

Community Newsletter

Upcoming Events

2020 Open House Dates

Tentative

Tues., April 14th

Thurs., May 21st

Tues., June 9th

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

11th Annual Casino Night

Saturday, March 28th, 2020
Riverton Mall
Burlington, NJ
CANCELED

13th Annual Golf Outing

Mon., Sept. 14th, 2020
Parsippany, NJ

Team Push to Walk at the NJ Marathon

*Sun., Nov. 15th, 2020
Long Branch, NJ

*New Race Date

For more information

e-mail Kate

kwolfe@pushtowalknj.org
or call 201-644-7567

COVID-19 Pandemic: Doing Our Part



At Push to Walk the health and well-being of our clients and staff matters most.

Over the past few weeks, we have done our best to remain up to date with information surrounding COVID-19/Coronavirus and proactive in establishing protocol to keep our clients and staff feeling safe. Although there have been no known cases at Push to Walk, there have been cases in Bergen County. We, with the support of the PTW Board, decided to close for two weeks beginning end of day, March 13th to limit potential exposure. Our tentative reopening was scheduled for Monday, March 30th, but is now dependent on when the mandate for gym closures (issued March 17th) is lifted.

As an organization, we will do our best to stay informed on the state of the pandemic and keep clients, supporters, and staff updated as we know more. Prior to our opening, we will once again thoroughly disinfect the entire facility.

Thank you for your understanding and patience as we navigate through this situation.

To stay connected with us, check our website for updates or follow us on any of our social media platforms:

Facebook @PushtoWalk

Twitter @PushToWalk

Instagram @pushtowalk

Or search "Push to Walk" on YouTube

If you would like to make a donation to assist us during this difficult time, please visit www.pushtowalknj.org/donate.

Client Spotlight: Ed



Ed started at Push to Walk in 2014 and has made a lot of progress during the last few months. Recently, Ed agreed to change up his routine a bit and has been flourishing ever since!

He has made a lot of progress with his sit to stands and squats on the Total Gym. Ed has also begun walking with the Rifton, where he is working on weight bearing and can now take independent steps with his left leg! Additionally, he takes a few independent steps with his right leg. Ed has been using the Rifton walker without his KFO's (knee foot orthotics) and focusing on achieving knee flexion with each step. He continues to work on his upper body strength, core strength, balance, weight bearing and walking! Way to go, Ed!

Team PTW to Race in November

The NJ Marathon originally set to take place in Long Branch on Sunday, April 26th, 2020 has been postponed to Sunday, November 15th, 2020 due to the global pandemic. Team Push to Walk is embracing the extra training time and prepared to experience the Novo Nordisk NJ Marathon in Fall 2020!

Thought it was too late to train for an April race? Here's the extra training time you needed!

If you are still interested in participating in the Full Marathon, Full Marathon Relay, or Half Marathon as part of Team Push to Walk 2020 and raising funds while creating awareness for Push to Walk, please email kwolfe@pushtowalknj.org for more information.

Grants & Donations Recently Received

Push to Walk was granted \$10K from the Robert & Joan Dircks Foundation and received \$1K from the Franklin Lakes Lions Club to benefit the program.

Additionally, long-time supporter Lakeland Bank donated the funds to purchase a vending machine as part of Push to Walk's new Lakeland Lounge for clients and caretakers to have access to during their many hours spent at Push to Walk.