

Community Newsletter

Upcoming Events

2019 Open House Dates

Thurs., March 28th

Tues., April 9th

Thurs., May 30th

Tues., June 11th

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

10th Annual Casino Night

Sat., April 6th, 2019

Route 23 Auto Mall
Butler, NJ

Team Push to Walk at the NJ Marathon

Sun., April 28th, 2019
Long Branch, NJ

12th Annual Golf Outing

Mon., Sept. 16th, 2019
Parsippany, NJ

For more information
e-mail Stephanie
slajam@pushtowalknj.org
or call 201-644-7567

10th Annual Casino Night



Push to Walk's 10th Annual Casino Night featuring a Texas Hold 'Em Tournament, is Saturday, April 6th at Route 23 Auto Mall in Butler, NJ. Not a poker player? This year's event offers a new Roulette & Blackjack Entry option for those who prefer other classic casino games. All players will have a chance to win from a great selection of prizes. The event will also include a 50/50 raffle for players and spectators to enjoy.

Join Push to Walk and the staff of Route 23 Auto Mall for an evening of fun! Price increases by \$25 after March 31st, so make sure to register early! Players who register online will receive a 1,000 chip bonus for poker at check-in.

Please visit our registration site

<https://pushtowalknj.ejoinme.org/MyEvents/10thAnnualCasinoNight/Registration/tabid/1031623/Default.aspx> for more details.

Coming Soon to PTW: Xcite

New doors are opening at Push to Walk with the addition of the Xcite Functional Electrical Stimulation Clinical Station. The organization's current FES devices can only accomplish some of the Xcite's features. However, the Xcite can target muscles of the upper body (shoulder, arm, forearm) in the proper sequential manner to complete functional tasks, such as reading and grasping a cup off the table that existing devices do not have the capability of doing.

In a survey of individuals with spinal cord injuries published in the American Journal of Applied Psychology, those with quadriplegia prioritized regaining arm/hand function as the number one priority above all else. In the current marketplace today, Xcite is PTW's best opportunity to help encourage these improvements. The organization and its clients are looking forward to adding this state-of-the-art equipment to future workouts.

Crowd Rise Challenge:

Please help PTW reach its goal!



Push to Walk has entered a 4-week fundraising challenge in hopes of receiving a Gannett Grant. The challenge of reaching a \$6,000 goal began on Monday, March 18th and will go through Monday, April 21st. The nonprofit can also participate and win weekly mini challenges based on total donations raised for the week. Once the challenge is over, organizations who raise the most will be evaluated by judges to choose recipients for the Gannett Grant itself. Your donation will help Push to Walk continue its mission to help those living with paralysis achieve their highest level of physical fitness in a positive and encouraging environment.

Please consider donating and spreading the word to help us reach our goal! Any size donation is appreciated. Visit CrowdRise.com/push-to-walk-new-jersey to make your donation and share for others to contribute.

Client Spotlight: Lenaisha



Since Lenaisha started at Push to Walk in 2016 she has shown up to every session with enthusiasm and is always ready to work. Her standing balance with minimal assistance has improved, along with her upper body strength, which she showcased during the Push Ups for Push to Walk Challenge! Lenaisha is always interested in adding new exercises to her program and willing to try anything that will help attain her goals. Awesome job, Lenaisha!

Grants & Donations Recently Received

The first gift of a 2019 multi-part pledge was received from the S. Rubenstein Family Foundation in the amount of \$13,000 to support Push to Walk's program. \$5,000 was granted to Push to Walk's scholarship fund from the Robert & Joan Dircks Foundation.

Thanks to Board Member Cathy Mazzola and the Franklin Lakes Lions Club for their continued support of Push to Walk and their donation of \$750.