



**SPINA BIFIDA ASSOCIATION
OF INDIANA**

SBAIN Newsletter

SBAIN IN TOUCH

Fall 2012

TABLE OF CONTENTS

LETTER FROM THE EXECUTIVE DIRECTOR	Page 1
HOLIDAY PARTY	Page 2
PHYSICAL THERAPY TUBIE FRIENDS	Page 3
COLLEGE SCHOLARSHIP MEET ANGIE	Page 4
CALENDAR OF EVENTS PHONE TREE/GROUP SUPPORT SPONSORS SBAIN CONTACT INFORMATION SBAIN MISSION STATEMENT	Page 5

SBAIN Board of Directors

Chair	Joyce Jones
Executive Director	Shalon Perez
Secretary	Heather Zetzi
Treasurer	Cynthia Bogan
Membership/ Outreach	Rachel Stotts
Members at large	Lisa Jones Lori Lowe Angie Eugenio Holly Mortlock

Executive Director

Shalon Perez

A BEAUTIFUL DAY

On Saturday, September 15, SBAIN held its annual picnic at Independence Park. Some new additions to the park as well as the amazing weather made for a spectacular day.

We had great food and even better fellowship. We met new families that are now a part of our extended SB family and were able to reconnect with those we have known for years and were utterly amazed at how the children continue to grow.

I would like to thank John and Diana Albright as well as Pat and Carolyn Hogan for the corvette rides as well as Tina Jenkins and Karla Howell from the Delta Society who shared beautiful Bella and Buster with us. What a joy to see the children interacting with their gentle best friends.

Finally, I would like to thank Jim Mountjoy of Coloplast for sponsoring the picnic, as well as all those who brought scrumptious side dishes providing such a variety for people of all ages.

Sincerely,

Shalon Perez,
Executive Director

**SAVE THE DATE
SBAIN ANNUAL
HOLIDAY PARTY**



SATURDAY DECEMBER 1

ST. ANDREW PRESBYTERIAN CHURCH

**3535 KESSLER BLVD
INDIANAPOLIS**

**MORE INFORMATION TO FOLLOW
CHECK OUR WEBSITE,
WWW.SBAIN.ORG, FOR UPDATES**



From a Physical Therapy Perspective

By Angie Eugenio



Spina bifida often involves complications that can impact a person's health in a multitude of ways. The bony structure of the spine may have deformities which impede typical alignment. Even if the integrity of the spine is intact, neurological input to the muscles supporting the spine can be uneven and insufficient. When an abnormal curve results, scoliosis is diagnosed. The curvature may vary in direction, size or complexity from person to person.

Scoliosis often causes back discomfort and difficulty with activities such as sitting and reaching. It can also impact respiratory function. Back discomfort results from the increased stress on the spine, ligaments and surrounding musculature. Difficulty reaching or sitting occurs when the stability in the trunk is reduced. Respiratory muscles may not have the mechanical advantages of typical spinal supports. The lungs, sitting in the chest cavity, may be limited in space or ability to fully expand.

Many strategies help manage or prevent the impact scoliosis may have on an individual's long-term health and well-being. Proper seating systems in wheelchairs can assist in preventing or managing these curves. Exercises prescribed by physical therapists can address specific muscle weakness or tightness. Respiratory muscle training such as blowing bubbles, swimming and/or singing can keep the breathing muscles toned. If you, or your child, have concerns about spinal alignment, you may want to consult your physician or physical therapist. Addressing these challenges may help prevent future problems.

Taking the fear out of feeding tubes, one Tubie Friend at a time...

Tubie Friends is a non-profit group that is administered by two mothers whose children have feeding tubes and want to use their experience to make life easier for the thousands of children relying on feeding tubes for their nutrition. Tubie Friend Surgeons (TFS) are volunteers who care for or love tube feeders and donate their time and resources. For more information go to www.tubiefriends.com



\$2,000
COLLEGE SCHOLARSHIP CONTEST

Apply by October 19, 2012

Are you a college student with disability?

Are you looking for more money for school?

To qualify, students must be enrolled in a 2 or 4-year, accredited college or university in the United States. They must be a full-time student and U.S. citizen, with a minimum of 12 credits for undergraduate students, or 9 credits for graduate students.

To enter, write an essay of 750 words (maximum) that answers this question: **“What is your current field of study, and upon completion, what challenges do you foresee as you enter the work force?”**

After you’re done writing, complete the registration form at <https://www.disabledperson.com/scholarships/13/registrations/new> . Paste your essay in the field at the bottom of the registration form.

Winners will be announced by October 31 at www.disabledperson.com .

For more information, please contact DisABLEDperson.com at info@disabledperson.com . Disabledperson is a public charity organization started in 2002 whose primary focus is disability employment. They have a job posting board and provide both fall and winter scholarship contests.



Meet Angie Eugenio



Angie is currently employed as a physical therapist with IU Health. While she enjoys working with all ages, she is specializing in pediatrics and orthopedics. She spends most of her time at IU North and IU North Zionsville, although she also fills in at IU Health Riley Hospital for Children. She has worked coast to coast, 15 years in California and 2 years as a traveling therapist in a variety of settings.

Angie graduated from DePauw University for her undergraduate degree and Boston University with a Master’s in Science in physical therapy.

Spina Bifida is of special interest to Angie as she works with pediatric clients through outpatient clinics and has a child with spina bifida occulta.

Angie lives in Zionsville with her husband and two children. She loves to travel and garden.

DECEMBER

December 1

Holiday Party

St. Andrew Presbyterian Church Indianapolis

Peer Support Through Phone or E-mail Group

Since time, travel and other life issues often keep people from seeking information and support, SBAIN would like to get people connected across the state who share similar concerns. If you are interested in opportunities for sharing and support through either a one-on-one or group experience that can help to answer questions, gain perspective, nurture friendships, and reduce isolation, please contact Shalon at 765.490.6979 or shalon.sbain@gmail.com

Yours sincerely,
Shalon Perez, Exec. Director

Special Thanks to our wonderful sponsor:

Making Life Easier for People with Intimate Healthcare Needs

Learn more at <http://www.us.coloplast.com/>



P.O Box 19184
Indianapolis, IN 46219-0814
317-592-1630
www.sbain.org

E-mail: shalon.sbain@gmail.com

Shalon Perez

Our Mission is *To promote the prevention of Spina Bifida and to enhance the lives of all affected:*

Information

- Newsletter
- Web site
- Chapter Meetings

Education

- Visiting Speakers

Support

- Medical assistance/equipment fund
- Camp scholarship
- Conference scholarship
- Members

Recreation

- Holiday parties
- Social meetings

Advocacy

- Work with SBA