

Annual Report 2018



Redefining Possibilities for the
Spinal Cord Injury and Paralysis Community



Bianca standing tall at the standing bar with one of her trainers, Karla.

OUR MISSION

The mission of Push to Walk is to provide individualized workouts and resources to people with spinal cord injuries and other forms of paralysis to optimize current quality of life and to prepare for future medical advancements.

OUR VISION

The vision of Push to Walk is that all members of the paralysis community achieve their highest level of physical fitness.

www.pushtowalknj.org

100 Bauer Drive Oakland, NJ 07436 201-644-7567

A MESSAGE FROM OUR EXECUTIVE DIRECTOR

As I begin my second year at Push to Walk, I remain as amazed by the clients and the staff as I was on my first day. I am grateful that I have been given this opportunity to witness inspiring acts of kindness, compassion and client successes every single day here at Push to Walk.

Push to Walk provides a unique exercise experience that has no duplicate within a large geographical area. At our founding, just three clients living with spinal cord injuries (SCI) were served. Over the past twelve years, clientele has expanded to about 65 people attending regularly each month and around 80 people annually including short-term clients. Further, program staff have increased their knowledge beyond just SCI to welcome clients living with traumatic brain injuries, multiple sclerosis, cerebral palsy, those who have suffered a stroke, and other neurological mobility impairments.

We continue to increase our collaborative efforts with several partners including local universities and colleges. We also work on building relationships with the medical community to help guide our efforts in the future.

Push to Walk remains committed to seeking new sources of funding to support our work and to ensure that our facility remains a positive and uplifting environment for our clients. In my time at the organization it has remained clear that helping clients work toward their goals of improving their day-to-day lives is our passion, and we have been blessed with loyal supporters who have acted as the sturdy foundation that has allowed us to keep pushing each day since 2007.

Vivian Kiggins

2018 HIGHLIGHTS

Completing its **12th full year of service** to the paralysis community, Push to Walk continues to discover new populations to benefit from its program.

Push to Walk welcomed **5 new training staff members**-3 Neuro Exercise Trainers and 2 Aides.

Staff members participated in **various continuing education workshops**, including Neuro Recovery Network Training, CPR/AED and First Aid renewals, Rutgers NJ Medical School's Current Advances in Spinal Cord Injury Research Symposium, Tisch MS Research Center of New York's 21st Annual Multiple Sclerosis Research Symposium, and the Working 2 Walk Science & Advocacy Symposium.

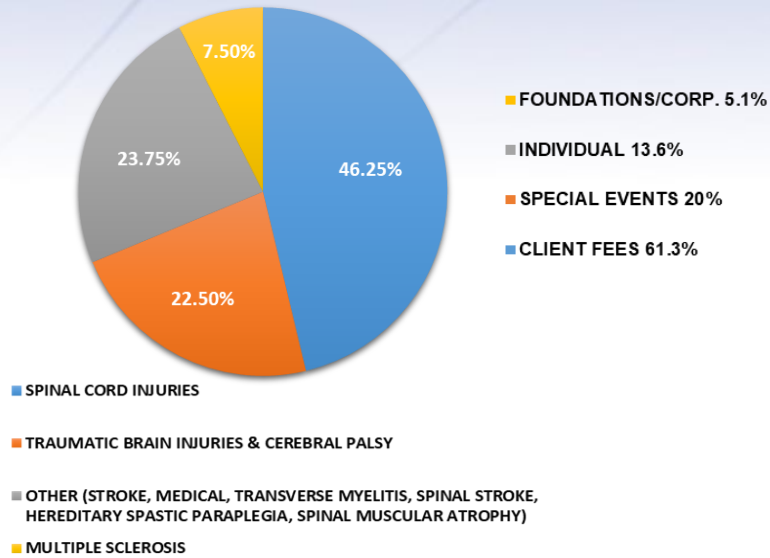
Over \$50K in **Scholarship Funds** were awarded to clients to continue their workouts and progress.

Dr. Wise Young of the W.M. Keck Center at **Rutgers University** welcomed Push to Walk Founder, Cynthia Templeton, onto his Core Committee for **U.S. Clinical Trials** for individuals with spinal cord injuries.

Push to Walk formed a **Medical Advisory Committee** including physical therapists, an occupational therapist, a pediatric neurosurgeon, and a podiatrist/wound specialist to strengthen the relationship between the medical field and the organization as part of the continuum of care for the paralysis community.

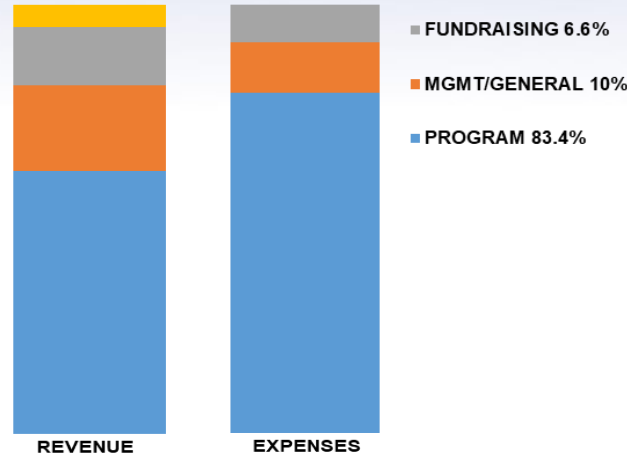
FACTS & FIGURES

DIAGNOSIS OF CLIENTS WE SERVE



FINANCIALS

We raised \$942,562 in 2018 and spent it as follows:



CLIENT SPOTLIGHT

80% can sit with no assistance

60% can transfer independently

33% can drive

51% are employed or enrolled in school

OUR FOCUS

Client Centered Services: Individualized exercise programs focused on “activity-based training” are the core of our program. Workouts are designed to focus on specific goals of the client.

Counseling and Support: We offer guidance through phone calls, emails and meetings to help people navigate through their new situations.

Community Partnerships: Push to Walk works with many organizations to jointly benefit the people we serve.

Advocacy for Care & Cure: Realizing that exercise alone is not a “cure” for the diagnoses we see, our staff members are constantly educating themselves about research and treatments applicable to our clients.

HOW YOU CAN HELP

You are the key to clients’ success at Push to Walk! Please keep those gifts coming, from personal donations and volunteer service to employer matching gifts, corporate partnerships, stock donations and gifts-in-kind.

Thank you for supporting clients on their journey to better health!

CLIENT TESTIMONIAL

“I have been part of the Push to Walk family since September of 2016, just 7 months after an AVM (Arteriovenous Malformation) ruptured in my brain causing paralysis in 3 of my limbs. I LOVE coming each week for the camaraderie and workouts. I’m getting stronger and more capable and that helps keep me going both mentally and physically. While my right arm is still very weak, I’ve learned to use it just enough to gain some much-needed independence! Recently I started using PTW’s handcycle bike and I hope to get strong enough to be part of the 2020 PTW team at the NJ Marathon. I am certain I would be less capable and at a severe disadvantage if Push to Walk wasn’t part of my life!”

– Laura Y., Client

2018 BOARD MEMBERS

Anthony Aceti, Kevin Begley, Kenneth Bostwick, Ellen Duffy, Steve Jekogian, Helene Kennedy, Mariana Lamson, Catherine Mazzola, Kevin Moscatiello, Eugene Murphy, Deborah Perelmuter, Eric Segal, and Paul Sutor

RECOGNIZING OUR SUPPORTERS

\$10,000+

S. Rubenstein Family Foundation

\$5,000+

Robert & Joan Dircks Foundation
Kearny Federal Savings Charitable Foundation

Murphy/Donovan Holiday Party

Barbara Purdy & Ralph Rathen
Valley Hospital Foundation

\$1,000+

Susan & Tony Aceti
Kevin & Jodi Begley
The Benevity Community Impact Fund
The Boeing Company
Mike & Carol Clarke
Community Foundation of New Jersey
Ellen & Thomas Duffy

Fidelity Charitable Gift Fund
Golden Fleece Foundation Charity
Deborah Perelmuter & James Jarosik
Daniel Keegan
Anne Monaghan
Kevin & Kathy Moscatiello
Brian Sackett
Phyllis & Lewis Sank

Schwab Charitable
Malcom Selver
Nino & Joan Silvano
Team Snyder
Cynthia & John Templeton
Michael & Carolyn Tierney
Truist

\$500+

Bill & Debbie Boniface
Bradly Bowton
Carney Hurley Charitable Fund
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Rob DeLuccia
George & Margaret Derrick
Luis De Salvo
Charles & Dawn Dunne

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Jerry Meyers Plumbing & Heating

John Miles
Mike Monahan
John Novak
Carl Panarella
The Plymouth Rock Foundation
Tony Senese
State Farm Companies
Bev & Richard Van Duyne

\$250+

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Todd Bauer
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Todd Bieber
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Ken Bostwick
Joseph Chung
Stan Chiu
Cris Cohane
Ed Craig
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Ted Diaco
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Rodrigo Pinho
Valerie Piro
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South Hackensack Police Officers Associatio
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Paul & Nancy Sutor
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Karen & Richard Verblaauw
Nina Wager