



Ride On St. Louis

On The Horizon
Center Relocation

St. Louis Rotary Club Charity Golf Scramble
May 15, 2019

Nag's Head Trivia
May 18,, 2019

On The Horizon

Center Relocation



Rotary



The Rotary Club of Saint Louis

Ride On St. Louis is relocating our center and we are champing at the bit for this exciting transition! This past fall was the last session for services at our Kimmswick location. We are no longer operating from this facility and we are full steam ahead on our new forever home.

Whether you've been a part of Ride On St. Louis since our inception 20 years ago or you are a new friend to us, we invite you to share in our enthusiasm. Your time, talents and treasure have helped us flourish and brought many hearts and souls happiness and strength.

Please offer special praise to God for the blessings of the past and for future fortunes, so that we may continue to provide the highest quality of care and service to those in need. And if possible, continue to offer your skills and gifts to Ride On St. Louis during this exciting opportunity for growth, sustainability and good works!

There are plenty of volunteer opportunities as we prepare for our much anticipated fall 2019 session at our new forever home. Stay tuned to hear it all, straight from the horse's mouth. Thank you

for your care and support of our mission; we couldn't do it without you.

To be the first to find out about exclusive news, updates and opportunities at our new forever home, subscribe at www.rideonstl.org and follow us on your favorite social platform. If you have any questions or want to get involved, get in touch at info@rideonstl.org or 636-464-3408.

We look forward to sharing more details soon and also hosting your visit to our new forever home in 2019!

The Rotary Club of Saint Louis Charity Golf Scramble will be held May 15th, 2019! For over 100 years, Rotary Club Eleven has been actively involved in supporting a variety of community service organizations in the greater St. Louis region. For the eighth year in a row, the main beneficiary of the tournament is Ride On St. Louis! Thank you Rotarians for helping us help others!

Want to make a difference in the greater St. Louis region by contributing time, talent or financial resources? Call 314.894.1759 or visit rotarystl.org for more information on joining.



Gracious God, we turn to you in wonder and praise as we celebrate Christmas. Remind us during this sacred season of our collective story. May our roots extend deep into the soil of faith and spread outwards to share the Good News of Christ's coming. Focus our attention so that we remain attuned to the sights, sounds, and sensations of the season. May the presence of Christ be at the forefront of our thoughts and actions as we enact each holiday ritual. Fill us with hope in the continuous birthing of Christ in our world. May we never lose sight of the promise of the Kingdom of peace and compassion that is both present and yet to be. With gratitude in our hearts, we pray. Amen.

Organizations across the globe offer a variety of services and activities incorporating horses to aid people with special needs. Some of the most prevalent services are “hippotherapy” and “therapeutic/adaptive horseback riding.” Sometimes in the media, and even in scholarly research and within the field of equine-assisted activities and therapies itself, the terms “hippotherapy,” “therapeutic/adaptive riding” and “equine therapy” appear interchangeably. However, these services are actually all very different.

consists of rehabilitation methods typically performed by an equine practitioner to improve the health or quality of life for equine patients. Equine therapy may assist the horse in injury recovery, improving mobility, alleviating symptoms and maintaining health. Equine therapy singularly benefits the horse. At Ride On St. Louis our horses benefit from various forms of equine therapies that support their overall wellness and comfort, so that they may better assist in the health improvements of the children and adults with disabilities they serve.

therapy and named this endeavor “hippotherapy” (hippo being the Greek word for horse.) A decade later, physical therapists in the United States and Canada began to develop treatment uses for the movement of the horse. In the 90s the American Hippotherapy Association was formed and established therapist registration and standards of practice.

Hippotherapy treatments will always be performed by a licensed (physical, occupational or speech) therapist. Additionally, therapists incorporating this

Equine Therapy, Hippotherapy and Therapeutic Riding... **What's the Difference?**

In recent years, there is a bit of epidemic with the term “equine therapy.” Often enough you’ll hear these words used to describe any type of service that incorporates horses into an activity or therapy to aid a person with a disability. For example, a parent may say, “my child started equine therapy to help with low tone.” In this sense, the term “equine therapy” is a misnomer that in its true definition has nothing to do with services benefitting this parent’s child or any human. “Equine therapy” denotes services that are being performed for the sole benefit of the horse. Equine acupuncture, equine massage, equine chiropractic therapy, equine electrotherapy, equine hydrotherapy, equine heat/cold therapy and equine magnetic therapy are all examples of equine therapies. Equine therapy

The term “hippotherapy” refers to how occupational therapy, physical therapy, and speech-language pathology professionals use evidence-based practice and clinical reasoning in the purposeful manipulation of equine movement to engage the human sensory, neuromotor and cognitive systems to achieve functional outcomes. In conjunction with the equine environment and other treatment strategies, hippotherapy is part of a patient’s integrated plan of care.

Documentation dating as far back at 460 BC discusses the human health benefits of riding, and has since been documented through the centuries. More recently, in the 1960s members of the German, Swiss and Austrian medical field began to view the horse as an adjunct to physical

type of modality into their patient’s treatment plan should have extensive knowledge in their field of therapy as well as knowledge of the equine and how to incorporate the horse and the horse’s movement into a treatment to produce functional outcomes. At Ride On St. Louis we offer equine-assisted physical therapy and equine-assisted occupational therapy as a treatment strategy for those with neuromuscular, cognitive and/or skeletal disorders. Standard concepts, practices and procedures within the fields of physical and occupational therapy, including hippotherapy, are applied. Therapists at Ride On St. Louis are registered through the American Hippotherapy Association and/or Professional Association of Therapeutic Horsemanship International. The





20 Years of Love, Strength and Joy

Since 1998 we've been dedicated to making a difference. Our Crusader Circle, established in 2018 to celebrate 20 years of service, welcomes you to make a difference each month in the life of a child, adult or veteran. You can celebrate this milestone and mission of helping others for 20+ years, by pledging a \$20 monthly gift or more as a member of the **Crusader Circle**. It's affordable, it's a community, it's sustained support and it's exciting! Become a member and learn more with a check of a box on the back of this mailer or by visiting www.rideonstl.org

Ride On St. Louis is one of 272 *Premier Accredited Centers* across the world through the Professional Association of Therapeutic Horsemanship International, identifying our center as one that meets the highest standards for quality of care, professional service and safety. Ride On St. Louis is one of two centers in the Midwest to achieve Platinum Status with the GuideStar Exchange, is the only Missouri center to earn the BBB's Wise Giving Seal, is a Top Rated charity of GreatNonprofits, and is one of the very first centers to become service provider through a health-care management company. Feel good about giving!

Kayla P.

Client

I began riding shortly after I lost my older sister in a car wreck.

She was 16. My heart was broken, but horses have helped to heal my wounds.



John M.

Parent, Donor

I highly recommend them as the parent of a client. I highly recommend them as a donor.

They are frugal with their means, generous with their time and attention, and more importantly they relentlessly pursue their mission to make a real difference in the lives of their clients, and it shows.



Julie T.

Parent

We would never consider going anywhere else, this is a special place.



Patricia M.

Parent

Her riding experience has translated to every aspect of her life. The organization is professional, caring and always focuses upon the best outcomes.



Rachel R.
Client

For once I feel that I can accomplish something without anyone's help. I try to imagine never having autism. But without autism I would not get to do Ride On St. Louis. Ride On St. Louis helps me feel like I have control. It helps me to sort through all the stuff that makes autism tough to deal with.



Clare V.
Guardian

Marita, staff and the volunteers all have the greatest knowledge and expertise, applied with the greatest measure of love. To see the horse bring her out of that [depression] and make her want to enjoy life... It's life-changing, it gives my sister a purpose.



Becki M.
Parent

We could see that this place changed her and sparked a passion. The tears were flowing after the last day of camp. She clung to her horseshoe and couldn't stop talking about Diego.



Steve E.
Parent

My son will now wear hats and mittens at home as a result

of wearing a helmet. He was nonverbal for many years... large improvements in his speech and language since starting!



John B.
Volunteer

It is a well-run and efficient. Everyone involved is dedicated to delivering the best possible product to their clientele. Ride On St. Louis plays a huge positive role in what in most cases are very difficult life situations... all delivered to the community with respect, love, efficiency and most of all with compassion.



Audrey W.
Volunteer

I appreciate the wholesome environment. The love and care with which the staff and volunteers work, provides a healing environment for the mind, body and soul. There is a high level of excellence that is maintained in every facet of this organization.



Linda P.
Veteran

Thank God for Ride On St. Louis, their love helped me feel whole again.



Laurie B.
Volunteer, Donor

My favorite memory is when a client who was nonverbal, who my daughter and I side-walked with for 5+ years, spoke the word "eight." We all shed a few tears of joy that night. Since volunteering I've learned to be more compassionate, and I love that we pray together.



Lori J.
Parent

I am so happy that we got introduced to Ride On St. Louis by Variety. Our daughter loves to go to her therapy. She is working so hard and doing things that we never thought she could ever do! The staff there are truly amazing at what they do. I would and have recommended Ride On St. Louis to others.



Cassie G.
Parent

My son feels like he is included in something special. Hippotherapy has been the most effective therapy for Noah. Every time he rides we notice his core strength, digestion and mood improves, and he starts saying words he usually forgets how to say. Even though his diagnosis is terminal, riding gives him joy and us hope.



Continued from page 2

terms “hippotherapy” and “equine-assisted therapy” may be used synonymously. Therapeutic riding, however, may not be used in place of either term.

Therapeutic riding is an equine-assisted activity for the purpose of contributing to the cognitive, physical, emotional and social well-being of individuals with special needs. Therapeutic activities are often recreational and may cause someone to feel happier and more relaxed. (Therapy may or may not be therapeutic). While equine-assisted therapy is administered by a therapist, therapeutic riding is conducted by a therapeutic riding instructor. Therapeutic riding instructors should have elevated knowledge and skills in equine management, horsemanship, communication/instruction, teaching methodology and disabilities. At Ride On St. Louis the therapeutic riding

client is encouraged to perform horsemanship activities (horse care and/or riding skills) directed toward goals that transfer to everyday activities, challenges and living. The terms “therapeutic riding” and “adaptive riding” may be used interchangeably. Ride On St. Louis employs Advanced Therapeutic Riding Instructors through

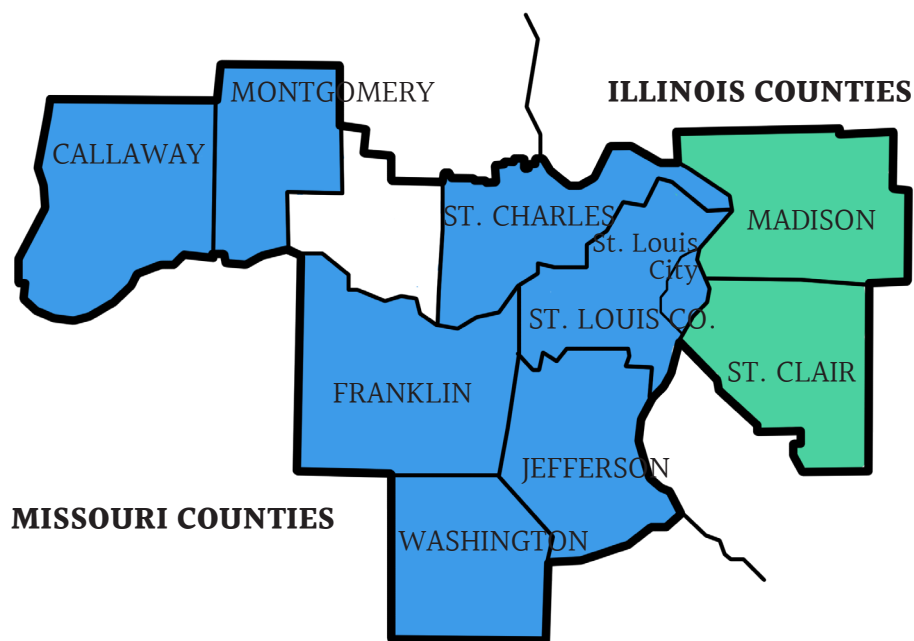
the Professional Association of Therapeutic Horsemanship International.

Nag's Head Trivia

May 18th, 2019!



Promoting health and enriching lives through love, joy and holistic healing!



2017 In Review

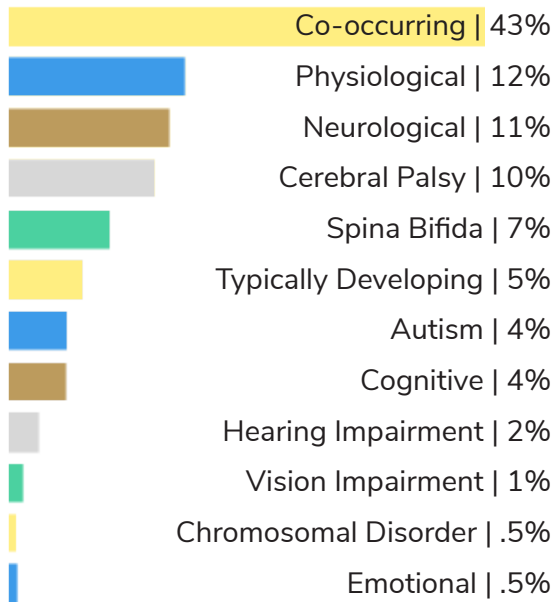
By The Numbers

Clients in 2017 resided across the St. Louis Metropolitan and surrounding areas, and included nine counties and the City of St. Louis. In total, 152 children, adults and veterans with disabilities participated in Ride On St. Louis's equine-assisted activities and therapies programs in 2017. Clients ranged in ages from two years to 68 years, with 72% under age 21. 73 participants were male and 79 participants were female. Despite record flooding in 2013, 2015, 2016 and 2017, Ride On St. Louis achieved a 102% increase in people served over those five years.

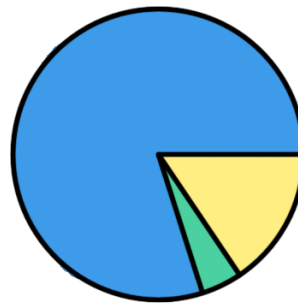
2017 Board Members

Ross Braun, Dominic Lampasi, Tera McCool PhD, Theresa Stolzer CFE, Marita Wassman

Client Diagnoses



Expense



Program 80% | \$202,504
Admin & General 16% | \$39,512
Fundraising 4% | \$10,247

Total Expense | \$252,326

Revenue

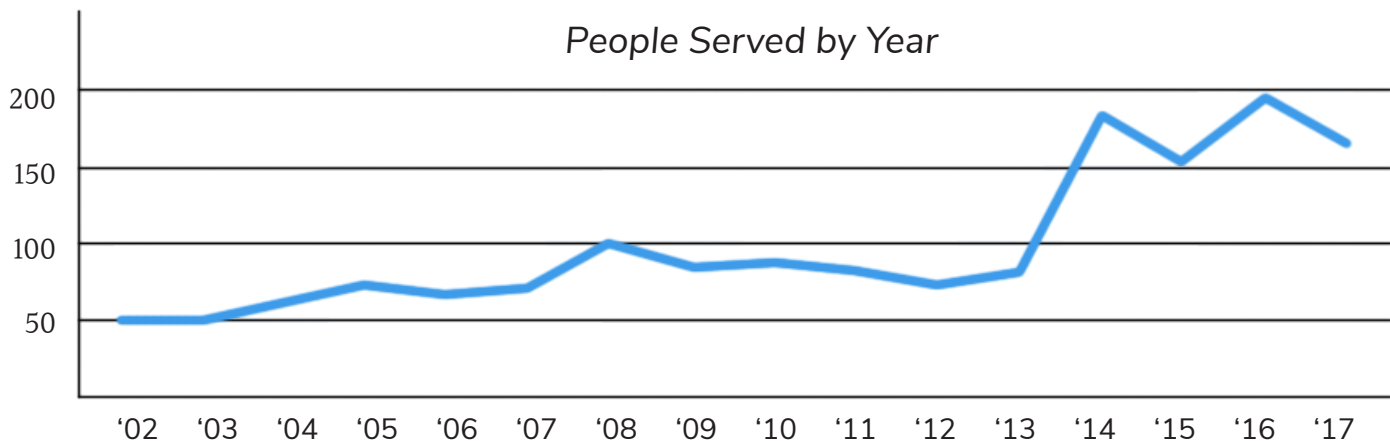
Program 8% | \$22,065
General Donations 34% | \$94,975
Grants 20% | \$54,540
In Kind 19% | \$52,768
Fundraising 19% | \$52,629



Total Revenue | \$276,887

Ending Net Assets | \$84,097

People Served by Year



Diego & William
(Unmounted Activities)



Marita, Diego & Kayla
(Sports Riding)



Rose, Pharma, Linda (Equine
Services for Heroes) & Ava



Ride On St. Louis
PO Box 94
Kimmswick, MO 63053

Share love, strength and joy with a financial gift to Ride On St. Louis

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

☐ Ridership fund ☐ Care for a horse ☐ Make a general donation

☐ In honor of ☐ In memory of

I would like info regarding ☐ Gift annuities ☐ Wills/Bequests
 ☐ Company match programs

If your gift is in honor or memory of someone, to whom should we send an acknowledgement?

Name _____

Address _____

City _____ State _____ Zip _____

Please accept my tax deductible gift of

☐ \$1000 ☐ \$500

☐ \$100 ☐ \$50

☐ \$20 ☐ _____

Become a member of
the *Crusader's Circle*
monthly giving club.

☐ **Yes please** ☐ **No thank you**

Monthly giving allows you to make a
difference each and every month.

It's affordable, a community,
exciting and sustainable
support for Ride On St. Louis.

Checks payable to Ride On St. Louis, PO Box 94, Kimmswick, MO 63053

For credit, debit or online donations visit www.rideonstl.org