



Redefining Possibilities for the Spinal Cord Injury and Paralysis Community

100 Bauer Drive | Oakland, NJ 07436 | Phone: 201-644-7567

Spring 2018

# Community Newsletter

## Upcoming Events

### 2018 Open House Dates

Wed., June 20

Thurs., July 19

Tues., August 21

Thurs., September 27

Tues., October 23

Thurs., November 19

Tues., December 18

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

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

Mon., Sept. 17<sup>th</sup>, 2018  
The Knoll--Parsippany, NJ

For more information

e-mail Stephanie

slajam@pushtowalknj.org

or call 201-644-7567

## Staff Spotlight: Vivian



Vivian joined Push to Walk in April 2018 and brings experience both as an Executive Director as well as a grant writer/development associate for a number of organizations. She has a Bachelor of Science degree from Colorado State University and numerous years of experience working in the nonprofit sector. Vivian works closely with the other members of the management team in the daily operations of Push to Walk. Her responsibilities encompass a range of administrative and development duties, as well as strengthening and cultivating relationships with past, present, and future clients and their families. She will continue to promote the mission and vision of Push to Walk in Bergen County, as well as throughout the state.

"I am thrilled to be here and working with such dedicated and compassionate colleagues and clients. They inspire and remind me to work harder and live life to the fullest every day," says Executive Director, Kiggins.

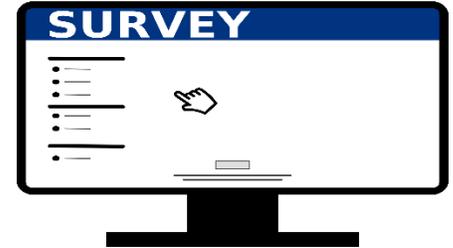
## 2018 Team Push to Walk



On Sunday, April 29<sup>th</sup> Team Push to Walk came together for its 8<sup>th</sup> year in a row participating in the Novo Nordisk New Jersey Marathon. The team consisted of 1 client who rode in a hand cycle, and 18 friends and helped the organization raise over \$30,000!

If you or anyone you know may be interested in joining the team in the future, please email slajam@pushtowalknj.org.

## Quality Assessment Survey



In February 2018 Push to Walk staff, alongside Board member, Dr. Catherine Mazzola, a pediatric neurosurgeon, and Alaba Sotayo, a Rutgers New Jersey Medical student, began developing a quality assessment survey to benefit people with spinal cord injuries. The study was designed for case managers and social workers to evaluate what procedures and resources are utilized for paralysis patients and their families on discharge. "Spinal cord injury is a traumatic event for the patient and the family...Very often, the family or even the patient are confused about the diagnosis, the prognosis, and the plan. Even with the best discharge planning, sometimes families and patients report a need for more information," said Dr. Mazzola.

The team is currently in the process of creating a list of local social workers and discharge planners to send the survey to in the State of New Jersey.

## Client Spotlight: Wendy P.

Wendy P. has been consistently coming to Push to Walk twice a week for the past year and exudes such positive energy every time she enters the gym. She works hard every session and is always up to try a new exercise or technique. She has seen several improvements over the year, including significant increases in core strength, balance, and endurance! Wendy has started to use electrical stimulation to enhance her lower body neuromuscular functioning and improved her walking further. During her Saturday PtW sessions she completes an interval training circuit, doing everything from squats to battle ropes to cardio on one of the bikes. She's always "pushing" herself more! Wendy recently took part in the Holy Name Hospital MS Center Fashion Show and walked with her cane down the runway as a model.. Push to Walk is proud of her accomplishments and looks forward to seeing her progress even more!

## Grants & Donations Recently Received

The first gift of a 2018 multi-part pledge was received from the S. Rubenstein Family Foundation in support of Push to Walk's program and clients.

An in-kind donation of legal advice to renew Push to Walk's trademark was received from The McHattie Law Firm in Boonton, NJ.

Thanks to Board Member Eric Segal and the Metro Business Alliance for their continued support of Push to Walk and their donation of \$500.