



## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Pushing Boundaries

**ADDRESS:** 4162 148th Ave. NE, Redmond, WA 98052

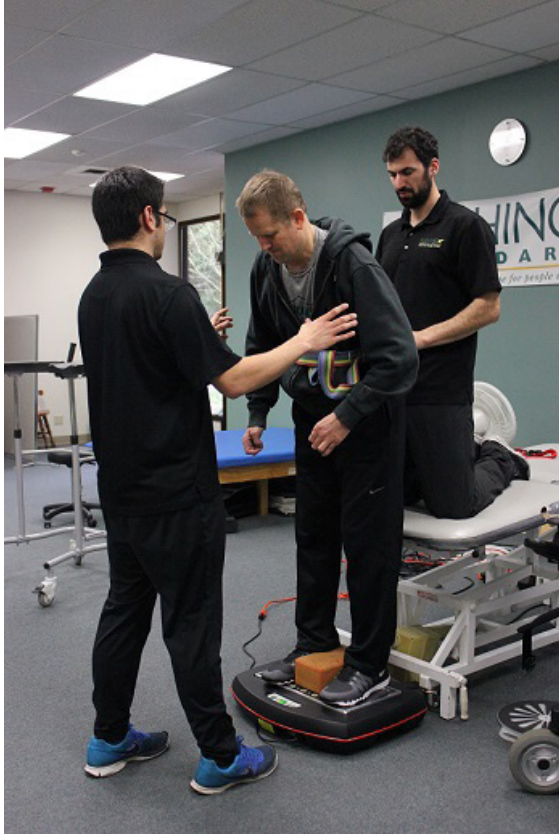
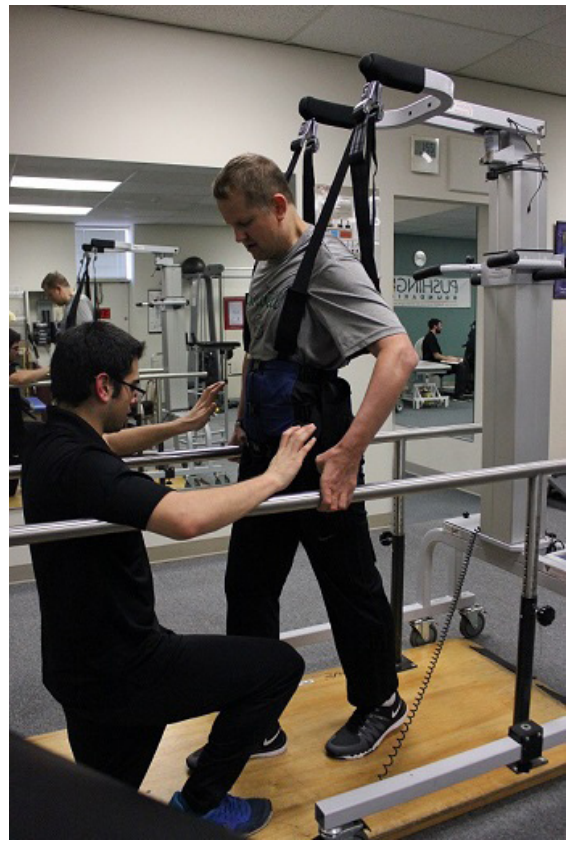
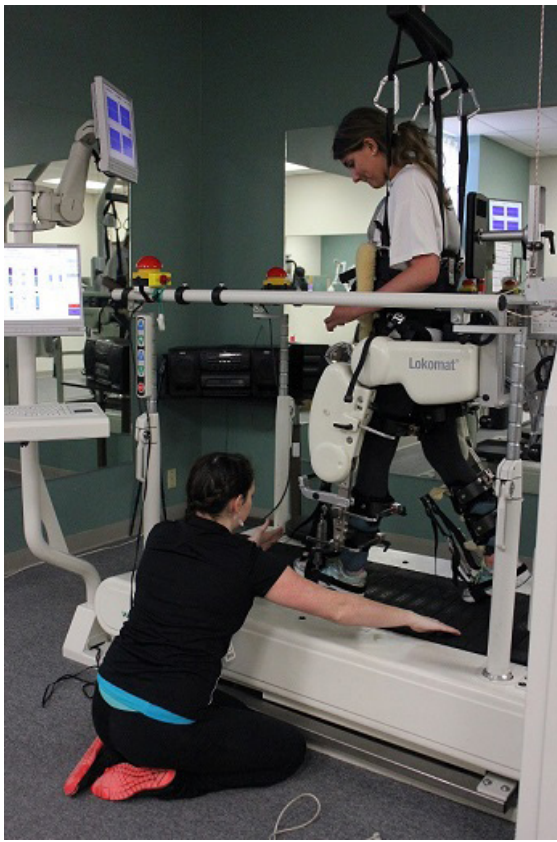
**CONTACT:** (425) 869-9506; <http://www.pushing-boundaries.org>

**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:**

Simply put, because of you, more clients will be able to receive the services we provide. You are directly enabling those living with paralysis the opportunity to regain the mobility and freedom you and I value so much.

For more information please see the attached report from Pushing Boundaries.



December 12, 2016

Marilyn Sheldon, Director  
Tulalip Tribes Charitable Fund  
8802 27<sup>th</sup> Ave NE  
Tulalip, WA 98271

Dear Marilyn,

**YOU are changing lives!**

On behalf of myself, our staff, and the clients at Pushing Boundaries, I thank you for your generous grant to help support our mission to provide exercise, health and hope to people with paralysis.

Clients at Pushing Boundaries are working hard to recover function and regain independence in the face of paralysis caused by a spinal cord injury, stroke, traumatic brain injury, diagnosis of Multiple Sclerosis, or other neurological disorders.

The attached report details the impact of your support for our clients and the community this past year.

Simply put, because of you, more clients will be able to receive the services we provide. You are directly enabling those living with paralysis the opportunity to regain the mobility and freedom you and I value so much.

Thank you again for your support. We deeply appreciate and are honored by your partnership.

Sincerely,



Tricia Lazzar  
Executive Director

## Grant Funding Report

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

Our mission is to deliver 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.

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 (highlights from 2016 Video – [video link](#))

**Todd** – sustained a spinal cord injury while body surfing on vacation in Maui. When he arrived, Todd required assistance from two therapists to stand using a walker, was unable to regulate his blood pressure while standing, and was unable to initiate steps. He was able to improve his gait, balance and hand function, which have all helped him improve his independence, return to work AND graduate into community based gym for regular exercise.

**Lily** – a young college student who suffered an asthma attack that resulted in cardiac arrest and left her with an anoxic brain injury. When she arrived, she had a rigid gait that required support while walking, was unable to perform squats or sit to stands, and had limited hand function. Lily's gait and balance have improved dramatically and now walks unsupported and jogs with support, and has improved the fine motor skills in her hands.

More stories like these can be found on our [Facebook](#) and [YouTube](#) pages.

#### Support Center

The Support Center is available electronically to anyone...anywhere...anytime – at no cost. It continues to grow as we find information and resources available to the paralysis community. The Support Center offers a wide range of topics such as assistive equipment providers, transportation and housing options, and educational opportunities and financial aid resources. Our website has over 1,000 visitors a month, with viewers from around the world accessing information about exercise therapy and information in our Support Center.

#### Outreach and Education

In 2015 we connected with over 3,200 individuals through community 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. Our social media reach includes **Facebook** (70,000 – 150,000 annually), **YouTube** (which has 63 videos with over 39,250 views), Twitter, and Pinterest. We also email newsletters regularly to over 700 subscribers.

### 2) Photos

Attached

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

Our active client roster fluctuates from 35-60 clients over the course of the year. Given the nature of the individualized therapy program and a client's need for several sessions per week to yield the best results, strictly look at client numbers is very misleading. Pushing Boundaries delivers about

115 hours of therapy each week. Some clients receive up to 8-10 hours of therapy each week while others receive 1-2 hours weekly. We provide up to 6,000 hours of exercise therapy annually. Over the past year, we have had 64 total clients. Since the beginning of this year, we have increased therapy hours by 36%.

In the three years that we have received funding from the Tulalip Tribe, your support has allowed us to:

- deliver approximately 15,000 hours of rehabilitative therapy to clients working to maintain or regain function.
- subsidize fees for 60 clients a year, significantly reducing their out of pocket costs.
- help hundreds of clients from 8 different states reach their goals of independence.

**4) Website URL**

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