

Get Up Stand Up to Cure Paralysis 2015 Annual Report



Prepared: July 30th, 2015

Check us out at:

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Get Up Stand Up to Cure Paralysis Foundation

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Get Up Stand Up to Cure Paralysis Foundation (GUSU) was founded in July of 2014 by individuals and family members of those living with paralysis. GUSU is based in the Minnesota Twin Cities and is focused on Spinal Cord Injury (SCI) functional recovery medical research for chronic injuries, adaptive fitness, and other community programs.

We believe that spinal cord injuries can be cured one day and that support of medical research and physical readiness are necessary for functional recovery to be possible.



Get Up Stand Up to Cure Paralysis Foundation

Letter From the Chairman of the Board

In the spring of 2014 after another unsuccessful year of trying to get a spinal cord research grant program established in Minnesota, a small band of citizen advocates affected by spinal cord injuries in Minnesota decided to turn this informal grassroots group into a formal nonprofit called "Get Up Stand Up to Cure Paralysis Foundation" (GUSU). Its purpose, to focus on Research and Fitness for those with Spinal Cord Injuries through Advocacy, Education, and Collaboration. By mid July, GUSU was an official 501(c)(3) nonprofit organization!

Within our first year of operation, we have successfully lead the way to the passage of the "Minnesota Spinal Cord & Traumatic Brain Injury Research Grant Program", which funds \$500,000 a year for Spinal Cord & Traumatic Brain Injury Research in Minnesota, donated \$3,000 (or 66% of our inaugural program & start up expenses) to research, co-founded a spinal cord injury peer support group, worked to bring together the Minnesota spinal cord injury community, and advocated effectively on a local and federal level for spinal cord injury research.

Our goals over the next year are to support more medical research by increasing our contributions to research from 20% to 50% of our revenue plus earmarked donations to research, explore the possibility of opening an adaptive co-operative gym for people with paralysis, ensure that the Minnesota Spinal Cord & Traumatic Brain Injury Research Grant Program is running successfully and advocate for its expansion, expanding our peer support group, strengthening an existing peer mentoring program in the Twin Cities, and increasing public awareness for the need for spinal cord injury research by advocating, educating, and collaborating with the community.

It has been a great experience helping lead GUSU through its first year and I'm excited to see what we will do in the year to come. I'd like to personally thank everyone who has joined us to make GUSU what it is and thank everyone who has donated to make GUSU possible and effective at fulfilling our commitment to the community. GUSU was founded on the idea to be dynamically adaptable and close to individual community members who want to help push for spinal cord injury research and fitness, so come join us and help us help people with spinal cord injuries to get up and stand up!

Best Regards,

Rob Wudlick
Chairman of the Board



Get Up Stand Up to Cure Paralysis Foundation

Mission Statement

Our mission is to cultivate and support functional restorative research and enhance access to fitness and therapy for those living with Spinal Cord Injuries (SCI) through advocacy, education, and collaboration.

Unite, Educate, & Restore; Functional Restoration Research and Enhanced Access to Fitness for those with Spinal Cord Injuries

2015 – 16 Goals & Objectives

- Cultivate and Grow our Organizational Capacity & Increase GUSU's Visibility to Advance our Mission;
- Donate greater than 50% of our annual budget to Medical Research for SCI;
- Advocate for expansion & support of the Minnesota Spinal Cord And Brain Injury Research Grant Program;
- Develop & Grow an Engaged Peer Group & mentoring program for SCI Networking and Support;
- Explore and possibly open an adaptive co-operative gym;
- Launch effective marketing campaigns for Spinal Cord Injury Awareness & Research;
- Unite Similar Organizations and Advocates on a National Level to Strengthen an Effective Voice for SCI Research & Fitness.

GUSU is a Minnesota Based Nonprofit Organization that serves the Spinal Cord Injury community in Minnesota by helping others become self advocates for research and adaptive fitness, through advocacy, education, and support.





Get Up Stand Up to Cure Paralysis Foundation

Year In Review

Minnesota Spinal Cord & Traumatic Brain Injury Research Grant Program, Advocacy

In the year 2010, Matthew Rodreick (GUSU's Executive Director), approached his state senator to champion a bill that would help his quadriplegic son, Gabe, by funding spinal cord injury research from state funds in Minnesota. Since then, a core group of 15 advocates, several hundred Minnesotans, and thousands of people worldwide have made this bill a reality. 2015 was an exciting year for this bill which is now a program that will allocate \$500,000 to brain and spinal cord injury research for functional recovery annually, to be appropriately by a 12 member council of related community members. GUSU is proud to be the major supporter of this cause and will continuously monitor and advocate to improve the effectiveness and resources of this program.



Spinal Cord Injury Research Donation

GUSU made a commitment to donate 20% of its cash start up proceeds to research in 2015. In the first six months of operation, GUSU met this goal by donating \$3000 (25% of GUSU 's revenue) to Unite to Fight Paralysis's Medical Research Fund.

GUSU Inaugural Gala

Last October was GUSU's first fundraiser in St. Paul, Minnesota. We had a great time, auctioned off many donated items, listened to live music from Treading North, while enjoying the company of each other. About 60 people attended this event with total cash donations equaling \$8,424. This accounted for the majority of GUSU revenue and has helped seed GUSU's beginning.



GUSU/ MNSCIA Peer Support Group

In October of 2015 GUSU and the Minnesota Spinal Cord Injury Association started a peer support group for caregivers and people with a spinal cord injury. The support group usually meets every first Saturday of the month from 3-5pm. We have had a maximum attendance of around 35 people and average around 15 participants (usually around 10 SCI people). Attendees have been from a few months to over 30 years in a wheelchair, both male and female.



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GUSU Fitness



The origins of GUSU's community met each other while participating in Courage Kenney Rehabilitation Institute's ABLÉ Program, which is focused on advanced adaptive fitness. Adaptive fitness is one of the two pillars upon which GUSU is focused on and will continue to be focused on. We believe it is necessary to be physically prepared for a cure and that small incremental physical improvements can come from spinal cord injury people participating in adaptive fitness programs such as ABLÉ, Project Walk, and Fit4Recovery. While GUSU has encouraged and refers people to adaptive fitness programs, GUSU does not offer individual scholarships. We have chosen to make these programs more accessible by advocating for their expansion and providing support to the programs instead of individuals.

GUSU & Federal Advocacy

In the spring of 2015, GUSU met with Representative Eric Paulsen to educate him about spinal cord injuries and current medical research. Thanks to United Spinal Association and the Minnesota Spinal Cord Injury Association, Rob & Thomas (GUSU's Chairman & Vice Chair) traveled to United Spinal's annual "Roll on Capitol Hill" conference, where they advocated for care issues such as the complex rehabilitation technology bill and accessibility rights with Joey Carlson from MNSCIA. They also advocated for research for spinal cord injury research including the 21st Century Cures Act which will update the clinical trial process and raise funding for the National Institution of Health.



GUSU, Community Collaboration, & Involvement

While working to get the Minnesota Spinal Cord & Brain Injury Research Grant Program established, GUSU partnered with Hennepin County Medical Center to successfully advocate for this bill. GUSU also worked towards these objectives within the Twin Cities and nationally with many other major hospital networks, medical device, and consumer advocate groups. GUSU has hosted two quarterly meetings with other spinal cord injury organizations based in Minnesota to open communication for a collaborated and coordinated approach on how to best serve people in Minnesota with spinal cord injuries, increase awareness of spinal cord injuries, and identify areas to work together. GUSU also works with and communicates with national spinal cord injury organizations such as Unite to Fight Paralysis, United Spinal Association, and the Christopher & Dana Reeves Foundation to help advocate and provide support for research, fitness, and well being.



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Upcoming Year, 2015-16

Minnesota Spinal Cord & Traumatic Brain Injury Research Grant Program, Advocacy

GUSU is excited about the inaugural year of the MN Spinal Cord & Traumatic Brain Injury Research Grant Program. GUSU leadership is communicating with state officials to ensure that the program is run efficiently and has members applying for seats on the grant advisory council. GUSU will also work with researchers and organizations who are relevant to grants pertaining spinal cord injury research to encourage them to apply for this grant program. GUSU plans to advocate in 2016 for continued support of this program and for increased funding for this program. GUSU also is advocating to community members who are interested to donate to this grant program.

Spinal Cord Injury Research Donation(s)

GUSU plans to expand its donation capability for chronic spinal cord injury research for functional recovery. Depending on the amount of resources available that GUSU has received by the end of the year, the GUSU board of directors with advice and input from community members, will decide how to best appropriate funds for research. GUSU is looking to find organizations that are interested in matching donated funds and participating in employee giving programs specifically earmarked for research. Funds donated to research specifically through GUSU will be 100% donated to research without any funds taken for GUSU overhead expenses. GUSU is also committed to donating 50% of its budget (not counting earmarked funds for research) for research for the 2015-16 fiscal year. If you are interested in participating in this with GUSU please contact info@gusu2cure.org.

State & Federal Advocacy

GUSU will continue to encourage researchers and organizations to support research for chronic spinal cord injury functional recovery research. This will benefit everyone who has a spinal cord injury.

With a \$14 million (\$94 to \$80 million reduction) reduction annually in the National Institution of Health for spinal cord injury research, now is the time for the SCI community to advocate for an increase of funding in this field, especially when meaningful treatments are close on the horizon. GUSU is looking for areas to expand its advocacy on a national and international level and is working with other organizations and advocates to establish a national community advocate network to help individuals become effective advocates for SCI research support. GUSU is also committed to helping individuals in other states establish and maintain grant programs similar to the MN Spinal Cord & Traumatic Brain Injury Research Grant Program. If you are interested in participating in this, please email info@gusu2cure.org.



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GUSU Gym

Due to high demand and low supply, GUSU is exploring the possibility of opening an adaptive gym for people with spinal cord injuries and neurological disorders. GUSU is committed to helping those with spinal cord injuries maintain and prepare their physical health for meaningful functional recovery. We believe physical fitness is just as important as a cure for spinal cord injuries. Over the Fall of 2015 we will determine if we will execute our plan to open and operate a GUSU gym.

GUSU Gala 2015

With the success of 2014's Gala, GUSU plans to hold another annual gala in February 2016 to celebrate one year of GUSU 's operation and bring the GUSU community together for fun night while rallying to support GUSU.

Run2Walk 2015

Saturday, September 12th, 2015 thanks to the Proudfoot family, GUSU will host the annual Run2Walk run in Lakeville, MN. There will be 1K, 5K, & 10k races for runners, walkers, & rollers. For more information go to www.run2walkmn.org.



GUSU/ MNSCIA Peer Support Group

To meet community needs in the Minnesota Twin City area, GUSU in conjunction with MNSCIA decided to start and operate a community peer support group for those with spinal cord injuries and their caregivers. GUSU plans to continue to support this group through planning and leadership. The support group meets at Courage Kenny Rehabilitation Institution in Golden Valley, usually on the first Saturday of the month at 3pm, unless there is a holiday on that day (then the next Saturday) For more information about this group, please email info@gusu2cure.org or pay attention to our Facebook page.

GUSU & Peer Mentoring

In partnership with the Christopher & Dana Reeves Foundation, Minnesota Spinal Cord Injury Association, & Allina Courage Kenny Rehabilitation Institution, GUSU is working to set up and maintain a peer visitor mentoring program for the Minnesota spinal cord injury population, friends, and families of those affected with spinal cord injuries. In October of 2015 there will be a peer mentoring training in Minneapolis. For more information, email info@gusu2cure.org.



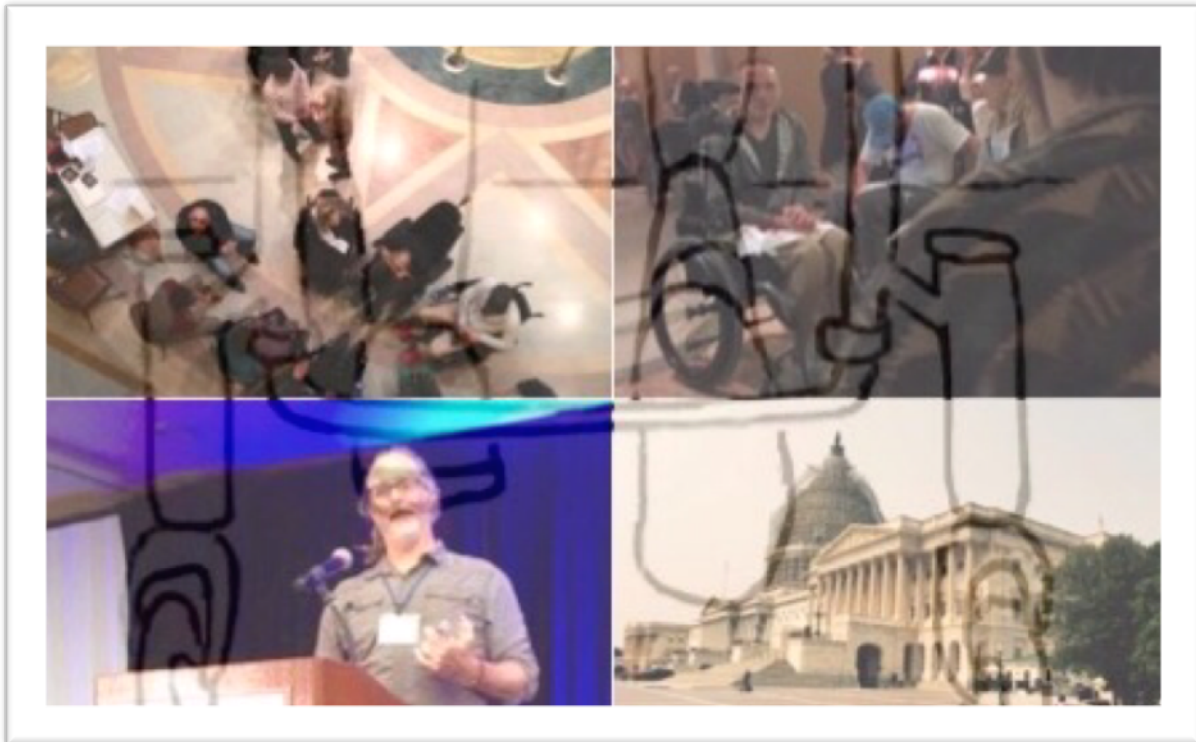
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Team GUSU

Starting in the fall of 2015 GUSU will launch "Team GUSU" for runners and athletes who participate in races to use their competitive energy to raise awareness and support for research & fitness through GUSU. If you are interested in participating, email info@gusu2cure.org.

Spinal Cord Awareness Projects

Before GUSU even started, the GUSU community had produced video documentaries such as "Roll a Day: with Chris Kluie" and "Reflections: Living with a Spinal Cord Injury" to bring awareness for spinal cord injuries. GUSU continues to produce video documentaries and is expanding its vision to educate the community that living with a spinal cord injury is much more than not being able to walk.





Get Up Stand Up to Cure Paralysis Foundation

Call to Action

Over the 2015-16 year, GUSU plans to expand its mission to support research and adaptive fitness for functional recovery in chronic spinal cord injuries. We are always looking for support of just about any kind or size from financial donations, item donations, & volunteer opportunities from individuals or corporations. This upcoming year we are also looking for donors to participate in employee giving programs, matching funds for donations to research, and athletes to join Team GUSU. GUSU is a 501(c)(3) nonprofit organization which accepts tax deductible charitable donations.

We hope to dramatically expand our contribution to research this year and GUSU will not use funds directly appropriated for research for other GUSU expenses if requested. GUSU's goal last year was to donate at least 20% of total revenue to research. We donated 25% or \$3,000 to Unite to Fight Paralysis's Scientific Advisory Board which seeks to match funds to researchers who need these funds to continue and expand their important research, which some day will hopefully help people get up and stand up. This year GUSU will donate 50% or more (not counting earmarked donations to research) of our total revenue.

If or when GUSU decides to open an adaptive gym, GUSU will need a sizable commitment from the community to ensure its success. Purchases for equipment, staff, & space will be required, not including overhead expenses. Our goal is to provide as affordable as possible therapy and fitness for those affected with spinal cord injuries and other neurological disorders. We will also work to build a strong volunteer force to help assist those who need assistance working out.

For more information, email info@gusu2cure.org or go to our website at www.gusu2cure.org. Thank you for considering GUSU when thinking about how to help your community.



Get Up Stand Up to Cure Paralysis Foundation

Donors & Supporters

Note to Donors

GUSU would like to thank everyone who helped contribute to GUSU in 2014-15 and before. We are excited to have you with us and hope to continue your involvement as we continue to expand our mission to help those with spinal cord injuries. GUSU accepts individual, group, corporate, item, & service donations. We apologize if we forgot your name or made an error, please contact us for a correction. For information about how to help support GUSU go to www.gusu2cure.org or email us at info@gusu2cure.org

Over \$500

Dave Dvorak, Paddington Festival, Weber Shandwick, Techline Twin Cities, IMed Mobility, Ruttger's Resort, Wudlick Family

\$250 - \$500

Mortenson Construction, Sarah Hrudka, Madeline Brown, Mind Body Solutions, Kilduff Family, Warner Stellian Co Inc

\$100 - \$250

Mary Jo Hockert, Hair Police, Dangerous Man Brewing Company, Legacy Wellness, Thury Family, Proudfoot Family, Hilary OQ Nelson, Lamecker Family, DJ Clatt Jr., Stonebrook Golf Club, Renew Studios, Nicole Pugliese, Amy Sharpe, Circus Juventas, Poca Adams, Joseph P. Eilers, Mary Pat FitzPatrick, Scott Glickstein, Susan Maus, Amy Sampson-Burke, Ann Simonson, Thomas J Boulay, Robert E. Pottratz, Paul Ekstrom, Allina Health System, Dot Cambell

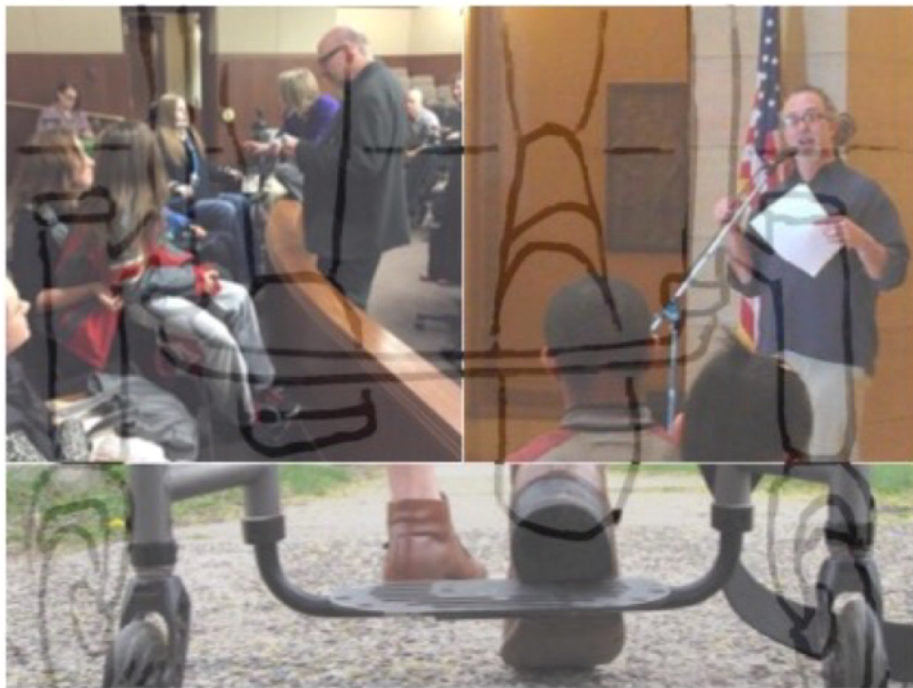
Special Thank You

- Mortenson Construction Company (For Meeting Location Space)
- Allina, Courage Kenny Rehabilitation Institution (For Peer Group Meeting Location Space)
- Project Walk, Twin Cities & Chuck Wheeler (For Peer Group Meeting Space)
- Hennepin County Medical Center (For Advocacy Support)
- TGE Consulting (For Advocacy Support)
- Minnesota Spinal Cord Injury Association (For sending GUSU advocates to Washington DC & partnership with the MN SCI Peer Group)
- United Spinal Association (For hosting Roll on Capitol Hill)
- Unite to Fight Paralysis (For advocacy support & research mentoring)
- Christopher & Dana Reeves Foundation (For advocacy support & Peer Mentoring Support)
- Treading North (Musical Performances)



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- Spencer Petersen (Musical Performance)
- Supporters & Advocates of the Minnesota Spinal Cord & Brain Injury Research Grant Program
- Minnesota State Legislature (Especially, Sen John Hoffman(D), Rep. Rod Hamilton (R), Sen Terri Bonoff(D), & Rep Bud Nornes(R) for Authoring & supporting the Research Bill)
- The office of/ and Governor Mark Dayton
- The Minnesota Office of Higher Education
- All of GUSU's Friends & Family who have helped us along the way



THANK YOU!



**Get Up Stand Up to
Cure Paralysis Foundation**

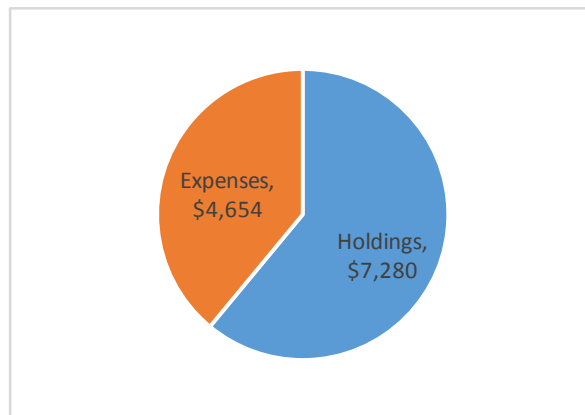
Financials

STATEMENTS OF FINANCIAL TRANSITION, 2014 - 2015

	January 31, 2015	*July 14, 2014
ASSETS		
Cash and cash equivalents		0
Unrestricted	\$7,280	\$0
Total Assets	\$7,280	\$0
LIABILITIES AND NET ASSETS		
Liabilities	\$0	\$0
Accounts payable	\$0	\$0
Total Liabilities	\$0	\$0
Net Assets		
Unrestricted	\$7,280	\$0
Temporarily Restricted	\$0	\$0
Total Net Assets	\$7,280	\$0
Total Liabilities and Net Assets	\$7,280	\$0

*Get Up Stand Up to Cure Paralysis was founded July 14th, 2014 as a 501(c)(3) nonprofit organization.

Cash Holdings & Expenses for 2014 Tax Year





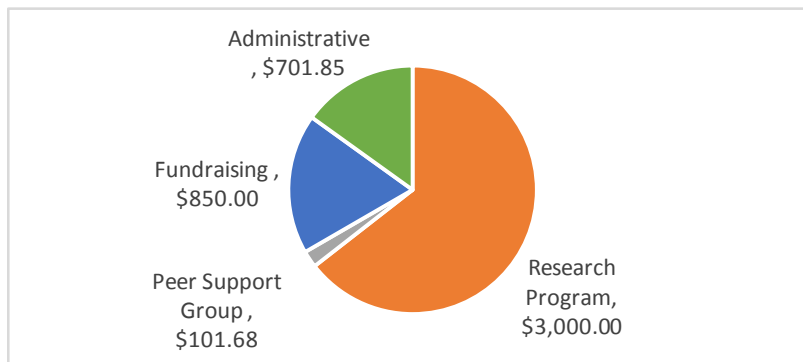
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Statement of Activities in Net Assets, 2014

	January 31st, 2015		
	Cash	Non-Cash	TOTAL
SUPPORT AND REVENUES			
Cash Donations	\$11,933.48		
Non-Cash Donations		6424.95	
Investment Income	\$0.04		
Total Support and Revenues	\$11,933.52		\$18,358.47
EXPENSES			
Research Program	\$3,000.00		
Peer Support Group	\$101.68		
Fundraising	\$850.00		
Administrative	\$701.85		
Value of Non-Cash Donated Items		6424.95	
Total Expenses	\$4,653.53	\$6,424.95	\$11,078.48
Net Assets at Beginning of Year	\$0.00	\$0	\$0
Net Assets at End of Year	\$7,279.99	\$0	\$7,279.99

All figures are based on expenses from GUSU's startup date to GUSU's end of fiscal year. (7/14/2014 - 1/31/2015). GUSU2Cure Paralysis is a 501(c)(3) non-profit organization that operates under federal tax ID 47-1331871. For questions or more information about GUSU's operating budget email info@gusu2cure.org

2014-15 Expenses





Get Up Stand Up to Cure Paralysis Foundation

Board of Directors

Board of Directors

- Matthew Rodreck, Executive Director, matt@gusu2cure.org
- Robert Wudlick, Chairman & Treasurer, rob@gusu2cure.org
- Thomas Cloyd, Vice Chairman, thomas@gusu2cure.org
- Tori Petersen, Secretary
- Kelsey Petersen, Director & Special Events
- Joe Dailey, Director (Team GUSU)
- Brian Kilduff, Director
- William Scheremet, Director



VOLUNTEER SPOTLIGHT:

Lynne Dorr

As a single mother of two girls and a high level quadriplegic, Lynne has spent countless days advocating for SCI research with GUSU at the Minnesota State Capitol.

Thank You!

Other Notable Volunteer Helpers

- Dave Divorak
- Kristen Rodreck Wilson
- Carolyn Bredeson
- Jim Lindsay
- Michelle Thury
- Lynne Dorr
- Ann & Mike Proudfoot
- Joey Carlson

For general inquiry email info@gusu2cure.org



Check us out at:

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Twitter: @gusu2cure

Get Up Stand Up to Cure Paralysis

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