

SURF & TURF THERAPY

ANNUAL REPORT
2023



Our mission at Surf and Turf Therapy is to be committed to bettering lives through non-traditional therapeutic activities.



WELCOME

DR JILLIAN STEWART

FOUNDER | EXECUTIVE DIRECTOR

Over the past 5 years, we have not lost sight of our founding values. For Surf & Turf, inclusion means breaking down barriers and making sure programs are accessible to all. It is about creating a safe space where people of all abilities can come together to find strength, and support. It is about fostering an environment where the therapeutic power of the ocean and the magic of horses, are accessible to those who need it most, regardless of their ability to pay. **It is about seeing everyone's ABILITIES - not their limitations.**

In 2023 we developed new programs in response to participants requests for more opportunities for movement, socialization and inclusion. Horsemanship and walking groups brought individuals of all abilities to come together for a common focus. As surfers progressed and met therapy goals they looked toward recreational opportunities. We saw the need and built our therapeutic surfing program to allow advanced coaching and group surf opportunities. We expanded further into the community and helped show families how to access public areas, such as rock climbing gyms and trampoline parks.

Our commitment to inclusion wouldn't be possible without the unwavering dedication of our donors, volunteers, and community - ie if you are taking the time to read this- this means YOU too! Your generosity has enabled us to create an inclusive space where everyone is welcome. Your support has made it possible for us to expand our programs, maintain our facilities, and reach more individuals in need.

To our volunteers, you are the heart and soul of Surf & Turf Therapy. Your tireless efforts, your care, and your selflessness are the driving force behind every smile and every success story that emerges from our programs. Your commitment to giving your time, your skills, and your heart is what allows us to be a place of hope for so many. You embody the spirit of inclusion every day, and for that, we are eternally grateful.

As we reflect on our 5th year of service and look to an even better 2024, we do so with a sense of purpose. We currently have a waitlist and look forward to increasing our capacity to serve more people than ever. Every contribution, whether it be donating time, a monetary gift, a friendly smile or simply sharing our story, is another step toward a more inclusive and compassionate world. Together, we can create waves of change that will ripple far beyond this moment. **Thank you for helping us continue Surfin' up Smiles & Makin' Strides!**

- Dr. Jillian Stewart, PT, DPT, HPCS

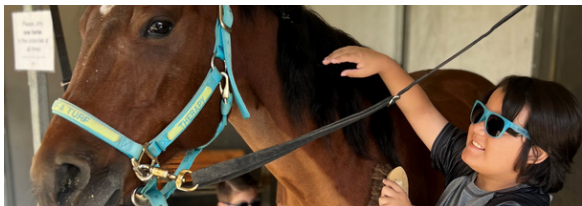
Mission: Surf and Turf Therapy is an organization committed to bettering lives through non-traditional therapeutic activities, including surfing and horseback riding

Vision: Surf and Turf Therapy will set the standard for integrated therapy services by providing clinical excellence and personalized care, while making alternative therapies proven and reputable therapeutic forms.

PROGRAMS IN THE COMMUNITY

MEETING THE NEEDS

SOCIALIZATION | OPPORTUNITY FOR MOVEMENT | INCLUSIVE ENVIRONMENT



HORSEMANSHIP

Equine education on horse communication, anatomy, exercise, grooming, feed & more. The inclusive & group setting allows for socialization/bonding among participants of all abilities.



ROCK CLIMBING

Climbing emphasizes reciprocal movement patterns, also called cross body movement, as well as safety awareness, strength, and problem-solving.



THERAPEUTIC DRIVING

Using a horse & carriage opens the world of horses to those who may be unable to ride. It provides a range of movements & sensorimotor experiences and teaches knowledge of horses, driving skills & more.



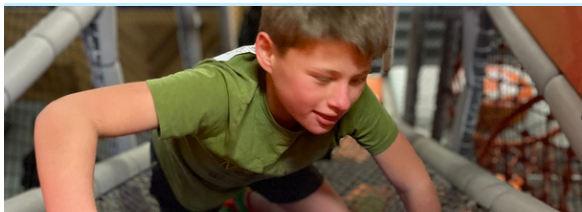
WALKING PROGRAM

Focused on endurance, fitness & social skills, this program featured a nature hike and "scavenger hunts" in the Dana Point harbor. A little over a mile of walking was covered each hour!



THERPEUTIC SURFING

Surfing instruction for individuals with disabilities who are ready to graduate from surf therapy with a medical professional. For those looking to progress surf skills in an inclusive & supportive environment.



TRAMPOLINE PARK

Gait, sensory needs, climbing, balance & gross motor skills were all addressed in this unique setting. Bonus: families found a access to a part of the community their entire family could be included in, with many returning beyond sessions!



AQUATIC THERAPY

More than swimming, therapists implement aquatic PT principles in the pool. Time in the water is focused on endurance, stretching & balance, as well as some surf-specific skills like paddling & swim safety.

IMPACT SUMMARY

Meet Joshy & Charlotte:

"After so many hours of childhood spent in therapy centers with big sister bored in a waiting room, I watched 'both' of my kids participate in something together, I watched Joshy reap the therapeutic benefits, and **I felt like we were on a fun family outing rather than another therapy appointment.**

And as time marched on I saw Joshy grow in strength, confidence, and even vocalizations while on the horse. Charlotte also formed a special bond with the horses as well as her amazing trainer, Danielle.

We have since moved over to the surf side, and Joshy loves Dr. Allyson and his time in the water with her. I remember gasping as I saw Joshy stand up on the surf board for the first time. This was something I never thought I'd see in his life.

Any parent who has a child with a disability knows the grief we experiences along this journey. We grieve a life we expected but never came into fruition. We grieve for our child as they struggle to do things that come so easily for others. **Surf and Turf has helped my child to face these obstacles, receive the therapy he so desperately needs, and soar beyond expectations all while having fun.** I am forever grateful that my family joined the Surf and Turf Family."

- Katherine



FUTURE GOALS

HIRE FULL-TIME ADMINISTRATIVE SUPPORT

Manage growth and communication with current participants, volunteers & donors, while increasing capacity to serve for current therapists & instructors

EXPAND SOCIAL PROGRAMS

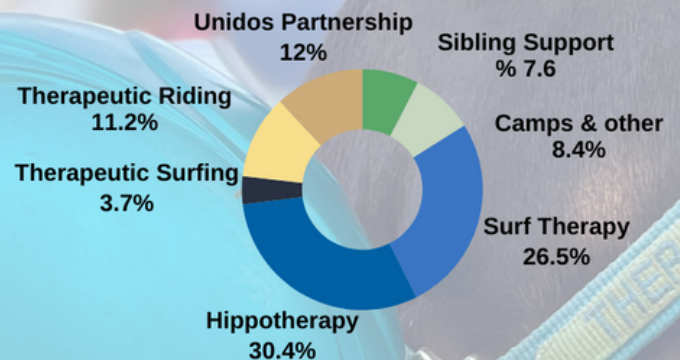
Build inclusive, social based programs to support individual development and generalization of skills obtained in therapy programs

EXPAND SURF PROGRAM

Grow surf therapy and therapeutic surfing programs to meet the current need, by offering 20% more service hours in these areas and reducing waitlist



We provided
2,971 total hours
of service



78 individuals each week

By diagnosis

29% - Autism
13% - Down syndrome
13% - Cerebral palsy
6% - Angelman syndrome

By location

Orange County - 94%
San Diego - 6%

Most Common Outcomes



83% - IMPROVED STRENGTH

74% - GREATER HAPPINESS



70% - BETTER BALANCE

65% - IMPROVED POSTURE & CONFIDENCE



Improvements were also reported in coordination, regulation, attention, behaviors, speech & language skills, social skills, walking, fine motor skills, cognition and patience



31% received financial assistance

57% received insurance reimbursement

Surf Volunteer of the Year: MEET MATT

Matt has been volunteering with us for 2 years, almost every Sunday morning. Matt is always there to help bring boards down to the beach, cheer everyone on, and keep everyone safe! Matt is the ultimate motivator, providing tips as he surfs alongside or guides surfers from his role of "catcher" on the beach. Thank you, Matt, for pushing our clients to be better, helping us keep them safe, and always bringing the stoke! We appreciate you!



VOLUNTEER HIGHLIGHTS

**In 2023, 121 volunteers
served over 4,028 hours**

Youth Volunteer of the Year: MEET VIOLET

Violet is a positive influence around the barn, effortlessly bringing laughter into the sessions and remembering details about everyone she works with. Her maturity and skill with horses made her an asset to the volunteer team. She has even pursued continuing education training to ground drive (steering the horse from the ground) during some client sessions. We're grateful for her kindness, quick learning, and unwavering commitment to safety when handling our herd. Thank you, Violet!



Turf Volunteer of the Year: MEET CATHERINE

Catherine is a truly multifaceted volunteer whose dedication and diverse skills have greatly enriched not only client lessons but also our organization. Starting with minimal horse experience, she quickly became knowledgeable around the barn, and has a special affinity for our miniature horses. Catherine also plays a crucial role in our Friends of Surf & Turf Committee, ensuring all the behind the scenes tasks are completed - from spreadsheets to organizing apparel. Thank you, Catherine!



Rookie Volunteer of the Year: MEET SHARI

Shari volunteers multiple days a week, consistently arrives early, and happily tackles any task, whether leading our horses, assisting our participants as a sidewalker, or tending to the weeds. Her presence creates a calm environment around the barn, ensuring efficiency and support for all. Her positive attitude, horse skills, and quick thinking make her an incredible asset to the team. Thank you, Shari, for all that you do!



SERVICE BY PROGRAM/NEED:



TURF VOLUNTEERS - 72%



SURF VOLUNTEERS - 22%



SPECIAL EVENTS - 6%

Youth volunteers under 18 years old - 35%
18 years old and up - 65%



37% of volunteers come multiple shifts per week, on a regular, weekly basis



We are always looking for supportive & caring individuals to join our volunteer team. Please visit SurfandTurfTherapy.org/volunteer to get started!

FINANCIAL SUMMARY



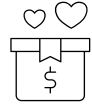
SCHOLARSHIPS

- \$54,196 AWARDED TO 23 PARTICIPANTS



HORSE SPONSORSHIPS

- RECEIVED \$24,860



OVER \$36,000 IN IN-KIND GIFTS AND DISCOUNTS

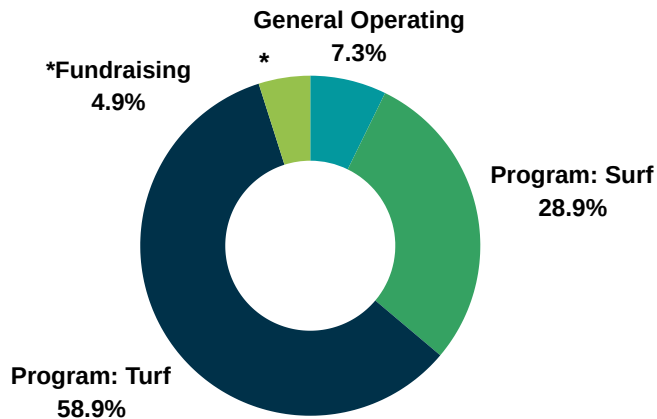


Fees alone are not enough to cover costs

31% of participants received financial aid in 2023
57% used superbills for insurance reimbursement

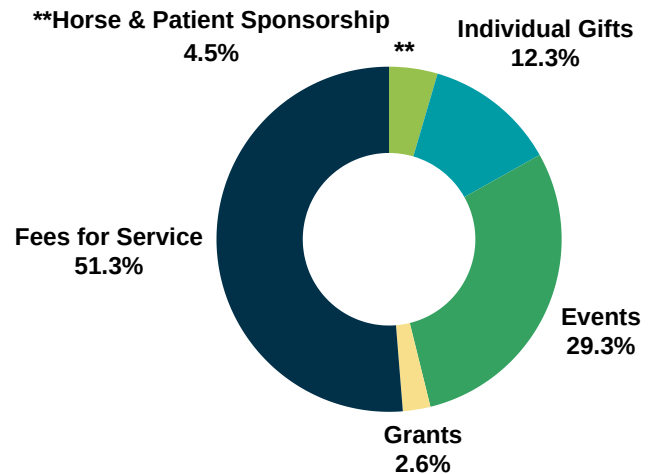
EXPENSES 2023

Total Expenses \$436,563



REVENUE 2023

Total Revenue \$533,934



Nearly 88% of our total expenses go directly toward running programs to serve our community

LOOKING TO THE FUTURE

Thanks to our supportive community, we have established a reserve fund equivalent to six months of operational expenses, enhancing our organization's financial resilience. Additionally, a growing endowment lays the foundation for sustainability for years to come.

Financial security allows Surf & Turf Therapy to work toward the long-term goal of acquiring property for a permanent home, reinforcing our commitment to providing lasting and impactful programming for our community for decades to come.

You can help! Contact jillian@surfandturftherapy.org

OUR TEAM

DID YOU KNOW?

Horse & patient sponsorship opportunities are available! These monthly gifts range from \$250 to \$950/month and cover the cost of care for our herd and our patient services. They are also great opportunities for our community to learn more about our herd, as well as the lives of the participants impacted by their sponsorship with the quarterly updates included for sponsors.

★ **Horses with a star or 1/2 star are available for sponsorship!**



HORSE OF THE YEAR - TOMAHAWK

Tomahawk encourages our more independent riders to think critically about their riding techniques, body language, and how they influence the horse. For our therapy clients, Tomahawk offers a bouncy and fast-paced ride which many seek and adore. Whether you find her basking in the sun or cheerfully guiding her riders around the property, Tomahawk embodies the spirit of a "true workhorse" with a generous heart for our clients. She has been reliable and consistent all year. We truly grateful to consider her a coworker, partner, and member of the herd. She is generously on loan by Dave Myrick.



Banjo



Biscuit



Bella



Cosmo



Dave



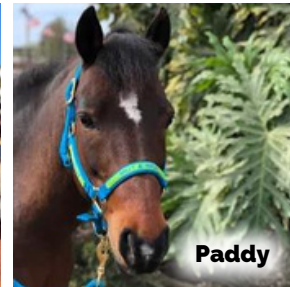
Emma



Gigi



May



Paddy



Trooper

STAFF MEET THE TEAM

Dr. Jillian Stewart, PT, DPT, HCPS - Founder | Executive Director
Dr. Allyson Blackstone, PT, DPT, AHCB Therapy Services Manager
Danielle Cupps - Instructor | Barn Manager
Riley Philips, M.S., CCC-SLP- *Speech & Language Pathologist*
Dr. Emily Morton OTR/L - Doctor of Occupational Therapy
Dr. Jaime Little, PT, DPT - Doctor of Physical Therapy (SD)
Teresa Kodama - Office Administrator
Brianna Moshenko - Therapeutic Surf Instructor
Euan Latimer - Surf Aide
Luke Vicelja - Surf Aide

contract support

In 2023, our horses provided
1,951
hours of service

THANK YOU TO OUR DEDICATED BOARD OF DIRECTORS

Danica Ezor - Director

Greg Lopez - Director

Dave Myrick - Director

Jacob Pacheco - Secretary

Darlene Rudkin - Director

Michael Manniello - Board Chair

Danielle Ouellette - Vice Chair

Staci Stewart - Treasurer

Dr. Roger Mignosa - Director



RX3



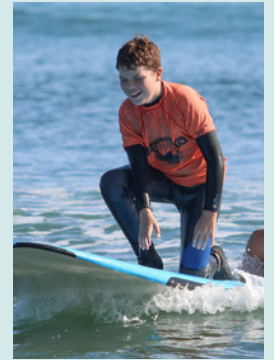
PICKLEBALL



FRIENDS & FAMILY DAY (SD)



SUMMER CAMPS



VELZY SURF CONTEST

EVENTS

Throughout the year, we were able to host a series of impactful events centered around community and inclusion. At RX3 a flag football team, lead by Emerson Roth & NFL Quarterback “DTR”, set the tone for a year of philanthropy and collaboration. Our inaugural pickleball event, spearheaded by dedicated volunteer Heather Alkon, was a tremendous success and welcomed new friends to our community. The **San Diego Chapter hosted their first event**, sharing the stoke with 12 surfers, including current patients and their loved ones for a memorable “friends and family day.” The Surf and Turf-a-Thon, spanned an entire weekend with participants eager to catch waves and ride laps while raising over \$20,000 to support our mission. The 4th annual **Movie with a Mission brought together 300+ community members for a FREE event thanks to presenting sponsor ROTH Capital.** The day at the ranch was filled with entertainment, including line dancing with Marie Kelly and a drive-in showing of Cars! **Silver Horseshoe award winning summer camps, sold out** all five sessions and provided a week of fun and function for participants. At the Velzy contest with the Doheny Longboard Surfing Association, 14 surfers competed in front of a supportive crowd alongside peers. The 4th annual Chukkers for Charity event at the scenic OC Polo Club surpassed expectations, **raising over \$126,000— a remarkable achievement attributed to the generous contributions of sponsors like Hot Ticket Racing** and the compelling stories shared by program participants Grace Sheehan and Dylan Law. The year concluded with the festive Santa paddle hosted by Stacy Savage, bringing together supporters for a morning of paddling followed by a volunteer training—a perfect culmination of a year dedicated to community, compassion, and service!



SURF & TURF A THON



MOVIE WITH A MISSION



CHUKKERS FOR CHARITY



SANTA PADDLE



THANK YOU!



JAGUAR LAND ROVER
MISSION VIEJO



ROTH Capital Partners



Wine Bar
Boutique Wine Social Menu Craft Beer
San Juan Capistrano, CA



BOB & DANICA EZOR | DAN & STACI STEWART | DEBBIE MICHOWSKI | THE RAMENOFSKY FAMILY | SLIDE STOP REINING | STACY MCWATTERS

949-312-7227 | www.surfandturftherapy.org

MADE POSSIBLE THANKS TO OUR

COMMUNITY PARTNERS

- **Rancho Sierra Vista Equestrian Center**

Offering facilities for our program and barn space

- **Cindy Forrest Performance Horses**

Training and mentorship for horses & staff

- **Wilmont Farms - Carol Willner & Jennie Bershon**

Offering two part-time therapy horses on loan

- **Desiree & Chris Mills**

Offering two part-time therapy horses on loan

- **OC Polo Club - Rancho Silverado Stables**

Volunteer and fundraising support

- **Triple Crown PEMF | Hope Hattesoehl**

Discounted treatments to our herd

- **Society Picnic**

Donated florals for fundraising events

- **Jesse Coker**

Farrier supporting our program horses

- **Mission Equine Hospital**

Veterinarians supporting our program horses

- **Joshua Kizziar | Ben Soto | Ashleigh Magnus**

Photographers for events and therapy sessions

- **Marie & James Kelly**

Providing free entertainment for Surf & Turf events

- **Dana Point Harbor Partners**

Providing permits and parking for surf sessions

- **Doheny Longboard Surfing Association**

Inclusive partner for local surf contests

- **The Printers Circle**

Donated print materials for fundraising events



THANK YOU DONORS

We remain committed to our values of quality care and inclusion, providing service to those in need, regardless of ability to pay. 183 people made financial and in-kind contributions to support our mission in 2023.

Thank you for every gift and to everyone who contributed throughout the year!

\$5,000 or more

Dave Myrick
Donald C Iler
Dudek
Golder Eagle Foundation
Hot Ticket Racing
Jack Wood
Jaguar Land Rover Mission Viejo
Orval & Susie Stewart Foundation
Roth Capital Partners
Steven & Michael Ann Nameroff
The Deshaies Family
The Donchess Family
The Moznett Family

\$1,000 or more

American Horse Products
Amy Sirkin
Danica & Bob Ezor
Desiree & Chris Mills
Disney
Doheny Longboard Surfing Association
Dr. Steve Yun
Gabe Steffens & Kathy Bell
Giving University
Investors Philanthropic
Jill Price
Kip Kolson
Las Vaqueras
Mark Humphreys
Michael Manniello

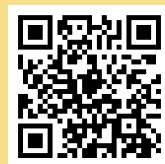
Orange County Youth Sports Foundation
Pamela Mastrotta
Paul Davis Restoration
Rancho Sierra Vista Equestrian
Reeves Ranch & Market
SC Beach Angels
Stacy McWatters
Sunwest Charitable
Susie Broselle
The Franklin Family
The Law Family
The Ramenofsky Family
The Sheehan Family
The Toy Foundation
Theresa Mihalovich-Gerstner

HOW YOU CAN HELP



MAKE A DONATION

Please consider making a one time or recurring gift to support our mission
SurfandTurfTherapy.org/donate



Recurring gifts of all sizes help us plan for the year ahead. Whether it is \$5 or \$500, being able to plan on your support each month makes a HUGE difference!

PATIENT TESTIMONIAL

“Surf and Turf not only introduced Alyna to surfing but also gave an opportunity for Alyna’s older sisters to participate in the surfing session and find a love for surfing. It **gave them all something in common that drove our family closer to each other**. To be able to see the excitement of all four daughters when putting on their wet suits and getting ready to go surfing is so heartwarming. My older daughters expressed sharing these moments with each other is amazing and they even say how Alyna has the coolest therapy sessions.

Surf and Turf does help Alyna tremendously by helping her **build up strength, balance, and coordination** but the best part is Alyna feels like any other teenager just hanging out having fun with friends and family enjoying the beach, and that to any parent is such a victory!”

-Adriana, patient mother



BY GIVING A LITTLE, YOU WILL HELP A LOT

- **Sponsor a patient’s scholarship**
 - Regardless of ability to pay, we believe that all should have access to therapeutic activities to improve their quality of life
- **Sponsor one of our therapy horses**
 - Half and full sponsorships available
- **Volunteer your time** in the water/with the horses assisting our patients or at a event
- **Donate an auction item** for our fundraising events, such as a vacation rental, season tickets, wine, and more
- **Help spread the word** by telling your friends and family about the life-changing work we do in the community
- **Consider creating a lasting legacy** by including the Surf & Turf endowment fund in your long-term plans
- **Donate stock**
 - Make a bigger impact by donating long-term appreciated securities, including stock, bonds, and mutual funds
- **Attend a fundraising event** to support our mission, hear from our patients, meet the herd, shop for a cause and more
- Purchase items off our **Amazon wish list**



SURF & TURF THERAPY
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