

## ***BUILDING SDTR'S FUTURE***

A capital campaign is underway to improve accessibility and expand the capacity of SDTR's beautiful riding center, purchased in 2015 with the aid of a bridge loan from a generous supporter. The new property includes an indoor riding arena for year round use, a caretaker's facility, stable for up to 11 horses and nine acres of pastures for riding and grazing.

Our goal is to raise \$700 thousand for improvements the arena and stable, upgrades to outbuildings, operating support and final purchase of the property. This will enable SDTR to serve many more children and adults with special needs.

### ***We have already reached 40% of our goal!***

Please help us achieve the goal with a tax deductible gift. Naming opportunities are available! For more information see the SDTR Community Facebook page.



## ***CONDITIONS SERVED INCLUDE:***

- ***Cerebral Palsy***
- ***ADD/Hyperactivity***
- ***Autism***
- ***Head Trauma***
- ***Learning Disabled***
- ***Intellectual Disability***
- ***Muscular Dystrophy***
- ***Multiple Sclerosis***
- ***Speech/Visual/Hearing Impaired***
- ***Emotional/Behavioral***
- ***At Risk Youth***
- ***Aspergers Syndrome***



*"My Daughter has been attending lessons at SDTR for nearly a year now. Seeing how far she has come, not only as a rider, but in her life is truly a testament to the hard work, dedication and caring staff at SDTR."*



*"This program is so amazing and the wonderful volunteers that spend countless hours every week are so awesome! I would 100% recommend this program!"*



SDTR, P.O. Box 219, Nassau DE 19969, 302.644.1920



### **OUR MISSION**

To improve the physical and emotional well-being of children and adults living with disabilities through equine assisted therapy in a supportive environment for riders and families.

## ABOUT SDTR

Southern Delaware Therapeutic Riding (SDTR) is a 501(c)(3), non-profit organization located in Eastern Sussex County. We are the only Premier Accredited therapeutic riding center in Kent and Sussex Counties as certified by the Professional Association of Therapeutic Horsemanship, International (PATH). Our PATH-certified therapeutic riding instructors and trained volunteers have provided planned sessions in equine-assisted therapy to children and adults with disabilities since 1988.



## WHY THERAPY WITH HORSES

Horseback riding is a progressive form of therapy for individuals with physical and emotional challenges. When a rider is mounted, the movement of the horse replicates the human gait in rhythm, symmetry and three dimensional movement, an experience that is difficult to replicate in a traditional therapy environment. The horse's motion allows the rider to improve muscular strength, coordination and balance. Interaction with the horses also provides psychosocial benefits for riders and program participants who work with the horses in other ways. The horses, instructors and volunteers create a fun and caring environment that enables participants to gain valuable communication and coping skills and increased self-confidence.

## PROVEN BENEFITS:

### PHYSICAL:

- Improved balance, muscle strength & coordination
- Faster reflexes & better motor planning
- Increased range of motion of the joints
- Improved respiration & circulation
- Stretching of tight or spastic muscles

### PSYCHOLOGICAL:

- Exercise in fresh air on a farm away from a clinical environment
- Improved self-confidence, independence & freedom of movement without walkers & wheelchairs
- Increased self-esteem & sense of responsibility by gaining skills required to control animal much larger/stronger
- Improved risk-taking abilities & problem solving concepts
- Development of patience, cooperation and communication skills
- Increased emotional control & self discipline



## HOW CAN I GET INVOLVED?

**Whatever your talent or interest, it can be put to great use at SDTR!**

### CHECK YOUR INTEREST:

- Register as a program participant
- Volunteer
- Donate a horse or equipment

SDTR relies on donations, fund raising and grants to provide our much needed services. The \$45 fee charged for each equine-assisted lesson covers only a portion the costs incurred by SDTR. Everyone receives a full or partial scholarship so that they are able to participate in this beneficial program.

### I WOULD LIKE TO MAKE A DIFFERENCE WITH MY TAX-DEDUCTIBLE CONTRIBUTION OF:

- \$150 to sponsor an annual veterinary exam & immunizations
- \$250 to provide hay for a horse for 6months
- \$500 to sponsor a rider for 6 months
- \$1000 to sponsor a horse of a year
- \$1500 to sponsor a participant for a year
- Other: I'd like to donate \_\_\_\_\_

Please make checks payable to SDTR:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Send: SDTR, PO Box 219, Nassau, De 19969.

Donations can be made and forms downloaded at [www.sdtrhr.com](http://www.sdtrhr.com)

Incorporated as Southern Delaware Therapeutic and Recreational Horseback Riding Inc. (SDTRHR)

