

Kaleidoscope

CHANGING . . . ADAPTING . . . GROWING



LIVING *Beyond* LIMITS

Kaleidoscope

Spring 2022 Newsletter

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Spina Bifida Association of Western Pennsylvania

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Donations may be made on line at:

www.sbawp.org or by check made payable to
"Spina Bifida Association of Western PA"
and mailed to: Spina Bifida Association of Western PA,
3000 Stonewood Dr., Suite 100, Wexford, PA 15090

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.

Executive Committee

Chairperson | Joe McCormick
President | John Liebenguth
Vice President | Stephanie L. Schneck-Jacob, M.D.
Treasurer (*Interim*) | Joe McCormick

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Peter Kochis
Susan Lanzel



A Message

From the Executive Director
Dana Schutte

As Spina Bifida Association of Western Pennsylvania navigates these strange new times, we are coming to define our comfort zone in the balance of safety, mandates, and mission. While the year 2020 was a mess of disappointing cancellations, 2021 was a year to figure it out. We are learning to balance the combination

of vaccinations, masking, sanitizing and symptom screening to provide care in a world that is vastly different from three years ago.

In 2021 we saw the return of camp with participants and counselors alike ready to come back together and rekindle "in person" friendships. Swimming, boating, ziplining, singing, storytelling and campfires were appreciated like never before. As families became more comfortable returning their loved ones to pre-pandemic activities, they were able to enjoy the much-needed respite that caregivers of children and adults with disabilities can so desperately need.

Some of the individuals we serve at the Gatehouse and Community Services program were able to return to their jobs while others continue to struggle in an environment that is challenging for them during even the best of times. SBAWP is dedicated to support all of our consumers in their quest to live and work in a community that sees the value of their contribution and participation.

SBAWP was especially fortunate to be able to resume the live events that are essential to financially sustaining our mission. I was humbled by the support we received during the suspension of our fundraising activities. It's a pleasure to once again gather together in our efforts to support SBAWP.

Here at SBAWP we have come to appreciate the value of our strong relationships. Learning to balance caution with care has been key in coming back from the isolating effects of living through a pandemic. We thank each and every one of you who continue to support our mission. Please enjoy this issue of the Kaleidoscope...we're proud of all we were able to accomplish together.

As always, Living Beyond Limits.



Making Friends

This is Our Last Printed Newsletter

We are joining the rest of the world and migrating our printed newsletter to a digital format to keep you current with what's happening at SBAWP. To continue to receive our emailed newsletter, send your request to rwingard@sbspw.org. You can also find the most current information on our website at sbspw.org or on social media.

2020 Annual *Chairman's Award* Presentation



Since 1996, SBAWP has been annually presenting its Chairman's Award to an individual, or group, who has demonstrated extraordinary generosity to the improvement of the quality of life for individuals with disabilities.

On June 13, 2021 Joe McCormick, Chairman of the SBAWP Board of Directors, presented the 2020 Chairman's Award to Julia English at the 8th Annual JamFest at Jergel's Rhythm Grille where SBAWP program participants, staff, friends and family gathered.

Julia English has been a familiar and welcome face at SBAWP for over five years. She quietly works behind the scenes at SBAWP annual fundraising events, such as the JamFest, Girl-friends for Good Purse Bash, Clay Shoot and Noll-Spratt Golf Outing, setting up the amazing auction baskets she makes for attendees to win. Her home is a collection of miscellaneous items she personally bought or someone gave her to use for future baskets. The finished bas-

kets give new meaning to the phrase: "Presentation is everything!"

Julia has been making gift baskets for over 40 years. She started using her artistic gift making baskets for her children to take to parties and school fundraisers. She then began making baskets to be used at fundraisers for family and friends. She had so many requests from charities to make baskets that she eventually had to start saying "No" as basket making was her "hobby" in addition to her full-time job.

One of Julia's charities of choice was fundraising for her cousin's grandson who was diagnosed with spina bifida 12 years ago. She saw first-hand the challenges for families with a child with spina bifida. When longtime family friend and SBAWP Board member, Joe Bucci, suggested SBAWP contact Julia about volunteering for SBAWP she was more than willing to assist.

Julia says she enjoys watching the expression on the basket winner's faces as much as she enjoys creating the baskets. SBAWP is blessed to have someone like Julia willing to give up her free time to spend hours making auction baskets. And so, SBAWP chose Julia to receive the 2020 Chairman's Service Award in recognition and appreciation of her time, talents and treasures.

2020 SBAWP Housing, Inc. Annual *Chairman's Outstanding Community Service Award* Presentation



On Sunday, June 13, 2021 Joe McCormick, Chairman of the SBAWP Board of Directors, presented the 2020 SBAWP Housing, Inc. Chairman's Outstanding Community Service Award to Sara Izzo at the 8th Annual Afternoon JamFest at Jergel's Rhythm Grille before SBAWP program participants, staff, friends and family.

Sara has been a familiar and welcome face at SBAWP for over three years, in conjunction with the SBAWP Health and Wellness Program. The Health and Wellness Program was designed specifically to support young adults with spina bifida and other related disabilities, who live at The Gatehouse and Fithian House.

Sara held and videoed a Cooking Safety Class in the Fithian House Kitchen in 2019. She spent hours working with one of the SBAWP residents to better understand the challenges individuals with disabilities and in wheelchairs face in shopping for and cooking a meal. In advance of the cooking class,

Sara prepared crispy slow cooker Cornish hens for all class attendees to enjoy after she demonstrated cooking safety and techniques related to healthy eating.

In the fall of 2020, Sara once again held a Healthy Cooking Class demonstrating her ongoing commitment to the Health and Wellness of SBAWP residents, but this time she did it via Zoom due to Covid protocols. Prior to the Zoom Virtual cooking class, Sara shared the recipe for Slow Cooked Latin Chuck Steak and Pinto Beans. She provided detailed information on the ingredients, preparation and nutrition of the Slow Cooked Latin Chuck Steak. SBAWP staff prepared the recipe in advance for residents to eat during the Zoom session. Once again, residents enjoyed good food, good information and all while practicing safe, social distancing guidelines!

SBAWP is blessed to have someone like Sara willing to give up her free time to spend hours planning and preparing cooking classes customized for our residents. Sara's passion for cooking and health and wellness is evident in everything she does.

Therefore, SBAWP Housing, Inc. chose Sara to receive the 2020 Chairman's Outstanding Community Service Award in recognition and appreciation of her support of the Health and Wellness Program and commitment to the special individuals we serve.

Comings and Goings and Recognition

Stefanie Hackett has been serving as the Administrative Specialist for SBAWP since May 2021. She has a Bachelor's degree in Psychology from Geneva College. She has lived most of her life in Western Pennsylvania and is happy to be able to raise her daughter in the area.

Diana Priganc moved to North Carolina in July 2021 to be closer to her grandchildren, but has been working remotely to train our new Financial Coordinator. We miss seeing her in the office every day, but hope she will return for some of our events in 2022.

Corey Rice, who has been the Assistant Gatehouse Manager since 2007, resigned her position in March 2022 to take a position with AHN Wexford where she will use her Master's Degree in Health Service Administration.

Congratulations to **Jody Ahern!** In May 2022 she will be celebrating 30 years with SBAWP. Jody is the Gatehouse Manager. She resides in Grove City with her husband, daughter and son.



Farewell Diana, we will miss you!



Corey's last day

In Community

Students of the occupational therapy doctorate program at Slippery Rock University of Pennsylvania were given the opportunity to complete a capstone research project at the Spina Bifida Association of Western Pennsylvania implementing a holistic wellness program among residents.

Occupational therapy perspectives ask clients “What matters to you?” instead of “What is the matter with you?” Occupational therapists work with individuals across the lifespan to increase their independence and ability to participate in tasks, activities, and hobbies that they want and need to do through a therapeutic use of everyday activities called occupations. Occupational therapists have a holistic perspective that focuses on adapting the environment to each individual and customizing interventions to improve the individual’s ability to reach their goals (AOTA, 2021).

Students implemented individual components of an overall wellness program including social skills training, a nutritional and meal preparation program, cognitive rehabilitation programs,

and exercise programs for a total of 14 weeks. Students engaged with residents outside of programs while building friendships and learning about the impact spina bifida and related conditions have on their lives.

Brittany Fair, conducting the cognitive rehabilitation program stated, “I was excited to hear that I was chosen to implement my program at SBAWP. Only having learned about the diagnosis in class, I never had experience working with this population. I was eager to gain hands-on experience and learn directly from individuals about spina bifida and other related conditions.”

Mariana Kuo, who is running a component of the physical fitness program, added “Prior to beginning my work at SBAWP, I did not have any clinical experience working with this population, but I was very interested in learning more about spina bifida and how it impacts an individual’s daily functioning. When I heard I was selected to implement my program at SBAWP, I was eager to expand my clinical knowledge and gain new experience.”



SRU OT Doctoral Students Jade Adams, Julie Antonetti, Natalie Piaggese, Mariana Kuo, and Brittany Fair.



Natalie and Greg at the Gatehouse

possible in a variety of settings” added Natalie Piaggese, implementing an additional component of the physical fitness program.

Julie Antonetti, running the meal preparation and nutrition class, shared “Having the opportunity to implement a healthy eating cooking program has given me the opportunity to gain valuable skills that I will be able to utilize throughout my professional career. During my interactions with the residents, I have learned of their perseverance to live an independent and fulfilling life. The residents at SBAWP have been a joy to work with every day, and I look forward to continuing my capstone project over the next few weeks!”

As future clinicians, we will treat people with a variety of diagnoses. While at SBAWP, we have gained experience, perspective, and knowledge on the spina bifida diagnosis. “The individuals we have worked with at SBAWP are all unique in their own way. They are not defined by their diagnoses but rather, have shown us resiliency, kindness, and confidence. The residents have been so welcoming and truly inspiring as future clinicians,” said Brittany.

Jade Adams, heading the social skills program, stated “Having the opportunity to implement a social skills training program here at SBAWP has taught me how to utilize evidence-based practice which will be beneficial to both myself and my future clients. Additionally, this opportunity has allowed me to better understand what barriers these individuals face in their everyday lives and how I can best assist them to be successful in all aspects of their lives.”

“This experience of organizing an exercise program to impact mental health at SBAWP has taught me how to adapt interventions to make them more meaningful and individualized since each person has different strengths and weaknesses. This will help me find the ‘just right challenge’ to help benefit future clients to be as independent as

Many students do not get the opportunity to work in this environment or with this population, so we are very grateful for everything we have learned during these 14 weeks! We learned just as much as our residents did by the completion of our programs and will take the knowledge gained into our future careers.

References

AOTA. (2021). *What is occupational therapy?* American Occupational Therapy Association. <https://www.aota.org/about-occupational-therapy.aspx>



Gatehouse exercise class with Marissa, Helen and Carley



FireFly Camps and Retreats

We kicked off 2021 with our spring retreats. With COVID protocols in place, we were able to stay safe and have fun with our friends. It had been too long.

March started off the season with great weather. We were able to get outside and enjoy games and a visit with Beau and Yogi, the camp horses. We learned about science by making rain-in-a-jar and the art of airplane making ...topping it off with a paper airplane race.

In April we celebrated our Moms. We made gifts and pop-up cards. The youth and teens had a surprise visit from nursing students who painted their nails for our special Mother's Day luncheon.

For summer camp we "traveled" around the world experiencing different countries through food, crafts, song and dance. Each camper had a passport they got stamped each time they "visited" a country.



Camper explored their heritage by researching their own nationalities. We created a collage, "Be the Change that YOU Want to See in the World", decorated with their handprints representing the flag of their nationality.



The campers participated in many outdoor activities: swimming, zip lining, archery, BB gun shooting, axe throwing, basketball, cornhole, steal-the-flag, parachute games and a boat ride on the river. We kept the campers on the go!!!

In the evenings we enjoyed a campfire with songs and s'mores, Karaoke night, movie night, interna-

tional night and of course, our closing dance and award night.

This being my first year at camp I was introduced to a camp tradition, "Super Sloppy". Well, you can just guess what that means! Basically, the campers douse the chosen counselors, and yes me, with icky, sticky, gooey food. I still smell pickles and mustard to this day.

That is just a small taste of camp. What really can't be put into words is the joy felt between the campers and counselors alike. It's the memories made with friends, something new they learned or found out about themselves that is the true magic of camp.

Then it was back together in the fall. It was a mix of Halloween fun and fall crafts. We learned about Gratitude and how when we look at the positive things in life, life becomes more positive.



Our December retreats were a lot of fun!!!! We sang carols by the tree while enjoying hot chocolate. We even made up our own version of the twelve days of Christmas. That was hilarious. We tried a new game called "pass the parcel" which is an English tradition. We made food and crafts, played games, shared laughs and just had fun with our friends.

Share with friends that might enjoy joining us for the fun. For more information on upcoming camps or retreats, visit our website: <https://sbawp.org/firefly-camps-retreats/> or contact Sue Garver, at 724-934-9600. I look forward to seeing you soon! Please also visit our blog at: <https://sbawp.org/living-beyond-limits-blog/> to see all the photos and keep up to date on what's going on.



*Life isn't about waiting
for the storm to pass.
It's about dancing in
the rain.*



NOW HIRING!

Weekend Retreat and Summer Camp Counselors

Do you know a high energy person who likes to stay busy? Are they outgoing and friendly? Do they find it easy and enjoyable to be with children and adults? Are they a little bit goofy or silly at heart? If so, then they will fit right in at FireFly Summer Camp and Weekend Retreats and absolutely love it. Make memories helping others while gaining life experience for the future! For more information, contact Sue Garver sgarver@sbawp.org • 724-934-9600 or scan the QR code. **COMPETITIVE PAY NO PREVIOUS EXPERIENCE IS NECESSARY TO APPLY!**



WISH LIST ITEMS

- | | |
|--|---|
| <input type="checkbox"/> Acrylic paint | <input type="checkbox"/> Glue guns and glue |
| <input type="checkbox"/> Canvas panels for painting | <input type="checkbox"/> Scissors |
| <input type="checkbox"/> Cricket paper | <input type="checkbox"/> Paper products, plates, bowls, paper towels |
| <input type="checkbox"/> Jars or wine bottles for crafts | <input type="checkbox"/> Tin foil, Parchment paper |
| <input type="checkbox"/> Glass containers for crafts | <input type="checkbox"/> Plastic table cloths for painting and crafts |
| <input type="checkbox"/> Pony beads | <input type="checkbox"/> Gallon and sandwich zip lock baggies |
| <input type="checkbox"/> Construction paper | <input type="checkbox"/> Clorox wipes |
| <input type="checkbox"/> Wax for candle making | <input type="checkbox"/> Baby wipes |
| <input type="checkbox"/> Soap for making soap | or visit our registry at walmart.com |

Special Events

We are thankful for all our sponsors, please see the complete list on page 12.

4th Annual Shoot for SBAWP

Thank you to all of the participants and sponsors for making the 4th Annual Shoot for SBAWP a success on Sunday, May 23, 2021 at Seven Springs! The weather was perfect for shooting again this year. If you have never been to Seven Springs, consider visiting the Laurel Highlands. The 5th Annual Shoot for SBAWP will be held on Sunday, May 22, 2022. Check out our website for sponsorship and registration information!

8th Annual Afternoon JamFest

We want to express our sincere appreciation to our sponsors and everyone who came out to the 8th Annual Afternoon JamFest. We switched things up a bit this year because of the pandemic and held our Afternoon JamFest on Sunday, June 13, 2021. We had beautiful, warm weather and were lucky enough to be able to use the patio at Jergel's Rhythm Grille this year. If you attended, we hope you had a great time. If you were unable to make it, we hope to see you at the 9th Annual Afternoon JamFest on Sunday, June 26, 2022 at Jergel's.



6th Annual Noll-Spratt Golf Scramble

Thank you to everyone who helped make the 6th Annual Noll-Spratt Golf Scramble a huge success! The event started in 2016 with Brandon Noll and Tanner Spratt who were back to play on Saturday, September 18, 2021. Jordin Noll and Rebecca Spratt organized the event in 2019 and Rebecca volunteered. We are grateful for the continued support we

receive from the Noll and Spratt Families. Again, Mother Nature treated us to beautiful weather. The Beaver Valley Golf Club staff was a key part of making the day a success. Thank you to our Board of Directors for your continued support of such a great event! Thank you to those who attended, volunteered, donated, and sponsored a tee sign! We look forward to seeing you on Saturday, September 17, 2022!

8th Annual Girlfriends for Good Purse Bash



After holding the 7th Annual Girlfriends for Good Purse Bash virtually, we were thrilled to see you all in person at the 8th Annual Purse Bash on Saturday, November 13, 2021 at St. Ferdinand's Odenski Hall. We raffled 28 purses, baskets, mystery bags, and wine. We

would like to thank Aviva Brick Oven for catering, our volunteers, vendors, and sponsors for making the day a great one! We look forward to seeing you all on Saturday, November 12, 2022 at St. Ferdinand's Oldenski Hall!

Soup & Salad Fundraiser



We were so excited to be able to come together on Sunday, October 24, 2021 for our Soup & Salad Fundraiser ... and we think you were too! This was the best year yet, raising over \$2,000! Thank you to all of

our volunteers, SBAWP staff, and everyone who made and donated soup and desserts! A special thank you to Gynni and Bob Gorman for all of their hard work! We hope to see you in 2022!

Highmark Walk

We are so excited that the Highmark Walk is making a comeback as a LIVE EVENT on Saturday, May 7, 2022 at Heinz Field. Please consider walking, forming a team, or donating to a team and help us reach our goal of \$30,000. Our website has a link to register, donate, or sign up to walk.



A History of Support and Events Continues as Longtime Friends of SBAWP Come Together Once Again for Good Food, Good Fun and a Good Cause!

For 33 years, the Boilermakers Local 154, Ironworkers Local 3 and Steamfitters Local 449 have been golfing together around the Pittsburgh area for Spina Bifida Association of Western Pennsylvania (SBAWP). In that time, they have raised over \$1 million dollars to help send thousands of children and teens with spina bifida and related disabilities to the local FireFly Summer Camp.

The 33rd John L. Moroney III Memorial Golf Classic was held on Monday, July 26, 2021 at Hickory Heights Golf Course in Bridgeville, PA. Dan Quinn, retired Financial Secretary-Treasurer/Business Agent for the Boilermakers and Honorary Chairman, once again led the preparation for this very successful event with over 100 sponsors and generous donors participating!

The weather was perfect and the golfers enjoyed brunch, fresh grilled sandwiches, a delicious steak dinner and dessert. Golfers had a chance to win \$1 million on a hole-in-one, a set of golf clubs, an autographed Kris Letang jersey and other great door prizes including a Western Pennsylvania Quarterback Club print generously donated by Dino Guarino. Skill prizes and awards were presented. Golfers participated in Chinese Auction and 50/50 raffle drawings. A good time was had by all!

We would be remiss in not giving a shout out of thanks to Sam Depe III, former golf pro at South Hills Country Club and owner of Hickory Heights Golf Course in Bridgeville, PA. For the past 11 years, Sam, his son, Sam Depe IV, and staff have done an outstanding job of hosting the Golf Classic. Sam IV and Dan coordinate every detail of the event from assigning the foursomes, tee signs,

awards dinner, prizes and finally dessert! And, special thanks to longtime volunteer and friend Karen Demma, NextEra Energy Consulting Senior Account Executive, for assisting with planning and soliciting donations for the first-class give-away bags and items. Karen has a heart for fundraising and our community.

Original organizers of the Golf Classic, along with many of the golfers still participate in contributing to the success and longevity of this local grassroots fundraiser. The relationship between the SBAWP and the Boilermakers, Steamfitters and Ironworkers local unions is a rich history of members, families and friends who continue to give back to their community and the SBAWP community for over 34 years!

As you read this article, please know that planning has already begun for the 34th John L. Moroney III Memorial Golf Classic thanks to Dan Quinn's continued enthusiasm in networking and fundraising for this event! In the meantime, we at SBAWP say, "THANK YOU, Dan! Looking forward to working with you on the 34th John L. Moroney III Memorial Golf Classic, Monday, July 25, 2022 at Hickory Heights Golf Course in Bridgeville, PA!"



Healthy Cooking With Sara

Spring is a lively season that wakes up all the senses. The distinct smell of rain, the sound of nesting birds, and the sight of budding plants are all signs that spring is finally here! The beautiful change that occurs after the cold winter energizes us to be more active and engaging with our surroundings-this gives us an opportunity to be more mindful. Mindfulness is nonjudgmental and purposeful attention to the present moment with an attitude of acceptance and compassion. Mindfulness requires gentle acceptance of yourself which can help you make an honest observation of what takes place both inside and outside. As an adult with spina bifida, this practice of gentle acceptance was an important step in changing my behavior and outlook on life and what I had control over. This observation helps me with reactions to my environment and the choices I make regularly.

Seasonal eating is a form of mindfulness that focuses on eating what is available in that present season. Eating foods that are seasonal is a healthy lifestyle choice that requires you to research what is available, plan your meals, and enjoy healthier meals. The American Heart Association (2018) echoes this practice by stating that eating seasonally will help you naturally get a broader variety of foods in your diet in addition to supporting locally harvested foods, removing high shipping and storage costs and relieving your wallet from the extra expenses. Eating foods closer to their harvesting dates also means having tastier foods which can make your favorite recipes even better.

Spring has many holidays celebrated that center around eating foods that were historically available at the time. Passover and Easter share

many traditions centering fresh vegetables and meats that highlight their uniqueness and geographical differences. Greek recipes, for example, are very popular during this time of year. The use of seasonal vegetables, herbs, meats, and healthy fats in the Mediterranean diet are my favorite qualities behind many of their recipes. This recipe of Greek Chicken and Rice is amazing! This dish is not only delicious, but it is a naturally gluten-free one pot meal that can be made in a slow cooker or an oven. This makes it accessible and easy for any level of experience!



Greek Chicken and Rice (Serving size 2-3)
(Prep Time 10 min. Cook Time: 3.5-4 hrs. Slow Cooker/50 min Oven Baked)

Ingredients

- 5 boneless chicken thighs (bone-in optional for baked recipe)
- 4 tbsp lemon juice
- 1 tbsp dried oregano
- 1 tsp garlic powder and onion powder
- 4 garlic cloves, minced
- Lemon pepper seasoning
- Sliced multi-colored peppers
- Small onion, finely diced
- 1tbsp capers or kalamata olives (or both)
- Sliced cherry tomatoes
- 1 tbsp minced garlic
- 1 Sliced lemon
- 1 cup (180g) long grain rice
- 1 1/2 cups chicken broth
- 3/4 cup water
- 1 tbs olive oil (baked recipe only)

Directions:

Using protective gloves and/or clean hands, season the chicken thighs with all your seasonings and set aside to marinate.

Slow Cooker Directions:

Layer your ingredients into your slow cooker starting with your rice. Then add your marinated chicken, chicken broth, and water. Sprinkle or decorate your chicken and rice with peppers, onions, garlic, tomatoes, capers or olives, and sliced lemons. Cover the slow cooker and cook on High for 3.5-4 hours. Cool and enjoy!!

Baked Directions:

Pre Heat oven to 350 degrees

Using an oven safe 3qt pot, heat olive oil on medium heat and brown your chicken for 2-3 minutes on each side. Remove the chicken and set aside. Add onions and garlic to the pot and cook for 2 minutes. Add rice, chicken broth, and water. Then add the chicken and decorate it with peppers, onions, garlic, tomatoes, capers

or olives, and sliced lemons. Cover the pot and place it in the middle rack of the oven. Bake for 35 minutes. Remove the lid and then bake an additional 15 minutes. Cool and enjoy!

Sara Izzo is a research associate at the Human Engineering Research Laboratories and in the Dept. of Physical Medicine and Rehabilitation at the University of Pittsburgh. She has been the data manager for the National Spina Bifida Research Registry for the CDC since 2014 at the Mercy Adult Clinic and Children's Hospital of Pittsburgh. She is also a research assistant for the Body Composition and Energy Expenditure in Youth with Spina Bifida study at the Children's Hospital of Pittsburgh. This study's goal is to determine an accurate way to measure body fat and to estimate energy used daily by children with spina bifida during a clinic visit. She along with Dr. Jessica Jarvis are currently recruiting participants with myelomeningocele between the ages of 5-18. This study provides 2 gift cards totaling \$250 for your participation. If you or someone you know may be interested, please reach out to them at Sai20@pitt.edu or jmjarvis@pitt.edu.

SPINA BIFIDA ASSOCIATION OF WESTERN PENNSYLVANIA
PRESENTS THE 9TH ANNUAL

FEATURING:
spincycle

**AFTERNOON
JAMFEST**

**SUNDAY, JUNE 26, 2022
1:00-5:00PM
JERGEL'S RHYTHM GRILLE,
WARRENDALE, PA**

TICKETS ARE \$10
IN ADVANCE
AVAILABLE AT
SBAWP.ORG
\$15 AT THE DOOR
{COST DOES NOT INCLUDE
FOOD OR DRINK}
BASKET RAFFLE
AND 50/50

Thank You to our Sponsors in 2021

8th Annual Afternoon JamFest

AFTERNOON JAMFEST

Signature:

Federated Hermes
Fifth Third Bank
Fort Pitt Capital Group
The Yetsick Family

Gold:

Seubert and Associates
NexTier Bank
John and Norma Liebenguth

Silver:

JF Balicki & Associates – Erie Insurance
The Schutte Family

Bronze:

McGee Maruca & Associates, P.C. –
Certified Public Accountants
Blackburn's
Three Rivers Adaptive Sports



4th Annual Shoot for SBAWP

Dinner Sponsor:

Westmoreland Electric Services

Beverage Sponsor:

Tudi Mechanical Systems

Station Sponsors:

Shelly Drilling
The Schutte Family

Ammo Sponsors:

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Tim Yetsick

6th Annual Noll-Spratt Golf Scramble



JF Balicki & Associates – Erie Insurance
The Yetsick Family
Pad2Pad Logistics
Beaver Valley Automall
NexTier Bank



8th Annual Girlfriends for Good Purse Bash

Silver Sponsors:

Boutique 16063

Beverage Sponsors:

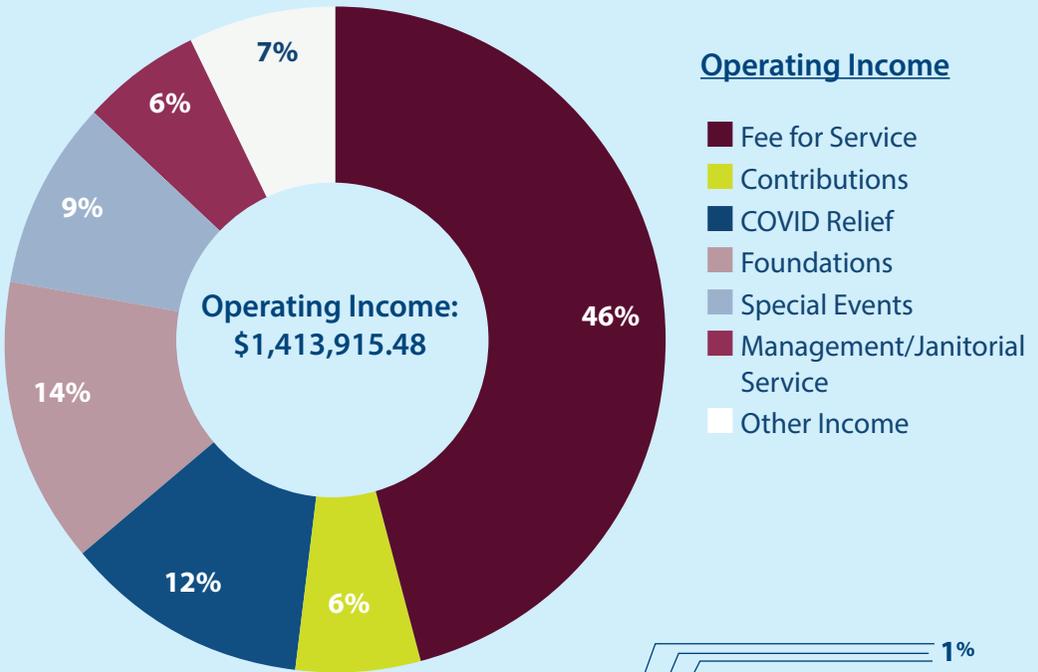
NexTier Bank

Reverse Raffle Sponsors:

Vein Institute of Pittsburgh

Financial Report

January 1 - December 31, 2021

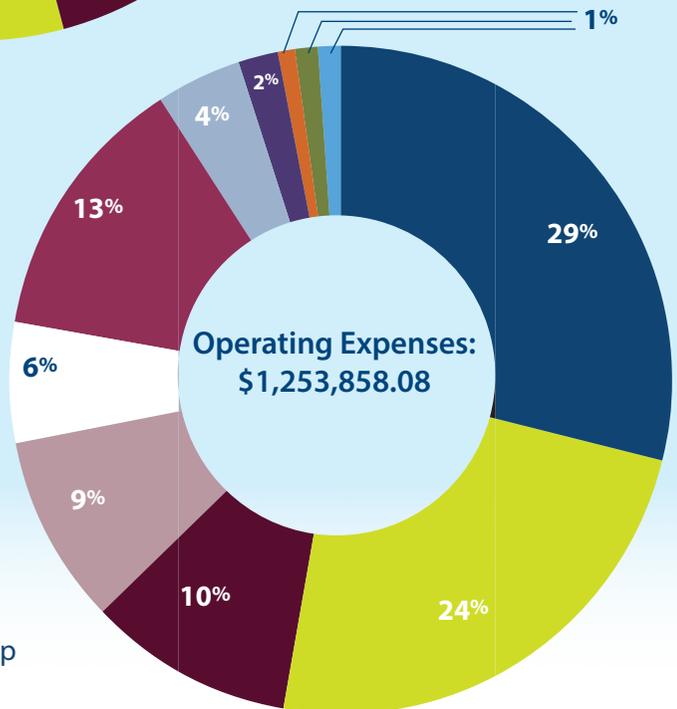


Operating Income

- Fee for Service
- Contributions
- COVID Relief
- Foundations
- Special Events
- Management/Janitorial Service
- Other Income

Operating Expenses

- Gatehouse
- Community Service
- General
- Development
- Weekend Retreats
- Camp
- Facility & Maintenance
- STRIVE
- Wellness
- BluePrints
- Family School Partnership



Source: Compiled from internally prepared financial statements.

Calendar of Events

April 29-May 1 Adult Retreat

May 6-8 Youth & Teen Retreat

May 7 Highmark Walk

May 22 Shoot for SBAWP

June 26 Afternoon JamFest

July 3-9 Adult Camp

July 10-15 Youth & Teen Camp

July 25 John M Moroney III
Memorial Golf Classic

September 17 Noll-Spratt Golf Scramble

Sept. 30 - Oct. 31 Adult Retreat

October 7-9 Youth & Teen Retreat

November 12 Girlfriends for Good
Purse Bash

November 29 #Giving Tuesday

TBD Soup & Salad Fundraiser

December 2-4 Youth & Teen Retreat

December 9-11 Adult Retreat



APPAREL SALE

We have partnered with Play2Wear in Cranberry Twp to provide an online apparel store for all of your SBAWP apparel needs. A small portion of your sale will be donated back to SBAWP.

We have a select number of items on the site, but if there is something different that you are interested in, please email Robin (rwingard@sbawp.org) and we will try to get the item added to the store.
<https://www.play2wear.com/sbawp>

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Spina Bifida Association
of Western Pennsylvania
3000 Stonewood Drive, Suite 100
Wexford, PA 15090