



Spina Bifida Family Camp RETURNS May 14-16th

We are excited to announce that for 2021, SBAK is once again partnering with the Center for Courageous Kids in Scottsville, Kentucky, to provide a FREE Spina Bifida family retreat. Children with Spina Bifida ages 3-17, along with their parents and siblings, are invited to attend.

The Center for Courageous Kids (CCK) is a world class medical camping facility, that provides a safe and fun camp experience for kids with disabilities and special medical needs.

The 2020 Spina Bifida family retreat weekend was a casualty of Covid-19, but we anticipate that with the new program updates/safety measures CCK is implementing, this year's camp will proceed as planned. These new safety measures will include a reduced capacity, social distancing, mask requirement, and daily temperature checks. A fun and safe experience for everyone is our primary goal!

Space is extremely limited. Email Sarah at srichardson@sbak.org to start the application process.



If you would like to sponsor a family, visit sbak.org to make a donation.

THIS ISSUE

Farewell to MaryBeth Pg. 2

Executive Director's Letter Pg. 3

SB Connect Pg.4

Golf Scramble Pg. 5

SBAK Holiday Pg. 6

SBAK Holiday pg. 7

Amazon Smile Pg. 8

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We are sad to announce that January 15th was MaryBeth Long's last day as the Spina Bifida Association of Kentucky's Lexington and Eastern Kentucky Program Manager. For four years, MaryBeth has provided invaluable support, resources, and connections to countless families in Eastern and Central Kentucky.

As our SB Family has grown, so has MaryBeth's own family. MaryBeth's compassionate heart led her family on a journey of fostering and adoption. In the last four years, their family of 4 has grown to a family of 7.

Please join us in thanking MaryBeth for her service to our community and wishing her the best as she enjoys more time with her beautiful family. As the mother of a teen with SB, MaryBeth will continue to be an integral part of our community. As other former staff can attest, once you're part of the SBAK community, you never actually leave.

While a change like this is hard, plans are underway for SBAK to support these communities and others across the state in new and creative ways this year and into the future.

EXECUTIVE DIRECTOR'S LETTER

Dear Friends,

2020 is in our rearview mirror and 2021 is on its way. We have big plans to try to get everyone back together for programs and socializing. But we are also prepared to hold programs virtually once more if Covid-19 is still on the radar. Camp is planned for May 14-16 with reduced numbers, but all families will have an opportunity to participate virtually.

Golf is scheduled for Friday, June 11 at Weissenger Hills once again. See details in this newsletter and at www.sbak.org. The Bourbon and Barbecue Bash is scheduled for Saturday, July 24 at 314 Exchange in Pewee Valley, details to come.

Look for details soon on the Express Feedback for Good program that we participated in during 2020 raising more than \$21,000. We will be doing this again in 2021 and I encourage each of you to participate and share the opportunity with friends and family. This is a very easy way for us to raise major dollars.

Two new activities coming your way in 2021 include SB Connect and Pre-ETS. SB Connect is a volunteer-facilitated group model that allows communities in areas underserved by other Spina Bifida support staff and organizations to connect and support each other. Currently we are offering this in Madisonville, Hopkins and surrounds counties. We would also like to offer this in the Paducah area, Lexington, Bowling Green and Eastern Kentucky. We need a group of families and volunteers to facilitate the SB Connect group. So, if you are interested please contact Sarah Richardson at srichardson@sbak.org

Pre-ETS is a partnership with Vocational Rehabilitation to provide services for students ages 14-21 that prepare them for future employment through self-advocacy, career exploration, and more. This is a new program that we are very excited about offering. Stay tuned for more details.

As always, I encourage everyone to follow our local and state guidelines for staying safe and healthy during these challenging times. I look forward to seeing you all very soon.

Doug Dressman

Executive Director

SB CONNECT

Western Kentucky

We are excited to announce that SBAK is starting an SB Connect group in Western Kentucky.

SB Connect is a national SBA program created to connect people in areas that are underserved by organizations (such as SBAK), so they can build a community of support. SBAK's first SB Connect group is in the Hopkins County area. SB Connect groups are volunteer-led, free of cost, and inclusive to the entire local Spina Bifida community. Jessica and Emily, with SB Connect of Western Kentucky, are excited to connect to individuals and families affected by Spina Bifida in Hopkins and surrounding counties.

Jessica is the mom of 3, and her middle daughter Ava (6) was born with Spina Bifida. She was excited to start an SB Connect in Western Kentucky to “provide a more accessible means for individuals and families within the Spina Bifida Community to come together for education, networking, and support.” Limited staff has made it difficult for sustained programming in the area, but families like Jessica and Emily are eager to connect to others in the local area. Emily is the mother of 5 and her youngest son, Briar (4) was born with Spina Bifida. “The relationships that SB Connect will build in our community are invaluable for providing support and guidance.” Emily looks forward to connecting to teens and adults with Spina Bifida that can share their own experiences and help parents like herself navigate the care of children with Spina Bifida.

This group serves the following counties: Hopkins, Muhlenberg, Christian, Caldwell, Webster, Union, Henderson, McLean, & Daviess. If you would like to join the group, visit <https://www.facebook.com/groups/1082767718813729> or email sbconnectwky@gmail.com

SBAK is excited about the prospect of starting SB Connect groups in other parts of the state. If you're interested in being a facilitator for a group in your area, contact Sarah at srichardson@sbak.org



Jessica & family

Emily & family



Take a photo of this QR code with any smart phone to connect with SB Connect of Western Kentucky!





Spina Bifida Golf Scramble

Friday, June 11 , 2021 | Weissinger Hills

*The mission of the Spina Bifida Association is to build a better and brighter future
for all those impacted by Spina Bifida.*



12 pm Registration
12:30 pm Lunch
1:15 pm Shotgun Start



Team Registration \$600 per foursome
Individual Registration \$150 per player
(Sponsorships available. See below for details.)

Registration Includes

Green Fee / Cart / Gift / On-Course Games & Goodies / Silent Auction
Raffle Prizes / Lunch / Prizes for 1st, 2nd & 3rd Place Teams

Beat the Pro \$10 / Mulligans \$10 each

The SBAK golf scramble will return for it's fourth year at Weissinger Hills in Shelbyville, Kentucky!

Visit sbak.org to register online.

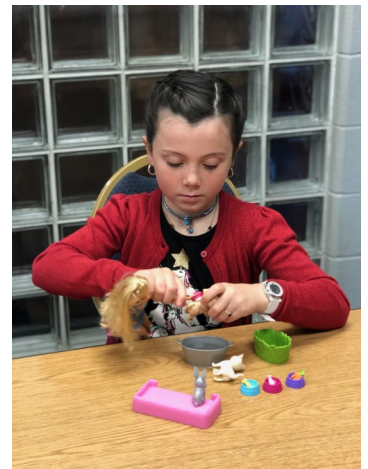
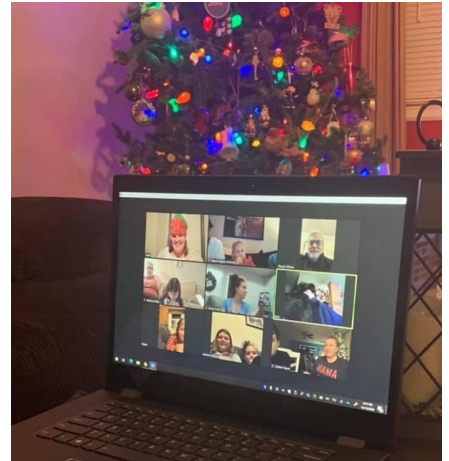
Contact Doug Dressman at ddressman@sbak.org

- ♦ With questions
- ♦ For sponsorship details
- ♦ To make a donation to the SBAK Golf Scramble Auction.



SPINA BIFIDA
ASSOCIATION
OF KENTUCKY

2020 Holiday Drive-Thru & Zoom Party







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