

Update

Spina Bifida & Hydrocephalus Canada

Summer 2009

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INSIDE

Fund Development 2

NPH—Direct Mail Campaign 3

Annual General Meeting 4
2009 Bursary Recipients

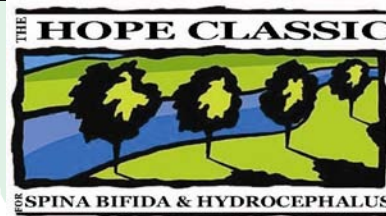
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President's Message

Well, I think summer has finally arrived! As always the office has been busy with direct mail campaigns, seeking out funding opportunities, golf tournaments, mailing out requested materials, as well as assisting Associations with two campaigns, Hope Classic and Scare a Ghost. We are now preparing for our AGM that is being held in Toronto from September 25-27, 2009. While in Toronto, we hope to continue to move forward with our Federation Agreement.

I would like to take this opportunity to thank Jody Stadnyk, Bonnie Hidlebaugh, and Elise Dawson for all they do. This will be my last meeting as president of SBHAC. It has been my pleasure to work with so many dedicated volunteers over the past 5 years as President. We would not be where we are today without the dedication and support of all of you. We must continue to help SBHAC move forward, to help secure a future for all individuals with spina bifida and/or hydrocephalus. I look forward to continued participation as SBHAC Past President and supporting the new President. Have a safe and happy summer!

Lorelei Fletcher—President



The 2nd Annual National Hope Classic run, walk., wheel event will be taking place in cities across Canada. Seven regional Spina Bifida & Hydrocephalus associations will host the event with the support of local sponsors and the Running Room Stores in participating cities.

The locations & dates are:

BC - Chilliwack & Campbell River—August 15, 2009
Northern Alberta—Edmonton—August 15, 2009
North Saskatchewan—Saskatoon—June 6, 2009
South Saskatchewan—Regina—August 22, 2009
Manitoba—Winnipeg— August 15, 2009
Nova Scotia—Cole Harbour—October 25, 2009
Quebec—Montreal—July 26, 2009 LA GRANDE VIREE
Check the www.hopeclassic.ca for more details.

"The Mission of SBHAC is to improve the quality of life of people living with Spina Bifida and/or Hydrocephalus and their families through awareness, education, advocacy and research, and to reduce neural tube defects."

"La mission de l'ASBHC est d'améliorer la qualité de vie des personnes vivant avec le spina-bifida et/ou l'hydrocéphalie ainsi que celle de leurs familles par la conscientisation, l'éducation, le défense des droits et la recherche afin de réduire les malformations du tube neural."

CEP NIAGARA GOLF TOURNAMENT



The Communications Energy and Paperworkers -Ontario Region held their annual golf tournament in Niagara Falls, ON on Friday, June 12, 2009.

SBHAC was presented with a cheque for **\$32,000** from the proceeds of the tournament.

Our thanks to the organizers, Barb Dolan and Mike Kachurowski and all the CEP members for their continued support of the Spina Bifida & Hydrocephalus Association of Canada.



Formerly ING Insurance Foundation



\$15,000



BMO Employees Foundation -
\$2,436.23



\$5,000

A Big "THANK YOU" for your ongoing support

NPH —Direct Mail Campaign April 2009—July 2009

Alzheimer's, Parkinson's.....or is it NPH?

What is NPH?

Sometimes identified as “**old age problems**” - **NPH (Normal Pressure Hydrocephalus)** can be **misdiagnosed as Alzheimer's or Parkinson's**. It is a condition where cerebrospinal fluid (CSF)- a clear fluid that acts as a protective cushion for our brain and spinal cord—accumulates to an abnormal level within the brain, causing the symptoms of NPH.

One in every two hundred adults over 55 will be affected.

What are the symptoms?

NPH is characterized by 3 key symptoms-

The most visible and therefore the most recognizable sign of NPH is difficulty walking (Gait Disturbance).

This is often followed by confusion and memory loss (Cognitive Impairment).

The third symptom is trouble controlling your bladder (Urinary Incontinence).

Once these symptoms are identified, a CT or MRI scan is the next critical step towards an accurate diagnosis.

Is NPH treatable?

With early diagnosis the symptoms of NPH may be partially or fully reversible. A neurologist and/or neurosurgeon will confirm if you have NPH, decide upon treatment options and follow-up care.

If you or someone you know is showing any of the three symptoms listed here, talk to your doctor and request a CT or MRI scan.

The Spina Bifida & Hydrocephalus Association of Canada is the voice for those who are living with NPH.

There are many more of your family and friends who need to know about the second chance early diagnosis offers those who have NPH. *Help us to help them.*

Please send in your donation by **July 31, 2009** .

The gift you get may be a new lease on life.



“Now I'm remembering much better and walking without any problems..It's a great feeling.”

NPH survivor who is enjoying life again .

Notice for Annual General Meeting 2009

Notice is hereby given that the Annual General Meeting (AGM) of the Spina Bifida and Hydrocephalus Association of Canada will be held::

Saturday, September 26, 2009 at 2:00 p.m. (Eastern Standard Time)

The meeting will take place at the **Crowne Plaza Airport Hotel—33 Carlson Court Toronto, ON**, for the following purposes:

1. To receive and consider the financial statements of the Association as at and for the period ended April 30, 2009, together with the report of the auditors thereon;
2. To elect Directors to fill vacancies on the Board
3. To consider and, if deemed appropriate, to pass special resolutions to confirm amendments to the by-laws of the association
4. To transact such other and further business as may properly be brought before the meeting or any adjournment thereof

Dated at Winnipeg, Manitoba this 10th day of July, 2009. By the order of the Board of Directors of the Spina Bifida and Hydrocephalus Association of Canada.

Board of Directors

2008-2009

Lorelei Fletcher—President

Jody Sabroe—Vice-President

Linda Randall—Secretary

Brent Buss—Treasurer

Colleen Talbot—Past President

Judi Haddy—Director

David Dunphy—Director

Sarah Williams—Director

Chera Giesbrecht—Director

Ken Stickle—Director

Wendy Sol—Director

Dr. W. Arnold—Director

Doug McEwen— Director

Bursary Recipients

**Congratulations to the 2009
bursary recipients**

Nicole M. Durand—Eastern Passage, NS-

Registered at St. Mary's University, Halifax NS in Bachelor of Science program. Further plans include receiving Bachelor of Education to become a French Immersion Elementary Teacher.

Ashley E. Clark—Chatham, ON -

Registered at University of Windsor, Windsor, ON –Faculty of Education pursuing Bachelor of Arts, Bachelor of Education and Early Childcare Education diploma. Working toward a Master's Degree in Education.

We wish them all the very best in their endeavors.