



Spina Bifida



NEWS To Use



Albany/Capital District Chapter
109 Spring Road, Scotia, NY 12302
(518) 399-9151
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 Happy Fall to Everyone! 

 It is the time of the year when we are all setting aside time for our chapter's weekend at Double "H" Hole in the Woods. I am working with the staff at the ranch to plan activities that will work for the people who sign up and am anticipating that this will be another terrific time to connect with old friends and develop new friendships. I have also heard that many people have already begun planning their Halloween costumes for the event! 

 The schedule for the weekend starts on Friday at 6:00 PM with a light dinner and ends at noon on Sunday. *I would like to request that, if at all possible, you plan to participate in the closing ceremony Sunday morning.* During this ceremony, our chapter presents a parting gift to the ranch. (Last year's gift was a hand-powered paddleboat which we will have an opportunity to try out in October!) *The majority of the staff for the weekend are volunteering their time and energy so that we might enjoy a wonderful weekend.* 

 While we are all anxious to pack up our cabins and head for home, Sunday morning is an opportunity to offer our thanks as a group to the staff for all that they have given throughout the weekend for our benefit. 

 Please complete the reservation form attached and return it as soon as possible. The staff at Double "H" need to know the number of people who will be attending so that they can ensure that they have staff and volunteers in place to be able to provide the program that works for our group. 

Karen Wentworth
Administrative Director



National Survey of the Spina Bifida Community



Spina Bifida Association's National Survey of the Spina Bifida Community is happening! Please take this online survey by going to www.sbaa.org and participating. The survey will be conducted during September & October. Your participation is important. SBAA uses this survey to evaluate programs and to ensure that they are on target with the needs of the community. Please take a few minutes to help provide valuable feedback!

Cindy Brownstein, Spina Bifida Association's CEO, speaks at Public Health Grand Rounds

"Birth Defects Prevention: Realizing the Full Potential of Folic Acid"

Birth Defects Prevention: Realizing the Full Potential of Folic Acid is the topic of the next Public Health Grand Rounds broadcast, September 30, 2:00-3:00 pm ET. The case study features Denver's dedication to preventing birth defects. Joining moderator Dr. Bill Roper, dean of the School of Medicine at the University of North Carolina at Chapel Hill, will be Dr. Jose Cordero, director of the National Center on Birth Defects and Developmental Disabilities at CDC, Cindy Brownstein, CEO, Spina Bifida Association of America and the Spina Bifida Foundation, Sarah Verbiest, executive director of the UNC Center for Maternal and Infant Health, and Dr. Hugh Tilson, clinical professor at the UNC School of Public Health.



For downlink and Webcast information, go to www.publichealthgrandrounds.unc.edu. This program is a joint project of the Centers for Disease Control and Prevention (CDC) and the UNC School of Public Health. If you have any questions, please contact UNC by email

SPECIAL THANKS TO WGY CHRISTMAS WISH

OFFERED BY

810WGY News Talk Radio & McDonald's Restaurants

During the summer, our chapter received a \$200 donation from WGY Christmas Wish from last year's campaign. Many thanks to these corporations and their cooperating sponsors for their support of our programming.

This donation gives assistance to the chapter to provide programs for children.



Empire State Games for the Physically Challenged



Brockport Regional Competition
October 14 & 15, 2005
SUNY College at Brockport

The goals of the games:

- To introduce the concept of adapted sports for physically challenged youngsters.
- To encourage promotion of sports for physically challenged individuals of all ages.
- To enable juniors to learn and develop skills required for a successful experience in sports competition and fitness.
- To familiarize the general public with the abilities of physically challenged individuals.

**Deadline for entries is October 5, 2005.
For information call 585-395-5620.**



Double "H" Hole in the Woods Weekend Camping Trip

DATE: Friday, October 28—Sunday, October 30, 2005

TIME: 6:00 PM Friday (light dinner will be served)
11:00—12:00 noon Sunday (clean-up, pack-up, and move out)

PLACE: Double "H" Hole in the Woods, 97 Hidden Valley Road, Lake Luzerne, NY

WHO: Individuals (adults & children) who have spina bifida and their immediate families

ACTIVITIES: Plans will be developed based upon the ages of people attending. Possible activities include high & low ropes course, indoor swimming, hiking, fishing, boating, arts & crafts, Halloween costume party & fall activities.

ACCOMMODATIONS: Cabins equipped to hold 2 to 4 people. Cabin assignments will be by family.

FEE: Double "H" does not charge a fee for use of their facilities. They depend upon private and corporate donations to cover their expenses. They are a not-for-profit organization.

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

RSVP is required. Please send in the form below by Friday October 7, 2005.



Reservations for Double "H" Hole in the Woods Camping Weekend

Please return the following information **by Friday October 7, 2004.**

Name of Individual with SB _____ age _____

Address _____

Phone _____ Email _____

Parent/Adult Support People

- 1. _____
- 2. _____

Names & Ages of Siblings

- | | |
|----------|-----------|
| 1. _____ | Age _____ |
| 2. _____ | Age _____ |
| 3. _____ | Age _____ |
| 4. _____ | Age _____ |



Special dietary concerns: _____

of vegetarian menus required _____

Approximate Day & Time you plan to arrive: _____

Day & Time you plan to depart: _____

(Please plan to participate in the closing ceremony Sunday morning if possible.)

Mail form to: SBA: Albany/Capital District Chapter
109 Spring Road
Scotia, NY 12302

Please Note: There are no medical staff available at Double "H" on these group weekends. You must bring support people with you who will be able to assist with any of your personal needs.

RESERVATION DUE OCTOBER 7, 2005

NOW!



DOUBLE "H" HOLE IN THE WOODS
CAMPING WEEKEND

MAKE YOUR RESERVATIONS FOR

TIME SENSITIVE MATERIAL

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