



ANNUAL REPORT 2013

Adaptive Horsemanship &
Equine Assisted Therapies

Providing *Unbridled Possibilities* for more than 40 years



TABLE OF CONTENTS

About Mane Stream

History

Programs

Adaptive Riding

Equine Assisted Therapy

Camp Cold Brook

Interactive Vaulting

Volunteers

Volunteer Service

Community Outreach

Financial Report

Special Events

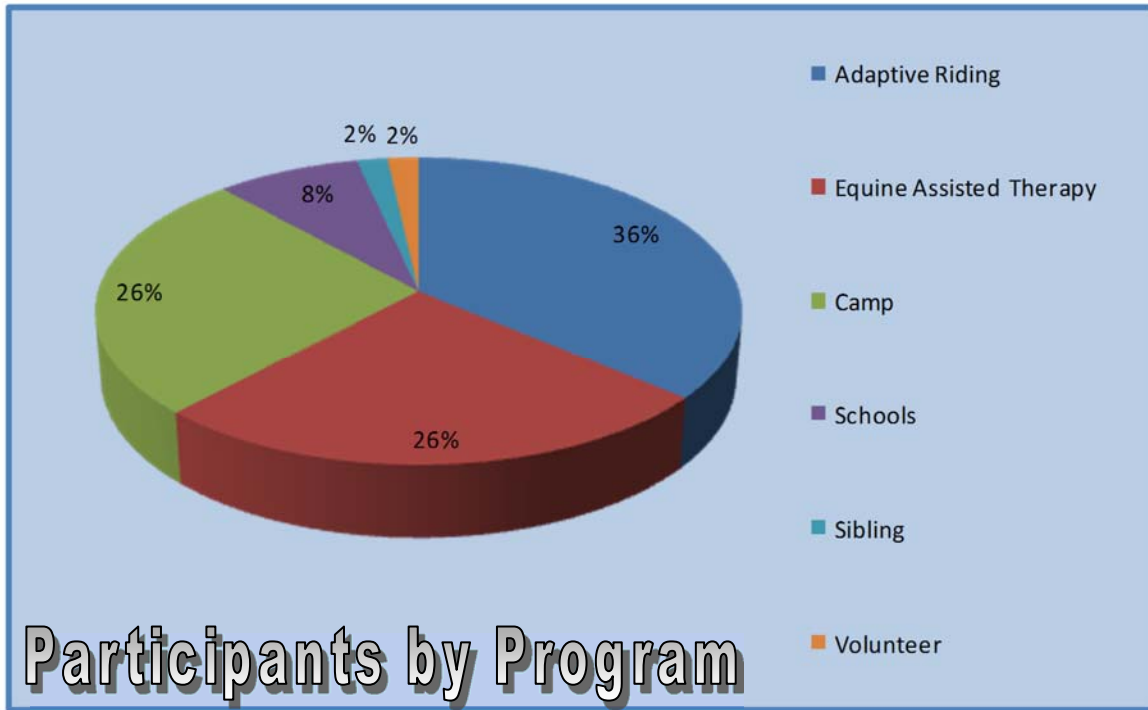
Horses

Board of Directors

Staff



Mane Stream celebrated forty one years of service to individuals with special needs in 2013. The programs that we provide include Adaptive Riding, Equine Assisted Occupational Therapy, Physical Therapy and Speech Therapy, Interactive Vaulting, and Summer Day Camp. Mane Stream instructors and therapists provided more than 3,200 hours of service for 171 participants at the Oldwick farm. The programs at Mane Stream were made possible with the help of 229 program volunteers that kept weekly commitments to assist in lessons, therapy sessions and camp. The organization received further assistance from an additional 124 volunteers that worked in supportive roles throughout the year.



History

Since 1972, Mane Stream has endeavored to improve the quality of life for children and adults who have physical, developmental, emotional and medical challenges by providing a diversified equestrian program. Mane Stream offers adaptive riding instruction for individuals with disabilities, equine-assisted occupational, physical and speech therapy, adaptive driving, an integrated summer camp and school and vocational programs. The facility operates six days-a-week, twelve months-a-year.

Mane Stream was founded by Octavia Brown as Somerset Hills Handicapped Riders Club on her Bedminster, New Jersey farm and was the first program in New Jersey and one of the first centers of its kind in the United States. It has grown considerably from the original three horses and six riders. In 1994, with a grant from the Blanche and Irving Laurie Foundation, the organization was able to purchase a twelve acre farm in Oldwick, New Jersey. SHHRC initiated a capital campaign in 1996 and began construction of the new facility in 1999. The completed 15,000 square foot facility, consisting of a fourteen-stall stable, tack room, indoor arena, storage area, offices and education center, became fully operational in September 2000. The success of the capital campaign is testimony to the fact that SHHRC was considered a vital organization and supporters were confident in the organization's ability to fulfill its mission, and Mane Stream continues to enjoy the same support and reputation today. The capital campaign was completed in 2001 when SHHRC was able to satisfy the final portion of the construction loan, providing the organization with a 12-acre farm and state of the art equestrian facility free of encumbrances.

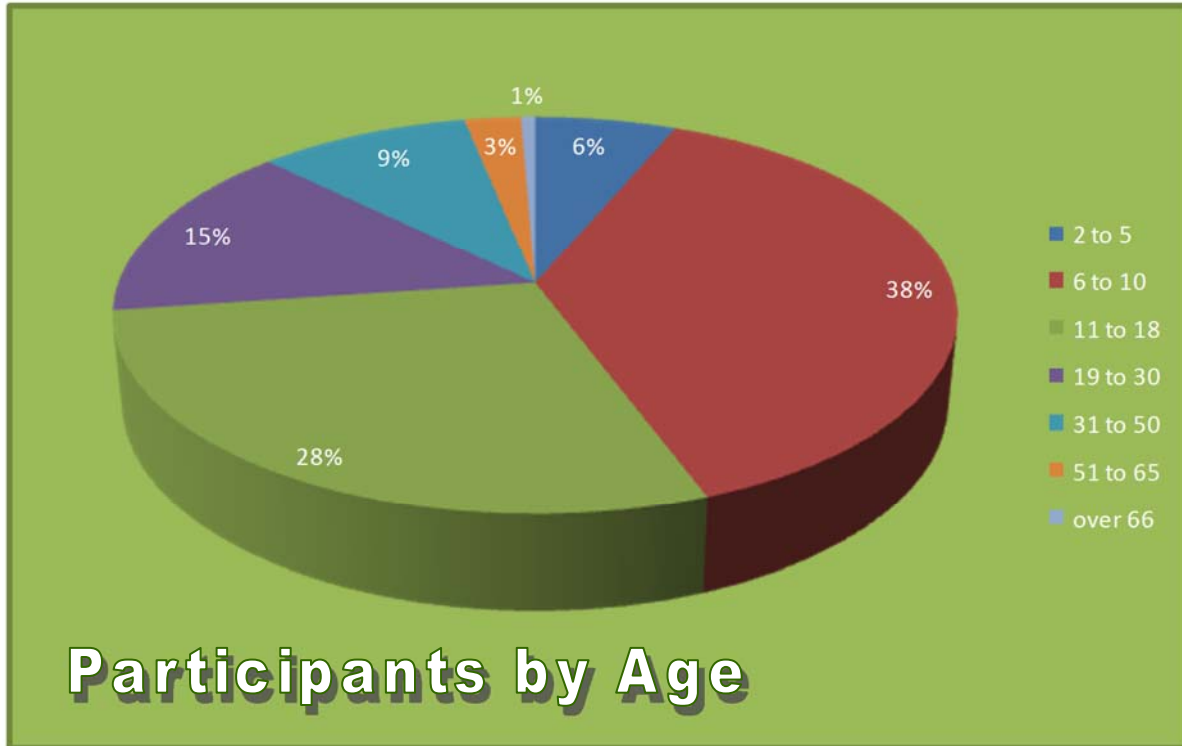
Since 1996, the number of riders served by the organization has increased from 53 to an average of 175 annually. The indoor arena in the recently constructed facility allows Mane Stream to serve clients 12 months a year regardless of weather and daylight. The expansion of Mane Stream's activities indicates that the organization is satisfying a need in the community. The significant support, both in financial contributions and volunteer commitment, Mane Stream enjoys indicates that the organization also has a high approval rating in our service area.

Initially, the organization offered one program, adaptive horseback riding. Adaptive riding is a recreational program. Riders participate in riding lessons taught by certified instructors using adaptive teaching methods and specially trained horses and volunteers. The purpose of adaptive riding is to provide physical activity and emotional benefit through the acquisition of horsemanship skills. In the spring of 1995, the organization expanded its services to include equine-assisted physical therapy followed by equine assisted speech therapy and equine assisted occupational therapy. 1996 marked a significant accomplishment for the organization when the then SHHRC had a site visit and evaluation for accreditation with NARHA (now Professional Association of Therapeutic Horsemanship International—PATH). Mane Stream is recognized as a PATH Premier Accredited Center and maintains that status by keeping over 150 operations, administration, safety and horse care standards and submitting to periodic on-site inspections. In 2008, Mane Stream added an equine assisted psychotherapy program to our medical treatment programs that was funded in full by the Virginia and Baretts O. Benjamin Foundation. Today, clients have access to diversified equine programs, including: adaptive riding, three equine-assisted therapies: physical therapy, occupational therapy, speech therapy, therapeutic driving, interactive vaulting, an inclusive day camp, and school programs.



Adaptive Riding

Adaptive horseback riding lessons is a recreational sport program that allows for individuals with disabilities to learn the horsemanship skills in a safe, supportive and fun environment. Mane Stream has seven PATH certified riding Instructors on staff. One of the instructors has additional certification in therapeutic carriage driving instruction and as an equine specialist for equine facilitated mental health programs. Another has additional certification in therapeutic carriage driving and interactive vaulting. Participants in therapeutic riding range in age from 5 years to 68 years of age.



Six riders were moved from the waiting list into the adaptive riding program. There are still 9 people on the waiting list for adaptive riding.

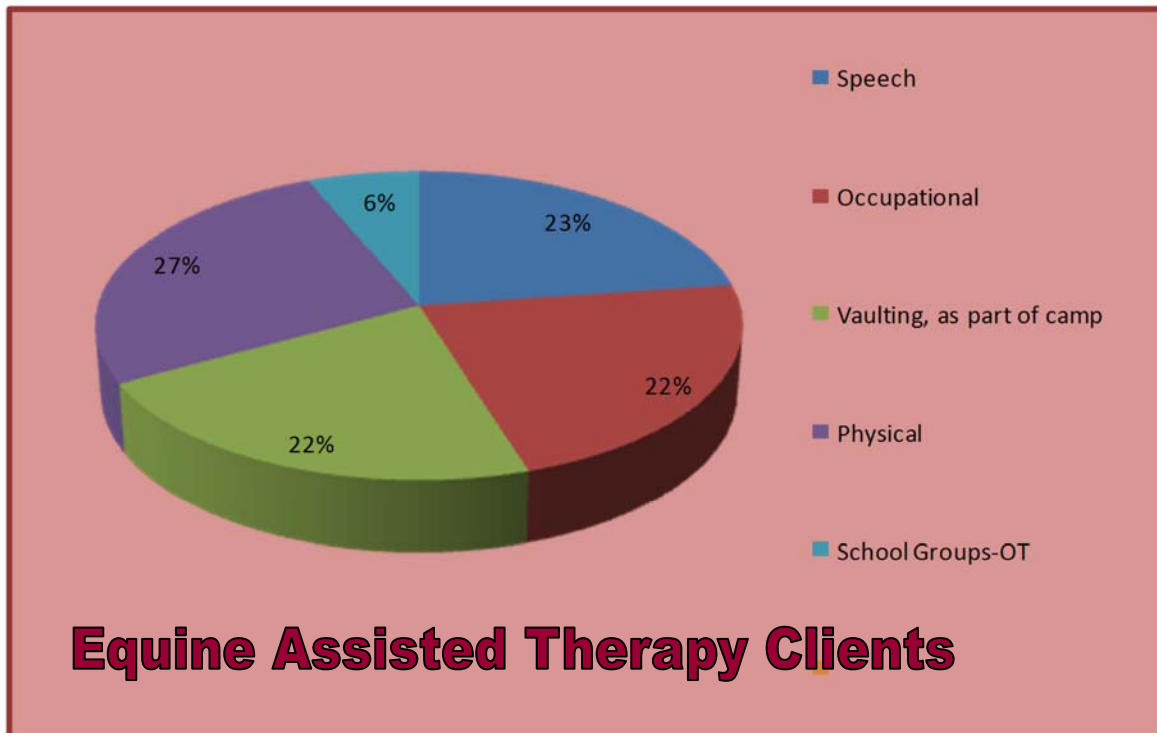


Equine Assisted Therapy

Equine Assisted Therapy is an umbrella term that describes our medical treatment program in which occupational, physical or speech therapists who are specially trained in the behavior and movement of the horse and how that movement can effect a client's body use to help their clients reach therapy goals. Mane Stream has an occupational therapist and physical therapist on staff. In addition, there is a speech therapist who is an independent contractor that provides services at Mane Stream. All therapists are PATH registered therapists and have completed a minimum of the Level I and Level II American Hippotherapy Association (AHA) training.

In 2012, 44 children participated in equine assisted therapy at Mane Stream. In addition, 14 students from Matheny participated in equine assisted occupational therapy.

Mane Stream has affiliate agreements with 5 universities in the tri-state area to provide fieldwork supervision for occupational therapy graduate students. In 2012, Mane Stream provided Level I. These students provided 80 hours of volunteer professional service to Mane Stream programs.



Camp Cold Brook

Mane Stream's summer day camp takes its name from the county preserve that borders the rear of the farm. The camp is open to children with and without disabilities generally ages 5 through 12 years. The children ride and participate in other horse and barn activities as well as crafts and games. The camp is a NJ State DOH approved and inspected youth camp.

In 2012, Camp Cold Brook filled 53 of 70 spots over a seven week period with 45 campers. Eleven campers were Mane Stream participants, the remaining 34 were from the surrounding communities. One camper returned for three weeks and one camper returned for four weeks. 21 of the 45 campers were able-bodied.



Interactive Vaulting

Interactive vaulting is a modification of traditional vaulting. The basic vaulting positions are taught, as are exercises, but many other aspects are added and subtracted depending on the needs of the individual vaulters. The appeal of an interactive vaulting class is that it provides an environment where the vaulter can progress at his/her own speed while still being part of a group working together. Instead of being competitive the class is designed to encourage teamwork, to discover and practice new skills and to have fun.

Interactive Vaulting can be used as a treatment strategy by a therapist for children who may have balance, attention, gross motor skill, or social deficits. This form of vaulting is not competitive and focuses on improvement in life skills. Like ballet on horseback, the student performs gymnastic and dance movements while on the moving horse improving balance and coordination; in addition, the importance of paying attention and following directions is learned. The exercises and positions used in interactive vaulting directly follow the sequential development of a child. From sitting to crawling to stooping and finally to standing... these are all things that are done on the back of the horse... while moving! Children maneuver (with assistance) into a variety of positions - i.e., sitting sideways, backwards, up on hands and knees, half standing, standing, etc.

The vaulting group at Mane Stream consists of up to four children with similar needs. The vaulting session lasts 60 minutes and includes physical warm-up, stretching and strengthening exercises, grooming and tacking the horse, barrel work and vaulting on the horse. Vaulting can be used to focus on teamwork, cooperation, taking turn, sharing, staying on task, waiting patiently, accepting differences and communication skills. The vaulting groups are lead by a licensed occupational therapist, who is also a PATH certified riding/driving/vaulting instructor.

During vaulting, a trained person is in control of the horse at all times. Vaulting is always done in a very controlled environment—in a fully enclosed arena in a consistent, large circle, in soft footing, with the horse attached to a "longe" line and controlled by a specially trained person (called a longeur). The horse, longeur, instructor/therapist and vaulter work as a team, with the longeur controlling the horse, the horse performing at a continuous gait (either walk, trot or canter, depending on the vaulter level). The vaulter performs a series of gymnastics and dance moves as directed by the therapist on the horse as it moves in its circle. Vaulting horses are not saddled, but they do wear a surcingle (or a roller) and a thick back pad. The surcingle has special handles which aid the vaulter in performing certain moves as well as leather loops called cossack stirrups. The horse wears a bridle and side reins.



Volunteers

In 2012, Mane Stream had approximately 229 program volunteers who were active participants in equine assisted therapy, adaptive riding, Summer Camp, the Matheny and Horizon program or special events such as the Horse Show or Ride-a-Thon. Over half of these volunteers returned from previous years to continue their volunteering efforts in 2012. In addition, we had many new volunteers join the program, in part as a result of our increase in recruitment opportunities. Because of this large volunteering population, there were very few instances throughout the year when we did not have at least the optimal number of volunteers per rider as designated by the instructors.

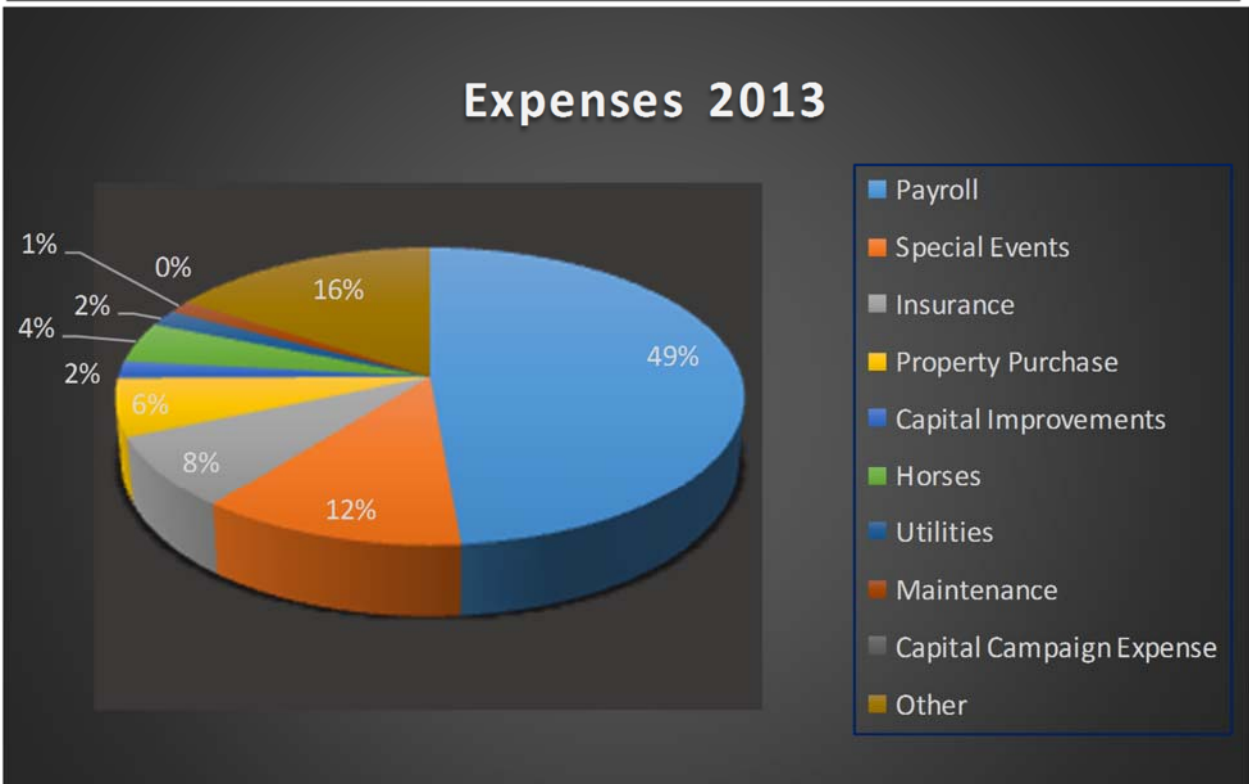
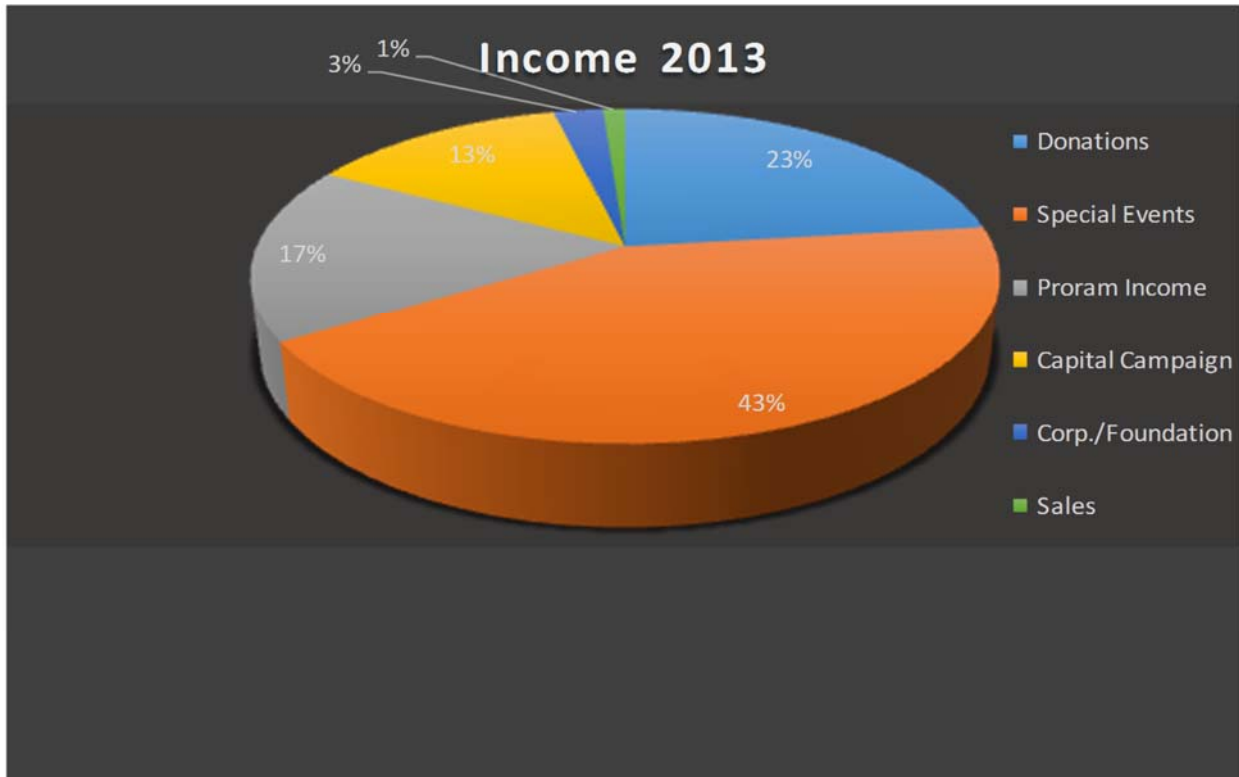
Mane Stream program volunteers provided a total of 12,098.5 hours of service in 2012. Volunteers also fill governance, fundraising and special project roles and provide professional services at no charge. Mane Stream has a 15 member volunteer Board of Directors that governs, sets policies and serve as advocates for the organization and its mission. An additional five professionals served in an advisory capacity to the Board. There were 42 individuals who helped with crucial fundraising events and projects and 26 employees from several local corporations who provided labor for several special projects. The total number of volunteers assisting Mane Stream in 2012 was 317.

Community Outreach

Members of local communities are extremely supportive of Mane Stream as evidenced by the number of volunteers we are fortunate to have and the financial support that allows us to operate. Mane Stream is constantly working to “get the word out” about our work and mission. We participated in 11 local and statewide festivals, community days and projects throughout the year. These provide volunteer recruitment opportunities as well as allow us to disseminate information about our programs for potential clients.



In 2013 Mane Stream had a total income of \$897,752 and total expenses of \$1,052,289.



Special Events

National Volunteer Week—April Our theme was “Bursting with appreciation for our Star volunteers”. Mane Stream staff, riders, therapy clients and their families contributed goodies, beverages, letters, drawings & photos to show their appreciation for our volunteers. Special “thank you” games & activities were incorporated into lessons & therapy sessions that week. There was also a “Guess how many Starburst candies in the jar” contest, prizes for 1 volunteer for each day.

Food Truck Festival

The fun and on-trend event was the idea of chair and Development Committee chair, Jill Friedland. The atmosphere was relaxed but very hip. Guests sampled cuisine from six different gourmet food truck that included Indian, Italian, Pan-Asian, American foods and Belgian waffles. Several of Mane Stream participants showed their skills in an exhibition of equine assisted therapy, adaptive riding and interactive vaulting. The evening raised over \$75,000 to support Mane Stream operations and programs.



Horse Show

The Annual Horse Show was held at our facility and had 16 competitors from Mane Stream. The “Nancy Penick McGarry Memorial Horsemanship Award” was awarded to junior rider Richard Dunn. The “Abby Clay Rutgers Memorial Award” was awarded to independent rider Elizabeth Wade. The Gracie Memorial Award was given to Richard Dunn.



Mane Stream 5k

Mane Stream hosted a 5k race and Fun Walk on October 6, 2013 at Mountain Park in Martinsville. Thanks to Board member Peter Crignano and his team, we had a wonderful turnout and outpouring of support for the second year of this event.



Ride-a-thon

The Annual Ride-A-Thon continued with the format introduced in 2011. Ride-A-thon was celebrated throughout the month of October during regular lesson/therapy times. The theme was “Fabulous Fall Fundraising Festival” and donors gave money in their name. This year the Ride-A-Thon raised over \$3,925.00 in pledges.

Volunteer Appreciation Party—October

Our theme was “A Royal Thank You for Mane Stream Volunteers”. Yellow, red & white flowers & balloons decorated the indoor arena. There was a BBQ buffet, games & Halloween themed crafts led by local Girl Scout troop, live music and a Volunteer Award ceremony. Over 150 volunteers, riders, therapy clients and family members attended.



Triple Threat Clinic

November 8, 9 and 10, Linda Dietz graciously hosted the Triple Threat Clinic at her Red Tail Farm in Bedminster. Proceeds of the clinic benefitted Mane Stream. Professional riders Nona Garson (show jumping), Chris von Martels (dressage) and Sinead Halpin (eventing) donated their time, talent and considerable expertise to instruct participants during the three days. Their kindness not only helped attendees to become better riders in their discipline but helped to provide funds for children and adults with special needs to share in the joy of riding.



EQUUS: Determination, Inspiration, Celebration

The Equus event committee produced another elegant gala at the newly renovated Ryland Inn in Whitehouse Station on November 16. Once again Southeby's Senior Hugh Hildesley did a fantastic job in raising the bar and dollars during the live auction all while keeping guests delightfully entertained. Equus was a huge success with 300 people in attendance.



The hard work of the event chair and committee were evident in the outcome, as the community once again showed their support for Mane Stream. The event raised over \$247,000 for adaptive horsemanship and equine assisted therapy programs.



Horses

The programs at Mane Stream would not be possible without our equine partners. Mane Stream has 19 horses and ponies that serve as our equine staff. 14 of those are stabled at our Oldwick farm and 5 are stabled at a facility in Branchburg. Though very different in many ways, the horses and ponies at Mane Stream are similar in their uniqueness when compared with the horse world in general. Their gentle temperament, quiet demeanor, willingness and quality movement set them apart as exceptional and make it possible for us to provide safe and effective programs for our participants. However, these special characteristics make it a challenge to find new potential equine partners for Mane Stream. We accept only 10% of horses that we take on trial and we only trial approximately 20% of the horses or ponies that are offered to us.



Mane Stream

It is the mission of Mane Stream to improve the quality of life for individuals with physical, developmental, emotional and medical challenges through a diverse program of equine assisted activities, equine assisted therapy and educational initiatives.

Board of Directors 2013

Officers

Linda Dietz, *President*
Kathy Kamine, *Vice President*
Ralph Tursini, *Asst Treasurer*
Cynthia Barkman, *Vice President*
David McShane, *Treasurer*
Karen Mikita Kaufhold, *Secretary*
Jessica Jansyn, *Assistant Secretary*

Directors

Peter Cirignano
Jill Friedland
Julia Greifeld
Sheila Tweedie

Emeriti

Helen J. Gordon
Marianne Saladino

Staff

Nichola Redmond, *Executive Director*
Gina Taylor, OT, *Director of Therapy Services*
Jennifer Dermody, *Equine Manager*
Jeanne Shroder, *Business Administrator*
Denise Cooke, *Communications Coordinator*
Catherine Kishel, *Barn Assistant*
Seth Newton, *Barn Assistant*
Catriona Coffey, *Barn Assistant*
Kathy Hart, *Program Director*
Holland Kochanski, *Barn Manager*
Carol Ferris, *Volunteer Coordinator*
Ruth Nortje, PT, *Physical Therapist*
Jim Heimbuch, *Facility Maintenance*
Melanie Dominko-Richards, *Barn Assistant*
Bill Bippus, *Groundskeeper*

