A Horse Can Change A Life

2018 ANNUAL REPORT





Dear Friends,

We often say that "our horses are the heart of our program." Ironically, one of our smallest horses happens to have one of the biggest hearts of all! At the age of 25 and standing just 29 inches tall, Willy is a fan favorite of students, volunteers and staff alike. His furry white coat makes him look almost like a teddy bear. And his personality fits that bill perfectly as well.

Although Willy is not ridden in our lesson program, he is worth his weight in gold for the work he does helping our students learn about horses and become more confident. Imagine how much easier it would be to groom Willy if you are only four years old. Or, how much less intimidating it would be to pet Willy if you are trying to overcome your fears.

After almost 10 years in our program, Willy has "been there and done that" including serving as our ambassador as he traveled into nursing homes, churches, office cubicles and schools, as well as onto television sets and around the sidewalks of downtown Cleveland. He has even been photographed under the Playhouse Square chandelier. No matter where he goes, he captures everyone's heart and exemplifies what an ideal therapy horse should be – calm, patient, loving and kind.

These qualities can be seen in the cover photo of Willy with Gaitway student Summer. We are so fortunate to have so many special horses at Fieldstone Farm, making miracles happen each day for our participants. Our program would not be possible without them. Willy has made countless miracles happen and we are so grateful that he is a part of our team!

Sincerely,

Lymette R. Streast

Lynnette R. Stuart *Chief Executive Officer*







Our horses heal in many ways

What is it about a horse that is so therapeutic? Ask our students and they will tell you that once you encounter a horse, you immediately experience the power. They force you to be "in the moment" as they react to your presence. You don't think about the past or the future but instead, embrace the here and now. This mindfulness helps our students overcome anxiety, open up pathways to learning, and regulate emotions.

While grooming a horse, you develop a connection which soothes, calms and restores emotional health. Our horses' empathetic nature helps you feel understood and not alone. Just watch your mood change as a horse gently wraps their head around yours.

Sitting atop a 1,500-pound horse and learning to control their gait is empowering. They teach you about teamwork. And it is exhilarating feeling the wind on your face as a horse carries you to places you've never been.

Riding improves posture and builds core and leg strength as you sit tall and stretch and squeeze your legs around a horse's body. It improves balance as you respond to the horse's movement underneath you. Riding increases coordination as you learn to move your legs, feet, core, shoulders, hips, hands and fingers to communicate with the horse and control their speed and direction.

The list goes on. We are continually amazed at how our horses adapt to our various needs to help us recover, heal, learn and grow. They leave a mark. And our lives and the lives of those around us are forever changed.



Interesting facts

- Our horses worked with our students in more than 16,000 lessons, averaging about 230 participants per week, for approximately 1,000 unique individuals.
- 62 percent of our students are youth aged 17 and under, while 38 percent are adults.
- **47** percent of our students are minorities.
- Our male to female populations are **nearly equal**. 54 percent male, 46 percent female.

We served students from throughout Northeast Ohio including Cuyahoga, Geauga, Lake, Portage, Ashtabula, Medina, Summit and Mahoning counties.

Disabilities

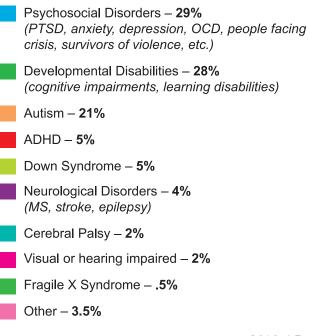


Photo by Shirley White



April finds a home at Fieldstone

April's eyes light up as she walks down the barn aisle in search of Mitch, her favorite horse at the barn. "Hi Mitchiepoo," she says affectionately as she gently gives him a hug and a pat. She then greets her instructor with a big smile and a hug.

April has Down Syndrome, and started riding at Fieldstone Farm at the age of five. Now at 18, as a graduating senior at Kenston High School, she is right at home at Fieldstone.

"April brightens up our weekly class with her happy smile and affection for her volunteers and fellow students. She has become a skilled rider walking and trotting Mitch independently. We are all so proud of her achievements!" says Leslie, her instructor.

Her mom smiles in delight thinking about all that her daughter has accomplished since she began riding at Fieldstone Farm. Riding has given her confidence, strength and the coordination to participate in many other activities, such as riding a bike. She also is a member of two high school sports teams: swimming and track.

April loves the social aspect of Fieldstone. She has made so many friends over the years and looks forward to seeing the students and volunteers in her class each week.

Her favorite moment? She says there are so many, but the one that stands out is winning her first blue ribbon last fall at our horse show, and then, just moments later, winning her second blue ribbon on the same horse.

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Gaitway helps teens succeed

Taylor's (pictured below) freshman year at a traditional public high school didn't go well. She was teased and bullied, and she was angry. Ultimately, it affected her grades, attendance, friendships and self-esteem. After sticking it out for a while, her counselor suggested she look into Gaitway High School at Fieldstone Farm.

She was skeptical. What would a school at a farm with horses be like? She was a city girl. It was unlike her other school and she knew no one. But she gave it a chance.

By the end of the second quarter she was thriving. She had developed a good group of friends, felt supported by a team of teachers and learned how working with horses can build your confidence. Now she even works with our younger students, helping them gain a greater belief in themselves too. And the individualized instruction has helped her to succeed academically, earning straight A's!

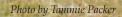
"I am really proud of myself," Taylor beams as she tells of all her accomplishments at Gaitway. Through her hard work, she has made quite a transformation. Congratulations Taylor! We are proud of you too!

(Founded in 2006, Gaitway High School was the first high school in the country to operate at a therapeutic riding center. Today it serves as a model in alternative education and has 68 graduates.)



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Sundance, the perfect therapy horse

When Sundance, a cute quarter horse gelding, arrived as a trial horse in 2014, he zipped through training. He had been a great horse for his owner, Rosemary Masterson. Before that, he was a ranch horse out west. He had the perfect temperament for a therapy horse - incredible manners, he loved everyone he met and he was unflappable. Plus he had personality - when you would walk past his stall, he would stick out his cute little tongue to say hello.

He was a "go-to" therapy horse for years. Then last spring when he was coming in from turnout, he zigged when he should have zagged and tore a tendon. Our Equine Director Jinene Studzinski was at the gate watching when it happened. She immediately contacted the veterinarian. An ultrasound confirmed the tear and they consulted with our longtime veterinarian, now retired, Dr. Genovese, lovingly known as "Dr. G."

Dr. G said Sundance could heal but it would require 10 months to a year of stall rest. That is a tough assignment for a horse but the staff agreed that if any horse could get through it, Sundance could. He was incredibly level-headed. Our barn team of Jinene, Maureen and Ali followed Dr. G's orders to a tee which included anti-inflammatory medicine, frequent alcohol rubdowns to further reduce inflammation, bandages that needed to be changed every 12 hours, special horse shoes, lots of extra bedding for soft footing and ongoing stall rest. A volunteer even bought a quilted boot to help with circulation.

He was a perfect patient. He stood calmly when all the other horses were turned out and he was still in his stall. Before Jinene left for the day, she would always give Sundance a special treat. As she walked away and climbed into her truck, he would hang his head out his window, stick out his tongue and beg for another. Jinene's soft spot would get the best of her and she would go back and give him another. He deserved it, he was such a good boy.

After two months, Dr. G cleared Sundance for hand walking and to everyone's amazement in just five months, he was cleared for lessons, way ahead of schedule. Then came our fall horse show. Iinene needed another small horse for a rider. She decided to let Sundance go into the ring. He did exactly as the rider asked and together they earned a blue ribbon!

"To think he came from an injury that was supposed to take a year to heal, and in six months, was able to go in the show ring and win a blue ribbon – it makes me cry, I am so happy for him," says Jinene. "He is the reason he came back from this tear – it was all him."

Today, Sundance remains happy as he hangs his head out of the window with his little tongue sticking out, saying, "Hi, happy to be here!"





Cherry believes in the power of a horse

When Cherry Jones Federowicz first stepped foot on the farm property in 2010, she knew little about horses. She had no idea how these four-legged creatures would become such a huge part of her life.

Now a fixture here, you will see Cherry volunteering with students, leading horses and helping care for our herd, as well as playing a vital role in fundraising. Her dedication and passion are incredible. When our barn staff was down a member, she and others jumped in and she continues to help to this day. Once per week, Cherry arrives at 6 a.m. and helps bring in horses and fill water buckets.

Cherry wholeheartedly believes in our mission. She says watching people's lives change while working with horses has been an awesome experience. She's had challenges of her own, as a breast cancer survivor and having lost her mom at the age of nine, she understands how the bond with a horse can help. She has seen veterans feel the warmth of a horse and break down in tears as they release pent up emotions. She has witnessed the smiles of joy on kids' faces when they learn to trot for the first time. And she has watched a timid young boy blossom into a confident, courageous, kind, young man.

It is these rewarding moments, and the extraordinary horses that make them possible, that keep her coming back each week. Thank you Cherry!

(In 2018, our volunteers worked nearly 25,000 hours equating to more than \$600,000 in service. Our program would not be possible without them!)



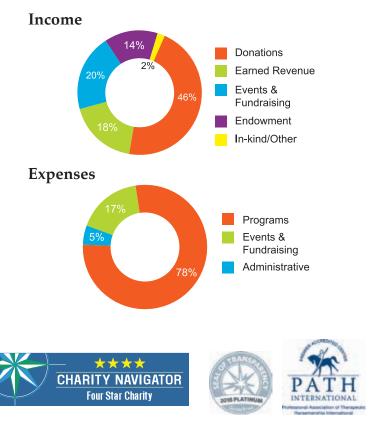
Financial Summary

(Based on 2018 unaudited financials.)

Fieldstone Farm is a non-profit organization that holds a 501(c)(3) status.

Total Operating Income	\$2,176,042
Total Operating Expenses	\$2,101,033
Total Operating Income,	
Less Expenses	\$75,009*
Donor Designated Capital	
Revenue	\$30,000

* Includes In-kind donations.



WE ARE EXTREMELY GRATEFUL TO OUR SUPPORTERS

Our program is made possible through the generous support of our donors. Thank you all! Below is a list of our contributors in 2018. (We have made every effort to include everyone. If your name was inadvertently omitted or spelled incorrectly, please let us know.)

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