



SPINA BIFIDA ASSOCIATION OF HOUSTON GULF COAST

THE WAVE

March 2009

Volume 1, Issue 3

Inside this issue:

Thank You Presentation	2
Drum Tournament	2
Scholarship Program	2
Dental Study	3
Resource Information	3
Bowl-a-thon	3
Ask the Doctor	4
10th Annual Don Allen Wildwood Sports Day For The Physically Challenged	5
SBA Conference	5

Letter From the President

You will find an Information/Subscription form in this newsletter. If you have already filled it out and returned it to the Association Office thank you, if not please take a moment to fill it out and return. It is very important that you return this form so that we have your updated information on file. This is the only way that we can make sure that you are informed about all of the activities and events that are coming up. For those of you who wish to receive the newsletter don't forget to fill out the subscription portion as well. Whether you wish to receive the newsletter or not please return the information portion. The camp committee has mailed out the camp application packets. The deadline for the camp packets to be returned is May 15th however, please do not wait until then, send them in as soon as possible. As usual the Board of Directors is working on completing all the requirements for the affiliation process that is required by the National Organization. Besides camp we are planning a BOWL-A-THON Fundraiser on August 8, 2009 at the DelMar Bowling Lanes. Information and pledge packets will be available very soon. We need your participation to make this a successful event. Also, we are in the beginning stages of planning a One (1) Day Conference scheduled for March 27, 2010.

Respectfully, Yvonne Horner

May June Birthdays

Susan Rea	Shanna Host	Philip Wolfe
Toni Chimento	Taylor Hardin	Sydney Smith
Anastasia Radcliff	Anette Ramirez	Rogelio Cruz
Alejandro G. Juarez	Tyesha Brown	Kendall Neff



- Here is an easy way to help SBAHGC earn money.



BOARD OF DIRECTORS

President: - Yvonne Horner

Directors:

Vice President—Donnis Collier

Dory Parker

Shanna Host

Treasurer—Joan Peck

Jennifer Franklin

Cathy Delaney

Secretary - Delores Houston

Helen Jones

Wendy Bounds

Alan Montross

Kim McCuiston

- Every time you search for something on the internet use GoodSearch instead of your usual search engine. For every search you perform GoodSearch donates a penny. Give it a try. It is so easy.

The Wave is published bi-monthly by the Spina Bifida Association of Houston Gulf Coast. The SBAHGC is a non-profit corporation. Materials in this newsletter may be reproduced without permission provided proper credit is given. No endorsement of any product or procedure which appears in this publication is given or implied by the Association. We welcome comments and suggestions regarding the content or appearance of this newsletter, as well as commentary on issues related to spina bifida. We reserve the right to edit all submissions. Letters must include name, address, and phone numbers. Mail all correspondence in care of the Association. Call us anytime with suggestions, questions, or contributions at 281-447-2707 or visit us on the web at www.sbahgc.org

- Another way to help SBAHGC raise money is to enroll in Kroger's share program. Go to www.krogerneighbortoneighbor.com and enter Spina Bifida Association of the Greater Houston Gulf Coast.

THANK YOU PRESENTATION

Donnis Collier, Erica Jones and Helen Jones attended a fundraiser to present a thank you plaque to **The Houston Association of Personnel Consultants**. They also surprised them with live entertainment from a group called "The Tweeners" who sang a couple of patriotic songs. *The Tweeners* are a few of our own, namely: Kaitlyn Eaton (who also played the trumpet), Jared Duzan, Jason Starbuck, Angelica Riojas and Haley Abernathy.



DRUM TOURNAMENT

Turning Point held their 12th Annual Drum Fishing Tournament for the Physically Challenged at Yacht Basin in Galveston, TX on April 3-4, 2009. Friday and Saturday, there were raffles with lots of fishing and camping equipment given away as prizes. Food was cooked by volunteers. Friday night was their annual boiled shrimp dinner and Saturday's lunch was barbecue ribs, potato salad, beans, etc.

This annual tournament was attended by the following: Wendy Bounds, Taylor Hardin, Erica Jones, Eric Lestrer, David Enderli, Alan Montross, Carlos Robles, Chris Ventura, Colton Chapman, Vince Cole, Jr, and Stephen Edwards. Stephen Edwards was awarded in the youth group for his catch. He received a gift certificate along with his captains who received a plaque, gift cards and fishing rods. Erica Jones caught a 41 inch red fish and a 28 1/2 inch drum fish. Her captains were Captain Jim, along with Todd Harms and Shawn Skain.

The following article was published by Stacy Parent in the Baytown Sun on April the 13th:

Baytown residents Darrin Taylor, Kevin Fleming and Tom McNabb helped 13-year-old Houstonian Steven Edwards cinch the second place win in the juvenile division at the 12th annual Turning Point Drum Tournament for the physically challenged at the Galveston Yacht Basin April 4. The fish that garnered Edwards second place was a 45-inch black drum. "When you pull them out of the water, it sounds like someone is hitting a bass drum," Taylor said. Edwards received a plaque and a \$100 Visa check card.

Although Taylor received a plaque, there was a greater reward. "Just to see his face when he caught a fish like that....," he said. "He's never seen a 45-inch fish, much less caught one."

"I spent most of the time holding the rod for (Edwards); he was doing all the reeling," Fleming said. The two traded off when Edwards got tired. The Spina Bifida Association of Houston Gulf Coast arranged for Edwards and other individuals to participate in the tournament.

Colette Edwards, Steven's mother, accompanied her son on the boat. "He doesn't look at spina bifida as a limitation," she said. "He'll try anything. He's my outdoorsman and sports nut. I just love seeing my son getting out there. I love watching him sit back with a smile on his face. It's all worth it." This was Edwards' first time to participate in the tournament, but it will not be his last. "He had a blast and he's ready to go (back to the tournament) now," Colette Edwards said. "He wants Darrin to be his captain next year."

Taylor has participated in the tournament for five years. His team won first place last year. "It's a great tournament," he said. "(The individuals') faces light up like a Christmas tree. It's huge to them." "It was an awesome trip," Fleming said. "I really appreciate Turning Point...for giving these 'fishermen' the opportunity to fish. This event is just for them." The Turning Point Web site says their mission is "to develop self-esteem and confidence in the physically challenged population through participation in adapted outdoor adventures." For more information, visit <http://www.turningpointnation.org>

SCHOLARSHIP PROGRAM

The Spina Bifida Association of Houston Gulf Coast Scholarship Program was established to enhance opportunities for persons born with Spina Bifida to achieve their full potential through higher education. Scholarships from SBAHGC help to make it possible for the student to choose educational pursuits that may otherwise be outside of their financial reach. Please remember that scholarships are competitive and funds are limited, making it impossible to grant every request. The Scholarship Committee evaluates each application on its merits based on the criteria set for the scholarship program. Applicants for the one-year scholarship must be a high school graduate or possess a G.E.D. Students will be granted up to \$1,000. for one year. This year we will be offering two (2) scholarships. Only completed applications will be considered. Applicants must submit their completed application to arrive at SBAHGC's office no later than Monday, June 1, 2009. If you are interested in applying please email sbahgc77@att.net or call the office at 281-447-2707.

DENTAL STUDY

Due to chronic dental difficulties, Erica Jones is working with Dr. Michael Chan to coordinate a local study about the connection between Spina Bifida and dental conditions. Dr. Chan needs 20 Spina Bifida adults, ages 21 and over to participate in the study. There will be no charge for the dental consultation, x-rays, and exams.

Please contact Erica at EricaJ1073@aol.com or call her at 832-692-8501 for more information and Dr. Chan's contact information.

RESOURCE INFORMATION

Disability 101 formerly known as Psychology works is a non-profit organization improving the lives of those affected by disabling medical conditions by providing skills and strategies for reducing the emotional, social, and financial impact. **SECOND SATURDAYS** is a monthly series of lectures focusing on the issues that impact individuals with disabling medical conditions and their families. The programs are consistently available and open to everyone regardless of diagnosis. For more information, go to www.disability101.org or call 713-660-8878.

Harris County Office of Social Services (HCOSS) provides case management to low income and disabled adults to attain greater self-sufficiency. The goal is to provide services that afford the highest level of personal independence through effective use of resources. For more information, go to www.csd.hctx.net or call 713-696-7900.

Special Kids Incorporate (S.K.I.) was established in 1990, as a community based organization formed by parents of children with disabilities. They answer the needs of families of children with disabilities by maximizing their strengths through support, education, and information. S.K.I. endeavors to serve families in our community without regard to race, disability, religious preference or native language. S.K.I. is committed to the empowerment of the individual with special needs, their family and their communities, for more information, go to www.specialkidsinc.org or call 713-734-5355.

RIDES provides transportation for people who are disabled that reside in Harris County outside of the Metro Service Area, and are unable to access alternate transportation. Transportation providers are contracted by Harris County (RIDES) to provide transportation service with Harris County. To enroll or for more information, go to www.Harriscountyrides.com or call 713-368-7433.

City of Houston Mayor's Office for People with Disabilities (MOPD) was created by city ordinance in 1993. Their primary mission is to serve as advocates for the rights and needs of citizens with disabilities; liaisons between the mayor, city council, city departments and other public and private entities on matters pertaining to people with disabilities; educators regarding communication and physical accessibility initiatives; physical and attitudinal barrier identifies and removers at all levels of City government and throughout the greater Houston metropolitan area. For more information, go to www.houstontx.gov/disabilities or call 713-837-9061.

SUMMER IS ALMOST OVER BOWL-A-THON

Del Mar Lanes—3020 Mangum Road—Houston, Texas 77XXX

Date: August 8, 2009—**Time:** 11:00 am – 5:00 pm

Please join us for an afternoon of fun, socializing, and bowling. Your support is very important to us.

Information for Bowlers:

We request that bowlers gather at least \$100.00 in pledges. Any bowler who gathers at least \$100.00 in pledges will receive 2 hours of bowling, bowling shoe rental, 1 large 1 topping pizza per team, and 1 pitcher of soda. They will also be entered for a chance to win a door prize.

Bring all your pledge money to the bowl-a-thon

We especially encourage you to form a team of family, friends, or co-workers who want to have fun while raising money for SBAHGC.

Here are the details:

Teams: 4 bowlers. If you have a larger team, we will assign you to adjacent lanes

Individual bowlers: We will assign you to a team.

Before the Bowl-a-thon: Each bowler recruits pledges. You can ask your family, friends, neighbors, co-workers, etc. to pledge. Sponsors can pledge a minimum of \$10.00. Bowlers scores of less than 100 will be raised to 100. Checks should be made payable to SBAHGC.

Bowling: For those that need or would like to use them, bowling ramps will be available. There will be 3 squad times – 11 am to 1 pm; 1 pm to 3 pm; and 3 pm to 5 pm.

Contact Information: Yvonne Horner @ isthismimi@sbcglobal.net or cell phone 832-453-7368.

ASK THE DOCTOR

Ask the Doctor is reprinted from The Spina Bifida Association website. To see more questions and answers go to www.spinabifidaassociation.org.

QUESTION: I am an adult with Spina Bifida that would like to have eye surgery to correct my near-sightedness. Is it safe for me? I have a VP shunt.

Corrective eye surgery is usually an outpatient procedure performed without general anesthesia. Since there is no general anesthesia and the surgery is limited to the cornea of the eye, the surgery for someone with a ventriculoperitoneal (VP) shunt.

It is important for everyone to visit an eye doctor on a regular basis. The Health Guide for Adults Living with Spina Bifida includes a section on making doctors appointments that is helpful for adults concerned about their general health. This publication is available at SBA's Marketplace.

QUESTION: I am an adult with Spina Bifida concerned about my cardiac health. I find it hard as a wheelchair user to do regular aerobic activity. Am I at greater risk for a heart attack?

You ask an excellent and important question. There is no information specifically looking at individuals living with Spina Bifida, but our knowledge of the general adult population probably applies. Risk factors for heart attacks include smoking, diabetes, high cholesterol, high blood pressure, obesity, family history of heart disease and early heart attacks, males over 50 years of age, and post-menopausal females.

Therefore, it is important to see your primary care provider regularly to address these risk factors. Smoking is probably the most important risk factor to try and avoid and there are newer treatments to discuss with your doctor if you are ready to quit. High cholesterol, high blood pressure, and diabetes can be treated and should be screened for regularly. Family history cannot be modified but your doctor should be aware of this risk factor.

Obesity is a difficult risk factor to control in the United States these days. We have an epidemic of obesity and people with Spina Bifida are included. The challenge for those with Spina Bifida is maintaining a healthy weight through appropriate diet and exercise. Both of these goals can be difficult if there are significant mobility and weakness issues.

Regular physical activity has been shown to protect against coronary heart disease. Any activity is better than none, but ideally at least 30 minutes of aerobic activity 3 or more days per week is best. Aerobic exercise for those with Spina Bifida can occur through adapted sports programs, gym memberships with assistance by those with therapeutic recreation or physical therapy backgrounds, or via a home program. The National Center on Physical Activity and Disability has information on exercise and fitness for individuals with disabilities, including some resources specifically for those living with Spina Bifida. Go to www.ncpad.org to learn more.

The other important part of fighting obesity is a healthy diet. Those with Spina Bifida likely burn fewer calories at rest due to a lower muscle mass. They also burn fewer calories if they do not have motor movement in the lower extremities (legs and feet). Therefore, many individuals with Spina Bifida need fewer calories in their daily diet. Many would maintain an optimal weight if their calorie intake were around 1000-1100 calories per day, which is significantly less than the typical American diet. Since each person is unique, it is best to discuss your individual daily calorie needs with a nutritionist who can also provide suggestion on how to shop for and prepare a balanced diet that would meet those calorie needs.

Although these exercise and nutrition goals are not easy, it is most important to attempt some physical activity and pay attention to how much you are eating everyday. Little things like using your manual wheelchair for shorter distance substituting water for sugar drinks, lifting lights weights while watching television, or not going back for second helpings can all add up to help control your weight.

The Health Guide for Adults Living with Spina Bifida includes a section on physical activity and weight control that is helpful for adults concerned about their general health. This publication is available at **SBA's Marketplace**. For more information on the genetics and factors associated with Spina Bifida, please visit the Spina Bifida Association fact sheet.

The information provided here is for informational, educational, and entertainment purposes only. It is not intended to replace, and should not be interpreted or relied upon as medical or professional advice.



The 10th Annual Don Allen Wildwood Sports Day For The Physically Challenged

When: Saturday, May 16, 2009, 9:00 AM—4:00 PM

Where: Wildwood, Texas — Highway 69—12 miles north of Kountze — Left on 3063

Who Physical Challenged of al Ages

What: Kayaking, Hand Cycling, Tour Boats, Horse/Mule Show & Rides, Paint Ball Target Practice, Talk on Short Wave around the World, Clowns, Petting Zoo, Magic Show, Hay Ride, Baseball, Water Sit-Skiing, Fishing, Rodeo, & Photo Booth. **(ALL RIDES FOR PARTICIPANTS ONLY. SKIERS MUST BE FIVE YEARS & UP AND LESS THAN 250 LBS.)**

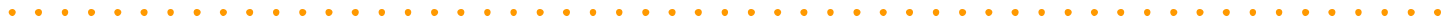
Come try your hand at fishing for catfish. Three trophies will be give for longest fish caught each hour. (Don't worry all the work will be done for you). If you have never been fishing, this will be your change to have your very own FISH STORY.

Pictures will be taken this year for you to take as a souvenir at the Photo Booth. Look for the Photo Booth when you arrive. You will want to have your picture taken first, so it will be ready when you leave.

Registration starts at 9 AM—No admission fee & ALL Events are FREE.

EVENTS FOR PHYSICALLY CHALLENGED—LUNCH FOR PARTICIPANTS, CARE GIVERS, & WORKERS—GOLF CART SHUTTLES BETWEEN EVENTS.

This day is organized by Wildwood AARP Chapter 2421 & Turning POINT. This day is funded by businesses in Southeast Texas & the residents of Wildwood. For more information contact Ron Hoffpauir at 409-834-0930, email ron@wildwoodsportsday.org, or web <http://wildwoodsportsday.org/>



REGISTRATION IS NOW OPEN FOR THE 36TH ANNUAL SBA CONFERENCE

[SBA's National Conference](#) has earned its place as the world's premier conference serving the Spina Bifida Community. This year the international community joins us in celebrating our collective accomplishments.

Join us as we mark 36 years of achievement, and an international presence in world-renowned Orlando, Florida adds up to something great.

A room rate of \$149/single or double has been secured for attendees. Reservations can be made by calling the resort directly at 888-828-8850. Be sure to tell the reservationist that you are with the Spina Bifida Association conference. **The deadline for booking rooms at the discounted rate is June 8, 2009.**

[Can't Miss Conference Programming](#)

- Exceptional Medical Sessions
- Practical Workshops
- Distinguished Presenters

Memorable Social Events

Who Should Attend?

- Adults with Spina Bifida: Gain Vital, lifesaving information
- Parents of Children with Spina Bifida: Learn innovative ways to help your children grow into independent and active adults
- Children with Spina Bifida: Experience the fun of Kids!Camp

Visit the SBA Web site for more Conference information including [valuable airline discounts!](#)

Register online today at <http://conference.spinabifidaassociation.org>.

Deadline for early registration is May 31. An amazing room rate of \$149/single or double has been secured for attendees. Enjoy the benefits of staying at a great Disney property. Call the resort directly at 888-828-8850 and tell the reservationist that you are with the SBA National Conference. The deadline for booking rooms at the discounted rate is June 8, 2009. Order Discount Tickets to Disney Theme Parks by June 27 at <http://conference.spinabifidaassociation.org/aboutorlando> or call 407-566-5600



SPINA BIFIDA ASSOCIATION OF HOUSTON GULF COAST

440 Benmar Suite 3052 Houston, Texas 77060 Phone 281-447-2707 Fax 281-447-2707 sbahgc77@att.net

Our Mission is to promote the prevention of Spina Bifida and enhance the live of all affected.

We are on the Web
sbahgc.org

Help us to cut costs and "GO GREEN" by receiving "THE WAVE" by email in pdf. Format.

Send your request to:
sbahgc77@att.net

Dates to Remember:

May 15th — Camp Application Return Deadline
June 30th — July 3rd —36th Annual National SBA Conference
August 8th—Summer is Almost Over Bowl-a-thon

May 16th— Don Allen Wildwood Sports Day
July 5th—10th—CAMP THAT LOVE BUILT
March 27, 2009—SBAHGC One Day Conference

Get your medical supplies shipped to your door!




Catheters • Colostomy • Equipment
Wound Care • Diabetic Supply




Our company proudly provides funding support to non-profit organizations which provide free outdoor adventures for the physically challenged.

(817) 590-8166 • www.CandRMedical.net

and then some



- Wheelchair Accessible Vans
- Adaptive Equipment
- Lowered Floor Mini Vans
- Orthopedic Lift Chairs
- Rental Equipment
- Stair Lifts and Scooters

713.468.4683
www.mobilityplustx.com

1789 Upland Drive, Houston, Texas 77043

For more information on how you can receive the medical supplies you received every day AND help raise money for SBAHGC call: Alan Montross @ 281-736-5671