



simple changes

THERAPEUTIC RIDING CENTER

Of Special Interest :

- Students from Marymount University will be conducting a research study on Rhett Syndrome during our HPOT sessions in the spring of 2009.
- Remember to purchase pictures of your loved one riding. snowhillclassics.com

Simple Changes provides all who participate the opportunity to learn, share and discover the wonder of horses.
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Mission Statement

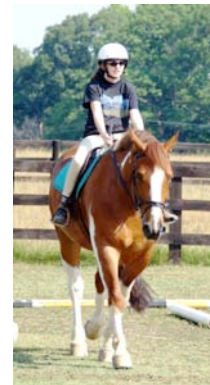
Our mission is to enrich the lives of individuals with disabilities, their families and community through exceptional programs, especially therapeutic horsemanship.

HOW DO YOU TRANSFORM A LIFE?

Instead of seeing what a person with a disability cannot do, at Simple Changes we celebrate what the person can do. Your generous contribution makes the transformation possible.

“Jordan is determined and confident. Accomplishing some of the more difficult riding skills like cantering has helped to make her this way.”

Jordan is a lovely, purposeful young woman with a terrific sense of humor. She is currently preparing her college applications. She also has CHARGE syndrome – which includes poor gross motor abilities and balance and limited flexibility, as well some learning disabilities. Riding has improved her posture, balance and coordination. It has given her self-confidence beyond measure.



“Last year, Jordan was also diagnosed with rheumatoid arthritis. Her rheumatologist emphasized how riding is great for her hips – it keeps them moving, but doesn’t strain them. Also, riding helps Jordan with her motor planning. Learning to steer the horse has definitely carried over into driving. Jordan is much better able to plan when to turn the car.”

And, looking to the future?

“Jordan always loved animals – so she got her animal fix at therapeutic riding. This led to her desire to be a vet tech – she is now applying to colleges with vet tech programs.”

Simple Changes is able to help individuals such as Jordan prepare for an independent, successful future because of your support. Your gift can transform a life forever. Please give generously.

MANY THANKS TO OUR WONDERFUL HORSE SPONSORS

Simple Changes is able to fill lives with promise and confidence through its equine assisted activities. Vocabularies grow, muscles strengthen and lives are enriched. These wonders happen because of the generosity of supporters just like you.

Horse sponsors can change the lives of individuals with special needs through a tax-deductible donation of \$5,000. This contribution will provide stall fees, hay, grain, and daily care for one horse for one year. Sponsors will receive a framed picture of their adopted horse at work, have their name on a stall plate in the stable, and get listed in our newsletter.

Many thanks to our 2008 sponsors of Simple Changes' horses:

- Lindsay Kennedy
- The Keough Family
- The Martin Family
- The Payne Family
- Rutherford International
- EnviroSolutions



Please let us know if you are interested in more information on becoming a horse sponsor

More about our 2008 corporate horse sponsors...

Rutherford International was founded in 1916. It is the 38th largest insurance broker and consultant in the United States and is a member of Assurex, the world's largest privately held insurance group. Rutherford specializes in insuring large firms with difficult exposures, multiple locations, international operations and complicated issues.

Rutherford has experts on staff for environmental coverage, environmental engineering, maritime coverage, errors and omissions, experience mod analysis, business interruptions, employment practices, captive arrangements and Directors and Officers coverage. Rutherford is hired and employed by their clients as their outsourced, risk management department.

EnviroSolutions is a privately held, relatively new company based in Northern Virginia. It owns and operates waste and recycling operations in the Mid-Atlantic region. Company management has significant experience in the industry, which guides the Company's approach to community relations.

This approach is based on the principal that EnviroSolutions facilities affect local communities. Increasingly, the facilities are the result of public/private partnerships. Such partnerships may be formal arrangements with public entities or relational partnerships with stakeholders such as local communities near Company facilities. Thus EnviroSolutions pursues opportunities that enable it to build a relationship of trust and be recognized as a benefit to local communities.

What We Teach; What They Learn

Simple Changes Board of Directors

Carol Corso, Chairman
Marcia Nordgren, Vice-Chairman
Joyce Stephansky, Treasurer
Jenny Spain, Secretary
Corliss Wallingford

Simple Changes Staff

Corliss Wallingford -
Executive Director/Instructor
Jenny Spain -
Program Director/Instructor
Kerry Gross - Instructor

Jill Wagner - MS, PT
Hippotherapy Consultant

See our new and
improved website!

www.simplechanges.org



Therapeutic riding involves teaching horseback riding skills. What you do to make the horse go and the order that you do it in is very important. Using these skills at a functional level involves listening and following directions. Using these skills independently involves understanding and sequencing.

A Simple Changes' rider, Madeline Porth, wrote a story for school about what she might find through an imaginary door. Of course, being a horse lover, she found horses. Madeline's story shows that she not only loves horses, but she also knows how to ride them. The tack that she collects and the sequence of aides that she uses are exactly right. The joy she finds at accomplishing her goal is an inspiration.

Madeline's Dream about a Door

"I opened the door and walked into a pasture. I looked around and there were horses all around me. I finally got a horse to notice me.

"The horse was a flea-bitten gray thoroughbred. I got the thoroughbred's tack – the bridle, the saddle pad and the saddle and I quickly tacked it up.

"I told the thoroughbred not to go anywhere because I had to go get a riding crop because this particular horse was very lazy. I returned to the thoroughbred with the crop and mounted the horse. When I wanted the horse to walk on, she wouldn't listen, so I gave her a kick. She still wouldn't listen so I tapped her with the crop only once – tap and soon we were happily walking along.

Madeline uses this same sequence to have her imaginary horse trot, canter and then gallop.

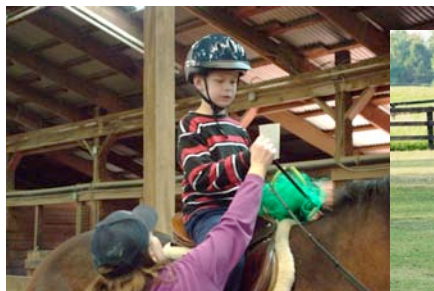
"Tap, and soon we were flying along joyfully and happily. I was finally the happiest person on the planet earth!"



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2008 At-a-Glance



Rider Activity:

- Simple Changes served 34 riders per week in our therapeutic riding program
- 4 hippotherapy clients were served in 2008.
- 9 riders and 10 volunteers took part in a 3-day summer camp session. Several physical therapy students from Marymount University helped out.
- 5 riders participated in the Fun Show held at the Stables at Meadowood. The show did a great job of integrating Simple Changes riders and Meadowood boarders. A wonderful time was had by all participants.
- 2 horses and 5 riders traveled to Lexington, VA, to participate in the Therapeutic Riding Association of Virginia's annual horse show. Our horses and riders took many ribbons and enjoyed a great experience.

Horses:

- Jasmine, a chestnut, Appendix mare was added to the Simple Changes herd. Jasmine loves her new job and is quickly becoming a favorite with riders and volunteers.

Fundraising Events:

- The annual Pony Ride fundraiser opened Simple Changes to the local community.
- Mason Neck Horse Coalition organized a trail ride for Simple Changes, raising nearly \$5,000. The trail ride was rained out – but donors gave generously and we so appreciate MNHC's efforts on our behalf.
- Our 3rd Annual Family Picnic/Silent Auction was a big success raising \$10,000.
- Simple Changes received a \$3,000 grant from Special People in Need.

2008 was another fantastic year for Simple Changes as we continue to provide all who participate the opportunity to learn, share and discover the wonder of horses!

