

# SBAGNO News

Spina Bifida Association of Greater New Orleans, Inc.  
This newsletter is funded by proceeds from the Turkey Day Race.  
Credentialed Member of the Spina Bifida Association

Spina Bifida  
Association

P.O. Box 1346 Kenner, La 70063  
504-737-5181

Web: [www.sbagno.org](http://www.sbagno.org)  
E-mail: [sbagno@sbagno.org](mailto:sbagno@sbagno.org)

Winter 2008 Edition

## Calendar of Upcoming

GNO Support Group Meeting  
March 17, 2008  
6:00 pm  
Metairie Baptist Church  
401 Codifer, 70005  
Park and Enter 210 Orion

### SBAGNO Family Picnic

**April 13, 2008**  
at  
**Lafriener Park**  
**Shelter # 4**  
**Noon-3:00 p.m.**

Louisiana Disability Rally  
April 23, 2008  
at  
State Capitol in Baton Rouge  
See page 5 for details

**Slam-n-Jam**  
Saturday, April 5th @  
Coconut Beach  
Volleyball Club West End

SBA National Conference  
June 23-25, 2008  
In  
Tucson, Az  
See page 3 for details

Camp Friendship  
July 21-25, 2008  
Paradise Manor  
Look for details in upcoming  
newsletter

## SBAGNO Board of Directors

President: Al Hitt  
Vice President: Judith Otto  
Treasurer: Wendy Linebarger  
Recording Sect'y: Julie Johnston  
Board Members: Cindy Barrios  
Debbie Blanchard  
Rita Graham  
Virginia Graham  
Ann Hitt  
Jon Johnston  
Ron Schulingkamp  
Margaret Smith  
Mary Zeringue

Admin./Outreach  
Assistant: Julie Johnston  
Camp Director: Cindy Barrios  
Newsletter Editor: Judith Otto  
Webmaster: Al Hitt

### Coordinators:

Turkey Day Race: Ron Schulingkamp  
Slam-N-Jam: Cindy Barrios  
John Smested  
Grant writing: Sylvia Shally  
Newsletter: Judith Otto  
E-Mail: Al Hitt

## What's Inside ?

|                          |        |
|--------------------------|--------|
| Upcoming Events          | Page 1 |
| President's Update       | Page 2 |
| National Conference Info | Page 3 |
| Turkey Day Race          | Page 4 |
| Tele Programs 2008       | Page 5 |
| Disability Rights Day    | Page 5 |
| Louisiana GUMBO          | Page 6 |
| SBA Scholarships         | Page 7 |
| DisabilityInfo.Gov       | Page 7 |
| Fundraising Volunteers   | Page 8 |
| Folic Acid Ad            | Page 8 |
| Donating to SBAGNO       | Page 8 |

## National SBA Quality of Life Programs

Lives are changed by the programs and services SBA has created to respond to the needs of new parents of babies who are born with Spina Bifida, families who are dealing with the challenges of Spina Bifida, teens who are transitioning toward new-found independence, and adults who are leading productive and fulfilling lives.

Current SBA quality of life programs and services include:

- [eCommunities](#)
- [Scholarship Fund](#)
- [TEAM](#)
- [National Conference](#)
- [Kids!Camp](#)
- [Annual Roast for Spina Bifida](#)
- [Financial Planning](#)

For further information go to [www.spinabifidaassociation.org](http://www.spinabifidaassociation.org).



## President's Update....

**Happy New Year!** With January's arrival, we are given a fresh start and a clean slate. It is a time that is characterized by hope, optimism and with anticipation as the Board of SBAGNO plans for 2008. Before we move forward, however, I would like to look back at last year. 2007 was a very good year for our chapter. We had many firsts for our chapter... the largest number of members attending our national conference since it was held in New Orleans and a very successful fundraising year, raising over \$38,000 in the last quarter alone... just to mention a few.

We held three new fund raising events during the month of October. **First** was the *Alligator Fest*. Jon Johnston and the "Moose" lead us in this endeavor. Along with earning money we also learned a lot about doing festivals that will certainly help us for this year's event.

**Second** was a national SBA core program, "Adopt a Ghost". This fundraiser was lead by Cindy Thompson and the Baton Rouge area support group, with participation in the New Orleans area as well. Not only was this a very successful fund raiser in its first year it also raised awareness about Spina Bifida at the same time! This year we will hold Adopt a Ghost in our entire service area.

**Third** was our "1<sup>st</sup> Annual Bowl a Thon" which was held at Colonial Bowl Alley in Harahan. With a turn out of 16 teams and 65 individuals having fun bowling and raising money for SBAGNO, this event was a huge success for our first attempt and promises to be even better this year. Many thanks to all who were involved.

There were 2 additional fund raisers that also benefited SBAGNO. "Slam and Jam Volleyball Tournament" hosted by the Catholic High Schools in the Greater New Orleans area and the "Turkey Day Race" sponsored by the New Orleans Track Club. The Turkey Day Race was the 100<sup>th</sup> running and the money raised was our most successful fundraiser event! A special thanks goes to Ronnie Schulingkamp and all of the others with the Track club for all of their hard work.

I would like to thank all of our members that came out to support SBAGNO at these events. With money we raised at these events we will start holding support group meetings for parents and our young adults with Spina Bifida. The planning for the first support group meeting has already started. Look for more information to come. Look for other events coming up as we move forward in 2008.

It would be great to see you and your family this year. If you have an idea for an event, please email me at [alhitt@bellsouth.net](mailto:alhitt@bellsouth.net) or call me at 985 209 1554. We also updated our web site last year and I have started sending our SBAGNO E-Blast messages out by email. These emails cover many different topics that I hope you have been finding it informative. If you would like to be added to the list just email me at [alhitt@bellsouth.net](mailto:alhitt@bellsouth.net) and I will add your email address to my list.

All the best for a happy, healthy and prosperous New Year!

*Al Hitt*



Who should attend the **SBA 35<sup>th</sup> National Conference**

- **Adults with Spina Bifida**
- **Parents of children with Spina Bifida**
- **Children with Spina Bifida**
- **Medical professionals**

### Conference Highlights

- **Adult Day:** Focus on the issues that concern adults with Spina Bifida – from health challenges associated with aging to employment, relationships, advocacy and more.
- **NHPC Day:** Sharpen your skills, share vital information, and network with other healthcare professionals while earning CEUs.
- **Kids!Camp:** Instilling self-reliance, inspiring confidence, building socialization skills, and encouraging independence, this life changing experience is a “can’t miss” for the kids. It is the only national camp specifically designed for children with Spina Bifida and their siblings.
- **Adult Night:** A unique chance to network with other adults with Spina Bifida while enjoying a fun evening activity. (Additional charge applies.)
- **Celebration Luncheon:** Come celebrate the best of the best as the SBA Annual Awards are presented at this festive luncheon. (Additional charge applies.)
- **Community Cook-out:** Enjoy good food and fun while meeting SBA community members. (Additional charge applies.)
- **Family Feast:** Bring the whole family and eat family style while you share stories with other families, laugh and have a great time. (Additional charge applies.)
- **Opening Night Reception:** Meet with attendees at this very popular kick-off event. Entertainment, food, and beverages add to the festivity and the size of the crowd.

### Location and Accommodations

The 35th National Conference is being held at the JW Marriott Starr Pass in Tucson, Arizona. This all-new luxurious resort is nestled amidst the Saguaro Cactus Forest of Tucson Mountain Park. Rich in culture, history, and natural beauty, this area called Starr Pass is simply amazing. Featuring a 20,000 square foot spa, 27 holes of golf, seven dining options, and 88,000 square feet of indoor and outdoor event space, this Tucson Resort encompasses everything you want.

A room rate of \$156.75 (\$139.00 + applicable taxes) per night for a single, double or a quad has been secured for attendees. Reservations can be made by calling 800-228-9290 or 888-527-8989. Be sure to tell the reservationists that you are with the Spina Bifida Association Conference.

#### JW Marriott Starr Pass

3800 W. Starr Pass Boulevard  
Tucson, Arizona 85745

Reservation Line: 800-228-9290 or 888-527-8989  
Direct Hotel Line: 520-792-3500  
Fax: 520-792-3351



## 100th Annual Turkey Day Race a Huge



The 100th Annual Turkey Day Race raised over \$26,000 for SBAGNO. It was a chilly Thanksgiving morning for the running of the 100<sup>th</sup> Annual Turkey Day Race on November 22, 2007. A total of 1,560 participants faced the starting gun at 9:00 A.M. on Roosevelt Mall for the 100 year Thanksgiving tradition. The shade from oak lined streets in New Orleans City Park made the 55-degree temperature brisk until the race started and the runners and walkers started their 5 mile journey.

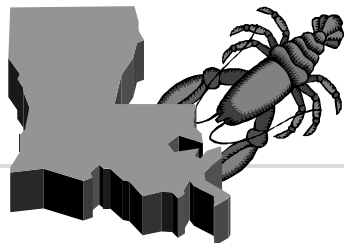
A 1 mile fun run started after the 5 milers cleared the starting line. The first male across the finish line for the five mile race was Kyle Lewis with a time of 24:59 and the first female across was Michelle Hymel with a time of 30.43. Congratulations to both of them!

Tradition and commitment best describes the Turkey Day Race. This year, Mr. Albert Briede completed his 49<sup>th</sup> consecutive Turkey Day Race. In the February 1986 issue of *RUNNER'S WORLD*, an article entitled "You Should Be Committed," covered the 78th Annual Turkey Day Race and featured Mr. Briede as one of New Orleans famous runners.

The Turkey Day Race is looking forward to the 2008 race and assisting SBAGNO achieve its goals for the year.

More information is available on the [www.TurkeyDayRace.com](http://www.TurkeyDayRace.com) web site.





## Louisiana's



### G.U.M.B.O. Games

Every child deserves the opportunity to participate in a sports program. GUMBO, which stands for “Games Uniting Mind & Body”, provides that opportunity for students aged 5-22 years with physical disabilities or visual impairments. These are children who are unable to participate in sports on an equal basis with their peers due to their physical or visual limitations. GUMBO athletes participate using leg braces, wheelchairs, walkers, crutches, or they have some form of mobility or visual impairment.

GUMBO offers sports opportunities in track, field, slalom, and indoor boccia throughout the state. The student athletes are classified according to their age and ability; they only compete against others in the same age group and with an equitable disability.

GUMBO track and field events take place in 3 areas of the state during the spring: Shreveport, Alexandria, and New Orleans. The State GUMBO Invitational meet takes place during the fall in Baton Rouge for all athletes who qualified. The State Meet this year will be on Saturday, October 13 at the Louisiana School for the Deaf in Baton Rouge. The State GUMBO Boccia Tournament takes place in different areas of the state in February or March.

This school year, GUMBO will be sponsoring 3 regional indoor boccia trainings and tournaments. Indoor boccia is a game of throwing, rolling, or releasing a ball to get closest to the target ball. This game targets those individuals with more severe physical limitations who make even require assistance with a throwing aide. Those with less severe physical limitations are also encouraged to participate in GUMBO’s indoor boccia in the open division. These 3 boccia events have tentatively targeted the areas of Monroe, Baton Rouge, and Lafayette between October and January.

If you know of someone who might be interested in attending one of the indoor boccia regional events, or who is interested in learning more about other GUMBO events, please contact Pam Carey at 1-800-259-7200 or by E-mail at [carey33452@aol.com](mailto:carey33452@aol.com). You may also go to [www.gumbogames.com](http://www.gumbogames.com) to learn more about GUMBO. And to learn more about boccia, go to the official boccia website at [www.usaboccia.com](http://www.usaboccia.com). If you are interested in hosting or volunteering for one of these regional indoor boccia events please contact Pam Carey at the above number or E-mail address.

The Dates for the 2008 Regional GUMBO Track & Field Competition dates have been set.

|                        |                  |             |                   |
|------------------------|------------------|-------------|-------------------|
| April 11 <sup>th</sup> | GUMBO North      | Shreveport  | Deadline 3/11/08  |
| April 26 <sup>th</sup> | GUMBO South      | New Orleans | Deadlines 3/11/08 |
| May 17 <sup>th</sup>   | GUMBO Crossroads | Alexandria  | Deadline 4/10/08  |

## SBA's Scholarship Program is Now Open and Accepting Applications

SBA's Annual Scholarship Program is now open and accepting applications. For more information, or to download an application, visit [www.spinabifidaassociation.org](http://www.spinabifidaassociation.org) and select Quality of Life under the Programs menu. Please help get the word out through your publications and local events about these opportunities. All students living with Spina Bifida are encouraged to apply by the March 7 deadline.

## DisabilityInfo.gov

DisabilityInfo.gov is a one-stop federal Web site designed to offer people with disabilities access to the information and resources they need to fully participate in the workforce and in their communities. Managed by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), DisabilityInfo.gov offers a broad range of valuable information, not only for people with disabilities, but also for community and faith-based organizations, caregivers, state Medicaid agencies and service providers of all kinds working to maintain the independence of people with a range of physical or mental impairments.

With 22 federal agencies contributing content to this Web site, DisabilityInfo.gov contains extensive, frequently updated information on a host of cross-cutting topics. Easy to navigate, the Web site is organized into subject areas, which include benefits, civil rights, community life, education, employment, health, housing, technology and transportation. By selecting a category from the tabs at the top of the home page, visitors to the Web site are directed to practical information on public and private health insurance, long-term care, job accommodations, work incentives and much more. DisabilityInfo.gov now has a State & Local Resource Map to make it easier to find information and contacts in your own community.

Several sections of the Web site offer information and resources geared toward helping people with disabilities become employed and reduce their dependency on disability income support programs. For example, the Health section features many links to resources on long-term care providers, support for caregivers and assistive technologies for people with disabilities and our aging population. The Transportation section of the Web site includes guides to help people locate accessible transportation in their communities; and the Employment section contains valuable information on a wide range of resources that can help people find employment and work and live independently.

DisabilityInfo.gov also offers a free subscription service where you can sign up to receive DisabilityInfo Connection, the site's quarterly newsletter, as well as e-mail alerts covering information tailored to your individual interests. Just visit Login to sign up to begin receiving DisabilityInfo.gov's latest news.

