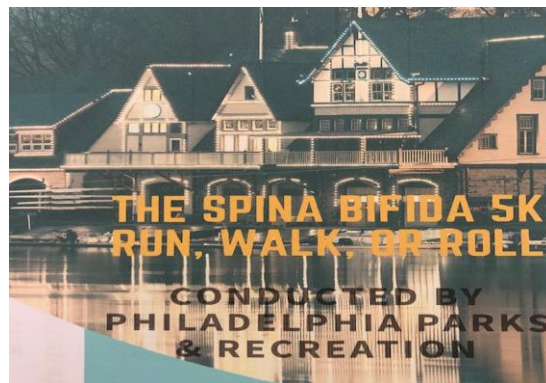


September 2020  
Volume 8, Issue 2

# The SB ADVisor

A newsletter of the Spina Bifida Association of the Delaware Valley

## It's Time For SBADV 5K!



Please join us for our Virtual Spina Bifida 5K Run, Walk or Roll  
Starting October 17<sup>th</sup> thru October 25<sup>th</sup>

Register on the link below:

<https://runsignup.com/Race/Register/?racelid=79850>

## 2020 Virtual Walk-n-Roll

We'd like to express our gratitude to all who supported our Walk 'n Roll Event to benefit SBADV on May 31, 2020 on-line. Special thanks go out to those families and organizations who organized teams for the event. Thank you for bringing your spirit, enthusiasm and despite the Covid-19 restrictions! The teams whom participated in the event were:

**Dan Green** – The Green Family

**Trish Wood** – The Wood Family

You can find us on  
Facebook at Spina  
Bifida Association of  
Delaware Valley

<http://www.sbadv.org>

You can find us on  
the web at:  
[www.sbadv.org](http://www.sbadv.org)



You can contact us  
at:  
[info@sbadv.org](mailto:info@sbadv.org)

# WE NEED YOUR HELP!

## Please Read!

SBADV has an **urgent** need for new Board members. We have had several Board members step off the Board due to relocation or family needs. Terms limits will soon require another long-serving member to leave at the end of the year. Our By-laws require a minimum of eight on the Board with a maximum of 13. Past-Board members can still serve on committees and in an advisory capacity. Board members are involved in the planning, and decision-making, and oversight of various Association responsibilities. Different aspects are ideally tasked to a designated member, so that responsibilities are shared. One specific need is for a Board Chair, Treasurer, Grant Writer, and Board Members whose duties are clearly defined. The Board meets virtually 6 times per year. Meetings are currently held by via conference call. The addition of new members to the Board is vital for maintaining our governance responsibilities and SBADV's existence.

We are also requesting assistance with other volunteer opportunities for the Association. We are currently looking for someone proficient in quick books, a Grant Writer and Event Committee Members. These include help before and during specific events such as the Walk 'n Roll, the 5K, and the Holiday Party or help with the Newsletter and member correspondence. With input and manpower, SBADV can provide the programming that will benefit children and adults with Spina Bifida in the Delaware Valley. Many hands make light work. The future of the Association is at stake.

If you are interested in helping, please contact Alicia Alphonse at [execdir@sbadv.org](mailto:execdir@sbadv.org). Thank you.

# What's New?

Today is a new day for change. There are many challenges ahead of us, but one constant we see is that together we rise to meet those challenges. We continue to find innovative solutions and look to the future every day - even during the pandemic that is now a part of all our lives.

We continue to have energy, drive, and direction. With that being said, SBA has created a new look and feel. It reflects the newness and expansion we are experiencing now while building on the reputation and advancements that we have achieved previously.

- **New Logo!**



- **New Mission!**

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

- **Spina Bifida Association App**

We are excited to announce the launch of the Spina Bifida Associations first mobile application. The Spina Bifida Association app is free and available from Apple and Google Play – search “Spina Bifida Association” and download.

The App features both *the Guidelines for the Care of People with Spina Bifida and a Symptom Tracker*.

From the home page of the *Guidelines*, you can search by topic and by age.



- **PayPal Donations**

SBADV is now accepting donation through PayPal. The QR code is listed below:



- **New Website**


SBADV is making a change to our current website. We are working to our website more user friendly and informative with photos and stories from our community. Once the webpage is completed, we will send out an email for you to view.

- **AmazonSmile**

SBADV is a registered charity with **AmazonSmile**. Once you designate SBADV as your charity of choice and you shop through their website a portion of the purchase price of your product will go to SBADV. You will see many eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. Thank you for your participation.

AmazonSmile is a simple way for you to support your favorite charitable organization every time you shop, at no cost to you. AmazonSmile is available at [smile.amazon.com](https://smile.amazon.com) on your web browser and can be activated in the Amazon Shopping app for iOS and Android phones. When you shop at AmazonSmile, you’ll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added benefit that AmazonSmile will donate 0.5% of your eligible purchases to the charitable organization of your choice. You can choose from over one million organizations to support.





October is Spina Bifida  
Awareness Month



Adopt – a – Ghost

Participate in Spina Bifida Awareness month. Fundraise at work, school or throughout your community by selling paper ghosts for a donation of \$1. The Spina Bifida Association of Delaware Valley will send you all the materials you will need. Your donors can write their names on their adopted ghosts, and we will collect the ghosts and donations at the end of the campaign.

All of the adopted ghosts will be placed on the Adopt – a – Ghost Banner and displayed on our website.

Please send an email with "Adopt-a-Ghost" in the subject line to [execdir@sbadv.org](mailto:execdir@sbadv.org) to participate in this valuable awareness and fundraising campaign

Spina Bifida Association of Delaware Valley  
6935 Airport Hwy Lane  
Office 1  
Pennsauken, NJ 08109

[info@sbadv.org](mailto:info@sbadv.org) [www.sbadv.org](http://www.sbadv.org) 610-446-1066

*The SB ADVisor*

A newsletter of the Spina  
Bifida Association of the  
Delaware Valley

**Save the Dates:**

October 2019:  
**Spina Bifida  
Awareness Month**

October 17<sup>th</sup> thru 25<sup>th</sup>  
2020: **Virtual 5K  
Run, Walk or Roll**

October:  
**Adopt-a-Ghost**

December 14, 2019:  
**Holiday Party**

Alicia Alphonse

Please send your news  
items and event pictures  
to: [info@sbadv.org](mailto:info@sbadv.org)



The SBADV Board wishes to extend our sincere  
sympathy and condolences to the families of:

**Charles M. Rae,**

**Mary Lalley,**

**Betsy Walker**

**Pedro Cumba Miranda**

**and**

**Diane Gormley**

We are grateful to their families for designating  
SBADV for memorial donations in their names.

**SPINA BIFIDA ASSOCIATION OF  
DELAWARE VALLEY**

6935 Airport Hwy Lane  
Office 1  
Pennsauken, NJ 08109