



**SPINA BIFIDA ASSOCIATION  
OF INDIANA**

# *SBAIN Newsletter*

## **SBAIN IN TOUCH**

**Fall 2013**

### **TABLE OF CONTENTS**

<b>LETTER FROM THE EXECUTIVE DIRECTOR</b>	Page 1
<b>HOLIDAY PARTY VSA</b>	Page 2
<b>KATIE CAN DO</b>	Page 3
<b>CALENDAR OF EVENTS NEW FUNDRAISER SBAIN CONTACT INFORMATION SBAIN MISSION STATEMENT</b>	Page 4

### **SBAIN Board of Directors**

<b>Chair</b>	Joyce Jones
<b>Secretary</b>	Heather Zetzel
<b>Treasurer</b>	Cynthia Bogan
<b>Membership/ Outreach</b>	Rachel Stotts
<b>Members at large</b>	Kerstin Sobus Lori Lowe Angie Eugenio Hope Wooldridge

### **Executive Director**

Shalon Perez

### **GOING DIGITAL**

*Insights Into Spina Bifida*, a publication of the Spina Bifida Association, will no longer be available in a printed quarterly magazine, however I am pleased to share the new digital **SB Insights!** You can sign up for the magazine at: <http://www.sbinsights.org/i/197919> My hope is this publication will educate and enlighten with articles about medical conditions, employment, family issues, advocacy, research, and SBA activities.

The first issue of **SB Insights** came out well—it is colorful, fun, and gives us greater opportunities to connect and work with the SB community, highlight news and developments, and provide new sponsor opportunities. In the first two hours after it launched, **SB Insights**:

- reached 200 subscribers,
- was viewed over 700 times,
- had over 2200 pages viewed, and
- had over 150 articles printed.

Sincerely,

Shalon Perez,  
Executive Director

Please join us for the Annual  
Spina Bifida Association of  
Indiana  
Holiday Party

Saturday, December 7th  
11:00 am

Lunch at 11:30 am

\*\* If your last name begins with A-  
M please  
bring a salad or appetizer. If it  
begins with N-Z please bring a side  
dish. SBAIN will provide  
sandwiches, drinks and dessert. \*\*

Santa is coming at 12:15 pm

St. Andrew Presbyterian Church  
3535 Kessler Blvd. North Drive  
Indianapolis, IN 46222

Please help Santa by bringing a  
wrapped gift with your child's  
name clearly written on it.



VSA mission is to provide access to lifelong learning and creative expression through the arts for people with disabilities in Indiana.

The statewide leader in providing access to lifelong learning and creative expression through the arts for people with disabilities in Indiana, VSA Indiana (formerly Very Special Arts) has served Hoosiers for nearly 30 years.

VSAI's headquarters are located inside the Harrison Center for the Arts in Indianapolis. District Partners in six communities around Indiana (Columbus, Lebanon, Marion, Muncie, South Bend, and Terre Haute) ensure that individuals outside of Central Indiana also have access to programs.



Visit the website or call [317-974-4123](tel:317-974-4123) to enroll!

<http://www.vsai.org/what-we-do/community-arts-classes>

# Katie CAN Do...

# And You Can Too!



Katie Hull is a ten-year-old girl from California who has recently authored a book entitled ***Katie CAN Do...and You Can too***, published by *Createspace*, a subsidiary of Amazon Books.

Katie was born with Spina Bifida. Although Katie was born with paralysis of her feet and partial paralysis of her legs, she works with a wheelchair and other adaptive equipment in order to accomplish her goals. Katie surfs, skis, participates in wheelchair races, plays basketball and tennis, and loves to swim.

In 2012, Katie served as Little Miss Wheelchair, California. She is a strong advocate for children with disabilities, has organized disability awareness assemblies in her school system, and has also been a guest speaker at a number of events and universities.

Through her book, ***Katie CAN Do...and You Can Too***, Katie hopes to inspire others to work toward their goals by embracing a "can do" attitude, and by using adaptations where necessary to assist them in achieving their dreams. This inspiring book, which includes a glossary of terms in the back, was written for children, but is enjoyed by people of all ages. For more information, including how to order the book or Katie's "Can Do" t-shirts, please visit Katie's website at:

[www.katiecandoandyoucantoo.com](http://www.katiecandoandyoucantoo.com)

**They are offering a special discounted price of \$8.50 per book on orders of 10 or more, which includes shipping. (The website price is \$15.95/book)**

For special orders or for more information, please contact, Nancy Smith, R.N. (Katie's grandmother) at [katiecandoandyoucantoo@gmail.com](mailto:katiecandoandyoucantoo@gmail.com) or call Nancy at (562)537-6116.

# Calendar of Events

## DECEMBER

December 7

Holiday Party

St. Andrew Presbyterian Church Indianapolis

SBAIN is excited to roll out an exciting fundraiser!! Shop from the convenience of your own home especially with the upcoming holidays. You can find your favorite professional and collegiate teams including **NFL, NBA, MLB, NHL** as well as military and others. There is even a design for **SBAIN!!**

POWERDECAL™ is an innovative LED backlit logo for your vehicle window. Device turns on automatically while driving at night via sensor technology and shuts off after 2 minutes when parked; once installed you never need to touch it. POWERDECAL™ offers a clean exterior while maximizing visual impact with full color and contrast at night. POWERDECAL™ brightness works great in dark factory tinted windows. Easy installation with quality 3M adhesion material, just peel and stick, no tools required. Place orders at: <http://sbain.sjifundraising.com/>

## 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](http://www.sbain.org)

E-mail: [shalon.sbain@gmail.com](mailto: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