



Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Pushing Boundaries

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GENERAL GOALS: To provide intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life.

SPECIFIC USE FOR THIS AWARD:

Support from the Tulalip Tribes Charitable Fund demonstrates their deep and long standing commitment to a healthy community. We are honored to be recognized and included among the many organizations supported by the Tulalip Tribe. Pushing Boundaries will use the grant for general operating support.



For more information regarding the specific uses of the award, see the following pages from Pushing Boundaries.



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DATE

FOR IMMEDIATE RELEASE

Pushing Boundaries Receives Grant from the Tulalip Tribes Charitable Fund

[Pushing Boundaries](#), the Puget Sound’s exercise-based paralysis recovery center, is pleased to announce it has received a grant from the Tulalip Tribes Charitable Fund. Pushing Boundaries will use the grant for general operating support.

There are approximately 70,000 people in the Puget Sound region that are living with some form of paralysis. Pushing Boundaries is helping clients experiencing paralysis from any neurological disorder, including spinal cord injuries, MS, traumatic brain injuries and stroke to regain and maintain health and independence.

“Support from the Tulalip Tribes Charitable Fund demonstrates their deep and long standing commitment to a healthy community,” said Executive Director Tricia Lazzar. “We are honored to be recognized and included among the many organizations supported by the Tulalip Tribe.” Pushing Boundaries is Washington State’s only comprehensive exercise therapy focused on regaining function and independence in those who are paralyzed with neurological conditions.

For more information about the Tulalip Tribes Charitable Fund, please visit <http://www.tulalipcares.org/>

About Pushing Boundaries:

Founded in 2005, Pushing Boundaries provides intensive exercise based recovery therapy for people paralyzed due to illness or injury. Our mission is to provide intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life. To learn more about Pushing Boundaries, please visit <http://pushing-boundaries.org>

Grant Funding Initial Report

1) How this funding will enable you to provide your mission

Our mission is to provide intensive exercise therapy that strengthens and supports people living with paralysis, and their families, to maximize health and improve quality of life. We provide a critical continuum of care after an individual has been discharged from a traditional rehabilitation program.

Our application discussed the increased number of hours of service over the 2014 calendar year. We plan to provide a final report at the end of 2014 regarding service hours.

In the meantime, we'd like to share recent success stories with you from all three of our program areas – Client Therapy Services, Support Center, and Outreach and Education:

Client Therapy Services – Client Success Stories

Jessie – sustained a spinal cord injured in a vehicle accident. When she arrived, Jessie could only operate her electric wheelchair with a chin joystick. With hours of intensive therapy, she is now starting to walk on her own. She continues to improve her balance, gait and strength.

Margarete – sustained a spinal cord injury in a bicycle accident. Margarete came to us only able to use her arm to operate her electrical wheelchair. She is now able to transfer herself out of her wheelchair. She continues to work on strengthening exercises.

Cricket – sustained a spinal herniation in a work-related accident which dramatically limited his mobility. Through our intensive program, Cricket is now walking without assistive devices and continues to improve his balance, gait and overall strength.

Support Center

The Support Center was recently digitized and is now easily accessed on the Pushing Boundaries website. It offers a wide range of topics such as assistive equipment providers, transportation and housing options, and educational opportunities and financial aid resources.

Outreach and Education

In 2013 we were able to connect with over 3,000 individuals through outreach and educational opportunities. These activities allow us to raise awareness about paralysis and share the importance of exercise in the recovery process for those affected.

2) Photos

Attached

3) Total number of recipients impacted by your organization with the help of Tulalip Charitable Contributions

To be addressed in the final report.

4) Website URL

<http://pushing-boundaries.org/>

5) YouTube Pushing Boundaries Channel URL

<http://www.youtube.com/user/PushingBoundaries>