



TEDDY'S
TEAM™

INSIDE THE HUDDLE

SUMMARY REVIEW 2018 - 2022

LETTER FROM OUR FOUNDERS



To our Tedy's Team family,

Over the years, Tedy's Team has become a huge part of our life. This team is about much more than running – it is about community, education, support, and helping others. Since our inception in 2005, this team has become a FAMILY, and we could not have done that without all of you.

We are incredibly thankful for all your support since Tedy's Team officially became our own 501©(3) charity in the fall of 2018. This has given us the ability to create opportunities like the Comeback Assistance Program, the Center of Excellence in Stroke Recovery, and so much more.

Our vision for Tedy's Team moving forward is to continue the great work that we do, and provide this wonderful, loving community to our runners through our shared experiences, and to continue to spread the warning signs of stroke.

With Heart,
Tedy & Heidi Bruschi

RAISING AWARENESS. FIGHTING STROKE.

OUR MISSION IS OUR PASSION

Raising awareness of stroke and heart disease while supporting survivors on their journey, giving them the means for a comeback.

STROKE FACTS

- Someone in the United States has a stroke every 40 seconds. Every 3.5 minutes, someone dies of stroke.*
- Every year, more than 795,000 people in the United States have a stroke.*
- About 87% of all strokes are ischemic strokes, in which blood flow to the brain is blocked.*
- Stroke is the No. 5 cause of death and a leading cause of disability in the United States.**
- 80% of strokes are preventable.**
- Stroke reduces mobility in more than half of stroke survivors age 65 and over.*
- Stroke risk increases with age, but strokes can, and do, occur at any age.*

*Credit: CDC; cdc.gov/stroke

**Credit: American Stroke Association; stroke.org



HEART HEALTH

WHAT IS HEART DISEASE?

The term "heart disease" refers to several types of heart conditions. The most common type of heart disease in the United States is coronary artery disease, which affects the blood flow to the heart. Decreased blood flow can cause a heart attack.*

FAST FACTS

- One person dies every 34 seconds in the United States from cardiovascular disease.*
- Coronary heart disease, which includes heart attack, is the No. 1 cause of death in the United States. But many of those deaths can be prevented.**
- About 20.1 million adults age 20 and older have coronary artery disease.*
- About every 40 seconds someone in the United States will have a heart attack.**
- Every year, about 805,000 people in the United States have a heart attack.*
 - Of these, 605,000 are a first heart attack.*
 - 200,000 happen to people who have already had a heart attack.*
 - About 1 in 5 heart attacks are silent - the damage is done, but the person is not aware of it.*

*Credit: CDC; cdc.gov/heartdisease

**Credit: American Heart Association; heart.org

KNOW THE WARNING SIGNS OF A HEART ATTACK

Listen to your body and immediately call 9-1-1 if you recognize any of these common warning signs.

♥ Chest pain or discomfort in chest

♥ Jaw, neck, or back pain

♥ Lightheadedness, nausea, or vomiting

♥ Discomfort or pain in arm or shoulder

♥ Shortness of breath

GAME-CHANGING RESEARCH



There are many ways Tedy's Team is helping to fund life-saving research. One of the ways is through our collaboration with the American Heart Association (AHA). We help fund research projects that make an impact in the fight against stroke and heart disease on a larger scale.

Tedy's Team contributed money towards the following AHA funded research projects during the year stated:

IN FISCAL YEAR 2019-2020

Ischemic Stroke: The Role of Endothelial TRPV1 in Blood Flow Restoration Following Stroke - The University of Texas Health Science Center at Houston, Houston, TX

Ischemic stroke affects nearly 800,000 people yearly in the U.S. Current treatments consist of chemically dissolving the clot or

or physically removing the clot. Both of these treatments are effective in restoring brain blood flow in a majority of treated patients. However, despite initial success in opening the artery, a significant fraction of these patients develop delayed loss of blood flow. This study aims to target the blood vessels of the injured brain territory to improve blood flow in the aftermath of stroke. They identified an ion channel that is altered in the post-stroke period, rendering it more sensitive to drug activation. They use this phenomenon to promote increased blood flow in the post-stroke brain with the goal of reducing stroke injury and improving functional outcome.

The results from this study will provide the foundation for a novel therapeutic option to improve blood flow after stroke. Furthermore, validation of TRPV1 agonist will highlight translational opportunity in stroke patients by addressing the specific age and sex effects in stroke outcome. Importantly, this therapeutic option could be used as a standalone treatment or in conjunction with existing treatment options to increase effectiveness and improve outcome.

IN FISCAL YEAR 2020-2021

Neonatal Stroke: Targeting White Matter Repair to Improve Functional Outcome After Neonatal Stroke at the University of Colorado Denver, Aurora, CO

Stroke in newborn babies occurs almost as often as stroke in older people. Newborns with strokes are usually not diagnosed right when the stroke happens. In this project they will study whether they can cause brain repair at later times after stroke to improve long term outcome. The brain has both grey and white matter. The axons in white matter are like electrical wires that carry information between different parts of the brain. Like electrical wires, axons have a coating called myelin. Myelin helps axons move information more quickly. Myelin is made by cells in the brain called oligodendrocytes. At the time of birth babies do not have much myelin, but more is formed during childhood.

They believe that this means the window for white matter regeneration after stroke is long. They will test whether an over-the-counter drug, melatonin, can cause myelin repair. They believe this project will lead to new treatments to improve outcome and quality of life in children who have strokes as newborns.



IN FISCAL YEAR 2021-2022

Moyamoya Disease: Molecular Pathogenesis of Occlusive Cerebrovascular Disease Resulting from ACTA2 Mutations at the University of Texas Health Center at Houston

This study aims to understand the underlying molecular mechanisms that lead to Moyamoya Disease (MMD), a genetic cause of strokes in children. Findings from this study have the potential to improve the prevention and treatment of strokes in patients of all ages.

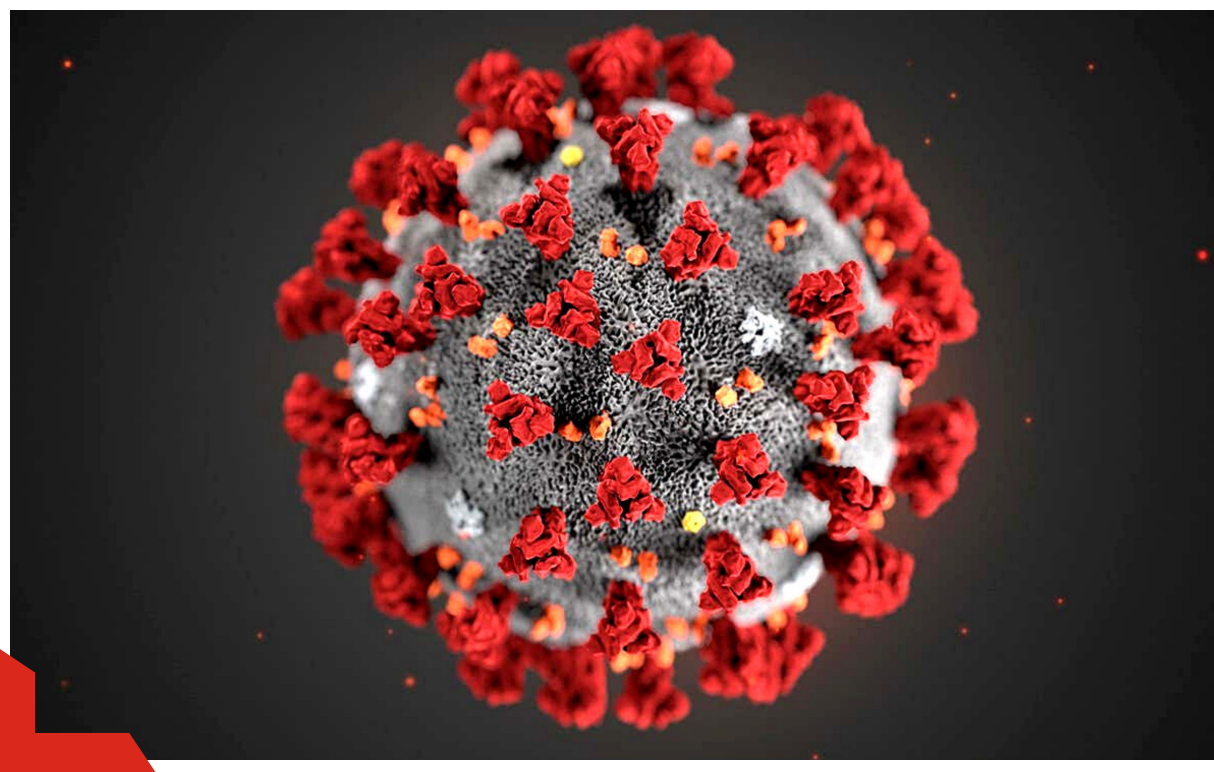
Understanding the molecular and cellular basis of Moyamoya Disease has the potential to improve the prevention and treatment of strokes in patients of all ages.

COVID-19 AND STROKE

Approximately 120 million people in the United States have at least one cardiovascular disease, which may place them at higher risk for contracting COVID-19 and experiencing complications of the virus. Additionally, there are reports of infected people without underlying complications who are developing deadly arrhythmias from infection and inflammation that damage heart muscle and this may further illustrate a critical relationship between COVID-19 and the cardiovascular system.

In March of 2020, as part of its global response to the growing COVID-19 pandemic, the AHA established a \$2.5 million rapid-research fund to fast-track scientific research to better understand COVID-19 and its interactions with the bodies cardiovascular and cerebrovascular systems. A portion of our 2020 donation to the AHA was allocated to this rapid-research fund to help make an impact in the fight against COVID-19.

If you would like additional information on these research projects, or the AHA's rapid-research grants, please email info@tedysteam.org.



COMMUNITY TEAMWORK



2019

Tedy's Team™ teamed up with the Boston Athletic Association (B.A.A.), the American Heart Association, The Dimock Center, and HoodFit to host a series of 'Talk & Walk with Tedy Bruschi' events. The series featured four events where Tedy Bruschi connected with members of the Boston community to help raise awareness of stroke and heart disease, while promoting active, healthy lifestyles and healthy eating habits.

Sessions included discussion of the warning signs of stroke and heart disease, and members of the community sharing their heart and stroke stories to help educate their fellow community members.

With the help Fresh Truck and Anthony Pino, Executive Chef at Cunard Tavern in East Boston, one of the sessions provided a healthy cooking demonstration and an inside "farmers market" where attendees could take home items to make the healthy recipes that Chef Pino had

demonstrated during the evening. This session also concluded with a fun workout provided by The Dimock Center and their staff.

2019 - 2022

Since 2019, Tedy's Team has participated in The Lenox Hotel's, "Room In Your Heart" initiative that collects and donates toys for the Wonderfund MA. The Wonderfund MA is a local non-profit that serves kids engaged with the Massachusetts Department of Children and Families, by providing comfort and dignity to 53,000 children who have been impacted by abuse and neglect. Each year, Tedy's Team collects toys and gift cards from our staff, teammates, and supporters, to provide these amazing children with gifts during the holiday season. Once items are collected, Tedy's Team drops them off at The Lenox Hotel.

2020 - 2021

At Tedy's Team we know how important it is to give back to our local communities, especially in times of extreme need. From Fall 2020 - Spring 2021, we teamed up with Stop & Shop and The Dimock Center to provide monthly healthy meals, to people in need, in Roxbury and surrounding Boston communities, with a focus on fresh produce and healthy recipes, which were seasonally provided by Chef Pino. As of April 2021, more than 21,600 individuals received meals.



TEDY'S TEAM CENTER OF EXCELLENCE IN STROKE RECOVERY

At MGH Institute of Health Professions (IHP)



The statistics around stroke are alarming, and we mentioned those earlier on in this report, but did you also know

- Every hour, 17 people die of a stroke
- Nearly 4 in 10 survivors are left with aphasia, which affects the ability to understand speech, speak, read, write, and use numbers

Acting fast for yourself or someone you know is critical, but that can only happen when you know the warning signs and symptoms of stroke. Patients who arrive at the emergency room within three hours of their first symptoms often have less disability three months after a stroke than those who received delayed care.

The Tedy's Team Center of Excellence in Stroke Recovery at MGH Institute of Health Professions can impact those statistics. Our three main objectives of the Center of Excellence are:

- To support the advancement of research in the science of stroke recovery and work to disseminate that science to the clinicians who provide care to stroke stroke survivors
- To educate the community of Greater Boston about the warning signs of stroke through targeted community outreach and integrating BE FAST education into the clinical visits at our pro bono health center
- To provide rehabilitative care consisting of physical therapy, occupational therapy, and speech therapy to stroke survivors who are no longer eligible for insurance covered therapy services; we will support their continued progress towards recovery



Our mission: The Tedy's Team Center of Excellence in Stroke Recovery will improve the quality of life for stroke survivors through advances in interprofessional clinical practice and education, clinical research and scholarship, implementation science and advocacy. The Center of Excellence will also advance the community's knowledge of the warning signs of stroke through community outreach and education.

Our goal: To support stroke survivors and their caregivers as they live their best lives and to create a future model of stroke rehabilitation that aligns with fast-tracking evidence-based research into the care of stroke survivors.

Tedy's Team Center of Excellence will bring together the IHP's three existing clinical centers (the Aphasia Center, the Ionta Physical Therapy Center, and the Tabor/Connor Occupational Therapy Center) to address the highly complex issues of stroke rehabilitation that cannot be solved by one discipline alone. Improving the functional ability and speech of stroke survivors and supporting their caregivers is the focus of this new center. For more information, visit mghihp.edu.



COMEBACK ASSISTANCE PROGRAM

On October 30, 2005, Tedy made his return to Gillette Stadium, but the journey to get there was tough. Tedy was fortunate enough to have a great support system and amazing opportunities throughout his recovery, but not everyone is that lucky.

For many survivors, the financial burden outside of what their health insurance covers can be overwhelming to themselves and their families. These types of costs can include; extended physical, occupational and speech therapies, medical equipment, and other smaller costs that can add up quick.

This is where the Comeback Assistance Program (CAP), which was created in the Spring of 2019, can help make a difference.

CAP is our financial assistance program that gives us the opportunity to assist and support stroke and heart disease survivors and caregivers on their personal comeback journeys. Some of our previous and current CAP recipients are:



ELIANA T., 38
RHODE ISLAND

When Eliana was 36 years old she suffered an ischemic stroke that causes brain hemorrhage. This type of stroke has less than a 5% chance of survival. To help make an impact in Eliana's comeback, CAP funded her on May 1, 2019, for the BrainPort, to help with improvement of balance, gait, posture and related symptoms

This system has helped her balance, speech, neurological pain, and walking. All things that will get her back to work quicker.



NOLAN P., 27
CANADA

On February 11, 2018, Nolan suffered an ischemic stroke, at age 25, that caused loss of function on his left side. Nolan's comeback is to walk again without assistance and get back to work full-time. To help make an impact in his recovery, CAP funded Physical Therapy that Nolan was able to continue due to our of pocket

costs. His Physical Therapist was seeing a lot of progress from him and knew that he could regain pre-stroke status if he kept at it. Nolan was funded on March 1, 2020 and again on April 9, 2021.

ALAN T., 57 MISSOURI

Alan suffered a hemorrhagic stroke on March 23, 2020, at age 55. His comeback goal is a restoration to his previous fitness level, most importantly to include outdoor running. To help Alan with this comeback, CAP funded him on February 5, 2022, for the purchase of a Walk Aid device, plus two years of electrodes. This device sends electrical impulses into the nerves and tells the brain to pick up his toes as he walks and/or runs. This system accounts for speed and memory as well.



STEPHEN F., 55 MASSACHUSETTS

On January 14, 2017, when Stephen was 51 years old, he suffered a massive hypertensive brain bleed and his wife, Tara, was told he would not survive. Now, over 4 years later, Stephen continues to fight for his comeback and has made amazing strides. To help him with that comeback, CAP funded Stephen's therapy to

help him get back to work and his normal daily routine. Stephen was funded on June 18, 2020 and again on April 15, 2021.

KAMAL M., 61 MICHIGAN

In October of 2018, Kamal had open heart surgery due to Aortic Dissection. Less than two years later, he suffered a stroke in August of 2020, and then suffered a second stroke in July of 2021. To help Kamal in his comeback journey, CAP is funding his physical therapy to help him get out of his wheelchair and be able to eventually walk unassisted with a cane. Kamal was funded in August 2022.



When CAP started in 2019, our focus was stroke and heart disease, but we were accepting other situations, on an as needed basis. We quickly learned that the demand for stroke and heart disease assistance was so large, and so we edited the program to be solely stroke and heart disease in October 2019.

If you have any questions about our recipients or our Comeback Assistance Program, please reach out to Elizabeth@tedysteam.org.

"Everyone should have a chance to make a comeback."
- Tedy Bruschi

RUNNING EVENTS

BOSTON MARATHON®

In 2005, Tedy's Team™ became a member of the Boston Athletic Association's Official Charity Program. Going into our 18th year with the BAA, we couldn't be more grateful for the opportunity this event provides our organization, year after year.

TCS NEW YORK CITY MARATHON

Tedy's Team was selected to join the TCS New York City Marathon Official Charity Program in 2020. Due to COVID-19, we have only participated in the 2021 and 2022 races, to date. As an Official Charity Partner for the 2023 race, we are looking forward to heading back to New York City with our team to run this phenomenal race.



UNITED AIRLINES NYC HALF MARATHON

This March, Tedy's Team will be participating in the United Airlines NYC Half Marathon for the first time. The 13.1-mile journey begins in Brooklyn, goes over the Manhattan Bridge, heads north on FDR Drive, zips through Times Square and finishes in Central Park.

FALMOUTH ROAD RACE

Tedy's Team has been participating in the Falmouth Road Race since first becoming a part of their Charity Program in 2005. This past August, the 50th running of the race, was our last year with FRR's Numbers For Non Profit's program.

TRAVEL RACE

Tedy's Team™ participates in a travel race at a different destination each year. Our travel races are a great way to raise awareness across the country, raise vital funds for stroke and heart disease and live an active lifestyle. Many of our travel events that we participate in have multiple distances – 5k, 10k, 10 miler, half marathon and full marathon – so there is something for everyone.



BRU'S COMEBACK PACK VIRTUAL RUN SERIES™

Our virtual race series started in 2020 as a way to engage more people across the country in the mission of Tedy's Team™. Little did we know, how relevant a virtual race series would turn out to be that year.

Bru's Comeback Pack Virtual Run Series™ consists of three races that take place on three separate dates (May 4th, June 8th, and July 4th). You can run one race, two races, or sign-up for the series pack and run all three. Receive a finisher medal for the 5.4K, the 6.8K, and the 10K, and if you register for the series pack, get a base medal to put them all together.

Participating in our Virtual Series is another way to join our team from anywhere across the globe, and to help us raise more awareness and funds in the fight against heart disease and stroke.



THANK YOU TO OUR SPONSORS & IN-KIND DONORS

Thanks to our generous sponsors, donors and supporters, we are able to make an impact in the lives of stroke and heart disease survivors, caregivers, and community members.

Since 2018, we have been supported by many companies throughout New England and Beyond. We want to thank everyone listed below for their support of our mission from 2018-2022.

PLATINUM SPONSOR

WALSH BROTHERS
Since 1901

CHAMPIONSHIP SPONSOR

Jackrabbit

COMMUNITY SPONSORS, IN-KIND SPONSORS & SUPPORTERS

- The Lenox Hotel
- WellTold
- Therapeutic Impressions
- HyperIce
- Joint Ventures
- Bulldog Designs
- Stacy Smith Studios
- Boston Athletic Association
- New York Road Runners
- Reel+Co Media
- Falmouth Road Race
- Morrissey Family
- Feehan Family
- Saucony
- TB12
- 4th and Goal Apparel
- Anesthesiology & Pain Consultants Inc.
- Nocking Point Wines
- UnTold Brewery
- PODS Swimming
- Innova Champion Discs

HOW YOU CAN HELP

RUN WITH US!

We are always looking for participants in our local races, destination races, and other events that we host throughout the year. We also have the opportunity for you to run your own race and still fundraise for Tedy's Team. For more information on upcoming events and how to apply, visit our tedysteam.org/events.

DONATIONS & MATCHING GIFTS

The generosity of our donors gives us the opportunity to continue to make an impact in our communities by raising life-saving funds for stroke education, awareness and research.

To double your impact, check to see if your employer has a matching gift program. If they do, you can maximize your donation through that program.

SHARE THE WARNING SIGNS

Helping us raise more awareness of the warning signs of stroke, can save lives. Visit tedysteam.org/social-graphics to share the warning signs with friends, family, co-workers, and others.

KNOW THE WARNING SIGNS OF STROKE

B

Balance
Difficulties



E

Eyesight
Changes



F

Face
Drooping



A

Arm
Weakness



S

Speech
Difficulties



T

Time to
Call 911



IN-KIND DONATIONS

We at Tedy's Team are always looking at ways to minimize our bottom line so we can give more back towards our mission. This allows us to fund more life-saving research, advocate for stroke and heart disease related issues, educate people on how to live longer, healthier lives, create awareness for the warning signs of stroke and heart disease and to financially support survivors and caregivers based on need.

In order to do these things out in our community, we need to raise funds, and for us, that happens through events we put on or participate in. With events, comes expenses and if we minimize those expenses, we can be better stewards of our donor dollar.

MEMORIALS & TRIBUTES

Gifts in Memorial or Gifts In Tribute are a powerful way to honor or remember a loved one, friend, or colleague by supporting Tedy's Team's mission. Your meaningful gift allows Tedy's Team to provide funds for live-saving research, advocacy, education, awareness and financial assistance for survivors and caregivers.

TAX-EFFICIENT GIFTS

You can make an impact on Tedy's Team's mission through these easy and tax-efficient giving options:

- Give through your donor advised fund to maximize your impact in the fight against stroke and heart disease.
- If you or a family member are 70½ or older with an Individual Retirement Account (IRA), you can transfer a gift directly without incurring tax consequences.
- Earn income for yourself or beneficiaries when you create a Charitable Gift Annuity (CGA) or Charitable Remainder Trust (CRT) to benefit Tedy's Team.
- Make a gift of stock or securities to support Tedy's Team's mission and you can avoid capital gains tax on the appreciation of your stock.

To learn more about any of the above opportunities, please visit tedysteam.org under "Ways to Give."

ADDRESS



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