



# Float into Summer

## Western KY

Bowling Green, Kentucky  
Russell Sims Aquatic Center  
July 20, 2019  
1pm-3pm

## Eastern KY

Somerset, Kentucky  
Bourne Park Splash Pad  
August 10, 2019  
1pm-3pm

## Louisville/Lexington

Frankfort, Kentucky  
Juniper Hills Aquatic Center  
August 3, 2019  
11:30a-1:30pm

## Celebrate Summer with SBAK!

Join us at one of the three Summer Picnics across Kentucky and enjoy a little fun in the sun with other SB families. These picnics are intended for individuals affected by Spina Bifida and their immediate family.

RSVP to Sarah at [srichardson@sbak.org](mailto:srichardson@sbak.org) or  
Mary Beth at [mlong@sbak.org](mailto:mlong@sbak.org).

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## SBAK Staff

*Executive Director*  
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*Program Coordinator*  
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## Contact Us:

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Louisville: 502-637-7363

Lexington: 859-268-5798

# Come Celebrate the **10th Anniversary** of the SBAK Walk-N-Roll for Spina Bifida!



Ever wonder how you can make a difference?

Your decision to join us for the Walk-N-Roll for

## **What are the benefits of forming a Walk-N-Roll team?**

- Enhances employee morale and builds team spirit
- Provides an opportunity to benefit a cause with your friends, family, and coworkers
- Provides a wellness activity for employees; healthy employees are more effective
- Provides an opportunity to build relationships with customers

## **Register Your Team**

Visit [sbakwalk.org](http://sbakwalk.org) to register your team online for the WNR in your area and take advantage of easy to use online fundraising tools. As a team leader you can create your own team webpage, send personalized emails to recruit and motivate team members and track your team fundraising progress.

**Louisville: Kosair Charities**

**September 28th**

**Lexington: Clays Mill**

**September 28th**

**Paducah: Noble Park**

**October 19th**

## **Use Social Media**

Are you on Facebook, Instagram, Twitter, LinkedIn or another social media network? These can be valuable tools for recruiting team members and raising funds! Download the Walk-N-Roll logo from [sbakwalk.org](http://sbakwalk.org) and post it to your social media page. Update your status frequently with information and be sure to send the link to your personalized fundraising page!

## **Fundraising Tips**

- Dedicate your efforts to an individual with Spina Bifida and raise funds in their honor. By sharing your honoree's story, you are sharing why you are so personally invested in this cause!
- Provide information about Spina Bifida. Let your donors know how exactly their donations will help.
- Be enthusiastic and positive. The Walk-N-Roll is a fun event that demonstrates our passion and dedication to this worthy cause. Enthusiasm is truly contagious!
- Ask, ask, ask! And aim high. If you know your donors are capable of making a large donation, do not be afraid to ask for a specific amount.
- Don't forget to THANK your donors!

**Register Today!**  
**[sbakwalk.org](http://sbakwalk.org)**

## EXECUTIVE DIRECTOR'S LETTER

Dear Friends,

The 2019 SBAK Regional Conference in Louisville was incredible, with over 100 people in attendance. There were families from Ohio, Illinois, Missouri, and all over Kentucky!

Conference gives individuals in the SB community the opportunity to learn about the newest trends, latest treatments, and innovative procedures to help make the lives of those living with SB as independent and productive as possible. Not only do the classes provide more information than you can imagine, the networking and friendships created leave an unbelievable impact.

Here are just a few of my favorite highlights...

### ***Kids Camp***

Kids Camp is always one of my favorite parts of our education sessions. Kids from 0 to 17 years old come together and learn, play and teach one another. A huge success this year was the adaptive sports sessions. With the help of Matt Davis, an avid wheelchair racer, and Louisville Metro Parks, the kids were able to tryout many different sports. As you can see, Braiden (top picture), found a new love for basketball! Everyone had a blast!

### ***The Parent Experience***

I have been a part of the Spina Bifida community for many years, attended many conferences, and I have never seen a topic that touched the core of the parent/caregiver like this session.

Caring for a child with Spina Bifida becomes just another part of your life, but oftentimes parents ignore their own care and how THEY are experiencing life. In this session, Tyia Lynn from *Critically Loved* and Colleen Payne, SBAK board member and SB parent, spoke about the experience of parenting a child with SB and healthy ways to deal with difficult circumstances. It was a powerful session with great conversation.

### ***Self Defense***

This interactive session focused on awareness and fitness as the first steps of self-defense. Participants also had hands-on training with martial artists on how protect themselves in altercations, and what steps should be taken to make sure they are safe and aware of their surroundings. After the adult with SB session, so many people came up to me with amazing feedback. I think SBAK will have this session available yearly!

While it is hard work to put on a regional conference, it is so worth it!! A HUGE thank you to our sponsors, volunteers, staff and attendees!

Best Wishes,

Erin







## Spina Bifida Golf Scramble

### Friday, September 13th, 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:**  
Contact Beth Bryant  
mwkystatecoordinator@gmail.com  
502-523-0532

*2020 Pageant*  
**November 2, 2019**  
**6pm-8pm**

Beechland Baptist Church  
4613 Greenwood Rd.  
Louisville, KY

*Entrance Fee \$175*

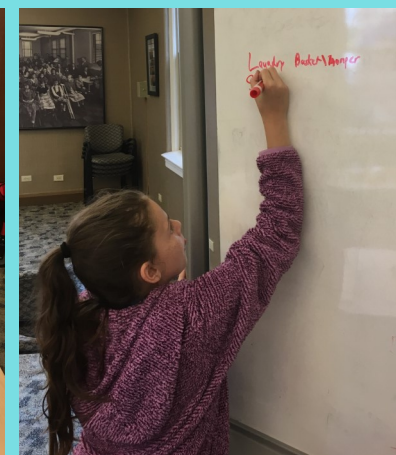
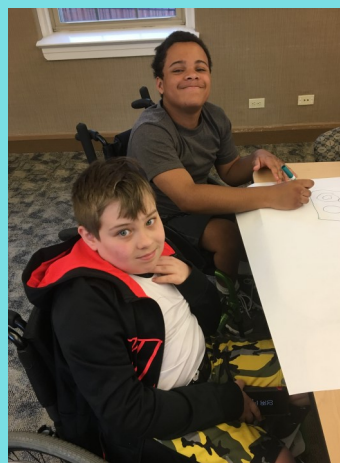
## Thank you for your support!

The Wood and  
Marie C. Hannah  
Foundation Inc.



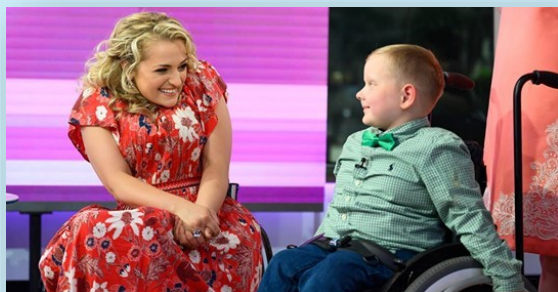


## Growing Up with Spina Bifida: Adaptive Sports & Independence





## In the Spotlight



## “Louisville boy meets Tony winner Ali Stroker”

Henry Hinson is a spunky 6 year old boy with BIG dreams of becoming a chef. He may have been born with Spina Bifida, but as his mom often recounts, “it’s not the coolest thing about him.” In March, Henry participated in our Growing Up with Spina Bifida program focused on adaptive sports and he has since joined the Miracle League baseball team and started playing golf through Louisville Metro Parks. His wheels don’t hold him back from anything!

Henry became an overnight sensation and made headlines after a video of him watching Ali Stroker become the first wheelchair user to win a Tony Award for her work in OKLAHOMA, went viral. When Stroker raised her award and proclaimed it to be for every kid with a disability, limitation, or challenge, Henry exclaimed, “that’s me!” In response to the viral social media post, The Today Show flew Henry and his mom, Erin, to New York City to meet Ali Stroker and see her perform in her hit Broadway show. Many in our community can relate to the unadulterated joy Henry felt watching a fellow wheelchair user break through a barrier never before crossed. If Ali Stroker could be the first wheelchair user to win a Tony Award, than Henry Hinson could be anything he wanted!

Henry’s wheels represent freedom and his rise to fame on social media outlets and local news stations have made him an ambassador for the community. His mom said it best when she said, “Limits are for credit cards, not people.”

## New Arrivals

*Devin and Corey welcomed Remington on March 21, 2019*

*Trenton and Stephanie welcomed Benjamin on March 30, 2019*

*Tonisha and Savion welcomed Anahi on May 6, 2019*

*Shawna welcomed Darien on June 4, 2019*









**SPINA BIFIDA ASSOCIATION  
OF KENTUCKY**

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

PLEASE  
PLACE  
STAMP  
HERE

## Upcoming Events and Programs

### July

#### July 13

Giving Back Group: Lexington  
Jacobson Park  
6pm-8pm

#### July 20

Western Kentucky Pool Party  
Russell Sims Aquatic Center  
Bowling Green, KY  
1pm-3pm

#### July 27

Growing up with Spina Bifida  
Back to School Bash  
Kosair Community Room  
Louisville, KY  
1pm-3pm

### August

#### August 3

Louisville/Lexington Pool Party  
Juniper Hills Aquatic Center  
Frankfort, KY  
11:30am-1:30pm

#### August 10

Eastern Kentucky Summer Picnic  
Bourne Park Splash Pad  
Somerset, KY  
1pm-3pm



Supported Organization

