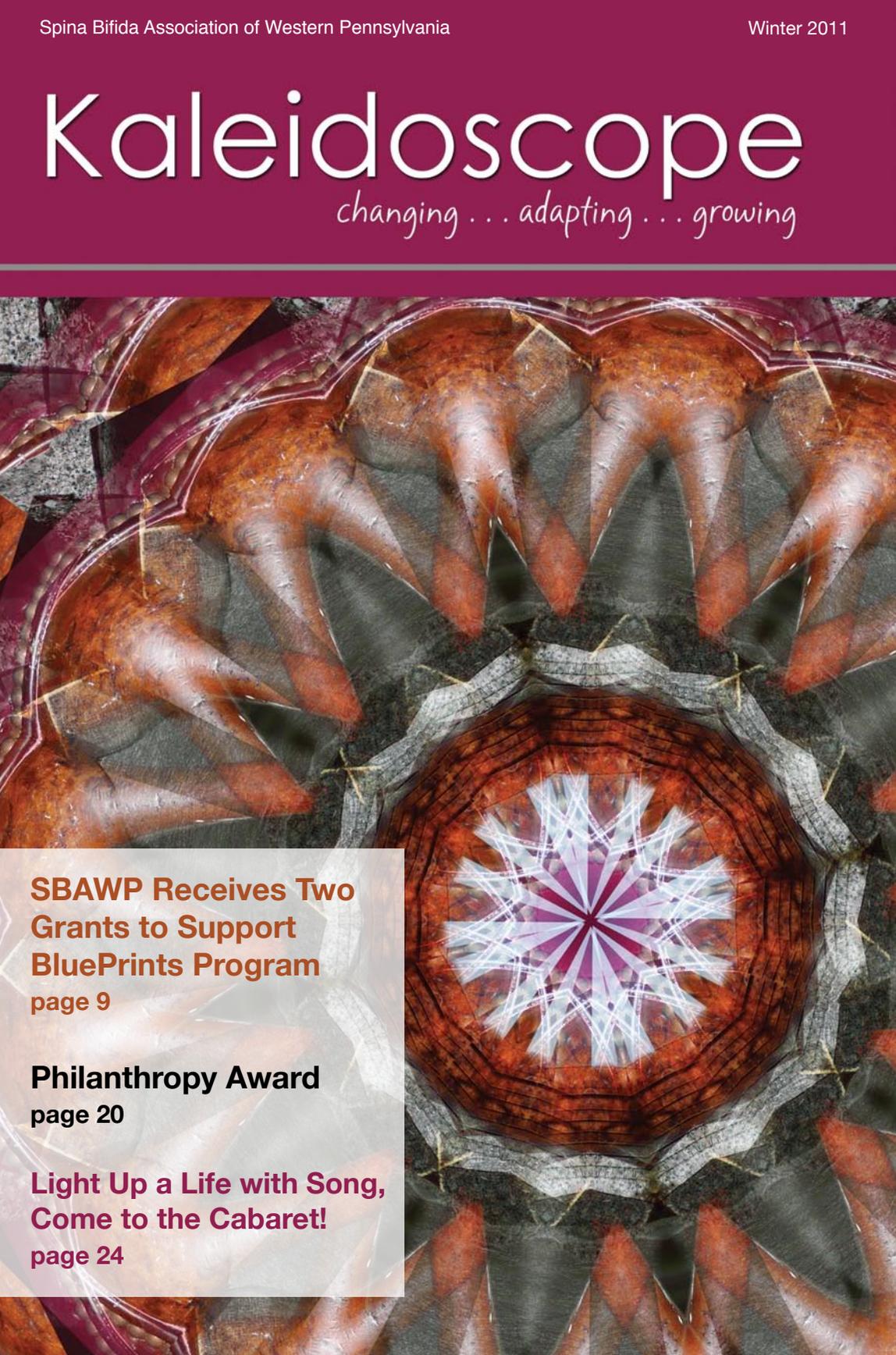


# Kaleidoscope

*changing . . . adapting . . . growing*



**SBAWP Receives Two Grants to Support BluePrints Program**  
page 9

**Philanthropy Award**  
page 20

**Light Up a Life with Song, Come to the Cabaret!**  
page 24

# Kaleidoscope

changing... adapting... growing

Winter 2011

## Contents

3 A note from Dick  
Vision *by Dick Lynch*

4 Program Update  
BluePrints Update  
FireFly Camps and Retreats  
Wish List  
SBAWP Receives Two Grants to Support  
BluePrints Program

10 In Our Community  
An Interview with Ken Diehl  
Highmark Walk  
Participant Spotlight  
Holiday Events

18 Partnerships & Special Events  
Familiar Faces  
Volunteer Thank You  
Pittsburgh Gives  
Philanthropy Award  
Handyman Tips  
Calendar of Events



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Donations may be made on line at:  
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"Spina Bifida Association of Western PA"  
and mailed to:  
Spina Bifida Association of Western PA,  
P. O. Box 1236, Butler, PA 16003-1236.

### Our Mission

The Spina Bifida Association of Western Pennsylvania is committed to improving the quality of life for people with Spina Bifida and their families by providing a continuum of support services, education and advocacy.



## Vision

There are several new items on my desk that came over the Christmas holiday. One of them is a small plaque that I received from two of the staff on our Leadership Team. It begins – Lead with Vision.

I see it every day; and when I do, it reminds me about our mission. We have become a vital organization in the maturation process for those with spina bifida. We have become a source of information and support for families who have a disabled son or daughter. We have become a source of home care to those who live independently in the community.

None of our programs came about on a whim. They each began as an idea in the mind of one who has gone before me – one who had the vision of what could be!

Over the past two years, we have taken some new ideas and worked to give them life. They are programs such as BluePrints and STRIVE. But they are only infants in our continuum of programs. We have a vision that, in the years ahead, these two programs will impact the communities we serve just as our camps, weekend retreats, and family-school partnerships do today.

But our vision cannot be accomplished alone. We need your support so that we can continue to develop and refine our programs and more importantly, so that we can serve even more people with spina bifida and other disabilities! In the pages that follow, you will learn about our fundraising initiatives for the first part of 2011. I want to encourage you to get involved! Bring a group of friends to our Light Up A Life with Song performance. Get a group of walkers together to walk for SBAWP in our second year at the Highmark Walk for a Healthy Community and get your friends and family to support you in that endeavor.

Our 2011 Membership Campaign will begin in late February. While we have several levels of participation, I hope each of you will consider joining us at the Visionary level!



Thanks again for your support in 2010! Let us labor together in the days and months ahead to help those with spina bifida and related disabilities to live as independently as possible!

{ *program update*

# BluePrints Update!





Finger painting, making new friends, giant colorful parachute games, silly songs, and lots more fun and exciting activities are in store for your child this year in the BluePrints program sponsored by the Spina Bifida Association of Western Pennsylvania.

## BluePrints has started to offer play groups at two different locations!

BluePrints has started to offer play groups at two different locations! Beginning on January 11th, BluePrints will be offering an afternoon session at The Baierl Family YMCA in Franklin Park Borough from 1:30-2:30pm every Tuesday as well as an evening session at Positive Steps Therapy in Renfrew, Pa from 6:30-7:30pm every Wednesday. The program will last for 12 weeks. During these twelve weeks many different kinds of art, music, sensory

and other learning activities will be offered. Parents are encouraged to participate with their children and socialize with other parents. BluePrints is for children of all abilities ages 2-5, but with an emphasis on children with special needs. The cost for the program is \$85 and registration forms are available by going to [www.sbawp.org](http://www.sbawp.org). If you have any questions please feel free to call Barb Levandoski, BluePrints Coordinator, at 724-934-9600.

In addition to our playgroups, each month we hold a bounce at Bounce-U in Warrendale, Pa. Bounce-U is a place where kids can climb, throw, jump, slide, and have fun! Bounce-U provides children with a safe atmosphere to play on large inflatable structures and make friends. The staff is excellent and adults are encouraged to play too! Please see our website for the next scheduled bounce.

Also, check out our Facebook Page - Just search BluePrints! ■



# Firefly Camps and Retreats



The SBAWP camps and retreats program has been offering developmental opportunities to individuals with spina bifida and related disabilities for almost 30 years. Every year, we sit down and attempt to design our programs specifically around camper growth and development. Our primary focus for every program is to have campers reconnect with old friends, make new friends, and explore a world where “I can” is more powerful than “I can’t.” Part of this experience is ensuring that our

that the facility where we have been conducting our current program is not ideal as far as accessibility goes, however, we believe that we are providing new skills to all those who attend. Our campers have learned that life is full of graded paths



campers have a variety of experiences from going on outings in the community to learning how to maneuver and adapt to new environments. We understand

and cramped bathrooms but that does not mean that they cannot go there and fully participate. We have learned to overcome obstacles, believe in ourselves, and understand that although our communities are not always accommodating for those of us in wheelchairs that we still can and will go out and be an active part in them. These experiences culminate in the realization that those who participate learn real life skills, develop self esteem, and gain a real sense of independence and community. Our campers make friends and



memories that last a lifetime. The Firefly Camps and Retreats provide an opportunity that no other program can - to be around and with people who not only know us, but also understand us.

We want to ensure that not only our staff, but also our campers have a positive experience while attending our programs and we rely on the conversations and surveys we have to help us ensure we are doing our job well. We cannot emphasize enough that our campers' and their parents'/guardians' feedback matters; so, if you have not done so already please take a few minutes to complete and return the survey we mailed to you.

We have been having a blast at our fall retreats; we hope that you will join us for all the fun we have planned for the spring and summer! For the past year, we have

been taking our youth/teen into the community. We have gone to the aviary, a pumpkin patch, movies, bowling, and swimming at the Bailerl YMCA, just to name a few. We are committed to ensuring that we experience some new fun places with our friends in the spring. New to the adult retreats is our Saturday night entertainment. We have had a ventriloquist, a magician, and some carolers. We are excited about the spring and the new opportunities it will bring.

Our theme for the summer is Greek Week



and we will begin actively recruiting staff in the new year. At Firefly Camps and Retreats we have the sky aglow with our possibilities. ■

# WISH LIST

***SBAWP is always in need of new or gently-used furniture and equipment for our residential programs. Please consider a donation of the following to SBAWP:***

- |   |   |
|---|---|
| 4 Saucepans w/lids *                                | 2 Muffin pans   |
| 4 Fry pans 10"*                                     | 2 Loaf pans   |
| 2 Fry pans 8" *                                     | 4 Cake pans   |
| 2 Stockpots (dutchoven)*                            | 3 Casseroles w/ lids  |
| 2 Small frypans *                                   | Pie pans  |
| 1 Coffee pot  | 3 Blenders  |
| 1 Handmixer   | 4 Cutting boards  |
| 8 Serving bowls                                     | 2 Sets measuring cups   |
| Serving plates                                      | 2 Sets measuring spoons                                       |
| 4 Anti-slide mixing bowls                           | 8 Sets broom/dustpan  |
| 2 Microwaves  | 4 Steak knives sets   |
| 3 Cooking utensils sets                             | 4 Room dividers/privacy screens                               |
| 3 Serving utensils sets                             | 1 Couch (vinyl or leather – not fabric)                       |
| 20 Plastic drinking cups (not white, various sizes) | 9 Single (twin) beds with mattress – drawers or storage below |
| 4 Sets casual dishes –non breakable, not white      | 2 Full beds with mattress –Drawers or storage below           |
| 4 Full sets flatware                                | 11 Night-stands w/drawers                                     |
| 2 Knife blocks                                      | 2 Vacuums   |
| 4 Sets dishtowels                                   |   |
| 4 Sets hot pads/mitts                               |   |
| 3 9X12 baking pans                                  |   |
| 3 8X8 baking pans                                   |   |
- \*Restaurant Quality preferable, Non-rusting

## We're proud to SUPPORT

**Spina Bifida Association of Western Pennsylvania**



**Your single source for insurance and investment services**

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## SBAWP Receives Two Grants to Support BluePrints Program

The Spina Bifida Association of Western Pennsylvania (SBAWP) recently received two grants for support of its BluePrints Preschool Play Program in 2011. The Child Health Association of Sewickley and the Allegheny County Medical Society Foundation each made grants of \$5000 to support BluePrints.

The Child Health Association of Sewickley is an all-volunteer organization dedicated to raising funds to help children in Western Pennsylvania. To date, The Child Health Association has made grants of over 3.3 million dollars in Western Pennsylvania, funding educational, medical, social and recreational programs and services.

Known for the publication and sale of its Three Rivers Cookbook series, the Association also sponsors the annual Sewickley Valley Antique Show and the bi-annual Sewickley House Tour all of which raise funds for children. Additionally, Child Health Association Members volunteer hands-on service to child related projects.

The Allegheny County Medical Society Foundation - created, funded, and administered by physicians - holds an honored place in Pittsburgh's health care history. Instituted in 1960, ACMS started the Foundation with donations from the polio immunization program. The immunization effort was undertaken by ACMS and the Allegheny County Health Department, and sparked a public outpouring of donations collected in jars on the streets of Pittsburgh.

The Foundation has given \$2.1 million back to the community, and is still guided by its original mission: to alleviate suffering by helping people of all backgrounds live better, healthier lives through access to health care, education, and related services. The Foundation traditionally supports programs that find practical solutions to very real problems in our community.

SBAWP is grateful to the Child Health Association of Sewickley and Allegheny County Medical Society Foundation for their generous support of our programs, and for their commitment to improving the quality of life for members of our communities ■



## An Interview with Ken Diehl, conducted by Bonnie Hoolahan, former BluePrints Coordinator at SBAWP

Ken Diehl is an adult who has spina bifida. He is a family friend of Bonnie Hoolahan

*Provide us with a brief background of yourself (family, age, education, work, hobbies, etc.)*

I come from a typical family of four which includes my Mom, Dad and older brother T.J. I have been happily married for almost 10 years to the most wonderful woman in the world, Carey. I am 34 years old. I have a bachelor's degree from Edinboro University of PA in Speech Communications.

I am a senior medical claims processor for Coventry Healthcare Inc. To relax I love to read. I love the outdoors and am a big hunter. My brother and I ride our four wheelers every chance we get. My friends and family also like to go to the shooting range to see who can put the most shots in the bull's-eye. The Penguins and Steelers rule the sports world from September to hopefully June each year. I enjoy cooking and my wife enjoys baking.

*How did your family support you growing up?*

My family was amazing growing up. The best thing they did for me was to treat me exactly like my brother. I wanted to be able to do many of the same things my brother did, and they encouraged me to accomplish what I wanted to do. My brother wrestled, so I wrestled. My brother played little league baseball, so I did the same.

My family never let me just say, "I can't." We always seemed to come up with a way

that I could do what I wanted to do. I am very thankful they raised me the way they did.

*Has your disability limited you in any way?*

Having a physical disability does limit me from doing some things, but most of those things are not important to me, or I have ways of getting around doing those things. For example, there is no way I'm carrying a 50 pound bag of dog food from the car into my house, but I can certainly slide that bag onto a wheeled cart and push it into my house. I truly believe that I can accomplish anything I put my mind to doing. I just might have to go about it differently from somebody that does not have a physical disability.

*How do you overcome any barriers in your life?*

I enjoy coming up with different ways to get things done. Putting an object on wheels is one of the easiest ways to move it around. I was once convinced by my friends, brother and dad to sit on an old swing seat while they pulled me up 30 feet in the air, just so I could experience hunting out of a treestand. I was proud to overcome the obstacle, but it was a one time deal for me. I absolutely hate heights.

Obstacles not only come in the form of physical barriers, but there are many mental obstacles to contend with every day living with a disability. Whether it's the frustration of having to do some things that aren't easy to do but need done, or dealing with a person that definitely looks

at you differently because you are different, you have to be strong.

Having a sense of humor eases the stress of many things in life. I learned a long time ago to laugh at myself. When others know that you are comfortable enough to laugh at yourself, it tends to make them relax. The barriers or obstacles of others then seem to fall away.

A sense of determination gets the things done that are hard to do that we don't like. There's nothing like a "can do" attitude.

***How did having Spina Bifida affect you as a child? And as an adult? (positively and negatively)***

Spina Bifida affected me the same way it affects many others. I have to be extra careful about what happens to my feet. Having no sensation in them, and having

***“The best thing I can tell people is to have a sense of humor. Learn to truly laugh at yourself. Life is too short not to have fun”.***

poor circulation, is not a good combination. Cuts and scrapes can happen without me knowing it. My feet can be freezing in the winter, and I couldn't tell you if they were warm or cold.

Infections seem to be a regular way of life. The little cut you've been changing the dressing on so carefully for a few days can suddenly become very serious. It can be frustrating. Things like this are always in the back of my mind.

I believe having Spina Bifida has given me a better sense of humor than I would have without it. There are many things that happen which may not seem too funny at the time, but when you look back at

it you laugh. My friends pulling me up in a tree while my brother tried to swing me into the treestand comes to mind. Now I just laugh. Back then I was scared out of my wits.

***Describe your job and how you got interested in that field.***

My current job was obtained through a friend of my brother's. I was originally hired by Coventry to do customer service for a health plan. Part of my day was working on medical claims, and the rest of the day was spent answering phone calls. About six months after I was hired the company decided to divide the work force into those who only answered phones and those who processed claims. I thankfully was chosen for claims processing.

I've been with the company for just about nine years and have worked my way up to the title of Technical Senior Claims Processor. I am able to deal with any claim that we receive. I work a lot of specialized projects and do a good bit of research when needed for our management staff. The best part of my job is the opportunity to teach others. I enjoy training new hires or those moving to the processing side to do what I do.

I work with some great people. There aren't too many days that I mind going to work.

***What advice would you give to other kids and young adults with spina bifida?***

The best thing I can tell people is to have a sense of humor. Learn to truly laugh at yourself. Life is too short not to have fun. I would also tell people to get out there and do whatever it is you like to do. Don't be afraid if you aren't successful the first time. Use your imagination to figure out how to accomplish your goals. ■

# Light up a Life **IN 2011 WITH SBAWP!**

<http://lightupalife.sbawp.org/sbawp/>

Each and every day, SBAWP lights up the lives of individuals with spina bifida and other disabilities and their families. Nearly 1000 individuals and 600 families benefit every year from SBAWP programs. In 2011, we invite all of you to be a part of what we do at SBAWP. Whether you make a donation to the general operating support of SBAWP programs, volunteer your time in a program or for a fundraising event, donate much-needed items to a program, or attend a special event, you are enriching the lives of these individuals and their families.

SBAWP is now launching the second year of its Light Up a Life Online Fundraising Campaign to raise \$250,000 to benefit SBAWP programs. To make a donation to honor a particular individual or SBAWP team, or to register as an individual or team to raise money for SBAWP, check out the website – <http://lightupalife.sbawp.org/sbawp/>

This year we have an exciting calendar of events planned for you and your family that provide recreation and entertainment at affordable prices, with the proceeds benefitting SBAWP programs. For more information, or to reserve a space for any of the events, call 724-924-9600 or check the SBAWP website at <http://www.sbawp.org>. Mark the date now for upcoming events.



HIGHMARK.  
**WALK**  
FOR A HEALTHY COMMUNITY  
*Organizations Unite to Make a Difference*

## Save The Date!

Saturday, May 21, 2011

Heinz Field, Pittsburgh, PA

We are one of 69 organizations participating in the 2011 Highmark Walk for a Healthy Community.

Highmark Blue Cross Blue Shield underwrites 100 percent of the cost of the event and funds raised directly benefit the participating organizations.

Mark your calendar, find those walking shoes and look for more information to come soon!

[www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org)

HIGHMARK.  
Blue Cross Blue Shield   
An Independent Licensee of the Blue Cross and Blue Shield Association



### **April 2, 2011- Light Up a Life with Song Cabaret**

Dennis Bowman, KDKA meteorologist, will act as Emcee for this musical revue featuring songs of hope and inspiration that demonstrate that with determination and a little help from your friends, all things are possible. Music numbers will be performed by Etta Cox, famed local jazz vocalist, and 11 other local performers. Pittsburgh CAPA Cabaret – 8 p.m. Admission - \$25; \$10 for SBAWP staff and clients. Advance reservations recommended.

### **April 16, 2011 Ferris Bueller's Revenge**

– the ultimate 80's party band will be performing in concert at the SBAWP Firefly Weekend Retreat to be held at the Family Retreat Center in Mars, PA. More details to follow!

### **May 21, 2011 Highmark Walk for a Healthy Community**

SBAWP will be participating in the Highmark Walk for a Healthy Community presented by Highmark Blue Cross Blue Shield on Saturday, May 21, 2011 in downtown Pittsburgh. The Highmark Walk for a Healthy Community is a fundraiser that benefits local health and human services agencies in Western Pennsylvania, such as SBAWP.

Highmark Blue Cross Blue Shield underwrites the cost of walk so that 100% of the money raised by walkers goes directly to the 70 participating organizations. Start gathering friends, family members, neighbors and co-workers to join you in walking to ensure a healthier community. For more information, visit [www.walkforahealthycommunity.org](http://www.walkforahealthycommunity.org).

### **July 25, 2011 Tony Yakemowicz Annual Golf Tournament**

sponsored by the Boilermakers Local 154, Steamfitters Local 449, and Ironworkers Local 3, will be held at South Hills Country Club on Monday, July 25, with all proceeds benefiting SBAWP Firefly Camp Programs.

### **August 7, 2011 SBAWP Annual Summer Festival presented by Seubert and Associates**

A fun-filled, family-friendly summer event featuring games and activities for all ages, great food, and live music by Midlife Crisis (classic rock) and Southern Comfort (smooth jazz), with all proceeds benefiting SBAWP. Blueberry Hill Park in Franklin Park, 2 to 8 p.m.



# PARTICIPANT SPOTLIGHT



BJ Glass  
1980-2010



Marjorie Conklin  
1961-2010

## There You'll Be

When I think back  
On these times  
And the dreams  
We left behind  
I'll be glad 'cause  
I was blessed to get  
To have you in my life  
When I look back  
On these days  
I'll look and see your face  
You were right there for me

In my dreams  
I'll always see you soar  
Above the sky  
In my heart  
There will always be a place  
For you for all my life  
I'll keep a part  
Of you with me  
And everywhere I am  
There you'll be  
And everywhere I am  
There you'll be

Well you showed me  
How it feels  
To feel the sky  
Within my reach  
And I always  
Will remember all  
The strength you  
Gave to me  
Your love made me  
Make it through  
Oh, I owe so much to you  
You were right there for me

'Cause I always saw in you  
My light, my strength  
And I want to thank you  
Now for all the ways  
You were right there for me  
You were right there for me  
For always

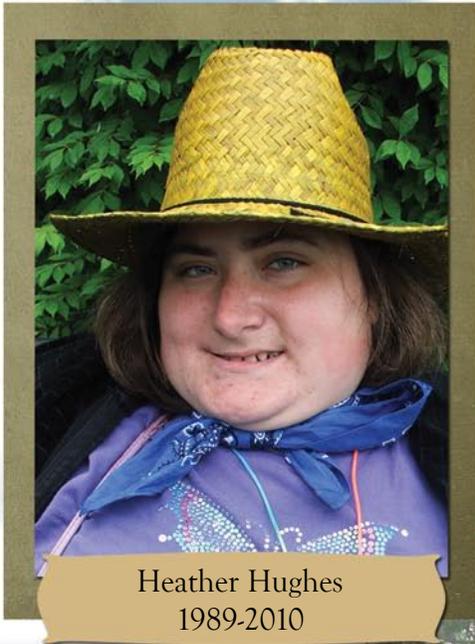
*(Song & Lyrics by Faith Hill)*



Allison McGary  
1976-2010



Jennifer Leith  
1980-2010



Heather Hughes  
1989-2010



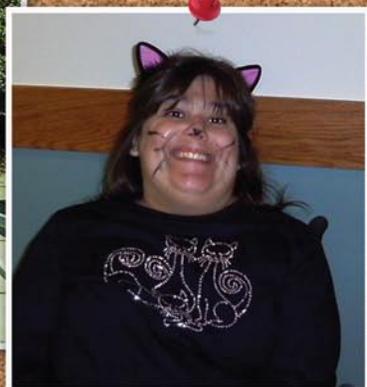
Fred Steach  
1978-2011



# HOLIDAY EVENTS

---

The Fall / Winter season has been full of friends and fun! In October, we carved pumpkins and sang karaoke at a Halloween party. Bill Leist, a local DJ, donated his time to come out to our party! He played music and set up karaoke for us, and although many of us probably shouldn't have been singing, we all had a blast! We went for our annual trip to the Scare House, which is a haunted house in Etna, and their staff was very helpful again this year. It was a scary but great time! In November we tried our luck at the slots at the Rivers Casino, had a tasty Thanksgiving dinner, and we started our Holiday shopping early at Pittsburgh Mills Mall . Mr. Leist came out again and provided the music for our Christmas Party. Everyone brought food to share and had the joy of listening to Christmas Carols sung by Common Ground Fellowship Church members. The early December snow didn't keep us from enjoying each others' company. We went to FunFest in Harmarville and all wore our competitive hats for a great night of bowling! Then we most recently drove through Hartwood Acres Festival of Lights and sang Christmas Carols the entire way! In January, our participants are looking most forward to their annual ski trip at Hidden Valley with the Hope Network! ■





# Meet the Staff at SBAWP



Peggy-Sue Tribone

## **Peggy-Sue Tribone started employment at SBAWP as a Life Skills Instructor in December 2008.**

As a Life Skills Instructor, Peggy-Sue was responsible for providing training and support to the participants in the Adult Services Programs. Life Skills Instructors possess a working knowledge of and assist with the health, care, safety, life management, community integration, household management, employment and educational needs of program participants.

Prior to working at SBAWP, Peggy-Sue worked with people with mental and physical disabilities for almost 6 years. She served as a Job Coach in a sheltered workshop. She taught people with disabilities marketable job skills with the goal of working towards employment in the community. She was responsible for taking clients into the community to assess their work skills in an actual job setting.

According to Peggy-Sue, “When I came to SBAWP as a Life Skills Instructor, I was able to have a more personal experience with the participants than as a Job Coach. I enjoy this. I like getting to know them,

hearing about their day and helping them to problem solve. The more I know, the better I can serve them.”

Peggy-Sue was recently promoted to the position of Manager, Community Services and Support. In this position, her primary focus is developing and leading the supportive services required that will enable participants to maintain an independent life style in the community, including housing, vocational and educational pursuits. Peggy-Sue would like to see affordable, accessible housing for people with disabilities increase, along with job opportunities.

Peggy-Sue is married with one child, two step-children and one grandson. When she is not working at SBAWP, Peggy-Sue enjoys spending time with her husband and watching Turner Classic movies.

Thanks Peggy-Sue for all that you do at SBAWP!



Carrie Jadloweic

## **Carrie Jadloweic started employment at SBAWP as a Life Skills Instructor in March 2007.**

As a Life Skills Instructor, Carrie was responsible for providing training and support

to the participants in the Adult Services Programs. Life Skills Instructors possess a working knowledge of and assist with the health, care, safety, life management, community integration, household management, employment and educational needs of program participants.

Prior to working at SBAWP, Carrie attended Penn State Beaver and Butler County Community College where she studied Sports Medicine.

Carrie was recently promoted to the position of Wellness Coordinator. Her new responsibility is to design and deliver a system of wellness coordination, risk and illness prevention to maximize the health and independence of those that the SBAWP serves.

Carrie also works at the SBAWP summer camps and weekend retreats for young adults and teens. Camp and retreat counselors are responsible to ensure that all participants reside in a healthy and safe environment and that all of the participants' needs are provided for. Counselors continue to foster each participant's de-

velopment in self care, personal care, life skills training and leisure skills.

Carrie wants others to know what working for SBAWP means to her. "I have enjoyed working for SBAWP for the past 4 years. What I enjoy most is the one on one time I spend daily with the residents. It has given me the chance to get to know and form a bond with each of them. Being here going on 4 years, I have had the pleasure to watch the participants grow. Working here has had its ups and downs, but I love it! I wouldn't know what to do without some of these guys that have now become my 'family'."

Carrie lives at home with her parents and her brother. She loves watching the Pens and Steelers. She is a huge sports fan. She especially enjoys watching her brother play hockey. Carrie played softball for 15 some years and she took dance classes from the age of 2 to 17. She was an after school Athletic Trainer while she attended grades 7-12 at Seneca Valley High School.

Thanks Carrie for all you do at SBAWP!

# THANK YOU!

A BIG THANK YOU from SBAWP! Maintaining The Gatehouse, Fithian House and the SBAWP Association offices requires a lot of manpower and man hours throughout the year. As a non-profit organization, SBAWP depends on volunteers of all ages and abilities to assist in various projects both inside and outside the three facilities.

Thankfully, the list of individual volunteers is too long to list in this newsletter. However, we would like to take this opportunity to send out a general note of thanks to the local churches, local businesses, medical professionals, secondary educational schools and the SBAWP Board of Directors and their families who choose to give back to the community, and have come to know and appreciate the SBAWP program participants and residents. We appreciate each and every one of you and thank you for repeatedly helping to make a difference at SBAWP over this past year!

# Pittsburgh Gives 2010 Day of Giving

On October 13, 2010, the Spina Bifida Association of Western Pennsylvania had the opportunity to participate in the Pittsburgh Gives Day of Giving. On this day, donations made to participating non-profits through the Pittsburgh Gives website were matched 20 cents to the dollar by The Pittsburgh Foundation. SBAWP received a total of \$3434.80 through this fundraising initiative - \$2854 from 17 individual donors, and \$570.80 in match money.

Pittsburgh Gives, a project of The Pittsburgh Foundation, is a website which provides detailed information about Western Pennsylvania's non-profit(s). On Pittsburgh Gives, you can find a non-profit(s) and learn about its mission, programs, leadership and financial information. Pittsburgh Gives provides information at your fingertips with access to in depth portraits of non-profit(s) organizations in Western Pennsylvania.

## AFP Pittsburgh National Philanthropy Day Outstanding Youth Award

SBAWP would like to extend its congratulations and appreciation to Abigail Hope McCormick, Samantha Yetsick, and Emily Schrob. These young ladies received the Outstanding Youth Award at the National Philanthropy Awards dinner sponsored by the Association of Fundraising Professionals- Pittsburgh Chapter on November 18, 2010 in recognition of their fund raising efforts to benefit SBAWP and its Powers Scholarship Fund.

Abigail (Abby) Hope McCormick is a happy, hard-working young lady with a lot of spunk. Shortly after attending the SBAWP's summer camp, she realized the importance of the work of the staff at the camp and the hope and respect the children received just from being there.



To give back and ensure that other children who may not be able to afford the opportunity to experience the Spina Bifida Camp, Abby held a fundraising event by coordinating a lemonade stand. Her first fundraiser collected \$28.00. The event was repeated and her profits were matched by her school.

Inspired by Abby, her cousin Samantha Yetsick and Samantha's friend, Emily Schrob, made a fun activity – making beaded, lizard shaped key-chains – into a fundraiser called “Spina Bifida Lizards.” Their mothers committed to matching what the girls raised. With permission from their homeroom teacher, they started selling the lizards in school. The funds raised, along with the match gift from the parents, were sent to the SBAWP in support of the Powers Scholarship Fund and partially paid for the cost of summer camp for a child who could not otherwise have afforded to attend.



These young ladies are shining examples of the importance of teaching philanthropy to our youth so that they can leave their own lasting footprint – a legacy of future generations of children who have a heart for caring for others who may need our help. ■



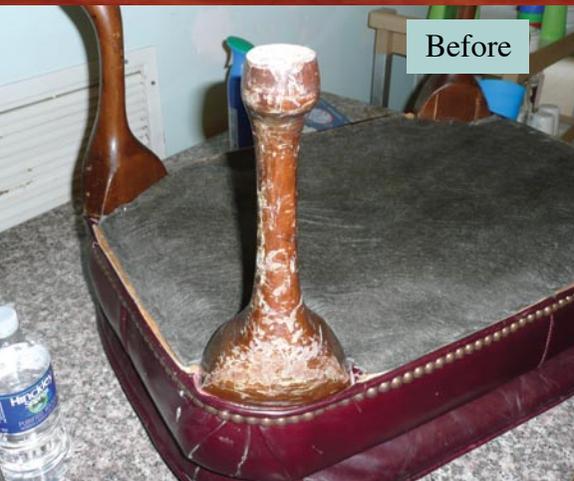
# Tips from the Handy Guys at SBAWP

## Repairing wheelchair damage to wood furniture finish

If you use a wheelchair or live with someone who does, you know that wheelchairs can do a lot of damage to a house. At SBAWP, we manage residential facilities for almost 50 individuals in wheelchairs. Over the years we have learned a lot of tricks to keep your house in good repair and to make it more accessible, and thought that you might find some of these hints helpful as well.

Howard's "Restor-A-Finish" is a wipe-on, wipe-off product that comes in different colors and basically dissolves and redistributes the finish on a piece of furniture. It can be used with a cloth or in more serious cases with a fine steel wool pad.

Another product we use is BRIWAX, a colored cleaner, stain and wax, which is faster to use and actually can do a better job when there is little finish left to work with as in the case of the chair and companion ottoman pictured below. This wax comes in various wood tones. Below you can see the before and after picture on the ottoman, and it only takes a few minutes to generate a significant improvement in the appearance of the wood finish. ■





# Calendar of Events

## February, 2011

- 1, 8, 15 & 22 | **BluePrints** Program - Baierl Family YMCA
- 4-6 | **FireFly** Adult Retreat - Family Retreat Center
- 2, 9, 16, & 23 | **BluePrints** Program - at Positive Steps Therapy
- 18-20 | **FireFly** Youth/Teen Retreat - Family Retreat Center
- 23 | **STRIVE** Session A Phase II - End Date
- 25 | **STRIVE** Applications Due

## March, 2011

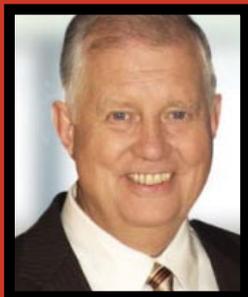
- 1, 8, 15, 22 & 29 | **BluePrints** Program - Baierl Family YMCA
- 2, 9, 16, 23 & 30 | **BluePrints** Program - at Positive Steps Therapy
- 4-6 | **FireFly** Adult Retreat
- 7 | **STRIVE** Session B Phase I – Start Date
- 25-27 | **FireFly** Youth Retreat

## April, 2011

- 2 | **Light Up A Life with Song Cabaret -CAPA Pittsburgh**
- 6 | **BluePrints** Program - at Positive Steps Therapy
- 8-10 | **FireFly** Youth Retreat
- 15-17 | **FireFly** Adult Retreat
- 16 | **Ferris Bueller's Revenge Concert at Family Retreat Center**
- 25 | **STRIVE** Applications Deadline
- 27 | **STRIVE** Session B Phase I – End Date

## May, 2011

- 6-8 | **FireFly** Youth Retreat
- 9 | **STRIVE** Session B Phase II - Start Date
- 21 | **Highmark Walk** for a Healthy Community



**LIGHT UP A LIFE  
WITH SONG  
COME TO THE CABARET!**



*Saturday, April 2, 2011 at 8 p.m.*

**Light Up a Life with Song  
Come to the Cabaret!**

Mark your calendars now for Light Up a Life with Song, a musical cabaret to benefit the Spina Bifida Association of Western Pennsylvania, which will be held on **Saturday, April 2, 2011 at 8 p.m. at the Pittsburgh CAPA Cabaret in downtown Pittsburgh's Cultural District.**

Dennis Bowman, KDKA-TV weatherman, will act Emcee for the evening, and Etta Cox, a renowned local jazz singer, and the Pittsburgh Post Gazette Performer of the Year in 1994, will be the featured performer.

Light Up a Life with Song will feature standards and show tunes by local performers celebrating hope, inspiration and the fact that with determination and a little help from your friends, all things are possible. Also scheduled to perform in the Cabaret are: Betsy Lawrence; Barbara Burgess Lefebvre; Mike Goffus; Carl Hunt; Bill Radke; Hugh Rial; Holly Bryant Scott; Cara Walkowiak, Korey White; Frank Klingensmith and Anna McTiernan; accompanist and music director, Matthew Wolf and SBAWP director of development Sharon Ciraulo Wolf. Tickets are \$25, and \$10 for SBAWP staff and consumers.

**Advance reservations are strongly recommended, as there is limited space. Buy your tickets now by calling 724-934-9600 or online at [www.sbawp.org](http://www.sbawp.org).**

Phone: 1-800-243-5787

Fax: 724-934-9610

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