



Why Are We Here?

To improve the lives of those affected by Spina Bifida and to promote its prevention through folic acid awareness!



How Can You Help?

Get involved! Volunteer! Join a Committee! Be a Board Member!

Other ways you can help!

- ◆ Be a voice in the community for individuals with disabilities!
- ◆ Share the folic acid message with all the women in your life!



How do we help?

SPINA BIFIDA EDUCATION AND SUPPORT

There are a wide variety of issues associated with Spina Bifida which include paralysis, orthopedic challenges, hydrocephalus, learning disabilities, and bowel and bladder control. Because Spina Bifida is a complex disability, it is important for families to become educated on a wide variety of issues.

- ♦ For newborn parents SBTX provides new parent packets and connects them with mentor/veteran parents who can provide them with useful information and encouragement at a vulnerable time.
- ♦ The SBTX Conference, Education Days, and Resource library gives parents and caregivers the tools to make informed choices on their child's care.
- ♦ SBTX Family Activities and Support Groups provide opportunities for individuals to interact and promote fellowship and mutual support among families going through similar circumstances.

LENDING CLOSET

This service pairs families that have surplus medical supplies and equipment with others that are in need. Items in the Lending Closet include incontinence supplies and medical equipment.



FASHION-ABLE (rhymes with able)

This program benefits both the models, who receive a customized outfit and a boost in self-esteem, and the student designers, who learn more about disabilities and improve their skills while helping others. What started out with a partnership of one class of 16 students in 2008 has grown to involve 6 area high schools and over 90 model/designer pairings. Attendance is anticipated to reach 400 at the Fashion-Able Show when the models get to shine on stage as the design students compete for scholarships and prizes.

PREVENTION AWARENESS

In addition to our work with families, SBTX is actively involved in prevention outreach through our Folic Acid Awareness initiatives. Spina Bifida occurs in 6.3 of every 10,000 births in Texas, almost twice the national average. SBTX works diligently to educate women about the importance of folic acid in daily diet. The CDC recommends that every woman between the ages of 15-44 should consume 400mcg of folic acid daily. By doing so, the incidence of neural tube defects like Spina Bifida would be reduced by up to 70%. SBTX conducts quizzes at bridal fairs, health fairs, and distributes vitamins to brides at the mass bridal ceremonies on Valentine's Day.



How much time will it take?

Each board member is required to be on at least one committee, create one fundraising event, participate in at least three family activities per year.

Committee Participation

Community Outreach Program/Family Services	Fundraising Executive
Folic Acid Awareness	Financial



Fundraising Opportunities

Big Give	Auctions
Birthday Fundraisers	Gala
Facebook Fundraisers	Rummage Sale



Volunteer Opportunities

Member Events

SB Day	6 hrs
Holiday Party	6
Support Group meeting	1 hr
TAG (The adult group)	2 hrs

FashionABLE

Parent Meetings	4-6 hrs
Dress Rehearsal	4-6 hrs
FashionABLE Show	4 hrs



Folic Acid Awareness

Bridal/Health Fairs	4 hrs
Mass Weddings	4 hrs

Fundraising

SB250 bicycle ride	6 hrs
Gala	5 hrs
Big Give	2-4hrs

Where Do I Sign?

Name _____ Title if applicable (i.e. MD, PHD etc.) _____

Occupation _____ Place of Employment _____

Home Phone _____ Work Phone _____ Ext _____

Cell Phone _____ E mail Address _____

Mailing Address _____ City _____ Zip _____

Relevant Experience and/or Employment _____

Why are you interested in our organization? _____

Yes I would be interested in participating in any of these activities.

- | | | |
|---|--|--|
| <input type="checkbox"/> SB Day (last Sat. in Jul.) | <input type="checkbox"/> Holiday Party (1st Sat. Dec.) | <input type="checkbox"/> FashionABLE (1st w/end Apr) |
| <input type="checkbox"/> Support Grp (monthly) | <input type="checkbox"/> TAG (monthly) | <input type="checkbox"/> Folic Acid (varies) |
| <input type="checkbox"/> Education (annually) | <input type="checkbox"/> General Office Duties | <input type="checkbox"/> Health/Bridal Fairs |

Yes, I would be interested in the following committee opportunities.

- | | | |
|---|---|---|
| <input type="checkbox"/> Community Outreach | <input type="checkbox"/> Program/Family Services | <input type="checkbox"/> Folic Acid Awareness |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Financial (Treasurer plus 2) | <input type="checkbox"/> Executive (Officers) |

Yes, I would be interested in being a board member. I understand this also includes some very important responsibilities.

I understand that as a board member I am responsible and accountable for the governance of Spina Bifida Texas.

I understand that as a board member I will be required to attend all board meetings and that 3 or more unexcused absences will result in removal from the board.

I understand that as a board member I will be required to participate on at least one committee, and volunteer/attend at least 3 organization events annually.

I understand that as a board member I will be responsible for the financial well-being of the organization and will be required to take an active role in the fundraising efforts of the organization. I will create at least one fundraiser and raise funds annually.

My estimated annual monetary donation to Spina Bifida Texas is/will be \$ _____

Most importantly, I understand that as a board member I am the voice of Spina Bifida Texas and I will actively advocate for our mission of *Improving the lives of those affected by Spina Bifida and promoting its prevention through folic acid awareness.* By signing below, I agree to the above requirements and wish to be considered for appointment to the board of directors of Spina Bifida Texas.

Signature _____ Date _____

Please submit completed application via email to rgonzales@sbtx.org or mail to Spina Bifida Texas
1600 NE Loop 410, Ste 211
San Antonio, TX 78209