





Lifestyle Empowerment Programs

THE **POWER** TO BE MORE THAN YOUR MS

Formerly The Heuga Center for Multiple Sclerosis



as of December 31, 2009



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A Message from the CEO

Dear Supporters,

Can Do MS has embarked on a new era of positive change. Because of you, our board of directors and staff are fully poised to embrace these changes, and are excited to share them with you.

In 2009, we rolled out our new organizational name and branding, increased collaborative efforts with MS organizations, and released a wellness programs outcomes study. In 2010 we will launch a new three-year Action Plan, website and programming while improving our existing lifestyle empowerment programs.

Our goals and strategic initiatives will allow us to reach more people living with MS, fulfill our mission of empowering people and families living with MS to transform and improve their quality of life, and maximize your donor investment in our organization. Our relevance as an organization in the rapidly changing world of MS care management has never been stronger or more important.

We were saddened by the loss of our founder Jimmie Heuga in February 2010. We continue to integrate Jimmie Heuga's philosophy to attain our ultimate goal of serving as many people living with MS as possible.

Ignite Your *Can Do* Spirit – Here are ways you can get involved to honor Jimmie's courageous spirit.

- + Support The Jimmie Heuga Center Endowment.
- + Contribute to the making of the educational, inspirational documentary *Can Do The Jimmie Heuga Story*.
- + Donate to the Jimmie Heuga *Can Do* Spirit fund to help people living with MS attend our lifestyle empowerment programs.
- + No matter where you are, celebrate *Can Do Day Sept. 22, 2011* in honor of Jimmie's birthday.

For more information on how to get involved, visit www.mscando.org.

I invite you to be part of our excitement because you are the reason we're helping more people every day discover the power to be more than their MS. As always, I invite your feedback and participation.

Best regards,

Kim Sharkey CEO

A Message from the President

Dear Friends,

A report on our 2009 accomplishments

Thanks to your support, we have made a positive impact on people's lives. Can Do MS's programs and services have reached more than one hundred thousand people in the past 25 years.

In 2009, we improved our governance, our operational efficiency, and our capacity to help more people affected by MS. We are currently focusing on program development to provide a wider range of offerings designed to enhance our lifestyle empowerment programs.

Can Do MS continually strives to provide stewardship of the funds you entrust to us. We earned our third consecutive four-star rating, the highest rating possible, from nonprofit evaluator Charity Navigator for our ability to efficiently manage our finances and sustain our programs over time. (www.charitynavigator.org)

Can Do MS is in the top 13 percent of the 5,000+ nonprofit organizations evaluated by Charity Navigator. We are happy to report that more than 83 percent of funds raised goes to our lifestyle empowerment programs, far exceeding the national nonprofit standard of 65 percent. Rest assured that the funds you entrust to us make a difference in the lives of people with MS and their families.

Jimmie Heuga's philosophy continues to inspire people to believe that they are more than their MS. Can Do MS embodies Jimmie's vision; and his positive *can do* philosophy provides us with daily inspiration to help improve the lives of people living with MS.

Thank you for making our lifestyle empowerment programs possible.

Sincerely,

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Holly Ong Chair, Board of Directors

Leading Lifestyle Empowerment Organization Changes Name

NOVEMBER 2, 2009

Can Do Multiple Sclerosis is the new name of the nation's leading provider of lifestyle empowerment programs for people with multiple sclerosis (MS) and their support partners, announced Kim Sharkey, CEO, Can Do MS.

Formerly The Heuga Center for Multiple Sclerosis, Can Do MS conducted months of research, assessments, planning and strategic development to position its distinct competitive advantages in the fast-evolving field of MS care management. Based on the research, the board of directors determined the new name best reflects the organization's core beliefs, builds a stronger brand and creates new national collaborative opportunities with organizations. This initiative of Can Do MS will expand the organization's national reach and grow its



support while helping more people change the way they see themselves living with MS.

"We've spent the last three years growing our capacity, improving our governance and operational efficiency to ensure we're a thriving organization for another 25 years," said John Shipp, Board of Directors President, Can Do MS. "Now it's time to focus on expanding our complementary approach to traditional medical treatments that fills a critical gap in the continuum of MS care services. Traditional medical models for managing chronic disease tend to overlook many important aspects of living with MS, including the emotional, interpersonal, mental and social health of a patient. We offer a comprehensive, personalized and interdisciplinary approach to enable people to become active co-managers of their health and well-being."

LEADING LIFESTYLE EMPOWERMENT ORGANIZATION CHANGES NAME-CONT...

Can Do MS connects the expertise of industry professionals from across the field of MS care management, including neurologists, psychologists, occupational and physical therapists, speech and language pathologists, registered nurses, physicians and nutritionists. It offers the industry's top programs that address the needs, concerns and challenges of support partners, such as family members or friends. The programs allow support partners to be acknowledged, understood, accepted and respected by a community of peers and health professionals. The organization also works collaboratively with MS care providers and organizations to support the journey to more empowered living.

Can Do MS not only has a positive impact on the overall well-being of the patient, but is gaining a positive effect on the entire field of MS care management, including medical providers, allied health professionals and insurance providers, according to Sharkey. "The health care industry is now looking to comprehensive wellness programs as a viable complementary care option and clinically sound approach to reduce health care costs while improving the conditions of patients," she said.

Twenty-five years ago our organization's founder, Jimmie Heuga, introduced a pioneering philosophy of active self-care that inspired people to act on the belief that they are more than their MS. Our new name and brand reflect our growing role as a unique educator that uses health, wellness and lifestyle principles to empower people with the knowledge, skills, tools and confidence to realize their power to create well-being and transform their lives. Our CAN DO, CAN DO 2 and JUMPSTART programs have helped thousands of people living with MS reclaim a sense of dignity, control and freedom by teaching them how to take charge of their MS and tailor lifestyle strategies to help them live their best lives. **99**

-Kim Sharkey, CEO

Honoring Founder Jimmie Heuga's Can Do Spirit

Remember | Celebrate | Empower

Thank You Jimmie

Since Jimmie Heuga founded our organization in 1984, his positive can do philosophy has helped thousands of people living with MS discover

THE **POWER** TO BE MORE THAN THEIR MS.

Jimmie Heuga 1943 - 2010

I AM. I CAN. I WILL:



Join us in our promise to honor our courageous founder by getting involved today

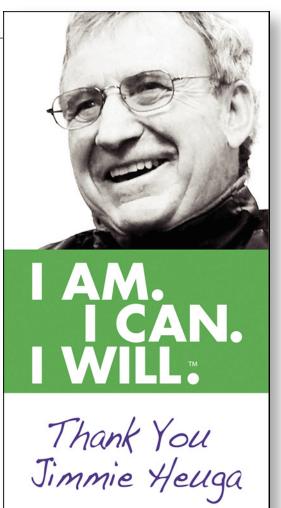
WAYS TO CONTRIBUTE

- The Jimmie Heuga Legacy Film Project will capture Jimmie's positive and innovative contribution to the field of MS care management.
- The Jimmie Heuga Memorial Fund to give scholarships to our CAN DO Program. Call Can Do MS for more information.
- The Jimmie Heuga Center Endowment is to support Can Do MS's lifestyle empowerment programs and activities now and in perpetuity. Call Can Do MS for more information.

Redefining What Is Possible For 25 Years

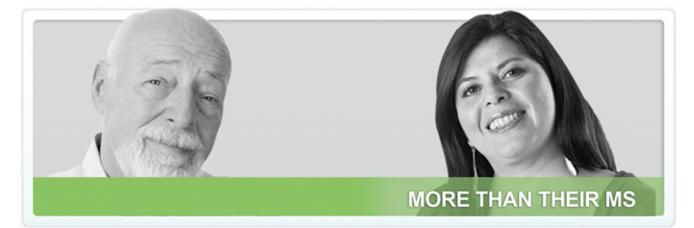
Since 1984, Can Do MS, formerly The Heuga Center for Mulitple Sclerosis, has been at the forefront of promoting the culture and belief that everyone living with MS has the power to life full lives. Our organization honors the legacy and beliefs of founder Jimmie Heuga, a pioneer in the MS care management field who was diagnosed with MS in 1970. At the time of his diagnosis, and in line with conventional medical wisdom of the time, Jimmie was advised to avoid physical activity to manage his condition and preserve his health. Being the high-caliber athlete and rebelling against his prescribed sedentary lifestyle, Jimmie began developing his own program of exercise, nutrition and mental motivation to improve his physical condition and outlook on life with MS.

As Jimmie's condition improved, he not only realized the power of exercise, nutrition, positive thinking and movement to enhance his life with MS, more importantly, he realized that by focusing on what he could do he was able to go beyond perceived challenges to live his best life with MS. Jimmie's mind, body and wellness-based approach to managing and enhancing life with MS changed the way the MS field viewed and treated MS. Today, as researchers continue to seek a cure for MS, Can Do MS's interdisciplinary approach continues to fill a unique gap in the continuum of MS care management.



(1943 - 2010)





With an interdisciplinary team of MS experts, our lifestyle empowerment programs teach participants how to take control of as many aspects of their lives and their health as possible by focusing on what they *can do*. Through a unique combination of personalized, engaging, and experiential learning and realistic goal-setting, participants gain the knowledge, skills, tools and confidence to live their best lives with MS. From learning how to make smarter lifestyle choices that enhance well-being to understanding how to manage individualized symptoms, reconnect with themselves, their loved ones and life passions, our programs go beyond traditional health and wellness programs by exploring all aspects of living with MS and empowering participants with a whole new way of thinking about and living with MS. Recognizing that MS is a family disease, our programs also educate and address the needs of support partners and family members.

CAN DO® Program

Imagine a program dedicated exclusively to helping you live your best life with MS. A personal and powerful multiple sclerosis program that addresses your unique physical, emotional, social, intellectual and spiritual needs and provides you with the knowledge, skills, support and confidence to transform challenges into possibilities. Our world-renowned five-day CAN DO Program offers the industry's most comprehensive view of multiple sclerosis, taking you on a profound exploration of your unique condition and empowering you with a whole person, whole health and whole community approach to living fully with MS.

CAN DO 2[®] Program

Currently we are in the process of redesigning our CAN DO 2 Program to help even more people discover what is possible with MS. Please continue to check back with us to learn about our CAN DO 2 Program improvements.

JUMPSTART® Program

Imagine dedicating an entire day to expanding your beliefs about what is possible with multiple sclerosis. Our one-day JUMPSTART Program is an educational and interactive program in which you and your support partner will learn the knowledge, skills and tools to adopt healthy lifestyle behaviors and actively co-manage your MS. Offered at no charge in communities across the country, our JUMPSTART Program provides participants with an intensive and personalized exploration of specific health, wellness and lifestyle topics ranging from how to deal with cognitive, nutrition, exercise and emotional-well being.



WE ARE

stronger because we face our challenges together.

NEW PROGRAMS

Can Do MS strives to expand the organization's national reach and grow its support while helping more people change the way they see themselves living with multiple sclerosis. For 25 years our programs have helped thousands of people living with MS reclaim a sense of dignity, control and freedom by teaching them how to take charge of their MS and tailor lifestyle strategies to help them live their best lives. We strive to continue to offer innovative programs for the next 25 years. 2009 Summary of Programs & Events

2009 SUMMARY

Provided programs and services for over 8,400 people

- 14 Health care professional symposiums in eight states
- 11 One-day JUMPSTART Programs in eight states
- 9 Patient seminars in five states
- 4 Five-day CAN DO Programs
- 26 Fundraising events in the United States and Canada

The CAN DO Program is the best program in the world. I was comfortable talking with other support partners. I wasn't being judged by anyone.

—Shelly, Support Partner JUMPSTART/CAN DO Program Participant, Volunteer

2009 CAN DO Programs

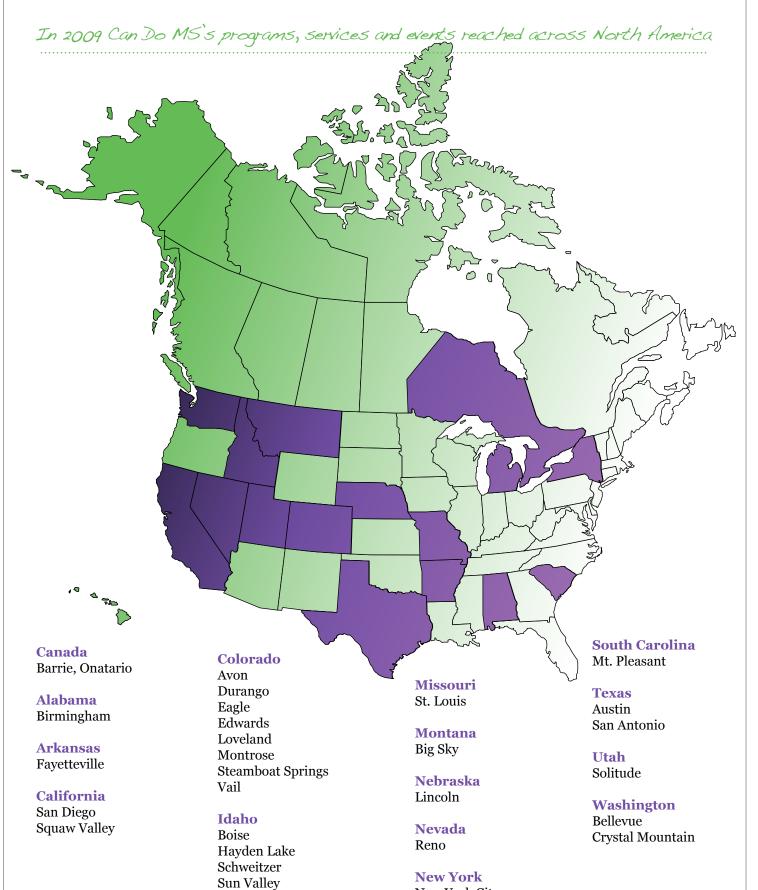
January 21-25 – Tarrytown, NY May 13-17 - Vail, CO July 22-26 – Bellevue/Seattle, WA October 14-18 – Vail, CO

2009 JUMPSTART Programs

July 11 – Birmingham, AL August 8 – Lincoln, NE August 22 – Loveland, CO September 19 – San Antonio, TX September 20 – Austin, TX October 3 – Fayetteville, AR October 10 – Sun Valley, ID October 11 – Boise, ID November 7 – St. Louis, MO November 14 – Montrose, CO December 12 – Barrie, Ontario, Canada



LCAN take charge of my MS.



New York City Tarrytown Windham Mountain

www.mscando.org - page 13

Michigan

St. Clair Shores

Charity Navigator

For the third consecutive year, Can Do MS earned charity navigator's highest four-star rating for fiscal responsibility.

ABOUT OUR RATING

- ➤ Can Do MS is in the top 13 percent of more than 5,000 charities rated by Charity Navigator in 2009
- Can Do MS exceeds industry standards and outperforms most charities in Charity Navigator's Health: Diseases, Disorders, and Disciplines category
- ➤ More than 80 percent of funds were spent on programs. Nonprofit industry standards are 65 percent
- ▶ Can Do MS is the only four-star nonprofit in Eagle County, Colorado

ABOUT CHARITY NAVIGATOR

Charity Navigator is the nation's largest and most-utilized, independent evaluator of nonprofit organizations.

Rating system is based on multiple components including:

- > Operational Efficiency How we use money for programs and services delivery
- Organizational Capacity How we prepare for the long-term organizational health of our organization

Donors rely on star-rating system to guide their dollars to the most responsible charities.

▶ View our rating at www.charitynavigator.org

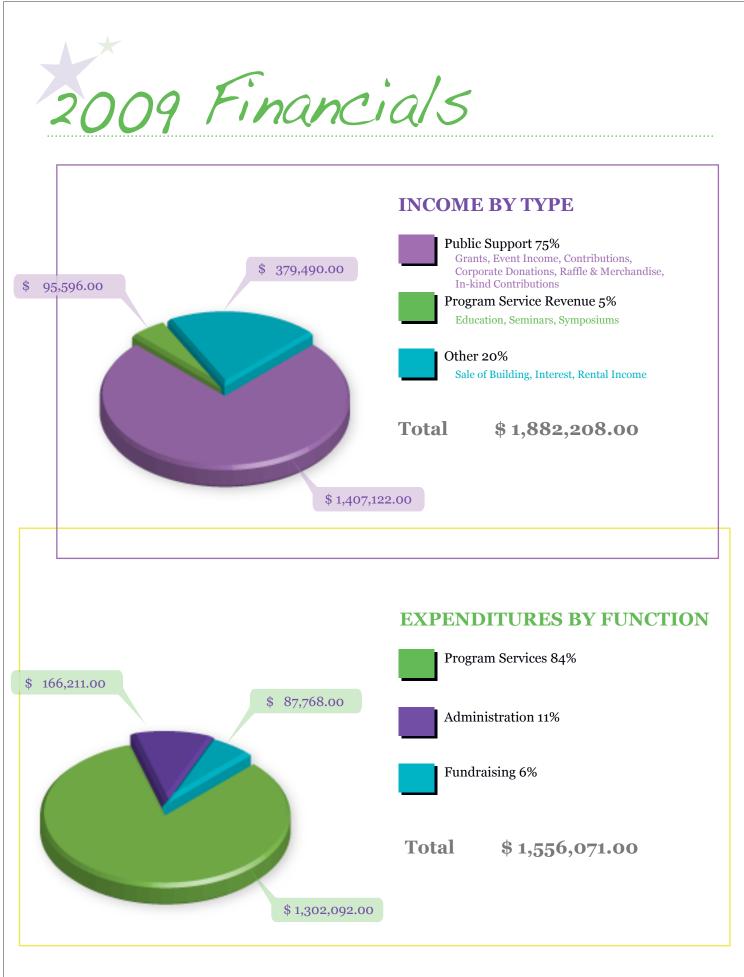


Jimmie Heuga Center Endowment

The purpose of The Jimmie Heuga Center Endowment is to support Can Do MS's lifestyle empowerment programs and activities now and in perpetuity. The Endowment is a 501(c)(3) organization separate from Can Do MS.

The Jimmie Heuga Center Endowment was created in 1997 to ensure the longevity and financial stability of Can Do MS. The Endowment was the inspiration of Waldon (Brock) and Evalyn Byers, long-time supporters of Can Do MS. The Endowment continues to grow under the leadership of the Endowment Board of Directors. Once it reaches \$1 million dollars, we will use a portion of the interest earned to support our lifestyle empowerment programs.





ASSETS		2009		2008
Cash and Cash Equivalants - Unrestricted	\$	143,712	\$	463,739
Cash and Cash Equivalents - Temporarily Restricted		222,500		214,835
Cash - Board Designated		146,463		282,463
Grants Receivable		110,000		2,640
Prepaid Expenses		25,076		48,660
Inventory		35,525		51,221
Investments		851,150		200,000
Beneficial interest in assets held by others		460,151		-
Property and Equipment		17,776		876,518
Total Assets	\$	2,012,353	\$	2,140,076
LIABILITIES AND NET ASSETS		2009		2008
Liabilities				
Accounts Payable	\$	47,641	\$	04 500
Accrued Payroll Costs	φ	23,427	φ	34,522 36,327
Accrued Interest				2,412
Prepaid Rent		_		2,412
Property Taxes Payable		_		6,331
Deferred Event Revenue		104,330		107,626
Security Deposit		1,000		1,000
Mortgage Note Payable		-		439,440
Total Liabilities	\$	176,398	\$	630,258
Net Assets				
Unrestricted				
Operating	\$	1,449,216	\$	575,442
Board Designated Stability Reserve	T	146,463	1	282,463
Net Investment in Fixed Assets		17,776		437,078
Temporarily Restricted		222,500		214,835
Total Net Assets	\$	1,835,955	\$	1,509,818
Total Liabilities and Net Assets	\$	2,012,353	\$	2,140,076

2009

REVENUE AND OTHER SUPPORT		Unrestricted	ŗ	Гетрогагіly Restricted		Total
Special Event Income	\$	732,073	\$	-	\$	732,073
Less Special Event Direct Expense	Ψ	(199,204)	Ψ	_	Ψ	(199,204)
Net Special Event Income		532,869		-		532,869
Grants		30,000		588,920		618,920
Gain on Sale of Building		351,512		-		351,512
Contributions		112,380		-		112,380
Education, Seminars and Symposiums		95,596		-		95,596
Corporate Donations		81,500		-		81,500
Interest Income		20,178		-		20,178
Rental Income		7,800		-		7,800
Raffle and Sale of Merchandise		6,248		-		6,248
In-Kind Contributions		55,205		-		55,205
Net Assets Released from Restrictions		581,255		(581,255)		-
Total Revenue and Other Support	\$	1,874,543	\$	7,665	\$	1,882,208
EXPENSE						
Program Services	\$	1,302,092	\$	-	\$	1,302,092
Supporting Services						
Management and General		166,211		-		166,211
Fundraising		87,768		-		87,768
Total Expense	\$	1,556,071		-	\$	1,556,071
Change in Net Assets		318,472		7,665		326,137
Net Assets, Beginning of Year	\$	1,294,983	\$	214,835	\$	1,509,818
Net Assets, End of Year	\$	1,613,455	\$	222,500	\$	1,835,955



\$25,000 & Above

Acorda Therapeutics, Inc. The Alger Family of Funds Bayer HealthCare Pharmaceuticals Biogen Idec / Elan Pharmaceuticals EMD Serono, Inc. / Pfizer, Inc. Genentech Foundation Genentech, Inc. Rolex Watch USA, Inc. Teva Neuroscience

\$10,000 - \$24,999

AXA Foundation Evalyn and Brock Byers Christopher and Dana Reeve Foundation Helen K. and Arthur E. Johnson Foundation Robin and Dick Kelly Kettering Family Foundation Mellam Family Foundation Mellam Family Foundation National MS Society Roy A. Hunt Foundation Brenda Snow Ron E. Snow Stroock & Stroock & Lavan LLP

\$5,000 - \$9,999

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\$1,500 - \$4,999

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\$1,000 - \$1,499

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\$500 - \$999

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\$100 - \$499

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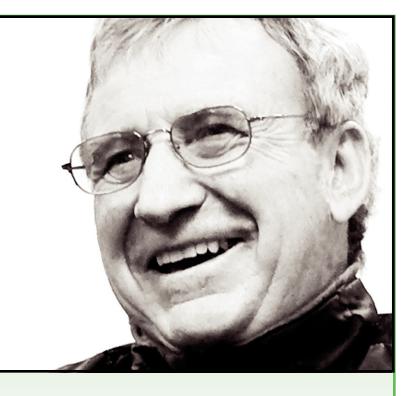
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