Little Bit Therapeutic Riding Center is a community where horses transform the bodies, minds, and spirits of people with disabilities.

Letters From Our Board Chair & Executive Director

The pages of this report tell the story of a community coming together with resilience, creativity, and commitment to support Little Bit in fulfilling its mission throughout another year upended by pandemic uncertainty. Dedicated staff, volunteers, and donors along with riders, patients, and household members enabled Little Bit to:

• Rapidly innovate and adapt services and programs to ramp up capacity as the environment and constraints shifted.
• Leverage Paycheck Protection Program (PPP) loans and Employee Retention Credits (ERC) to retain valued employees and maintain financial stability.
• Progress critical infrastructure projects like connecting to reliable municipal water (2021) and starting the rebuild of a collapsing hay barn (2022).

As the arena and barns once again bustle with activity and animated voices flood the air, I am filled with gratitude, joy, and optimism for a bright future. To every member of our community, THANK YOU. Your unwavering commitment and support make all the Little Bit magic possible.

While 2020 ushered in a year of chaos and uncertainty with the rapid spread of COVID-19 and the drastic measures aimed at curbing it, 2021 was a year of hope and optimism as vaccines became available allowing Little Bit to start the slow rebuilding process toward normal levels of service.

Little Bit’s staff, volunteers, and supporters are at their best when pulling together to achieve a common goal. Successfully navigating the challenging circumstances surrounding reducing risk across the organization, while maintaining a modicum of operational and financial success was in the forefront of everyone’s mind. It’s the “continuous improvement” model that drives us forward: Develop a plan, execute the plan, check back to make sure it’s working, and tweak the plan to make sure it’s meeting the needs of the organization and the community in the best way possible. Whether Little Bit is planning for a horse show or planning how to navigate a global pandemic, we are experts at that process. It helps make us strong and resilient. And never more was that evident as it was when we started to emerge from the impacts of the pandemic in 2021.

Thanks for all that YOU do to make that possible.

Barbie Stafford
Chair, Board of Trustees

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Colleen Williamson
Sara Hunt, Board Fellow

Accreditations
American Hippotherapy Association, Inc., Facility Member
Better Business Bureau, Accredited Charity
Charity Navigator, 4-Star rating
EQUUS Foundation, Guardian Seal of Transparency
GuideStar, Gold-Level Transparency
Professional Association of Therapeutic Horsemanship (PATH) International, Premier Accredited Center
Participants by Program in 2021 (unduplicated)
- Adaptive Riding 150 (32%)
- Therapy 135 (29%)
- Equine-Assisted Learning 112 (24%)
- Summer Camp 60 (13%)
- Equine-Facilitated Psychotherapy 15 (3%)
- Unmounted Horsemanship 2 (1%)

Little Bit Overall
Little Bit thrives on the collaboration and partnership among participants, their family members, staff, volunteers, and horses. We share the following information “at a glance” with more detailed information on the pages that follow.

Survey Responses from 2021 Therapy and Adaptive Riding Participants or Their Caregivers (survey response rate: 31%)

- Physical Improvement 75%
- Cognitive Improvement 69%
- Social Interaction Improvement 81%
- Self-Esteem Improvement 84%

76¢ of Every Dollar Was Spent on Programs
**Therapy**

Hippotherapy is a physical, occupational, or speech-language therapy treatment strategy that utilizes equine movement combined with standard techniques as part of an integrated intervention program to achieve functional outcomes. The physical therapist focuses on skill areas related to gross motor abilities such as, but not limited to, sitting, standing, and walking. The occupational therapist focuses on areas such as fine motor control, sensory integration, feeding skills, play skills, attention and self-regulation skills, and other functional daily living skills. The speech-language pathologist focuses on respiratory function, breath control, oral-motor function targeting articulation, fluency, auditory processing, expressive language, receptive language, and social pragmatics.

135 patients served

2 age of youngest patient

91% patients 17 years old or younger

2,998 therapy treatments

65 age of oldest patient

53 diagnoses represented

—Paige L., Parent of a Therapy Patient

"Little Bit is our safe place, our happy place and our place of growth. The work Otis does in OT is not easy and in any other setting he would be overwhelmed and refuse to participate, but because of the positive atmosphere, the kindness of the staff and volunteers, and the FUN of being on and around horses, Otis is willing and eager to do any and all of the hard work! We may only be physically present at Little Bit one day a week, but the organization and ‘his’ horse, are a part of our daily lives. Tough or boring skills are willingly practiced at home so that he can show them off to his LB team and most importantly, so he can tell Honey Bee about what he has done."

LEARN MORE AT LITTLEBIT.ORG/ THERAPY
Adaptive Riding

Adaptive Riding is recreational horseback riding lessons for individuals with disabilities. The goals are riding-skill based; however, individuals and parents often report many therapeutic benefits of participation. Adaptive riding lessons are taught by instructors certified by the Professional Association of Therapeutic Horsemanship (PATH) International who create a wide variety of games and exercises designed to meet each student’s needs. Classes include arena riding, trail rides, and group activities.

150 riders served
5,007 rides
42 diagnoses represented

Adaptive Riding diagnoses represented served

34% riders ages 5 to 12
66% riders ages 18 to 84

“Little Bit is an important part of my son’s life and has been for five to six years now. I am deeply grateful to its benefactors, staff, and volunteers—you have all made a huge, positive difference in my son’s life and at the same time have expressed a clear understanding of the challenges special needs families face and have worked with us in a highly supportive way to maximize the benefit our riders receive from your programs. Little Bit has fully delivered: its people and horses have, as promised, transformed the body, mind, and spirit of my disabled son—for which I am deeply and profoundly thankful.”

—Matt M., Parent of an Adaptive Rider

LEARN MORE AT LITTLEBIT.ORG/ADAPTIVE
Equine-Facilitated Psychotherapy

Equine-Assisted Learning

Equine-Facilitated Psychotherapy (EFP) and Equine-Assisted Learning (EAL) involve Little Bit partnering with local mental health therapists (EFP) and educators (EAL) to provide services at our facility. Therapists and educators work hand in hand with a Little Bit staff equine specialist who is certified by the Professional Association of Therapeutic Horsemanship International. Horses are uniquely suited to these programs because they are intuitive and will react to behavior patterns and cues that people might miss, allowing the therapist or educator to interact on a deeper level with their patient or student and address issues that might otherwise go unnoticed.

LEARN MORE AT LITTLEBIT.ORG/EFP

"Newport Healthcare truly believes in the healing, mental health benefits of equine therapy and is pleased to work with like-minded individuals and organizations to empower young lives. Our collaboration with Little Bit Therapeutic Riding Center has helped our clients increase their self-confidence and trust, and learn skills that will support their sustained wellness and recovery."

—Alexandria R., Program Director, WA Female Adolescents, Newport Academy

Equine-Facilitated Psychotherapy sessions address issues such as anxiety, depression, chronic or terminal illness, social skills, and loss.

Equine-assisted learning sessions address issues such as trauma, eating disorders, tech or social media addiction, substance abuse, or other mental health issues.

EFP
- Partnered with Melissa Cope, MSW, LICSW and Meghan Wilkins Melanson of PEOPLEInc
- 216 therapy sessions
- 15 people served

EAL
- Partnered with Newport Academy
- 118 classes
- 112 people served

Little Bit Therapeutic Riding Center ǀ 2021 Annual Report
Annual Horse Shows

Margo O’Callaghan Memorial Dressage Show
Virtual in 2021
The Margo O’Callaghan Memorial Dressage Show provides a venue for riders of all skill levels, with and without disabilities, to compete alongside their peers and be judged on their performance alone, regardless of ability or disability.

Pat Flynn Memorial Dressage Show
Cancelled in 2021 due to an extreme heat event
The Pat Flynn Memorial Horse Show is the culmination of a year’s worth of progress in Therapy and Adaptive Riding and a celebration of abilities rather than disabilities.

Summer Camps
Camp experiences are open to individuals with or without disabilities and include riding lessons from PATH-certified therapeutic riding instructors, assisting with grooming and tacking horses, unmounted activities with horses, games, and much more.

Inspiration and Education
Little Bit Therapeutic Riding Center serves as an inspiration and educational resource to the therapeutic riding profession, both regionally and nationally. In a typical year, Little Bit hosts multiple clinics, seminars, and training classes. In 2021, due to the COVID-19 pandemic, we were able to host only one, turning our covered round pen into an outdoor classroom.

LEARN MORE AT LITTLEBIT.ORG/EVENTS
LEARN MORE AT LITTLEBIT.ORG/CAMPS2022
LEARN MORE AT LITTLEBIT.ORG/EVENTS
Little Bit Therapeutic Riding Center program participants receive the highest quality services available. Our horses are a vital component and are cared for with compassion and a high level of expertise, provided by staff, veterinarians, and trained volunteers. We provide this level of care not only for the benefit of our horses’ health and state of mind, but also with the knowledge that the better we care for our horses, the better they will be able to help fulfill our mission. Little Bit was awarded the Guardian Seal of Transparency by the EQUUS Foundation in 2021, a recognition of an organization’s commitment to transparency and accountability by their willingness to make comprehensive data about their programs, horse care practices, and governance available for public scrutiny.

“Little Bit was voted Little Bit 2021 Horse of the Year. LEARN ABOUT LOLLI AT WWW.LITTLEBIT.ORG/BLOG/LOLLI”

LEARN MORE AT LITTLEBIT.ORG/HORSES

Horses

<table>
<thead>
<tr>
<th>Information</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Horses</td>
<td>29</td>
</tr>
<tr>
<td>Average age</td>
<td>16</td>
</tr>
<tr>
<td>Retired from the herd</td>
<td>8</td>
</tr>
<tr>
<td>Joined the herd</td>
<td>6</td>
</tr>
<tr>
<td>Maximum number of rides per week per horse</td>
<td>9 to 12</td>
</tr>
<tr>
<td>Working weeks</td>
<td>42</td>
</tr>
<tr>
<td>Treatment types received including</td>
<td>chiropractic, acupuncture, massage, and energy work</td>
</tr>
</tbody>
</table>

“You know you are in a special place when your love for horses is matched with any individual you encounter on the premises. I always leave the barn better than when I arrived. When I think of the individual horse care at Little Bit, meticulous is the first word that comes to mind. Also known as ‘the herd,’ the horses at the barn are imperative to the success of clients and the program. Each horse is cared for like they are the only one. The balance that is working, time off, specialty care (different nutritional needs, body work, specifics “buddy” volunteers to come in to just love on them, etc.) is astounding. There are strong boundaries put in place to champion each horse and make sure they stay the happiest and healthiest above all. This type of care is one of the pillars that make me so proud to say I volunteer at Little Bit and why I recommend it to so many others.”

— Ashley C., volunteer

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LEARN MORE AT LITTLEBIT.ORG/HORSES
2021 Financials based on audited financial statements

In 2021, Little Bit achieved a clean financial audit again and there were no changes proposed by the auditors.

2021 Revenues
- Tuition & Earned Income: $890,457
- Contributions: $1,758,709
- Community Events & Activities (net): $361,270
- Other Sources: $145,483
- Gain on Debt Forgiveness (PPP Loan): $315,124
Total: $3,471,043

2021 Expenses
- Programs: $2,017,644
- Fundraising (net): $356,362
- Administration: $300,255
Total: $2,674,261

2021 Cost of Services
- Therapy Program: Actual Cost Per Session: $357
- Adaptive Riding Program: Actual Cost Per Session: $289

2021 Scholarships
- $77,460 in 47 unduplicated participants

2021 Scholarships
- $225
- $152
- $75

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LEARN MORE AT LITTLEBIT.ORG/REPORTS
Little Bit was founded in 1976 with the help of a small group of volunteers, and volunteers remain at the heart of our operation today. The time, knowledge, and passion of our volunteers allow us to achieve a level of service that would otherwise not be possible.

With gratitude we congratulate our 2021 Corporate Strides and Community Partner Award Winners. We honored Swinerton and Lake Washington School District’s Transition Academy for their dedication to exceptional volunteerism, commitment, corporate philanthropy, and ongoing support of the Little Bit mission.

Volunteers

Little Bit Therapeutic Riding Center ǀ 2021 Annual Report

Administrative Volunteer of the Year: Marilyn Windsheimer
Barn Volunteer of the Year: Diane Johnson
Program Volunteer of the Year: Nancy Fetch
The Sally Gregg Heart for Service Award: Kristine Sweeney

19,226 total number of volunteer hours
$452,963 value of contributed volunteer hours
504 volunteers
156 volunteers per week
14 minimum age to volunteer
683 number of service hours from work groups
77 age of oldest volunteer

“The last 4+ years of involvement with Little Bit has been some of the most fulfilling and joyous times in my entire life. The connections and memories that have been made will last me forever, and I am so beyond grateful for the opportunity that I have been given. I cherish every day I am able to help at Little Bit, working with and around some of the most dedicated, talented, and loving people I could ever hope to be a part of my life.”

— Trisha J., volunteer since 2018

LEARN MORE AT LITTLEBIT.ORG/VOLUNTEER
not only to these parents, grandparents, siblings, and caregivers, but also to our regular volunteers who demonstrated household members received training and stepped in to help as sidewalkers again in 2021. We are tremendously grateful, in addition to the volunteers listed below, given social distancing requirements, hundreds of our patients’ and riders’ family members. For their compassion and understanding during a second challenging year due to the COVID-19 pandemic. We recognize all of our volunteers’ dedication, hard work, knowledge, and time. Thank you to each of our valued volunteers.
Donors

Thank you to all of our donors. Every gift makes a difference.

$910,000+  Chaps & Earl Accord

$100,000-$189,999  Sundale Foundation

$50,000-$74,999  Elise & Kelly Accord  George Fuller & Jupiter Foundation  Matt & Elaine Swaney  Sweeney Family Charitable Fund

$25,000-$49,999  Anonymous (2)  Robert & Kristin Stowers  DND

Thank you to all of our donors. Every gift makes a difference.

$190,000+  The Barbara & William PACCAR, Inc.  M.J. Murdock Charitable Trust  Charley Dickey & Sheila Costco Wholesale  Robert & Heather Conradt  Boeing Employees  Anonymous (2)

$25,000-$49,999  Theiline Scheumann  Microsoft Matching Gifts  Matt and Kristine Sweeney  Juniper Foundation  George Heusel III  Elias & Karyl Alvord

$50,000-$74,999  Sunderland Foundation  Rosenthal Family Foundation  Wyckoff-Dickey Sound Community Fund of Puget Sound  Family Charitable Fund

$100,000-$189,999  Chap & Eve Alvord  Foundation  Rosenthal Family Foundation  William E. Wockner  Todd & Tracey Trewin  The Rite Aid Foundation—The Lanterman Foundation  The Josephine Stedem Foundation  The Cedar Spray Foundation  The Anderson Foundation  Jim & Jennifer Staton  Sherry & Robert Harrington  Diane & Carl Swenson  Donald & Susan Stassen  Patrick & Daniele Schutte  Susan Sheari  Nancy Shrier  George & Kim Suyama  The Bella Foundation  The Reef Foundation Inc.  The Swanton Foundation

$5,000-$9,999  Anonymous (3)  Allen C. Strohm & Rose Hawkins  Paul & Lori Hanke  Heritage Bank

$1,000-$2,499  Jennifer & George Barks  Jim & Marlene Butterworth  Kevin & Melinda Bults  Carrier Baldwin Hopkins  Carter Subaru Construction Dispute Resolution, Inc.  Karen Cross  Sameer & Farhat Tejani  Symetra Family Foundation, Inc.  The Dr. Maxwell Hurston Foundation

$2,500-$4,999  John Ensley & Christy Hale  Eastside Community Aid  Davis Wright Tremaine LLP  John L. Scott, Inc. Foundation

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Little Bit Therapeutic Riding Center  |  Oregon Equestrian Therapy  |  Oregon Foundation  |  Oregon Equestrian Therapy  |  Oregon Foundation
A sentence or two in your will or living trust can help Little Bit achieve its mission for years to come. Thanks to legacy gifts received in the past few years, Little Bit now has an operating reserve, or “rainy day fund,” allowing Little Bit to remain financially stable when facing emergencies such as temporary closures caused by major weather events or a pandemic.

We thank the following individuals who have remembered Little Bit in their estate plans:

- Mike Akers
- Joan Andersen
- Sally Barnes
- Tucker Burback
- Kathryn Davis
- Paula J. Del Giudice
- Karol Flynn
- Jerry & Sally Gregg
- Martha Hanscom
- Tucker Kerth
- Norma Kruger
- Kenneth Kurata
- Jill LeBl
- Patricia McCoon
- Helen Mikes
- Alan L. Naiman
- Ledi Nahum
- James & Judy Ross
- Pamela Sangiessi
- Lenore A. Walice

Please visit littlebit.org/donate to learn more about legacy giving, or to discuss legacy giving opportunities, please contact Director of Development Sharon Soldenwagner at 425-882-1554.

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Little Bit Therapeutic Riding Center ǀ 2021 Annual Report
Connect with Us

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GET INVOLVED
Visit www.littlebit.org and click on “Get Involved” in the menu or contact us at 425-882-1554.

PHOTOGRAPHY CREDITS
We are honored that the following professionals chose to donate their time and expertise:

Jessica Farren Photography: pages 2, 22
Kimberly Lind Photography: cover, pages 4, 6, 14, 31
Anonymous: 12, 16
Steve Birds Photography: pages 8, 10
Suzy Weber Creative: 18