



# Funds Distribution Report

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**Recipient Organization:**  
**Pushing Boundaries**

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

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

**Organization's General Goals:**

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.

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<b>Date of Award:</b>	<b>Level:</b>
2017 Q4	\$2,501 to \$5,000

**Specific Use for This Award:**

This award was used for administrative and program expenses. For more information please see the following report from Pushing Boundaries.

8802 27th Ave NE  
Tulalip, WA 98271

**TulalipCares.org**

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

January 3, 2019

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 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 Tulip Tribes Charitable Contributions 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 2018 Video – [video link](#))



*Brent in robotic gait training*

**Brent** – sustained a spinal cord injury when he dove into shallow water on a hot summer day. When he arrived at Pushing Boundaries, Brent was unable to stand on his own, could not crawl and was having difficulty regulating his blood pressure. During his first session, Brent stood for the first time since his accident. Through his hard work Brent has made tremendous progress and is able to walk with a walker. He no longer has problems with regulating his blood pressure. Brent's long term goals are to walk and run, but for now he is an active member of the Seattle Slam wheelchair rugby team.



*Danny standing unassisted*

**Danny** – was 18 years old when he was in a horrific motor cycle accident. He suffered a spinal cord injury that left him paralyzed from the chest down and with limited hand function. When he first arrive at Pushing Boundaries, Danny was unable to self-transfer and was unable to stand. Within 4 months of starting exercise therapy, Danny was able to self-transfer, could stand and take steps with a cardiac walker, and was able to walk upstairs with assistance. And in December 2018 Danny took two steps complete unassisted!

More stories like these can be found on our [Facebook](#), [YouTube](#) and [Instagram](#) 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 2018 our website averaged 1,160 visitors a month, with viewers from around the world accessing information about exercise therapy and information in our Support Center.

The administrative team spends countless hours helping connect individuals and families with the resources they need. Whether they are new to paralysis, are interested in finding new solutions to problems, or want to explore new opportunities, we provide this support at no cost to anyone, regardless of whether or not they are a Pushing Boundaries client.

### **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.

Our active client roster has fluctuated from 42-50 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 100-120 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 5,000 hours of exercise therapy annually. In 2018 our Client Therapy Services program served 58 clients.

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** (60,000 – 150,000 annually), **YouTube** (which has 68 videos with over 121,993 views), Twitter, Pinterest and Instagram.
- Our website has +/-1,100 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/>

