

**JOIN THE "YES U CAN" CORPORATION FOR A**

**5K - 1MI. / RUN / WALK / ROLL / SIT RACE**

**JAN. 1, 2012 - RACE STARTS 12 NOON - REGISTRATION OPENS 11:00 AM**

**SPONSORED BY DELAWARE SWIM & FITNESS CENTER**



**NOT RUNNING? THAT'S O.K.!**

**COME TO THE SILENT AUCTION OR  
DONATE FROM THE WARMTH AND  
COMFORT OF YOUR OWN COUCH!**

**WE NEED YOUR KINDNESS AND  
GENEROSITY TO CONTINUE  
OUR PROGRAMS AND  
TO ADD MORE.**

**HAPPY NEW YEAR**  
**RESOLUTION CLASSIC**  
**JAN 1, 2012**

**AWARDS - PRIZES - COUPONS - SILENT AUCTION OPEN TO ALL - REFRESHMENTS**

**LOCATION: DELAWARE SWIM & FITNESS CENTER**

**4905 MERMAID BLVD., WILMINGTON, DE 19808 - REGISTRATION \$20 - \$25**

**FOR INFORMATION VISIT: [YESUCANUSA .ORG](http://YESUCANUSA.ORG) - OR ON FACEBOOK: [@YESUCANUSA](https://www.facebook.com/YESUCANUSA)  
EMAIL: [INFO@YESUCANUSA .COM](mailto:INFO@YESUCANUSA.COM)**

**YES U CAN CORPORATION IS A NON PROFIT 501 (C)(3) THAT PROVIDES ASSISTED EXERCISE AND OUTDOOR ACTIVITY PROGRAMS  
FOR PEOPLE WITH LIMITED MOBILITY / DISABILITIES. WITHOUT THE YES U CAN PROGRAMS, THESE COMMUNITY MEMBERS-  
OUR COMMUNITY MEMBERS, REMAIN ISOLATED AND INACTIVE.**

**MAILING ADDRESS: YES U CAN, 2504 CREEKSIDE DR., NEWARK, DE 19711**

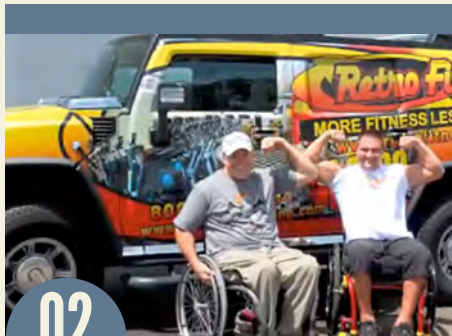
**ALL DONATIONS ARE TAX DEDUCTIBLE AS ALLOWED BY LAW**

# THE YES U CAN CORPORATION MAKING DREAMS A REALITY



01

Although Vickie (a quadriplegic and co-founder of Yes U Can) has an upbeat attitude, even she didn't think skiing would ever be possible again. But here she is with a big smile on her face on top of Camelback Mountain as she takes a breath of fresh air before she races down the mountain.



02

After his motorcycle accident, doctors told Nick that he was paralyzed from the chest down and would never walk again. That didn't stop him from capitalizing on the things that he could do. Two years later he was pulling a Hummer with his wheelchair. Nick is now an avid bicyclist and participates in numerous biking events.

Nick's Hummer-Pull video on YouTube:  
<http://www.youtube.com/watch?v=3AMWELnLS8>



03

Her doctor kept noticing improvements in her abilities— things that she took for granted so it was easy to forget that she previously could not do them. After living with MS for 20 years, Carol did not think she would ever get in the water again, but while participating in a Yes U Can program she proclaimed, "I used muscles that I forgot I had. It was great to wake up muscles that have been dormant for so long."

Vickie, Nick and Carol, all participants in **Yes U Can™**, are only 3 out of an estimated 115,000 disabled Delawareans. All 3 developed their disability later in life.

**115,000** *The estimated number of Delawareans with disabilities*

For people with limited mobility / disability, whether it was from a motor vehicle accident, arthritis, neurological or muscular disease, brain injury, etc., building a healthy lifestyle is not so easy. According to Governor Jack Markell's *Plan for Improving the Lives of Delawareans with Disabilities*, for people with disabilities, "...leading full, independent and productive lives brings unique challenges...." **The Yes U Can Corporation finds ways to overcome these "unique challenges."** By forming strategic partnerships in the community and with educational institutions, the **Yes U Can Corporation 501(c)(3)**,

develops assisted activity programs including: health, physical fitness and outdoor adventures as well as provides training for staff / volunteers who aide in these activities.

**Yes U Can™** was founded in 2005 to serve as a means for those with disabilities to exercise—a need that was not being met. **With exception to the Yes U Can™ Program, the exercise and recreational programs that currently exist in the community do not accommodate those who require 'hands-on or standby' assistance. They only accommodate those who are still independent.**

The **Yes U Can™ Program** has been designed to address and eliminate barriers that would prevent a person with a disability from participating in a 'staff assisted' group / individualized exercise program or outdoor activity. These programs are designed to provide staff assistance to maximize involvement and participation from people with disabilities / limited mobility.



**WWW.YESUCANUSA.ORG** (302) 286-1399  
Yes U Can Corporation, 2504 Creekside Dr., Newark, DE 19711

# THE YES U CAN CORPORATION NOW AND IN THE FUTURE

The Goal of the Yes U Can Corporation is to make our ever-increasing list of accessible programs available in New Castle, Kent and Sussex Counties, in our great State of Delaware. ***Our Ultimate goal is to make it national.***

## Current & Future Adaptive Programs

Healthy Eating Workshops  
Sit and Be Fit  
Individualized Weight Training  
Swimming  
Fishing  
Boating excursions  
Rock wall climbing  
Chair Zumba  
Rowing  
Scuba Diving  
Karate  
Art Studio  
Chair Tai Chi  
Outdoor Environmental Programs  
Outdoor Adventures

## Executives

Vickie George - Co-Founder, CEO  
Debora Woolwine - Co-Founder, CMO  
Niikon Huckleberry - Chief Dog Officer (CDO)

## Board Members

Senator Karen Peterson  
State Representative Michael J. Ramone  
Lisa Ramone  
Michael E. Dunning  
Stephen C. Goodwin, Ph.D.

## Strategic Advisor

William E. Pelham, AIA

## Our Partners

- Christiana Care PMRI
- Easter Seals
- New Castle County Department of Community Services
- University of Delaware
- Delaware Swim and Fitness
- DDC – Developmental Disability Council
- Brandywine YMCA

**Please help Yes U Can “BREAK DOWN THE BARRIERS” that you, your family member or someone you care about has to overcome everyday by Donating to Yes U Can at [WWW.YESUCANUSA.ORG](http://WWW.YESUCANUSA.ORG) or mail your check to:**

Yes U Can Corporation  
2504 Creekside Dr.  
Newark, DE 19711

*Donations are tax deductible as allowed by law*



Find us on  
Twitter and Facebook @YesUcanUSA

For more information visit:



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### FACT: Think You're Invincible? Think Again!

*Over 1 in 4 of today's 20 year-olds will become disabled before they retire.<sup>1</sup>*

*Over 36 million Americans are classified as disabled.<sup>2</sup>*

*More than 50% of those disabled Americans are in their working years, from 18-64.<sup>3</sup>*

1. March Social Security Administration, Fact Sheet March 18, 2011
2. U.S. Census Bureau Social Security Administration, Disabled Worker Beneficiary Statistics, [ssa.gov](http://ssa.gov)
3. U.S. Census Bureau