You Can LIVE FULLY WITH MS

Everything we do at Can Do MS is driven by one simple belief: you are more than your MS. With a vision, a mission and core values rooted in the legacy and belief of our founder Jimmie Heuga that everyone living with MS has the power to live full lives, Can Do MS is the start of a whole new way of thinking about and living with multiple sclerosis.

MORE THAN WELLNESS. LIFE STRATEGIES.

The incurable nature of MS combined with the complexity of its various stages, its individual nature and its unpredictability, creates multi-faceted challenges for people living with MS and their loved ones. Lifestyle empowerment is about learning the individualized skills and mindset to take active charge of your health and your life with multiple sclerosis. It's about helping you regain a sense of control, dignity and freedom by teaching you and your support partner how to overcome your unique challenges and create personalized lifestyle strategies that help you and your support partner live your best lives with MS.

Mission and Philosophy

Can Do Multiple Sclerosis

Year In Review - 2010
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Dear Friends,

2010 was a year of growth and opportunity for Can Do MS. Through new and exciting collaborative partnerships with many of our friends in the MS community and the expansion of our program capabilities, we successfully reached more people affected by MS, especially those with whom we would not have previously had the opportunity.

Although 2010 continued to be an economically challenging year, we were able to expand our programs in entirely new ways, enabling us to reach more people with MS than ever before. You and your support are critical to our success and thanks to you we have accomplished so much.

2010 Highlights:

★ The launch of our new website, www.mscando.org which captures all that we are as an organization by summarizing our past, present, and future; creating a new community for our program participants; and empowering us to offer free online programming to the entire MS community.

★ The introduction of our new Webinar series – an educational, informative, and accessible program where attendees can interact with other participants and our program staff online. We have also implemented an archiving system for our webinars, making them available on our website to everyone any time of the day. As a result, over 1,000 people viewed our webinars in 2010.

★ As part of the MS Coalition, we work with a network of independent MS organizations to educate, advocate, and improve the efficiency of services for individuals with MS. In 2010 we began a new initiative called the Emerging Therapies Collaborative with the goal to provide timely, evidence-based resources regarding the known benefits and risks of newly emerging, FDA-approved medications for MS. The purpose is to ensure that people affected by MS and health care professionals can make informed decisions based on complete, non-biased, and consistent information.

★ Fiscal responsibility is a continuing priority to guarantee that our resources are used effectively, efficiently and in furtherance of or our mission. Over 80 percent of our donations and grants are spent on programs that fulfill our mission to transform and improve the lives of people and families living with MS.

The strength, creativity, and caring of everyone involved with our organization, from participants, staff and board members, to our loyal and generous donors, is awe-inspiring. Exciting times are yet to come for Can Do MS, and thanks to your continuing support our goals will continue to become reality.

Thank you for all that you do for people living with MS.

Michelle Leighton
Chair, Board of Directors
& Katie DeMore
Head of Operations
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The incurable nature of MS combined with the complexity of its various stages, its individual nature and its unpredictability, creates multi-faceted challenges for people living with MS and their loved ones. Lifestyle empowerment is about learning the individualized skills and mindset to take active charge of your health and your life with multiple sclerosis. It’s about helping you regain a sense of control, dignity and freedom by teaching you and your support partner how to overcome your unique challenges and create personalized lifestyle strategies that help you and your support partner live your best lives with MS.
A Unique Multi-Dimensional Approach

A Whole New Way of Living with MS

Our approach to lifestyle empowerment is rooted in a unique whole person, whole health and whole community philosophy that provides people with MS and their support partners with a deeper and broader understanding of their unique condition in personalized, experiential settings. By gaining more in-depth understanding of their unique condition, their body and themselves, and blending that knowledge with realistic and personalized goal setting, individuals learn what is possible with MS and how to live fuller, richer lives within the constraints of MS. We take an individualized approach to teaching and learning, beginning where you are, no matter what stage of MS, and helping you to apply what you’ve learned to your unique condition and symptoms.
What Makes Us Different

We Go Deeper, Broader and Focus on the Whole Person

Can Do MS is the only resource of its kind in the world. We begin where other health and wellness programs leave off, complementing the traditional models of MS care by providing a more personalized, engaging, and experiential approach to enhanced well-being with multiple sclerosis. Can Do MS leads the way with comprehensive programs that empower people and families living with MS to transform and improve their quality of life.

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.

“Everyone involved was unbelievable ... I had never felt so at the center of attention. This is a must do program for those who want more from their life and feel that MS has brought them to a stop.”

—CAN DO Program Participant
I went to the CAN DO Program so that I could support my husband better by understanding MS better and the program blew me away. It was great!

—CAN DO Program Support Partner
The staff was incredible; everything from the speakers, to everybody’s individual support of each participant and support partner, to the attention to every detail was exceptional. This program did make me realize that I CAN DO so much, and has made what I can’t do anymore much less important. I received concrete help with sleeping, exercising, bladder and bowel issues, and nutrition. I understand MS much better, both the disease and the treatments. And, perhaps most important, I made wonderful, nurturing friends.

—CAN DO Program Participant
JUMPSTART®

The Start of What is Possible

JUMPSTART One-Day Program
Our one-day JUMPSTART Program is an interactive educational program in which you and your support partner gain 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 interactive exploration of health, wellness and lifestyle empowerment approaches and topics. The topics range from cognitive and fatigue issues, to goal setting, nutrition, exercise, emotional well-being and often includes programming specifically for support partners and their concerns. JUMPSTART Programs are provided in collaboration with the community’s local National MS Society chapter and/or other local MS-related organizations.

Jumpstart Your Relationship Teleconference Series
This series is a collaborative effort between The National MS Society and Can Do MS. The goal for this project is to help couples address the emotional issues created by common MS symptoms. The collaboration also allows both organizations to reach a broader audience as the format may appeal to couples who prefer this method of teaching rather than traditional “couple work.”

“It will change your life in some way, if not many. I guarantee it!”

—JUMPSTART Program Participant
Couples learn to work together while dealing with the uncertainty multiple sclerosis can bring to a relationship. The scenarios used throughout the series are based on real life stories told by couples over the years, although the names have been changed. We believe the best way to facilitate this series is by learning about others who have successfully mastered some of these issues.

**Jumpstart Your Relationship In-Person Program**

Jumpstart Your Relationship: Weekend Retreat for Couples Living with MS is a newly created collaborative program of the National MS Society and Can Do Multiple Sclerosis. Together we recognize that education about how to manage MS and its symptoms can have only a limited impact when a couple lacks adequate communication and conflict resolution skills to implement the strategies learned.

The Jumpstart Your Relationship In-Person Program takes couples a few steps beyond just general knowledge of the disease to a place where they can successfully address the challenges that MS may bring to their relationship. By creating and engaging in a structured workshop program, couples will come away with the tools and skills necessary to more effectively deal with relationship challenges in general, as well as those related to multiple sclerosis.

“They provided information to me that I didn’t even know were options. Everybody was so focused and helpful.”

—JUMPSTART Program Participant
WEBINAR SERIES

The power to be more online
The Can Do MS webinar series in an ongoing, informative and accessible program that allows individuals living with MS and their support partners to join us from the convenience of their home or office at no charge for this web-based lifestyle empowerment program where participants can interact with other participants online. It allows individuals to see beyond their MS by gaining the knowledge and tools to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives. The addition of this program allows us to reach over 1,000 more people each year.

Ask the Can Do Team

Gain power and perspective through Q & A
Ask The Can Do Team allows CAN DO Program graduates (people with MS and support partners) to connect with our interdisciplinary team of MS professionals and gain additional knowledge and skills to actively co-manage their MS and live their best lives.

As CAN DO Program graduates ask questions of our MS professionals, we post the questions and answers on our website for everyone to see. The questions and answers deal with all aspects of living with MS – physical, emotional, intellectual, interpersonal, spiritual and helps participants maintain the connection to our community and stay on track long after they have attended our programs.

Helping us reach 1,259 more people in 2010!

“This was definitely one of the best and most informative webinar / teleconferences I’ve ever participated in. Thank you so much!”

—Webinar Participant
2010 Programs

2010 CAN DO Programs

May 12-16, 2010 – Modesto, CA
October 6-10, 2010 – Vail, CO

2010 JUMPSTART Programs

January 29, 2010 – Reno, NV
March 24, 2010 – Spring Wellness Symposium – Philadelphia, PA
July 31, 2010 – North Platte, NE
August 7, 2010 – Roanoke, VA
October 2, 2010 – San Diego, CA
October 3, 2010 – Irvine, CA
October 30, 2010 – Wellness Expo – Buckhead, GA

2010 JUMPSTART Your Relationship, Teleconference & In-Person Programs

January 7, 2010 – Teleconference/Series #1
February 23, 2010 – Teleconference/Series #2
April 15, 2010 – Teleconference/Series #3
June 1, 2010 – Teleconference/Series #4
July 22, 2010 – Teleconference/Series #5
July 24, 2010 – Beaumont, TX
October 7, 2010 – Teleconference/Series #6
October 23, 2010 – Lake of the Ozarks, MO
November 6, 2010 – Lake Harmony, PA

2010 Webinar Series

Emerging Therapies – July 13, 2010
Practical Spirituality – August 10, 2010
Exercise and MS – September 14, 2010
Bladder Issues – October 12, 2010
Healthy Eating / Nutrition – November 9, 2010
Relationship and Communication – December 14, 2010
Can Do Events

EVENTS THAT FUEL WHAT IS POSSIBLE

Each year in communities across the country, Can Do MS sponsors many fundraising events to raise awareness and provide funding for our lifestyle empowerment programs. From snow sports and golfing to creating your event, there are a variety of ways to help us empower people living with MS and their support partners with the life skills, tools and strategies to live their best lives with multiple sclerosis. Whether you participate, volunteer, donate or sponsor, your involvement provides the fuel to change lives.

Fairy and Faun Faire  
Crystal Kick-Off Party  
Bluegrass Jam and Silent Auction  
10th Annual Winter Wine & Ski Expo  
Big Sky Vertical Express for Can Do MS  
Crystal Mountain Vertical Express for Can Do MS  
Eagle Ice Bowl Disc Golf Tournament  
Brewmaster's Benefit Dinner  
Squaw Vertical Express for Can Do MS  
Solitude Vertical Express for Can Do MS

Denver, CO  
Seattle, WA  
Steamboat Springs, CO  
Reno, NV  
Big Sky, MT  
Crystal Mountain, WA  
Eagle, CO  
Mountain View, CA  
Squaw Valley, CA  
Solitude, UT
<table>
<thead>
<tr>
<th>Event</th>
<th>Location</th>
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<tbody>
<tr>
<td>Steamboat Springs Vertical Express for Can Do MS</td>
<td>Steamboat Springs, CO</td>
</tr>
<tr>
<td>Skea Trunk Show</td>
<td>Edwards, CO</td>
</tr>
<tr>
<td>Schweitzer Vertical Express for Can Do MS</td>
<td>Schweitzer, ID</td>
</tr>
<tr>
<td>Ski Fest for MS</td>
<td>Loveland Ski Resort, CO</td>
</tr>
<tr>
<td>3rd Annual MS Skate-A-Thon</td>
<td>Vail, CO</td>
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<tr>
<td>April Awards</td>
<td>Vail, CO</td>
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<tr>
<td>Jimmie Heuga Memorial Golf Tournament</td>
<td>Cordillera, CO</td>
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<tr>
<td>Hike MS at Copper Mountain - NMSS Event</td>
<td>Copper Mountain, CO</td>
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<td>22nd Annual Alpen Wine Fest</td>
<td>Squaw Valley, CA</td>
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<td>Vail International Pro-Am – Country Club of the Rockies</td>
<td>Edwards, CO</td>
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<tr>
<td>8th Annual Laurence Poltasch Memorial Golf Tournament &amp; LP SoulCycle – Ride for MS</td>
<td>Scarsdale, NY</td>
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<tr>
<td>Ski Crud Club Invitational Golf Tournament</td>
<td>Hayden Lake, ID</td>
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<tr>
<td>Pacific Rim Wine Maker Dinner</td>
<td>San Diego, CA</td>
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<tr>
<td>20th Annual Francis Golf Outing</td>
<td>St. Clair Shores, MI</td>
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<td>Rolex Raffle</td>
<td>Edwards, CO</td>
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<tr>
<td>Annual Autumn Benefit</td>
<td>New York, NY</td>
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<tr>
<td>Kayak 4 the Kure for MS</td>
<td>Mt. Pleasant, SC</td>
</tr>
<tr>
<td>Mantra Scrubs/Roxy Event @ Roxy Cherry Creek North</td>
<td>Denver, CO</td>
</tr>
<tr>
<td>Benefit of the Month @ Larkspur and Avondale</td>
<td>Vail and Avon, CO</td>
</tr>
</tbody>
</table>
Imagine What is Possible

The life-changing impact of Can Do MS’s lifestyle empowerment programs is so inspiring that we receive numerous inquiries from individuals and organizations that want to host their fundraising events to support Can Do MS’s mission. From wine tastings to river kayaking to a skate-a-thon, you are only limited by your imagination. The efforts of these dedicated volunteers raised over $62,000 in 2010 and provided funds for our lifestyle empowerment programs and fulfilled Can Do MS’s mission of empowering the lives of people living with multiple sclerosis to transform challenges into possibilities.

“Thanks again for your unique, caring way of helping us live successfully with this disease.” —Webinar Participant
Since 2000, I have been living and riding the relapsing MS roller coaster. I am a figure skating and power-skating coach for hockey players and teams, my work depends greatly on my ability to be active. Since my diagnosis, I’ve been on constant therapy, prioritize my life, live every day to the fullest, and never lose HOPE!

In May 2007, my husband and I attended the CAN DO Program via a scholarship. It was one of the most rewarding and empowering experiences of my life. The CAN DO Program is an amazing and unique program that everyone with MS should have the opportunity to experience. No other organization offers a complete MS evaluation including lectures, fitness assessment, and the opportunity to meet one-on-one with many specialists that people with MS may need as part of their MS care management team.

Our experience was so powerful that we felt the need to pay forward our scholarship so others are able to benefit from what Can Do Multiple Sclerosis offers. Thus, the inspiration for the Annual MS Skate-A-Thon.

The MS Skate-A-Thon is an annual event held at a local ice rink in Vail, CO. Skaters are pledged a flat amount or a per-lap amount and skate for 2 hours. Event sponsors help off-set expenses, goody bags are given to all participants, and prizes are awarded to the top 5 fundraisers.

All of the funds raised through the MS Skate-A-Thon are used specifically to provide scholarships for others to attend the CAN DO Program who otherwise may not be able to.

Tara Lane
<table>
<thead>
<tr>
<th>Event Directors &amp; Key Volunteers</th>
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</table>
| **Vince Arroyo & Wes Dearborn**  
Bluegrass Jam & Silent Auction – Steamboat Springs, CO |
| **Jane Bjorklund & Safia Keller**  
Vertical Express for Can Do MS – Solitude, UT |
| **Pam Burke & Billy-Bob Goyen**  
Ski Crud Club Golf Invitational – Hayden Lake, ID  
Vertical Express for Can Do MS – Schweitzer Mountain, ID |
| **Country Club of the Rockies**  
Vail International Pro–Am – Edwards, CO |
| **Christine Cutler**  
Skea Trunk Show – Edwards, CO |
| **Jed Elmaleh**  
Kayak 4 the Kure – Mt. Pleasant, SC |
| **John, Ray & Steve Francis**  
20th Annual Francis Golf Outing – St. Clair Shores, MI |
| **Gene Fulkerson & Catherine Ohl**  
Pacific Rim Alliance 9th Annual Wine Maker Dinner – San Diego, CA |
| **Terry Hurt**  
Winter Wine & Ski Expo – Reno, NV |
| **Andrew Kaminsky**  
8th Annual Laurence Poltasch Memorial Golf Tournament – Scarsdale, NY  
LP Soulcycle – Ride for MS |
| **Corrin Keck & Jonathan Hurt**  
Vertical Express for Can Do MS – Squaw Valley USA, CA |
| **Bernie Kuca, Terry Kuca & Annie Sundquist**  
Vertical Express for Can Do MS – Steamboat Springs, CO |
| **Tara Lane**  
MS Skate-A-Thon – Vail, CO |
| **Patty Pietu**  
Fairy Faun Faire – Denver, CO |
| **Kevin Sharkey**  
Eagle Ice Bowl – Eagle, CO |
| **Dan & Terri Stewart**  
Vertical Express for Can Do MS – Crystal Mountain, WA |
| **Theta Xi – University of Colorado Chapter**  
Ski Fest for MS – Loveland, CO |
| **Beth Van Horn**  
Vertical Express for Can Do MS – Big Sky, MT |
| **Terry Hurt, Caroline Ross & Elizabeth Hill**  
22nd Annual Alpen Wine Fest – Squaw Valley USA, CA |
Every Dollar Makes a Difference

Every day, 500,000 Americans and their families live with the frustrations, fears and uncertainties of MS. While there is no cure yet for MS, our lifestyle empowerment programs have helped tens of thousands of people living with MS gain the knowledge, skills, tools and confidence to adopt healthy lifestyle behaviors, actively co-manage their MS and live their best lives.

Whether you want to make a one-time, recurring gift or planned gift, fundraise at our events or become a sponsor, your contribution ensures that people struggling with MS can experience the life-changing benefits of our lifestyle empowerment programs.

Your dollars enable us to:
• Provide Can Do MS lifestyle empowerment programs around North America
• Provide scholarships to program participants
• Provide an important complementary treatment option to traditional MS care
• Provide hope, health and well-being to thousands of people living with MS

Your donation today helps us transform lives tomorrow.

HOW FAR DID YOUR Dollar GO IN 2010?

25 | Programs
provided lifestyle empowerment tools at no charge to our participants.

8,164 | Lives
were given the power to be more than their MS.

12 | Cities
throughout the United States and Canada hosted programs allowing us to expand our reach.

84% of Funds
went directly to providing programs for thousands of people living with MS and their support partners.
Nonprofit industry standards are 65%.
The purpose of The Jimmie Heuga Center Endowment is to support Can Do MS's lifestyle empowerment programs and activities 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. Once it reaches $1 million dollars, we will use a portion of the interest earned to support our lifestyle empowerment programs.

2010 ENDOWMENT BOARD MEMBERS

as of December 31, 2010

Brock Byers
Evalyn Byers
Bob Gardner
Kelly Heuga-Hamill
Dr. Richard Hicks, Chair
Jeff Olson
Tomas Stone
Holly Ong, Can Do MS Chair
**INCOME BY TYPE**

- **Public Support 95%**
  Grants, Event Income, Contributions, Corporate Donations, Raffle & Merchandise, In-kind Contributions
- **Program Service Revenue 3%**
  Education, Seminars, Symposiums
- **Other 1%**
  Interest & Mountain Relations

Total $1,516,027.00

**EXPENDITURES BY FUNCTION**

- **Program Services 84%**
- **Administration 10.5%**
- **Fundraising 5.5%**

Total $1,549,863.00
### ASSETS

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<th>Description</th>
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<td>Cash and Cash Equivalents - Temporarily Restricted</td>
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<td>222,500</td>
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<td>Cash - Board Designated</td>
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<td>Grants Receivable</td>
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<td>Lift Ticket Inventory</td>
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<td>Jimmy Huega Center Endowment</td>
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<tr>
<td>Property and Equipment</td>
<td>12,517</td>
<td>17,776</td>
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**Total Assets**

<table>
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<tr>
<th>2010</th>
<th>2009</th>
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<tr>
<td>$2,216,292</td>
<td>$2,208,947</td>
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### LIABILITIES AND NET ASSETS

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<td>Accounts Payable</td>
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<td>Accrued Payroll Costs</td>
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<td>Deferred Event Revenue</td>
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<td>Security Deposit</td>
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**Total Liabilities**

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<tr>
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<td>$122,556</td>
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<tbody>
<tr>
<td>Net Assets</td>
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<tr>
<td>Unrestricted</td>
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<td>Board Designated Stability Reserve</td>
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<td>146,463</td>
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<tr>
<td>Net Investment in Fixed Assets</td>
<td>12,517</td>
<td>17,776</td>
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<td>Temporarily Restricted</td>
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<td>Interest in Net Assets of the</td>
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<td></td>
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<tr>
<td>Jimmy Huega Center Endowment</td>
<td>760,431</td>
<td>656,745</td>
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<tr>
<td>Other Temporarily Restricted Assets</td>
<td>298,183</td>
<td>222,500</td>
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**Total Net Assets**

<table>
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<tr>
<th>2010</th>
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</thead>
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<tr>
<td>$2,093,736</td>
<td>$2,032,549</td>
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**Total Liabilities and Net Assets**

<table>
<thead>
<tr>
<th>2010</th>
<th>2009</th>
</tr>
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<tbody>
<tr>
<td>$2,216,292</td>
<td>$2,208,947</td>
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### 2010

#### REVENUE AND OTHER SUPPORT

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<th>Description</th>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
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<td>Special Event Income</td>
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<td>$668,041</td>
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<tr>
<td>Less Special Event Direct Expense</td>
<td>$(178,718)</td>
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<td>$(178,718)</td>
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<tr>
<td>Net Special Event Income</td>
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<td>$489,323</td>
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<td>571,325</td>
<td>571,325</td>
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<td>$116,669</td>
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<td>$116,669</td>
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<td>Change in Net Assets of the Endowment</td>
<td>-</td>
<td>103,686</td>
<td>103,686</td>
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<tr>
<td>Corporate Donations</td>
<td>$85,000</td>
<td>-</td>
<td>$85,000</td>
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<tr>
<td>Education, Seminars and Symposiums</td>
<td>$50,086</td>
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<td>Interest Income</td>
<td>$18,197</td>
<td>-</td>
<td>$18,197</td>
</tr>
<tr>
<td>Rental Income</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Gain on Sale of Building</td>
<td>-</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Raffle and Sale of Merchandise</td>
<td>$5,501</td>
<td>-</td>
<td>$5,501</td>
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<tr>
<td>Vail Mountain Relations</td>
<td>$1,265</td>
<td>-</td>
<td>$1,265</td>
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<tr>
<td>In-Kind Contributions</td>
<td>$74,975</td>
<td>-</td>
<td>$74,975</td>
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<tr>
<td>Net Assets Released from Restrictions</td>
<td>$495,642</td>
<td>$(495,642)</td>
<td>-</td>
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**Total Revenue and Other Support**

<table>
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<tr>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,336,658</td>
<td>$179,369</td>
<td>$1,516,027</td>
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#### EXPENSE

<table>
<thead>
<tr>
<th>Description</th>
<th>Unrestricted</th>
<th>Total</th>
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<tbody>
<tr>
<td>Program Services</td>
<td>$1,182,346</td>
<td>$1,182,346</td>
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<tr>
<td>Supporting Services</td>
<td></td>
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</tr>
<tr>
<td>Management and General</td>
<td>$180,935</td>
<td>$180,935</td>
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<tr>
<td>Fundraising</td>
<td>$91,559</td>
<td>$91,559</td>
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**Total Expense**

<table>
<thead>
<tr>
<th>Unrestricted</th>
<th>Total</th>
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<tbody>
<tr>
<td>$1,454,840</td>
<td>$1,454,840</td>
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**Change in Net Assets**

<table>
<thead>
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<th>Unrestricted</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>$(118,182)</td>
<td>$61,187</td>
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**Net Assets, Beginning of Year**

<table>
<thead>
<tr>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,153,304</td>
<td>$879,245</td>
<td>$2,032,549</td>
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</table>

**Net Assets, End of Year**

<table>
<thead>
<tr>
<th>Unrestricted</th>
<th>Temporarily Restricted</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>$1,035,122</td>
<td>$1,058,614</td>
<td>$2,093,736</td>
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</table>
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Erin Murray, PT—Winnipeg, MB
The extremely knowledgeable staff gave me a comprehensive and compassionate evaluation of everything. The whole thing was so uplifting. It allowed me to be back with people and make an effort to get back into society.

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Timothy Myers
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Brock Nealon
Terri and Russell Nelson
Jacquie Nemor and Ed Knott
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Bambi Danner and Thomas Newcomb
Rita Newman
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R. O’Connor
Leah O’Donnell
Marilyn and Tom O’Donnell
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Rebecca O’Dell
Oguzhan (Oozy) Oguz
Catherine Ohl
Ellen Ohlenbusch
Blair and William Okita
Sharon and John Oldfield
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David Olsen
Marilyn and Thomas Olsen
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Palmer Enterprises
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Tim Parr
Drew Pascarella
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Gini Patterson
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Glenda Pearson
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Laurel Randall
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Rasmuson Foundation
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Matthew Sutliff
Evie Swan
Julie and Patrick Swearingen
Stephen Swindle
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Tacoma Wine Merchants
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Monica Tall
Stuart Talley
Rochelle and Ronald Tamkin
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Judy and Hide Tanigami
Kimberly Tanke
Michael Tantimonaco
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Sally and Hank Tauber
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Julie Thompson
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Pam and Steven Truss
Alex Tse
Cindy and James Turner
Deborah Udin
Abby Ullman
Unilever United States
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Kenneth Valin
Karen and Andrew Van Hees
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Ward Van Scoyk
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Martha Vivoli
Allison and Lawrence
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Craig Voelker
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Andria Bilich and Jason
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Western Towboat Company
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Nitza Aграфит
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Megan and Shawn Ault
Phil Austin
Auto Works, Inc.
Patricia and John Ayer
My favorite part was getting to connect with other support partners and realizing the things I go through are normal for MS in a marriage. I also like that participants and support partners shared with the group as a whole (introducing ourselves and sharing what we have learned). That vulnerability made everyone seem more approachable so connections were made easily!

—CAN DO Program Participant
Cathy Gero
Mahshid Ghaffari and Hossein Ghazizadeh
Nancy and John Giambastiani
Debra Gibson
Julie Gibson
Melanie Gideon
Amy Gillenson
Brian Gilson
Bart Giordano
Glacier Bucks Ice Cream
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Rebecka Helen Wilson
Rebecka Helen
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Laura Hemmy
George Henderson
Henning, Schwarzkopf & Co., PC
Ann Henrie
Janice and Floyd Herald
“My PT was awesome - she made me and my wife feel special. Program presenters were outstanding. Counseling sessions were outstanding. I learned a tremendous amount.”

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Molly Keenan
Lisa Kelley
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Kristin Kenny
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Judy Price
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Burke Priest
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Tod Prouty
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Kay and Edward Pullen
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Elisa and Michael Saslavsky
Adele and Pat Savaria
Gemma Scalise
Jennifer Schaaf
Schaefer & Co. PLLC
Susan and Zoey Scheetz
Tiffany Scherer
Karl Schiller
I learned a great deal from the lectures, assessments and observations. But to me, the key was listening, laughing and crying with others. That is what I'll remember the most.

—Can Do MS Program Participant
Joyce and Alan Wizer
Eileen Wolber
Jean and Charles Woletz
Jerzy Wollak
Michele Wolosyn
Kimberly Wong and Michael Bland
Lisa Woo
Karen Wood
Stephanie Wood
Melissa Woolley
Todd Woosley
Katherine Worden
Tyler Worden
Allison and Ben Wright
Duncan Wright
Kathy Wright
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Barbara Yamada
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Joanne and Thomas Young
Rahul Young
Jason Youngstrom
Jeanette Zalder
Norma Zatorowski
Mark Zbrzeznj
Bryna and Alan Zehngut
Megan Zentgraf
Robert Zimmer
Bonnie Zimmerman and Evan Smith
Robbie Zinn
Brian Ziskie
Jessica and Thomas Zylstra

In-Kind
Annie Apple
Antlers at Vail
Avon Recreation Center
Bernice Kuca
Beth Gibson
Beverage Distributors Company
Boulder Yellow Cab
Brand Connections
Bravo! Vail Valley Music Festival
Club at Crested Butte
Colorado Mountain Express
Colorado Ski Museum / Ski and Snowboard Hall of Fame
Cordillera Nordic Center
Country Club of the Rockies
Dermatone
Dobson Ice Arena
Dusty Boot Steakhouse & Saloon
Eagle Ranch Golf Club
Eagle Vail Golf Course
Evergreen Lodge
FitnessIQ
FRS Healthy Energy Drinks
Golden Bear
Gorsuch
Grabber Warmers
Gran Farnum Printing
Headwaters Golf Course
High Country Copiers
Highland Trading Company
Islands Fine Burgers & Drinks
La Costa Golf Resort & Spa
Lisa Fahrmeyer
Lodge at Avon Center
Lynn Williams
Mark Shircel
Minturn Anglers
MS Awareness Bling
National Velvet
NRC Broadcasting
Oskar Blues Brewery
Party City
Pazzo’s Pizzeria
PromoShop Inc.
Pure Life Skin Care
R & B Cellars
Red Sky Ranch
Rolex Watch USA
RSN - Resort Television
RuRoc Helmets
Schneider-Maurer Foot & Ankle Association
Skating Club of Vail
Ski Cooper
Smith Optics
Stetson Apparel & Boots
Susan Kolata
Swany America

The Club at Cordillera
The Inn & Suites at Riverwalk
The Lodge at Vail
The Sebastian
The Sebastian - Vail
The Sitzmark Lodge
The Sports Authority
The Westin Riverfront Resort and Spa
TV8-Vail
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Vail Daily
Vail Golf Course
Vail Marriott Mountain Resort and Spa
Vail Mountain Coffee & Tea
Vail Resorts
Vail Spa Condos
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Virginia Dan, The Mountain Man, LLC
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White Horse Solutions, LLC
Winning Edge Designs
Zico
In Tribute

Albert Spradley and Anola Jones
Alicia Geppert
Annie Sundquist
Aubyn Howe
Barbara Webb
Bernadette Noble
Charlotte Smith
Christine Marozick
Dan Davidson
David Madden
Denise Vitale
Donna Jordan
Dr. Barry B Jones
Drummer Osborn
Ed Knott
Geri Tall
Glenn & Kathy Elizabeth Ward
Greg Farmer
Harry Korobkin
Hillel Panitch
Holly Ong
Jennifer and Tom Wickes
Jerry Nunn
Jimmie Heuga
Jimmie Shepard
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Karen Wittmer
In dedication to the memory of Jimmie Heuga and his Can Do Spirit

“I’ve always been dedicated to maintaining my overall health because it helps me live the best life possible with my MS.”

—Jimmie Heuga
Founder, Can Do MS
1943-2010
Credits

Thank you to those who generously contributed to this Year in Review at no charge.

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