

Impact

Report 2019



Healthy movement. Healthy communities

Message from the CEO

On behalf of the entire organization of Move Together, we send each one of you positive vibes, wishes, and prayers. As we transition from 2019 into 2020, we certainly find ourselves in unique times. More frankly stated, we are in unknown times. And times in which many are vulnerable and feel a sense of instability in their lives.

Throughout history, we have seen how instability and vulnerability for the individual and the collective can lead to disruption and trauma when alternative options are not present. For us, we look to three beacons to guide us so that we can be positive contributors to communities around the world. Those three beacons are **Compassion, Collaboration, Community**.

Alone and just written and said, the above words can easily be blown away. Yet with action, commitment, and a vibrant dimension to these three powerful ideas, the world can be changed for the better. Now more than ever, near and far, for the time that is and for the time that is to come, we all need to come together as compassionate collaborators in our communities in ways that are responsible and productive.

Our promises to you as an organization are thus. We will be aspirational in our aim and humble in our approach. We will partner with anyone anywhere to promote and promulgate positive works and ideas. We will always do our best.

We have a request. Starting today, we can each do something and then continue to do it. We can do as the American Statesman Ben Franklin did every morning as he looked in the mirror. We can ask ourselves ‘what good can we do today’?

Then we can answer it. One act. One day at a time. That is how we transcend the unknown. The vulnerability and instability that is all around us. That is how we collectively Move Together to a better place.

We look forward to fulfilling our mission with that mindset. In these unique times, positive and unique things are indeed possible. Onward, towards improving access to quality rehabilitation medicine around the corner and around the world. Onward, towards a world of more compassion, with deeper bonds of collaboration, and with stronger communities.

Onward we go. Together.
Dr. Efosa L. Guobadia, DPT
CEO and President





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Mission

To increase access to quality rehabilitation medicine around the corner and around the world.



Vision

**A clinic in every community.
A community in every clinic.**



Pillars & Programs

Increase the quantity & quality of sustainable clinics and programs

Clinic Development Program

Pro Bono Incubator

Catalyze servant leaders

PT Day of Service

Catalyst Club

Clinic Development Program

The [Clinic Development Program](#) (CDP) is a collaborative endeavor with local clinicians and community leaders for the development of sustainable access to rehabilitation medicine in communities globally. We connect with locals to assess and collectively work together to respond to their needs for increasing movement and improving health for each patient touched.

In the collaboration, we continuously ask three questions of the local community: Are we welcome in the community and places we are engaging? What are some of the opportunities and challenges according to the people of the community (leaders, staff, students, patients)? And per their thoughts, what are ways to fulfill those opportunities and overcome any challenges? This engagement takes us beyond the building of physical space to the responsibly responsive development of local capacity in the operations, function, and rehabilitative treatment within local clinics and programs.



Our primary Clinic Development Program is focused in the municipality of Villa Nueva, Guatemala, which has two municipality managed physiotherapy clinics, Jairo Rodriguez & La Felicidad physiotherapy clinics, and a rehabilitation wing in the national hospital. We have partnered with the municipality of Villa Nueva since 2017 to increase access to rehabilitation medicine in the community and bi-directionally share and learn alongside local physiotherapists and physiotherapy students. What brings us great joy is experiencing the growth and transformation within the physiotherapy clinics, the local physiotherapists and physiotherapy students, and the patients.

Physiotherapy Clinic Transformation ~ CDP



The [Jairo Rodriguez physiotherapy clinic](#) opened its doors on May 23, 2017, after a [one-day collaborative build](#) project with members of the Villa Nueva community, municipality leadership, and global CDP project participants. Over the past 2.5 years, clinic leaders have expanded programs and implemented innovative programs to maximize people's movement potential. Programs include an adaptive tennis program, lower back class, program for amputees, and a kid's stimulation program. They have also added an occupational therapy program which, alongside physiotherapy and the various programs, assists in their ability to perform everyday household activities and return to work. Also, the clinic leaders and students from both clinics share weekly on the local TV about physiotherapy and ways to maximize movement. This is only a portion of the transformation and growth happening within Villa Nueva, Guatemala to increase access to rehabilitation medicine and to maximize the potential of community members near and far.

Physiotherapist Transformation ~ CDP



Not only has the clinic grown and transformed, but the physiotherapy students who serve in the clinic have grown and expanded their opportunities. Two previous Guatemalan physiotherapy students, who were part of prior Move Together CDP projects in Villa Nueva, graduated and in 2019 began their service as clinic leaders in the Jairo Rodriguez and La Felicidad clinics, respectively. The two young ladies, Katherine & Nohemi, share their appreciation of all those who supported the development of the Jairo Rodriguez clinic and the opportunity to bidirectionally share and learn with Guatemala and international colleagues, professionals, and students. And their leadership reflects the sharing and learning experience during the CDP projects as they have developed a family and community culture within the clinic and implemented weekly grand round type experiences for the students.

Patient Transformation ~ CDP



Patient's lives are also transforming daily throughout the year. One transformative experience of hope through compassion and collaboration comes from our January 2019 CDP project at the Jairo Rodriguez clinic in Villa Nueva, Guatemala. Maria López (pseudonym) arrived at the clinic with limited left wrist extension/flexion and limited finger flexion of all digits. She was welcomed by a team of physiotherapists and physiotherapy students from Guatemala and the United States, who collaboratively assessed her and performed tissue and joint mobilization over her wrist, hand, and MCP joints. After 45 minutes, the patient could make a fist and squeezed Casey's, PT student from Massachusetts General Hospital Institute of Health Professions Doctorate in Physical Therapy program (MGH IHP), hand. The reaction on Maria López's face was priceless, and something Casey says she will remember forever.

Pro Bono Incubator

The [Pro Bono Incubator](#) (PBI) program supports the innovative what if, why not ideas of our profession to increase access and awareness of rehabilitative medicine in the United States for the uninsured, underinsured, and underserved. The PBI program offers three core avenues of support (grant funds, mentorship, resources) to help maximize impact and collaborates with [The Pro Bono Network](#) to expand connections and assess pro bono outcomes.

PBI Annual Grants

3-Year Fund Disbursement

\$30,500

16 programs

Year	Grant	# of programs
2019-2020	\$11,815	6
2018-2019	\$8,785	4
2017-2018	\$9,900	6

University of North Georgia Drum Circle ~ PBI

University of North Georgia Drum Circle brought together compassionate and passionate hearts from the University of North Georgia's physical therapy (PT) and music departments. Collaboratively, they developed a different approach to chronic pain, mitigating the prescription of pain medication, especially opioids, through drumming. Drummers got lost in the drumming and though the day started in pain, they left the group sessions feeling better and with less pain. The [drum circle](#) is only the beginning of a ripple of ideas and collaborations to increase access to innovative ways of movement, maximizing people's potential.



Little Workers of the Sacred Heart ~ PBI



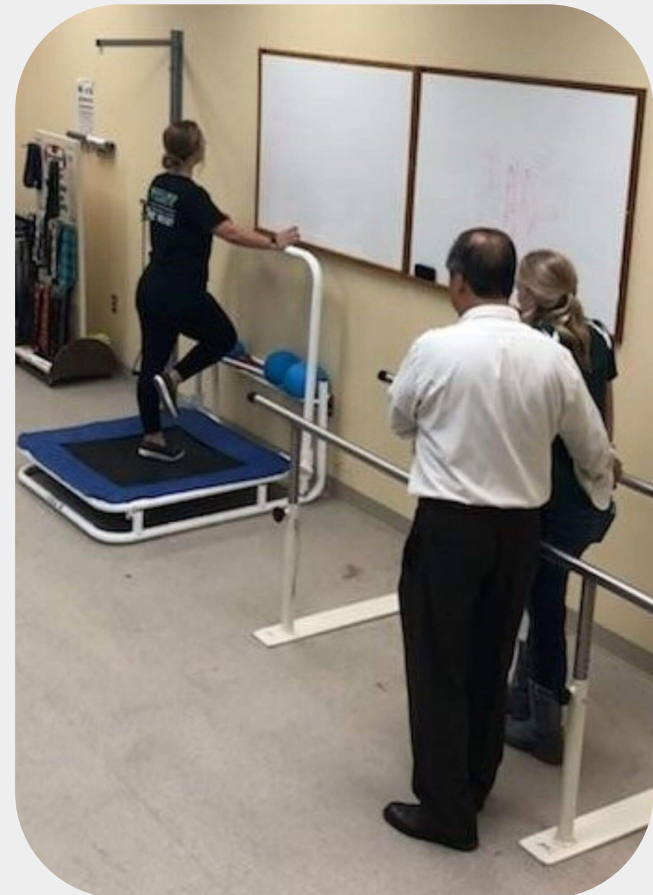
Little Workers of the Sacred Hearts supports the poor and uninsured in the Washington, DC metropolitan area through access to physical therapy supported by local physical therapists and physical therapy students from Howard University. Grant funds utilized for the purchase of a high-lo treatment table opened the doors for increased access, improved safety for therapists and patients, and a rippling and continuous transformation today and into the future.



Photo credit: Whitney Porter, [Bittersweet Monthly](#)

Slippery Rock University Pro Bono Clinic ~ PBI

Slippery Rock University (SRU) Pro Bono Clinic opened its doors officially in the fall of 2018, increasing access to rehabilitation medicine on campus, in their community, and beyond. A SRU volleyball player expressed her appreciation for the proximity of the clinic, the opportunity to learn alongside the brilliant SRU physical therapy students, and the ability to return to the game she loves with increased movement and function. Her experience made possible thanks to SRU's ability to purchase sustainable equipment to help initiate the clinic's opening. Thanks to the PBI grant, they were able to equip the clinic with items such as privacy screens, towels, a TheraBall rack, and a high-low treatment table.



National Pro Bono Rehabilitation Outcomes ~ PBI

In collaboration with the Pro Bono Network, we initiated the National Pro Bono Rehabilitation Outcomes collection in 2019. In collecting and aggregating pro bono service and outcomes data across the United States, we look to demonstrate the impact these services have on people's lives, the medical profession as a whole, and our nation and world.

As we collaborate to share and analyze pro bono outcomes across the US, doors are open to transformative thinking for healthier communities. And healthier communities lead to a healthier world. We ask anyone engaged in pro bono rehabilitation work to join us in being responsibly responsive by [sharing](https://www.move-together.org/pro-bono-incubator/) your outcomes quarterly. You can learn more and submit your outcomes on our website, www.move-together.org/pro-bono-incubator/.



Grants & Pro Bono Outcomes ~ PBI

2021 PBI Grant Cycle Application

Annual grant cycle	Jan. 1 to Dec. 31
Applications open	Sept. 1 through Nov. 15
Mentor review deadline	Oct. 15
Recipient notifications	Dec. 1

National Pro Bono Rehab Outcomes

Submit Quarterly Outcomes

by the 15th of April, July, Oct., & Jan.

Not too late to submit

2019 Yearly Outcomes

2020 Quarterly Outcomes

More info & submissions on website at <https://www.movetogether.org/pro-bono-incubator/> .

PT Day of Service

PT Day of Service (PTDOS) is a global initiative whose essence is local service for a global effect. A what if, why not idea sparked the first PTDOS in 2015, and 2019 marked the **fifth anniversary**. We have seen continued engagement from **all 50 US states** and increased and varied participation in **countries around the world** from **28 in 2015** to as many as **57 in 2018**.



Over the 5-years, an **average of 3,750 participants totaling over 18,750 participants** have served together annually on one day across the world, a quilt of responsibly responsive goodness is experienced from improving children's nutrition in Myanmar to stroke education in Ghana. Or from collaborative therapy of physical and occupational therapists for children in St. Lucia to community engagement beautifying the beaches in Florida.

5-Year Anniversary of PTDOS

But PTDOS is about more than the day. Over our 5-year history, we challenge our communities near and far to take that next step towards daily asking **what good may we do**, **individually** and **collectively**, to better the world through local service.

- ♦ **In 2015, year one** was **about the day** and bringing together the physical therapy profession to impact their local community for a global effect.
- ♦ **In 2016**, we took the next step looking at **the day and beyond** building a foundation and fertilizing the ground to effectuate sustainable change in behavior, relationships, and impact.
- ♦ **In 2017**, we amplified the depths of going beyond to **transcending the day**, the profession, the organization to turn the ripples of service into waves of connectivity and compassion.
- ♦ **In 2018**, we transcended the day with a three-prong **transformation** and interrelationality of the person serving, the collaborative end beneficiary, and the community for bidirectional, sustainable change.
- ♦ **In 2019**, we transformed local communities through the beacons of **compassion, collaboration, and community**. We serve in bidirectional sharing of each other's strengths and lessening of loads together in community.

Catalyst Club

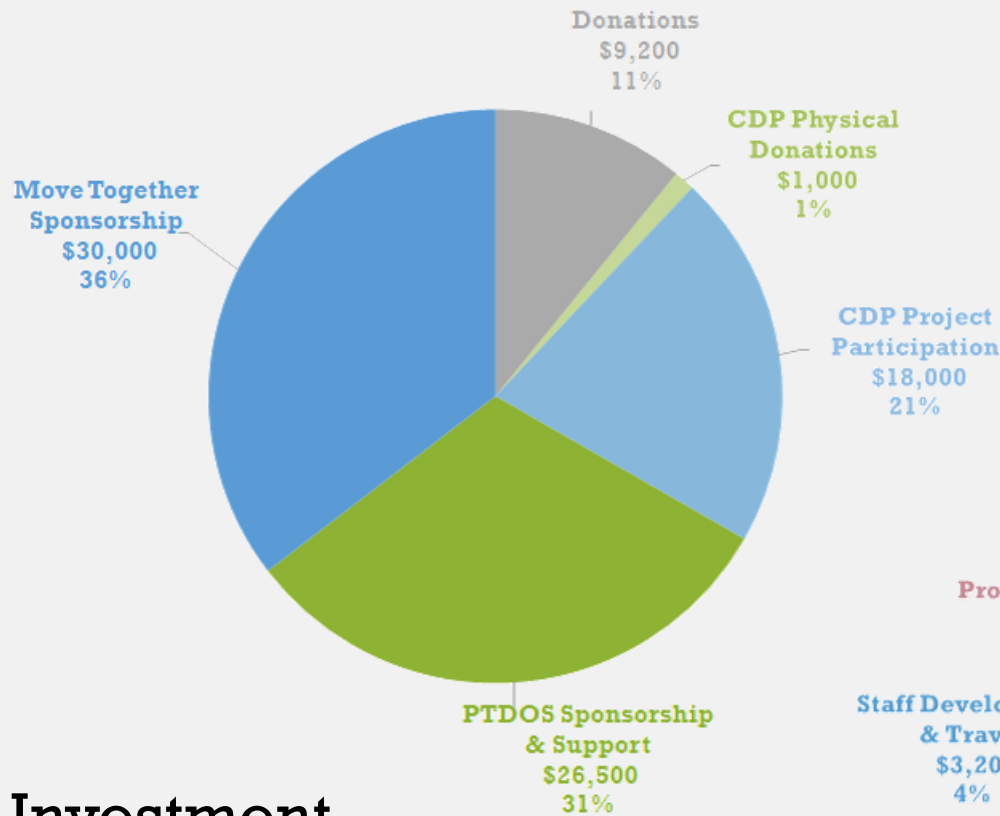
The [Catalyst Club](#) is our dynamic and diverse critical mass of compassionate collaborators that drives us in our fulfillment of the mission and pursuit of the vision. It is a way for a diversity of people to intentionally engage in responsible stewardship of the resources within and before them in a viable and palpable way to maximize movement and thus maximize lives. With a collaborative and compassionate family, we will catalyze sustainable and responsible change in communities globally.

Our Members

- ♦ guide the transformation of how people engage with the world and how the world engages with them through movement;
- ♦ focus on enhancing movement and improving daily function through their hearts, hands, and minds;
- ♦ catalyze change in the world for healthier communities and people;
- ♦ are empowered and empower others through innovation and servant leadership;
- ♦ have a bidirectional opportunity to fulfill others through service and to be fulfilled in service; and
- ♦ gain a cultural understanding of our communities through education, bidirectional communication, assessment, research, and experiences.



2019 Financials



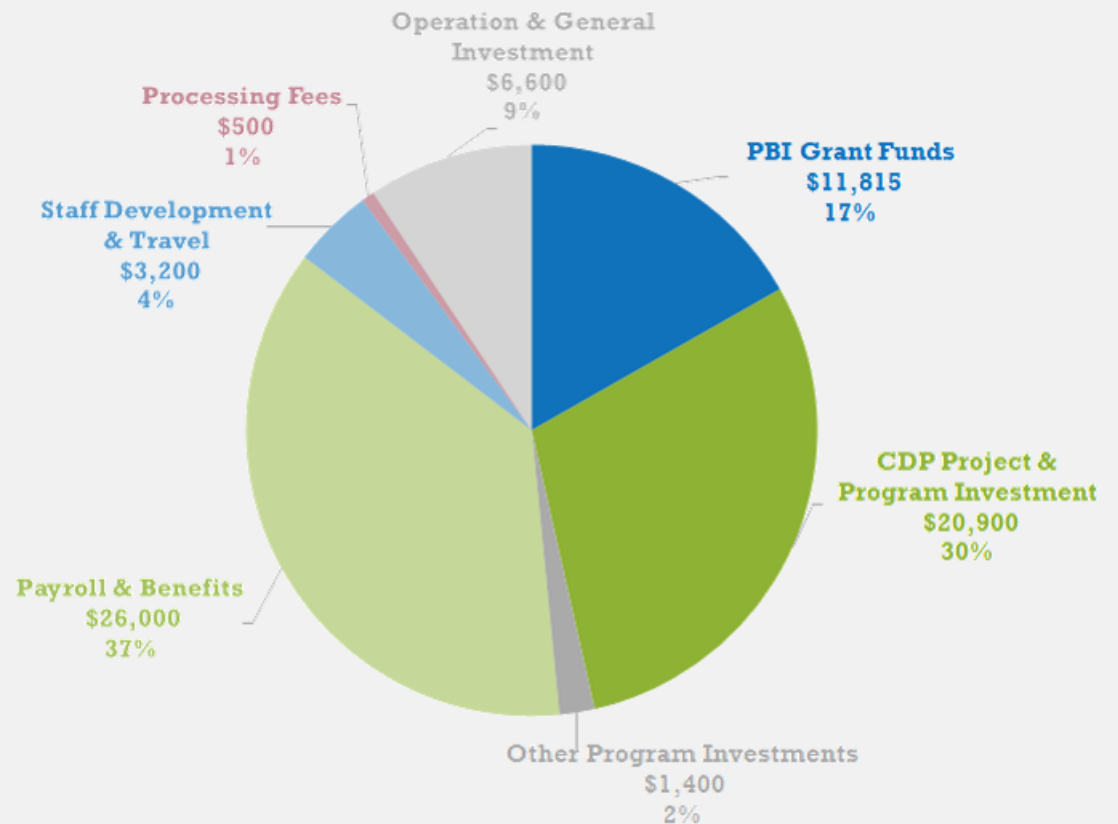
Investment

49% of our overall monetary investment in 2019 went to support our programs.

We are grateful for our team members who share their art, heart, and time to help fulfill our mission and pursue our vision. As we grow, we look forward to continuing to invest in our personnel, programs, and projects in innovative, impactful, and empowering ways.

Revenue

We are grateful to our family of supporters who provided 79% of our 2019 fiscal year revenue through monetary donations and physical donation of supplies and equipment.



Move Together Partners

Our partner collaborations empower us on our journey in fulfilling our mission and pursuing our vision.



American Physical Therapy AssociationSM



Therapeutic Associates
PHYSICAL THERAPY



ATLANTIC Sportswear
"custom apparel made easy."

Move Together Sponsors & Donors

We deeply thank our sponsors and donors for their support and belief in us on our journey towards increasing access to rehabilitation medicine around the corner and around the world.

Sponsors

American Physical Therapy Association (APTA)

Therapeutic Associations Physical Therapy (TAI)

Donors

Jen Esquer

T. Eugene & Joan H. Smith

Michael J. Brown

Bonnie McAfee

University of Massachusetts

Lauren and Sam Racoosin

James Sanderson

Papa's Legacy

Lisa Mendelow

Mimi Perkins

Janet Weber

Eyal Goldmann

Carol Young

Thea Rounsaville

Donors (In Honor of)

Richard Siemer (Katie Siemer Summers)

Cliff Bardelli (Natalie Dibs)

Robin Murphey (Sr. Clara Fehringer, OSU)

Fundraisers

Hannah Djalleta ~ Cyclebar Falls Church Spin

Casey Mokres' Birthday

Laura Vinci de Vanegas CDP

April Fajardo's Wedding

MGH Institute of Health Professionals Jan CDP Project

Alyssa Breslin's Birthday

Beth Horn's Birthday

Adriene Reavis' Birthday

PT Day of Service Sponsors & Supporters

We are grateful for all of our PT Day of Service sponsors and supporters for empowering and supporting us in promoting local service for a global effect all around the world.

Platinum



PT Day of Service Sponsors & Supporters

Gold



Silver



Bronze

MGH Institute of Health Professions
Oregon Physical Therapy Association
Sacred Heart University Physical Therapy Department
Tennessee Physical Therapy Association
New York Physical Therapy Association
HPA The Catalyst

Donors

Kristine Hasson
Christine Mramor
Rich Severin
Xenia King



2019 Family

Efosa Guobadia

Josh D'Angelo

Terence Bellew

Chief Executive Officer

Chief Operations Officer

Chief Financial Officer

Adriene Reavis

April Fajardo

Cara Whalen Smith

Ciara Burgi

Gail Bachman

James Sanderson

Jessica Burger

Laura Vinci de Vanegas

Maggie Delaney

Mary Kimbrough

MeMe Earnest

Rebecca Altic

Robin L. Murphey

Ron Peacock Jr

Taylor Stone

Donor Impact Intern

Director of Communications

CDP Council: Rwanda Co-Lead

PBI Program Director

PTDOS Program Director

Impact Lead

CDP Council: Rwanda Co-Lead

CDP Council: Guatemala Lead

Research and Design Intern

Communications Team

Social Media Coordinator

Donor Relations Coordinator

Director of Logistics

Catalyst Club Program Director

PBI Deputy Director

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