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PARALYSIS AWARENESS FOUNDATION

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Be Perfect Foundation Magazine



When Hal Hargrave Jr. dreamed up the idea of the Be Perfect Foundation 15 years ago he just wanted to help his friends get the necessary therapy their insurance companies would not cover after a devastating, and life changing, spinal cord injury. Read all about where that dream has been taken, who Be Perfect has helped, and how it has been made possible over the last 15 years in this addition of the 9th Annual Be Perfect Foundation Fundraiser Magazine.

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PARALYSIS AWARENESS FOUNDATION



9th Annual Be Perfect Foundation Scholarship Fundraiser Magazine

This magazine serves as an opportunity for us to be able to remind each of you just how important you are. It is important that we show you where your dollars are going and how they are being put to use. In this magazine you will read stories, be reminded about the past, learn about the future, and be given a newfound perspective in the here and now. This magazine serves as a tribute to donors, supporters, community partners, our leadership team at the foundation, and most importantly, the individuals that we serve. We hope that you continue to look back on this magazine during times when you need a change in perspective or a heartwarming feeling.



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Hal Hargrave Jr.

Be Perfect Founder



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Be Perfect 9.0 Invitation

Sheraton Fairplex Conference Center

April 2nd, 2022



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Matt Lipp and TPS Specialist Nate Lozano

Matt is a Be Perfect scholarship recipient for exercised based therapy at The Perfect Step. Nate Lozano is a Level II Specialist at The Perfect Step.

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for more information visit us at
www.beperfectfoundation.org

Letter From The Founder

“I hope that each of you take note of the stories tonight. Reflect on how each of these stories are extraordinary, much like each one of yours. I hope that you will be able to take away a feeling that you are not alone. I hope that you will also take away a wonderful feeling of serving others. Together we are so much stronger than we are apart.”

A Message from Hal Hargrave Jr.



Hal Hargrave Jr.

Founder and Executive Director
of the Be Perfect Foundation



Friends, supporters, and advocates of The Be Perfect Foundation,

What a season of life it has been. The past 24 months have at times been grueling, unpredictable, uncertain, somewhat directionless, bleak, and in most cases unhelpful. I say in most cases, because in my situation I have been living for the past 24 months as a Founder and Executive Director of this foundation, I have been able to find hope through the process, hope for the future, hope for the clients that we serve, and also hope through each one of you. Your unwavering support and your willingness to continue to “show up” has been able to get me through the most unpredictable of times. You have given me hope. Sometimes, hope is exactly what we need to continue to push forward.

Now, I won't lie to you... I personally have been in a SEASON of unknowns. I'm sure many of you can relate. The season(s) of life that I have been in since we last saw each other at times have seemed very cold and dark, much like “winter”, where it is hard to see the light. In the “spring” season of my story, I have seen times where when it rains it pours. Although I have also seen during the same times the fruits of my labor start to sprout. There has been silver linings, there has been key moments, there has been progression, and there has been things that I am grateful and appreciative for because I recognize that the story that I am living is my own. That is something that I take tremendous pride in because I feel so extremely lucky, because I have each and every one of you fighting alongside of me. I have the choice and the decision every day to feel a certain way about myself, to treat people a particular way, and the choice to overcome the adversities that have been put in front of me. Much like we all have these choices in our lives. This mindset has brought about a season that looks



like “summer” for me. Where the sun is shining bright, and nothing could possibly rain on my parade. Then came a season of “fall” where the leaves and the things that surround me in life were changing. I became fearful of what is next, because one of our biggest fears in life is the question of “what is going to happen next?”. But I will remain hopeful because experiencing seasons are what is needed for growth.

So, as we sit here together tonight at the 9th Annual Scholarship Fundraiser and we reflect on the past 24+ months since we last saw each other in this setting (May 2018), we are all probably thinking to ourselves, “what has gotten us to this point?” For some of us it has been loss. For some it has been tragedy. For some it has been sickness. But for some it has been new beginnings. For some of us it has been hope. And for some, we still do not understand how we got here. However, we are here tonight because we believe that there is purpose in supporting and serving others. So, let us recognize “why” we are actually here tonight. Maybe it is because some of us need to be reminded of the stories that are out there. Stories of resiliency, triumphs, and overcoming. Each person in this room has a story to tell. The fact that you are here in this room tonight, means that you have resiliency and you have clung onto hope, because sometimes that is all that you have had to keep pushing yourself forward. To those whom we have lost, it was not because they were not resilient or they gave up, it was because the unfortunate circumstances of the world took their lives into it’s own hands. However, the best way to honor them tonight is to open our hearts, change our perceptions, and alter our behavior now, and into the future, for the better. Let’s be an example that we want others to be.

I hope that each of you take note of the stories tonight. Take note of how these stories are extraordinary. Much like each one of yours. I hope that you will be able to take away a feeling that you are not alone. I hope that you will also take away a wonderful feeling of serving others. And that together we are so much stronger than we are apart. The stories told tonight, with full vulnerability and transparency, will remind you how each one of us goes through different seasons. When we keep our head down and eyes up, we can find a way to move forward in the midst of it all. These are our seasons. And these are our stories that are worth telling.

-Hal Hargrave Jr.

Founder and Executive Director of The Be Perfect Foundation

Hal woke up early on July 26th, 2007 to drive a load of remodel supplies in a semi-truck to crews working in Las Vegas, NV. As he passed the Barstow area on I-15, he noticed an object on the road in the distance. As he got closer, he could tell that it was a large piece of tire tread in his path. Hal veered to the right shoulder to avoid it but lost control of the truck while correcting to come back on to the road. The truck rolled four times before coming to a stop. Hal was trapped in the crushed cab for 40 minutes before being airlifted by Life Flight to Arrowhead Regional Hospital in Colton, CA. Hal broke his neck, broke his scapula, and there was tendon damage to his right shoulder. He fractured T1-2 Vertebrae – with the most damaging injury to the Spinal Cord at the C5/C6 level. Arrowhead Regional performed an eight-hour surgery in order to install permanent plates/screws on the front and back of his neck. He remained at Arrowhead Regional for several weeks battling a strong case of pneumonia and a collapsed lung as well. Hal was then cared for at Casa Colina, a fantastic facility where he spent 63 days as an Acute Patient. After this, Hal was released to Outpatient Recovery.

Telling Our Story

How one day changed Hal's life forever, and in turn would positively change hundreds of other's like him forever.

How Hal Found Hope

DURING HAL'S TIME AT CASA COLINA, HE HAD A LOT TO PROCESS. EVERYTHING HAD CHANGED.

Before this accident, Hal was a very ordinary young man. He had recently graduated high school where he was pitching an 87mph fastball on the baseball team and bench pressing 315lbs with friends. With plans to attend Cal State University Long Beach, Hal was spending his summer reaching new goals like landing a back-flip on a wakeboard. Now, he had to grapple with the flood of implications of paralysis. The doctors said there was a 1-3% chance that he would ever walk again. Despite this news, Hal's emotional and mental outlook was strong. This was due to one single line of thinking Hal carried with him that made the future feel brighter – he could still "be perfect".





Photos of Hal's accident scene and him in the hospital July 2007.

Inspired by the movie Friday Night Lights, the idea was that if you could look the people you love in the eye and tell them that you did absolutely everything you could – gave every ounce you had – then it didn't matter whether you won or lost. Hal realized that he could "Be Perfect" whether or not he ever walked another day in his life. He just had to concretely resolve his personal health and recovery as far as possible.

Hal met other paralysis patients in similar situations with the same goal. Men and women who were determined to pursue recovery and restoration no matter what. But they had a problem – their medical insurance only covered therapy with the goal of maintaining their current condition. What they wanted and needed was therapy that had the goal of reversing and redeeming their condition. They wanted to do basic things again like drive, take a shower on their own, or make sandwiches for their children's lunch-boxes, and they were willing to fight for it. They didn't want to sit on the sidelines the rest of their lives – they wanted to get back in the game.



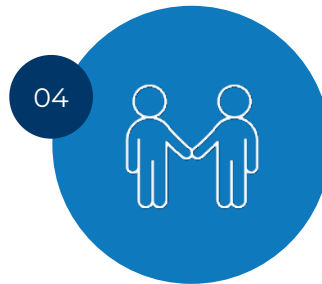
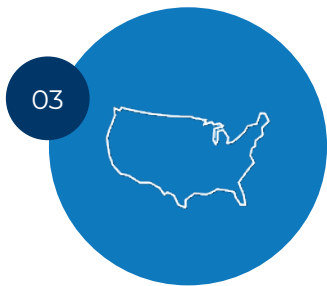
Be Perfect is Born

THIS INSPIRED HAL TO CREATE BE PERFECT – AN ORGANIZATION THAT CONNECTS TWO GROUPS OF PEOPLE STRIVING TO "BE PERFECT".

The first group are paralysis patients wanting to get back in the game of life without the financial means to do so. The second group are community members wanting to use their resources in a meaningful way. Hal knew that right here in the San Gabriel Valley there were individuals who wanted to "Be Perfect" – to know without a doubt they had used their resources in a way that tangibly changed the lives of people who needed help. Together these two groups of people make up Team Be Perfect – a team of people committed to making their lives count. In the last 14 years, we've watched this team grow larger than Hal ever dreamed. Today, this team continues to gain strength and helps to create more hope and wellness every day. If you're interested in joining the team of amazing people making this possible – we'd love to have you along for the ride. We sincerely believe that no matter where you are at in life, you have what it takes to "Be Perfect".

Goals for the Future

With continued support of our mission from our donors and community the possibilities are endless!



Enlarge Endowment

We have our eyes set on an endowment of \$5 million plus. We already have \$800,000 in the bank set aside towards this endowment and this needs to continue to grow so we can ensure Be Perfect's sustainability for life

Client Involvement

Get 100% involvement from current sponsored clients at all Be Perfect Fundraiser Events to show their appreciation of our donor's generosity

With continued support of our mission from our donors and community the possibilities are endless!

03



Enlarge Endowment

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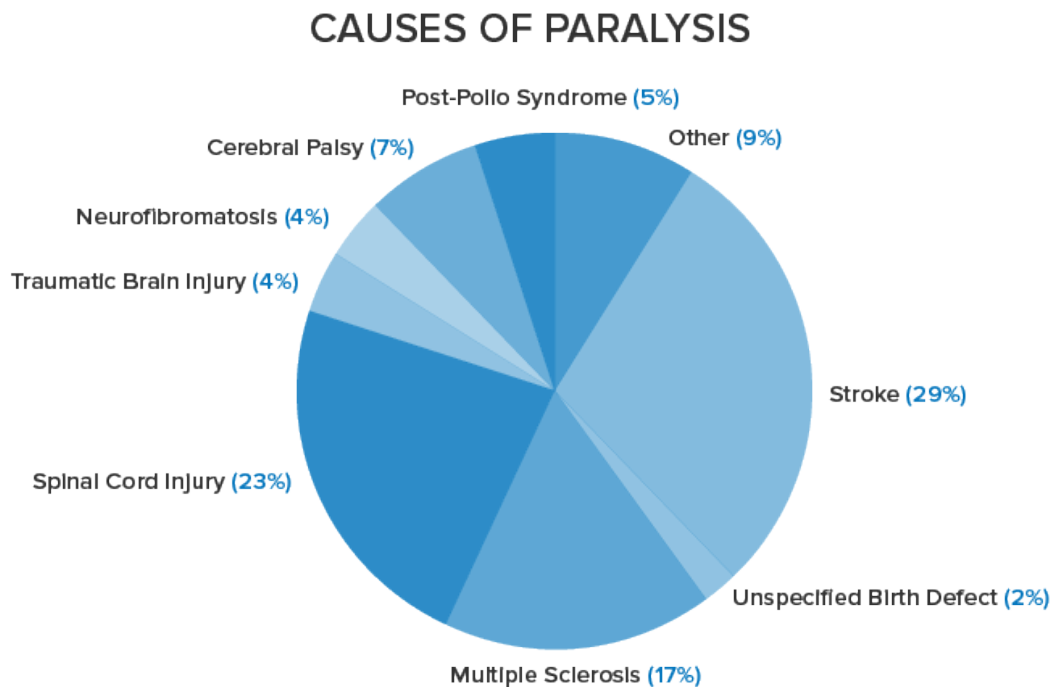
Client Involvement

Get 100% involvement from current sponsored clients at all Be Perfect Fundraiser Events to show their appreciation of our donor's generosity

What is

paralysis noun

the loss of the ability to move (and sometimes to feel anything) in part or most of the body. While there are many causes of paralysis, one of the most common causes is when a person experiences a Spinal Cord Injury (SCI).



What can I do to help? ”

If you're interested in helping men and women in our community struggling with paralysis, you can join Team Be Perfect. This is a community dedicated to helping people living with paralysis get back in the game of life. Give back to our community in a meaningful way as you help the dads, moms, and friends in our community in recovery.



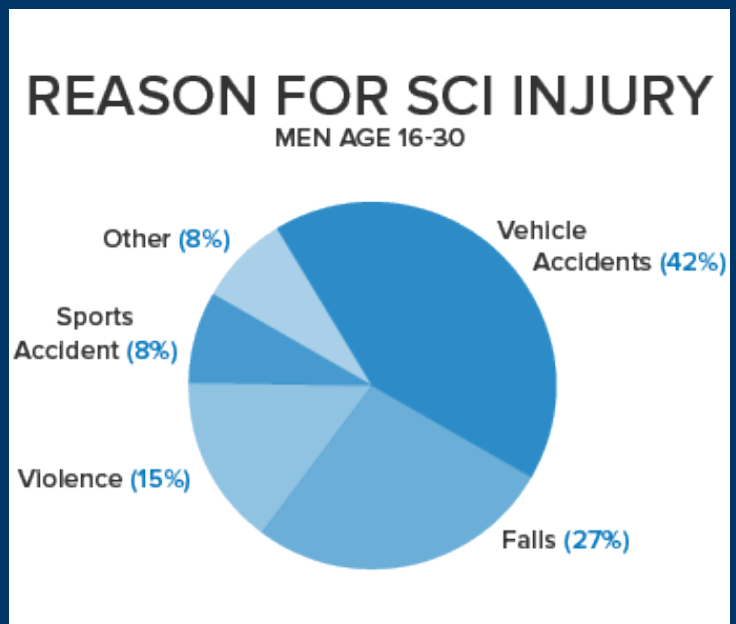
Paralysis?

How many people have a Spinal Cord Injury? Who are they?

Approximately 260,000 people live with a Spinal Cord Injury (SCI) in the US. There are about 13,000 new SCI's every year. The majority of them (81%) are males between the ages of 16-30. These injuries result from motor vehicle accidents (42%), falls (27%) violence (15%), or sports accidents (8%).

Do people with SCI ever get better?

When a SCI occurs, there is usually swelling of the spinal cord. This may cause changes in virtually every system in the body. After days or weeks, the swelling begins to go down and people may regain some functioning. With many injuries, especially incomplete injuries, the individual may recover some functioning as late as 18 months after the injury. In very rare cases, people with SCI will regain some functioning years after the injury. Only a very small fraction of individuals sustaining SCIs recover all functioning.



Lifetime costs for spinal cord injury (SCI) can total over \$2.5 million per victim. In most cases, insurance only covers 50-65% of these costs over a lifetime. 13,000 new SCI victims are added each year. Quick math will show a huge financial burden for most SCI victims that far exceeds a return to an active lifestyle.

AVERAGE LIFETIME COSTS



CLIENT

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TESTIMONIAL



Frank (right) working out on the spin bike at The Perfect Step with his Specialist, Jason (left). Frank is a Be Perfect scholarship recipient to attend exercised based therapy at The Perfect Step.

Frank Mortelliti suffered a stroke on June 8, 2016 at the age of 64, which affected the left side of his brain, ultimately affecting the right side of his body. He sustained a stroke at home when he went to open the mail after dinner and had a stroke in front of his family. EMS was called immediately and Frank was transported to Kaiser hospital where he was given TPA (a medicine used to stop/treat a stroke) within 3 hours.

Frank says Be Perfect has been a "God send". They have given me the means to attend therapy at The Perfect Step where they are working on my leg and arm. It gets me out of the house and working with people and socializing, which I enjoy. I am walking with a 4 prong cane, a bit faster, but when I go out to places I use my wheelchair. I am able to stand at the sink and brush my teeth, walk upstairs with someone there, get to the restroom and do most of my bathroom hygiene on my own. I am still working on totally dressing myself and getting out of bed on my own. Additionally, I hope to regain my stamina in the future because I never like to sit still. My nickname was the "energizer bunny" especially at my job and that has never stopped.



Frank (right) working on a proper gait pattern at The Perfect Step with his Specialist, Josh (left). Frank is a Be Perfect scholarship recipient to attend exercised based therapy at The Perfect Step.

MEET FRANK MORELLITI

In 2016, at the age of 64, Frank suffered a stroke at home in front of his family. Prior to his stroke part of his job at JPL was to give presentations in California and at other NASA facilities throughout the United States. He hopes to return to work at JPL some day.

➤ What has Be Perfect done to financially, emotionally, or socially support you?

Be Perfect has helped me financially to attend The Perfect Step by granting me a scholarship. Without that, I would not be able to attend twice a week. I look forward to coming to The Perfect Step to get encouragement from my specialists and other clients in the building and to socialize and be around other people.

➤ How has Be Perfect positively affected your life outside of therapy?

Be Perfect has positively impacted my life by giving me back my independence in doing many daily chores and activities like getting myself dressed and feeding myself.

➤ How has The Perfect Step changed your outlook on your recovery?

Working out at The Perfect Step has encouraged me to move my arm and leg more. It has also helped me to socialize and get out of the house and to use my brain to follow directions and communicate with others.

➤ What would you like to say to the donors of Be Perfect about how they have impacted your life?

I would like to say thank you, thank you, thank you!! You do not realize how much it has affected my life. Without this scholarship money, I would not be able to attend The Perfect Step and I do not even want to think about where my recovery would be without it. It would definitely not be where I am at today. Thank you Be Perfect Donors!

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Be Perfect 9.0

Life Through a Different Lens



No season ever unfolds our dreams exactly as we would have imagined, for better, or for worse. Tonight at Be Perfect 9.0 you will hear the stories of three incredible people who foraged through each season and whose lives did not quite turn out how they imagined.

They will take us on a journey to feel and experience with them what they went through in the relentless harshness of their Winter season, the fresh beginnings of their Spring season, the golden ease of their Summer time, and the quiet determination of their Fall, and how their lives intertwined and took a turn for Be Perfect to be a part of their story.



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»» The Seasons of Life

❄ Winter is...

Bleak Unbearable
Harsh Relentless
Cold Unfathomable

...Spring is

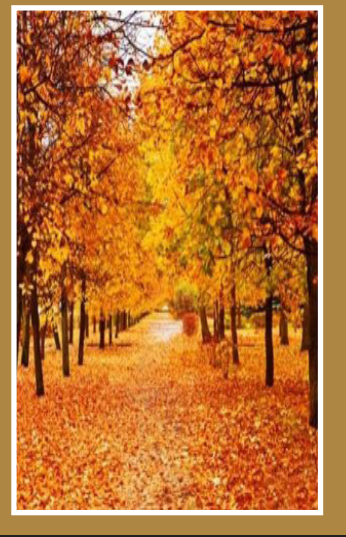
Fresh Blooming
Precious Hopeful
New Strong

☀ Summer is...

Fun Delightful
Refreshing Unforgettable
Adventureful Carefree

...Fall is

A New Normal Change
Gathering Harvest
Togetherness Quiet



Stefanie Schaffer

Stefanie Sachaffer is a 25-year-old who became a visiting client at The Perfect Step after receiving a scholarship from the Be Perfect Foundation, traveling across the country from her home state of Vermont to spend the summer training at TPS. In the summer of 2018, Stefanie was on a family vacation to the Bahamas, when a tour boat exploded beneath her and changed her life forever, as she sustained a spinal cord injury, brain injury, and amputations of both of her lower legs. Before these injuries, she had been a college student, an athlete, and had a love for spending her time in the outdoors, or with her family and friends. In these ways, her life has not changed. She is now a graduate of Castleton University with a Bachelor's degree in Community Health Promotion, and uses this degree in her work as a public speaker and an ambassador to the non-profit organization of the American Red Cross. She now often spends time on her hand cycle in the summer, or on her Nordic sit-ski in the winter. She is also an author to her recently released memoir, a book that re-tells the chapters of her physical and emotional recovery. She and her family still remain living in Vermont, but love their frequent visits back to California, and back to TPS, where they have all found a home.



Meet the Be Perfect 9.0 Client Spotlights

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Jordan Walker

Jordan Walker is a 25 year old who was born and raised in Corona, California. Jordan grew up living an extremely active lifestyle, doing things such as camping, off-roading, boating, snowboarding, scuba diving, and playing football. These are things he still does to this day, but in a different capacity. During his junior year of high school he became a C4 quadriplegic, that left him paralyzed from the chest down, from an injury that took place during a CIF playoff game. Even after Jordan's injury from football his love for the sport has grown immensely. Watching and following the sport is Jordan's biggest hobby. He is currently taking classes at Norco College with the goal of becoming independent and living a life that would make his friends and family proud.



Erika Franko

Erika Franco is a 26-year-old, and on November 1st of 2018 her life changed forever. On that day, she became a T6-T7 Paraplegic. But that was not the end of her story. Since then, she has returned back to school and work. Erika completed her Bachelor's degree in Social Work and went on to complete her Master's degree in Social Work. Slowly, Erika began to reclaim her independence and now she is living independently - from daily living, to driving, to even traveling. The rest of her life is still unwritten, but she knows that despite whatever obstacles she encounters, with the support of her family, friends, and community, she will be able to accomplish any goal she sets her mind to.



David Francisco



David Francisco is an accomplished singer/songwriter, musician and spinal cord injury survivor currently living in Los Angeles. His American Idol audition in 2018 was one of the most viewed (over 50 million times) and he was recently a guest on the ELLEN Degeneres TV show. He has performed on stage with Martina McBride, Steven Curtis Chapman and opened for 3 sold out shows for THE VOICE winner, Chris Blue. He has shared his story at the Grammy's annual MusiCares foundation gala and in person with Katy Perry and Kacey Musgraves. David is skilled on the saxophone, piano, guitar and vocals. His style is a mix of Ed Sheeran, John Mayer and John Legend. His journey back from complete paralysis is documented in the short film "Back To Blackbird" available on YouTube. He is a prolific songwriter, music producer, performer and communicator of ideas that inspire.

Brian Wurzell

Brian Wurzell is the Executive Pastor of Weekend Experiences and Creative at Hillside Community Church located in Rancho Cucamonga, CA. In addition to being one of the Pastors at Hillside, Brian is also a moderator, speaker and musician at conferences nationwide. Globally, Brian serves on the USA Board of Directors for Harvest India; an organization providing orphan care, education and medical assistance in the nation of India. Brian is also the Vice President and Co-owner of Go Live HQ, a web design company helping creative small businesses and entrepreneurs launch their businesses online. After years of dealing with infertility, Brian and his wife, Promise, now have two miracle babies named Quest and Radiance.



Be Perfect 9.0 Special Guests

Harmony Bathauer



Harmony Bathauer is the Worship Pastor at Hillside Community Church, located in Rancho Cucamonga, CA, where she has served in music ministry for over 15 years. She has had the opportunity to sing alongside legendary artists like Usher and her extraordinary talent makes her a favorite vocalist for events in our area and beyond.

Harmony has been married to her husband Ryan for 14 years and they have four kids, Gavin, Maverick, Javelin and Selah.



Aaron McRae



Aaron McRae is the Senior Pastor at Hillside Community Church in Rancho Cucamonga, CA. Aaron is the husband to Holly and the dad of Olivia, Kate, and Will. He's a North Carolina boy that grew up in the church and found a passion for ministry at a very young age. Pastor Aaron started his formal ministry training at University of North Carolina at Greensboro and completed his Masters of Divinity through Southeastern Baptist Theological Seminary. In the Spring of 2012, Pastor Aaron accepted the invitation to become the Senior Pastor of Hillside Community Church to lead the church into the exciting season of vision for ministry. His love for the scriptures, his passion for transformational teaching, and his desire to see every person connected and thriving in their relationship with Christ fuels the ministry of Hillside.

Randy Horowitz

On August 21, 1981, Randy was on a river trip with several friends. Randy was involved in a diving accident at the river, breaking his neck at the C-5 level, leaving him with a spinal cord injury, and paralyzed from the neck down. Do not confuse Randy's distinctive gait pattern with a hitch in his step, and a limp to his walk, as a representation of his perceived mentality, as it is much more of a representation of his past than it is anything else. Randy has been in the real estate industry for 30 years. He and his loving and supportive wife, Candis (Candy), have been parents to two great children, Taylor (son) and Ashton (daughter). Ashton is married (Matt), a mother to 18 month old Paxton, and is a specialist at The Perfect Step. Taylor is married (Carolyn) and has two children of his own.



A night you will not forget...

Wherever you fall in the lifecycle of connection to Be Perfect, one thing remains certain for all, tonight will be the best one yet. Each and every one of you over the years has held us to a high standard. Understandably so. It is our job to always ensure that your dollars are being utilized in a fashion where we are maximizing our effectiveness. It is also our job to show you how we are doing behind closed doors and with full transparency. Each year the event serves as an opportunity to show you just that. As a committee, we take great pride in being able to tell the stories of the clients lives that we were able to change because of your help. This year is no different. What is different, is the expectation, that each year the content that we will deliver will transcend the previous event. And that each year you will leave with the sense that our values and ethics speak to you. With that, we promise you this will be a night that you will not forget. Because when you find a sense of relation that the seasons of life that you are going through are also reminiscent to that of the stories that you will hear tonight, you will leave with the takeaway that we upped the ante by virtue of one reason. The stories that we told with full transparency are because of the difference that you made. Thus, you upped the ante for us during the most difficult of times.

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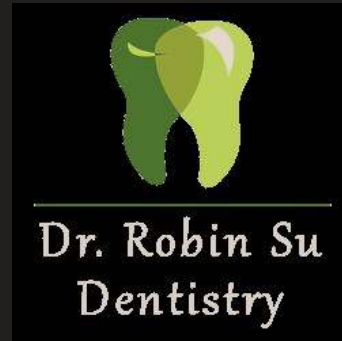
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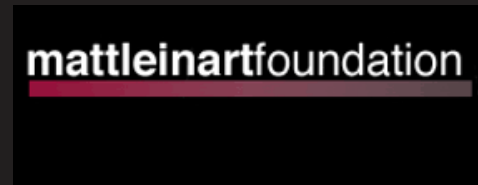
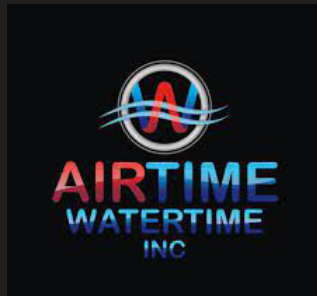


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Past Be Perfect Fundraising Events

BP 1.0-8.0

The last eight events have been nothing short of spectacular. At the first annual event in 2008, the committee would have been thrilled if we had 250 people show up and had the opportunity to raise \$35,000.

What came of that initial event was more than 750 people in attendance and a near \$250,000 raised to help individuals with paralysis.

All of you put your trust and faith in Be Perfect that first year to know that it would be an organization that put ethics and morality first in an effort to make a difference.

What has come since then has been a community wide movement towards an effort to create a better life for those who are suffering from a catastrophic injury, or unfortunate diagnosis, resulting in paralysis. Now 15 years later, close to 1,000 supporters come out to support Be Perfect's Scholarship Fundraisers and consistently raise over \$400,000 each night at the



Be Perfect 8.0 - May 2018

BP 8.0 was an evening attended by 1000 people at the Hafif Estate in an effort to help The Be Perfect Foundation "Run Our Race" at the Kentucky Derby Themed night. All were dressed to the nines in colorful and large derby hats and the mint juleps were aplenty. David Francisco, an American Idol contestant and an up-and-coming music star, who got injured in a bicycling accident shortly after moving to Nashville while trying to pursue his music career, played an incredible part in the evening. He told the crowd about his own race that he is running and harmonized the crowd with his captivating voice during the dinner service. Victoria Arlen, a Dancing with The Stars contestant and multi-medalist in the 2012 London Paralympic games, blessed the attendees with an incredible keynote that will never be forgotten. Victoria's message was heartfelt, real, and relatable as she told the story of the trials and tribulations that she has suffered in the past 10 years. Victoria suffered from two very rare diseases that ultimately left her with a neurological disorder, spinal cord injury. Victoria has not only triumphed over the disease and beat it in the most literal way, but she sets an example of what it means to continue to move forward and make a difference regardless of circumstance. The night ultimately was about raising funds for people who are suffering from paralysis; our clients. We had 48 clients that were in attendance, who showed their faces, and came outside of their comfort zones, they told their stories in the most quiet but literal ways. Our donors showed up and showed out as always and we raised a record \$500,000 to help victims of paralysis.



Be Perfect 7.0 - May 2016

1200+ gathered and raised \$400,000 simply speaks for itself. It was another great night under the Hafif Estate stars while wearing our favorite sports stars jerseys for this years Baseball and Sports Themed event. The seventh-inning stretch was a huge success. It was a time for the donors and for the committee members to be able to get up and stretch their legs for a change of pace after a long journey together of several successful events and many seasons of life, all of which have led to helping and serving many individuals in the paralysis community. It was the first time that we did a non-formal event with sports attire and needless to say people showed up wrapping their true colors. To see the passion in each individual as they represented their team of choice, was an indicator of how they represent themselves in terms of their commitment and fulfillment of their own stories. The change of pace and the stretching of the legs led to us raising more than \$400,000 with a take-home theme of the night of "doing what you love." Sometimes this can be lost in translation in the midst of the hustle and bustle of our professional lives and are busy personal lives. At the end of the day we must find a way to do what we love to live a fulfilled life.

Be Perfect 6.0 - September 2014

The "Frames Video" played after Hal's speech, is still one of the most iconic Be Perfect event videos to date. Then there was the "Hey Brother" video that showed our client friends Missy, Blake, and Brian, and how their lives continued to go on outside of the therapy setting doing extreme activities that are even challenging for the able-bodied population. The night simply would not have been what it was without some of our clients stepping up, like Chris Siebel and Stephanie Aiello, who were some new faces up on stage to help introduce videos, or Jenna Hardy who was a trainer at Project Walk Claremont that give us all an update on a couple of her clients who are suffering from cancer. The guest speaker for the night, Chris Simning, gave a remarkable message that was hilarious, witty, real, and heart wrenching.

BP 6.0



Another widely recognized signature painting for Be Perfect was created by Tom Clark followed by a moving program and incredible live auction that brought nearly \$40,000 to the foundation. Thanks to the incredible donors it was another successful night supporting the paralysis community by raising over \$300,000 yet again.

This year, was beyond special; 1,000 people showed up to the Hafif Estate on a beautiful night, with a possible scare of rain that never showed, and over 100 volunteers and close friends all offered up their time and effort to make a beautiful night come to life.



Endless Summer

Hal and Friends

Hal Hargrave Jr. gathered with friends enjoying the Be Perfect 6.0 Event themed "Endless Summer". About 1,000 Be Perfect supporters showed up to the Hafif Estate to raise funds for the paralysis



Be Perfect 5.0 - May 2013

BP 5.0 in May 2013 garnered 1,200 people in attendance at the Hafif Estate. The silent auction had close to 300 items all donated 100% by community partners in both Claremont and the surrounding cities, that brought another dynamic part to our night that only contributed to our success. During the program so many great stories were told by some of our clients that the foundation supports and the wheelchair dance team performed. After all that was accounted for over \$300,000 was raised that night in 2013. It was a milestone night for the Be Perfect Foundation as the

\$2 million mark was eclipsed that had been raised in just 5 short years. Project Walk in Claremont at The Claremont Club had it's grand opening the week after the event. The facility had been open just four short months and the dollars raised at the event helped so many of our clients be able to stay in our program. By the end of month four there were 35 full-time clients implemented into the program in 2013 and there were already plans for future growth in looking to hire more trainers, assistants and to possibly expand the facility by the end of the year.





Be Perfect 3.0 - May 2010

BP 3.0 in May 2010 600 attendees were expected and the Be Perfect community came out to support with 900+ people in attendance. In a down economy for most of the world at this time in history the event still raised over \$210,000 for the paralysis community. The unique aspect of BP 3.0 was remembering and honoring our late dear friend Courtney Stewart, along with Nick Adenhardt, and Henry Pearsons. The only survivor of the car accident, Jon Wilhite presented a check on behalf of the Nick Adenhardt Memorial Fund, in the name of Courtney Stewart, to the Be Perfect Foundation. Hal Jr. then presented birdbaths to Richard and Carrie Dixon, Chris Stewart, and to the Wilhite family. It was a touching moment honoring our dear friends gone way too soon. The night continued with four of our SCI Clients walking up on stage after they were once told they would never walk again. Tom Hampton, Jennifer Bou Lahoud, Amanda Van Esch, and Natalie Buchoz all defied the odds thanks to the help and support of the Be Perfect Foundation.



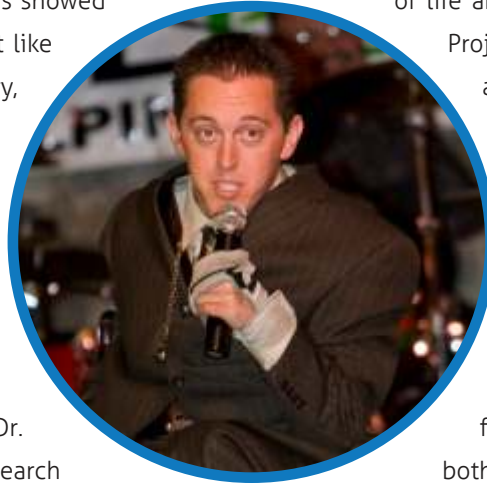
Be Perfect 4.0 - September 2011

BP 4.0 in September 2011 broke records. For the first time the Be Perfect event had 1,000 attendees, 50 spinal cord injury client attendees, and raised \$425,000 for the paralysis community to give back the hope to all those that the foundation supports.



Be Perfect 2.0 - May 2009

BP 2.0 in May 2009 over 800 supporters showed up despite a plummeted economy. Just like every year in the now 14 year history, people stepped up and exceeded our expectations once again. The Hafif Family was nice enough to donate the beautiful Hafif estate venue for the second year in a row. The night was jam packed with important updates on how exercise based therapy significantly helps those that suffer from paralysis. Dr. Hans Keirsetad from UCI Stem Cell Research Scientist presented on the ongoing improvements and advancements that he and other Scientist from UCI's facility have made in Stem Cell research for SCI victims. Eric Harness also gave a presentation of physical evidence through exercise based therapy that a client can improve their quality



of life and their independence by going through Project Walk's recovery program, which is a testament that miracles can happen and do happen there everyday. Then a special little girl named Raven Hall and her dad Mark told their story of how their family was affected by this injury that her dad sustained in 2017. Then came one of the most inspirational parts of the night where two of our SCI friends, Jordan Wilhelm and Arron Baker, both told their stories and gave inspirational messages as they walked on and off the stage under their own willpower with canes because of their hard work in exercise based therapy programs. Both of them were told they would never walk again. The second annual event was a huge success raising over \$260,000.



The Hafif Estate created a magical atmosphere for an inspirational night. Over 800 Be Perfect supporters showed up in May 2009 to raise money for the paralysis community.

Be Perfect 1.0 - April 2008

The first annual event in 2008 was life-changing. The beautiful Hafif Estate was graciously provided to us at no charge to kick off what would soon be a community staple event. Thank you very much to the Hafif Family for your continued support and generosity from the very beginning. Hal was injured just nine months before this event on 7/26/07. The dream of having the Be Perfect Foundation serve as a direct financial and emotional aid for individuals suffering from spinal cord injury became a reality! With grateful intentions to raise \$35,000 and have 200 people in attendance the community exceeded expectations with 700 supporters that came together and raised over \$200,000. What a standard to set in the first year! The perfect way to start the inception of a foundation we hoped would be around forever!



It has been an incredible run of successful Be Perfect Fundraiser Events at the Hafif Estate in La Verne, CA. Without the support of the Hafif Family, and their generosity to the Be Perfect Foundation, our mission and ability to serve the paralysis community would not have been possible!

Be Perfect

Fundraising Events

By the Numbers

A look at the number of attendees and dollars raised over the years at the last eight Be Perfect Scholarship Fundraiser Events



BEPERPECTFOUNDATION.ORG

BP 1.0 | Attendees
700
\$ Raised
\$200,000

BP 5.0 | Attendees
1200
\$ Raised
\$300,000

BP 2.0 | Attendees
800
\$ Raised
\$260,000

BP 6.0 | Attendees
1000
\$ Raised
\$300,000

BP 3.0 | Attendees
900
\$ Raised
\$210,000

BP 7.0 | Attendees
1200
\$ Raised
\$400,000

BP 4.0 | Attendees
1000
\$ Raised
\$425,000

BP 8.0 | Attendees
1200
\$ Raised
\$500,000

MEET NATHAN WOLSKI

“Be Perfect helped me gain confidence so much so that I have returned to college and I am independent with my ongoing personal medical needs. Thanks to you, I now live a life that is more similar to my life pre-injury. That is one of the greatest wishes I could ever think of. I could not have done it without the Be Perfect donors. Thank you!!”

CLIENT THANK YOU

Nathan Wolski was enjoying a beach trip with his family when he fell on soft sand and went head first into the swallow water in front of him. His head hit the sand and he was immediately paralyzed and face down in the water. He sustained an incomplete central spinal cord injury at the C5 level, leaving him in the ICU alone for weeks during COVID at just the age of 19. Once he was done with his inpatient rehabilitation he heard about The Perfect Step and Be Perfect Foundation. With the help of a Be Perfect scholarship for exercised based therapy at The Perfect Step he began walking unassisted without his walker or braces.



2021 YEAR IN REVIEW

Program Services

FINANCIAL SUPPORT FOR THERAPY PROGRAMS AND SOURCE OF HOPE

We provided financial assistance to those who are seeking exercise-based therapy programs as well as provided resources of hope and information.

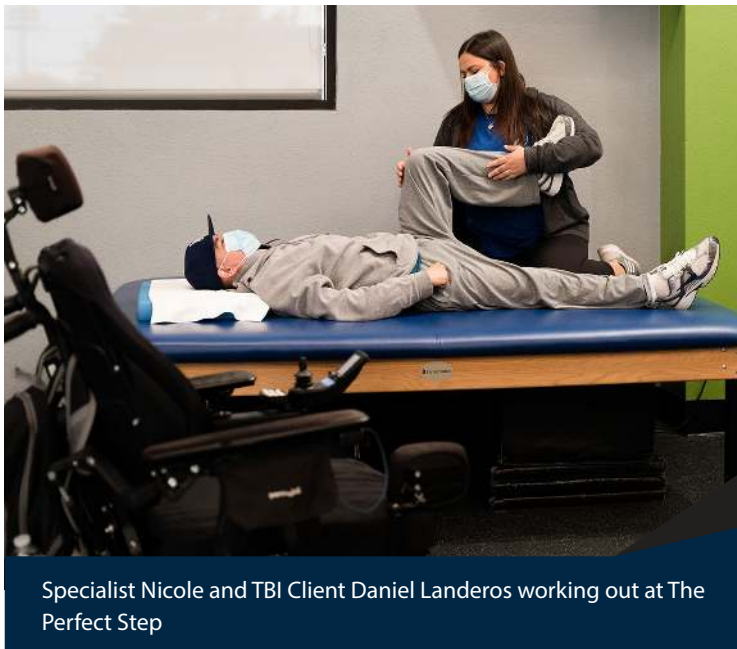
PURCHASE WHEELCHAIRS

We helped purchase custom-fit wheelchairs for individuals in need. A custom-fit wheelchair is their lifeline to a healthier life and more feasible independence.



PURCHASE MEDICAL SUPPLIES AND EQUIPMENT

We helped purchase durable medical equipment that is a necessity for everyday living. We helped purchase home/car adaptations as well as equipment for at-home therapy.



Specialist Nicole and TBI Client Daniel Landeros working out at The Perfect Step

WHAT WERE WE ABLE TO ACCOMPLISH IN 2021?

Received over \$105,000 in donations

Allocated over \$100,000+ in scholarships

Purchased eight wheelchairs for clients in need

Supported 50+ clients in therapy programs

Never paused our program services due to the pandemic

Client Testimonials

"Your donations to the Be Perfect Foundation are helping to pay for a need that someone can't afford. Your donations help the paralyzed community to stay healthy and get necessary adaptive equipment (wheelchair, shower chair, crutches, to name a few) to them."

Steve Campbell, Be Perfect Client



"My workout sessions at TPS make me want to strive for success in areas beyond what I would have thought I could do before I started at TPS. It's helped me learn to cope and change for the better certain things that I didn't have to deal with before my injury. It's also helped me find a community of people who understand and have an idea of what it's like to face similar challenges. When I leave and go outside, I have a sense of how to live life with the knowledge of how to deal with circumstances that I would not have had without the support of Be Perfect."

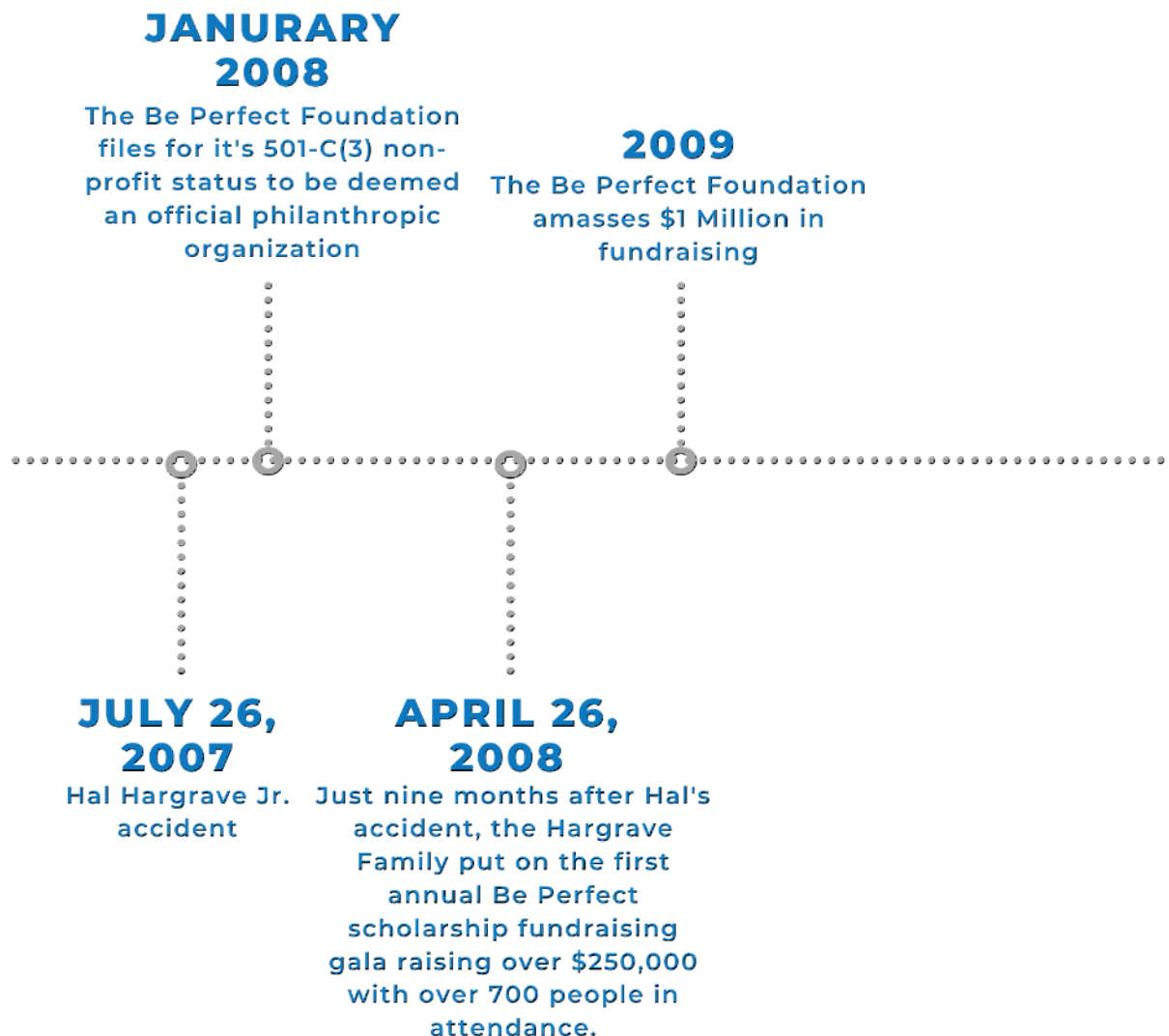
- Matt Lipp, Be Perfect Client



15 Year History

Hal met other people like him with paralysis who were what. But they had a problem - their medical insurance condition. What they wanted was therapy that had the wanted to do basic things again like drive, take a shower children's lunch boxes. And they were willing to fight for their lives - they wanted to get back in the game...

This is how Be



determined to pursue recovery and restoration no matter only covered therapy with the goal of maintaining their goal of reversing and redeeming their condition. They on their own, or make make sandwiches for their it. They didn't want to sit on the sidelines the rest of

Perfect was born.

TODAY

The Be Perfect Foundation has supported hundreds of families in their recoveries. Throughout the history of the foundation we have purchased over 75 wheelchairs, supported hundreds of home and car adaptations, and has funded over 300 families for therapy costs.

2016

After six annual scholarship galas and over \$5 million raised in it's history, the foundation has become one of the gold stadards of philanthropic outreach in the field of paralysis recovery.

2012

After four annual scholarship galas the foundation has successfully grown to a capacity that is serving those in the Southern California area. At this point the foundation has raised well over \$2 million

CURRENTLY

The Be Perfect Foundation is in a critical stage of growth and is trying to develop new and innovative ways to effectively fundraise. The foundation aspires for the future of starting an endowment to ensure the foundations stability for life.



ENDOWMENT

The Be Perfect Foundation has a mission to provide direct financial and emotional aid to individuals suffering from paralysis. Our vision for the world is that there is no financial burden associated with the daily tasks of living with paralysis. Thus, we intend to be a part of the solution by ensuring that we are around as a philanthropic outlet for life. The way to achieve this is by thinking about the long term in relation to the direction the foundation is headed. We believe the most appropriate way to ensure that we can be around for life is to start an endowment fund.

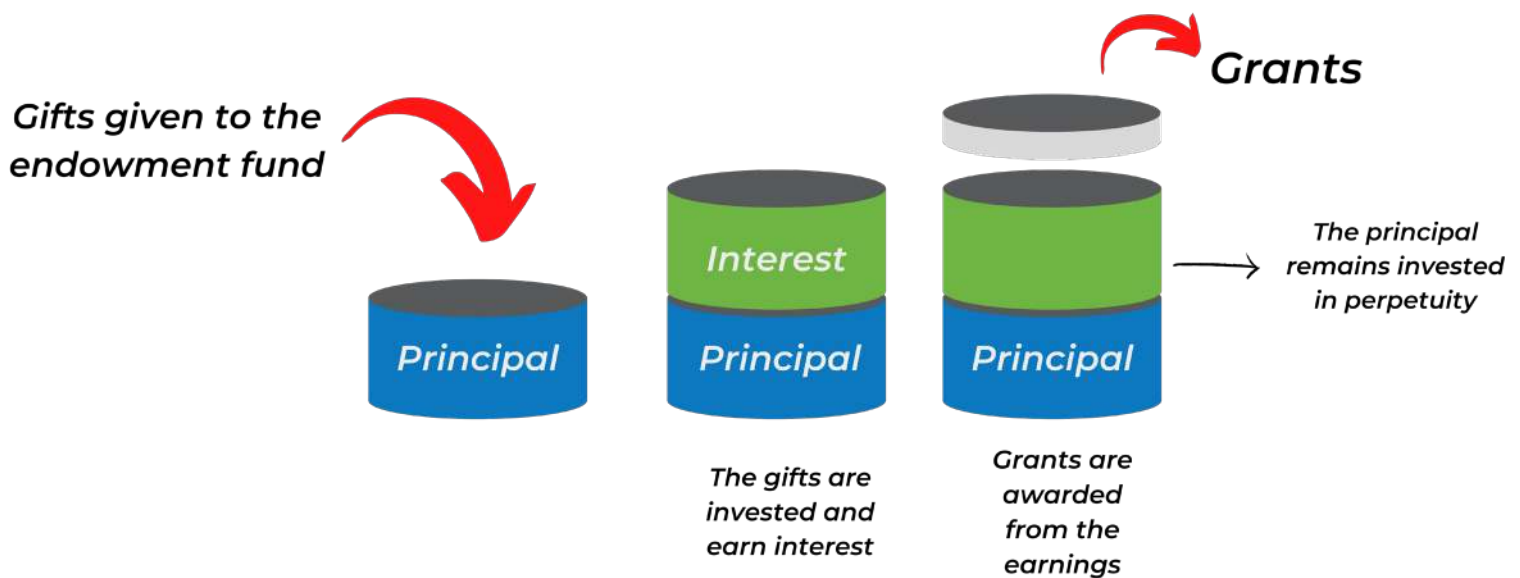
An endowment is a permanent fund. Endowments may generally be described as assets (usually cash accounts that are invested in equities or bonds, or other investment vehicles) set aside so that the original assets (known as the "corpus") grow over time as a result of income earned from interest on the underlying invested funds. The corpus may also be added to over time. Most endowments are designed to keep the principal corpus intact so it can grow over time, but allow the nonprofit to use the annual investment income for programs, or operations, or purposes specified by the donor(s) to the endowment. The corpus of an endowed fund is generally not used

specified by the donor(s) to the endowment. The corpus of an endowed fund is generally not used to fund annual operating expenses. Instead, the goal of most organizations with endowments is to allow the corpus to grow without withdrawals so that the underlying corpus increases in value over time, and the interest earned is available every year for the stated purpose of the endowment. (Of course, one of the stated purposes of an endowment could be to use the interest to "contribute to the annual operating revenue of the organization.")

With this in mind, we can still have our general fund every year that allows us to pursue timely opportunities throughout the year outside of the construct of the endowment. The endowment will serve as an avenue of guaranteed reserved funds that we will utilize throughout the course of each year towards planned contributions and scholarships towards individuals in need.

We had a generous donor step up with a sizable contribution to start our endowment fund. Currently that endowment fund is well over \$800,000. We have continued to let this fund grow with an understanding that in the future we

How does the endowment fund work?



We had a generous donor step up with a sizable contribution to start our endowment fund. Currently that endowment fund is well over \$800,000. We have continued to let this fund grow with an understanding that in the future we will eventually start to pull from the interest of this fund at about 4% per year

Key things to know:

will eventually start to pull from the interest of this fund at about 4% per year, so the principal will never change but our ability to continue to serve more people will. The ultimate goal is to create an endowment fund that is so large that we will not have to rely solely on our ability to produce general fund dollars every year or even have to commit to large fundraisers every year in order to sustain our ability to achieve our program services.

Shall you want further information about how you can make a sizable donation to our endowment fund, specifically, please consult with us.

For now, unless otherwise stated, all dollars that are raised at our events or that are donated through our website will go directly to our general fund for individuals in need, here today.

Principal Balance – The principal balance can never be spent, so the endowment earning power is protected against inflation. Excess income or appreciation is added to the principal to protect its value over time.

Distributable – The distributable balance consists of net income and appreciation (realized and unrealized) of the principal. This is the portion of the fund from which grants may be made.

Advantages – The principal amount of money gifted will never be depleted. In this way, the fund will continue to give for good, forever.

Limitations – As the amount of money available for distribution is based on the principal amount in the fund, each year's grants will be directly affected by the fund's overall success in the market.

Liquidity – The principal balance invested is never liquidated, allowing for a continuous, perpetual gift.



THE RANDY HOROWITZ STORY

It is audible, ear piercing, horrendous. It is such an eerie sound that you become more alert. The problem is you lack feeling. Not the kind of feeling that you are thinking of, but the feeling of life. A life where things are abundant, and you are free. The only feeling that you can sensitize with is horror, pain, discomfort.

Your eyes open and you look. You see something that is far from angelic, but the constant reference from those around you is to that of something referred to as a "halo." This is not what you suspected when you thought of the possibility of seeing an angel or what we depict as a representation of angels here on this earth. You try to refocus. It appears to be metal. Steel caged. You see the screws. Completely pointy, jagged, straight out of Home Depot. You are looking so far up above your head to try and make eye contact with

the screws, that your eyes nearly roll in the back of your head. You cannot get calm while trying to make sense of what is going on around you, within you, and through you, so you zone out, into a deep dark place.

The pressure is unbearable. Those jagged screws drive deeper and deeper into your skull, piercing through your skin with nothing to protect you other than local anesthesia. While the pain is unforgettable, unimaginable, and almost physically deteriorating to the point of death, the pain serves as another purpose. In a weird way, it is a reminder that you are still breathing, you are still here, and even though the pain is something that you would never wish upon your worst enemy, it's still a reminder that you have physical feelings and that your heart is beating.



Randy Horowitz

On August 21, 1981, Randy was on a river trip with several friends. Randy was involved in a diving accident at the river, breaking his neck at the C-5 level, leaving him a spinal cord injury, and paralyzed from the neck down.

It's August 21, 1981.

You blink.

It is now 2021.

Randy Horowitz, a local realtor for Century 21 Peak in Upland California, serves the foothill community area and is a father of two children, a grandfather, and a loving husband.

Do not confuse Randy's distinctive gait pattern with a hitch in his step and a limp to his walk as a representation of his perceived mentality, as it is much more of a representation of his past than it is anything else.

Randy has been in the real estate industry for 30 years. He and his loving and supportive wife, Candis (Candy), have been parents for 30+ years to two great children, Taylor (son) and Ashton (daughter). Taylor is married (Carolyn) and has a child of his own (Edison), with another one on the way. Ashton is married to her high school sweetheart, Matt, and they have a daughter of their own, Paxton. Randy and Candy have been loving their newfound role of being grandparents in more recent years. The idea of continuing to give to others and supporting those whom they love is simply in their DNA.

This approach is an inherent trait of the Horowitz family from top to bottom. They have an uncanny mentality of being selfless and supporting their local communities. This has been instilled in both Taylor and Ashton from their upbringing. While Randy has inherently lived as a giving man of faith, rooted in his Jewish culture, he has also had some reaffirming life events that have put a seal on his notion of the importance of life itself and serving others.

Randy has taken a hard-nosed approach towards his promotion, advocacy, and support of many things in the local communities over the years, but namely his support of The Be Perfect Foundation. The Be Perfect Foundation is a 501©(3) nonprofit organization that raises funds for individuals living with paralysis, something that hits home for Randy. The program services that are considered by The Be Perfect Foundation are providing financial and emotional support to those post-injury and diagnosis for things like wheelchairs, medical supplies, home and car adaptations, and participation in exercise-based therapy programs. The nonprofit organization has been around since 2007 after its founder suffered a life-altering injury himself. The grassroots organization does not have paid staff, ensuring that 99.9% of every dollar donated goes directly back to program services and individuals in need. Since its inception in late 2007, the nonprofit organization has raised over \$7 million for individuals suffering from paralysis.

Randy has grown overwhelmingly passionate about advocating for those that The Be Perfect Foundation supports and identifies as individuals in need. This affinity for The Be Perfect Foundation came about as an ironic twist of fate.

Randy's daughter, Ashton, graduated from the University of Colorado at Boulder with a degree in Integrative Physiology (study of body movements). Upon moving back to the Southern California area in 2013, after her college studies were completed, Ashton started to pursue her career path orientation in a direction toward something that she was passionate about. Ashton's passion for the body, how it moves, and how to rehabilitate it post-injury/diagnosis reflected many years of observation and overwhelming passion toward her dad's lifestyle. This passionate interest of the field landed Ashton a job in the field of paralysis recovery at a facility in Claremont, called Project Walk.

Project Walk (has been renamed since then and is currently known as The Perfect Step) is an outpatient recovery center designed to provide therapeutic interventions for those suffering from paralysis that is predicated around high-intensity therapy, loadbearing, exercise, and reconnecting the nervous system/brain to the rest of the body. Ashton immediately fell in love with her job and more importantly the clientele that she was serving. Her 7+ year journey in the field of paralysis recovery is a reminder to her every day of the many life lessons that she was taught as a kid. This simple introduction to the Project Walk brand, community, and clientele was an indirect introduction to the Be Perfect Foundation. The owners of Project Walk, Claremont, are also

the founders of the Be Perfect Foundation. Project Walk, now The Perfect Step, serves as the bricks and mortar paralysis recovery center to individuals in need in the greater Los Angeles area, while The Be Perfect Foundation serves as a resource of hope and financial security to those individuals as well to be able to afford this world-class therapy. Thus, Randy became passionate about supporting his daughter's endeavors and her career path orientation while making a difference in the lives of those that he could so closely relate.

Some may not see the struggles that come along with a spinal cord injury, especially if an assistive device is not used to walk. At first glance, the common eye would not expect someone as active as Randy to have struggled with a physical disability. We all are so quick to judge off a façade, but if you were to talk to Randy in depth he would tell you his story.

On August 21, 1981, Randy was on a river trip with several friends. Randy was involved in a diving accident at the river, breaking his neck at the C-5 level, leaving him a spinal cord injury and paralyzed from the neck down. After being rushed to the hospital and stabilized with a "halo" drilled into his skull, in order to realign his spine, Randy was still in bad shape. Most prognosis after an injury like this offers lit-



Randy Horowitz and his daughter, Ashton Wray, at The Perfect Step in Pomona, CA where she works as a Paralysis Recovery Specialist

tle to no hope of physical recovery and what is to come thereafter. 40 years later the story is told much differently.

The year 2021 followed the most tumultuous year that many people have ever experienced in their life, for those who are living presently in the 21st century. Following a nationwide pandemic, that challenged people's finances, mental health, security, relationships, and much more, nothing would be more fitting to get back up on your high horse than to do the near impossible. Forty years ago, in 1981, was Randy Horowitz' unforgettable accident. While the events that compiled were an accident, what has happened since has not been by accident, but through intention. An intention of a mentality within Randy to never let a single day go by as a day that was lost, unfulfilled, or un-impactful on others.

To commemorate the 40-year anniversary of Randy's accident, he is going to participate on November 13, 2021, in the Tour De Foothills "Century Ride" (a cycling ride along the foothill communities in Southern California). Randy will cycle on his bicycle 100+ miles, under his own power, in honor and as a reminder to himself of all that is possible through hard work, determination, hope, and faith. For a man that maybe once thought that he may not have much hope for a fulfilled life, this is not a bad seal of approval to an unbelievable life 40 years post-injury.

What is more inspiring, is Randy's intentionality behind why he is setting out to accomplish such a monumental feat. Randy intends to raise awareness and even more importantly, fundraise through the race, for proceeds to go directly back to those in need through The Be Perfect Foundation. Randy intends to be surrounded by many at the finish line that day including his loving and supportive wife of over 35 years, his kids, grandchildren, fellow realtors, community supporters, friends, and interested local news outlets. While finishing the race will be symbolic of something incredible, just starting the race on his own two feet is where this story truly starts.



If you were to have told somebody at the age of nearly 20 years old that they would sustain a spinal cord injury, have little to no hope to walk again and then: carry on to marry the love of their life, start an incredible family, become a loving grandparent, become a renowned realtor, become a notable advocate for the spinal cord injury community, and become a philanthropist beyond belief, you wouldn't believe that that story could be lived. If you are then to write a P.S. monologue and continuation of that story to then say, 40 years after that spinal cord injury that individual would have the wherewithal to get back on their bike and complete a grueling 100+ mile bike ride to raise awareness for those living with paralysis, you would think that that is something only told in Hollywood. But this is real life. These miracles, these achievements, and these stories do happen... Regardless of how much pain and suffering one can go through, there is always that opportunity to bounce back. Sometimes it's not the setback, but merely the comeback. It all starts with one single step in the right direction, The Perfect Step.



Randy with his Tour de Foothills "Century Ride" cycling crew

November 13, 2021

The alarm clock awakens you out of deep sleep. You start huffing and puffing out of what you have just reflected on in your dream state. You wake up thinking it is real. Your eyes pierce open to what you think is going to be something angelic, and it is this time... It is the light shining through the curtains, resembling a new day, the day of the "Century Ride."

You take one step out of your bed and onto feet that have many miles on them, 60+ years of miles. It's not easy, it's not flawless, there's a hitch in it, but it's moving forward. And then you are reminded not how far you were setback, but merely how far you have come. Your pursuit of living, family, parenting, grandparenting, philanthropy, and walking again is your proof. You have already won, you have already started the race and in many ways the race has already been finished, but still, you move forward to cross the finish line. When you cross the finish line the noise is audible and ear piercing, but for all the right reasons. The outside noise in life is a reminder to you of what drives you forward, not what paralyzes you. You think it is the trophy that is going to give you the satisfaction, but then you think again, and it has actually been the journey and how you have gotten there that seems to stand out. Your pain did not limit you but merely enabled you to open your eyes to what was right in front of you all along, the finish line.

In life, painful experiences reshape our mentality. Sometimes these mentalities create actionable paralysis and sometimes they promote action.

To learn more about Randy's pursuit of the "Century Ride" feel free to check out the updates on his Instagram handles:

@randy_horowitz_c21peak

@randyh21

To learn more about The Be Perfect Foundation visit bepperfect-foundation.org. On their website click on the donate tab where you can make a donation in honor of Randy for the "Century Ride."

To learn more about The Perfect Step visit theperfectstep.com.



"You think it is the trophy that is going to give you the satisfaction, but then you think again, and it has actually been the journey and how you have gotten there that seems to stand out."



In June of 2013 at the age of 50, Gladys was driving alone in her Explorer. The tread spontaneously came off the left rear tire. She lost control of the vehicle and bounced many times between some white concrete construction barriers. The policeman that pulled Gladys from the vehicle expected to pull out someone that had already passed away. She was taken to Loma Linda Medical Center where she fell into a coma. Gladys has had to relearn how to walk, talk, write and eat. She was diagnosed with a Grade 3 (Severe) Traumatic Brain Injury as a result of the accident.

CLIENT THANK YOU

Gladys Yanes, Traumatic Brain Injury

➤ What has Be Perfect done to financially, emotionally, or socially support you?

The Be Perfect Foundation has supported me financially by graciously giving me 2 scholarships to attend The Perfect Step. Without those scholarships I would not be able to go to The Perfect Step and I would have missed out on all the positive attitudes of that wonderful place.

➤ How has Be Perfect positively affected your life outside of therapy?

Because of the self confidence I've gained through being able to attend The Perfect Step I am much braver. I try things that I would not have tried to do in the past. If I don't try I won't progress.

➤ How has The Perfect Step changed your outlook on your recovery?

Being able to hear some of the other client's stories gives me hope and makes me very grateful. The Perfect Step's track record speaks for itself. Listening to and watching other clients, allows me to see that life is not over. Being there, with so many positive people is very uplifting.

➤ What would you like to say to the donors of Be Perfect about how they have impacted your life?

I would like the donors to know that by helping me out they have saved my life. On a regular basis I try to think of ways to help others like me. Also, I work hard every time I attend TPS so I do not waste their money. My attitude is that I am not at TPS because of me, someone else is paying for me so I better be grateful and work hard. Thank you so much for your generosity!!

Foundation Influentials

Be Perfect
PARALYSIS AWARENESS

Meet the defining entities that highly influenced the success of the Be Perfect Foundation from the very beginning.

The Hafif Family

The Original Be Perfect Event Venue

The Hafif family, since the inception of the Be Perfect Foundation, has played a pivotal role in the growth of our philanthropy. The Hafif's have not only played a role of transcendent level donors, with very giving hearts, but they also have served as an opportunity for the foundation to have a donated venue year in and year out for the first eight events that we hosted as a part of our scholarship gala fundraisers. The first eight scholarship galas were hosted at the Hafif family estate in northern La Verne, in Live Oak Canyon. The several hundred acre estate has not only served as a place to call home for the Hafif family for many years, but it has also served as a home for the Be Perfect Foundation annual scholarship gala. With an outdoor amphitheater built to seat well over 1,000 guest, this beautiful outdoor oasis of a venue that was donated by the family themselves year in and year out, will be a place that we remember forever for the memories that we have taken with us.



The Hafif family is known for far more than just having properties and a large estate in the Southern California area. Put simply, it is what they have done with their financial blessings that tell the story of who they are. The family not only runs a successful law firm "The Herbert Hafif Law Firms," subsequently they also run incredibly successful not-for-profit family foundation the "Hafif Foundation." The Hafif family foundation is responsible for contributing well over \$20 million towards the local communities over the past three decades. The foundation has donated to health clinics for the underserved, charities that serve the homeless and hungry, drug rehabilitation programs, city park maintenance programs and gang interven-



tion efforts. The estate and the outdoor amphitheater served as an avenue for them to broaden their reach and to create opportunities for other local charities, foundations, and organizations to hold sponsored events up on the Hafif family property in North La Verne. The concerts under the stars was a multi-event series held every summer at their outdoor amphitheater where the entire concert series of five summer concerts, each with a unique theme, served as fundraising opportunities for

for local organizations. The family would hold these concerts and pay for all the subsequent expenses, giving the organizations opportunities to raise funds for themselves by selling tickets to come to these outdoor concerts to benefit the organizations. This is just one small example of how the Hafif Family has served many across the globe.

What's more is their unwavering support of Be Perfect. Not only did they donate the venue for each of the first eight scholarship fundraisers, they also personally sponsored the scholarship fundraisers as a title sponsor every year. While the foundation is now hosting its first fundraiser off-site from the Hafif family estate, we know that the memories that are made tonight and beyond, were only made possible because of the humble beginnings that we had in the memories that were made at the estate itself.

What started as a vision from Mr. Herbert Hafif many years ago to change the lives of those because of his financial blessings, that derived from his hard work in his professional law practice, has transcended our visions of all that we thought were possible. Today, we unfortunately honor the late life of Mr. Herbert Hafif after his passing in October 2019 (89 years old).

Herbert was responsible for not only more than \$20 million of known philanthropy in his last 35 years of life, which was inclusive of over 3,000 college scholarships contributed to kids in need, but he was also known as a politician, community figure, influential, public speaker, and a profound mind. Mr. Hafif was born in Philadelphia on Nov. 3, 1929. He grew up in New Jersey. After his father's death, when he was 6, his mother struggled to make ends meet and decided to put him in foster care. Hafif graduated from Claremont High School and received scholarships to attend Chaffey College and Pomona College, and later USC Law School. His spirit of entrepreneurship shone through as early as his college days in Claremont when he started a painting company. In 1960, he opened the Royal Tahitian on Riverside Drive between Vineyard and Archibald Avenue in Ontario with his friend and restaurateur Walter Boldig. The two also owned Walter's Coffee Shops in both Ontario and Claremont and a Mexican restaurant, Casa de Mayo, in Rancho Cucamonga. But the Royal Tahitian, with its 500-seat dining room, Chinese ovens, a head chef who was a native of Hilo, Hawaii, and Polynesian dancers who swayed to music played by the house band, was Hafif's pride and joy. Hafif was often the emcee for the garden concerts, which began at the Royal Tahitian back in 1964 with Duke Ellington and his orchestra. Many great acts followed, and the summer of 1967 alone brought Ella Fitzgerald, the Four Tops, James Brown, Bobby Darin and Ray Charles. Louis Armstrong was there from Aug. 22 to Sept. 2, 1965. Ray Charles became a good friend of Hafif's and even hired him as his lawyer.

Mr. Hafif is survived by his incredible wife of 57 years, Kay; two sons, Greg (the current Executive Director of the family foundation) and Ruston; and four grandchildren.

Burnis LaDele Simon

October 5, 1960-
September 9, 2019

Love and giving was personified in Burnis. In honor of his kindness and passion to uplift the youth of disenfranchised communities, the Hafif Foundation created the Burnis Simon Scholarship Fund at the University of La Verne (ULV) in 2020. His laugh and friendship continues to be deeply missed, but his care and giving will live on.



The committee members of the Be Perfect Foundation and many more were devastated by this news as a whole, knowing that the man who should be unquestionably thanked will never have known the impact that he made on us previously, now, and into the future.

Burnis Simon, the previous Executive Director of the Hafif family foundation and a community staple in the Claremont communities and beyond, unfortunately passed away in the summer of 2019. Burnis will be remembered for his captivating personality that simply brought life to everybody that he came into contact with. His laugh and his friendship created deep meaning for those that he exemplified care towards. He was known for his works as a successful high school football coach in the state of Texas, an illustrious college foot-

ball career at Texas A&M, a loving husband and father, a philanthropist, and a friend to all. Burnis served as our point person at the family's estate for all eight years that we hosted the event. Burnis was in many ways an adopted son of Herbert, and a brother to Herbert's son, Gregory. Burnis was also a father figure to many and a light to all. His legacy will not only live on through the family foundation, but also at the University of La Verne where they now have a scholarship named after him (2020) called the "Burnis Simon Scholarship Fund."

The Be Perfect Foundation would like to show our respects and pay our most sincere acknowledgment of appreciation and gratitude for the Hafif family. The initial vision of Mr. Herbert Hafif alongside his supportive wife Kay, was a vision that was larger than life and had impacts that were monumental. The legacy of him and Burnis will forever live on in our hearts and through our actions to be stewards of others with how we can impact those through our words and our loving personalities. We honor you both tonight for the impacts that you made on us and those whom we serve.

To Greg, Herbert's son, who continues to run the family foundation on a daily basis, we say thank you for continuing the legacy work of your father and best friend. We say thank you to Kay, Herbert's wife, for your continued support and understanding of our mission and to be a part of it for so many years. To the current board members and family members that are still involved with the foundation on a day-to-day basis (Carter Hafif, Brooke Hafif, Fenja Klaus, Charity Croom's, and Tom Cerafice), we say thank you for keeping the legacy alive and the family foundation's mission still fulfilling so many needs. This world is a better place because of each of you. We have been a recipient of your grace for many years and we will never forget those memories up at the estate.

Be Perfect[®]
PARALYSIS AWARENESS FOUNDATION

The Claremont Club



Be Perfect Client's Home

The Claremont Club (TCC) has long served as a source of hope, health, wellness, and entity of fitness direction for many in the foot whole communities, namely the city of Claremont. Subsequently, The Claremont Club served as a home for The Perfect Step (paralysis recovery center), a community partner of The Be Perfect Foundation for 13 years. The vision and implementation of that vision created by Mike Alpert in 2007 shortly after Hal Hargrave Junior's catastrophic spinal cord injury, was ultimately what created a home for Hal and his family during a time of need. Consequently, this home for Hal then became a home for hundreds more over the course of those 13 years as Hal opened his arms to those in need and told them he had just the place for them to be able to find comfort, hope, and community at a place where he found exactly the same thing (TCC).

The Claremont Club, a 47-year family run business by Sue Hyland and the Clark family and was directed on a daily basis by CEO (of 23 years) Mike Alpert, on a beautiful 19-acre campus was home to much more than just The Perfect Step. The club served as home to 10,000 members (pre-pandemic), the TCC nonprofit foundation, "ambience" salon, TCC swim team, a world-class tennis program, pilates studios, racquetball courts, a world-class gym with professional fitness instruction, childcare, state-of-the-art amenities and much more. After 47 years of business, the club was forced to make the tough decision to sell to a different group in the midst of the worldwide pandemic. The Club's founder, Stanley Clark, purchased 100 acres in north Claremont in 1972 with the intention of building a tennis facility, and moved into an old stone house on the property. On July 13, 1973 he opened what was then called the Claremont Tennis Club with two courts. Apparently Mr. Clark was a bit of a showman because on opening day he hosted an exhibition match between tennis champion Bobby Riggs, who was 55 at the time, and Tracy Austin, who was still a child but would soon become a champion herself. The first members were Martha and Larry Hamilton.

In the 1980s, the Club was expanded to include 29 tennis courts, a childcare center, racquetball courts, a recreational pool, an Olympic size pool, a weight room, and a room for group exercise. Because of these changes, Mr. Clark changed the name to The Claremont Club. In 1980 and 1981, the surrounding land was developed into housing, leaving 19 acres for the Club itself.

Mr. Alpert has been CEO for 23 years, which included a 23,000 square foot remodel and expansion in 2003 and 2004. The old stone house became a social lounge for members and guests. The Club was also an important community hub for friends meeting for weekly tennis matches, to hosting innumerable events including business meetings and high school reunions. The Club also hosted

serious competitive tennis including year-round USTA leagues, the Claremont Club Pro Classic and the California Interscholastic Federation's individual and team championships.

TCC Nonprofit Foundation has helped people recover from cancer, including seniors and children and provides summer camp scholarships for students who cannot afford to attend otherwise. The Club's closure meant the Perfect Step Paralysis Recovery Center, which is located at the southern side of the main fitness center, would have to find a new location.

For 13 years, The Claremont Club partnered with the Be Perfect Foundation, and operating The Perfect Step on their campus. The Claremont Club made national news when Mr. Alpert promised to keep his 260 employees fully paid during the initial months of the coronavirus if members agreed to continue paying their dues. In early June (2020), the Club reopened. However, with virus cases spiking in the region the health department ordered gyms to close again on July 13 (2020). Ultimately, this led to the permanent closure of the club under Mike Alpert's tutelage and the ownership of the Hyland and Clark family. The memories that we will take away from 13 unforgettable years at the club, will ultimately be what gives us hope for the future that there are to possibilities and effective ways to serve the paralysis community when you lead with a giving heart, a philanthropic mindset, and a visionary mentality, much like Mr. Alpert taught Hal Junior.

For 13 years, The Perfect Step facility at The Claremont Club, allowed sponsored clients of The Be Perfect Foundation to find a home. The Be Perfect Foundation would sponsor clients to participate in The Perfect Step program at The Claremont Club. The Club would subsequently open their doors to Be Perfect sponsored clients and their family members to use all the clubs amenities as a part of the clubs meaningful and purposeful works/initiatives. This created an everlasting hopeful mindset for those who are suffering and a perspective that good things can come even after you receive bad news in the form of a diagnosis or an injury. The Claremont Club, Mike Alpert, and the ownership group is to be thanked for many years of selflessness, giving nature, and memories that will last a lifetime. Without you, the level ground that we stand on in the perspective that we have for the future would not be what it is. We believe that all things are possible because of the jumpstart that you gave The Perfect Step to be known as a world-class program and The Be Perfect Foundation to be known as a highly successful ethical foundation in the local communities.

Hal Hargrave Jr. in the standing frame with Specialist Shawn Gutierrez in one of the original workout spaces for people with paralysis at The Claremont Club, June 2012. Client Sharon Lee during her therapy with Specialist Ashton Wray in the newly renovated space at The Claremont Club, October 2017.





The Perfect Step Paralysis Recovery Centers got it's own entrance and exclusive parking spaces at The Claremont Club during the expansion and remodel that opened in 2013.



The Claremont Club offered a larger, and more open, space for The Perfect Step Paralysis Recovery Centers in 2013. This allowed for more clients to enter the specialty program which ultimately was home to more than 100 clients with different types of paralysis .

To Mike Alpert -

Your years of commitment towards pouring your heart and soul into wanting to get services into the lives of those who need it most, will never be forgotten. Your loving heart, giving nature, and her philanthropic mindset led to an implemented vision that has had a lifetime impact on so many.

To Sue Hyland and the Clark Family -

Your consideration towards adopting a program that simply needed a place to call home led to a lifetime of memories in just 13 years.



MEET THE BE

The Be Perfect Foundation is 100%



Hal
Hargrave
Jr.

Founder and President

Lorie
Hargrave

Event Coordinator, Billing,
Community Relations



Hal
Hargrave
Sr.

Vice President

Kathleen
Hargrave

Treasurer



Toni
Frazier

Event Coordinator

Teri
Goodwin

Event Production Coordinator



Jenna
Hardy

Event Production Assistant

Ashton
Wray

Event Production Assistant



Influentials

PERFECT TEAM

volunteer based and has zero paid staff



Catie
Hargrave

Event Production Assistant,
Community Relations



Kristen
Sanchez

Event Production Assistant,
Community Relations, Volunteer
Coordinator



Britnee
Heckman

Event Production Assistant,
Community Relations, Volunteer
Coordinator



Hailey
Hargrave

Event Production Assistant,
Community Relations



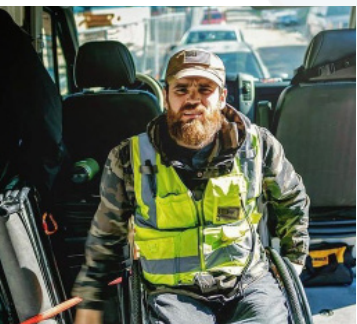
Corey
Hargrave

Event Production Assistant



Alex
Hargrave

Event Production Assistant



Brian
Goodwin

Event Production Assistant



Lydia
Montano

Event Production Assistant

Be Perfect Foundation Community Partners



University of
La Verne

University of La Verne

The University of La Verne is a private not-for-profit university located in La Verne, California. Founded in 1891, the university is comprised of more than 50 undergraduate programs, more than 20 master's degrees, 5 doctorates, and 6 credential programs. The University of La Verne is dedicated to the belief that a quality, values-based education enriches the human condition by engendering community engagement, scholarly accomplishment, and professionalism.

Bert and Rocky's Cream Co.



Bert and Rocky's has been an ice cream staple in the Claremont Village since 1989 where you will find all kinds of ice cream flavors, candy apples, and a large variety of candy and homemade creations.

Sandra Siefke has been practicing as a Chiropractor for 17 years. She graduated from Los Angeles College of Chiropractic after getting her Bachelors Degree. Sandra's method of adjustments are both manual and activator technique. Her passion for Chiropractic stems from the fact the body has a natural ability to heal itself without drugs.



Sandra Siefke, Chiropractor

Empire Wellness Center helps to improve your physical and mental health using cutting edge technology and ancient tools to harmonize your mind, body, and soul. Their mission is to educate patients so they can improve their health and feel empowered.

Empire Wellness Center



It takes a village, and these businesses and support services are a part of ours. Through their philanthropic hearts, and passions for helping others through their skills and services, they keep the mission at Be Perfect of helping those living with paralysis alive.



Be Authentic Family Therapy

Be Authentic Family Therapy is a private marriage and family therapy service for clients in and around Upland, California. Their priority is to create a therapeutic atmosphere that promotes growth and positive change in working to address challenges and realize your goals. Therapy is a process that can move you toward being the healthiest version of yourself and living the life you desire.

Casa Colina

Casa Colina Hospital and Centers for Healthcare specialize in Acute Inpatient Rehabilitation after an injury or illness, more specifically paralysis related diagnoses. They are committed to intensive treatment plans that consist of physical therapy, occupational therapy, speech language pathology, and neuropsychology, custom tailored to each patient's specific needs.



Bright Bulbs Electric Co.

Bright Bulbs Electric Co. is a full electrical contractor providing commercial and residential electrical services to Southern and Northern California.



4C's Finecraft Jewelers



4C's Finecraft Jewelry Store in the Claremont Village is owned and operated by Tom and Cecilia Cerafice. 4C's is a full service jewelry store; they sell, create, and repair jewelry and watches.

U2 Mobility

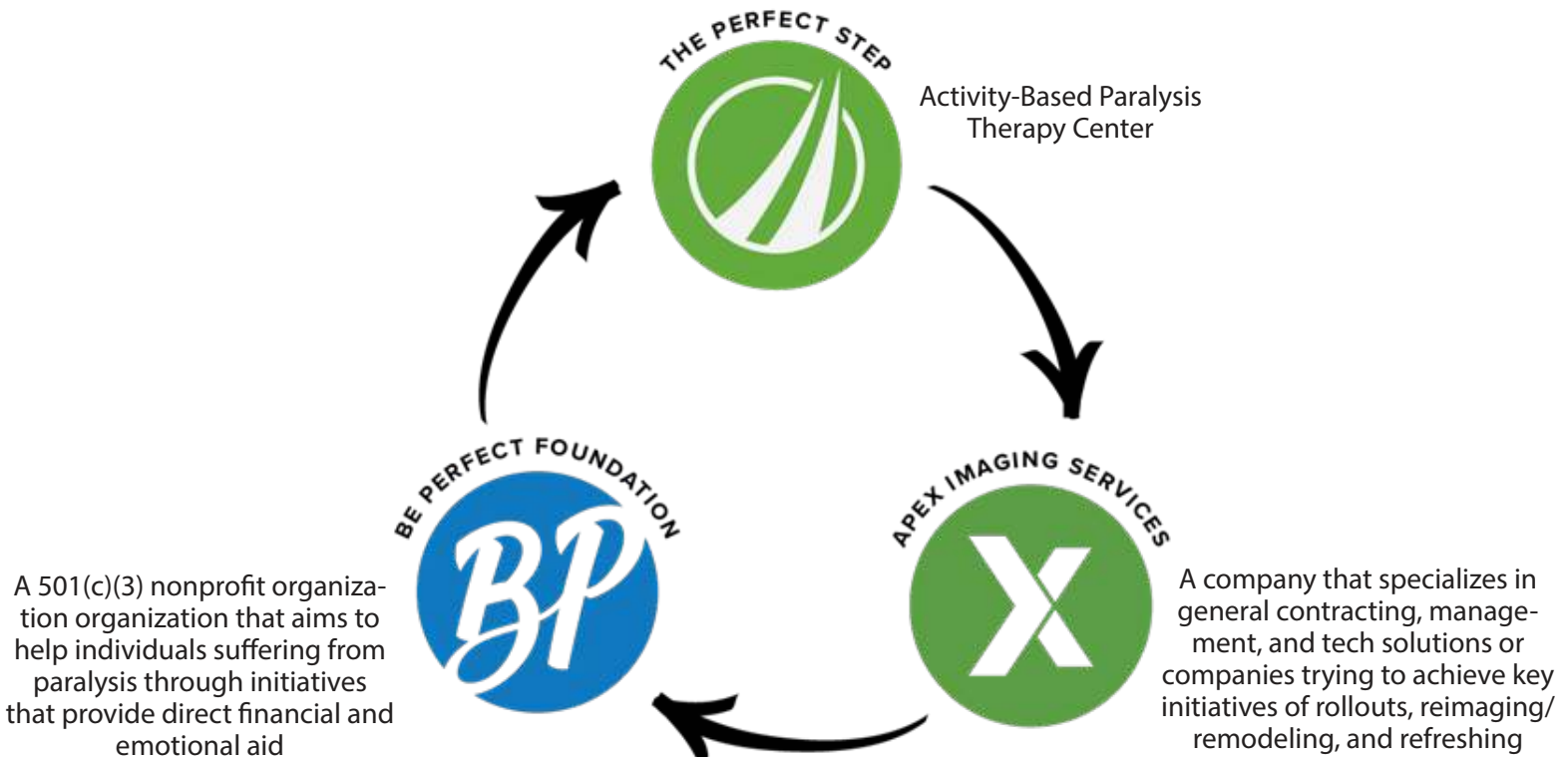
U2Mobility has over 30 years of experience in the mobility products. The founder John Gunnar Box and his wife Mary were the founders of Colours wheelchair which they sold some time ago. They are committed to improving the lives of the disabled within everything that they do. We are thankful for all the people who are part of our community and strive to make a difference.



The Triad

Be Perfect Foundation | The Perfect Step | Apex Imaging Services

Partnership



The pandemic caused an unfortunate and unforeseen chain reaction of too many things. One of those things that directly affected The Be Perfect Foundation and their community partner, The Perfect Step, was the inability for the Be Perfect Foundation to host any in-person fundraisers in Los Angeles County and a facility home for The Perfect Step. Consequently, this meant the Be Perfect Foundation suffered from the ability to be able to connect and reach donors, to remind them of the importance of their continued contributions. Therefore, The Perfect Step was forced to go to the drawing board after a perfect 13-year marriage with

The Claremont Club, that unexpectedly came to an end due to the pandemic. Apex Imaging Services came to the rescue to help fill voids that otherwise could have led to the demise of both Be Perfect and The Perfect Step. Apex Imaging Services, the Hargrave family, and the leadership at Apex proposed and devised a plan to bring The Perfect Step on site into one of the adjacent buildings on their corporate business campus in Pomona, California. This was a decision that was made just four days after the closure of The Claremont Club and that is when the execution of a 12-week tenant improvement project took place and the new home of



The Perfect Step Paralysis Recovery Centers was born. A brand-new state-of-the-art 7,000 square-foot main facility, for activity-based therapy practices has paved the way for individuals who are looking for a better life to call home during a time of uncertainty. The new facility with state-of-the-art equipment, world-class technology, optimum operating space and subsequent space for collaboration for staff has created a sense of new beginnings, revitalized approach, and a commitment towards being known as the industry leaders in paralysis recovery. Additionally, the platform that Apex gave to The Perfect Step enabled them to expand their vision. The Perfect Step also partnered

with community members to bring in ancillary services on-site in adjacent office space for mental health therapy (Be Authentic Family Therapy), chiropractic services (Sandra Siefke), acupuncture services (Empire Wellness Center-Sharleen Lawrence), massage therapy services, and "sound therapy" services soon to come. Furthermore, Apex became mindful of the fact that "education" needs to be an important emphasis of the future. Thus, a buildup of nearly 5000 ft.² of classroom space for educational purposes was also built to accommodate the future growth of The Perfect Step and potential partnerships with local universities and hospitals in the months to come. The current utilization of



The New TPS

Pomona, California

The Perfect Step reopened in October 2020 after having to relocate due to pandemic closures. The building and tenant improvement remodel were all graciously done by Apex Imaging Services.

that classroom space was designated towards a “learning pod” that was facilitated on the Apex campus for working employees of Apex and their children. The advent of virtual learning was going to force working parents to have to take a leave of absence, involuntarily quit their jobs, or take time away from their work to be able to support their kids with a virtual learning environment. Apex, jumped in with a solution to provide on-site care towards the family members of the Apex family (those employed by Apex), so virtual learning would not be a deterrent for children. For them to be able to continue their schooling and for working parents to continue to be able to work and make ends meet during a very tumultuous time. The implementation of these programs, visions, and practices has led towards a growth mechanism on the Apex campus that gives the feeling of wellness, progression, cutting-edge, industry-leading, family, comfort, and a bright future all in one place.

What started in 1949 as a small local painting company, was then purchased 38 years ago by the Hargrave family to grow the brand to greater heights. It has since then outgrown a location off Gary Avenue (Pomona) where they spent nearly 30 years at their nationwide hub, only to be relocated, in 2012, just one street over to Indigo Court. Today’s location has grown from a small sectioned off part of the cul-de-sac of Indigo Court, with 35 employees occupying the two buildings in 2012, to the present-day footprint of more than 40,000 ft.² of buildings on the very same campus, giving everyone in the triad a sense of home in their own way (85 Apex employees, the corporate office of the Be Perfect Foundation, 15 Perfect Step employees, and 10 more employees for our outpatient services). The growth of Apex is now known for more than general contracting solutions and project management solutions, but has also implemented a tech-based division and a cloud storage division of their company as well. The vision has not stopped there because

of the tenacity of key leadership initiating a philanthropic mindset into the hearts of all of the selfless employees who have welcomed TPS onto their campus. This selfless mindset has created harmony, opportunity, and a future for not only TPS employees, but the clients of TPS also. many of these clients are supported by the Be Perfect Foundation enabling them to “live life” amid a chaotic world and unfortunate circumstances.

The future aspirations of The Perfect Step on the campus of Apex, are to grow the square footage footprint of their brand-new state-of-the-art facility to nearly double the size of what it is currently, in order to accommodate for client demands and a growing national footprint that will make them the leader in ongoing training and education for the entire field of paralysis recovery, nationally. The future square footage expansion will accommodate more floor space for training, an area for group exercise and adapted yoga, an area for fitness equipment that can be utilized for family members of clients that are on site receiving services, and further office space for recovery rooms and educational purposes.

Currently, this unique triad partnership works in a fashion that allows Apex to achieve their philanthropic endeavors. Whereas Apex also provide support services for The Perfect Step in the form of infrastructure, building maintenance, ancillary business services, and much more. Apex serves as a home to The Be Perfect Foundation corporate office. And, The Be Perfect Foundation serves as an aid to support clients in The Perfect Step and as a hopeful philanthropic conduit to individuals at Apex.

The triad partnership of Be Perfect, The Perfect Step, and Apex is THE perfect complement of three organizations working in unison to achieve one goal: serve clients and families in need.



Because of you....

"...I started my freshman year of college"
- Andrew Castro



"...I learned how to drive"
- Anna Karen Barajas



"...I have the confidence to try new things!"
- Melissa Mejia

Your Dollars Making a Difference

Our \$0.99 Promise!

\$0.99 of every dollar directly funds a client in recovery that needs your help. Be Perfect is 100% volunteer ran, so you never have to worry about your donation paying for someone's salary.



Lifetime costs for spinal cord injuries can total over \$2.5 million per victim. In most cases, insurance only covers 50-65% of these costs. Be Perfect promotes a holistic, exercise-based therapy approach to recovery. Be Perfect offers scholarships for activity-based therapy at The Perfect Step to qualified recipients.

We also provide supplemental funds to those who cannot afford:

- wheelchairs
- car adaptations
- high medical bills
- daily medical supplies
- home adaptations
- adaptive vehicle repairs

“...I am able to be confident in my own skin!”

- Kimberly Romero



“...I have been able to regain movement”

- Jose Castro



“...I am on the football team”

- Chris Clark



“...I am more confident in my physical ability”

- Carlos Ornelas

Your dollars may physically go to purchasing a custom wheelchair, van accessible ramp, vehicle hand controls, ADA home adaptations, and covering the cost of exercised-based therapy, but the positive effect of these gifts on the lives of those living with paralysis is so much more! Because of you, Be Perfect clients are getting back to the life they lived before their world got changed forever.

“...I am able to go out and do things I used to enjoy before my accident”

- Leo Perez



“...my confidence has skyrocketed and I've reached mental health goals”

- Adrian Valenzuela



“...I'm mentally grounded and have shifted my mindset on my recovery. I am determined!”

- Jose Perales

“...I have invested more into myself and my health”

- Ashley Hutton



“...I am independently living on my college campus”

- Nick Ortiz



“...I have the strength to go back to high school”

- Frankie Cervantes



PROGRAM SERVICES

The Be Perfect Foundation intends to fulfill our vision of living in a world where individuals who have paralysis do not suffer the financial burdens of the everyday needs necessary live a full and healthy life. Be Perfect does this through the allocation of donated dollars towards our program services. Be Perfect strives to fill the void for individuals who lack the financial means post injury or diagnosis to afford things like wheelchairs, medical supplies, medical equipment, home/car adaptations, and participating in exercise-based therapy programs.



There are about 12,000 new SCI's every year and the amount of support they need in the first years of a catastrophic injury is high. Lifetime costs for spinal cord injuries can total over \$2.5 million per victim. In most cases, insurance only covers 50-65% of these costs. That is where Be Perfect comes in with our program services.



Causes

42% of Spinal Cord Injuries result from motor vehicle accidents
27% result from falls, 15% result from violence, 8% result from sports accidents



Gender

Majority of Spinal Cord Injuries happen to males

Out of the majority of males that get injured most are between of the ages of 16-30.

Therapy Coverage

Outpatient therapies are generally out of pocket expenses. Ailments, like paralysis, and namely spinal cord injuries, are much like wet cement/concrete. The longer people let it sit (let it dry), the tougher it is to form it into what is desired. The most common reason that spinal cord injuries and people living with paralysis re-enter the hospital for secondary complications is simply because they have not been active. Activity through therapies, namely at exercise-based therapy recovery centers like TPS, promote a healthy lifestyle and decrease hospitalization and other health complications.

New Custom Wheelchairs

Wheelchairs are essential to live! With tremendous care, and specific customized vision to each and every person that gets fitted by the vendor, BP has been able to put nearly 50 paralysis stricken individuals into a custom fit wheelchair. Thus, has bettered their quality of life. This all has been because of each and every one of you donors who believes that a quality life starts both in the chair and then out of it.



Car and Home Adaptations

Imagine a world where you were confined to your bed, or to your home... Today new trucks and other types of SUVs have made it possible for those living in a wheelchair to ride comfortably and safely in an actual seat of a car; whether it is a seat that comes out and pops out on the passenger side of an SUV, or a pop out mechanism that comes out the side of a truck for an individual to drive straight from their wheelchair. The means of getting from point A to point B, comfortably, safely, and in style have become a reality.

Daily Medical Supplies

A world where people monetarily struggle to even just go to the bathroom, actually exists. Can you believe it? Outstanding medical bills can not only bankrupt a family, but they can tear apart a family emotionally, mentally, and relationally. BP has played an active role in trying to alleviate the stress is from suffering families. Medical supplies like: catheters, suppositories, urinary bags, and other daily needed items, often times are not covered by insurance companies. BP recognizes that basic medical supplies are essential to stay healthy, cleanly, and sanitary. With little help from insurance companies, often times it makes it difficult for somebody living with paralysis even to get up and go to the bathroom and leave the house for the day in a cleanly manner.

CLIENT

Be Perfect[®]
PARALYSIS AWARENESS FOUNDATION

TESTIMONIAL



It was Saturday November, 11 2017.

I was working at Walmart and was scheduled to work a 4:30pm-12:00am shift, which would make the next day November 12th. I decided to extend my shift until 1:30am because I was starting a new position in the department I had been waiting to be transferred to. I was very excited. Before I headed to work I didn't think anything was out of the ordinary. I had no idea that my life was going to traumatically change within a few hours. My parents went upon their day before I left for work and then went to my cousin's house to hang out and wait for me to get off of my shift. Little did we know that my mother was saying her last goodbyes without any of us knowing. As I was clocking out of work at 1:30am my parents were just arriving to my job to pick me up so we could head back home. As my parents and I were walking back to the car my mom told me to sit in the front seat, and she would sit in the back. This was very odd because I normally sit in the back. As we were getting in the car my mom asked my dad to hop on the freeway, instead of taking side streets, so we could get home quicker. Everything seemed just fine, but as we were getting closer to our exit the car started slowing down, smoke was coming out of the engine, and the radio was turning on and off. My dad was pressing on the gas, but the car was not responding and it gave up on us. Fortunately, my dad was able to slowly and safely drive the car to the shoulder and off of the freeway so we would not be stuck in the middle of the lanes. My dad put the car in park and my mother said, "What's going on?" That was the last thing my



MEET Anna Karen Barajas

On November 12, 2017, at the age of 20, Anna Karen was injured in a fatal motor vehicle accident that injured her at the T1-6 level.

mother said as we got hit by a driver who fell asleep at the wheel and rear ended us at a high rate of speed. My dad and I were knocked unconscious by the impact until I remember waking up with my dad yelling and dramatically kicking his door down to get to my mom. My mother was unresponsive, and unfortunately, she passed away instantly on impact. My dad suffered multiple rib fractures and a bruised leg. As for myself, I fractured my thoracic spine from T1-T6, broke multiple ribs, punctured my lungs, and had head trauma from the impact. I was in and out of consciousness when I arrived to the hospital, so I did not know anything about my parents until days later. I was rushed to emergency surgery to save my life. Days later, after an 8 hour surgery, I woke up with so much physical and emotional pain. I was told that my mother had not survived and that I would never walk again due to a spinal cord injury. The emotional pain of waking up and being told my mother passed away, and also being told I was now a paraplegic, was too much to bear. I was at the trauma hospital for two weeks: one week in ICU, and another week in acute care. After that I was transported to a children's rehabilitation hospital where I stayed to recover and begin physical therapy for an additional 3 months. When I got discharged from the rehab facility I decided to keep up with my recovery with outpatient physical therapy until a year and a half later when I was introduced to The Perfect Step and the Be Perfect Foundation! My former physical therapist would talk non-stop about The Perfect Step and encouraged me to enroll in their program before my insurance would permanently stop paying for outpatient physical therapy. After a lot of convincing, I finally applied and was accepted into the program. There are no words that can express the amount of love, gratitude, and respect I now have for The Perfect Step and the Be Perfect Foundation. The physical recovery process of my injury has been very difficult to keep up with because I am still mourning the loss of my beautiful mother. But, I keep pushing to get stronger and better, not only for myself, but to make my mother proud as I transition into the successful woman she raised me to be. Once again, I thank The Perfect Step and Be Perfect for being responsible for this next step in my recovery. I get to roll into a facility with open arms in a judgement free zone with nothing but laughter in every session I attend. I cannot express how healing that kind of environment is for me. I have not looked back ever since my first day at TPS. I wanted to especially thank the Be Perfect donors for making this possible because my insurance would not pay for any more of my physical recovery. And now, because of Be Perfect, I still get to work toward my physical recovery goals, but I also have found great emotional healing because of the environment that TPS provides. Thank you, thank you, thank you from the bottom of my heart!!

- Anna Karen

Be Perfect Client



Thank You



Anna Karen getting upright and out of her chair at therapy with her specialist Sean Gutierrez. Anna Karen is a Be Perfect scholarship recipient to attend exercised based therapy at The Perfect Step.

➤ What has Be Perfect done to financially, emotionally, or socially support you?

The Be Perfect Foundation has given me unlimited opportunities to continue my journey as a paraplegic and to continue therapy to get stronger. Not only has Be Perfect helped me physically, but they have helped me better myself emotionally, mentally, and spiritually.

➤ How has The Perfect Step changed your outlook on your recovery?

The Perfect Step has given me a positive outlook on my recovery by being there to help me relearn how to do everything now as a disabled person. Having the awesome ability to get stronger and be more active has helped me to have a positive mindset and not set limits on what I can actually achieve even though I am in a wheelchair.

➤ How has Be Perfect positively affected your life outside of therapy?

Be Perfect has been the main reason I have been able to get back behind the wheel and increase my independence by learning how to drive again. I am FOREVER thankful to Be Perfect and The Perfect Step family for pushing and encouraging me to get my permit and teaching me how to drive with hand controls.

What would you like to say to the donors of Be Perfect about how they have impacted your life?

Thank you Be Perfect donors for giving me the opportunity to be where I am now. Because of you I get to spend time learning more about my injury with specialists at The Perfect Step who make therapy fun and educating. I look back and I am astonished at the amount of things I have accomplished that have bettered myself and my life. Because of you I keep pushing to become a better version of who I was before my accident.

Thank you!!

Sincerely,
Anna Karen Barajas

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