

# PLUS ONE FOUNDATION

---



20  
22

# ANNUAL REPORT

📞 206-285-0628

🌐 [www.plusonefoundation.org](http://www.plusonefoundation.org)



# Table of Contents

---

01	Introduction	p 01 - 02
02	Our Projects	p 03 - 06
03	Grants	p 07 - 10
04	Finances	p 11 - 12
05	Acknowledgements	p 13

---



## ABOUT OUR FOUNDER

"I believe that living life to the fullest makes life worth living. I graduated from the University of San Diego with a degree in Sociology through the American Humanics Program (the study of non-profit management) and a Minor in Leadership. Two years later I graduated from the University of Washington's Fundraising Management Program. My community outreach includes serving on the Board of Directors for area non-profits. My careers have included Corporate Fundraising and Marketing for non-profits. I know firsthand how life can change in an instant. In 2001, I had a traumatic brain injury from a fall. The moment of that injury and its long term effects have changed my life forever. I have had to re-learn to breathe, talk, and walk. The kindness and generosity from others is what has given me the strength and ability to not only survive, but to live. I am making it my life's mission to provide enriching opportunities to everyone, regardless of their limitations. Each person should have the opportunity to see, feel, and enjoy all of life's experiences. There may be changes, but the world is still filled with possibilities. I, as just one, will encourage all to participate and be Plus One!"



# OUR MISSION STATEMENT

The Plus One Foundation assists children and adults with a neurological injury, disorder, or disease to **achieve goals, expand opportunities and 'feed the soul'** through activities that offer education, rehabilitation and training. Plus One Foundation is also dedicated to assisting people that have had COVID-19.

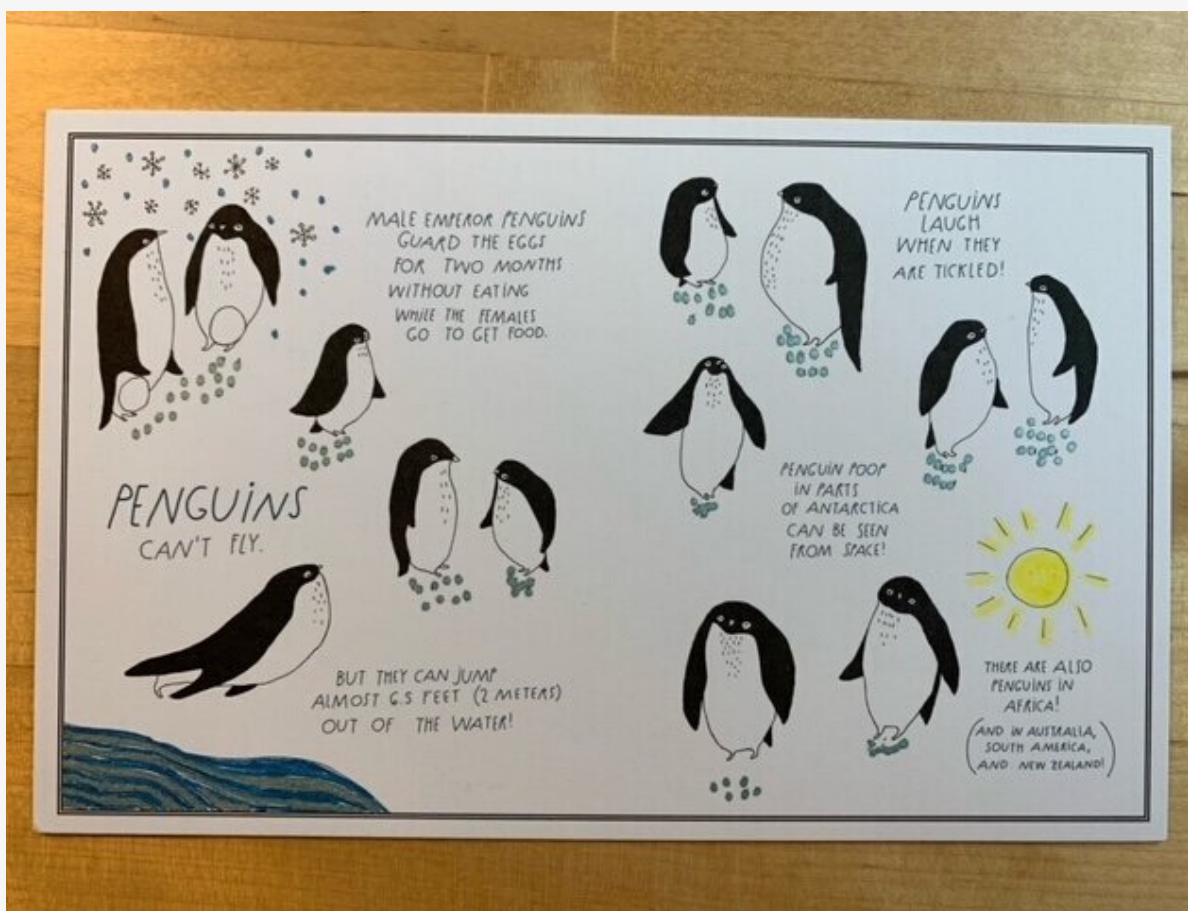
We fund classes, workshops and life experiences that are proven to **assist individuals on their path of rehabilitation and recovery**, but are rarely covered by insurance, such as; art and music therapy, therapeutic horseback riding, integrated movement therapy, martial arts, meditation, yoga, and aquatic therapies.



# Our Projects



Plus One Pen Pal, Care Packages,  
Hit the Deck, Stand Up



# PLUS ONE PEN PALS

Sending support to those in need

Plus One Pen Pals was established to bring smiles to peoples faces in tough times. With the help of volunteers and our interns, we have sent over 1800 letters to this date!



# CARE PACKAGES

Thanks to everyone's help, we served 220 food packages to clients across the Greater Seattle Area this year!

# HIT THE DECK

05



## What it's about:

A challenge event designed to raise funds for those with neurological disorders while challenging participants to better their physical fitness.



## How our community participated:

Pledged to run for Plus One...

Pledged to swim for Plus One...

Pledged x pushups for Plus One...

Our community took on strength, endurance, mindfulness and other challenges for 31 days in July to raise money for those struggling with neurological disorders.

# Hit the Deck

for Plus One 2022







06

# Stand Up!

March 19th, 2022

A night full of great comedy, silent and live auctions, door prizes, and so much more! A night to unite our community in benefit for all with neurological, disorders, injuries or diseases.



## Thanks To...

...Our Host, Cara Rosellini. An actor, comedian, writer, and producer.

...Our Headliner, Meaghan Gross. A Seattle Native who brought her joy for making others laugh to life.

...Our Feature, Travis Sherer. Who brings his comedy to life through not understanding Seattle and being a part in a 100% clean way.

...Our sponsors, Amazon, Modernist Cuisine, and the Bourbon Street Bar & Grill.

...And most importantly everyone who came out to support the event!





# Grants Overview



Mermaid Pool Pass, One Grant, &  
Occasions Grant



# Mermaid Party

---

November 10th, 2022 we held our annual event with food and live music that has been bringing the community together since 2013. 100% of the money raised goes towards Mermaid Pool Passes in honor of Mary McKillop. With the help of our community, we raised \$5,763 dollars this year!



# MERMAID POOL PASS



The Mermaid Pool Pass funds are used to buy **three-month, all-access swimming pool passes** to the local Swimming Pools for people with neurological disorders.





## ONE GRANT

Through the **ONE Grant**, the Plus One Foundation funds significantly life-changing opportunities for people with neurological conditions. This funding offers a unique chance to fulfill a dream that expands the experience of living.

The goal of this grant is to not only improve one individual's life but also to witness the 'ripple effect' of one person's positive experience on their family, friends, and community.



## OCCASIONS GRANT

The **occasions grant** funds daily or weekly activities, classes, and workshops that add joy and inspiration to the lives of people with neurological disorders.

# FINANCIALS 2022

## INCOME STATEMENT

---

### REVENUES

Corporate Donations	\$31,959
Individual Donations	\$55,737
Mermaid Party Donations	\$5,763
<b>Total Gross Revenue</b>	<b>\$93,459</b>

### EXPENSES

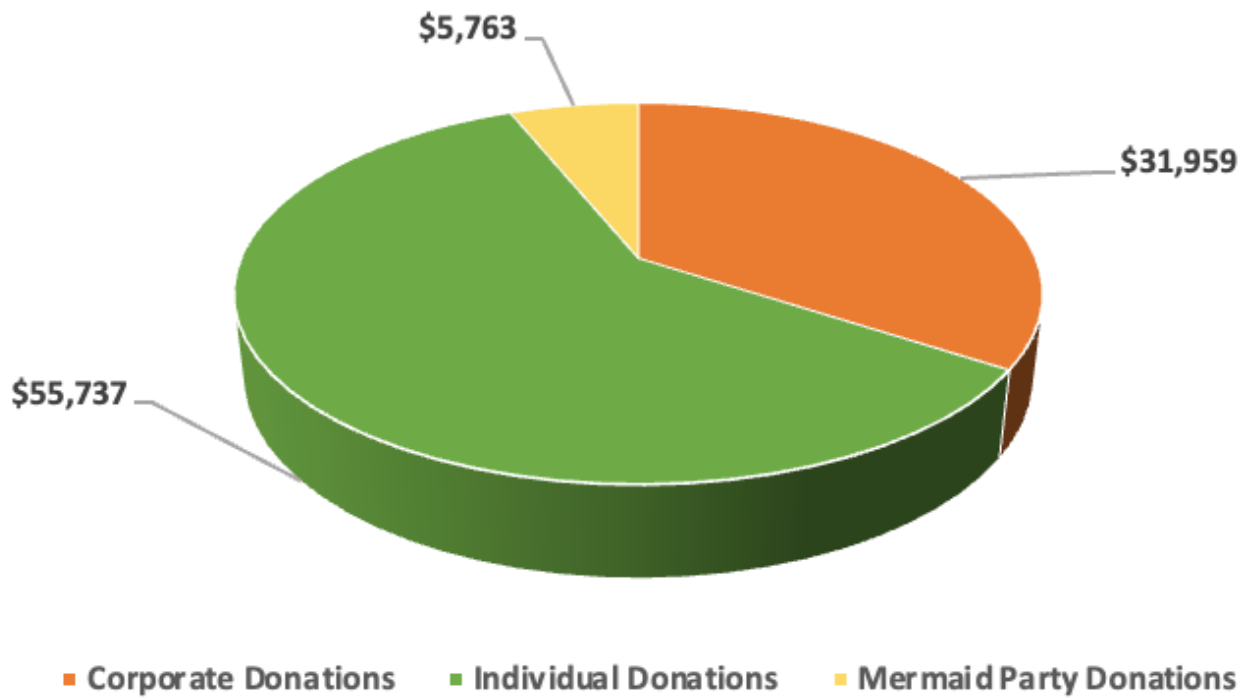
Overhead	(\$33,067)
Community Activities	(\$30,228)
Pool Pass / Aquatic Classes	(\$7,601)
<b>Total Expenses</b>	<b>(\$70,896)</b>

---

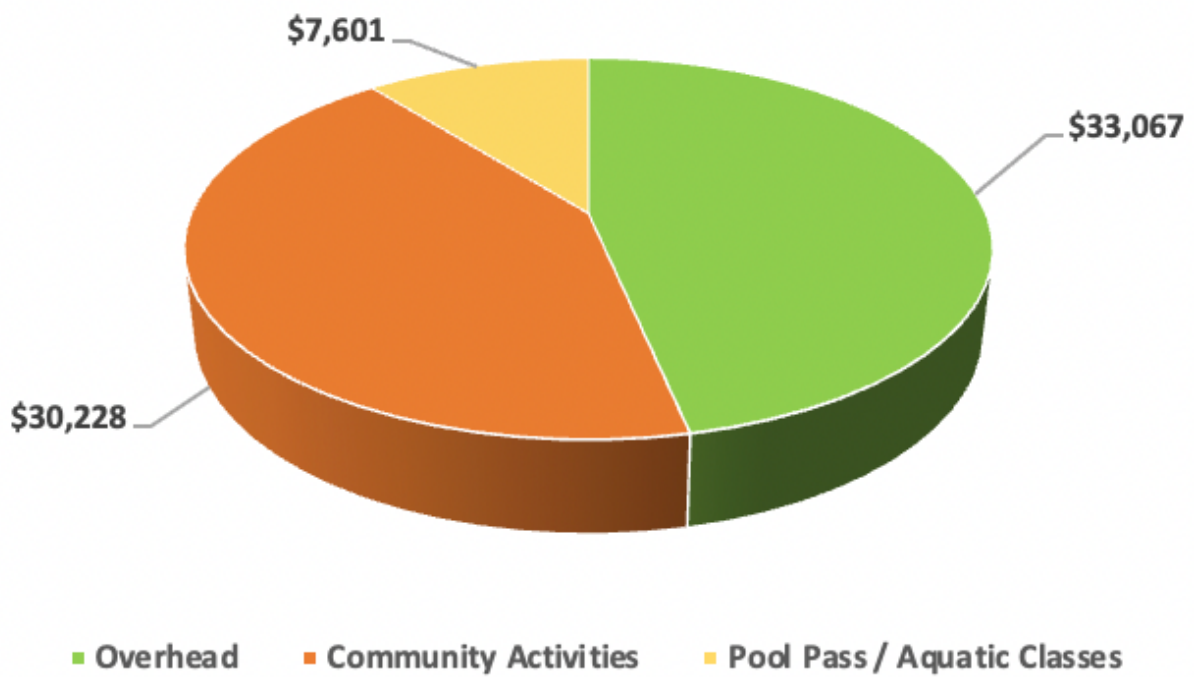
<b>NET INCOME</b>	<b>\$22,563</b>
-------------------	-----------------

---

## Revenues



## Expenses





# THANK YOU!

---

## Board Members:

Founder: Kacey Kroeger

Executive Team: James Slider, Tom Lehrich, Cassie Harter

Office Manager: Molly Ye

Board: Hanna Twiss-Brooks, Karen Grady, Christina Iskandar, Jeremy Evans, Rupen Shah, Kelsey Fukuda

## Interns:

Lisa Nguyen, Chhy Chhy Yeak, Paige Madrid, Djanaya Esiong, Grace Kim, Hanur Pak, Minita Layal, Chloe Keegan, Tio Runtukahu, Margaretta Heinemann, Noelle Calara, Samantha Brown, Saara Uthmaan, Grace Denney, Liliana Medel Martinez, Michelle Gong, Angela Correya, Sai Rithika Sivakumar, Prajwala Immareddy, Tuong Vu, Tiara Schwarze-Taufiq, Phallin Lay

## Volunteers:

Natalia Perez, Megana Talluru, Morgan Roque, Natasha Williams, Sucheta Bagchi, Srividya Kalyanaraman, Sierra Foster, Reese Castro, Maha Krish, Kimberley-ann Miller, Bella Angelos, Miriam Fleischeer, Chloe Schroeder, Akanksha Khanal, Shaniya Duckworth, Amanda Tesar, Ginkgo Wang, Angelica Maestre, Kathryn Sauder, Isabella Ordonez, Mizuki Maeda, Pamela Kwong, Emanuel Molinero, Megan Nye, Andy Nye, Kelcie McLain-Midkiff, Kathryn Rutt, Tanvi Raman, Michelle Fescue, Samantha Smith, Elizabeth Snyder, Kaylee Millar, Jenna Bonenfant, Sarah Blackhall, Luke Martin, Robin Walker, Isabelle Trivino, Lynette Pang, Vananh Bui, Josh Aronson, Paige Beans, Coree Chodek, Maci Stapleton, Jihye Kim, Ashley Rucker, Kenneth Paul, Joshua Uttech, Kenasia Fuller, Lili Korpall, Amber Rose Jimenez, Audrey Loos, Carmella Lau