



PLUS ONE FOUNDATION



ANNUAL REPORT 2020



*Funding life changing experiences
for people with neurological
disorders*

TABLE OF CONTENTS



Message from the Founder	3
Projects.....	4-8
Grants.....	9-10
Testimonials.....	11-12
Financials.....	13-14
Thank Yous.....	14



A MESSAGE FROM THE FOUNDER

In 2019, the Plus One Foundation experienced outstanding growth. We diversified our partnerships with service providers and launched several new programs. We were on track to continue our growth in 2020, until the spread of COVID-19 closed our community's pools, treatment centers, and clinics. Our clients, who depended on physical therapies, emotional support, and at-home care were at risk of being completely deprived of support, and **Plus One faced a need like never before.** The disproportionate impact of the pandemic on people with neurological disorders compelled us to take action immediately. We couldn't just wait for the pandemic to end; we chose to act.

It is only through your continued support, our Plus One community, that we were able to broaden our platform and host virtual opportunities for therapy and in-person support for those with neurological disorders. Our internship and volunteer programs swelled, and we produced numerous at-home workshops and classes, letter-writing projects, and critical food support packages. The novel coronavirus brought unbelievable hardship, but our community steps up in times of need. We put our minds together to continuously innovate and create ways to assist our clients and counteract the drastic effect of the pandemic on their lives. **Because of your generous partnership,** we have sponsored professional therapy for people who have suffered neurological deterioration as a direct



result of COVID-19, and continued crucial services for new and existing clients, totaling in over **400 hours** of music, water, and other therapy.

We often take our abilities for granted, not realizing that a typical day for one person might be a battle for another. It is your contribution that allows us to continue to fight, with renewed invigoration and strengthened community. **We welcome 2021 and all of its challenges,** knowing that no matter what the obstacle, the Plus One community will help us be Plus One.

Thank you,

Wendy Zuber Krosky

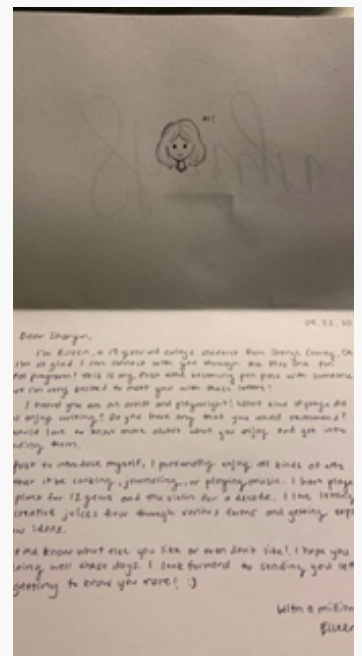
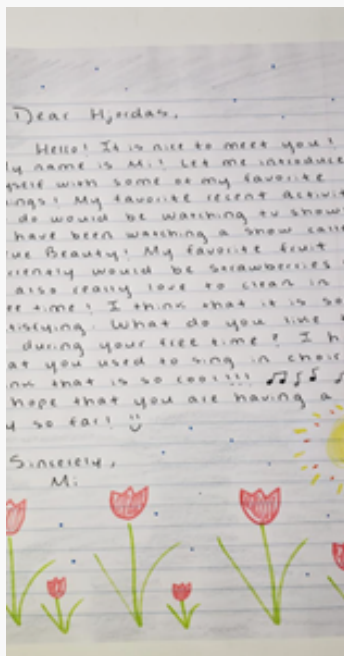
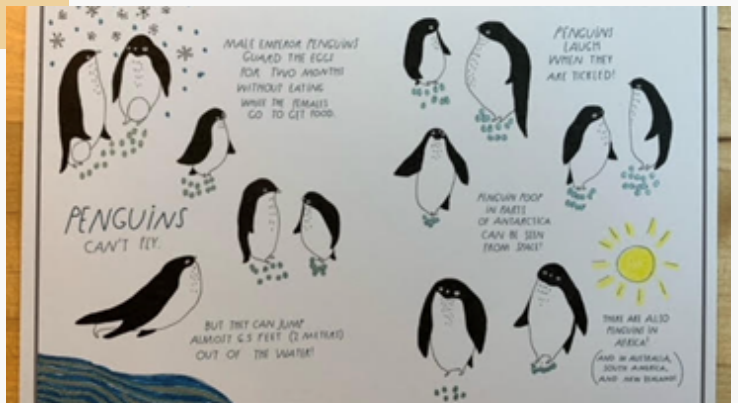
PROJECTS

Plus One Pals: Delivering Cheer & Joy

A letter writing campaign promoting support to those experiencing social isolation



Launched in September of 2020, Plus One Pen Pals has set out with a sole purpose: **to spread cheer and joy to those that need some additional support** and encouragement in this turbulent time. Volunteers have signed up from all over to send handwritten and thoughtful letters to their pen pals that could be anywhere in the country. One volunteer noted that they feel as if, “they are building a positive connection with someone who needs it.” In 2020, this program acquired volunteers to send **1,100 letters** nationwide! The program’s impact could be felt from coast to coast with large amounts of letters being sent to Washington, Colorado, and Utah.



Our Plus One Pen Pal volunteers have gotten extremely creative and thoughtful with their letters with a few examples shown above!

FulFILLment Package

A subscription care package to provide security and support across the country.

According to the US Department of Agriculture and the Syracuse University, 4.6 million disabled US adults experience food insecurity at some point in their lives.

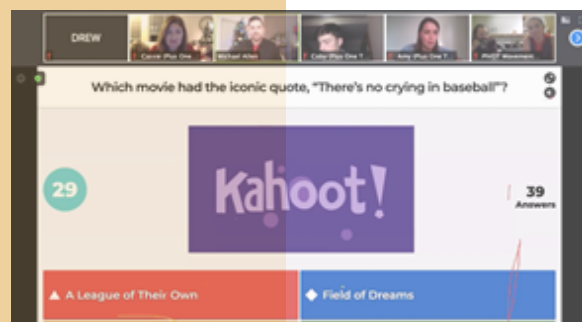
Amidst the COVID-19 pandemic, people have struggled to maintain food security. This led to the creation of **Plus One FulFILLment Package**, a subscription box service of nutritious, shelf-stable food delivered throughout the US to those in need. In 2020, we have delivered out **200 packages**, including notes of encouragement, small surprises, and recipes. The program continues into 2021 as Plus One Foundation aims to create safety and stability for people in our community.



Trivia Night / Thanksgiving Fundraiser

An entire evening of fun trivia games with chances to win cool prizes!

On December 10, 2020, Plus One put on a **live-virtual Trivia Night with 85 attendees** for teams of any size to put their brains to the ultimate test. Teams would compete against one another in 4 rounds of challenging trivia to win various gift cards from around the Seattle area!



Thanksgiving Gratitude Series Fundraiser

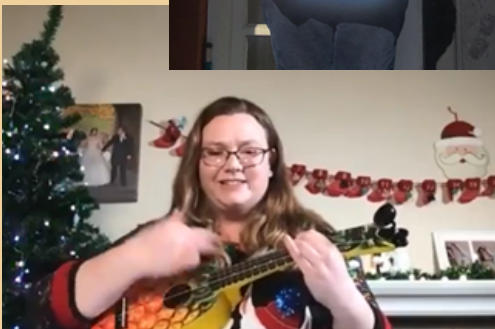
One week dedicated to fitness and gratitude to wrap up Thanksgiving festivities!



Plus One held a week of fun **exercise classes and mindfulness workshops** to finish off the Thanksgiving holiday celebration. Our week began with an inspirational **Personal Motivation** class followed by an energetic **Cardio** class, a lively **Pilates** session, a rejuvenating **Yoga** workshop, and to finish off our week of self-enhancement, we had a high-energy **Zumba** class.

Ukulele Class

Bonding over music from the comfort of home



The Ukulele Class was initiated by the Plus One Foundation, supported with partnerships with **Strum Seattle, PIVOT Movement Studios, and Seattle Parks and Recreation.** The class took place weekly over **Zoom**, Plus One also provided ukuleles for participants. We hosted **12 participants** from all age groups, who were affected by, or were caretakers for people with neurological disorders. Plus One fostered a **comfortable space** for people affected by neurological disorders to learn a new hobby during the pandemic, and created a **bond** for participants over their mutual love of **music.**



Vision Board Workshop: JumpStart Your Purpose

A visual representation of what you want to experience more of in your life!



Plus One aims to help people find hope and **inspiration** through the power of creativity and **visualization**. Attendees were able to meet certified vision board coaches who helped walk through how to set goals, get clarity and foster your **creative** spirit through creation of vision boards both physical and virtual! In 2020, a year full of tumultuous times, we helped over attendees turn their visualization into action to further achieve their goals.



OUR IMPACT

PROVIDING LIFE CHANGING
EXPERIENCES FOR PEOPLE
WITH NEUROLOGICAL
DISABILITIES

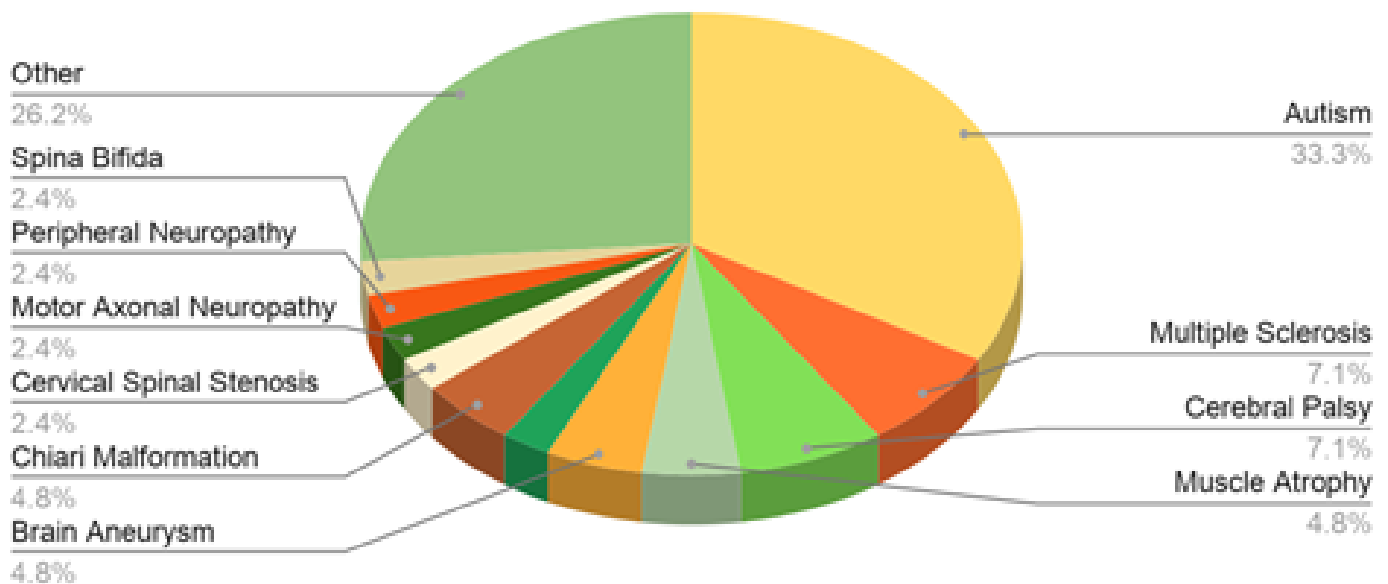


23,028.7

MINUTES SPENT ON GRANT FUNDED ACTIVITIES IN 2020

Types of Diagnosis Served by Plus One Grants

Total Participants Served: 45



WHAT WE DID FOR 2020

45

GRANT RECIPIENTS

Grant recipients received one of our Plus One Grants to participate in life-changing experiences



NEUROLOGICAL DISORDERS

15



Over 15 various types of neurological disorders were diagnosed to our grant recipients

\$8,750

AWARDED

Over \$8,750 were awarded to grant recipients alone, who are diagnosed with neurological disabilities



ACTIVITIES

19



were accessible towards grant recipients, such as yoga, swimming, massages, therapies, horse riding, and more

WANT TO HELP CHANGE SOMEONE'S LIFE?

Join us and learn more!

Visit www.plusonefoundation.org/grants-overview

Email us at plus1foundation1@gmail.com

TESTIMONIALS

Plus One Foundation provides three types of grants, which have helped our clients receive services to improve their condition, ultimately achieving life-changing results. Grants have helped our clients attend workshops, classes, and physical therapy. The Mermaid Pool Pass Grant provided three-month, all-access swimming pool passes to the Seattle Public Swimming Pools.

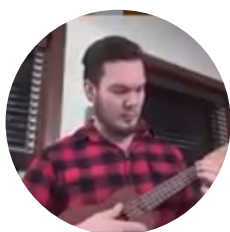
MARY

has received 29 grants from Plus One Foundation with grants from Plus One, Mary can work with a personal trainer to help with her balance.



When [Sue and I] work together, it not only helps me physically but also emotionally. We have so much fun when we work together. My balance has improved since working with Sue.

TAYLOR



"I've been socially distancing since March (2020) because I have a compromised immune system... it's been really nice to gather once a week (virtually) to see [everyone's] lovely faces. I've always wanted to get back into playing the ukelele. Everytime I get frustrated or a little stressed out, I just sit down, bring out my uke, and play a little something. I just want to thank you so much for providing the space."

JOSEPHINE (JOIE)



"Joie looks forward to her therapeutic riding lessons every week with other kids with similar challenges that have become her best friends. During the lessons, she works on motor planning, following directions in order to steer the horses which has allowed Joie to progress through some of her developmental challenges."

ALLEN



"[Allen's] ABA therapist and BCBA also see huge progress which Allen does every day! The way how he is running now got smoother and faster than it used to be. Now he can take stairs by himself while holding on to a side. And even do a couple of stairs without support. I really appreciate your help to my family!"

AMINA



"For the last couple of months, there are so many changes going on with my daughter her speech got better. She can say-my turn when she wants something and even wait for a couple of seconds. It helps with meltdowns she used to have all the time. The way she plays, she is more interested in toys and kids."

ZOE



has received 26 grants from Plus One Foundation with grants from Plus One, Zoe can get professionally supervised exercise. Exercise is important to Zoe's health. Professional supervision during physical activity prevents injury and maximizes benefit.

ROBBY

has received 27 grants from Plus One Foundation with grants from Plus One, Robby can work to improve his muscle atrophy and self-confidence.

Robby has worked with Sue Beam from Fitness Choices for several years. Robby has muscle atrophy. These services help boost Robby's self-esteem and motivates him to continue to improve his overall self. Working with Sue helps get Robby out of the house, increasing his self-worth and decreasing his risk of isolation.

FINANCIALS

Income Statement for Plus One (2020)

Revenues

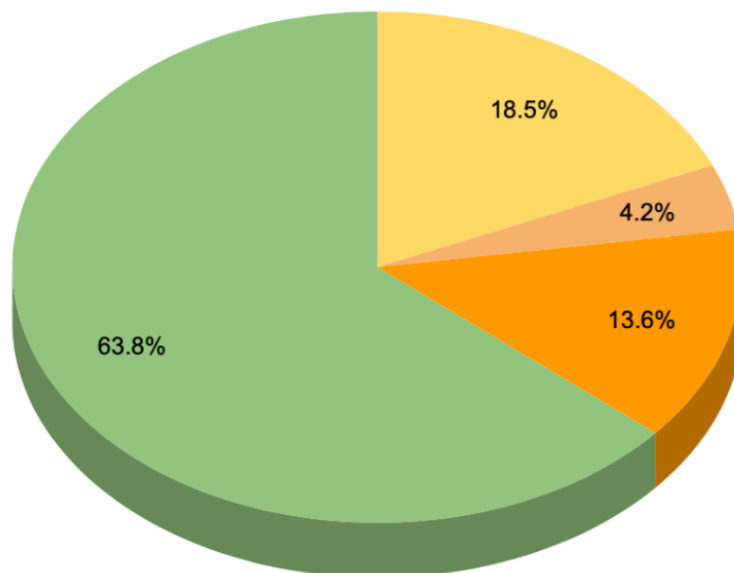
Private Donations	\$7,373.68
Corporate Donations	\$1,655.86
Workplace Donations	\$5,429.40
Event Donations	\$25,436.74
Total Gross Revenue	\$39,895.68

Expenses

Management & Program Operations	\$23,669.47
Grants Awarded to Clients	8750.38
Others (Miscellaneous Fees)	\$179.64
Total Expenses	\$32,599.49
Net Income	\$7,296.19

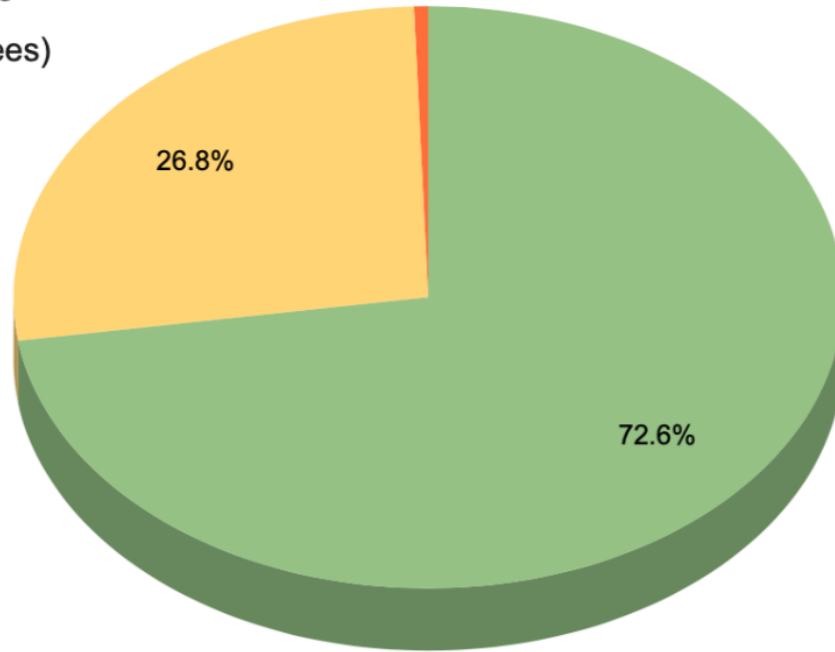
Revenues

- Private Donations
- Corporate Donations
- Workplace Donations
- Event Donations



Expenses

- Management & Client Program Operations
- Grants Awarded to Clients
- Others (Miscellaneous Fees)



THANK YOU

BOARD MEMBERS

Kacey Kroeger	Karen Grady	Cassie Pawloski	Hanna Twiss-Brooks	Lily Gordon
Alex Strazzanti	Chontel Klobas	Zach Overacker	Jack Conley	Christine Jimenez

INTERNS

Daniel Nguyen	Nina Rubesch	Tiara Schwarze-Taufiq	Sitong Yang	Lyle Lasala	Micah Lim
Kelsey Fukuda	Nikki Anderson	Dulmini Siriwardhana	Jasmine Smith	Bailey Shaw	Elaine Yao
Jordan Large	Meihan Zhang	Eden Au Nguyen	Carolina Lopez	Vivian Pham	Daisy Du
Janel De Vera	Natalie Trinh	Brielle Ann Canares	Bridget Leonard	April Huang	Emily Li
Ruotong Rong	Amy Frederick	Chhy Chhy Yeak	Zack Gallagher	Namya Rawal	Kevin Kim
Brandon Pham	Andrew Sierra	J.T. Schilling	Yuleeka Hayashi	Sharae Ratliff	Zoey Zhu
Veronica Haile	Bryan Roesli	Breanne Coulthard	Thanh-Thi Duong	Cabe Briggs	Unica Le
Trevor Williams	Abi Mendoza	Madison McCann	Rachel Pauls	Neha Hazra	Susue Li
Dalena Quach	Tobias Pindus	Mckenna Munholand	Jack Wilsie	Ashley Burke	Sara Hahn
Winston Grover	Michelle Yang	Carolyn Kate Phung	Claire Meniktas	Talya Gilboa	Yu Yang
Claire Tomsett	Madison Rothe	Alice Maruyama	McKenzie Ballo	Coby Seaver	Mateo Li
Madison Truess	Chea-Mun Tan	Dainese Chandra	Deborah Daniel	Eileen Zhu	Serena Au
Serena Truong	Sharae Ratliff	Izz Ezrie Bin Hishamuddin	Davira Shaffena	Albina Udas	Love Chien

VOLUNTEERS

Michael Allen	Isabella
Collin David	Ray Houle
Hannah Madgett	Christine Mazanec
Victoria Mantzoros	Kristin Maurer

REPORT AUTHORS

Cecilia Liang	Amy Frederick
Yuleeka Hayashi	Elaine Yao
J.T. Schilling	Jasmine Smith
Trevor Williams	Rebecca Rong