



The **Shea Center**
for Therapeutic Riding

NEWS

The Shea Center is dedicated to improving the lives of people with disabilities through therapeutic horse-related programs.

SAVE THE DATE

UPCOMING SHEA CENTER EVENTS

May | 30

Drive to Ride Client Horse Show & Open House



Shea Center clients of all ages will showcase their riding skills. All riders will be recog-

nized with ribbons presented by community leaders, donors and friends of the Shea Center. Sponsorship opportunities are available. Tours of the Shea Center facility will be offered. The entire community is welcome, and there is no admission fee to attend.

June | 20

SHEAnigans: An Evening of Horseplay and Magic

See page three for details.

September | 26

The Shea Center Family BBQ in partnership with Claim Jumper Restaurants

Held at the Center, this family event has a country-western theme and fun for all ages. The evening includes a BBQ dinner, rider demonstrations, carnival games, live and silent auctions, live music and dancing. Tickets and sponsorship opportunities are available.



Speech Therapy Pilot Program Makes a Difference in Cole's Life

Cole Kinzie is a gregarious seven year old boy with Cerebral Palsy who

began riding at the Center in June of 2008. When he first started, he was initially scheduled for two sessions, one with Terri Hutchison, speech language pathologist, and the other with Trish Evans, physical therapy assistant. During Cole's first speech therapy session, it was apparent that his physical limitations made it difficult for Terri to focus on improving his speech and communication skills. Terri and Trish began to co-treat him and the result has been extremely successful and positive. Simultaneously having both Trish and Terri's expertise has yielded a lot of improvement for Cole. When he first got on a horse, Cole could not sit up but within 3 lessons his mom, Victoria, was amazed to see him sitting up due to increased trunk strength. In addition, he can now close his lips to blow horns and voluntarily exhales to blow soap bubbles. This is teaching Cole how to control respiration necessary for speech production. He is now able to use brief word expressions. He has become very confident and proud of his abilities achieved at The Shea Center. His mom says that one of the most important improvements she sees is Cole's willingness to try to say new words and to attempt what is asked of him.

THANKS TO ECF OF BOEING CALIFORNIA!

The Shea Center speech therapy program began in 2008 and continues in 2009 thanks in part to the Employees Community Fund of Boeing California who presented The Shea Center with a \$25,000 Crystal Vision Award.

Spring
2009

In this issue

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"The welfare of each is bound up in the welfare of all." – HELEN KELLER



A message from
Mark Aldrich,
Chairman of the
Board, and
Dana Butler-Moburg,
Shea Center
Executive Director

This is the time to give

This is a time to give, not just of your treasure. Give of your talents and time. It is the right time to care for each other.

The demand for our services at The Shea Center has never been greater and we do need continued donations to support client services, but the generosity of our volunteerism shines brightly, enduring through the darkest night.

Better times will come. Make a personal investment – volunteer at the Shea Center and be a part of changing the lives of our clients and their families for the better.

Shea Center Wish List

Tack

3 new Supracor Bareback Pads @ \$450 each to provide riders with a heightened feel of the horse

Program Equipment

15 business two-way radios @ \$170 each to replace and upgrade the recreational walkie-talkies used by our therapists, instructors and program staff

Auction Items

unique items, vacation experiences, event tickets, or other new items to auction at the 2009 Gala and BBQ

Drive to Ride Sponsorships

cash gifts of all sizes to support client services and therapeutic riding programs

For information, please call (949) 240-8441, ext. 111 or www.sheacenter.org

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Mother/Daughter Volunteer Team Denise & Emily Shields

In September of 2006, Denise and Emily Shields first volunteered at The Shea Center together. Through the Monarch Chapter of the National Charity League they came to The Shea Center to help during our annual BBQ event. They were given a script to read to guests as they arrived which gave them a great overview of the Center and they decided that it would be a meaningful place to volunteer. As a mom, Denise feels it is very important to

teach her daughter, Emily, about giving from the heart. "I can't think of a better way to set that example than to spend time volunteering at Shea; a place where miracles of the heart happen almost daily." Shortly after the BBQ event, Denise & Emily signed up to become program volunteers and completed the necessary training.

When they began, they knew they'd love working with the horses, but the real relationships came when they worked with the clients. Denise says, "It is so rewarding to see them make progress and know you are a part of that progress." One memorable moment was when a client, whose parents were told she would never walk, used a walker and a hand from her therapist, Trish Evans, and walked all the way from the barn to the parking lot. It was an emotional moment for everyone involved. Denise and Emily have many reasons for coming back session after session to volunteer at The Shea Center including the clients, the staff, the horses, as well as other volunteers. "There is no doubt a special bond is created between people that do such meaningful work together," says Denise.

"...volunteering at Shea; a place where miracles of the heart happen almost daily."

Help us to conserve paper and resources!

Please visit our website at www.SheaCenter.org to learn more about the Center's programs, services, volunteering, news, and events.



Shea nAnigans

An Evening of Horseplay and Magic...

The 2009 Annual Gala

The Shea Center will host its annual black tie gala on Saturday, June 20 at the Montage Resort & Spa in Laguna Beach. The theme this year will be one of humor, fun and surprise. Event co-chairs Debbie Martin and Toni Christiansen are excited about the evening's festivities which will feature roving performers on the picturesque Pacific Lawn during the cocktail hour and silent auction. Once inside the ballroom, the entertainment will continue as various acts surprise and delight the guests throughout an elegant gourmet dinner and spectacular live auction. The dinner and live entertainment will be followed by dancing. The Michael Lewis Friends of the Disabled Awards will be presented to two honorees that have made meaningful differences in the lives of Shea Center clients. The honorees this year are Dave and Renee Ritchie and Dr. Richard Markell, DVM. They are outstanding examples of community support, volunteerism and philanthropy.

The gala committee held a Ladies Night Out on March 12th that raised over \$15,000 in support of the gala to help underwrite expenses. The evening was a fun-filled affair for over 170 women generously hosted by Stuart & Julie Frost. If you are interested in joining the committee, please contact Susan Martin at smartin@sheacenter.org or 949-240-8441 x101.

Individual tickets are \$400 and include valet parking and complimentary beverages during the cocktail hour. Sponsorship and table opportunities are still available. For information on SHEAnigans tickets/sponsorships please visit www.sheacenter.org.

If you are unable to attend, please consider donating or soliciting an auction item. If you have any ideas, please let us know. We would be happy to make the contact and request the donation on your behalf. No idea is too small or too big or too unique! For auction donations please contact Julie Johnson at jjohnson@sheacenter.org or 949-240-8441 x126.

Balimo Program Yields Faster Results for Clients

Balimo stands for Balance in Motion, a program developed by Eckart Meyners, a Professor of Sports Physiology & Movement Education at the University of Luneburg, Germany, who conducts research on improving athletic performance. Eckart combined components from several existing programs such as yoga, physical therapy, pilates and kinesiology to create a series of exercises that affect the body's coordination, balance, strength and rhythm. Soon after Janelle Robinson, Physical Therapist & Program Director, and Dana Butler-Moburg, Executive Director, were introduced to Balimo, they knew the program would be beneficial to Shea Center clients and began thinking about how to apply it to riders with disabilities. Over the course of five years, they spent time learning Balimo, working with Eckart in Germany and the U.S. They taught our instructors the foundation and theory behind the exercises who then worked with our clients and the results were excellent. When applied, Balimo's creative exercises get quick results that would traditionally take a very long time, sometimes even years. The lessons are task oriented, which is a more flexible, creative approach, as opposed to command oriented, where riders are given a verbal list of strict commands. The exercises are comprised of simple, easy movements to address blockages in the rider's body. These exercises lead to improvement of a rider's balance and relaxation. They give the instructors a set of tools and a system to look at the rider as a whole in an effort to treat the cause versus the symptom. Balimo looks at each rider individually and recognizes that every body is different. Our instructors feel re-energized when using Balimo because the creativity allows them to address each client's needs individually and as a result are reaching goals more quickly.



A Streak of Luck Comes to the Center

Streak of Luck (aka Streaker) is a 14 year old chestnut thoroughbred gelding donated to the Center by owner Michele Ryan in June of 2008. Streaker's quiet, safe and obedient disposition makes him a wonderful partner to our clients in the Center's sport riding classes. Streaker retired from a successful career in the hunter show ring and made his debut as a therapeutic riding horse last June at the Center's Drive to Ride horse show. Michele Ryan not only donated Streaker to the Center, she generously co-sponsors him, along with one of our riders, Brianna Eddy. The Shea Center horse sponsorship program provides the funds to support the cost of caring for our therapy horses. For further information on horse sponsorship opportunities, please contact Cindy Bobruk at (949) 240-8441 ext. 111 or cbobruk@sheacenter.org.

The Shea Center clients and staff welcome Streaker as part of the program. Come see our riders and horses, including Streaker, in action at our May 30th horse show.



What Will Rachel Do Next?

Rachel Varriano is a four year old girl with global development delay and mitochondrial disorder. A person with mitochondrial disorder may experience loss of motor control, muscle weakness, poor growth and developmental delays. Her parents, Jane and Rich, brought her to The Shea Center to meet Janelle Robinson, Physical Therapist & Program Director, to have

her evaluated. In February of 2008 Rachel was accepted into our hippotherapy program when she was two and a half years old.

Right away, her parents saw an improvement in Rachel's sensory functions and balance. When Rachel hears "her" horse's name, or even sees a horse on television, she lights up. She is using her "go" sign that she learned during her hippotherapy to communicate in her daily life. Rachel mimics movements with her mouth, but is not yet able to produce sound and speech at the same time. She is on the waiting list to receive speech therapy at the Center.

Dr. Abdiner of CHOC, who treats Rachel, credits her riding at the Center with dramatic health improvements. Rachel's balance has improved as she can now catch herself and hold her head up independently. Jane and Rich say that The Shea Center has "given us a whole new hope. We see possibility for our daughter." Jane says that she is very thankful for the Center. With tears in her eyes Jane wonders, "Do donors know first hand what they do here? You're really helping us build a life."

Jane says The Shea Center has taught Rachel and her whole family two important things: to be amazed and to not be fearful. She says she can't help but wonder; what will Rachel do next?

Lead the Way

Do you have cash or other assets that you intend to eventually give to your children or other family members? Would you like to do something to support The Shea Center? What if you could let The Shea Center use your assets for awhile, then pass your property to your family at a reduced tax cost? You may be able to do just that with a **charitable lead trust**.

With a charitable lead trust, a donor contributes cash, securities or other property to a charitable trust. The trust then makes fixed annual payments to The Shea Center for a specified number of years. When the trust expires, the property either reverts back to the donor or goes to your children or whomever you've designated.

The lead trust is a great way to make a significant gift to help The Shea Center today while preserving your assets for your loved ones with little to no tax liability.

Because of the unique features of a charitable lead trust, the trusts work best when interest rates are low. Now may be the time to become a leader in a whole new sense at The Shea Center!

If you would like more information, we invite you to talk with Dana Butler-Moburg at (949) 240-8441, ext. 102.

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Contributing writers: Dana Butler-Moburg, Cindy Bobruk, Julie Johnson, Dana Ludutsky-Green, Susan Martin, Charles Nunn

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www.sheacenter.org

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The J.F. Shea Therapeutic Riding Center

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The Shea Center *for Therapeutic Riding* NEWS

Spring 2009



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The **SheaCenter**
for Therapeutic Riding

2008 highlights

■ Served more than **525 children, teens, and adults** with over 72 different diagnosed disabilities through our hippotherapy and therapeutic sport riding programs.

■ Initiated a **pilot speech and language therapy program** and hired a part-time speech-language pathologist to provide speech hippotherapy services for our clients.

■ With a generous seed grant from the RichLynd Fund, we launched the **Heroes on Horseback** pilot program in collaboration with a team of six therapeutic riding center representatives to serve wounded soldiers from Balboa Naval Hospital's C5 Unit. This grant enabled us to implement this special pilot program at no charge to any of the service members.

■ Offered **three weeks of summer equestrian programs** at the Shea Center in 2008 for children of military families from Camp Pendleton thanks to the RichLynd Fund and the Weingart Foundation. One week in particular was a collaborative partnership held at The Shea Center for children with special needs in the CAMP FLASHH program out of the Armed Services YMCA at Pendleton.

■ **Collaborated with local organizations** including: Capistrano Unified School District's RH Dana Exceptional Needs Facility, Vocational Visions, New Vista School, and the MS Society.

■ Partnered with seven Southern California universities by offering **internships and other field experience opportunities** for students pursuing degrees and careers in physical therapy.



■ Celebrated the Shea Center's **30th anniversary** and three decades of improving the lives of children, teens, and adults with disabilities through our therapeutic horse-related programs.

www.sheacenter.org

Our Mission in 2008



Our Clients

The youngest client at The Shea Center is two years old. Our oldest client is 76 years old.

TOTAL NUMBER OF CLIENTS SERVED IN 2008: 525

85% of clients are under age 18

15% of clients are over age 18

31% of our clients have a physical disability

49% of our clients have a cognitive disability

20% of our clients have both a physical and a cognitive disability

45% of our clients are male; **55%** percent of our clients are female

TOP 10 DIAGNOSES TREATED AT THE SHEA CENTER

A total of 72 different diagnoses were seen in 2008 with 75% of our clients falling into the following top 10:

- | | | |
|---|--------------------------------|--|
| 1 Autism Spectrum/Aspergers Syndrome 26% | 4 Down Syndrome 5% | 8 Epilepsy 2% |
| 2 Cerebral palsy 21% | 5 Mental retardation 4% | 9 TBI (traumatic brain injury) 2% |
| 3 Developmental delay 8% | 6 Multiple sclerosis 3% | 10 Speech delay/sensory integration issues 2% |
| | 7 Rett Syndrome 2% | |



Our Volunteers & Staff

■ Number yearly volunteers: **450 with over 15,000 hours** of service, including lessons and events

■ Number of volunteers per session or week: **200 on average**

■ 52% of our volunteers are **under age 18**

■ 48% are **age 19 and over**

■ 87% of our volunteers are **female**

■ 13% of our volunteers are **male**

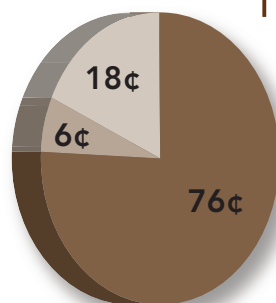
■ 13 **full-time** staff

■ 12 **part-time** staff

■ 24 **horses in service** to our clients



For every dollar donated to The Shea Center in 2008:



■ **76¢** was spent on programs for our 525 clients

■ **6¢** was spent on management and general operating expenses

■ **18¢** was spent on fundraising for the Center

2008 audited financial statements available on our website at www.sheacenter.org



Your Support in 2008

In 2008, 733 donors supported the Shea Center. We appreciate every donor who supports our mission and recognize the following donors who gave \$5,000 or more to the Shea Center during 2008:

The Shea Center for Therapeutic Riding

THE J.F. SHEA THERAPEUTIC RIDING CENTER IS DEDICATED TO IMPROVING THE LIVES OF PEOPLE WITH DISABILITIES THROUGH THERAPEUTIC HORSE-RELATED PROGRAMS.

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Chairman of the Board

Susie Roof –
Immediate Past Board Chair

Steve Howard –
Vice Chair, Development

Marcia Jager – *Secretary*

Steve Stambaugh – *Treasurer*

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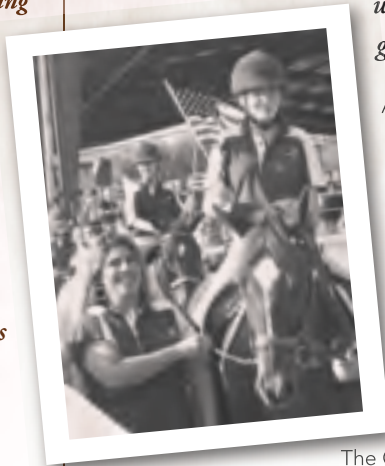
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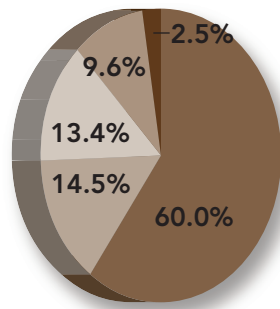
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REVENUE

The Shea Center relies on charitable gifts, foundation grants, and event sponsorships from our many generous friends in the community to support our therapeutic riding programs and to ensure that our services are as accessible and affordable as possible.

Thank you to our generous donors who provided more than 84% of our operating revenue in 2008:

- 60.0% EVENTS
- 14.5% GRANTS/DONATIONS
- 13.4% PROGRAM FEES
- 9.6% DRIVE TO RIDE FUND
- 2.5% OTHER