

# BE PERFECT FOUNDATION

## YEAR-END NEWSLETTER



### LETTER FROM THE FOUNDER

By: Hal Hargrave

Dear Friends and Supporters of The Be Perfect Foundation,  
As we approach the end of another remarkable year, I am filled with gratitude and a deep sense of faith. This year has been a testament to the enduring spirit of our community and the unwavering belief in our mission and values.

Our key theme for this year has been maintaining faith during



## 2023



times of uncertainty. We all know that life can throw unexpected challenges our way, and it's during these moments that our faith is truly tested. The past year has shown us that faith isn't just a word; it's a guiding principle that can lead us through the darkest of times.

I want to take a moment to express our immense gratitude to our donors. Your unwavering support, year after year, is the bedrock upon which our foundation stands. You believe in the ethics and moralistic values we uphold

through philanthropy, and your faith in us has created a powerful movement. Your commitment to our cause is not only inspiring but also life-changing for the individuals and families we serve.

This year, I also had the privilege of experiencing a personal journey that challenged our faith. My wife, Catie, and I faced a 4 1/2-year infertility battle. It was a journey filled with uncertainty, heartache, and doubt. However, in 2023, our faith was rewarded as we welcomed our first child, our precious daughter, Hayden, into the world. This journey taught us that even in the face of adversity when the finish line seems distant, we must dig deep and hold onto hope.

We learned that hope is a powerful force, and it's easy to maintain perspective when we focus on what we have instead of what we lack. Our journey was not without its struggles - 14 procedures, 660 shots/needles into the flesh of my wife, 10+ angels (embryos lost), and countless hurdles - but it led us to the blessing of a perfect child. This experience is a reminder to all of us that when life gets tough, when circumstances seem unfair, and the future appears uncertain, we should not run from it, but instead, dig deep and maintain faith in something greater than ourselves. You would be surprised to know that the world is working for you, not against you.

With the reflections of this year and the incredible milestones we've achieved, I want to reaffirm our commitment to our mission. Together, we have proven that faith can move mountains, that hope can triumph over despair, and that kindness and generosity can create lasting change.

As we celebrate the holiday season and look forward to the new year, let us carry the spirit of faith, hope, and gratitude with us. Our foundation is not just an



organization; it's a family, and each one of you is a cherished member of that family.

Thank you for being a part of The Be Perfect Foundation's journey. Your faith, support, and dedication are the cornerstones of our success. Let's continue to make a positive impact on the lives of those we serve in 2024 and beyond.

Wishing you a joyful holiday season and a blessed New Year filled with hope and faith.

With warm regards,  
Hal Hargrave  
Founder, The Be Perfect Foundation



# MAKING A DIFFERENCE TOGETHER



## PROGRAM SERVICES

### FINANCIAL SUPPORT FOR THERAPY PROGRAMS AND A SOURCE OF HOPE

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

### PURCHASE WHEELCHAIRS

We help 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 help purchase Durable Medical Equipment that is a necessity for everyday living. We help purchase home/car adaptations as well as equipment for at-home therapy.

### A RESOURCE OF HOPE FOR ALL

If we can't provide the resource ourselves, we have a robust network of community partners, who can help make the difference in the lives that we serve.



### What were we able to accomplish in 2023?

- Received over \$125,000 in donations
- Allocated nearly \$300,000 in scholarships of financial aid for medical-based needs
- Purchased nearly 20 wheelchairs for clients in need
- Supported 50+ clients in therapy programs nationwide
- Nearly 40 units of blood were donated at our year-end blood drive



## MEET A CLIENT

### ALEXIS EVANS

Hello, my name is Alexis Evans! I sustained a C1-C2 spinal cord injury from a motor vehicle accident on December 21, 2021. I was driving to work on the 91 Freeway in Anaheim when I came to a stop for traffic. The driver behind me failed to slow down, rear-ending me at full highway speed. The impact caused my skull to dislocate from my spine, known as an internal decapitation. The initial prognosis was grim, but I quickly began to show signs of improvement that were previously thought to be impossible by my doctors.

After about a year of rehabilitation, despite my continuing improvement, my insurance decided to stop paying for physical therapy. It was around this time that I found The Perfect Step. The Be Perfect Foundation then awarded me a scholarship to attend The Perfect Step. This financial assistance allowed me to regain an active lifestyle, returning to

therapy at The Perfect Step twice a week. Getting back into physical therapy and seeing myself continue to improve after having to take a break from therapy helped re-instill hope back into my life. I maintain hope for the future as my specialists help me to achieve my goals.

Coming into The Perfect Step, a couple of my major goals were to transition to a manual wheelchair and to stand unassisted. I'm proud to say that I have made significant improvements in both of these areas. I have successfully pushed myself into a manual wheelchair and am currently in the process of getting a manual chair of my own. I have also been working on my standing balance, seemingly improving every session, to the point where I was recently able to maintain my balance without any physical assistance from anyone or anything. With the support of the Be Perfect Foundation and The Perfect Step, I continue to work towards other goals like independently transferring and walking unassisted. I am confident that Be Perfect and The Perfect Step will ultimately help me achieve these goals as well.

It is difficult to put into words how grateful I am to Be Perfect and their donors for supporting me. Be Perfect's contribution has allowed me to receive amazing physical therapy and subsequently improve my quality of life. Today I can confidently say that I am feeling stronger both mentally and physically than before I started at The Perfect Step. These improvements were only possible thanks to the incredible generosity of the Be Perfect Foundation and donors. Because of Be Perfect, I am once again excited for what the future holds.



# CHANGING PERCEPTIONS DAILY



## WHAT HAPPENS WHEN YOU GIVE?

### YOUR COMMITMENT

Year in and year out, you have a choice of where you choose to allocate your philanthropic dollars. We are honored and privileged that you continue to choose us as your charity of choice. Thus, we undertake the responsibility of your financial commitment to us, by ensuring that we are the most moral and ethical foundation around.

### OUR PROMISE

Because of your generous commitment to us, we promise to you that your dollars are getting into the hands of the individuals who need it most, our clients. For 15 years we have never had paid staff, ensuring that 99¢ of every dollar that you donate goes directly back to our program services, supporting individuals in need.

### DREAMS COME TRUE

We promise to utilize the donated dollars to make dreams come true. Our scholarship allocation committee carefully analyzes the financial support requests that we get to affirm that our dollars are being most carefully and effectively spent in ways that create tangible life differences.



BE PERFECT FOUNDATION



## MEET A CLIENT

### *NASH GRIM*

Meet Nash Grim, a remarkable individual whose journey took an unexpected turn on February 4, 2021, when he experienced a profound transformation due to a controversial incident. At his 6-month well check, Nash received the DTaP vaccine, triggering a hyperimmune response that led his own immune system to attack his spinal cord. This devastating chain of events left him paralyzed from the neck down, an outcome that defied his young age.

The Be Perfect Foundation stepped in to offer invaluable support to Nash and his family. Recognizing the unique challenges they faced, the foundation is providing a WonderFold Wagon tailored to Nash's specific needs. This adaptive wagon not only ensures Nash's safety but also accommodates his medical equipment, facilitating their on-the-go lifestyle.

The impact of this assistance is immeasurable for Nash's family. The burden of ensuring his safety and the transportation of his essential medical items will now be significantly eased. With the WonderFold Wagon, Nash's family gains the peace of mind that comes from knowing their precious child is secure, and they can efficiently carry everything required to care for him.

Nash's progress has been remarkable since his injury. The initial goals of regaining head control, enhancing arm and hand movement, and reducing reliance on his ventilator have been met with inspiring results. While challenges persist due to the effects of his injury, Nash has shown substantial improvements in head and trunk control, as well as some arm mobility. The foundation's support now extends to

Nash's continuing journey toward achieving complete trunk control, independent sitting, improved sensation, and speech development, despite the challenges posed by his tracheostomy.

The heartfelt gratitude Nash's family feels towards the Be Perfect Foundation is evident. They express deep appreciation for the scholarship that has eased the complexities of their medical journey. The foundation's contribution has lightened their load and made their lives more manageable, allowing them to focus on Nash's progress and well-being. The family acknowledges the extraordinary strength of the disabled community and the bonds formed with others who share similar experiences. The support received from organizations like the Be Perfect Foundation has transformed their daunting new reality into a more navigable path, a testament to the power of compassion.

Nash's love for the outdoors is a central part of his spirit, and with the newfound mobility provided by the WonderFold Wagon, his family eagerly anticipates embarking on exciting new adventures together. As Nash celebrates turning three on July 20, his family is filled with hope for the future, gratitude for the present, and a profound appreciation for the generosity and kindness that have brightened their challenging journey.

# GIVERS ARE THE ONES WHO GAIN!



## MEET THE BOARD MEMBER

TONI FRAZER

Event Coordinator/ Scholarship Committee

Toni has been a part of The Be Perfect Foundation since its inception in 2007. Toni and her husband, Doug, spent countless days in the hospital alongside Hal Jr and his family. Toni was ultimately one of the influencing factors in why the Hargrave family felt so comfortable moving forward and starting a foundation because of her background and knowledge in the non-profit field and her philanthropic nature.

Toni has a heart that wants to reach individuals who are in need. She somehow finds a way to keep the philanthropic component of life at the forefront of her to-do list even while being an active part in her family business.

Daily, Toni plays an active role with Be Perfect by reaching out to the local community to try and find donors, community partners, and opportunities for new fundraising events for the foundation. Additionally, she is one of the key components for the foundation's annual fundraiser as she wears many hats, namely coordinating the vast silent auction.



The Be Perfect Foundation is a non-profit 501(c)(3) with a mission to provide direct financial and emotional aid to individuals living with paralysis.



### LOOKING FOR THE PERFECT YEAR END GIFT?

Scan the QR code here for more information about the upcoming BP event and purchase your tickets for you and a loved one for an evening you will never forget!



The 10th Annual Be Perfect Foundation Scholarship Gala is upon us. On Saturday, April 13, 2024, you will have the opportunity to immerse yourself in our story even further, through reflection after storytelling. With the theme of "Planes, Trains, and Automobiles" the night is poised thematically as something you won't want to miss as we bring you into the real adaptive world of paralysis as we highlight adaptive modes of transportation that our clients experience on the daily. Reframe your mind as your soul adapts, when you join us on April 13!