

Notes
Power of Partnerships
Week 6 – Power of Partnership
March 18th, 2013
Sharon Sellet
Spina Bifida Coalition of Cincinnati

Natural Supports:

Natural supports are people who have a vested interest in your life. Usually parents, family and friends.

Sticky Points :

Relationship with parents can be challenging when young person and parents have different views. Parents can be over bearing in trying to keep young person from experiencing too much risk or logical consequences.

Concept of Mending:

A flaw or tear in relationship that needs repair. Accept that there is a difference of opinion and work through the communication to resolve.

Sibling Issues:

- Siblings may feel that they do not get the 1st priority when child with SB requires so much attention and hospitalization.
- Challenges for siblings –
- left out of decision making, had too many responsibilities.
- Benefits –
- more compassionate and greater awareness of inequalities.

Good relationships are: 3 R's

- Reciprocating
- Responsible
- Respectful

Most Important Stakeholder is YOU - Allocate time as an expensive resource to manage carefully.

4 Places to Spend Time Every Day

1. **Physical** being –Do something that is active, exercise, take a walk, dance
2. **Emotional** being – Initiate a conversation with someone – call a friend
3. **Intellectual** – Read something that is challenging. Do a puzzle, draw, listen to educational program.
4. **Spiritual** –Whatever your belief system, spend time reflecting on it.

Yoga Tip : You can contact Sharon Byrnes between now and next Monday to set a free one on one consultation. Email – winit710@aol.com

Tele Program

Monday March 25th was the 7th week of the nine week series. We added teleconference visually guided chair yoga as part of the Self Care discussion. It was very well received, yoga was a request from a few participants, and it worked better than I anticipated. Grayson Holmbeck will present Special Topic in May on Family Dynamics. Dr. Holmbeck is from Loyola University and presented at both World Congress on Spina Bifida. Katie Thoman Godshalk and Dr. Nie will also be presenting on adult healthcare topics - dates to be announced. We are serving adults with SB from the following states - Pennsylvania, Ohio, South Carolina, Utah, Kentucky, Washington state.

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