



# Funds Distribution Report

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

**Address:**  
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Redmond, WA 98052

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

**Organization's General Goals:**  
Pushing Boundaries' 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.

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<b>Date of Award:</b>	<b>Level:</b>
2022 Q4	\$500 to \$2,500

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

8802 27th Ave NE  
Tulalip, WA 98271  
**TulipCares.org**

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## Tulalip Tribes Charitable Fund Grant Report

Q4 2024 14.2



### *Following Up: Group Classes*

#### **Review**

In 2022, we were grateful to be granted [REDACTED] from the Tulalip Tribes Charitable Fund to offer group classes to our clients and possibly to outside participants. The goal was to increase access for those looking to add more movement to their routine without the barrier of cost.

#### **Action Plan**

After receiving the grant, preparations were put on hold as Pushing Boundaries was navigating the transition of a full time Associate Director to a new part time Development Director during a time of financial crisis from March of 2022 through the Summer and even into the Fall. Realizing we were not going to be able to fulfill our obligations as originally outlined, we reached out to the Director and received approval for a pivot that would satisfactorily fulfill both our original goal as well as the obligations of the grant. We decided that we would put our efforts into four free weekend classes available to our clients and their families and caregivers. The four classes were as follows:

- A Range of Motion class to teach clients and their caregivers how to successfully and safely stretch at home. This class had 6 participants.
- A Speed and Agility Class to work on safely learning to navigate obstacles to translate to safer walking in the real world. (This was also open to manual wheelchair users who wanted to navigate more easily with their chairs, but we only had ambulatory participants)/ We had 6 participants for this class as well.
- An Adaptive Yoga Class for clients to learn how to make simple adjustments to work on many of the poses done in yoga for strengthening, stretching, and relaxation. One of our Exercise Therapists is a certified Yoga Instructor and was able to use his expertise to lead this class. There were 6 participants for the Yoga class.
- A Functional Fitness/ CrossFit style class to help clients increase strength and stamina while safely adapting common exercises. One of our Exercise Therapists is a certified Adaptive and Inclusive Trainer and was able to use his expertise to adapt different exercises to several different kinds of disabilities. There were 4 participants in this class.

The 1.5 hour classes were held in April and May on alternating weeks with two or three therapists at each class to help with set up, transfers, spotting, and any other assistance that was needed. Marketing for the classes was done through social media and our monthly newsletter, as well as

multiple emails to clients through our scheduling software to make sure all clients knew all the details for the classes.

### **The Marketing**

We marketed classes to clients in our monthly Newsletter, and on Social Media.

Instagram and Facebook:

## APRIL GROUP CLASSES

<p>Saturday, April 13 12:30-2 PM </p> 	<h3>RANGE OF MOTION TRAINING FOR FAMILIES AND CAREGIVERS</h3> <p>For all ability levels. Partner class! Learn how to stretch at home with the help of a family member, friend, or caregiver!</p> <p><b>Free of charge!</b></p>
<p>Saturday, April 27 12:30-2 PM </p> 	<h3>SPEED, AGILITY, AND SPORT PERFORMANCE</h3> <p>Recommended for clients who are ambulatory or who use a manual chair.</p> <p><b>Free of charge!</b></p>

## MAY GROUP CLASSES

<p>Saturday, May 11 12:30-2 PM </p> 	<h3>ADAPTIVE YOGA</h3> <p>For all ability levels. Family and caregivers welcome to join to assist!</p> <p><b>Free of charge!</b></p>
<p>Saturday, May 18 12:30-2 PM </p> 	<h3>FUNCTIONAL FITNESS</h3> <p>Recommended for clients who have bicep, tricep, and shoulder movement and strength.</p> <p><b>Free of charge!</b></p>

Our March Newsletter:

# THE PB PRESS

## March Issue

"There are no short cuts to any place worth going."  
~Beverly Stills

### Join Us in April and May for Group Classes!

Thanks to a very generous donation from the [Tulip Tribes Charitable Foundation](#), Pushing Boundaries will be offering four in person classes **free of charge!** There will be two classes in April and two in May covering four different types of workouts. Interested in learning more? Email the team at [schedule@pushing-boundaries.org](mailto:schedule@pushing-boundaries.org). Space will be limited, so reserve your spot!

The poster features a green background with a yellow starburst in the top left corner containing the word "Free!". The main title "SPRING GROUP CLASSES AT PB!" is in large, bold, white letters. Below the title are four class cards, each with a photo, title, date, and time. Each card also includes a small icon: a hand holding a wheel for the first two classes and a dumbbell for the last two.

Class Title	Date	Time
RANGE OF MOTION TRAINING FOR FAMILIES AND CAREGIVERS	Saturday, April 13	12:30-2 PM
ADAPTIVE YOGA	Saturday, May 11	12:30-2 PM
SPEED, AGILITY, AND SPORT PERFORMANCE	Saturday, April 27	12:30-2 PM
FUNCTIONAL FITNESS	Saturday, May 18	12:30-2 PM

### Results

22 Participants were able to take part in these classes. Classes were small, but overall, the feedback was very positive. Family members were happy to be able to participate, and clients appreciated the new tools they learned from each class. Being able to offer free services was truly appreciated by those who took the classes, and we had many inquiries that were not able to make specific dates but would be participating in something similar in the future. Now that we have the infrastructure in place thanks to this generous grant from The Tulip Tribes Charitable Foundation, group classes are something we would love to offer more to increase accessibility to clients.





First Picture: Participants demonstrate shoulder stretches in the Range of Motion Class



Second Picture: Participant Madison demonstrates her agility going through the lined up cones during the Agility Class.



Third Picture: Participants learning the basics before the Functional Training Class



Fourth Picture: The Exercise Therapists check participants technique in the Adaptive Yoga Class



## **Overall Review**

We are very pleased with the results of the group classes. Having relatively small classes allowed therapists to be attentive to each client and to lead safe classes. Clients enjoyed the extra time in the group setting. It also allowed clients to connect with each other in a different way than when they are at the facility in a one-on-one setting.