



SBAK Easter Egg Hunts

April 6

Bowling Green

Hillvue Heights Church

1pm-3pm

April 6

Pikeville

Randy Johnson

Memorial Park

1:30pm-3:30pm

April 13

Louisville

Kosair Charities Centre

1pm-3pm

April 13

Lexington

Tates Creek

Christian Church

11am-1pm

SBAK Easter Egg Hunts are springing up across the state! These celebrations are intended for those affected by Spina Bifida and their immediate families. Join us for the Egg Hunt closest to you for fun crafts, refreshments, pictures with the Easter Bunny, and an egg hunt for the kids! RSVP on Facebook or to Mary Beth at mlong@sbak.org or to Sarah at srichardson@sbak.org or by calling 502-637-7363



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sbak@sbak.org

Louisville: 502-637-7363

Lexington: 859-268-5798

WELCOME

JEFFREY T. WHITE, M.D.

TO NORTON CHILDREN'S UROLOGY

Jeffrey T. White, M.D., is the newest member of Norton Children's Urology. Dr. White earned his medical degree and a doctorate in developmental, cell and neurobiology from Louisiana State University School of Medicine, New Orleans. He completed his residency at the University of Texas Health Science Center at San Antonio, where he was administrative chief resident in the department of urology. He then completed clinical and research fellowships at Texas Children's Hospital – Baylor College of Medicine in Houston.

Dr. White is board eligible with the American Board of Urology.

In his free time, he enjoys playing rugby, reading and traveling. He is a self-proclaimed "foodie."

Norton Children's Urology

For more information or to schedule an appointment at Norton Children's Urology, call **(502) 559-1670**.



NORTON
Children's
Orthopedics of
Louisville

EXECUTIVE DIRECTOR'S LETTER

Dear Friends,

SBAK staff is in full swing planning for the spring! Here are the TOP 3 events to look forward to this spring!



1. SBAK Regional Conference June 21-23

It's conference time!! Conferences are a great time to network with current providers, meet new friends and get the most up to date information available to the Spina Bifida Community. SBAK strives to bring cutting edge topics to adults with SB and parents of children with SB. While parents are in sessions, children will attend Kids Camp, where they will learn, play and grow in an inclusive environment with other children with SB and their siblings.

Not only will attendees have the opportunity take home knowledge that will help them thrive, they will also create relationships with others that "get it" across Kentucky, Tennessee, Indiana, Ohio, and Illinois!

Topics will include:

- Parent Session: Executive Functioning, Bowel Management, The Parent Experience, Mental Health/Medical Trauma, and MUCH MORE!
- Adult Session: Self Defense, Clinic Care, Stable Act, Healthcare Surrogacy, Medical Trauma and MUCH MORE!

Financial assistance will be available on a first come, first serve basis. If you are interested in applying for assistance, please contact Mary Beth Long at 859-268-5798 or mlong@sbak.org. Register TODAY at sbak.org!

2. Teal on the Hill May 6-8

Teal on the Hill is the Spina Bifida Association's annual advocacy day on Capitol Hill. Join SBAK and members of the Spina Bifida community from across the United States to advocate for issues that affect our community today and for years to come! SBAK members will meet with Kentucky representatives to share our stories and bring our needs to the forefront.

If you are interested in attending, please go to sbtealonthehill.org to register.

Our voices matter!



3. SBAK Golf Scramble June 7th

As we jump into spring, SBAK's Golf Scramble is a perfect time to get out in the sun and enjoy a day on the green with your friends and/or co-workers. You don't have to be a professional golfer to spend the day with us! We encourage all golfers to come out and help raise funds for SBAK's free programs and services. Sign-up today at sbak.org!

Cheers,

Erin Gillespie



SBAK needs your feedback to provide the best and most appropriate services!



Navigating the world as an adult with Spina Bifida has its challenges. SBAK's mission is to promote the prevention of Spina Bifida and enhance the lives of all affected. We are here to serve you, so your feedback is critical to SBAK's future plans. We ask that adults with Spina Bifida participate in a short phone survey to get your feedback on your healthcare, community resource, and program needs. If interested in participating, please email your name and phone number to sbak@sbak.org and you will be contacted to set up a call.

Spina Bifida Association of Kentucky 2019 Spring Program Schedule

Play Pals (0-6yrs)

April 6	Bowling Green Egg Hunt
April 6	Pikeville Egg Hunt
April 13	Louisville Egg Hunt
April 13	Lexington Egg Hunt
June 1	Somerset Social
June 1	Paducah Social
July 13	Louisville/Lexington Pool Party

Growing Up with Spina Bifida

March 23	Adaptive Sports - Louisville
March 23	Puberty - Lexington
May 11	Chores & Responsibilities - Lexington

May 19 Independence at Home -Louisville

June 8 Adaptive Sports - Lexington

July 27 Back to School Bash - Louisville

Teen/Adult

March 14 Giving Back Group Louisville

May 10 Giving Back Group Lexington

Special Events

April 26-28 Spina Bifida Family Camp

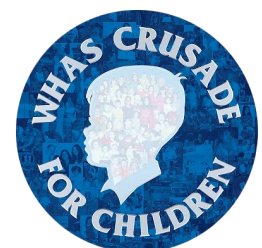
May 6-8 Teal on the Hill

May 18 SBAK Community Yard Sale

June 7th SBAK Golf Scramble

June 22-23 SBAK Regional Conference

Thank you for your support!





COMMUNITY WIDE
YARD SALE

**Saturday, May 18th
8am-3pm**

Kosair Charities Centre (Parking Lot)
982 Eastern Parkway
Louisville, KY 40217

Donate items directly to SBAK or set-up a table for a \$25 donation. We will be taking donations in our office, Monday-Thursday 10am-3pm or by appointment.

This even is open to EVERYONE! Help SBAK raise money for our free programs and events by:

- Donating items
- Volunteering
- Selling



SBAK Walk-N-Roll

Louisville

September 28th

Lexington

September 28th

Paducah

October 19th



Spina Bifida Golf Scramble Friday, June 7th, 2019

The Mission of the Spina Bifida Association of Kentucky is to promote the prevention of Spina Bifida and to enhance the lives of all affected.



12pm - Registration
12:30pm - Lunch
1:30pm - Shot Gun Start

Team Registration: \$100 per player
Individual Registration: \$110 per player



Registration Includes:

Green Fee / Cart / Silent Auction / Raffle Prizes / Lunch / Prizes for Winning Teams
Mulligans \$10 each

To register, visit sbak.org. For questions, contact Erin at egillespie@sbak.org or call 502-637-7363.



2018 SBAK Holiday Parties



Growing Up with Spina Bifida: Puberty



Play Pals Green Hill Therapy





**SPINA BIFIDA ASSOCIATION
OF KENTUCKY**

Kosair Charities Centre
982 Eastern Parkway, Box 18
Louisville, KY 40217
www.sbak.org
(502) 637-7363

PLEASE
PLACE
STAMP
HERE

**In Loving Memory of Demmer Bryant
December 15, 1946-December 25, 2018**

The Spina Bifida Association of Kentucky suffered a great loss with the passing of Demmer. He has been with SBAK from the very beginning. Many will recognize him from his presence at SBAK events and programs along side his daughter, Beth, but he also worked tirelessly behind the scenes to support our Spina Bifida Community. He was truly a legend and he will be sorely missed.

