The past year has served as a turning point for Little Bit in several ways that have made quite a difference for the organization and for our future. The impacts from COVID began to lessen allowing programs to begin their return path to previous service levels. There are lag points along the way that need a bit more time, such as recruiting and training volunteers after losing over half our volunteers during the couple of years where we were plagued by COVID. In addition, training programs for new instructors halted during COVID, so our pipeline of instructors for our Adaptive program dried up. We are now training instructors again and that will help us serve additional riders in the program in years to come.

Our auction guests in 2022 were SO excited to be back together again after the few years of being apart and they raised the roof in terms of donations! The enthusiasm and excitement in the room were palpable and the donations reflected it!

We completed the building of our Hay Barn entirely through contributions from a combination of corporations, foundations, and individuals. We are now able to purchase and store large quantities of hay saving the organization our hard-earned funds.

We ended the year with net revenue, and, through careful stewardship, conservative budgeting, successful events, and generous donors, we were able to budget salary increases for our staff, bringing everyone up to at least the bottom of market rate salary ranges. This will help us attract and retain staff—not an easy thing to do in this post-COVID marketplace.

Thank you ALL for supporting us and helping us get through the challenging times and the exciting times! Our future looks bright.

Cheryl Kringle
Chair, Board of Trustees
Little Bit thrives on the collaboration and partnership among participants, their family members, staff, volunteers, and horses. All of the people that Little Bit serves have disabilities, except some of the children who attend our inclusive summer camps. Little Bit does not have access to Equine-Facilitated Psychotherapy and Equine-Assisted Learning participant demographic data, which is held by our program partners.

Participants by Program (unduplicated)

- **Therapy**: 127 (25%)
- **Adaptive Riding**: 156 (31%)
- **Equine-Facilitated Psychotherapy**: 7 (1%)
- **Unmounted Horsemanship**: 8 (2%)
- **Equine-Assisted Learning**: 131 (26%)
- **Summer Camp**: 75 (15%)

Participants’ Improvements

<table>
<thead>
<tr>
<th>Improvement</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Improvement</td>
<td>79%</td>
</tr>
<tr>
<td>Cognitive Improvement</td>
<td>76%</td>
</tr>
<tr>
<td>Social Interaction Improvement</td>
<td>86%</td>
</tr>
<tr>
<td>Self-Esteem Improvement</td>
<td>92%</td>
</tr>
</tbody>
</table>

Participants’ Race and Ethnicity

Self-identified by Therapy and Adaptive participants or their caregivers.

- **White/Caucasian**: 70%
- **Asian**: 13%
- **Black or African American**: 4%
- **Hispanic or Latino**: 4%
- **Multiracial**: 2%
- **Unreported/Declined to Answer/Other**: 7%

Number of Participants

- **Therapy**: 127
- **Adaptive Riding**: 156
- **Equine-Facilitated Psychotherapy**: 7
- **Unmounted Horsemanship**: 8
- **Equine-Assisted Learning**: 131
- **Summer Camp**: 75

Survey response rate: 35%
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.

“Little Bit has become essential to our family over the past five years. Jordan has been able to maintain the ability to walk when she could be wheelchair bound. Being able to walk so many steps on the horse, versus what she would do in regular physical therapy, I think is so crucial. We see how much it impacts her life, there and away, and I don’t think it’s something that we could do without. Jordan has defied the odds of Rett Syndrome through the support of Little Bit, and we couldn’t be more thankful!”

— Janet, Parent of Therapy Patient Jordan

Learn more at littlebit.org/therapy
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.

“...she’s walking stronger, she has better posture, she walks faster, and she becomes a lot more verbal, more talkative after being on the horse ... I just feel like the Little Bit team, everybody involved, is collaborative—they’re in it with us. Everyone here treats not just Sanjula but the whole family with empathy, with understanding, so Sanjula feels very much loved and supported when she’s at Little Bit.”

—Beatrice, Parent of an Adaptive Rider

156 RIDERS SERVED

5,395 RIDES

36% AGES 5 TO 17

52 DIAGNOSES REPRESENTED

64% AGES 18 TO 85

52 DIAGNOSES REPRESENTED

“Learn more at littlebit.org/adaptive”
Equine-Assisted Learning provides the opportunity for clients who are not interested in or not appropriate for mounted activities to grow their skills with their equine partners on the ground. These sessions are conducted by instructors certified by the Professional Association of Therapeutic Horsemanship (PATH) International to further the participants’ education and personal development. Examples include: liberty work, clicker training, equine management, team building, leadership development, critical thinking, and more.

Partnered with Newport Academy, Cancer Lifeline, and Seattle Children’s Alyssa Burnett Adult Life Center.

“Caitlin has grown substantially in her ability to stand up for her needs and read non-verbal communication, a key to building and maintaining relationships. She is able to see the difference between healthy and unhealthy relationships and has been able to see how her behavior impacts the behavior of others through being very intentional with her horse. She is also able to anticipate problems and works to prevent them, which reduces overall stress levels. Through her work with desensitization, she has learned the importance of breaking down difficult tasks into smaller, more manageable steps.”

—Melissa Cope, MSW, LICSW

Equine-Assisted Learning  
People Served 131  
Classes 142

Equine-Assisted Psychotherapy  
People Served 7  
Therapy Sessions 230

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

Partnered with Melissa Cope, MSW, LICSW.

Learn more at littlebit.org/efp
ANNUAL HORSE SHOWS
The Margo O’Callaghan Memorial Dressage Show was held both in-person and virtually, providing a venue for riders of all skill levels, with or without disabilities, to compete alongside their peers and be judged on their performance alone, regardless of ability or disability. 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.

EXPANDING IMPACT
As a Premier Center, the highest level of accreditation by the Professional Association of Therapeutic Horsemanship (PATH) International, and as a Facility Member of the American Hippotherapy Association, Inc., Little Bit Therapeutic Riding Center serves as an inspiration and educational resource to the therapeutic riding profession, both regionally and nationally. By offering clinics, seminars, and training classes, Little Bit is able to expand its impact to centers in other regions and states.

52 IN-PERSON PARTICIPANTS
29 VIRTUAL PARTICIPANTS
75 CAMPERs
55 CAMPERs WITH A DISABILITY
27 PEOPLE ATTENDED SEMINARS, TRAINING CLASSES, AND CLINICS
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, farriers, 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 again awarded the Guardian Seal of Transparency by the EQUUS Foundation in 2022, 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.

“I am always impressed with the care, love, and attention Little Bit showers on the horses. Each horse has a customized care plan including vet care, farrier care, body work, training, and nutrition; dedicated schooling riders to help them stay strong and supple; and a ‘pony pal’ volunteer to fuss over them, groom them, love on them, and take them for hand-grazing on grass. Not all horses are suited for this work: therapy horses are worth their weight in gold. Which is why Little Bit makes sure a horse is happy doing their job, supporting them in all ways possible, and giving them the love and care needed to stay at their healthiest. It’s been my honor to help in my own little way by volunteering and financially sponsoring my favorite horse, Molly. I believe in Little Bit’s holistic approach to horse care and am happy to be a part of it!”

— Erica S., Volunteer

Lolli was voted PATH International’s Region 9 Horse of the Year.

Horses

Little Bit Therapeutic Riding Center

Cost to care for one horse for one year

$20,800

EQUUS Foundation

42 working weeks

4 treatment types received include chiropractic, acupuncture, massage, and energy work

9 to 12 maximum number of rides per week per horse

Learn more about Lolli at littlebit.org/blog/lolli

Learn more at littlebit.org/horses

$20,800

16 average age

33 horses worked part or all of year

4 treatment types received include chiropractic, acupuncture, massage, and energy work

9 to 12 maximum number of rides per week per horse

16 average age

33 horses worked part or all of year

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33 horses worked part or all of year
### 2022 Financials

<table>
<thead>
<tr>
<th>Category</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition &amp; Earned Income</td>
<td>$855,178</td>
</tr>
<tr>
<td>Contributions</td>
<td>$1,417,393</td>
</tr>
<tr>
<td>Community Events &amp; Activities (net)</td>
<td>$487,534</td>
</tr>
<tr>
<td>Other Sources</td>
<td>$18,826</td>
</tr>
<tr>
<td>Employee Retention Credits</td>
<td>$378,965</td>
</tr>
<tr>
<td>Market Downturn Loss</td>
<td>($195,411)</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$2,963,485</strong></td>
</tr>
</tbody>
</table>

**Programs**
- **2022 Revenues**
  - Fundraising (net): $382,455
- **2022 Expenses**
  - Administration: $348,321

**Total**
- **2022 Cost of Services**
  - Therapy Program: $456
  - Adaptive Riding Program: $362

**Assets and Liabilities**
- Total Assets: $11,658,176
- Total Liabilities: $1,017,275
- **Net Assets**: $10,640,901

### Scholarships

- **2022 Scholarships**
  - $76,219 awarded to 45 unduplicated participants

### Other Information

- **Tuition & Earned Income**: $856,178
- **Contributions**: $1,417,393
- **Community Events & Activities (net)**: $487,534
- **Other Sources**: $18,826
- **Employee Retention Credits**: $378,965
- **Market Downturn Loss**: ($195,411)
- **Total**: $2,963,485

- **Programs**: $2,229,729
- **Fundraising (net)**: $382,455
- **Administration**: $348,321
- **Total**: $2,960,505

- **2022 scholarships**: $76,219 awarded to 45 unduplicated participants

75 cents of every dollar was spent on programs.

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.

- **Administrative Volunteer of the Year**: Leah Hall
- **Barn Volunteer of the Year**: Alison Thomas
- **Program Volunteer of the Year**: Genette Altaras
- **The Sally Gregg Heart for Service Award**: Amy Fouke

With gratitude we congratulate our 2022 Corporate Strides and Community Partner Award Winners. We honored Coldstream Wealth Management and National Charity League Emerald City Chapter for their dedication to exceptional volunteerism, commitment, corporate philanthropy, and ongoing support of the Little Bit mission.

![Pictured: Crane Aerospace & Electronics](image)

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“**To anyone who is looking to volunteer at Little Bit—you won’t regret it. Little Bit does so much for so many people. They care very deeply for all their clients, staff, volunteers and horses. It’s like having an extended family. You go home every day feeling good about what you did that day. You get to see the actual progress a client you are volunteering with is making. No matter if you are working with the clients, are a tack helper, or working as a barn buddy, they are all a part of what makes Little Bit work. YOU WILL LOVE IT.**”

—Genette A., Volunteer since June 2019

Learn more at littlebit.org/volunteer

---

**VOLUNTEERS**

Little Bit

- **20,498** total number of volunteer hours
- **$613,910** value of contributed volunteer hours
- **871** volunteers
- **215** volunteers per week
- **14** minimum age to volunteer
- **1,589** number of service hours from work groups
- **78** age of oldest volunteer
- **47%** volunteers who reside east of Seattle
- **83%** she/her/ hers
- **11%** he/him/his
- **4%** no pronoun or none disclosed
- **2%** other pronouns

---

Coldstream Wealth Management

National Charity League, Inc.
We recognize all our volunteers’ dedication, hard work, and compassion, and time. In addition to the volunteers listed below, many of our patients and residents’ household members received training and stepped into volunteer roles as well. We are truly grateful to these parents, grandparents, and siblings, and to all our valued volunteers for their service.

Volunteers

Alvin Amini
Anica Boguszewski
Ashley Bockman
Matthew Boardman
Ali Bly
Anne Blackburn
Addy Borges
Joelle Delettrez
Linda DeBowes
Chloe Day
Debbie Daniels
Kate Gawlowski
Vini Garg
Meghan Gallagher
Morgan Forman
Laura Fielding
Ande Fieber
Nancy Fetch
Aurelia Ferguson
Natalie Ewart
Kayde Etchells
Tessa Harvey
Una Harris
Nancy Harney
Samantha Harkins
Carrie Hanley
Luca Hamilton
Ayden Hall
Soraya Hajji
Lisa Haistings
Matthew Grunewald
Daniella Caparroso
Rebecca Caldwell
Mia Burlington
Marry Brummett
Elien Chen
William Chen
Monica Childers
Glo Cropper
Alex Cox
Donna Corey
Maia Crotty
Elisha Dhillon
Andrea Edison
Josie Dobo
Kathleen D'Souza
Leena Durey
Amber Durey
Lisa Durey
Samantha Durey
Mariana Durey
Hari Durey
Aidan Durey
Samantha Durey
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DONORS

THANK YOU TO ALL OF OUR DONORS. EVERY GIFT MAKES A DIFFERENCE.

LITTLE BIT THERAPEUTIC RIDING CENTER • 2022 ANNUAL REPORT

$200,000+ Chip & Eve Albow

$100,000-$199,999 Elizabeth A. Lynn

$50,000-$99,999 Marilyn & Martin Barsanti

$25,000-$49,999 Anonymous (4)

$10,000-$19,999 Chinn Construction, LLC

$5,000-$9,999 Anonymous (5)

$2,500-$4,999 Anonymous (1)

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Little Bit Therapeutic Riding Center

Hearts and Hooves Legacy Giving

Do you want to leave a legacy—to make a difference? You can help ensure that Little Bit has a secure future and the financial resources to sustain programs which transform the lives of people with disabilities. Make a difference by making your planned gift, in other words, a donation made as part of your charitable estate or tax planning, that will positively impact Little Bit for years to come. Tax benefits, peace of mind, community impact, and ensuring that your wishes are followed are all reasons to include Little Bit in your tax and estate plans today.

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
Beloved Little Bit horse Wikki (1997-2022) and his Pony Pal Nancy.

Please visit littlebit.org/legacygiving to learn more about legacy giving, or to discuss legacy giving opportunities, please contact Executive Director Paula J. Del Giudice at 425-882-1554.

CREATE YOUR LEGACY AT LITTLE BIT

Learn more at littlebit.org/legacygiving
Little Bit has made every effort to accurately reflect all financial contributions received by the organization in 2022. If we have made an error, please accept our sincere apology and contact us so that we can make any necessary corrections. If your address has changed or you would like to be removed from our mailing list, please contact Rik at 425-882-1554 or rmody@littlebit.org.

GET INVOLVED
Visit 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 photographers chose to donate their time and expertise:

Jessica Farren Photography: page 12
Kimberly Lind Photography: pages 2, 4, 6, 8, 26
Anonymous or staff: pages 14, 18, 22, 25
Steve Birds Photography: cover, page 16
Cedric Denuit: page 10

Learn more at littlebit.org/take-action