

# The SPINAL COLUMN

## Newsletter of Chesapeake-Potomac Spina Bifida Inc.

What a winter we are having! Hope all of our readers were safe during the historic blizzards.

Got “cabin-fever”? Local chapters have many upcoming social events planned including a pizza party, cosmic bowling party and summer picnic. *See About Our Local Chapters, Pages 5-6.* In May, CPSB will sponsor a bingo night social and fundraiser. Hope you can attend these events.

We thank everyone who came to our 1<sup>st</sup> Annual “Shake Your Bones” Halloween Happy Hour. *See Page 4.*

We are very grateful for the generous and continued financial support of Kennedy Krieger Institute, our members, and donations from the public that enabled us to continue publication of our newsletter; update and distribute the *Directory of Services for Individuals with Spina Bifida and Related Conditions, 2009 edition*; provide assistance with medical expenses and support services through our *Special Needs Fund*; and offer support with our *New Parent Program* and *Parent-to-Parent Program* at the regional spina bifida centers. *See Programs and Services, Page 3.*

In 2009, we updated our website, [www.chesapeakepinabifida.org](http://www.chesapeakepinabifida.org) by adding a Facebook page and link and new e-mail: [cpsb@kennedykrieger.org](mailto:cpsb@kennedykrieger.org) to help expand our on-line community. *The Spinal Column* and both Maryland and Metro Washington versions of our 90-page *Directory of Services for Individuals with Spina Bifida and Related Conditions, 2009 edition* are available to download from the website to share with friends, family and healthcare providers.

This year, two new activities are planned to help teens and adults; a mentoring program and a survey will be conducted to assess the need for independent living options for individuals with spina bifida in the region. We are pleased to announce that we will conduct an education conference this year, *Looking Good and Feeling Great*, to be held in October.

In 2008, due to restructuring of the Spina Bifida Association of America, our Board decided not to reaffiliate with the national SBA. We changed our name to *Chesapeake-Potomac Spina Bifida, Inc.* beginning in 2009. Our mission, “to support the needs of individuals with spina bifida their families living in Maryland, Virginia and the District of Columbia” has continued.

### Honorary Board Members

Dr. Benjamin S. Carson  
Del. James W. Hubbard

### Officers

Janice Heuman, *President*  
Jill Hill, *Vice-President*  
Jeffrey S. Glaser, *Treasurer*  
Mickey Griffin, *Secretary*

### Staff

Toni Shumate *Executive Director*

In 2009, a new chapter, the SBA of the Mid-Atlantic Region, was formed through and staffed by the national SBA to serve individuals with spina bifida in the Washington metro area. CPSB is not affiliated with this chapter and donations solicited directly or through fundraising activities conducted by SBAMAR will not benefit or support CPSB’s programs.

We appreciate your continued support and hope you will become a member of CPSB. *See Membership, Page 2.*

With the continued commitment of our CPSB Board and staff, we are beginning an ambitious year of programs and services. *See Pages 2-3.*

[cpsb@kennedykrieger.org](mailto:cpsb@kennedykrieger.org) [www.chesapeakepinabifida.org](http://www.chesapeakepinabifida.org)

Chesapeake-Potomac Spina Bifida, Inc. • P.O. Box 1750 Annapolis, MD 21404 • 1-888-733-0988 410-295-9222

## Letter from the President...

Dear Members,

Happy New Year and greetings from Alaska! Or is it the North Pole?—Oh no that's right, it's Maryland. Wow—what a historic winter we've had. Not one blizzard but two in the same week! It's been unbelievable and I don't know about you, but I can't wait for spring. I'm ready for the budding of flowers and trees, chirping of birds and opening windows for the smell of fresh clean air in the house.

Even though it's been a long cold winter it's still been productive for Chesapeake-Potomac Spina Bifida (That's right—new name). We now have a FB page! (For those of you who aren't up on the latest and greatest—FB means Facebook.) You should check us out because once you join, you won't believe how many people want to be your friend. I'm now talking to people I haven't talked to or heard from since I graduated high school. But it has also given me the perfect medium to spread awareness about spina bifida. I've started a cause for CPSB and many of my friends and family are now fans of CPSB. Check out our FB page by using the link on our website. Modern technology is just amazing!

Even with all the snow our conference committee has met via teleconference (again— modern technology at work) to begin planning the activities for our next educational conference to be held in October, "Looking Good and Feeling Great" is this year's theme and promises to be informative and fun at the same time. You won't want to miss this one!

We are constantly trying to improve the lives of individuals with spina bifida. We ask that you participate in the upcoming survey to assess the need for independent living options for individuals with spina bifida. Please be on the lookout for this in the near future and please take the time out to respond. Your answers are what is needed to facilitate changes for the future.

I look forward to this year as we continue to grow our programs and services. I hope that you will join us in our growth and make plans to join in one of our events. It could be you shouting "BINGO".

See you soon,



## OFFICERS

We are pleased to announce that the following Board Directors were elected to serve as Officers beginning in September 2009.

**Janice Heuman, President** – a founding Director and former President. She has an adult daughter with spina bifida.

**Jill Hill, Vice President** – a founding Director and President of the Spina Bifida Association of the National Capital Area. She is the coordinator for our Parent-to-Parent Program at Children's National Medical Center and conducts monthly chapter support groups.

**Jeffrey S. Glaser, Treasurer**- joined the Board in 2006 and is an attorney for Saul Ewing, LLP in Baltimore, Maryland. He has experience in estate planning and providing legal assistance to individuals with special health care needs and their families.

**Mickey Griffin, Secretary**- a founding Director, former Vice President and Chair of our Special Needs Fund Review Committee. She is the Director of Patient Accounting at Atlantic General Hospital in Berlin, Maryland and the parent of an adult son with spina bifida.

At our Annual Meeting, the following Directors were reelected to serve on the Board: Charles Curry and Jeffrey S. Glaser.

### It's Time to Renew Your Membership....



We will invite all of our members to renew their annual membership in the association beginning in January 2010. Your annual membership dues help support the services to our members.

As a member, you will receive quarterly newsletters, discounted fees on conferences, assistance with medical expenses and support service information and referral services, legislative alerts.

## PROGRAMS AND SERVICES

*Through the programs and services developed by Chesapeake-Potomac Spina Bifida, we are serving our mission," To support the needs of individuals with spina bifida and related conditions and their families".*

**Support Network and Information Exchange-** In order to increase the ability of families of individuals with spina bifida to better manage their child's care, a support network and information exchange between parents and the association has been established. Individuals with spina bifida and their families can receive information and referral services from CPSB, Inc. by calling 888.733.0988.

[www.chesapeakepinabifida.org](http://www.chesapeakepinabifida.org) is the official website of CPSB, Inc. The site features an on-line community where our members and visitors to the site can communicate via e-mail. There are medical and legislative updates, local chapter news and a calendar of events. E-newsletter and resource directories are available on the website.

**Directory of Services for Individuals with Spina Bifida and Related Conditions, 2009 edition** is available in print and online. Go to [www.chesapeakepinabifida.org](http://www.chesapeakepinabifida.org) to order or download. The 90 page directory includes national, state and county listings of education services, individual and family support services, employment services, government agencies, recreation services, residential facilities, and transportation services for individuals with disabilities. There are Maryland and metro Washington versions. A Spanish version of the directory will be available in 2010.

**The Spinal Column** is our newsletter that includes information about services, resources, medical and legislative updates, and our local chapters' activities. The newsletter is now available online. Go to: [www.chesapeakepinabifida.org](http://www.chesapeakepinabifida.org) to download.

**Special Needs Fund-** Through grants, CPSB, Inc. has established a *Special Needs Fund* to provide financial assistance to individuals with spina bifida. Covered services are outlined on the Special Need Fund Application which is available on our website or by calling 888.733.0988.

**New Parent Visitation Program** – CPSB, Inc. provides informational packets to new parents of children born with spina bifida. Parent volunteers from local chapters are available to meet with new parents.

**Volunteer Program at Regional Spina Bifida Centers** – Volunteers are available at the centers to connect patients to CPSB, Inc. and community resources.

**Education Conference** – CPSB, Inc. is planning a conference to be held in October 2010. Information about the conference will be available in the newsletter and website.

**Chesapeake-Potomac Spina Bifida, Inc. (CPSB, Inc.) is a volunteer membership organization. Through the dedication and commitment of a few parents, adults with spina bifida, and providers, CPSB, Inc. has evolved to the organization we are today.**

**Can you help and become a CPSB, Inc. volunteer?**

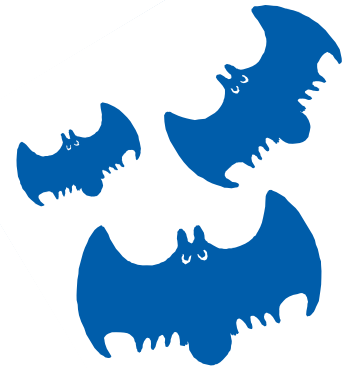
**We need...**

- . Individuals with fund raising experience to serve on our Development Committee to coordinate special events, corporate/foundation solicitations, annual giving campaigns;
- . Individuals with marketing/PR experience to serve on our Public Education Committee to promote special events, develop our publications, public education campaigns, education conferences;
- . Individuals to participate in our Parents Helping Parents Program. Volunteers for this program are available on clinic days at the regional spina bifida centers to promote our programs and services;
- . Individuals interested in forming peer and parent support groups;
- . Individuals with clerical and computer skills to help maintain databases, handle correspondence and mailings and aid with our website maintenance.

**One person can make a difference! To volunteer, contact CPSB, Inc. at 888-733-0988 or [cpsb@kennedykrieger.org](mailto:cpsb@kennedykrieger.org)**

# 1st ANNUAL "SHAKE YOUR BONES" HALLOWEEN HAPPY HOUR

Friday, October 30, 2009  
Friends Bar, Fells Point



Over sixty supporters of Chesapeake-Potomac Spina Bifida enjoyed a festive Halloween party at the historic and haunted Friends bar in Fells Point. Karen Snead, RN, Clinical Coordinator for the Keely Center for Spina Bifida at Kennedy Krieger Institute was the hostess for the evening. Karen's family were former owners of the bar and family members shared their ghost stories.

We thank Mike, owner of Friends for offering reduced food and drink prices for our guests and our volunteers, Cindy, Tomisha, and Rosa for greeting everyone and selling 50-50 raffle tickets.

The raffle and silent auction raised \$625 for CPSB's programs that benefit Individuals with spina bifida.

The following individuals and businesses donated items for the silent auction gift baskets: Janice Heuman, Dan Ibberson, Karen Snead, Border's, Chesapeake Spice Company, Greystone Grill, Hoyts Cinema, Regal Theater Hunt Valley Cinema, Trader Joe's, WMS, Inc.

Everyone had a great time and we will be planning our Halloween party for this year. Hope you will join us.



Dan Ibberson from WMS, Inc. both donated and won gift baskets.



Karen Snead and Mr. Bones greet guests.



Karen Snead announces Silent Auction winners.

# About Our Local Chapters

## SBA of Maryland

2416 Lampost Lane, Baltimore, MD 21234  
Contact: Sue Whelan (410) 665-1543  
Website: <http://home.comcast.net/~sbamaryland/>

### Officers

Sue Whelan, President (410) 665-1543  
Karen Snead, Vice President (410) 321-1594  
Dan Palich, Treasurer, (410) 833-3197  
Janice Stanton, Recording Secretary (410) 484-9053  
Christine Ball, Corresponding Secretary (410) 931-2771

### Committees

Brace/Camp Fund – Dan Palich (410) 833-3197  
Hospitality – Chrissy Lash (301) 873-5129  
Flyer/Website Committee – Michael  
& Sue Whelan (410) 665-1543  
Membership – Sue Whelan (410) 665-1543  
Scholarship Fund – Joan Holtz Britt (410) 418-5977

### History of Chapter

The chapter is a non-profit organization formed in December 1975 by a group of parents of children with spina bifida. The parents wanted to help families of children with spina bifida by providing friendship and compassion and by sharing information about spina bifida. The organization also helps by providing financial assistance, educational and group activities. The Spina Bifida Association of Maryland is run by volunteers from families affected by spina bifida. We have no paid staff.

### Geographic Area Served

Baltimore City, Anne Arundel, Baltimore, Carroll, Frederick, Harford, and Howard Counties

### Member Services

Financial assistance for medical expenses, specialized camps, and wheelchair sports, bi-monthly educational meetings and social activities

### Membership Requirements

\$20 annual membership fee

## Upcoming Activities

### General Membership Meeting

February 2010 – No meeting

Sunday, March 14, 2010

Annual Pizza Party

Trinity Assembly of God

2122 West Joppa Road

2:00-5:00 p.m.

Directions: Take 695 To Falls Road (Exit 23B).

At first traffic light, make a right onto Joppa Road. Cross over the bridge and the church is located on the left. Go to the Fellowship Hall. If Baltimore County snow emergency plan is in effect, there is no meeting.

## Martin Holt Memorial Scholarship

The scholarship was established 26 years ago through the Spina Bifida Association of Maryland to provide scholarships to individuals with spina bifida to receive post-high school training or attend college. \$1,000 is awarded annually and given directly to an accredited school. Martin was born with spina bifida, was educated at Brooklyn College and George Washington University and had a career at the Social Security Administration.

He believed that a good education was the cornerstone on which a person with disabilities could build an independent and fulfilling life.

*Please contact Sue Whelan at (410) 665-1543 for an application and scholarship eligibility.*

*Application deadline: May 1, 2010*



# SPINA BIFIDA ASSOCIATION

## of the NATIONAL CAPITAL AREA

P.O. Box 523415  
Springfield, VA 22152-5415  
Contact: Jill Hill, President  
(703) 455-4900  
Web site: <http://www.sbanca.com>

### Board of Directors

Jill Hill, *President* .....(703)455-5223  
Amy Thomason, *Vice President* (703)383-0011  
Georganne Friedrich, *Sec.* .....(301)251-5953  
Daniel Pisconte, *Web Master* .(301)505-2980  
Kirsten Madaus.....(202)306-4841  
Lauren O'Connor .....(240)453-9603  
Lucy Swan.....(301)260-0971

### History of Chapter

The chapter formed as a non-profit organization to serve individuals with spina bifida and their families living in the District of Columbia. Over the years, the chapter has expanded their services to members in the metropolitan area including Maryland and Virginia.

### Geographic Area Served

District of Columbia metropolitan area

### Member Services

Monthly support groups, member directory, annual holiday party, pool party, spring and fall picnics, new parent outreach, individual support and assistance, SBA and CPSBA newsletters.

**Loan Closet** – contains items such as wheelchairs, standers, walkers, car seats and exercise mats. To borrow equipment or make a donation, please call (703)455-4900.

**Support Groups** – are open to any members who wish to attend. Occasionally have guest speakers, but generally these are informal meetings for support, discussion and socializing. Dates and locations may vary from month to month, so please call the contact person listed below for more information and to RSVP.

### Support Group Meetings

#### Virginia – Day Group

Meets third Wednesday of the month from 9:00 – 11:30 a.m. at the Bob Evans Restaurant across from Potomac Mills Mall, Woodbridge Virginia, exit 156 from I-95.  
Contact: Jill Hill (703) 455-5223.

#### Virginia – Evening Group

Meets third Thursday of the month from 7:00 – 9:00 p.m. at the Bob Evans Restaurant at Old Keene Mill Road and I-95, Springfield, Virginia.  
Contact: Jill Hill (703) 455-5223.

#### Maryland/DC Group

Meets third Sunday of each month at various locations. For information, contact Georganne Friedrich at (301)251-5953.

### Membership Requirements

\$45 annual membership fee includes dual membership in the Spina Bifida Association of America and the Chesapeake-Potomac Spina Bifida Inc.

### Upcoming Activities

#### *Cosmic Bowling Party*

Saturday, March 20, 2010  
6:00-8:00 p.m.  
Ft. Belvoir, Virginia  
For more information, contact Carrie Dennison at (703)781-4553

#### *Annual Picnic*

Sunday, June 6, 2010  
3:00-7:00 p.m.  
Clemyjontri Park  
6317 Georgetown Pike  
McLean, Virginia  
(703)388-2807  
<http://www.fairfaxcounty.gov/parks/clemyjontri>  
Come join us for an afternoon of friendship and fun at the country's largest accessible park. We will serve a picnic supper at 5:00 p.m.  
Please RSVP to Jill Hill at (703)455-4900 or [jillmhill@verizon.net](mailto:jillmhill@verizon.net)

## COLLEGE AND CAREER CORNER

If you got a disability, choosing a college means thinking about a lot more than just academic facilities and social amenities. This may be your first opportunity to live independently. Will the support you need to live on your own be available? Personal assistance services? Accessible classrooms, transportation and living quarters? Adaptive sports? Will you be able to participate fully in campus life?

*New Mobility* magazine conducted a survey of thirty-four public universities and colleges to assess their services for students with disabilities. For detail of the survey, go to: <http://www.newmobility.com/articleViewIE.cfm?id=122>



Below are two of the top ranked colleges from the survey.

- **University of Illinois at Urbana – Champaign**  
**[www.uinc.edu](http://www.uinc.edu) 217.333.4601**

UIUC has been a leader in services for students with disabilities since 1948. The college was the first to offer comprehensive program of post-secondary education for people with severe physical disabilities; accessible buses; independent living center for those needing personal assistance services, collegiate wheelchair basketball teams for both men and women.

- **Edinboro University of Pennsylvania**  
**[www.edinboro.edu](http://www.edinboro.edu) 814.732.2462**

EUP, about 20 miles from Erie, PA, has an outstanding on-campus residence program for students with disabilities. Over fifty-four personal care assistants are available 24/7. The extent of the university's commitment to students with disabilities is evident in the Office for Students with Disabilities' range of services: a fleet of modified vans traveling both on and off campus; a wheelchair repair facility; a life skills center staffed by an occupational therapist and rehabilitation nurse; a physical therapy facility; a recreation center with a full-time coach; an extensive varsity and intramural wheelchair sports program, and computer lab with state-of-the-art adaptive technology.

We will feature other national and local colleges with services for students with disabilities in future issues.

For another resource for disability friendly colleges, go to: [www.disabilityfriendlycolleges.com](http://www.disabilityfriendlycolleges.com)

*A Guide for Students with Physical Disabilities* features information about preparing for and visiting colleges. Interactive charts of more than 75 disability friendly colleges and their services are on the website.

# ANNOUNCEMENTS

## ***Adolescent Transition Lecture Series***

Wednesday, February 24, 2010

7:00-8:30 p.m.

Kennedy Krieger Institute's Greenspring Campus  
3825 Greenspring Ave., Bowles Bldg. Board Rm.

Topic: Low Intensity Support Services (LISS)

Speakers: Mary Eileen Mullen, LISS Manager, Humanium, Inc.  
Jes Blais, LISS Quality Manager, Penn-Mar Human Services  
Latest information on DDA's new LISS program, formerly  
"Rolling Access", eligibility requirements, how to access funds  
will be discussed.

To register: Contact Jenny Jones, Resource Coordinator at  
443-923-2790 or [jonesje@kennedykrieger.org](mailto:jonesje@kennedykrieger.org)

## ***Third Annual Cradle Hope Luncheon***

Friday, February 26, 2010

12:00 noon

The Forum, 4210 Primrose Ave, Baltimore, MD

Boris Kodjoe and Nicole Ari Parker, stars of screen and stage  
will speak about their daughter, Sophia, who was born with  
spina bifida.

Tickets: \$40.00

Contact: Dana Gaskins at 410-396-7318 or e-mail:  
[dana.gaskins@baltimorecity.gov](mailto:dana.gaskins@baltimorecity.gov)

## ***Moms Understand!***

Wednesday, March 3, 2010

6:30-8:30 p.m.

The Arc of Baltimore

7215 York Rd., Baltimore, MD

Support group for moms only meets first Wednesday of every  
month to discuss joys and challenges of having a child with a  
developmental disability. Bring food to share.

To register: Contact Dianna Morgan at 410-296-2272  
ext. 5347 or [dnikas@arcofbaltimore.org](mailto:dnikas@arcofbaltimore.org)

## ***Guy Talk***

Thursday, March 18, 2010

Support group for dads only meets the third Thursday of  
every month to discuss joys and challenges of having a child  
with a developmental disability. Pot luck dinner

To register: Contact Dorothea Nikas at 410-296-2272  
ext. 5349 or [dnikas@arcofbaltimore.org](mailto:dnikas@arcofbaltimore.org)

## ***Wrightslaw Special Education Law and Advocacy Conference***

Thursday, April 22, 2010

Comfort Inn Conference Center

4500 Crain Hwy., Bowie, MD

8:00 a.m. – 4:00 p.m.

To register: Contact Suzie Shannon, Parents' Place of  
Maryland at 410-768-9100 or [suzie@ppmd.org](mailto:suzie@ppmd.org)

## ***37<sup>th</sup> SBA National Conference***

June 27-30, 2010

Hyatt Regency, Cincinnati, Ohio

Go to: <http://conference.spinabifidaassociation.org> for  
More information or to register online.

## ***MV-1 Wheelchair-Accessible Vehicle Production***

The Vehicle Production Group announced the volume  
production of the MV-1, the first factory-built and assembled  
wheelchair-accessible vehicle designed to meet the unique  
needs of the paratransit, taxi, and consumer market will begin  
in 2010.

## ***2011 Spina Bifida Resource Network Roll at Sea Cruise***

A 2011 group cruise to the Caribbean is being planned.  
The 8 day cruise departing from New York and Baltimore  
will include fun, food, spectacular ports, and informative  
workshops hosted by SBRN.

For more information, contact Donna Shepherd at

609-775-5331 or [donnacruisecrafterstravel@yahoo.com](mailto:donnacruisecrafterstravel@yahoo.com)

# RESOURCES

## ***Free Tax Preparation***

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

Available for Baltimore area residents,

Eligibility: A single tax filer making \$25,000 or less in 2009 or  
a family of 2 making \$49,000 or less in 2009.

For appointments: Call 410-234-8008

## ***Maryland Foundation of Dentistry for the Handicapped***

Provides free dental services for non-covered dental expenses  
through local dentists

For application: Call 410-964-1944 or 1-877-337-7746  
or e-mail at [mfdhall@mfdh.org](mailto:mfdhall@mfdh.org)

## ***www.Disability.gov***

The redesigned federal website has comprehensive informa-  
tion from 22 federal agencies, state and local governments  
and new social media features: blog and Twitter feed.

## ***www.brightbeacon.org***

*Exceptional Parent* Magazine has formed a partnership with  
this special needs networking website. Access is free. Users  
are able to find each other by medical diagnosis, geographic  
region and demographic information.

## ***National Center on Physical Activity and Disability***

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

In November 2009, NCPAD launched both Twitter and  
Facebook pages to promote exercise for people with  
disabilities.

Twitter: <http://twitter.com/NCPAD>

Facebook: <http://facebook.com/NCPAD>

# NUTRITIONAL CONSIDERATIONS FOR ADULTS WITH SPINA BIFIDA

Spina bifida affects people differently, so there are no “rules” that hold true for everyone. There are, however, common secondary conditions that many people with spina bifida face. Knowing how to properly manage those secondary conditions by eating healthy and staying active can greatly improve the quality of life.

**Weight Management-** Due to lack of activity, individuals with spina bifida generally require fewer calories to maintain their weight. Basic nutrition tips for weight management include:

- Increase intake of whole grains.
- Increase intake of fruits and vegetables.
- Increase the intake of fat-free and low-fat dairy products.
- Choose lean sources of protein (fish, poultry, tofu, legumes, and lean red meat).
- Eat breakfast.
- Limit intake of sugary sodas and fruit drinks.
- Limit intake of saturated and trans fat.
- Limit restaurant eating.
- Stay hydrated by drinking water throughout the day.



Proper nutrition is important in maintaining a healthy weight and preventing pressure sores, obesity, and constipation.

**Pressure Sore and Wound Care Management** – Below are suggested food sources to help heal pressure sores and wounds:

- **Protein** – plays a vital role in building and repairing body tissues. For people who have a pressure sore, research shows that approximately 1.5 gm of body weight per day is appropriate. The best food sources of protein include: meat, poultry, fish, dairy products, eggs, tofu, soy, beans.
- **Vitamin A-** is a fat-soluble vitamin that is stored in the liver. Vitamin A helps in the early inflammatory phase of wound healing and in the formation of scar tissue. It also helps speed the healing of wounds. The best food sources of Vitamin A include: carrots, liver, sweet potatoes, red peppers, kale, collard greens, swiss chard, turnips.
- **Vitamin C-** plays an important role in wound healing. It is a water-soluble vitamin, so the body cannot store it. The best sources of Vitamin C are: citrus fruits and juices, cantaloupe, kiwi, strawberries, papaya, tomatoes, potatoes, dark green vegetables.
- **Zinc-** is a mineral that aids in wound healing. The best food sources of zinc include: beef and lamb, liver, peanuts and Peanut butter, beans.
- **Fluid-** It is important to keep the body well-hydrated to promote good skin health and prevent skin breakdown. Dehydration is one of the risk factors for developing pressure sores. In general, approximately eight 8-ounce glasses of fluid per day are necessary for proper hydration. The best choices for fluids are water and juices, as beverages that contain caffeine can lead to dehydration.

**Weakened Bones-** Depending on how people are affected by spina bifida, some individuals may experience osteoporosis and risk of fracture in the bones of weakened limbs. Adequate intake of calcium and Vitamin D has shown to greatly reduce the chances of developing osteoporosis later in life. The best sources of calcium and Vitamin D are: milk, cheese, yogurt, pudding, ice cream, cream soups, canned sardines, salmon, tofu and soy products, almonds, dried beans and peas, juices fortified with calcium and Vitamin D.

By leading a healthy lifestyle, people with spina bifida can lead active and fulfilling lives. Proper nutrition can play a vital role in reducing the incidence and severity of secondary conditions. However, nutrition is not a substitute for medical care.

**CHESAPEAKE-POTOMAC  
SPINA BIFIDA, INC.**

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P.O. BOX 1750  
ANNAPOLIS, MD 21404



Return Service Requested

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**An Invitation to Join Chesapeake-Potomac Spina Bifida, Inc.**

CPSB represents individuals with spina bifida and related conditions living in Maryland, Virginia, and the District of Columbia. Through educational programs and materials, information/referral services and direct services, the Association seeks to promote the prevention of spina bifida and related conditions and support the needs of individuals with spina bifida and their families.

As a member of CPSB, your financial contribution will enable us to continue our efforts. Members receive quarterly newsletters, legislative alerts, information and referral services, notice of public education programs, publications, reduced registration fees for CPSB sponsored conferences, assistance with medical expenses and support services.

Yes, I would like to join CPSB. Enclosed is my \$25 annual membership fee. Please make check payable to:  
CPSB, P.O. Box 1750, Annapolis, MD 21404.

I would like to join, but am unable to make a donation due to financial hardship.

I am a \_\_\_\_\_ parent of a child with spina bifida \_\_\_\_\_ an adult with spina bifida \_\_\_\_\_ a relative \_\_\_\_\_ other: \_\_\_\_\_.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: (    ) \_\_\_\_\_                      Email: \_\_\_\_\_