

Community Newsletter

Upcoming Events

2019 Open House Dates

Thurs., October 24th
Tues., November 12th
Thurs., December 19th

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

Working 2 Walk
October 4th & 5th, 2019
Cleveland, OH

Beefsteak
Sat., Nov. 9th, 2019
Bloomingdale, NJ

For more information
e-mail Kate
kwolfe@pushtowalknj.org
or call 201-644-7567

1st Annual Family Fun Day



On Sunday August 25th, Push to Walk held its first Annual Family Fun Day to bring staff, clients and their families together.

It was a beautiful day filled with food and laughter. Everyone enjoyed a BBQ followed by a lot of ice cream and cotton candy! Push to Walk had fun and games, including a relaxing yoga session run by PTW's trainer, Karla.

Thank you to everyone who made it a successful event, and PTW looks forward to it next year!

Become a Member of the PTW Board



Push to Walk has needs beyond just financial donations. The organization relies on the expertise and knowledge of business and community professionals—especially board members—to help advance its mission. The PTW Board is made up of individuals whose dedication to the cause compelled them to be more involved.

The non-profit would like to take this opportunity to see if any of its supporters would be interested in joining the Board of Trustees. Serving on the Board and bringing unique knowledge, energy, and expertise to the table is something that can not only benefit the organization but the individual as well.

Interested in being a part of this amazing organization? Please email Tony Aceti, Board Chair at aaceti.cpa@gmail.com or Steve Jekogian, Board Trustee at stevejekogian1@gmail.com.

Push to Walk Beefsteak 2019



Push to Walk will be holding their 5th Annual Beefsteak on Saturday, November 9th at the Bloomingdale Fireman's Hall at 7PM. Tickets are \$50 per person and include a delicious beefsteak dinner, beverages, and a 50/50 raffle. There will also be bread tower contests and auction items to win!

To purchase tickets please contact Kate Wolfe at (201) 644-7567 or at kwolfe@pushtowalknj.org by October 26th.

Client Spotlight: Susan



Susan has been coming to Push to Walk since 2014 and is a very consistent and dedicated client, rarely missing a session and always bringing 100% to her workouts. Recently, she is using the total gym, hip glute machine and Galileo vibration trainer to work on her lower body. Susan's walking with the Rifton has improved tremendously, her steps are smooth with very strong pull throughs. She is also strengthening her upper body and can now complete bicep curls with weighted resistance using her right arm. We are eager to continue to see all of Susan's hard work pay off as she keeps working towards her goals.

For Susan's birthday this year, she selflessly asked for donations towards Push to Walk. Susan raised over \$1,000 for Push to Walk. Thank you and great job, Susan!

Grants & Donations Recently Received

Thank you to Board Member Ken Bostwick and Lakeland Bank for granting Push to Walk their donation of \$10,000.

\$1,000 was granted to Push to Walk from the Wawa Foundation.

The second gift of a 2019 multi-part pledge was received from the S. Rubenstein Family Foundation in support of Push to Walk's program and clients.