

SBHASA Newsletter



What's happening...

- KMS NE - Grand Opening
- Milwaukee Day - ***NEW**
- Purdy's "For The Love of Chocolate" - back by popular demand
- Hearts of Hope - Christmas Party Planning Continues
- Special Announcement

Read it. Share it. Be part of the impact.

Our newsletter is the best way to stay up to date with everything happening at SBHASA. As we reduce extra emails, this is where you'll find the latest news, events, and opportunities.

CONTEST TIME



KEEP READING





Schedule of Events

**VOLUNTEER, FUNDRAISING AWARENESS,
& SOCIAL OPPORTUNITIES**

OCTOBER

**KMS Tools
Grand Opening**
Celebration BBQ Fundraiser
(1128 64 Ave NE Calgary):
Friday, Oct 2nd
Saturday, Oct 3rd

**VOLUNTEERS
NEEDED**

Purdy's Chocolate
Fundraiser - ACTIVE

NOVEMBER

****NEW**
Milwaukee Day / Fundraising
BBQ @ KMS Tools
(1128 64 Ave NE Calgary):
Friday, Nov 13th

**VOLUNTEERS
NEEDED**

Christmas Party
Sat Nov 28th

Christmas
Cash 50/50
Lotto Returns

DECEMBER

KMS Tools BBQ Fundraiser
(6311 Centre St S. Calgary)
Thurs Dec 10th
Fri Dec 11th
Sat Dec 12th

**VOLUNTEERS
NEEDED**

Spots are limited and fill quickly — don't wait to sign up! With no casino this year, volunteering is more important than ever for earning points. We want to make sure all volunteers are comfortable and safe in their roles while still having a great experience supporting the event. Please review the job description provided with each role and be mindful to select position(s) best suited for your ability. Some positions may have minimum age requirements for everyone's safety.

Once you register, please commit to your spot and save the date.

Bonus: Proxies (family or friends volunteering for you) still count toward your volunteer points!

We now have **THREE** upcoming events and could use your help (*there are even a few spots remaining for this Friday*). Remember, these

events are your **LAST CHANCE** for accumulating more points for 2026 and accessing the Funding Support Program.

View available spots here --> SignUp **HERE**



TIME TO SPREAD THE WORD!

ORDERS DUE NOV 9TH

BACK BY POPULAR DEMAND!

Make sure to SHARE this post with Friends & Family!

***NEW** --> Supporters in other Provinces can now have their order shipped directly to them while still supporting SBHASA! (shipping fees apply @ checkout).

ORDER HERE

SBHASA's LOVE FOR CHOCOLATE!

CALLING ALL CHOCOLATE-LOVERS!

Supporting the Spina Bifida
and Hydrocephalus Association
of Southern Alberta

Deadline for
orders:
Nov 9th, 2026

Orders available
for pick up:
Nov 25th, 2026



<https://fundraising.purdys.com/fundraising/campaign/000029698>

[Printable Poster Here](#) - Post @ [schools](#), [workplaces](#), [etc.](#)



The Magic Starts Now Help Us Prepare for Christmas

Yes — we know it's early. But when you're preparing Christmas magic for 80 incredible members of our SBHASA community, the planning starts now.

We are already preparing for our annual Christmas Party — a cherished tradition that brings joy, connection, and belonging to families who navigate unique challenges every day.

For many of our families, this celebration is more than just a party.

It's a moment of relief.

A moment of laughter.

A moment to simply feel supported.

This year, we invite you to be part of that magic through our **HEARTS OF HOPE** Christmas Initiative. 

At the heart of the celebration will be our Hearts of Hope Wall, where each heart represents the strength and resilience of the children and families we serve — and the generosity of those who support them.

Your contribution will help provide:

- 🎅 A special gift from Santa for all children (**total value: \$500**)
- 🍪 A fun (and slightly messy!) gingerbread decorating group activity (**\$400**)
- 🖼️ A keepsake caricature for each family to cherish (**\$750**)
- 📦 A Secret Santa experience for the adults (**\$1,500**)
- 🎵 Entertainment: Spina Bifida Ambassador/singer - @asongacity (**\$1000**)

You can support this initiative through monetary donations, gift cards, or in-kind contributions.

❤️ Donations of \$20 or more will be recognized with a green heart displayed on our Hearts of Hope Wall at the banquet hall during the celebration, as well as featured on our social media channels.

Your generosity allows us to plan with care and ensure every family experiences the joy of the season.

To contribute:

- E-transfer sbhasa.info@shaw.ca
- Or donate via [Canada Helps](#)
- Gift cards can be mailed or arranged for pickup:
SBHASA PO Box 6837 Stn D., Calgary, AB T2P 2E9



sbhasa.ca

Together, we can create a Christmas filled with love, joy, connection, and hope.

Canada Helps Link

PRINTABLE VERSION FOR SHARING AND POSTING AT WORK

**ARE YOU
READY?**



THE **BIG** ANNOUNCEMENT!

We are excited to introduce something new
— our NEW SBHASA logo!

It's a fresh look for SBHASA, but the meaning behind it is really about who we are and where we're going together.

The shield represents strength, protection and advocacy
— all things that have been at the heart of SBHASA for many years.

And as you're all aware, the daisy is the symbolic flower for Spina Bifida, where the petals and stem represent the physical challenges of the condition - and the ability to keep growing, thriving and blooming, even when the path isn't always easy.

We think that's a pretty great reflection of our SBHASA family.





It's A Wrap!

Whether you came to Play, Learn, Connect, or Celebrate...or a little bit of everything - we're sure glad you joined!

We've had some great success with grant writing outcomes this year, which means we're looking forward to bringing you even more exciting programs, activities and fun over the next 24 months. Stay tuned — it's just the beginning of some great things to come!



Moving our bodies...

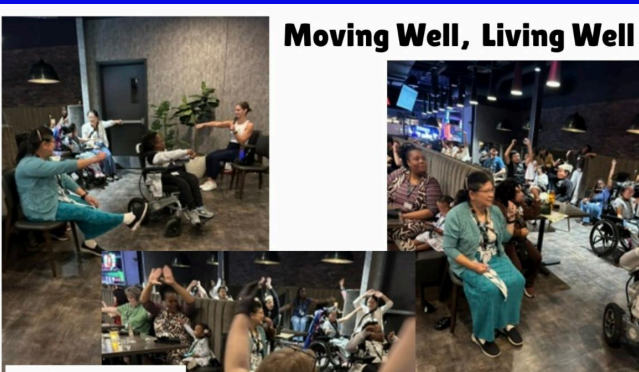


Dancing... Driving... Arms in the Air...



CONNECTION

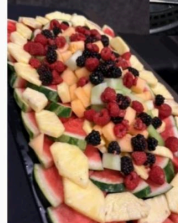
Moving Well, Living Well



- Staying active safely – Stretching before activity
- Preventing overuse injuries
- Energy/fatigue management - Injury prevention
- Wheelchair/seated exercise strategies
- How to incorporate movement into everyday life
- Shoulder protection for wheelchair users
- Skin health



Working up a healthy appetite!



MEET THE BOARD

Ivie Igbinosa, Member at Large

Ivie Igbinosa is a dedicated Health Care Aide and a valued member of the SBHASA Board. She is passionate about serving others, strengthening community connections, and contributing to initiatives that support the organisation and its members.

Ivie comes from a family of eight and values spending quality time with her family. Outside of her professional and community commitments, she enjoys cooking, watching movies, and exploring the internet. She appreciates opportunities to learn new things, connect with others, and create meaningful experiences with her family.





One of Ivie's most rewarding experiences as an SBHASA Board member has been the opportunity to volunteer her time, support the organisation's initiatives, and contribute to fundraising efforts. She is proud to play an active role in supporting the organisation's goals and helping create opportunities that benefit the wider community.

Ivie is grateful for the opportunity to serve on the SBHASA Board and looks forward to continuing to contribute her time, skills, and dedication to the organisation's ongoing growth and success.

MEET THE BOARD

Roger Smith, Member at Large



My name is Roger Smith. I have Spina Bifida. I have a Bachelor of Commerce degree (BComm) from the University of Calgary. I have volunteered as a Banker for the Association's casinos 🎰, where my data-entry skills have been lauded by external consultants retained to help us run the casinos.

I was a member of a social club for physically and mentally disabled teenagers called the Pink Pelican Club. I belonged to that organization from April 1978, when I was 14 years old, to October 1980, when I was 17 years old.

The Pink Pelican Club had meetings every Wednesday afternoon at a building located on the west side of Edmonton Trail NE that was owned by the War Amps association. Most of the time my fellow Pink Pelican members and I played board games, including chess, or just conversed with each other. However, once a month the Pink Pelican Club would have a dance, which usually entailed bringing in a disk jockey to play vinyl singles.

On a Wednesday afternoon around December 1980, the Club brought in a live band to play cover versions of contemporary Top-40 songs. My late father, Graham Smith, was the editor of two weekly community newspaper, the North Hill News and the Rocky View News. He sent a photographer to take



pictures of the dance. The North Hill News photographer photographed me doing a wheelie while dancing to one of the band's songs. The next month, in January 1979, my father had the photograph published in the North Hill News. My classmates in Grade 9 at Melville Scott Junior High School saw the photos that were taken of the Pink Pelican Club dance, including me performing a wheelie. I became known as "Disco Roger", a name I hated but my fellow students then knew I had a social life outside of school!



Thinking About Getting More Involved? We welcome anyone in Alberta to join!

As we approach the end of the year, we invite you to start thinking about whether joining the SBHASA Board might be right for you! We have 4 Executive and 8 Member at Large positions, all 12 positions are considered open and up for nomination and election (2 year terms which can be extended if required).

Board members play an important role in helping shape the future of our organization. Meetings are held monthly, and active Board members help **spread awareness, support events, share ideas, provide feedback** through surveys, and work together to ensure we continue delivering meaningful programs and services for our members and families.

If you've ever wanted to make a difference, contribute your skills, or have a voice in the direction of our association, we encourage you to give it some thought over the next couple of months.

Board positions are limited, and the nomination link will be shared in our December newsletter. We would love to hear from you!

You don't need previous board experience—just a passion for supporting our community and a willingness to get involved.

SBHAC (National) Bursary Program

DEADLINES (TWICE A CALENDAR YEAR)

PROGRAM OBJECTIVES

To encourage and support students with spina bifida and/or hydrocephalus by assisting them in pursuing higher education at university or other post-secondary studies.

If you would like more information concerning the National Bursary Program, please email info@sbhac.ca.

Applications must be emailed and be time-stamped by Noon (DST) of the

- The third Wednesday in July
- The third Wednesday in November

[Click Here for Details](#)

RECEIVED A 2026/27 EDUCATIONAL BURSARY?



Submit your receipt
and SBHASA will
match your bursary,



up to
\$500!

1x

**LIMIT OF 1 PER YEAR
PER APPLICANT**

One bursary match per
year per applicant.



Open to SBHASA members
living with Spina Bifida.



*Education opens doors.
We're here to help you
walk through them.*



SBHASA

Spina Bifida and Hydrocephalus
Association of Southern Alberta



For questions or to
submit your receipt,
contact us at
sbhasa.info@shaw.ca

SBHASA is a volunteer-driven non-profit supporting individuals with Spina Bifida
and/or Hydrocephalus and their families across Southern Alberta.

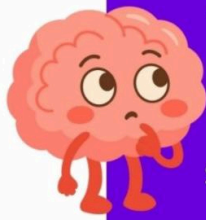


**Empty bottles lying around after
summer? Electronics or clothes to
purge?**

SKIPtheDEPOT - everything you need to
recycle your bottles, electronics, and clothes
from the comfort of your couch. And the
best part - your donation helps SBHASA!

[Schedule a pick up HERE](#)

Help Us, Help You!



Host Your Own Fundraiser



Share the details with us and earn points!

Need inspiration? Here are some fun and easy fundraising ideas to get you started:

Host a lemonade stand or a bake sale

Run a neighbourhood bottle drive

Host a workplace donation drive at your office

Create a birthday fundraiser

Or come up with your own creative idea!

Or keep it simple — create your fundraising profile and share it on Facebook, Instagram, or other social media platforms! Just highlight what SBHASA has done for your family and why you want to give back.



**HEALING
CHILDREN'S
PAIN
TOGETHER**

**Let's help improve the wellbeing, hurt, and discomfort
of young people with neurodisabilities.**

**Your voice matters, and it can help shape future
pain care, research, and policy in Alberta!**

Across Alberta, families tell us that pain can be overlooked—especially for children, teens and young adults with neurodisabilities. We're inviting young people (under 25), families, caregivers, community organizations and health workers to share their experiences so pain care, research, and policy better reflect the real needs of children and youth with neurodisabilities.

**Your experience can help guide what comes next.
Complete this short survey and help us transform
the way care looks for our communities.**



https://survey.ucalgary.ca/jfe/forms/SV_7604G6e6b99283E



This project is led by Dr. Katie Birnie and Dr. Melanie Noel at the University of Calgary, and funded by the Alberta Children's Hospital Foundation. For more information, contact project coordinator Sean Lindsay: sean.lindsay1@ucalgary.ca.



"Progress in hydrocephalus research starts with lived experience. By sharing your experience in HAPPIER, you provide researchers with critical data that can lead to better understanding of causes, intervention strategies, & treatment options. If you are living with hydrocephalus or care for someone who is, join the Hydrocephalus Patient Registry today!"

[Register Here](#)

Hydrocephalus
Association

Have you joined

HAPPIER?

HAPPIER is an online hydrocephalus patient registry created for our community to share your experience living with hydrocephalus.



Share your experiences and help inform critical hydrocephalus research!



SBHASA SHOUT-OUTS!

What's New in Your World? ♥

We want to celebrate **YOU!**

-  New Job
-  Graduation or School Achievement
-  Sports, Recreation, or New Activities
-  New Pet
-  Fun Adventure or Vacation
-  New Hobby or Skill
-  Personal Milestone
-  Something You're Proud Of

BIG OR SMALL, WE WANT TO HEAR IT ALL!

Help us showcase the amazing things happening within our SBHASA community. Your story may be featured in an upcoming newsletter, social media post, or member spotlight.

 **Photos are welcome!**

SHARE YOUR NEWS TODAY!
sbhasa.info@shaw.ca

Because success deserves to be celebrated!

Spina Bifida and Hydrocephalus Association of Southern Alberta

Reminders & Tips:

If a member receives AISH, please also check with them to see if your item(s) qualify for coverage before requesting reimbursement from SBHASA (ie ambulance bills, medical supplies, medication etc.).

AADL covers 4 catheters per day. Contact your OT or clinic nurse to arrange this.

Call your medical equipment provider and request a bulk price for catheters - you should not be paying more than \$1.30 per catheter.

When applying for coverage, reimbursement order is as follows:

1. Any Government Source (FSCD/PDD/AISH/AADL etc.)
2. Private Insurance
3. SBHASA (must meet volunteer requirements)

Other Tips, Resources & Savings

Starlight Canada - Making Children Smile, Helping Families Cope. **Highly recommended by SBHASA families already enrolled** Several free family events and gifts for the kids throughout the year!

Access 2 Cards - Sponsored by Easter Seals Canada, great savings for families. Save money on Movies, Calgary Zoo, Calgary Farmyard, and so much more!

RDSP Grants & Bonds - free money for children with disabilities, no money required to join. Steven Williams can help you get started - steven@rdsplan.ca or Ph: (587) 777-6250 or (844) 292-7377

Funding Opportunity Ceridian Cares provides grants up to \$5000 to Canadian families for food, clothing, footwear, and household items. They provide assistance for medical devices, home adjustments for barrier free living, and recreation programs for individuals and families in need. Click [HERE](#) for more information or to apply.

** Make sure to check out "Alberta Adaptive Equipment Sale/Swap" on Facebook for discounted deals on gently used items!

The Board has collectively put together a list of helpful resources/links for members - these are great associations to follow up social media and sign up for their updates ... Hydrocephalus Canada has many great complimentary webinars!

SBHANA
Starlight Foundation
Easter Seals
Hydrocephalus Canada
Spina Bifida of America
CP Kids (Bike Program)

Hydrocephalus Canada offers great (FREE) webinars and information year round. Don't miss out, [sign up here](#)



With individuals and families reaching across the Southern Alberta region, from the BC to Saskatchewan borders and from Red Deer to the Montana border, we're so grateful to be part of such a strong, connected community. To help ensure our programs, events, and communications run smoothly for everyone, SBHASA has put the following guidelines in place:

Double-Check Emails Before Asking Questions

Many answers can be found directly in our newsletters and event emails. We kindly ask that you review these carefully before reaching out. If you have a question, chances are that several other families are wondering the same thing—and the information is often already included in the event details we've shared. This helps us support all families more efficiently.

Please be sure to note deadlines and complete the required online forms *once they are activated*. Online forms are often only accessible during the specified period of time given.

*Tip: Keep the last 1-2 newsletters in your inbox for updates or information you may have overlooked.

Responding to Events

Please follow all event invitations and sign-up instructions closely. This ensures your registration is processed correctly and helps us plan successful, inclusive events for everyone.

Contacting The SBHASA Team

Email is the best way to reach us for non-urgent questions. Texts and phone calls are reserved for urgent matters on event days only, as our personal phones are used for these communications.

Sliding Scale Policy

SBHASA strives to ensure sufficient volunteer opportunities are available for all members. Signing up early for events is important, as spots are filled on a first-come, first-served basis.

Reminder: Family members or friends (also known as “proxies”) who volunteer on a member's behalf do count toward that member's volunteer points. If a volunteer is unable to attend at the last minute, we kindly ask that the member make every effort to arrange for a family member or friend to step in on their behalf whenever possible.

Thank you to everyone who signed up, committed, and fulfilled their obligations. Your efforts lightened the load for others—it truly takes a village.

Your cooperation helps us create the best possible experience for our entire community. It also helps us to be more efficient in providing our services a/or programs. Thank you for being such an important part of SBHASA—we truly couldn't do this without you.

Warm regards,
SBHASA Team

Need forms or information? VISIT: sbhasa.ca

Review the [Sliding Scale Funding Support Details: Click Here](#)

Help grow awareness and support SBHASA by following and sharing our social media:

IG: @sbhasa.team

FB: Spina Bifida and Hydrocephalus Association of Southern Alberta – SBHASA

Invite family and friends to follow along, share our posts, and sign up for a free Friends & Others membership to receive our monthly newsletter.

All links can be found on the SBHASA homepage.

Victoria Sandoval

1975–2026



OBITUARY

A passionate advocate, courageous leader and powerful voice for people with spina bifida and disabilities. Victoria dedicated her life to advancing equality, participation and human rights, and inspired many through her courage, warmth and determination.

Victoria will be deeply missed by her family, friends, colleagues and the entire spina bifida and hydrocephalus community. We extend our deepest condolences to all those who loved and worked alongside her.

We will remember Victoria with great affection and gratitude, and we will carry her voice and her commitment forward in our work.



Brussels, 15 September 2026

The International Federation for Spina Bifida and Hydrocephalus (IFSBH) is deeply saddened to announce the passing of its President, Victoria Sandoval Cáceres de Lara (1975–2026), who passed away last week in Guatemala.

Victoria was a passionate advocate, lawyer and leader who dedicated her life to advancing the rights, inclusion and participation of people with disabilities, with a particular commitment to people with spina bifida.

As a person with lived experience of spina bifida, Victoria brought a powerful personal perspective to her advocacy. She was a strong believer in equality, participation and human rights, and worked tirelessly to ensure that people with disabilities had a voice in the decisions that affect their lives. As President of IFSBH, Victoria represented the global spina bifida and hydrocephalus community with determination, courage and conviction. She brought her experience, energy and warmth to her leadership, making a lasting contribution to the Federation and to the wider disability rights movement. Victoria leaves behind an important legacy of advocacy and leadership in Guatemala and internationally. Her courage, commitment and ability to connect with others inspired many people across our community and beyond.

Victoria will be deeply missed by her family, friends, colleagues, members and partners, and by the entire spina bifida and hydrocephalus community.

IFSBH extends its deepest condolences to all those who knew, loved and worked alongside Victoria during her life and advocacy journey.

We will remember Victoria with great affection and gratitude, and carry her voice and commitment forward in our work.

WORLD SPINA BIFIDA & HYDROCEPHALUS DAY

OCTOBER



25TH

Do you live with Spina Bifida or Hydrocephalus?
Show us your moves for a chance to win a \$50 gift card!

1. Show us how you like to be active
2. Enter on or before Oct 25th
3. Follow • Share • Tag! Add the caption: "World SB/H Day!" - Tag @sbhasa.team




I CAN'T
Keep Calm

**IT'S MY BIRTHDAY
MONTH**

HAPPY
BIRTHDAY

Stephanie C.





SPOOKTACULAR PUMPKIN CONTEST (EXTRA POINTS IF YOU'RE IN THE PHOTO!)

★ *How to Enter:*

On Halloween (Oct 31st), share a photo of your pumkin masterpiece.

Add the caption: "Happy Halloween!"

★ *Tag @sbhasa.team*

★ *You could WIN a \$25 Dairy Queen Gift Card!*
Every post helps us grow our community and spread awareness—thank you for being part of the SBHASA family

Follow • Share • Tag to Win!



(Winner will be chosen by automated online name generator)



Memberships renew January of each year and are due by Jan 31st

*Note: Memberships must be current to access the Funding Support Program
(must meet volunteer requirements)

Points are not accumulated when memberships are not current.

For just \$20, you will be kept up to date on all the latest SBHASA news, updates, programs, fundraisers, contests, and social events.

"Individual/Immediate Family" Memberships also get access to all the SBHASA programs including the Support Fund (conditions apply), Christmas Party, Scholarships, Camps and so much more!

[CLICK HERE](#) for Membership Form - New/Renewal



Spina Bifida And Hydrocephalus
Association Of Southern Alberta
PO Box 6837 Station D
Calgary, Alberta T2P 2E9

Contact Us

**Our Mission: To Improve The Quality Of Life Of All Individuals With
Spina Bifida a/o Hydrocephalus**



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Spina Bifida and Hydrocephalus Association of Southern Alberta | PO Box 6937 Stn D | Calgary, AB T2P 2E9 CA

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