



TulalipCares.org

Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Pushing Boundaries

DATE OF AWARD: 2016 Q4

ADDRESS: 4162 148th Avenue NE., Bldg. I, Redmond, WA 98052

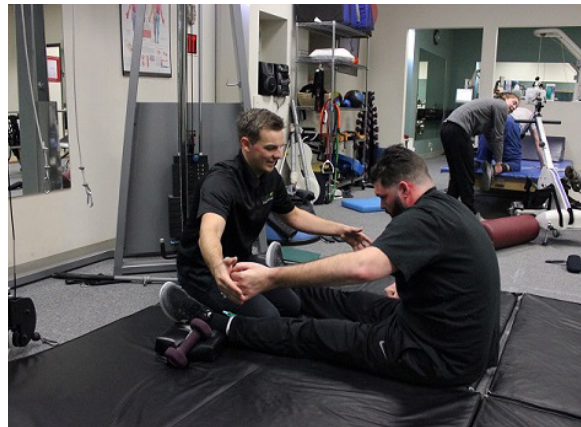
CONTACT: (425) 869-9506, <http://www.pushingboundaries.org>

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:

This award went towards expenses for operations and programs.

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



December 18, 2017

Marilyn Sheldon, Director
Tulalip Tribes Charitable Fund
8802 27th Ave NE
Tulalip, WA 98271

Dear Marilyn,

YOU are changing lives!

On behalf of everyone at Pushing Boundaries, I thank you for your generous 2017 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 have been 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 funding helped Pushing Boundaries deliver our 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 traditional rehabilitation programs.

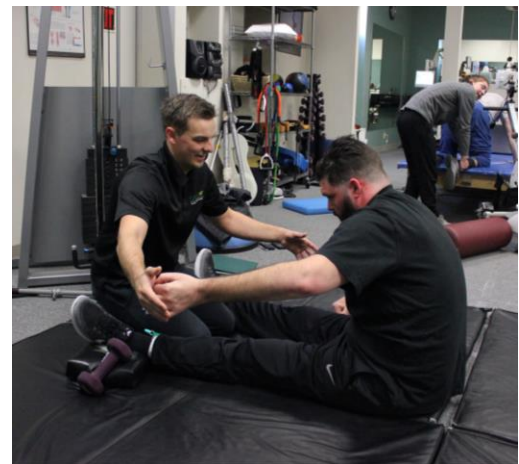
We'd like to share recent success stories with you from all three of our program areas – Client Therapy Services, Support Center, and Outreach and Education:

Client Therapy Services – Client Success Stories (highlights from 2017 Video – [video link](#))



Dan – was involved in an industrial accident that resulted in a spinal cord injury. When he arrived at Pushing Boundaries, Dan was unable to flex his knees and could only stand unsupported for seven seconds. Due to the severity of his injuries, he was unable to perform torso twists or lift weights over 7.5 pounds. Within 3-4 weeks Dan was walking. In fact, he was able to improve his strength and gait dramatically and now walks unsupported and drives on his own. He has returned to work AND has graduated into a community based gym for regular exercise.

Brooks – sustained a spinal cord injury from a diving accident. When he arrived at Pushing Boundaries, Brooks was unable to balance himself while seated, required assistance from 2 therapists to stand using a standing frame, could not regulate his blood pressure while standing with support, and was unable to lift his left arm. He was able to dramatically improve his arm strength so that he could lift both arms. Brooks also was able to improve his blood pressure while standing so that he could participate in gait training.



Sebastian – a high school student who sustained a spinal cord injury while skiing. When he first arrived at Pushing Boundaries he was unable to balance himself while seated, had very little arm strength, and was unable to regulate his blood pressure while standing with support. One of his main goals was to be able to transfer on his own. Sebastian's core and arm strength have improved considerable and he is now able to transfer himself AND he now plays wheelchair rugby with the Seattle Slam.

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. In 2017 our website averaged 2,197 visitors a month, with viewers from around the world accessing information about exercise therapy and information in our Support Center.

Outreach and Education

We connect with thousands of individuals each year 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.

2) Total number of recipients impacted with the help of Tulalip Charitable Contributions

We have helped thousands of clients and their families regain hope, function and independence through three programs: Client Therapy Services, Support Center, and Community Outreach & Education.

This year our active client roster has fluctuated from 45-58 clients at any given time 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 120-150 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 75 total clients and delivered 852 more hours of therapy compared to the previous year.

But paralysis doesn't just happen to one person – it affects the entire family. The entire family looks to us for resources, information and hope as they navigate their new world of paralysis.

Another way of measuring impact is by tracking our community interactions and social media reach. We track our reach through social media platforms and our website as well as new connections in the community. Annually,

- we connect with over 3,000 community members through Outreach and Education.
- our social media reach includes **Facebook** (100,000 – 150,000 annually), **YouTube** (which has 66 videos with over 81,000 views), Twitter, Pinterest and Instagram.
- Our website has +/-2,000 visitors a month, with viewers from around the world accessing information about exercise therapy and information in our Support Center.
- we email newsletters regularly to over 800 subscribers.

3) Website URL

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