

Prizes

Prizes will be awarded to teams and individuals who help to raise funds for Enable, Inc. through pledges. Those who have raised pledges will be acknowledged the day of the walk; prizes will be confirmed and sent after the walk.

Prizes:	Total Raised
\$100 Amex Gift Card	\$1,000.00
\$50 Amex Gift Card	\$500.00
\$25 Amex Gift Card	\$250.00

Honorary Chairpersons:

Ms. Wheelchair NJ 2008 Cynthia DeSouza and Ms. Wheelchair NJ 2007 Kelly Rouba



DeSouza is the president of the NJ Coalition on Women and Disabilities in Essex County; director of community outreach programs in her church; coordinator of the Angel Tree Prison Fellowship program; and executive director of Rebuilding Together Essex. Crowned Ms. Wheelchair New Jersey in April 2008, she is visiting every NJ

county to raise awareness of the needs of people with disabilities. Cynthia lives in Newark and is the proud mother of two daughters who are 19 and 22 years.



After holding the title of Ms. Wheelchair New Jersey in 2006 and 2007, Rouba is now its state program coordinator. Rouba has been featured by NJN News, Live With Regis & Kelly, ABC's Perspective New Jersey, WZBN News, and Disaboom Radio. In 2008, she was filmed by Agency New Jersey for two documentaries and was featured in two commercials. Having earned her BA from The College of New Jersey in 2002, majoring in Journalism/Professional Writing, she writes for newspapers, authored Juvenile Arthritis: The Ultimate Teen Guide, and is co-producer of mobilewomen.org. She serves on several boards, including the Arthritis National Research Foundation. Currently, she works as a Special Needs Specialist for the Department of Homeland Security handling emergency preparedness issues related to special needs populations.



Directions to PEAC Health & Fitness on 1440 Lower Ferry Road, Ewing 609-883-2000

From PRINCETON via Route 1 South or Route 206 South to Interstate 95 south, travel in the direction of Pennsylvania to Exit 4 for Route 31. At the top of the exit ramp, turn left at the traffic light onto Rt. 31 south. Stay on Rt. 31 for 1.2 miles and turn right at the traffic light onto Upper Ferry Road. Travel .7 mile and turn right onto Lower Ferry Road, continue for ½ mile and PEAC Health and Fitness will be on the right.

From TRENTON via Route 1 North to Interstate 95 south in the direction towards Pennsylvania for approximately 5 miles to Exit 4 for Route 31. At the top of the exit ramp, turn left at the traffic light onto Rt. 31 south. Then see directions above.

From TRENTON via Rt. 31 North, turn left at the traffic light onto Upper Ferry Road. Travel .7 mile and turn right onto Lower Ferry Road, continue for ½ mile and PEAC Health and Fitness will be on the right.

Route 29 North from Trenton or from Yardley, PA take Interstate 95 north (to New York/Princeton) to Exit 3A, Scotch Road south. Travel 1.2 miles to the 2nd traffic light and turn left onto Upper Ferry Road. Travel approximately ½ mile to first traffic light and turn left onto Lower Ferry Road. Travel ½ mile and PEAC Health & Fitness is on your right.



About Us

Enable, Inc. helps individuals with disabilities live full and independent lives in our communities. People with disabilities have dreams, goals, and interests. Like you or me, when they close their eyes, they have a picture of exactly what they want their life to look like. All want to be

safe, to live as independently as possible, to have a life filled with friends, to enjoy recreational activities to be active in the community. Many are employed or work as volunteers. Enable helps make this happen.

Enable, Inc. provides services, supports, and living arrangements to individuals with disabilities and their families throughout central New Jersey. Our top priorities are ensuring the safety and well-being of those we serve based on individual choice and what matters most to that individual and providing high quality services. The parents and families of individuals with disabilities depend on Enable to be there for the lifespan of their family member. We intend to be there.

Support Enable, Inc

As a non-profit, we rely on the contributions of persons in our communities to help us reach our service goals. Here are some examples of our costs:

- Building a ramp to help someone in a wheelchair get into or out of his home costs between \$5,000 and \$7,000.
- One day at the Day Program costs \$1,200.
- Vans used to transport consumers we serve cost about \$40,000. Repairs, maintenance and insurance costs about \$7,000 annually for each van.
- A group home's grocery bill for 4-5 persons is over \$200 a week—not including personal care products residents purchase on their own.
- Four hours of in-home help cost above \$100.

Enable puts 88¢ of every dollar received into direct services. Your donation is tax deductible to the fullest extent allowable by law.



Sunday, February 8, 2009

1 pm – 4:30 pm

Pre-Registration due: January 25, 2009

For more information:

- Email walk@enablenj.org
- Call (609) 987-5003, ext. 124 or
- Register online at www.enablenj.org



Enable inc

Indoor Location Donated by:



1440 Lower Ferry Road, Ewing, NJ 08618

All proceeds from this walk support the persons with disabilities and their families served through Enable.



Enable, Inc. is a non-profit organization that serves individuals with disabilities and their families throughout the central New Jersey region. Participate in our walk for fitness and funds.

The Walk ‘N Roll Schedule:

1:00 pm	Registration
1:30 – 3:30 pm	Walk and Entertainment
4:00 pm	Closing Ceremony

Entertainment provided by “Across the Street” band playing vintage rock ‘n roll, country, blues and more.

Registration:

Please fill out the pre-registration form and mail or fax (609-520-7979) it back.

Fees:

- T-shirts available if you register PRIOR to Jan. 15, 2009.
- \$10 for early registration received at Enable by Jan. 25, 2009.
- \$20 for registration received after Jan. 25 and at the door on Feb. 8.

Sponsorship:

Corporate/business Sponsors – To support this event, contact Kirsten Yard at 609-987-5003, ext. 124 or email walk@enablenj.org or go to web site: www.enablenj.org. To form a team, see below.

Pledges:

Ask co-workers, friends and family members to support you to walk in the event. Fill out the Walker Pledge Sheet. Send your pledges in by January 25, 2009. Acknowledgement of walkers and the pledges they have raised will occur the day of the walk.

Teams:

Form a team! Get a group of your business colleagues, family or friends together to make it more fun! Register your Team with a team name and a Captain. Have each team member send in the pre-registration noting your team’s name and Captain. Pick a color for your t-shirt on the registration form.

Cannot join the fun? Make a donation:

Use the registration form to send a donation if you cannot join us on February 8th.

Use Enable’s web site to register:

If you prefer web mail over snail mail, go to www.enablenj.org to register online and monitor your pledges.

All walkers must register. The event is held indoors and will be held on February 8th unless the weather requires travel restrictions and PEAC must close. Phone 609-987-5003 if you are unsure of the weather restrictions on the day of the event. There is no “rainy day.” If the walk is not held, all pledges will be collected and the day-of-event will not be held.

For more information on “Walk ‘N Roll with Enable”, please contact (609) 987-5003, ext. 124 or at walk@enablenj.org.

WALKER DONATION SHEET

(Minimum pledge: \$5.00)

Participant Name: _____ Team Name: (if applicable): _____

Address: _____ City: _____ State _____ Zip _____

Phone: (H) _____ (Cell) _____ E-Mail: _____

Make a copy of this form and pass it on to a friend. My personal fund-raising goal is \$ _____. Write your name on any sponsor’s checks (in note) so you may be properly credited. Send your collected pledges in by January 25, 2009. Please make check payable to Enable, Inc. if you send a check.

Sponsor’s Name	Address, City-State, Zip	Email Address*	Phone #	Amt. Pd/Paid by Cash or Check
Sample: Mr./Ms. Proud Pledger	1234 Street Name City, State 00010	ppledger@gmail.com	1-609-111-1111	\$10 by CASH
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				

*If you provide your email address, we will send you notice when Enable’s newsletters are posted on our web site.

Pre-Registration Form

(You can also register on-line at: www.enablenj.org.)

T-shirts available for those who register PRIOR to January 15, 2009. Pre-registration deadline with \$10 fee is January 25, 2009. January 26 through February 8 registration fee is \$20. Return this form to your Team Captain or directly to Enable at 13 Roszel Road, Suite B110, Princeton, NJ 08540 or by fax at 609-520-7979.

Walker’s Name _____

(Every walker must complete and sign this form.)

Male Female Age _____ D.O.B. ____/____/_____

Address _____

City _____ State _____ Zip _____

Phone (H) _____ (Cell) _____

E-mail _____

Emergency Contact Name _____

Phone (H) _____ (Cell) _____

My fundraising Goal is \$ _____

_____ I am walking as an individual.

_____ I am walking as a member of a team. My team is:

Team Name: _____

Team Captain Name/Phone: _____

From Organization _____

Corporate Family School Other _____

My company has a Matching Gift Program.

I cannot participate in the walk, but please accept my donation in support of Enable, Inc. in the amount of \$ _____

Fee _____ \$10; _____ \$20 if received Jan. 26th and after

Free T-shirt orders must be received no later than January 15, 2009.

My T-shirt size: S M L XL XXL

Total Amount Enclosed: \$ _____

_____ I am participating in order to meet required Community Service hours. Please contact me so that I can help as a volunteer.

_____ I want to help as a trainer and be paired with someone who has a disability. (4 pre-training walks will be set up prior to Feb. 8)

In consideration for Enable, Inc’s and PEAC Health & Fitness’s sponsorship of Walk ‘N Roll with Enable, I/we hereby agree to release Enable, Inc. and PEAC Health & Fitness, its staff, sponsors, affiliates, volunteers and others from any and all claims for damages that we might otherwise be able to assert as the result of any injury or loss of any kind sustained by us arising from my/our/child’s participation in the Walk ‘N Roll with Enable event. I/We further agree to defend, indemnify and hold Enable, Inc. and PEAC Health & Fitness, its staff, sponsors, affiliates, volunteers and others harmless from any and all claims, costs, or liabilities of any kind arising from my/our/child’s participation in said Walk ‘N Roll with Enable event no matter by whom asserted, including but not limited to any such claims, costs or liabilities arising from the provision of transportation to or from said event, and even where the party asserting such claim or liability alleges negligence or other misconduct on the part of Enable, Inc. and PEAC Health & Fitness, its staff, sponsors, affiliates, volunteers and others.

Signature* _____

Date _____

Signature of Legal Guardian _____

Date _____

*All participants under age eighteen (18) or who are not his/her own legal guardian must have the guardian sign.