

SURF & TURF THERAPY

ANNUAL
REPORT 2020



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

WELCOME

FROM DR JILLIAN STEWART
FOUNDER | EXECUTIVE DIRECTOR

2020 was a year no one could have prepared for, but yet our community was ready. **Surf and Turf Therapy was able to remain open and serving those who need us most, at a time when they needed us the most - THANKS TO YOU!** Fundraisers were cancelled, yet donations and support from our community continued, ensuring we were able to provide essential services during a time full of unknowns. When clinics, schools, and other organizations closed or converted to telehealth, we remained open. We provided in-person treatments throughout the entirety of the pandemic thanks to our intimate, outdoor setting and the modifications we were able to make in order to minimize risk.

For the safety of our entire community, all volunteers were placed on hold and family members were trained to help fill the void until we could safely welcome them back. Despite missing a key part of our team - our amazing volunteers who had been giving over 80 hours a week collectively - we saw our service hours double during the heart of the pandemic, and the demand only continues to rise! Currently, we have 14 more kids excited to join our surf program this summer and counting!

The passion from those who believe in our mission and the needs of people in our community continued to inspire adaptation and resilience. We looked for the opportunity in every difficulty, which allowed us to not only serve, but to flourish. In 2020, our sibling support program grew, our herd grew, we were able to improve our barn space - adding another stall, tack room and office, we provided therapy intensive summer camps, as well as sibling support camps, both on the turf and in the surf, we were awarded our first grant, and we were featured on numerous podcasts. At a time when we could have lost it all, we were able to continue bettering the organization and the programs we offer - accomplishments that would not have happened without you! Thank you, thank you, thank you, for continuing to believe in this dream and for helping to better lives through nontraditional therapeutic activities!



Highlights of 2020

- WE REMAINED OPEN!**
 - Provided essential therapy services throughout 2020
 - Doubled our service numbers
- PODCASTS**
 - Featured on:
 - Conscious Minimalist
 - The Brain Possible
 - Live with Dawn Marie
- BOYSCOUTS**
 - 6 Boy Scouts completed their Horsemanship merit badge
- ADAPTIVE POLO TEAM**
 - Now playing 2 on 2 once per week, thanks to support of 2 interscholastic players from OC Polo Club
- ACTIVITY BOOK**
 - Specially created to support at home development, play and creativity
 - Available on our website at: www.surfandturftherapy.org/activity-book
- RED BACKPACK FUND GRANT**
 - Awarded our first grant from The Spanx by Sara Blakely Foundation
- PROFESSIONAL VOLUNTEERS**
 - Surf & Turf hosted professional volunteers to learn more about hippotherapy & surf therapy
 - 4 occupational therapy students, 2 physical therapy students, 2 licensed PT's, 3 licensed OT's, 1 licensed SLP
- OUR HERD GREW**
 - Therapy horse Emma
 - Mini horse Rosabelle
- THERAPY INTENSIVE SUMMER CAMPS**
 - 1 Surf camp with 6 participants
 - 1 Turf camp with 3 participants
 - Physical, Occupational, Speech therapy focus each day with licensed professionals
 - Turf sibling support camp hosted by Jennie Bershon of Wilmont Farms
- STUDENTS & INTERNS**
 - Mackenna Allen completed Kinesiology internship
 - Heidi Howard completed her final clinical rotation for her Doctorate of Physical Therapy

2020 IMPACT SUMMARY

Sibling Support
15.6%

Speech Therapy
9.3%

Occupational Therapy
10.4%



1218
Hours of service
Physical Therapy
63.9%



COMMON DIAGNOSES

- Cerebral Palsy: 21%
- Autism: 20%
- Down Syndrome: 17%
- Angelman's Syndrome: 14%

Also Seeing: Spinal cord injury, multiple sclerosis, global delays, Pitt Hopkins Syndrome, speech delays, microcephaly, seizure disorders, dementia, GSM1, lissencephaly, infantile pompe, stroke



CHELSEA'S STORY

The last 5 years been one of the biggest challenges anyone could ever face after going through a catastrophic ATV accident and having a C/4|C/5 spinal cord injury. I lost the ability to walk, to use my hands, meaning that I was going to live a very different life than before. Laying in the hospital I would think about things like not being able to walk down Coast Highway with my morning tea to the salon; my heart broke for the inability to possibly hold my unborn son for the first time, yes I was pregnant at the time of my injury.

The first year after my accident was acclimating to being quadriplegic and of course figuring out how to adapt to being what I like to call re-abled and to new motherhood. I began training my body immediately so that I could overcome what I had lost, getting over the fear, so that I can be the best version of myself because my son needed me. That is really where I get my strength from.

Fast forward a little bit of time, I read an article about the benefits of riding a horse, because it's simulates walking more than a standing frame or gate training. I was introduced to Jillian and it was amazing. She trained me to fight gravity to use what little strength I had and to build on that every week we worked together. Eventually I was able to get back in the saddle and ride with guidance and support.

I was broken in every way when I started working with Jillian and May, but I began to realize that I wasn't going to remain that way forever. Being at the stables and being around horses has really changed my life for the better not only because I get to ride again, but I am so happy to be around these beautiful horses, learning their personalities; they really do bring peace and happiness.

The first time I surfed this year I could feel my abs working and immediately started leaning into the waves like I used to when I used to surf before my accident. All the trauma and pain sort of melted away and I was just so stoked at the end of that surf session!

I really want to thank Jillian and the whole Surf and Turf crew for always making special accommodations for me and teaching me how to ride and surf again! I cannot tell you how much joy it brings me every time we do it!

-Chelsea Rush

SURF OUTCOMES

- 80% reported greater confidence and happiness
- 72% progressed in balance, strength, coordination, regulation and posture

Additional areas of improvement: fine motor skills, speech, language development, and social skills



TURF OUTCOMES

- 80% demonstrated better posture
- 70% improved in strength, confidence and happiness
- 50%+ saw improvements in balance, coordination, and social skills

Additional areas of improvement: fine motor skills, speech and language development, social skills, regulation and walking

SERVING 45 PATIENTS PER WEEK
22% ON FINANCIAL ASSISTANCE

VOLUNTEER HIGHLIGHTS

In 2020, 112 volunteers served 2908 hours including over 300 hours of patient family member service

Turf Volunteer of the Year: Dave Myrick

Dave Myrick is at the heart of the hippotherapy side of Surf and Turf. He has been a board member from the beginning, and supports our programs in a variety of ways, including sharing his sweet horse Emma with our riders.

In 2020 he became one of a few select horse leaders in treatment sessions while we were operating with significantly reduced volunteer support, giving on average 12 hours per week of his time. Self-titled as the programs "professional scooper", Dave does it all – from cleaning the barn and caring for the horses to making treatment sessions a fun and safe experience for all. The patients, families, other volunteers and horses, all love Dave. The barn is a better place because of him – Thank you Dave!

Surf Volunteer of the Year: Euan Latimer

Euan Latimer began volunteering with us in the summer of 2020, at only 15 years old. He decided to start volunteering after spending time with his older brother Kyan, during surf therapy treatment sessions.

Euan is not only an incredibly talented surfer, but an exceptional young man. He genuinely cares for the kids he works with and is always interested in learning about how to best help them. He is so safe, confident and polite in the water. And to top it all off he is a total wave machine! He is one of the few surf volunteers who is able to assist in taking patients tandem. We are so lucky to have him and are able to help many more kids because of his help! Thank you Euan for being such a wonderful role model in the line-up and an invaluable part of the team!

Therapy Horse of the Year: Bella

Bella is a 21 year old Pony of America who began her work as a therapy horse in early 2019. In 2020, we transitioned to family only volunteers at the start of the pandemic and Bella really shined. Many people without horse experience were leading in sessions and Bella was so kind. She patiently waited for everyone to figure out how to put on her halter and lead her properly. Additionally, her gentle disposition makes her a natural therapy pony and it is clear she LOVES all of her attention from her little fans. Jennie Bershon and Carol Willner of Wilmont Farms generously loan Bella to our program and we are so grateful to have her on the team!

Dave Myrick

Euan Latimer

Bella



We are looking for supportive & caring individuals to join our volunteer team!
Please contact us at volunteer@surfandturftherapy.org or 949.312.7227

A BIG THANKS TO OUR COMMUNITY PARTNERS

Ongoing Partners & Sponsors

Rancho Sierra Vista Equestrian Center

offering facilities for our program and barn space

Cindy Forrest Performance Horses

offering 2 full time therapy horses on loan

Wilmont Farms - Carol Willner & Jennie Bershon

offering 2 part time therapy horses on loan

OC Polo Club - Rancho Silverado Stables

volunteer & fundraising support

Monte Nicolaides & Jesse Coker

farriers supporting our program horses

Thank you to our Donors!

Our community continues to grow! In 2020, 78 people made financial contributions to support our mission! Thank you for every gift and to these individuals who contributed throughout the year -

\$5,000 or more

Don Iler

Jaguar Land Rover Mission Viejo

Golden Eagle Foundation

Red Backpack Fund

\$1,000 or more

Rudkin Family

Michael Manniello

Ohara Corporation

Rancho Sierra Vista Equestrian Center

Dave Myrick

OC Polo Club

Sunwest Bank

\$500 or more

Rossignol Medical Center

Ken & Jeannie Whitmer

Ohara Corporation

Dawnmarie Healthy & Fit LLC

Bob & Sheri Montgomery

Michael & Wendy Cupps

Danielle Ouellette

Singer Family

Hops Family

Tim & Cindy Neff

Janet Knilans

Timothy Wray

Dan & Staci Stewart

Ezor Family



WE SO APPRECIATE OUR BOARD OF DIRECTORS & KEY STAFF

Danica Ezor - Director

Michael Manniello - Board Chair | Secretary

Rob Mullins - Treasurer

Dave Myrick - Director

Danielle Ouellette - Director

Darlene Rudkin - Director

Jillian Stewart - Founder | Executive Director

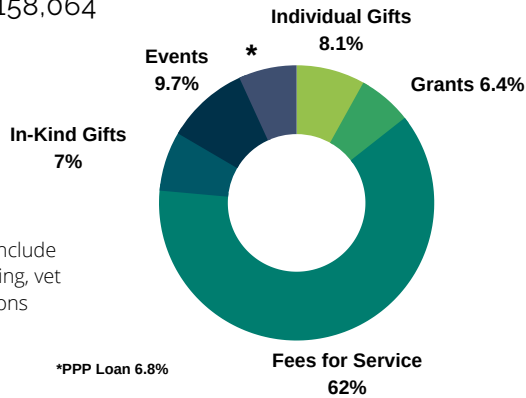
Staci Stewart - Director

Jennifer Zoutis - Director

FINANCIAL SUMMARY

REVENUE 2020

Total Revenue \$158,064



In kind/discouted services include reduction in rent, horse shoeing, vet bills, & equipment donations

Movie with a Mission

With the health and safety of our community in mind, a drive-in movie night at the ranch was held to bring everyone together, while staying safe! **48 cars attended our showing of Elf on Dec 6th, raising nearly \$16,000 for program services and scholarships.** The event included: Tacos 4 Troops taco truck, meet and greets with therapy horses, patient stories, carolers & goody bags for all attendees.

Thank you sponsors!

Diamond Sponsor

Jaguar Land Rover Mission Viejo

Platinum Sponsor

Rancho Sierra Vista Equestrian Center

Silver Sponsors

Rossignol Medical Center | Michael & Wendy Cupps

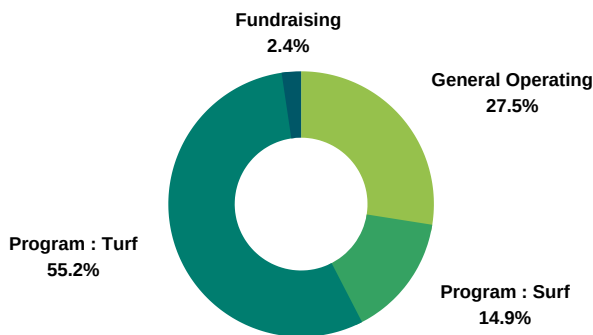
Bronze Sponsors

Hidden House Coffee | FunFlicks | Stephanos | Blaire Miller
Singer Family | David Hilfman | Dan & Staci Stewart

Artwork Donated by Jurecic Art

EXPENSES 2020

Total Expenses \$144,936



22% of participants received financial aid



Scenes from our "Movie with a Mission"

LOOKING FORWARD

*"You are SO awesome!!! I just want to say thank you. **Thank you for caring so much, for believing in my child, for taking the time and creating what you've created, putting this together & so on.***

This is the 1st camp we have ever been able to do & it's perfect. The best part is so were your other therapists!!!

Thank you. Makes me so happy!!!"

Parent feedback from Surf & Turf Therapy Summer Camp 2020

Over the next year we have big dreams for improving the lives of patients, goals include:

Expand our team:

- Hire therapist
- Hire a part time office assistant
- Hire surf assistant for the summer

Expand our surf program:

- Adaptive surfboard with backrest
- Vehicle to better transport all equipment, including large boards, wetsuits and beach wheelchair to/from

Expand our scholarship program:

- Community education about our scholarships and restructuring the program to make sure we are reaching those who need us the most

SUPPORT OUR MISSION

to better lives through non-traditional therapeutic activities

Please consider making a one time or recurring donation to support our mission

- \$25 sponsors a bale of hay
- \$50 sponsors a monthly hoof trim
- \$100 sponsors a wetsuit
- \$250 sponsors a routine vet check
- \$500 1 month of therapy for a patient
- \$1,000 1 month of horse care
- \$2,500 sponsors an adaptive surfboard
- \$5,000 sponsors six months of payments and insurance on a surf vehicle
- \$10,000 sponsors a therapy horse for an entire year
- Other Amount: \$ _____
- Make recurring monthly**
- I want to use CC - please contact me

Name (First & Last) : _____
(of donor, in name of another, or anonymous)

Address: _____

Email _____ Phone: _____



How to Donate:

Return this card with an enclosed check made to:

Surf and Turf Therapy
31441 Avenida De La Vista
San Juan Capistrano, CA 92675

Donate online through our website:

<http://www.surfandturftherapy.org/donate>

SURF & TURF THERAPY
31441 AVENIDA DE LA VISTA
SAN JUAN CAPISTRANO, CA 92675

