

CRIBBS Newsletter

December 2023



Sent on behalf of the Marshfield Clinic BBS Center of Excellence
Leadership Team

Greetings,

The mission of the Center of Excellence for Bardet-Biedl Syndrome is to enrich the health and quality of life for individuals affected by BBS through compassionate interdisciplinary health care, scientific advancement and community outreach.

The CRIBBS registry continues to grow and we are fast approaching 800 participants. Your continued support of CRIBBS and willingness to take part in annual interviews is leading to important discoveries about BBS. We are so grateful for your time. Hearing from you every year is very helpful, even if it feels like not a lot has changed.

Please join if you have not joined CRIBBS by signing up on our webpage at www.bbs-registry.org. We wish to give thanks to the BBS Foundation that has provided HUGE support to CRIBBS.

Contacts Us:

Email:

cribbs@MCRF.MFLDCLIN.EDU

Phone:

1-877-594-3499 (CRIBBS-English)

1-877-998-0018 (CRIBBS-Spanish)

Social Media and Community Connections

BBS Adults Facebook page

This is a place for adults who have BBS. You can connect with others who have similar experiences, support each other and share your journey through life.

<https://www.facebook.com/groups/648889312653215>

Families of Bardet-Biedl Syndrome Facebook page

If you have a family member with BBS, please consider joining this page. You can connect with other families, share information, and know that you're not alone.

<https://www.facebook.com/groups/138529479566568/>

BBS Family Cookbook

The BBS Family Cookbook has lots of healthy and delicious recipes, collected from members of the BBS community. Try them, share them, and tell others about your favorites on the BBS Adults, Families of BBS, and Bardet Biedl Kitchen Facebook pages. Click below to download the BBS Family Cookbook.

<https://www.marshfieldclinic.org/mDodate/Documents/BBS-cookbook-latest-1.pdf>



Marshfield Clinic[®]
Research Institute

Groups

Log-in information: Except for the BBS Sports Club (see the Sports Club listing for separate information), the Zoom login for the BBS groups has changed. All the other BBS groups will meet on the new Marshfield Clinic BBS Zoom site as of the beginning of October:

Join Zoom Meeting

<https://us06web.zoom.us/j/87473711833>

You can also join by either a cell phone or land line:

Phone number: 646-931-3860

Alternate phone number: 312-626-6799

Meeting ID: 874 7371 1833

One tap mobile (this is what you can program into your contacts on your cell phone):

6469313860,,87473711833#

3126266799,,87473711833#

The first telephone number is a new number. The second phone number is one we have been using for a while, but we haven't heard that they are phasing out any of the older numbers.

BBS Parents Support Group: Friday, December 29 at 7:00 pm Central Time

Please join us for the BBS parents support group. This group is facilitated by Maxie and David McGlohan and is geared toward parents of children with BBS from birth to age 18. But everyone is welcome to join in even if their loved one is older than 18. We will as always discuss any topics that parents wish to discuss. We welcome any newly diagnosed families to offer information and support. This group is a safe place where parents can discuss any and all issues. David Sr is a dentist and I'm a family nurse practitioner so we are very comfortable discussing dental and medical topics. We look forward to connecting with and supporting each other during these difficult times.

The group meets using the Marshfield Clinic Zoom site. For more information, contact Maxie at 2themax03@gmail.com

BBS Book Night: Friday, January 5, at 7:30 pm Central Time

Moderated by Ellyn Hunter. BBS book night meets the first Friday of every month at 7:30 pm Central Time. The book is always available from BARD, and usually from Audible, local libraries, and possibly Bookshare. The group uses the Zoom site for Marshfield Clinic. This month, we will be reading Bright Lights, Big Christmas, by Mary Kay Andrews. Description: When fall rolls around, it's time for Kerry Tolliver to leave her family's Christmas tree farm in the mountains of North Carolina for the wilds of New York City to help her gruff older brother & his dog, Queenie, sell the trees at the family stand on a corner in Greenwich Village. Sharing a tiny vintage camper and experiencing Manhattan for the first time, Kerry's ready to try to carve out a new corner for herself. In the weeks leading into Christmas, Kerry quickly becomes close with the charming neighbors who live near their stand. When an elderly neighbor goes missing, Kerry will need to combine her country know-how with her newly acquired New York knowledge to protect the new friends she's come to think of as family. And complicating everything is Patrick, a single dad raising his adorable, dragon-loving son Austin on this quirky block. Kerry and Patrick's chemistry is undeniable, but what chance does this holiday romance really have?

BBS Sports Club: Thursdays December 7, 14, 21, and 28 at 5:30 pm Pacific Time.

Facilitated by Bob Stewart, the BBS Sports Club now boasts 12 very active weekly members who log into our Zoom meetings, held each Thursday, 5:30 PM, PST. New members are always welcomed. Our primary purpose is to have fun in a networking, upbeat, social way. Sports contests are held each week with sports memorabilia prizes.

BBS Sports Club meetings are via Zoom and ordinarily scheduled for Thursday except for holidays. Where a holiday falls on a Thursday or Friday, the meeting is scheduled for Wednesday. Those who are interested in joining the group should contact Bob Stewart at bstewart@yardarmtech.com to get the current Zoom login information.

BBS Women's Group: Wednesday, December 20 at 7:00 pm Central Time

This group is an informal gathering for women who have BBS, ages 25 and up. It provides a place for sharing personal experiences, resources, and adaptive strategies, as well as for establishing interpersonal connections. The group normally meets every third Wednesday at 7:00 pm Central Time on the Marshfield Zoom site (this month we are only going to meet once). For new members, before joining the group, contact Ellyn at ellynhunter@charter.net

BBS Weight Loss Group: Saturdays, December 2, 9, 16, 23, and 30 at 12:00 noon Eastern Time.

Facilitated by Joelle Swyka, this is a weekly group for individuals who are using either Weight Watchers or My Fitness Pal to lose weight and would like to get together for more support, especially since so many of us in the BBS community are struggling with weight. The meetings are a great place to share ideas, recipes, and experiences, and to support each other throughout our weight management journey. The group meets using the Marshfield Clinic Zoom site.

BBS Adult Discussion Group: Sunday, December 10 at 7:00 pm Central Time. (No meeting December 31 because of New Year's Eve.)

This is a group for adults, both men and women, ages 25 and older. The purpose of the group is to provide adults with BBS with a collaborative forum to share their experiences, ideas and resources with one another, as well as to create interpersonal connections. The atmosphere is informal, and topics vary. The group meets by the Marshfield Clinic Zoom site every third Sunday at 7:00 pm Central Time, except when holidays conflict. For new members, before joining the group, contact Ellyn at ellynhunter@charter.net