

# ANNUAL REPORT 2019-2020

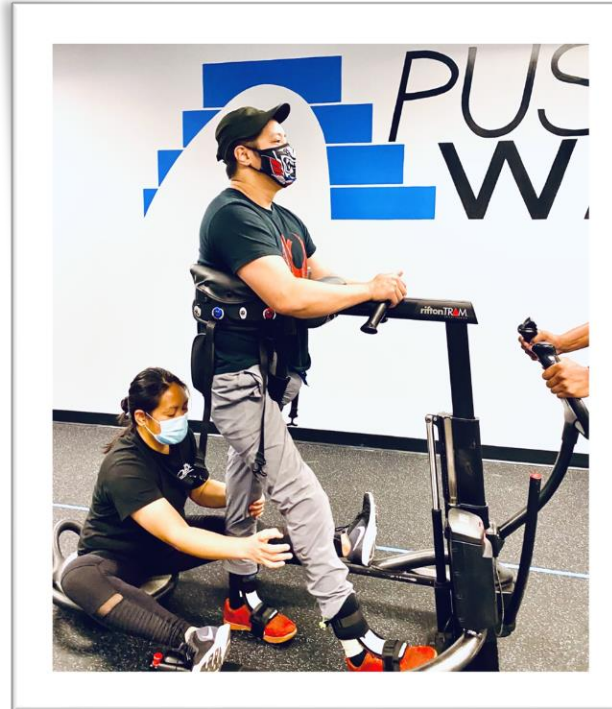
## OUR MISSION

► 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.

## *Redefining Possibilities* for the Spinal Cord and Paralysis Community





## A MESSAGE FROM OUR EXECUTIVE DIRECTOR

I am excited to share our annual report for the years 2019 and 2020. 2019 was such an excellent year for Push to Walk! We saw our client base increase, and our fundraising efforts exceed all our goals. Not only did we receive much needed support to offset our operating cost, we also were able to add funds to our Client Scholarship Program. This allowed us to offer financial support to many of our clients.

The year 2020 let us know that we can handle adversities and come out stronger and as committed as ever to the work we do here at Push to Walk. Our doors were closed for four months, but we used that time to sanitize and spruce up the gym and develop policies that would keep our clients and staff safe. Time that was very well spent.

We know that this past year has been challenging for everyone. Small businesses and non-profits have struggled to keep their doors open.

**Thanks to our dedicated and amazing supporters, we have survived and thrived and been able to continue to provide the high standard of care that our clients seek. And for that, we are forever grateful.**

In these past fourteen years, we have remained steadfast in our commitment to carry out our mission and vision. While we have accomplished a great deal, there is much more to do. Push to Walk has served hundreds of families and clients, all motivated to work to enhance their quality of life. The personal accomplishments of each of these clients are what matter most.

We will continue to reach out to those who need help to set and achieve their personal goals so they can lead healthy, happy, and fulfilling lives.

*~Vivian Kiggins*

## CLIENT TESTIMONIAL

***"I have been coming to Push to Walk since 2017, and I could not be happier with the woman that it has helped me to become.***

*I was born with cerebral palsy. Before coming to Push to Walk I had barely any confidence in my own independence and mobility. When I first started, I was using not only a harness to help with weight bearing but an AFO (ankle-foot orthosis), a hard brace worn on my lower leg.*

*I had no endurance at all and was constantly scared of falling over. In the last three years of working out at Push to Walk not only have I stopped using my AFO's and the harness, but I am no longer terrified of falling with every step I take. Each session propels me toward my goal of independence. It is a judgement free zone where I can give it 110% and take the rewards home with me into my daily life."*

*~Blagica Jankuloska*



## BOARD MEMBERS



Anthony Aceti



Victoria Duffin



Ken Bostwick



Ellen Duffy



Steve Jekogian



Helene Kennedy



Bianca Johnson



Catherine Mazzola



Diane Minkow-Gersten



Kevin Moscatiello



Gene Murphy

## Individualized Training:

Each client receives an assessment of personal and individual abilities, strengths, and goals by a qualified professional. Exercise programs are individually designed and continually updated and improved to stay progressively challenging. They focus not only on what individuals *can* do, but also on what they *wish* to do.

## Support & Community:

We offer guidance through phone calls, emails, and meetings to help clients navigate their new situation. We strive to foster a positive environment where clients feel comfortable and connected to Push to Walk's community.

## Partnerships:

We collaborate with many organizations to jointly benefit the people we serve. We also provide an internship program to local colleges to provide students with valuable experience in their field of study.

## Education & Advocacy:

We realize exercise is only the beginning of optimizing current quality of life for clients. Every year, trainers and staff are involved in seminars, research, and conferences to learn more about medical advances and advocate for the paralysis community.



## Donate

The work of Push to Walk would not be possible without **YOU!** Please continue to donate with personal donations, matching gifts, corporate partnerships, stock donations and gifts-in-kind. No donation is too big or too small.

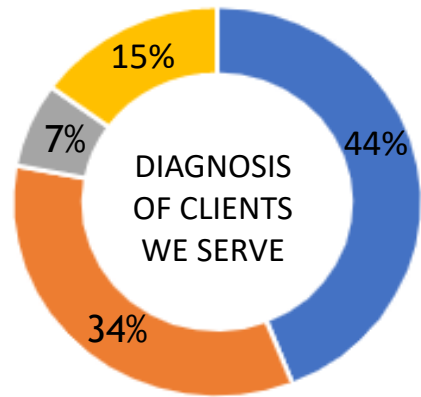
## Get Involved

We have volunteer opportunities such as joining the board, becoming a student intern, or supporting a fundraiser. By getting involved, you are assisting with Push to Walk's mission and growing our community.

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

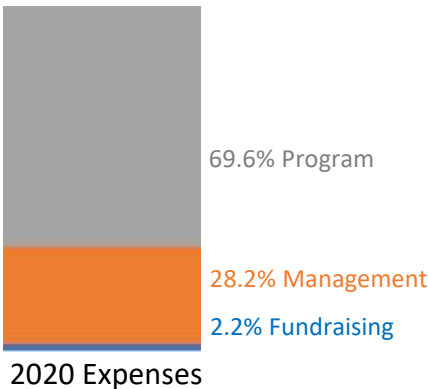
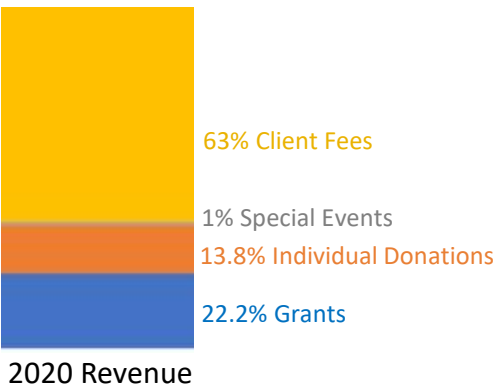
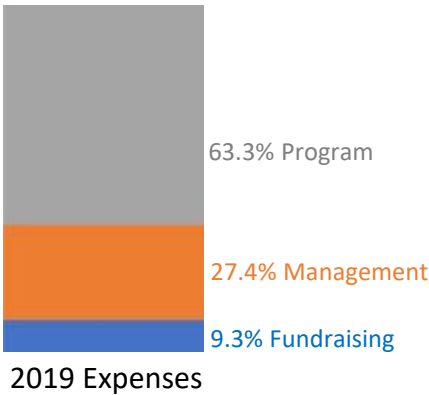
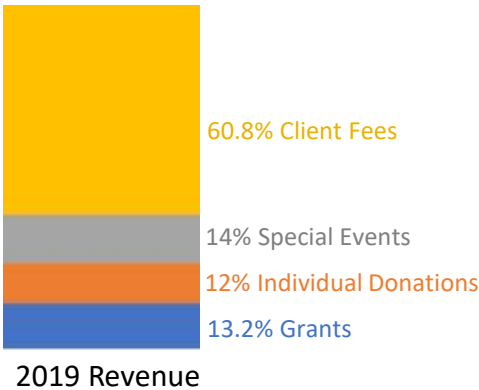


STATISTICS



- Spinal Cord Injury 44%
- Brain Injuries (TBI, Stroke, CP) 34%
- Neurodegenerative diseases (MS, ALS) 7%
- Other (Medical, Lyme Disease, Hereditary Spastic Paraplegia, Spinal Stenosis, Transverse Myelitis, Tumor, Blood Clot) 15%

FINANCIALS



CLIENT SPOTLIGHT

24%  
•Can drive

47%  
•Are employed or attending school

53%  
•Can transfer independently

76%  
•Can sit with no assistance

# Highlights 2019/2020

- Reviewed and updated our Training Manuals with staff and the Medical Advisory Committee Members in 2019.
- The Xcite was purchased in 2019 to add to our other Functional Electrical Stimulation (FES) equipment. FES offers safe, low-current electrical pulses as proven therapy with a wide range of therapeutic indications.
- Push to Walk is participating in research projects with Burke Neurological Institute and New Jersey Institute of Technology.
- Held our first Family Fun Day in August of 2019.
- The Kessler Foundation awarded Push to Walk an emergency pandemic relief grant of \$20,000 in May 2020.
- Received amazing publicity and recognition in both 2019 and 2020 on ABC News and various New Jersey Media outlets.



Family  
Fun Day



- Hosted a series of Yoga classes in 2019.
- Received a \$20,000 continuing Education Grant for staff from the Fred J. Brotherton Foundation in 2020.
- Kenny Agostino, a New Jersey Devils player, visited Push to Walk in 2019 and presented us with his signed jersey.
- Scholarship Highlights - Awarded \$38,300 in scholarship money in 2019 and \$13,000 in 2020.
- Grant Highlights – Push to Walk received \$130,995 in 2019, and an additional \$126,500 in 2020.
- Staff Members participated once again in various continuing education workshops offered by the American Spinal Injury Association (ASIA), the American Congress for Rehabilitation Medicine, and the Working 2 Walk Science and Advocacy Symposium.
- Pleased to report that 65% of our clients and 90% of staff members have returned safely to Push to Walk after our closure in March 2020.



unite2fight  
paralysis  
Working 2 Walk



# Thank you to our Supporters for their donations for 2019-2020



## \$20,000+

S. Rubenstein Family Foundation Inc.  
Kessler Foundation  
Fred J. Brotherton Charitable Foundation

Let It Grow, Inc.  
The Speedwell Foundation

## \$10,000+

Bergen County Cares  
Robert & Joan Dircks Foundation  
Edward and Stella Van Houten Memorial Fund

Evangelical Lutheran Church of Our Redeemer  
Kearny Federal Savings Charitable Foundation  
Lakeland Bank

Lakeland Bank Foundation  
OritaniBank Charitable Foundation

Deborah Perelmutter & James Jarosik  
Princeton Area Community Foundation, Inc.

## \$5,000+

Kevin & Jodi Begley  
George & Margaret Derrick  
Gannett Foundation

Millennium Technologies  
Ralph Rathyen & Barbara Purdy  
Robert & Amanda Snyder

John E. Tiseo  
Village Supermarket, Inc.

## \$1,000+

Susan & Anthony Aceti  
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Mike & Carol Clarke  
Sean Curran  
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Brian Sackett  
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Kathleen A. Sims

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Bev & Richard Van Duyne  
Wawa Foundation  
Betsy White  
Zebra Technologies  
Joan & Don Zief

# Thank you to our Supporters for their donations for 2019-2020



## \$500+

Brian Aceti	Joseph Chang	Arthur Herrmann	Cynthia Montena	Laura Sarlo
Robert Balton	Therese Ciraulo	Information Forecast Institute	Chris & Jenn Murphy	Nino & Joan Silvano
Todd Bauer	Michael & Carolyn Cobane	Sylvia Irwin	Anthony & Carol Nash	South Hackensack Police Officers Association Inc.
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Veronica Cantanzaro	Marge Giles	Ann & Michael McLoughlin	Michael Recupero	Gregg Terlizzi
Capt Douglas & Angela Ferguson	Lara Green-Spector	Meadowlands Regional Chamber	Melissa Rosario	US Professional Tennis Association Foundation
Mark Carbone	The Guarascio Family	John Meola	Sonia I. Rosario	Jeannette Wiener
Carney Hurley Charitable Fund		John Miles	Andy Sandor	

## \$250+

Dave Andrews	Amparo Colon	John Fogg	Tom & Charlotte Lynch	Donna & Brian Neidhardt	Joe Simontacchi
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