

# Spina Bifida

## NEWS To Use

**Albany/Capital District Chapter**  
**109 Spring Road, Scotia, NY 12302**  
**(518) 399-9151**  
**SBAAlbany102@AOL.com**  
**www.SBAAlbany.org**



Dear Friends:

I have dedicated this newsletter to sharing information about a wide variety of summertime activities that I wanted to bring to your attention. I want you to especially note two events; sailing on Lake George and a classic rock concert at the Empire State Plaza in Albany. You will find details about these events, as well as many others, enclosed. It will be helpful for the success of these events if you could get your reservations in early.

As I am sure you have all noticed, it has been raining! And yes, it rained during the Freihofer's Community Walk. We did have two brave families who weath-ered the storm -- thank you to the Chamberlains and Greg's grandmother, Mrs. Carter, and the Tanksleys for completing the fundraising walk with me.

I know that a number of people had planned on walking with us and were col-lecting donations from sponsors. If you have collected donation money, please send checks as soon as possible made out to SBA: Albany. You can mail them to:

SBA: Albany/Capital  
109 Spring Road  
Scotia, NY 12302.

Thank you for your support of this fundraiser. Let's hope for sunshine during next year's walk!

Again, please check out all of the opportunities inside right away and get your reservations in. We hope to see you soon!

Enjoy a wonderful and relaxing summer with family and friends!

*Karen Wentworth*  
Executive Director

# Summertime things to do.....

## Tennis Lessons....

### SUMMER TENNIS LESSONS

sponsored by Spina Bifida Association: Albany/Capital District Chapter

**DATES:** Tuesday & Thursdays, July 11 - August 10, 2006

**TIME:** 6:30 - 8:00 PM

(Please plan on arriving at 6:15.)

**WHERE:** Central Park in Schenectady.

The court that we will be using is behind courts 7 & 8, & is the only court that has no number.

**WHO:** Individuals who have Spina Bifida and have registered through SBA: Albany/Capital

**COST:** There is no fee to individuals who participate. Spina Bifida Association: Albany/Capital District Chapter is paying for the lessons for the group.

**INSTRUCTOR:** Lessons will be taught by instructor Mr. Jim Neal. He will be adapting the lessons for the level of skill and experience of the participants.

\* This tennis program is designed to be accessible.

\* Please be sure to sign up at the beginning for the phone tree. This will be used in the event that lessons need to be canceled.

\***Questions?** \* Please call 399-9151 or email [SBAAlbany102@aol.com](mailto:SBAAlbany102@aol.com).



## Great Escape Amusement

### The Great Escape presents Self-Advocacy Appreciation Day!!!

DATE: August 23, 2006

COST: Tickets \$19.50 plus tax. Tickets must be ordered by August 14, 2006

TICKET PURCHASES: Order tickets by calling 518-792-3500 ext. 3277 or go on-line at [www.sixflags.com/greatescape](http://www.sixflags.com/greatescape) (use code SADay06)

*Tickets not pre-ordered will be subject to gate price of \$24.99 per ticket.*

Hope to see you there!

Shameka

# Day Programs at Windham....

## **Adaptive Sports Foundation Windham, NY**

### **Full Day Programs**

#### **Flat Water Paddling and Windsurfing**

July 22, July 29

#### **Fall Foliage Paddling & Hiking Day**

September 10

#### **Cycling**

August 18, August 26, September 16

#### **Sled Hockey**

September 23



#### **Horseback Riding**

July 30, August 13, August 27, September 17

### **Half Day Programs**

#### **Martial Arts**

August 12, September 9

#### **Tennis**

August 12, September 9

*Programs are open to all people  
with cognitive or physical challenges five years of age & older.*

*Go to [www.adaptivesportsfoundation.org](http://www.adaptivesportsfoundation.org) or call 518-734-5070 for more information.*

*SBA Albany/Capital District Chapter does not endorse or recommend products, services or manufacturers and assumes no liability whatsoever for the use or contents of any product or service mentioned herein. The information provided in this newsletter is for informational, educational and entertainment purposes only. It is not intended as medical or professional advice.*

# Overnight Tennis Camp.....

## **Sports Association at Gaylord Hospital**

The Sports Association at Gaylord Hospital provides adaptive sports for persons with physical disabilities. The program is planning on hosting the Connecticut Wheelchair Tennis Camp on July 21-23 at Yale University in New Haven, CT.

### **Other Activities Are Available:**

*Teaching clinics provide participants with a safe, supervised, supportive setting in which to learn or re-learn sports skills. Clinics include tennis, archery, golf and kayaking.*

### **If you would like more information, contact:**

Todd R. Munn, CTRS  
Sports Association  
Gaylord Hospital  
Box 400  
Wallingford, CT 06492  
T - 203-284-2772  
F - 203-284-2813  
TMunn@gaylord.org  
www.gaylord.org

### **Notes from their website:**

The Sports Association of Gaylord Hospital supports disabled sports teams and clubs throughout Connecticut. The association encourages people with physical disabilities to participate in sports and to experience new sporting activities. The Sports Association staff organizes and manages disabled sports teams, tournaments and Discovery Nights for many sports. Persons with physical disabilities are welcome to participate and join the teams. The Sports Association is a proud member of Disabled Member of Disabled Sports USA.

## **SPINA BIFIDA ASSOCIATION: ALBANY/CAPITAL DISTRICT CHAPTER**

### **Day Retreat at MOHONK MOUNTAIN HOUSE**

On April 29th, a group of families from our chapter met for a retreat at Mohonk Mountain House for the day. We spent the morning in a session discussing "transitions." Members were able to share with each other their experiences, do's and don'ts, information, and offer support for times in our lives when things are changing – at school, work, or home. Following this, members relaxed and enjoyed a real treat of spectacular food in a buffet served by Mohonk staff. After lunch, we were able to spend some social time together playing bocce, croquet, and relaxing on the dock at the lake.

The day accomplished several goals:

1. Members of the families left with more information and ideas for addressing various challenges in their lives.
2. Members experienced a bit of pampering with lunch being a real treat for everyone.
3. Members were able to spend time together, strengthening friendships and support networks.

I would like to extend our gratitude to Walmart for a grant that they awarded to our chapter to support some of the

# Enter An Art Contest....

## **Young Artists with Disabilities: Enter a National Juried Exhibit**

VSA arts, with support from Volkswagen of America, is seeking entries for <sup>3</sup>Destination Anywhere,<sup>2</sup> a national juried exhibit for artists ages 16-25 who have physical, cognitive, or mental disabilities. Art must be an original work that has been completed in the last three years. Both representational and abstract works are welcomed. Eligible media include paintings and drawings, fine art prints, photography, computer-generated prints, and two-dimensional mixed media. The program will award 15 prizes ranging from \$2,000 to \$20,000. Entry deadline: July 14, 2006.

<http://www.vsarts.org/prebuilt/showcase/gallery/exhibits/vw/2006/>

# Read a book.....

## **Disabled and Challenged: Reach for Your Dreams!** (November 2005)

Terry Scott Cohen, who has myotonic muscular dystrophy, wrote this book with his father Barry. In it, Terry describes his experiences and know-how for living a full life with and despite disabilities. The book covers topics such as communicating with doctors, making friends, looking for and getting a job, and planning for the future. It is available from amazon.com.

<http://www.family-friendly-fun.com/aspire-achieve/>.

# Go To Summer Camp....

## **Summer Camps for Children with Disabilities (2006)**

NICHCY, the National Dissemination Center for Children with Disabilities, has compiled a list of directories and Web sites about summer camps for children with disabilities.

Go to <http://www.nichcy.org/general.asp#camps1>:

“Portions of this newsletter were excerpted from the National Center on Secondary Education and Transition E-News, which can be found at <http://www.ncset.org/enews/>.”

# Learn About Health & Wellness....

## The 2nd Statewide Conference on Health & Wellness for Adults with Disabilities *Empowerment through Healthier Lifestyles*

*A Statewide Conference*

*Sponsored by the New York State Department of Health Disability & Health Program*

**DATE:** September 19 & 20, 2006

**LOCATION:** Albany Marriott Hotel  
Albany, New York

**For more information call:** 518-474-2018

# For Our Teens & Adults...Plaza CONCERT...

**BANDS:** Classic Rock with Ten Years After & Blue Oyster Cult

**DATE:** August 2, 2006

**TIME:** 6—10 PM

**LOCATION:** Empire State Plaza in downtown Albany

**MEETING LOCATION & TIME:** See diagram....

Meet at 6:00 PM.

*Please call/email and let me know if you plan on attending, so that we can let the group know who & how many people to expect to help you find each other!*

*For more concert information go to [www.ogs.state.ny.us](http://www.ogs.state.ny.us).*

### **DIRECTIONS:**

#### **From the North:**

Take Interstate I-87 (Northway) to Interstate I-90 East (exit # 1E). Take Interstate I-90 East to Interstate 787 South. Take Exit #3A for the Empire State Plaza.

#### **From the South:**

Take New York State Thruway (Interstate 87) to Exit 23 - straight through Toll Booth to Interstate 787, then take Exit #3 for the Empire State Plaza.

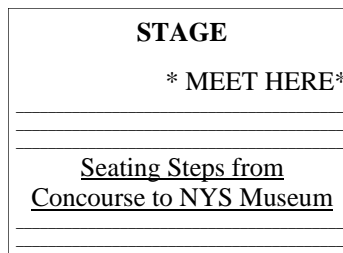
#### **From the East:**

Take Interstate 90 West to Exit # B1 (I-90). Continue on I-90 to Interstate 787 South. Follow I-787 South to Exit #3A for the Empire State Plaza.

#### **From the West:**

Take the New York State Thruway (Interstate 90) to Exit 24 (Albany), proceed east on Interstate 90 to Interstate 787 South. Take exit # 3A for the Empire State Plaza.

**Handicapped Parking:** available in the **V Lot** (P-3 North). Oversized handicapped vehicles (in excess of 6' 6") will be accommodated on P-1 North. In addition, if you are planning to visit the New York State Museum or the State Library, handicapped visitor parking spaces are also available in the Cathedral parking lot.



# Sailing on Lake George.....

## **Spina Bifida Association: Albany/Capital District Chapter is sponsoring an outing at the Y-Knot Sailing Program on Lake George!**

**Date:** Saturday, August 12

**Time:** 10:30 - 4:30

**Age Range:** 5 years of age and older

This is designed to be a family outing. Minors must be attended by a family member. Participants who require physical assistance should plan to attend the event with someone who can assist them.

**Fee:** Individual with Spina Bifida -- no charge.  
\$10/family member

Fee includes 1 hour or more of sailing, lunch, fishing, and enjoying the grounds of Camp Chingachgook.

**Please Note:** *If you and your family are unable to afford the cost of this program, please contact Karen Wentworth at 518-399-9151 or SBAAlbany102@aol.com and she will make confidential arrangements to have the fee waved.*

**RSVP:** by Wednesday, August 2

\* Reservations are on a first come/first serve basis. There are limited slots available for participants.

\* A waiting list will be established. *If you sign up and are unable to attend, please notify the chapter right away so that someone else can have the opportunity to participate.*

***The costs of this program are being subsidized by the Spina Bifida Association: Albany/Capital District Chapter.***

***Questions? Call 518-399-9151 or email SBAAlbany102@aol.com.***

\* **This program is designed to be accessible to people who have physical disabilities.**

**Note from the Y-Knot Program:**

"Participation in a sport like sailing builds confidence and self-esteem, while it challenges the whole person. Y-Knot is all about sailing -- regardless of your experience or physical abilities. If you're someone with a disability looking for a new challenge, or an able-bodied sailor interested in seeing your sport in a completely new light, contact us. We'll be happy to share our dream with you and demonstrate how sailing lets us "leave our disabilities on the shore.""

***Y-Knot is a program of YMCA Camp Chingachgook***

**Check your calendar ---- Sign up now!  
Reservation form is enclosed.**

**Directions:**

Camp Chingachgook is one hour north of Albany on Lake George.

YMCA Camp Chingachgook is located in Pilot Knob, New York. Take Northway Exit 20 (Rt. 149/Fort Ann/Whitehall), turn left on Rt. 9 north. Go one-half mile on Rt. 9, then turn right onto Rt. 149. Go 4.5 miles on Rt. 149, then turn left onto Rt. 9L (Ridge Road). Go 4.5 miles on Rt. 9L and make a slight right turn onto Pilot Knob Road. Go 4.5 miles down Pilot Knob Road to the Camp, on your right.





**CALL 518-399-9151 OR EMAIL SBAAlbany102@aol.com**

**TENNIS LESSONS... 7/11—8/10**

**CONCERT AT THE PLAZA... AUGUST 2ND**

**(Reservation form enclosed)**

**SAILING ON LAKE GEORGE... AUGUST 12TH**

**SIGN UP NOW....**

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