

P R O J E C T

WALK®

SPINAL CORD INJURY RECOVERY

**2012 FUNDRAISING BOARD
MEMBERSHIP APPLICATION**

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Introduction

Project Walk® is a non-profit 501(c)3 organization who is internationally recognized as a pioneer in the emerging field of activity-based recovery for individuals with a spinal cord injury (SCI).

The team at Project Walk supports an improved quality of life through body strengthening activities while also providing a positive, caring and socially welcoming community in which to thrive. Project Walk offers a state-of-art centers featuring intense hands-on training with highly qualified, educated, and certified spinal cord injury recovery specialists. Some of the things that make our program unique are:

WHEELCHAIR FREE ▪ HOPE ▪ IMPROVED LEVEL OF FUNCTION
▪ REDUCED OR NO MEDICATIONS ▪ IMPROVED QUALITY OF LIFE ▪
RESEARCH ▪ SOCIAL AND PSYCHOLOGICAL SUPPORT ▪ EDUCATION

The certified SCI Specialists are trained through The Dardzinski Method®, an innovative and effective spinal cord injury recovery technique practiced only at Project Walk. The program's success is based on highly experienced Specialists who master a hands-on apprenticeship, learning how a dysfunctional nervous system recovers. Currently these Specialists see more than 26,000 client hours each year. Depending on the individual client, it can take years of proper consistent nervous system stimulation and re-education from a highly skilled Specialist to improve and regain function. There are currently individuals at Project Walk improving in a number of abilities and functions and many others are learning to take steps. Most impressively, the majority of the participants are recovering in the same pattern as those who joined the program before them.

At Project Walk, clients are given the chance to live beyond what they have come to know while in their wheelchairs. Through the dedication of the staff and the support of donors, they are able to achieve things that were once a memory of what they were able to do prior to being injured.

Project Walk clients continue to prove that a spinal cord injury does not always mean a life in a wheelchair and that recovery is possible.

Project Walk exists to provide an improved quality of life for people with spinal cord injuries through intense exercise-based recovery programs, education, support and encouragement.

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Spinal Cord Injury & Project Walk® Facts

- Over 250,000 people are living with a spinal cord injury in the U.S. alone.
- There are over 13,500 new spinal cord injuries per year in the U.S. Lifetime costs for those with spinal cord injuries can total well over \$2.5 million.
- Spinal cord injuries cost the U.S. \$9.7 billion each year.
- Care after injury is decreasing & costs are rising due to more limited insurance

Every passing year, insurance covers less and less for those living with a spinal cord injury. At one time, a quadriplegic would spend six months or more in the hospital receiving care. Today, some are released within several weeks, sent home without knowledge of their injury or how to care for themselves. They are advised to find a caregiver, provided a multitude of medications and sent home. They don't know what to expect or do next.

- A spinal cord injury can happen to anybody, without regard to race, gender, age or economic status.
- Project Walk has welcomed clients from over 25 countries into our program.
- In 2008, Project Walk Institute of SCI Recovery was formed to provide physical therapists and exercise professionals the opportunity to become certified in The Dardzinski Method®. There are now 14 certified Project Walk facilities within the U.S. and 6 countries.

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SPINAL CORD INJURY RECOVERY

Fundraising Board Statement of Commitment

Project Walk® Mission

Project Walk exists to provide an improved quality of life to people with spinal cord injuries through intense exercise-based programs, education, support and encouragement.

In order to achieve our mission, we must have strong, committed, active board members.

The 5 member Project Walk Fundraising Board will:

- Ensure the long-term success of Project Walk through regular attendance and participation in fundraising board meetings; creating and implementing fundraising plan
- Help meet annual budget goals through personal contributions and effective fundraising for Scholarship Fund
- Promote Project Walk's work to the community at large and recruit others to support its mission

What we ask:

- Two (2) year commitment
- Actively support the ongoing fundraising goals
- Make Project Walk one of their top three contribution priorities
- Give or get yearly contributions totaling a minimum of \$10,000*
- Recruit non-Board volunteers to support committee work
- Attend at least one Project Walk event per year

What we promise:

- An environment that recognizes their needs and utilizes their individual talents
- Procedures that respect, rather than waste, contributions of time
- Open and honest communication designed to produce tangible results
- Active support from all board members and Project Walk's management team and staff to accomplish shared goals

What we offer:

- Reimbursement expenses (must be approved) on various company related functions
- Possible future career positions

*See following page for explanations

Explanations

Project Walk exists to provide an improved quality of life for people with spinal cord injuries through intense exercise-based recovery programs, education, support and encouragement.

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*Net amount after all reimbursements. Donations will be allotted to one or more of the following Project Walk funds: General, Scholarship, & Equipment. Unlike other non-profit organizations, Project Walk is a fully sustainable business model that supports all organizational overhead costs. This allows for 100% of donations received to go directly into one or more of our donation funds.

*Minimum contribution of 50% due at the time of signing commitment to the board. Additional portion due within the consecutive quarter (3 months).

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Fundraising Board Member Commitment Form

Please complete once you have reviewed the Fundraising Board Statement of Commitment.

Please complete and mail, fax, or email this Commitment Form to:

Project Walk® Spinal Cord Injury Recovery Center, Inc.
5850 El Camino Real
Carlsbad, CA 92008
Fax: 760.431.1598
E-mail: johanna@projectwalk.org
Questions, please call: 760-431-9789 ext.111

I, _____, am dedicated to fulfilling the terms of the Fundraising Board Statement of Commitment in its entirety for the duration of a two (2) year commitment. I will actively support the ongoing fundraising goals, as well as, give or get yearly contributions totaling a minimum of \$10,000 per year. I will actively participate and assist with creating and implementing fundraising plans, as well as, recruit volunteers to support this work.

PRINT YOUR NAME EXACTLY AS YOU WISH IT TO APPEAR IN MATERIALS:

Authorized Signature: _____

Contact Name/Title: _____

Company Name: _____ Address: _____

City, State, Zip: _____

Phone: _____ Fax: _____ E-mail: _____

THANK YOU FOR YOUR SUPPORT!

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Testimonials

“Project walk means a chance to start over for me, a chance to prove to myself, my family and the doctors that told me otherwise that nothing is impossible!” – *Rachel Halladay*

“Project Walk has exceeded my expectations...” – *Olivia Ong*

“Project Walk means to me an education of another way to treat spinal cord injuries that challenges the medical box most live in, and proves its foundations and treatments work on all levels of mental and physical health to help everyone achieve their goals. Project Walk changed my life and career; I was a nurse and now studying physiotherapy!” – *Charmion Bevan*

“When I was hovering over my son’s paralyzed body in an intensive care unit, Project Walk meant HOPE. Now that my son Spencer Fox is doing ball drills and walking the length of the Project Walk floor with increased strength, confidence and independence, it means pure JOY.” – *Celia A. Brewer*

“Project Walk means independence for my son, Patrick! Patrick grew up at Project Walk and everyone there is like family to us. We love you guys and are eternally grateful!” – *Jennifer Kayler*

“Project Walk is a living, breathing proof of miracles in motion. More than hope. A step above faith. Project Walk is God’s gift to all who are blessed to experience miracles!” – *Amy Hall Eddy*

“The doctors had given my daughter Ashley, what I refer to as, “False No Hope.” Project Walk turned that around and made us realize that there is always hope. If you have hope, you never give up. If you have hope, you have dreams and you are truly living your life.” – *Deborah Koop Schutz*

“From the moment you walk in the doors you are filled with positive energy and hope.” – *Barney Miller*

”At Project Walk hope is given. I feel like I found a center that I can connect with. I’m here to undo 11 years of improper walking.” – *Josh Wood*

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