

March 2022



Dear Friend,

2022 is here! ExercisAbilities and EA Pediatrics are inviting you to join us in supporting inclusive health improvement in our community! Your participation in our Annual Fund 2022 will help us to **make healthy, happy, and independent possible for EVERYONE!**



As the ONLY Nonprofit Organization in Southeast MN with a focus to provide access through inclusion to therapeutic health promotion, adaptive sports, and neurologic therapy for children, families, adults, and older adults, we are making a positive impact on so many through our work.

At ExercisAbilities, we bridge the gap between traditional rehabilitation services and adaptive health, fitness, and recreation. We serve all people and turn no person away from programs and services they need to improve their quality of life. We:

- Bring opportunities to our community for people living with physical diversity to participate in sport and recreation. *In 2021, we founded the Med City Rollers, a competitive Wheelchair Basketball Program for youth and adults.*
- Began a robust volunteer program for professional and student volunteers in 2021 to provide a place where community members can share their gifts and grow our impact. *In 2021, 92 volunteers assisted to staff programming, provided free physical and occupational therapy care to under-insured, aided in project work around the clinic and supported staffing needs.*
- Believe that health achievement must encompass growth in all areas of living including social, emotional, nutrition, physical, mental, and environment. Our participants are unable to achieve these alone due to their challenges. *In 2022, we started the first All-Access therapeutic health and wellness clinic in the upper Midwest. Here, we will provide much needed access to those who no longer have insurance coverage or ability to pay for the services that they very much need.*

Did you know that insurance pays for very little therapy and does not pay for health and well-being for people living with life changing physical, intellectual, mental, health or emotional challenges? At EA, everyone has a chance to get the help they need to recover or improve their health!

**Join EA Today as a friend to support our programs. Your donation will make the difference!**



- ✓ Fund a child to attend a special camp for autism social skills or provide assistance funding for a teen participating in Adaptive Sports Strength and Conditioning to prepare for their paralympic sport.
- ✓ Support an adult with intellectual challenges to make memories outdoors during Family Adventure Day at Ironwood Springs while ziplining for the first time.
- ✓ Fund a low-income senior with Parkinson's to participate in a small group fitness class designed especially for them.
- ✓ Many in our community want to live a healthy and active life but face unimaginable barriers. **You can help make it possible!**



*“The staff at ExercisAbilities taught me ways to continue my therapy beyond the traditional model. Since my cervical injury, they have given me the tools to increase motion and improve my posture. My strength improves every week. I know I need help, but I am unsure of what to do – they tell me what to do, and when I leave, I feel so much better. As I keep learning new skills at ExercisAbilities and trying them at home, I am gaining confidence and continuing to improve!” Audrey, EA client*

*“My pain was so terrible. The doctors offered no help. So, I made an appointment at EA and found someone that really listened to me about my pain. Dr Rio said, “I think I know what is wrong” And...sure enough she figured it out! It seemed magical! After the treatment, almost instantly the pain disappeared, and I was able to move about by myself. I was delighted! “I loved the whole staff at EA. They were courteous, friendly, professional, and knowledgeable. They were cheerleaders. They made therapy enjoyable and fun. Getting rid of the pain that I had for months was a huge relief for me and my family. I was finally pain free and able to sleep at night in bed. What a treat!” Phyllis, EA client*

Where do you fit in?

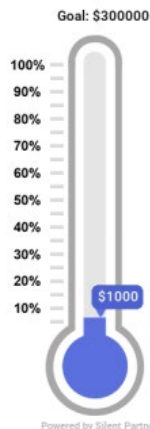
Your donation to our general operating fund or a chosen program will ensure that people living in our community like Audrey and Phyllis receive the help they need regardless of financial ability. Please consider giving a donation before April 30th with the below QR Code, at [www.exercisabilities.org/donate](http://www.exercisabilities.org/donate) or via mail to help us meet our 2022 goal of \$300,000 to serve our community together this year. For your convenience, a donation form is provided for you to fill and return, or use the QR code below to donate online.



Sincerely,

*Melanie Brennan*

Melanie Brennan, PT, DPT  
Founder and CEO



SCAN ME

