



# Sunrise Therapeutic Riding & Learning Centre

## 2018 Annual Report

(November 1, 2017-October 31, 2018)

### Mission

To develop the full potential of children and adults with special needs and lead them closer to independence through therapy, recreation, horse riding, life skills, farm-related activities and education programs.

**Registered Charity**  
11920 6027 RR001



**Serving Our Community Since 1982**

*Impacting thousands of lives during that time!*



Left: Life Skills Day Program group hike

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### Executive Director's Report *Lynne O'Brien, Sunrise Executive Director*

One important focus of the past year has been staff development. Our certified and well-trained Staff Team is critical to the delivery and success of Sunrise programs. We have said goodbye and thank you to several team members who are starting new chapters in their lives, and have welcomed new staff including several returning instructors. We marvel at how long some of our staff have been at Sunrise, providing continuity, while we also value the fresh approaches of newcomers.

With the addition of a new Volunteer Coordinator, I stepped back from the daily operation of Sunrise's busy volunteer program after fourteen years. I am

very glad that I can continue to see the Sunrise Volunteer Team and their giving spirits at the farm each day.

The generosity and ongoing commitment of donors and other financial partners helps bring to life many new initiatives. One such project for the coming year is the Sunrise Therapy Forest, planned for the west side of our property, which will offer opportunities to plant a tree in memory or honour of loved ones, provide sensory trails for our participants, and be a healthy space for all.

Sunrise continues to be a place of belonging for many, always emphasizing the unique abilities of each individual. We look forward to another year of service!

### President's Message *Ann Caine, Sunrise Board President*

During 2018 many supporters from our community came together to begin planning for a possible 2019 launch of an ambitious Building Brighter Futures Development Campaign. The focus during the past fiscal year has been on completing a feasibility study, developing a business plan, seeking government /seed funding, submitting a property rezoning application and building a campaign team.

The purpose of this initiative is to provide a respite and residential facility at the farm, in response to an identified community need. The campaign would also expand and enhance our present barn facilities, enabling us to accommodate more concurrent programming, thus increasing our capacity to serve those with disabilities and vulnerable youth. This would provide

opportunities for growth within some of our existing programs, as well as the development of new programs, in partnership with other community organizations, using these enhanced Sunrise facilities.

There has been a significant outpouring of interest, support and hard work to address the many foundational components of this vision. Appreciation is expressed to the members of the Campaign Steering Committee (see page 4), and those who have stepped up to chair, or serve on, a campaign committee. So many others, too numerous to mention, are working in various capacities towards the common goal of building a stronger community for children and adults with disabilities - who are the reason why Sunrise first started out on this exciting journey.

# Community Impact

## Who We Serve

Our riders reside in these communities\*:

- Wellington County 49%
- Waterloo Region 24%
- Halton Region 13%
- Hamilton Region 13%
- Brant County 1%

\*based on Oct 2018 data

## In 2017 / 2018 We Served...

up to 106

riders / week

+ 6

classes of children / youth with special needs (= 56 individual students), for 1-4 visits per class.

262

Children / youths at Camp Sunrise

49%

of whom had special needs, plus

35

Leaders-in-Training / Junior Leaders

42

children through our 'Little Breeches' Club

up to 15

adults per week in the Life Skills Day Program

7

youth through the Equine Facilitated Wellness (EFW) program (1:1 counselling)

## Surveying Our Success

A survey, sent to all current and recent / returning riders, helped us to gain important insight into the impact of our therapeutic riding program. Here's what our riders, and their families, had to say\*:

**"My biggest pleasure is watching how far my child has come, which is further than I had ever hoped for her.**

**Riding has been an integral part of that development."**

### Benefits of Therapeutic Riding

- 88% of respondents experienced **physical benefits**
- 95% experienced improved **emotional well-being**
- 77% experienced improved **cognitive skills**

### Physical Benefits Reported (just a few of the many responses):

"[My son's] chiroprapist says his ankles / tendons are stronger. I see some core strength and posture improvement."

"Since beginning riding, [my son] now has enough balance / strength to ride a bike and skate! Two things he couldn't do before!"

"Stronger core stability...stronger leg muscles and better hand coordination."

"More balance, more coordination, quicker reflexes"

### Emotional and Developmental Outcomes Reported:

"Sunrise has had an ENORMOUS benefit to [my daughter's] emotional well-being... I cannot say enough positive things about the improvements everyone has seen in my child in the time she has been riding. It is one of the best therapies she has been involved in, in many ways because it does not seem like therapy."

"My child is more grounded after riding. She is calmer and pays attention better after lessons as well."

"We took a 'break' from riding for 1 year. What a big mistake. The self-confidence, being able to follow instructions and focus went away within a few weeks of not riding! His teachers asked us what had changed. The only change was not riding."

"He is more willing to try things and take risks, especially things that [seem] difficult at first glance. I'm sure he has learned to multi-task, as during lessons he is required to listen, ride / keep his balance, and interact with the volunteers too."

"I was amazed at how quickly [my child's] self-confidence grew."

"Since relating to animals is easier than relating to people, [my daughter] has learned valuable people skills through working with the horses."

### What Do Riders Enjoy Most About Lessons at Sunrise?



\*Based on 42 respondents to the survey



# Community Support & Fundraising

## Financial Supporters - \$2500+\*

Airlie Foundation

Antolin Enterprises (McDonald's of Guelph)

Capital Paving Inc.

D.H. Falle Family Foundation

Fidelity Investments Canada ULC

The George Lunan Foundation

Guelph Community Foundation

Guelph Community Foundation

- Hugh and Lorna Guthrie Fund

Guelph Wish Fund for Children

Harold E. Ballard Foundation

L. J. Pearson Foundation

Ross-Shire Foundation

Rotary Club of Guelph South

Spaenaur Philanthropy Fund

UPI Energy LS

Tim Hortons

Vet Alliance Inc.

## Financial Supporters \$500-\$2499\*

Balnar Management Ltd.

Bird Elinesky Schuett Private Wealth Management

Boiler Inspection & Insurance Company of Canada

Cambridge & North Dumfries Community Foundation

- Bryan and Gayle Webber Family Fund
- Verna & Valerna Fisher Fund

The Cloverleaf Foundation

County of Wellington

The Edward Young Morwick Foundation

Ellis Pioneer Community Chapel

Fergus Lions Club

Flewelling Garage Ltd. (Norm's Esso)

Freelton Lions Club

Gil Mar Investments Limited

Grand River Agricultural Society

Guelph Community Foundation

- Hugh and Lorna Guthrie Fund

Guelph Lions Club

Guelph Red Chevrons & Associates Ltd.

Holy Rosary CWL

Imperial Oil

Kitchener Waterloo Community Foundation

- George Cluthe Fund

Kiwanis Club of Cambridge

Maurice Rosso Dentistry

McKay, Don & Barb

OPP Veterans' Association #6 (Guelph, K/W)

Palmerston Lions Club

R & C Chartered Accountants

RBC Foundation

The Royal Canadian Legion Guelph

Col. John McCrae Memorial Branch 234

The Royal Canadian Legion Guelph Ladies' Auxiliary

Settlers Supplies Inc.

Stewart Family Foundation

TEC Aucoin Inc.

Township of Puslinch

Toyota Motor Manufacturing of Canada Inc.

Ultra Manufacturing Ltd.

## Professional Services & Supplies

Bayer Animal Health (Dr. Carol Jakel)

Boehringer Ingelheim Animal Health

(Paulene Tiemens-Weber)

Cake Art by Carol (Carol Lachance)

Capital Paving Inc.

Cassio Ribbons

CJOY 1460 AM

Classy Lane Stables

Distinctive Trophies & Awards

Duffield, Jim - IT support

Fischbach, Paul - Farrier

Guelph Amateur Radio Club

Guelph Animal Hospital (Dr. Rob Butler)

Graham Animal Hospital (Dr. Carol Graham)

Halton Equine Veterinary Services (Dr. Laura Frost)

Johnson, Kevin - IT Support

Lesperance, Cathy - Farrier

MacDonald, Wayne

Magic 106.1 FM (Lisa Richards)

Malasada World (Steve Chaves)

McCrae, Michele - Farrier

Merck Animal Health Canada (Bill Seegmiller)

Milburn's Auto Sales & Service (Robert Milburn)

Miles, Tristan - Farrier

Ontario Mounted Special Services Unit

Print Three Guelph

R & C Chartered Accountants (Jane Anderson)

Rona Cashway, Guelph

Savour the Season (Moe Vidotto)

Southgate Animal Hospital (Dr. Barb Deter)

Starbucks, Stone Road Mall, Guelph

System Fencing (Dwayne Job)

Tacoma, Jack - Engineer

UPI Energy LP

Vetoquinol Veterinary Pharmaceuticals

(Brenda McKibbin)

Wasteco

Wright, Dr. Bob - Veterinarian

Yzerman, Will

Zoetis Canada (Jeff Peters)

## Event Auction Donors (value \$500+)\*

The Inn at Cobble Beach

Langdon Hall Country House Hotel & Spa

Hauser Company Stores

Maple Leaf Sports & Entertainment

VIA Rail Canada Inc.

Zulu Nyala Group

## Medical & Education Consultants

Andrea Gow, **Speech Language Pathologist**

Nicola Harman, **CanTRA Coach/Examiner**

Angela Meyer, **Pediatric Occupational Therapist**

Tricia Mellor, **Children's Mental Health Clinician**

Carol Peachy-Hill, **Occupational Therapist**

Dr. Chris Stemerding, **Family Physician**

Winnie Warywoda, **Physiotherapist**

Please visit [www.sunrise-therapeutic.ca](http://www.sunrise-therapeutic.ca) for complete lists of our special event and operations donors.

\*Nov. 1, 2017-Oct. 31, 2018

\*Individual donors not included for privacy reasons

## Sunrise Events

- 112 supporters attended our *Celebrate Sunrise!* event in June 2018, (despite the rain) which raised \$65,560 (net).
- 57 riders and 23 hikers participated in Sunrise's Hoofbeat Challenge in September 2018, which raised \$25,650 (net).
- 34 Sunrise riders supported Pledge Week 2018, raising \$7,426 for Sunrise.

## Donations

- 725 donations were made to Sunrise during the 2017/18 fiscal year. 88% of donations were made by individuals.
- 45 donations were from non-profit organizations (service clubs & foundations), 39 were from corporations (or employee groups), and 2 were municipal grants.
- Sunrise does not receive any government funding, with the exception of some partial wage subsidies for camp counsellors, and / or municipal grants.



Above: Lynne O'Brien, Sunrise Executive Director, presents a thank you to Paulinka Yee of UPI Energy LS at Celebrate Sunrise!

# Organization & Administration

## Sunrise Board of Directors

2018

Ann Caine  
PRESIDENT

Patsy Marshall  
VICE PRESIDENT

Donna Christie  
PAST PRESIDENT

David Kennedy  
SECRETARY/  
TREASURER

Karen Dowell  
DIRECTOR

\*FTE = full-time  
equivalent

## Staff and Volunteer Team

- 9 CanTRA certified instructors and 5 weekend barn staff (totalling 4.4 FTE\*) taught all lessons and provided all daily care and training of horses. This team was also responsible for training and scheduling all volunteers, and overseeing intake, assessment and scheduling of all new riders and horses. Up to **170 volunteers** assisted in therapeutic riding lessons **every week!**
- Two staff (totalling 0.6-1.0 FTE) provided maintenance and grounds-keeping services, supported by **9 weekly volunteers** and **5 corporate / student teams** (totalling 110 individuals).
- 4 staff (representing 2.8 FTE) provided administrative, fundraising and marketing support to the centre. **10 volunteers** served on fundraising committees in 2017, and **20 more volunteers** assisted with office tasks, bookkeeping or tech support.
- One staff member (0.2-1 FTE, varied seasonally) coordinated all inclusive recreation programs (Camp Sunrise and 'Little Breeches' Club). Camp Sunrise employed 8 summer counsellors / lifeguards, who were assisted by **35 Leaders-in-Training and Junior Leaders**. Volunteers (excluding LITs/Junior Leaders) contributed **600 hours of service** towards riding lessons **alone** at Camp Sunrise 2018.

**Overall, our volunteers provided over  
7800 hours of service in 2018!**



Hoofbeat volunteer teams: The Guelph Amateur Radio Club (top), the Ontario Mounted Special Services Unit, and University of Guelph students (Project Serve).



Brooklyn at a past Sunrise Horse Show.

"My oldest daughter Brooklyn, who is 9 years old, was born with a rare neurological disorder that significantly affects her ability to walk or speak.

We spent the majority of Brooklyn's early years visiting various specialists for testing, trialing medications and undergoing physiotherapy. At one of these sessions it was suggested that we try therapeutic riding as a means of helping her to develop muscle strength in a non-weight bearing activity. This is how we were first introduced to Sunrise. We thought this would be just another appointment to attend. We did not know that it would prove to be the most beneficial thing we could do to help our daughter improve her physical well-being.

Riding lessons encourage her to use all of her core muscles to maintain her balance and to keep in position. By the end of each of her lessons she is completely worn out physically, but has a smile on her face.

When we first started at Sunrise we had a child that needed to be carried from place to place, and who relied on being pushed in a wheelchair for all of her mobility needs. Today, she uses a walker on her own and has recently stood without assistance for the first time. We attribute her gains to the programming provided at Sunrise and consider this programming essential for her."

~ Matt R.

## Building Brighter Futures Development Campaign Team

Thank you to the many community members who are working towards the vision of greater service to those with disabilities in our community. Our steering committee has been laying the groundwork for many months. Other members of the community have already committed to leadership roles on the Campaign Team. More information will be forthcoming later in 2019.

**Thank you to our Steering Committee:** Peter Cummins (Steering Committee Chair), Scott Richardson (Campaign Manager), Ann Caine, Rosemarie Coombs, David Kennedy, Patsy Marshall, David McAuley, Lynne O'Brien and Jack Tacoma.

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