

# Community Newsletter

## Push to Walk's Move



After eight years in our current Riverdale location, Push to Walk will be moving to Oakland, New Jersey, in October 2016. As we plan for the move to this larger, more functional gym space, our focus is on preparing for growth in our Exercise Program. Our clients and staff are incredibly excited by all the possibilities that having a larger gym will provide.

- 7,435 square feet
- 2 walking tracks to accommodate more clients at one time
- New flooring to allow for more functional walking
- Open floor space
- Higher ceilings allowing for use of different equipment
- All one floor making staff more accessible to clients

We are delighted at the prospect of beginning our next decade of service in a new, larger gym space, and continuing to provide a unique and important program.

We hope to have an even bigger impact on the underserved community of people with paralysis.

## Client Spotlight: Lenaisha



When Lenaisha started at Push to Walk in May of 2016 it was a challenge for her to independently stand at the standing bar and would only be able to get her hands off for a maximum of 7 seconds. She is now able to stand at the standing bar, take both hands off with ease and do double arm exercises such as overhead presses, side raises and front presses without grabbing the bar for support. Lenaisha's endurance has also improved greatly. She used to need breaks when walking in the GHS and now is able to complete a full 60 feet without taking a break to catch her breath. Other improvements include being able to sit at an incline without tightness in her lower back, pulling her back into a supine position, and doubling the amount of reps with weighted exercises she can do compared to when she started. Lenaisha recently began using the RT200 before her sessions in order to help prime her body for the workout ahead and says she enjoys the benefits she gets from the stimulation. The bike helps to break up some of her tone making exercises easier for her to perform without her body fighting her. Keep up the great work, Lenaisha!

## Upcoming Events

### 9<sup>th</sup> Annual Golf Outing

Thurs., Sept. 29<sup>th</sup>, 2016  
The Knoll Country Club

\*The golf outing was postponed due to inclement weather\*

### Beefsteak

Sat., Nov. 19<sup>th</sup>, 2016  
Bloomingdale  
Fireman's Hall

For more information  
e-mail Stephanie  
slajam@pushtowalknj.org  
or call 862-200-5848

## Scholarship Program

We understand that finances can be an obstacle when searching for a continuing exercise program after traditional therapy is complete. At Push to Walk we try to remove that barrier by encouraging those with financial limitations to apply to be a recipient of our Client Scholarships.

In 2016 just over \$26,000 were given out to a total of 9 clients.

Scholarships are available to those who qualify.

If you wish to apply, please email Kate Wolfe at [kwolfe@pushtowalknj.org](mailto:kwolfe@pushtowalknj.org) to receive a scholarship application form.