

RSVP is required!

Deadline for RSVP is Friday 2/15 at 2 PM.

Bathroom Facilities Note: We will be eating our pizza and tubing from the Tubing Lodge (to the right when you pull in the parking lot.) There is only a port-a-potty there. If you require less rustic facilities, there are accessible bathroom facilities in the main lodge (to the left when you pull in the parking lot.)

*Girl Scout Brownie Troop 3297 will be helping out during the evening.
Many thanks to our friends at Willard Mountain!*

SBANENY Email Address Change



Please note we have a new email address:
admin@sbaneny.org.

SBANENY WAYS TO GET INVOLVED....

Adult Program Planning Committee:

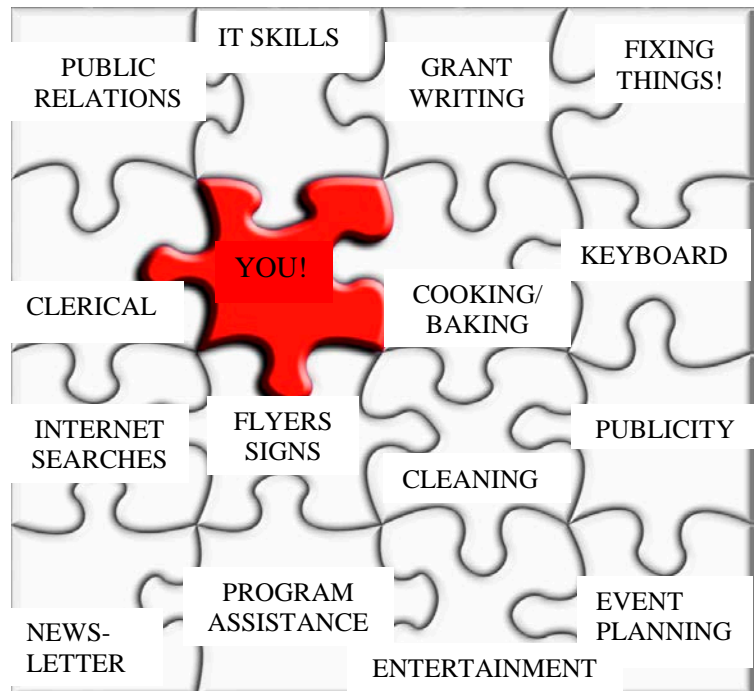
We have a group of adults who are setting up a planning meeting to develop ideas of interest to this group of constituents. They welcome others to get involved and provide input. If you would like to join and share your thoughts and ideas, please contact our office for information.

Young Family Activities & Programs

Do you have a child 18 & under with Spina Bifida? We welcome your input for future programs. Would you be willing to be on a planning committee for this group? Please contact our office to let us know your ideas & suggestions or to help on a planning committee.

Volunteer Skills Needed

There are a huge variety of skills needed to meet the needs for services of our families affected by Spina Bifida. It is like a big puzzle. Things run most smoothly when we have the pieces of the puzzle filled in.



Please consider these SBANENY needs. Where do you fit in? What are your skill sets? Call & talk with us about what you would like to do!

SBANENY EQUIPMENT EXCHANGE PROGRAM

One of our families has a hand powered tricycle that they would like to pass along to another child. Their son has outgrown it. The bike is for a preschool age child. If you are interested in this for your child, please contact our office.

INDEPENDENT LIVING CENTER OF THE HUDSON VALLEY HOSTS TWO WOMEN'S GROUPS

Where? ILCHV's Office- 15- 17 3rd St in Troy in the conference room.

Who? Ages 40 and over: **When?** Every other Tuesday from 11:00am- 12:30pm starting on October 2nd.

Who? Ages 18 -40: **When?** Every other Thursday from 1:00pm to 2:30pm starting on October 11th.

Why? Come join a support group for women with disabilities and those women who are caretakers for individuals with disabilities. Also enjoy fun activities with the group.

Walk- Ins Are Welcome! Stop by or call Tara at 274- 0701 ext. 126 for more information!

HONOR OR MEMORIALIZE A LOVED ONE WITH A GIFT TO SBANENY

Donation checks should be made out to SBA of NENY and mailed to the SBANENY office. Please provide the name and address of the person to whom you wish an acknowledgement of your donation to be sent.

Visit Our Website at
www.sbaneny.org

SCHOLARSHIP OPPORTUNITIES

HELEN R. MERTENS EDUCATIONAL SCHOLARSHIP FUND

*Sponsored by Spina Bifida Association of
Northeastern New York*

Are you pursuing an educational or training goal?

The purpose of the Helen R. Mertens Scholarship is to award financial assistance to persons who have Spina Bifida and are pursuing higher education, technical training, or driver's education. For further information & applications go to our chapter website at www.sbaneny.org or contact our office.

The deadline for receiving applications and all supporting materials is March 30, 2013.

180 MEDICAL 2013 COLLEGE SCHOLARSHIP PROGRAM

Eligibility

Students attending a two-year, four-year, or graduate school program full time in the fall are eligible to apply. Applicants must be under a physician's care for a spinal cord injury, spina bifida, transverse myelitis, or neurogenic bladder.

Scholarship

Five \$1,000

college

Award

scholarships

Deadline

The scholarship runs from January 1 to June 1.

Application

<http://www.180medical.com/scholarships>

Questions?

If you have any questions please contact scholarships@180medical.com.

Like us on Facebook!

SBANENY DEVELOPMENT UPDATE

“Go to the Theatre for SBANENY”

A Successful Fundraising Event!
The evening was filled with good theater...



... bidding on a great silent auction.....



.... family!.....



.... a first SBANENY Raffle....



... friendly service from our
teen volunteers....



.... new friends.....



*Thank you to everyone
– sponsors, donors,
volunteers, and
attendees – for your
participation!*



SBANENY Walk-N-Roll 2013 Committee Needs You!

This committee is beginning to work to make SBANENY Walk-N-Roll for Spina Bifida 2013 bigger and better. This is a great opportunity to raise awareness about SB while raising funds to support services and activities that SBANENY provides.

How to help?

- **Be a Team Captain** – Get people to join your team today! Our Walk-N-Roll webpage will be up and running by February 1st. Watch our website at www.sbaneny.org for details!
- **Logistics Subcommittee** – Do you like to help plan an event? This is for you!

Contact our office today to sign up!

HOME ENERGY ASSISTANCE PROGRAM Accepting Applications for Heating Bills Assistance

The state Office of Temporary and Disability Assistance is accepting applications for help paying heating bills from low-income New Yorkers in danger of having their heat shut off or running out of fuel.

The benefits are part of the state Home Energy Assistance Program, which is overseen by OTDA and is federally funded. The benefit can be extended once per season, but a household may also be eligible for a one-time emergency benefit.

Eligibility for the program is based on income, access to resources and the type of heating emergency. For example, a release from the OTDA notes that a family of four with a household income of \$49,333 could qualify for the benefit.

A list of where to apply can be found at <http://otda.ny.gov/programs/heap/HEAP-contacts.pdf>. More information about the program can be found by calling 1-800-342-3009.

Individualized Budgeting

Offered by
Wildwood Adult Education Programs

Learn how to set and achieve your financial goals, organize your financial documents, manage your money, save regularly, pay bills on time and build or repair credit. Information on community resources and free income tax preparation will be available. This class is open to consumers & families.

Instructor: Adult Education Staff, Wildwood

Location: Latham or video seminar

Dates: Starting 2/4, ending 5/6, 11 classes

Cost: No Fee

Times: 3 to 4 PM

*** If you are new to Wildwood Adult Education, you will need to arrange for an intake interview and have it completed by 1/25/13.*

For further information about this seminar or others offered through Wildwood Adult Education, call 518-640-3352 or email mburns@wildwoodprograms.org.

Youth Service America Accepting Applications for Disney Friends for Change Grants

Disney Friends for Change Grants offer young change-makers an opportunity to receive a \$1,000 grant to help make a lasting, positive change in the world. They look for projects that highlight the creativity and commitment of young people working to meet the needs of others. **Questions?** Contact YSA's Grants Manager at amcdonald@ysa.org.

Youth ages 5-18 are eligible to apply for a \$1,000 grant. Applications are due by midnight **February 10, 2013.**

To learn more about Disney's Friends for Change initiative and access an application, visit www.Disney.com/friends.



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SBANENY CALENDAR OF EVENTS

JANUARY

January 12
January

SBANENY Board of Director's Strategic Planning Retreat
Adult Program Planning Committee Meeting

FEBRUARY

February 19

SBANENY Tubing at Willard Mountain

MARCH

March 9

SBANENY Board of Director's Meeting

MAY

May 4
May 11

SBANENY Walk-N-Roll for Spina Bifida 2013
SBANENY Board of Director's Meeting

OCTOBER

October 25 – 27 Retreat Weekend for Families with Children with SB ages 5 to 21

WATCH FOR FLYERS, FACEBOOK UPDATES, EMAILS,
AND OUR WEBSITE FOR ADDITIONAL EVENTS AS THEY GET PLANNED.