

Community Newsletter

9th Annual Casino Night



Thank you to all those who came out and supported Push to Walk's 9th Annual Casino Night featuring Texas Hold 'Em Tournament on Saturday, March 10th. A special thank you to Route 23 Auto Mall's entire staff, especially Scott Barna and Donna Christman for hosting the event for the 9th year in a row and working round the clock to make sure all snow was cleared from the lot, and power was restored for the tournament! Despite two snowstorms the event welcomed 76 players, 13 dinner guests, and 11 volunteers who helped the organization raise over \$15,000.

Client Spotlight: Gene



Gene started at Push to Walk in October 2013 and works out twice a week. He has a very strong core for seated balance and never needs help transferring to and from equipment. He went from struggling to bench press the bar (45lbs) to bench pressing 135lbs! Gene pushes every exercise to the max; he is able to be fully seated and hold out a 35lb plate for almost a minute and do 50 pressups in less than 3 minutes. He barely takes breaks and usually gives his trainer a workout just trying to keep up with him. In addition to being a client, Gene is a huge supporter of Push to Walk and a current board member. He held a Holiday Party Fundraiser in December of 2017, and raised over \$5000 for Push to Walk. Thanks for the support, Gene and keep up the great work!

Staff Spotlight: Karla



Welcome back, Karla Ruaya as a Neuro Exercise Trainer. Karla worked at Push to Walk from May 2010 through December 2013 and left to work full time in NYC. She remained involved with the organization during her hiatus by volunteering for fundraising events and conducting adaptive tennis workshops for Push to Walk clients each year. The organization happily welcomed her back at the end of February and Karla started off by completing the three day NeuroRecovery Network (NRN) Locomotor Training Workshop to supplement her training refresher at Push to Walk.

"I'm so happy to come back to the same method and principles that we had when Push to Walk first opened its doors, which is to give the best workouts possible and have every client out of their chair and moving." -Karla

Franklin Lakes Lions Club Gift



Push to Walk is delighted to recognize the Franklin Lakes Lions Club for making a generous first-time gift of \$700. The organization is grateful to Dr. Catherine Mazzola, both a member of the Club and Push to Walk's Board of Trustees, for recommending Push to Walk for this gift. We are honored to be one of several area non-profits to receive a gift as part of the Lions Club's deep commitment to helping people with disabilities. Cynthia Templeton, Founder and Interim Executive Director, enjoyed attending the check presentation on March 1 at the Indian Trail Club and sharing more about Push to Walk with the members and guests.

Grants & Donations Recently Received

Being a member of the Meadowlands Regional Chamber has been incredibly helpful in furthering awareness about Push to Walk, especially in Bergen County. The organization is grateful for the members' generosity as well, including their recent \$400 donation through their annual Lunch for Love fundraising event.

Columbia Bank Foundation continued a supportive tradition of making a gift in honor of one of the Bank's clients. Push to Walk's clients appreciate the support so much!

Upcoming Events

2018 Open House Dates

Tues., March 20th

Wed., April 25th

Tues., May 22

Wed., June 20

Call 201-644-7567 to schedule a time for a personal tour, or just drop in to visit between 11am-1pm.

Team Push to Walk at the NJ Marathon

Sun., April 29th, 2018
Long Branch, NJ

11th Annual Golf Outing

Mon., Sept. 17th, 2018
Parsippany, NJ

For more information
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or call 201-644-7567