

Grab your boots and get ready
for Forward Stride's benefit bonanza!



Cowgirl Ball

Saturday evening, October 10, 5:30pm—10:00pm
At the Tiger Woods Center, Nike World Headquarters, Beaverton, OR



For more information or to purchase tickets visit:
www.cowgirlball.com



18218 SW Horse Tale Dr.
Beaverton, OR 97007

Program Guide Fall 2009



★ OUR CORE VALUES ★

Compassion, Empowerment, Bravery, Service Excellence, Safety

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LOCATION

18218 SW Horse Tale Dr.
Beaverton, OR 97007
TEL (503) 590-2959
FAX (503) 590-2969
www.forwardstride.org

CALENDAR

Labor Day Program Break	Sept 4-13
Best Ever Barn Sale	Sept 12
Fall Sessions Begin	Sept 14
Autism Speaks Resource Fair	Sept 26
Financial Planning Presentation	Oct 1
FACT Resource Fair	Oct 3
In-Service Day for Schools	Oct 9
Cowgirl Ball	Oct 10
Halloween Horse Show	Oct 24-25
Estate Planning Presentation	Nov 5
Annual Volunteer Meeting	Nov 16
Thanksgiving Break	Nov 25-29
Winter Break	Dec 21
Winter Sessions begin	Jan 3



ABOUT US

Did you ever dream that you could fly? At Forward Stride fragile bodies gain power, gather speed and can soar. Forward Stride promotes healing and growth by putting children and adults in relationship with magical horses. Clients from ages 2 to 95 ride, vault, and participate in innovative physical, occupational and mental health therapies as well as wellness and prevention activities. Through our nationally-recognized, evidenced-based programming, Forward Stride enables each individual to blossom with confidence and independence.

Founded in 2003, Forward Stride is a 501(c)(3) nonprofit. We are the only nationally accredited center in the Portland/Vancouver Metropolitan Area and the largest in Oregon. **We are dedicated to improving lives through individualized services and programs rooted in Equine Assisted Activities and Therapies (EAAT).**

Our services are offered by licensed, credentialed professionals at a NARHA Premier Accredited facility. Premier Accreditation ensures that our instruction, safety, and programming are of the highest quality. Our nonprofit organization serves approximately 175 clients each week using 21 horses and over 200 dedicated weekly volunteers.

WAYS TO SUPPORT

Our goal is to link arm-in-arm with our community in order to best serve our clients. Stewardship of our resources is a high priority within our organization. Forward Stride is a 501(c)(3) nonprofit corporation and our tax ID #32-0082786.

Take a tour. Sign up for one of our weekly tours where you can learn more about our mission and our programs. Ask your friends, church or community group to join you and we'll arrange for a special tour.

Donate time, money or resources. You can impact lives by making a tax-deductible donation today. In addition to financial support, we'd love to receive donations of equipment, feed, services, talents and skills -- you name it. Are you a plumber, electrician, tradesman or a handy do-it-yourselfer? We'd sure appreciate your help with our 60-acre facility. Check out our Wish List (on our website) for specific items.

Connect us with your company. If making a donation, please ask your employer for a company match. You might also consider Forward Stride through a United Way campaign or other employee giving program. We'd love to bring one of our therapy horses to your workplace for a community or outreach event - or treat you and your co-workers to a special tour of our facility. And finally, you, as an employee, are in a unique position to introduce us to your executive team, which could result in a corporate sponsorship, a gift of pro bono goods or services, or other corporate contribution. Together, we can do great things!

Join us at the Cowgirl Ball! This benefit bonanza is a super way to learn about our mission and have a great time too. This year's ball is on October 10 at the Tiger Woods Center on the Nike campus. More details can be found at www.cowgirlball.com.

REGISTRATION

Registration is an automated process for us (keeps our costs down!) and the quickest way to get started is to go to our website (www.forwardstride.org) and click on the "Register" buttons. Alternatively, you can phone our office.

All class and therapy sessions require an evaluation for placement. Growth & Learning and Special Opportunities do not. Based upon the evaluation, available placements are identified. We work diligently to move clients off waitlists!

Gift certificates are also available by contacting our office.

VOLUNTEER

We wouldn't exist if it were not for our volunteers. They are dedicated. They are remarkable...and they directly affect the quality of so many lives. The program volunteers work directly with the instructors or therapists to provide assistance prior to and during lessons. Responsibilities include participating in the lesson by leading the horse or sidewalking, and grooming and tacking the horses. All training is provided. Other volunteer opportunities include facility projects, events, sensory trail, horse care and assisting in the office. Minimum age is 12.



SPEAKER SERIES

For current volunteers only
RSVP to the office by
Thursday before session

Dr. Mark DePaolo, DVM

Nutrition, acupuncture and chiropractic care.

Friday, Sep 25 7:00pm

Dr. Barb Crabbe, DVM

Parasite control, West Nile and Pigeon Fever.

Friday, Oct 23 7:00pm

Dr. Victor Alexander, DVM

Pre-purchase exams and what to look for in a potential horse.

Friday, Nov 13 7:00pm

Dr. Jennifer Saunders, DVM

Learn proper equine dental care and it's impact of nutrition and health.

Friday, Jan TBD 7:00pm

Initial Training 101: mandatory for all volunteer placements. See website for monthly training schedule. No cost.

Continuing Education: \$125/series. Current volunteers may receive fee voucher from Equine Coordinator.

100 Basic Horse Handling Series

Horse-Human Interaction 102

How Horses Learn 103

Grooming & Tacking 104

Leading 105

Freework 106

200 Advanced Horse Handling Series

First Aid 201

Clipping & Bathing 202

Lunging 203

Long Lining 204

Desensitization Training 205

300 Training Team

Meets monthly under the direction of the Equine Coordinator.

HIPPOTHERAPY

Hippotherapy is a physical, occupational or speech therapy treatment strategy that utilizes the multi-dimensional movement of a horse. These clinical sessions are conducted by licensed therapists with specialties in pediatrics, orthopedics, Sensory Integration and Neuro-Developmental Treatment. It does not teach riding skills. Hippotherapy is endorsed and recognized by the American Physical Therapy Association and the American Occupational Therapy Association. This strategy is used as part of an integrated treatment program, with the ultimate goal of achieving functional outcomes.

Forward Stride does not process insurance claims, however we will supply you with appropriate paperwork to submit to your insurance company. Please check with your insurance carrier for coverage of physical or occupational therapy services.

Staff therapists include; Sarah Kramer, MOTR/L; Erin Nolan, DPT; Mashelle Painter, COTA, Laurie Schick, MPT

Physical and Occupational Therapy Initial Evaluation

By appointment \$120/session

Physical and Occupational Therapy Sessions

Mondays 9:30am-6:00pm \$90/session

Tuesdays 3:00am-5:00pm \$90/session

Wednesdays 10:00am-6:00pm \$90/session

Thursdays 10:00am-8:00pm \$90/session

Providence Newberg Rehabilitation Services

Contact Providence directly for scheduling and cost

Tuesdays 2:00-5:00pm Valery Brisbane Sampson, MOTR/L



RIDING

The horse takes 3,000—4,000 steps per 50 minute session, which creates a powerful resonance in the human body and offers a highly effective therapeutic, wellness and prevention tool. This adaptive and inclusive program includes many specialty classes and also offers clients competitive and club opportunities. Class placements take into consideration client goals, age, health issues and ability levels. Unless otherwise specified, classes are 50 minutes long, are group lesson price and may include unmounted lessons in case of inclement weather.

Teaching team includes; Erin Eide, Amber Henneck, Mary Ann Kappa, Kris McCarthy, Pati Nelson, Mashelle Painter, Meridith Stevens

Initial Evaluation

Mandatory for new clients. Upon registration, you will be contacted for scheduling. During the evaluation, we will develop an individualized outcome plan and process your placement into the following classes.

Body & Mind Fundamentals

Using the horse's movement, the rider builds necessary core strength, stability and balance, body alignment and spatial awareness. For people seeking to master muscle control through the abdominals, back and legs resulting in a relaxed and organized body. 25 minute private sessions.

Basic Riding Skills for English or Western Levels 1-4

These courses are designed to help individuals with their basic ability to control the horse at all gaits while being a balanced rider. We offer English or Western options. Games, fun activities and patterns are utilized to teach required skills at each level. After the skills in these first four Levels are consistent, we offer specialized lessons.

Dressage Training-2nd Level

Dressage is the foundation of training for all of our horses. In these classes, clients will learn how to begin to influence the horse to move with better posture and grace. Patterns and activities become more advanced for both horse and rider.

Jumping

These classes require that clients have passed Training Level Dressage as well as the Basic Riding Skills. Our focus is on safe, fun jumping training that is good for developing both the rider's and horse's core strength.

Western Patterns

Once clients have passed the first 4 Basic Levels, they have the option to continue to do more advanced western classes, learning to influence the horse for better movement and consistency. Patterns and activities become more advanced for both horse and rider.

PUBLIC & PRIVATE SCHOOLS

IEP Assistance

Individualized Educational Plan (IEP) consultation, development and services. Forward Stride may be a service provider for special education, occupational therapy and adaptive PE requirements within your school district.

By appointment \$45/session

Statewide In-Service Day

Looking for an innovative way to increase student success? Understand research and practices surrounding Equine Assisted Activities and Therapies. Learn how physical therapists, occupational therapists and speech language pathologists use clinical hippotherapy services as part of a student's treatment plan. Interactive presentations and hands on demonstrations. First 16 registrants will get to participate in an experimental physical therapy session using the horse as a treatment tool so register early! Participants will receive a certificate of attendance for 4 contact hours of professional development. CEU's may be available.

Friday, October 9 9:00am—1:00pm \$45/session Limit: 32 participants



SPECIAL OPPORTUNITIES

Cowgirl Ball

Join us for our benefit bonanza at the Tiger Woods Center on the Nike campus. Includes dinner and dancing to the boot tappin' beat of live Western Swing music, wild rides on Buck the Mechanical Bull, Dirty Dozen auction, blackjack, and Texas Hold'em Tournament

Saturday, Oct 10 5:30pm \$95/ticket purchase at www.cowgirlball.com

Halloween Horse Show and Open House

The fall Halloween Horse Show is a great opportunity for our clients to show their friends and family all the wonderful skills they've been learning!

Saturday October 24 and Sunday October 25

Annual Volunteer Meeting

Forward Stride is hosting our 3rd Annual Volunteer Meeting in November. Please join us to do a "needs assessment", visit with other volunteers and enjoy refreshments. Your valuable input helps make our organization better. Come and share your constructive feedback and voice your ideas about future planning.

Monday, November 16 6:00pm—8pm



EQUINE FACILITATED PSYCHOTHERAPY

Clients benefit from EFP through the partnership of a talented therapist and highly sensitive horse. Horses act as huge bio-feedback mechanisms as they immediately respond to human body language, facial expressions and emotions. Therapy horses also act as mirrors, helping to reflect and reveal attitudes, behavior and psychosocial patterns. Horse experience is not necessary for participation.

Forward Stride does not process insurance claims, however we will supply you with appropriate paperwork to submit to your insurance company. Please check with your insurance carrier for coverage of individual or group psychotherapy services.

The Horse to Health Experience™: Cancer Support Intensive

Magical experience consisting of three 2-hour group sessions. The group will allow you to gain an understanding of the impact of horses in the healing process.

Dates TBD 5:30pm—7:30pm Cost: \$195.00 Limit: 6 participants

Private Psychotherapy

Individual, couple or family sessions invite and facilitate behavioral change, emotional stability, mindfulness and flexibility. May augment other offerings.

By appointment \$90.00/50 minute session

HORSES FOR HEROES

We're beginning to serve the unique needs facing our returning military service personnel through a multi-faceted approach of hippotherapy, sport riding and a Combat Stress Injury Support Group. Please contact our office for more information about this offering.

Forward Stride was chosen as 1 of 12 centers in the nation to participate in Project Healing Horse, which assists military veterans. For more information, visit www.projecthealinghorse.com

The Horses For Heroes program requires the significant presence of military (active or retired) men and women to assist as volunteers as only they can relate to the healing process of service personnel. Please consider volunteering today.



RIDING

Western Gaming

Many of our clients enjoy the fun of timed western events such as pole bending, barrel racing and keyhole. These classes require that clients have passed Western Patterns as well as the Basic Riding Skills. Our focus is on safe, fun jumping training that is good for developing both the rider's and horse's core strength.

Drill Team

Clients may ride English or Western and still participate in our Drill Team classes. Basic Riding Skills 1-4 are prerequisite to this offering. Drill emphasizes team building with other clients as well as the horse while learning intricate group patterns to be ridden to music.

4H and OHSET (Oregon High School Equestrian Teams)

We offer 4H and OHSET-focused classes for clients wishing to participate in those activities. It is a prerequisite to pass the Basic Riding Skills and clients must also utilize our Package Ride option in order to compete (please discuss with your instructor).



FEE SCHEDULE

Initial Evaluation	\$45/session
Body & Mind Fundamentals	\$128/month (based on 4 weeks)
Group lessons (limit of 4 riders)	\$128/month (based on 4 weeks)
Semi-private lessons	\$45/lesson
Private lessons	\$55/lesson
Family Ride	\$128 (up to 4 family members)

Package Options (as outlined in client outcome plan)

Basic Package: 1 lesson/week, 1 independent ride/week	\$200/mo
Basic Plus Package: 1 lesson/week, 2 independent rides/week	\$250/mo

Showing options are also available as outlined in your client outcome plan.

VAULTING

Some trace the origins of vaulting to Roman games, which included acrobatic displays on cantering horses. People have been performing acrobatic and dance-like movements on the backs of moving horses for more than 2,000 years. Forward Stride's inclusive vaulting program specifically addresses the physical and psychosocial needs of kids as they grow stronger and more mobile. Working individually or in teams, vaulting teaches students character building skills like teamwork, trust, focus and self-confidence.

Teaching team includes; Amber Henneck, Gabe Aniello, Marci Siegel-Kittrell, Sue Detol and guest clinicians

Initial Evaluation

Mandatory for new clients. During the evaluation, we will develop an individualized outcome plan. Cost \$45.

Introductory and Interactive Vaulting

Sundays 1:00pm-1:50pm \$100/month
Based on 4 weeks. Limit to 4 participants.

Barrel Vaulting (includes conditioning, stretching and fundamental skills)

Monday 4:00pm-4:50pm \$100/month
Based on 4 weeks. Limit to 8 participants.



GROWTH & LEARNING

First Thursday Presentations

RSVP to the office by Wednesday before session

★ *Financial Planning for Special Needs Families*

Join financial advisor, Mackenzie Martin, from the North Star Resource Group, as she helps families to "make sense of dollars and cents" by exploring financial planning life skills for all families.

Thursday, Oct 1 6:30pm—8:30 pm No cost to attend with RSVP

★ *Estate Planning for Special Needs Families*

Join attorney Tim Nay, from the law office of Nay & Friedenberg, as he explores basic estate planning (wills, trusts, medical directives and power of attorney), the legal process, assets to fund trust, and an introduction to special needs trusts.

Thursday, Nov 5 6:30pm—8:30 pm No cost to attend with RSVP

Questions? Call our office at (503) 590-2959

GROWTH & LEARNING

Youth Night

Parents...take a night off! Forward Stride's unique youth program builds character, instills confidence and increases resiliency. We have carefully designed three inter-related components, which guide youth into young adulthood with integrity and intention. Ages 6th-12th grade. Bring a sack dinner, water bottle and notebook.

Action: choose from three different activity tracks—vaulting team, drill team, and special unmounted projects.

Learn: built upon the French system of sequential equine education, which promotes the exploration of their passions and also connects them to field professionals (veterinarians, clinicians, etc).

Serve: Forward Stride is built upon a foundation of volunteering. At Forward Stride youth experience that their presence matters and that they can impact the lives of others through an ethic of service and community.

Fridays 4:30-8:30pm
\$80/month (based on 4 weeks)

Picture at right: Dr. Ron Friedman, DVM, teaching teens about equine dental procedures.

Girl Scouts

Forward Stride, approved outfitter of the Girl Scouts of Oregon and SW Washington, offers badge and service opportunities for Girl Scouts beginning at the Brownie Program Level. Girls will complete all requirements to achieve an earned recognition at each Program Age Level. The visit will include a mounted lesson and either the Horse Fan Badge or Horse Sense Interest Project Award.



Does not include a Brownie Try-It. Maximum group size is 15. Cost is \$30 per girl.

Sept 4 10:00am—1:00pm
Oct 9 10:00am—1:00pm
Oct 23 10:00am—1:00pm
Nov 6 10:00am—1:00pm
Nov 27 10:00am—1:00pm

More information, tour and newsletter sign-up: www.forwardstride.org