



Taking Life by the Reins!

~PRESS KIT~

Mission:

SaddleUp! Foundation™ is dedicated to empowering individuals with special needs through equine facilitated activities and therapies, while enhancing the lives of the families that support the individuals we serve.

Vision:

SaddleUp! Foundation™ organization brings this mission to life by upholding the highest level of equine facilitated activities and therapies. This all takes place in a safe, unique, family oriented and fun-filled environment for animal-human synergy to occur. Additionally, the efforts of collaborative relationships, organizations, partners, instructors, therapists, volunteers and the community look to enhance and expand on its programs and increase knowledge of the industry. Once on horseback, our students can take life by the reins!

Core Values:

- Empowerment
- Independence
- Family
- Respect
- Compassion
- Excellence
- Knowledge
- Vision
- Safety
- Professional
- Community
- Health
- Happiness

Objectives of SaddleUp! Foundation™:

- Provide **SaddleUp! Foundation™** programs to individuals with special needs who can benefit from equine facilitated activities and therapies.
- Conduct and disseminate research on the effectiveness of equine facilitated activities and therapies.
- Further advance standards of practice, ethics, and safety for equine facilitated activities and therapies.
- Encourage universities and colleges to develop and include equine facilitated activities and therapies in their curriculum.



A Closer Look at Hippotherapy

Hippotherapy is one of the equine facilitated therapies offered at **SaddleUp! Foundation™**; the other is equine facilitated psychotherapy (EFP). Equine facilitated therapies are provided by a licensed medical professional and utilize the movement of the horse and/or horse as a partner, as a treatment strategy throughout therapy sessions in order to meet the participant's therapy goals.

Hippotherapy is a core program offered at **SaddleUp! Foundation™** because it is a treatment strategy that is facilitated in an equine environment, therefore, making the experience of 'therapy' much more enjoyable. Hippotherapy is a treatment strategy for physical, occupational, speech and/or language therapy sessions for individuals with special needs. It is a term used to describe a treatment strategy, to improve neuromuscular function that utilizes the movement of the horse as part of a treatment strategy. The horses' movement translates through the body, causing many parts of the participant's body to engage. The therapist and/or equine professional can modify the horse's movement to promote specific responses from the participant. It requires a physician's prescription. Hippotherapy promotes and/or improves:

- Joint mobility
- Balance
- Posture, circulation and muscle tone
- Motor development
- Spasticity
- Physical stamina
- Emotional well-being
- Sensorimotor integration

Why Horses? Hippotherapy literally translated from the Greek word, "hippos" means horse. The natural movement of the horse is used to help individuals with special needs increase their functional abilities and achieve greater independence. Horses are used because a horse moves in the same three ways as a human pelvis does. This creates a movement pattern similar to human walking. The horse also provides sensory input that promotes increased motor function. As the horses' movement changes the therapist assesses the degree of input to the participant, and can therefore determine other movements and/or other treatment strategies to achieve desired goals.

Hippotherapy can be beneficial to individuals with any number of physical and/or cognitive disabilities whose disabilities limit physical movement, coordination, balance, postural symmetry, decreased mobility, strength, sensory integration and the ability to relate to others.

What is a Hippotherapist? The term 'hippotherapist' is often used to describe the therapist who does Hippotherapy; there is in fact no such thing. A person conducting a Hippotherapy session is a physical, occupational, speech, or language therapist who has been trained in Hippotherapy. Hippotherapy is the treatment strategy used by the medical professional to achieve the desired goals.



A Closer Look at Therapeutic Riding

Therapeutic riding is just one of the equine facilitated activities offered at **SaddleUp! Foundation™**. We also offer vaulting and equine facilitated learning (EFL). Participants of equine facilitated activities learn the activity and/or discipline in a manner that is appropriate for them and is adapted for their needs in order to provide the optimum environment for independence. Participants learn skills that promote overall physical, cognitive, emotional, and/or social growth while gaining a sense of freedom, sense of accomplishment, confidence and knowledge of new skills in a fun-filled environment.

Therapeutic riding is a core program offered at **SaddleUp! Foundation™** because it offers a variety of benefits in many different areas and is very adaptable to the participants needs. Therapeutic riding most often focuses on four areas, at varying levels, during the equine-oriented activity: sport, education, recreation/leisure and therapeutic benefit.

Sport includes activities such as horseback riding, ground work, competition, horsemanship goals that are related to learning the sport of working with horses.

Education is included by learning new horsemanship skills, teaching adaptive riding and by incorporating educational and learning goals within the lesson.

Recreation/leisure is incorporated in that as a whole it is an enjoyable experience, emphasizing relaxation, providing an environment for socialization and support providing an improved quality of life.

The therapeutic benefits are plentiful in that riding and working around horses can affect an individual's physical, cognitive, and emotional health.

The activities are skill-based lessons, focusing on skill development and progression while improving the participants' physical, cognitive, emotional, and/or social skills and are often guided by an educational or learning model. The professional guiding the experience is a specially trained certified instructor. The professionals' expertise provides them with training in specialized, adaptive teaching methods that allow people with a variety of disabilities to learn horsemanship skills and experience the equine environment. As abilities allow, the participants will participate in pre-mounted and post-mounted horse care.

Therapeutic riding fosters and promotes:

- Cognitive functioning
- Sensorimotor integration
- Increased physical stamina
- Improved posture, circulation and muscle tone
- Independence and social skills
- Emotional stability and flexibility
- Increased self esteem and motivation
- Vocalization and learning
- Smiles



Let's Get A Little Bit Closer Now – Putting it all Together!

The benefits of equine facilitated therapies have been recognized for many years. It is a proven method of increasing the physical, mental, emotional and developmental capabilities for individuals with special needs, functional limitation and/or medical challenges. There is a healing interaction between horses, participants, therapists, equine professionals, instructors and the volunteers who assist them during the session. The team dynamic provides an atmosphere that can produce dramatic and lasting benefits. In order to create a successful session, there needs to be a variety of elements in place depending upon a participant's individual challenges, strengths and goals, the level of assistance needed that all equate to a successful session:

The horse is chosen with consideration of the participant's needs and ability in addition to the movement of the horse.

The motion of the horse requires participant's efforts to maintain a balanced seat and perform riding skills that help to strengthen a rider physically. Because a horse's walking stride is similar in length and cadence to a human's stride, the pelvic movement mimics the action of walking and provides vital exercise and input for riders. Often times a particular horse is selected for a participant due to its size, movement, ability, temperament, etc.

The content of the session is determined by the therapist. The goal set is specific to the participant's needs and abilities and based on individual therapy goals. Riding and horsemanship skills will not be completed during Hippotherapy.

The participant's team of volunteers provides moment-to-moment support, and keeps the participant safe, on the ground and focused on the session. Trust and positive social interactions result from the participant's relationships with their volunteers. Volunteers play key roles during the session such as sidewalkers, spotters, and/or horse leaders.

The relationship between horse and participant is typically one of deep trust and affection, strengthened by increased interaction as the participant continually interacts with the horse. Participants often end the session by hugging and kissing their horses or by sneaking a carrot or two in their feed bucket!

Rest assured, we spend countless hours desensitizing our horses in order to provide an arena for equine facilitated activities and therapies that is as safe as possible. Even well-seasoned horses have been faced with objects or situations that are confusing, if not downright terrifying. We proactively train to cope with these reactions on a regular basis. Although there is no such thing as a bomb-proof horse, the SaddleUp! Foundation is proud of our "mother approved" herd.



SaddleUp! **Foundation**[™] is unique for many reasons, but one we are very proud of is that the cost of Hippotherapy to our families is minimal, compared to other facilities. SaddleUp! Foundation covers all the costs involved with providing Hippotherapy except for a minimal fee to the therapist, which may be reimbursed by insurance. However, our goal is to raise enough funds to cover the fee for each family.

Our environment is also unique. We have a facility that can accommodate the entire family. Our staff and volunteers interact closely with participants with special needs as well as their siblings and parents. Participants are encouraged to bring their entire family in order to share in the experience at the facility by watching the therapeutic lessons or by relaxing, reading a book, painting crafts, playing games, watching a movie, taking a walk or playing on the swing set.

The Foundation works in conjunction with other programs by accepting referrals and referring when appropriate. Most programs operate with waiting lists and are located in different parts of the metro area. Other participants are referred to the program by Children's Hospital, Oasis Network, Mental Health Association, Denver Options, Developmental Pathways, Douglas County Wrap Around, NARHA, CHA, physical and occupational therapists, and by parents.

We invite you to learn more about us online at www.SaddleUpFoundation.org

Who are We?

Founder

Shery McDonald-Galbreath- Founder & President

Shery McDonald-Galbreath, a native of Colorado, has always embraced the Western way of life. A 'cowgirl' by nature, she grew up with a love of horses and a love for the community she calls home. As the founder and president of the **SaddleUp! Foundation**[™] Shery is accomplishing a childhood dream of creating an opportunity for others to experience the joys of horsemanship.

The *SaddleUp!* **Foundation**[™] was literally founded in her own back yard. Out of her desire to share her love of horses with her daughter Emma, she enlisted the help of equestrian professionals. After a short time, Emma was confident on horseback, and several of her friends were asking how they too, could "SaddleUp!." Shery decided to start a 501(c)(3) non-profit organization that would help individuals with special needs through the SaddleUp! Foundation equine facilitated activities and therapies. She also helps children and adults through all areas and levels of horsemanship in a fun, friendly and family-oriented environment.

Since it's formal beginnings back in 2002, **SaddleUp! Foundation**[™] continues to grow in leaps and bounds. But, what really gets her heart 'galloping' is opening the barn doors to participants who have special needs and providing our facility, equipment, and horses free of charge for use in hippotherapy sessions.

Shery McDonald-Galbreath brings a wealth of experience and community understanding to SaddleUp! Foundation. Shery is an expert in media relations, marketing and communications. She has worked as a writer for the Denver Rocky Mountain News as well as a contributing lifestyles reporter for 9NEWS, the NBC Affiliate in Denver. She has been prominently featured as a radio guest on 100.3 FM.

Shery has been extremely active in the community with a number of philanthropic endeavors such as Kempe Children's Foundation, Betty Ford Children's Foundation, Volunteers of America, Families First, Arthritis Foundation, D.A.R.E., and the Oasis Network. She has served as chairwoman for numerous fundraising events and currently devotes the majority of her charitable time and energy to raising funds for **SaddleUp! Foundation**[™]



Shery-- or 'Bear' as her friends call her, currently resides in Parker, Colorado with her husband Jim and daughter; Emma - As well as horses who reside in what her friends call 'Bear's Barn and Spa' Prince Phillip, 'The Duke', Elvis, Cowboy, Rhett, Robin, Salsa, Isabelle, Domino, Peanut Butter, Allie, Rex, Randy, Slick, Zeek, Gabe, and dogs Bruno, Ubu, Bernice and Buddy.

Our Team

Haley Chapin:

Director of Operations, CHA Certified Instructor, English III, Western II, NARHA Instructor-In-Training, and trained in American Sign Language. CPR certified.

(therapeutic riding and able-bodied riding instruction, all disciplines)

Timmie Cunningham:

Instructor, CHA Certified Master Instructor

(able-bodied riding instruction, all disciplines)

Robin Bowman:

Physical Therapist, Registered in Hippotherapy (HPOT), certified in Neurological Developmental Technique (NDT)

(hippotherapy)

Sddita Fradette:

NARHA Certified Registered Level Instructor, and trained in American Sign Language. CPR certified.

(therapeutic riding, able-bodied riding instruction)

Jen Alexander:

Master of Social Work (MSW) Field Instructor for the University of Denver Graduate School of Social Work; receiving her LCSW Licensed Clinical Social Worker certificate

(assistant in therapeutic riding and Hippotherapy)

Danielle Graves:

Instructor, EAGALA certified, Level 2

(therapeutic riding, able-bodied riding instruction, equine facilitated learning and psychotherapy)

Felicia Ingwers:

Hunter/Jumper Riding Instructor

(able-bodied riding instruction, specialty in hunter/jumper discipline, assistant in therapeutic riding)

Veronica Turner:

Vaulting, Dressage, Hunter/Jumper Instructor

(able-bodied riding instruction, specialty in vaulting discipline, assistant in therapeutic riding)

Board of Directors

Monica Owens, Co-Chair Young Philanthropist Committee

Monica Owens returned to her home state of Colorado in 2007 where she re-joined the Phase Line Strategies team, after working for Vice President Dick Cheney as his Scheduler at the White House.

Prior to working in the Office of the Vice President, Owens worked at Phase Line Strategies. During her first tenure at the firm, Owens supported principals with both political and corporate clients including Aurora Mayor Ed Tauer, Attorney General John Suthers, Wal-Mart and Lake Cedar Group, among others.



In addition, Owens has broad experience with political campaigns and political affairs. In 2004, Owens was finance assistant for Pete Coors' Senate race and was a volunteer coordinator for Bush-Cheney in Northern Colorado. Owens has also helped with fundraising activities for Senator John McCain, U.S. Senator Ben Nighthorse Campbell, Governor Bill Owens, State Treasurer Mark Hillman and the Colorado Republican Party. Owens is active in local charity organization across the Denver area. Currently, she serves as a trustee on the Colorado Ballet board. Owens has also volunteered her services to various organizations in recent years including Volunteers of America, the Denver Health Foundation, Denver Hospice, Tennyson Center and Mount Saint Vincent Home.

Owens is currently working on a certificate program in Homeland Security at the University of Denver. She earned her master's degree in Public Administration from the University of Colorado in December 2007 and graduated from Colorado State University, where she received her B.S. in Psychology and Criminology in 2005.

Lee Keeler, Vice President

Keeler owns a small business in Denver. She is the mother of three daughters and in addition to SaddleUp!, has served on a ski racing team board for many years. Her youngest daughter, Katie was injured in a car accident at age 7 months. Katie is a C-6 quadriplegic and now at fourteen, she and her family have been involved in numerous sports, but horseback riding has provided her with a feeling of independence she had yet to experience. She has also become aware of movement in muscles she didn't know that she had control of thanks to the programs at SaddleUp! Foundation.

Jennifer Olinger, Co-Chair Young Philanthropist Committee

Olinger graduated from Colorado State University in 2005 with bachelor's degrees in both Equine Science and Agricultural Business. While attending CSU, she participated on the Collegiate Equestrian Team and was the Publicity Officer for the 2004-2005 season. During her undergraduate career, Jennifer served as an intern for the National Western Stock Show & Rodeo. Her experiences included media relations, recording show placings, event planning, executive administration, which culminated into Jennifer acting as the sponsorship and education manager for the 2005 event. Jennifer's experience with the National Western furthered her passions for the western lifestyle, event planning and public relations. Olinger spent her summers, during college, as a horseback riding camp instructor (both English and Western disciplines), where she fell in love with being around both children and horses.

In 2006, she finished her master's degree in Agricultural Economics at CSU and began interning with the SaddleUp! Foundation as a marketing, public relations and administrative intern. Olinger also taught horsemanship lessons to SaddleUp! students for one summer.

Following graduation, Olinger moved to the Denver area and began her career as a senior credit analyst for CoBank, ACB. Since moving to Denver, she has held positions on several non-profit foundation committees including Volunteers of America's Western Fantasy and The Kempe Foundation's Get Your Blue On!

Olinger will be moving to Parker, Colorado in a few short months after her wedding to fellow SaddleUp! Foundation Board of Director member, Adam Daurio.

Jen Alexander, MSW, Board Member

Alexander received her Master's in Social Work from the State University of New York at Albany in 1990. Since that time, she has worked extensively within the field of mental health, with individuals with Alzheimer's disease, and with individuals with developmental disabilities in New York, California and Colorado. In her work, Alexander follows a person-centered or client-centered theory of practice, whereby the ultimate goal is to help individuals achieve personal growth by using a non-judgmental, positive approach. Alexander has worked with individuals, groups and families in therapeutic settings.



She has developed therapeutic groups in mental health day treatment facilities, facilitated a family support group for Alzheimer's Patients through the Alzheimer's Association, and has supervised graduate students working toward their graduate degrees in social work at San Diego State University and Denver University. This fall, Alexander will be a field instructor within Denver University's Animal Assisted Social Work Program and will be supervising a graduate student placed at SaddleUp! Foundation.

Adam Daurio, Esq., Board Member

Daurio is an attorney with the firm MONTGOMERY LITTLE SORAN & MURRAY, PC, located in Greenwood Village, CO. Adam's practice areas include both litigation and transaction work, and are focused in the realms of real estate, business and commercial law, agricultural law and general contracts. He joined MONTGOMERY LITTLE SORAN & MURRAY, PC after graduating from the University of Wyoming College of Law and passing the Colorado Bar. Adam is a member of the Colorado, Denver, and Southern Colorado Bar Associations and the Agriculture and Real Estate Sections of the Colorado Bar. Adam also volunteers as a guest lecturer to the Colorado State University Agricultural Law class.

Adam's history includes growing up near Pueblo in Southeastern Colorado, surrounded by an extensive, large and loving Italian family. His family's professions and ties include educators, small business venturers, farmers, and ranchers. Growing up in a rural setting set a strong foundation for Adam's hobbies, education, and profession. As a child, Adam began owning, showing and training quarter horses. His horse activities continue today with Adam showing quarter horses in reining, cow horse, versatility ranch horse, and western all around events. Additionally, Adam enjoys attending team ropings and hosting free horsemanship clinics to 4-H youth. Adam is a member of the American Quarter Horse Association, Rocky Mountain Quarter Horse Association, National Versatility Ranch Horse Association, and National Reined Cow Horse Association.

Adam currently resides in Parker, CO on a small ranchette with his horses and dogs. He is engaged to Jennifer Olinger and planning a wedding for Summer 2009.

Steven A. Higgins, Jr., Board Member

Steven A. Higgins, Jr. has over 20 years of executive management experience in technology related industries including the areas of Research/Development, Network Planning and Management, Software Development, Customer Service, Sales and Marketing, Product Management, Business Development, and Human Resources. His extensive change management experience includes first-stage start-ups, acquisitions, mergers and re-engineering/consolidation in Fortune 500 companies.

Higgins graduated from the U. S. Air Force Academy in Colorado Springs, CO in 1993. Following five years of military service as a Communications Systems Officer, Higgins began his civilian career with US West Communications in Denver, CO (1997-1999). He held numerous positions with US West, including responsibility for US West's process improvement group. In 2000, Higgins moved on to become VP of Sales for Telcordia Technologies leading a sales team responsible for \$4B in revenue. In 2002, Higgins resigned from Telcordia to pursue a more entrepreneurial path and founded MobileWare Solutions.

Higgins has also served on the boards of private companies and non-profit organizations, including Briard, Inc., Colorado Youth at Risk, Reins of Freedom, and SaddleUp Foundation. Higgins lives in Denver, CO with his daughter Madisyn.

Shannon Fierro, Board Member

Fierro comes to SaddleUp! Foundation with more than 18 years of business experience with a strong focus on client management, sales, and territory development. She is currently employed as a Regional Manager at Rx Relief - developing new sales territories in San Diego, Arizona, and Colorado. Through her day to day activities, she has been instrumental in building new client relationships, managing existing client relationships, and cultivating strong business networks throughout the healthcare industry. Currently, Fierro volunteers at SaddleUp! Foundation with both her mother and daughter, where she assists with various items such as feeding, cleaning,



and office functions. Fierro has been an avid horse lover since a very early age, and hopes to instill a deep love of horses, volunteer work, and children - to her daughter. With the ethics of hard work and dedication offered at SaddleUp! Foundation, she knows she has found the perfect fit to assist her in providing the fundamental love and guidance to present her daughter with a solid foundation for life.

Paula Newberry, Board Member

When Paula graduated from the University of Denver, she started working full time full-time with her mother to grow the family business.

In the late 1990's, Newberry took over the shop while her mother continued working the books from home. Due to her connections throughout the Colorado region, the business continues to flourish. Her eye for detail and ability to push the limits have created some of the most unique & elaborate looking events in Colorado

Throughout the growth of the business, it has always been a priority of Newberry & her mother to use their skills, products and time to give back to the community by donating their business' services to many of the charities throughout Colorado (such as- Herzl Academy, Beacon Center, Yeshiva Torres Chaim, Denver Academy, Allied Jewish Federation, Court House Inc. University of Denver, Hillel Academy, Pillars of the Community, Colorado Academy, Craig Hospital & Keshet of the Rockies; just to name a few!)

Outside of work, Newberry can often be found scoping local stores for new ideas for Newberry Brothers with her longtime boyfriend, Jeff Williams. Working 6 days a week, it's easy to see that her passion is her work!

Angela Baier, Board Member

Baier is a graduate of Kansas University with 17 years nonprofit executive leadership experience and 23 years management experience in the nonprofit, government and corporate sectors.

Early in her career Baier was the youngest department head in Best Western's corporate history. In 1989, she was the first executive with a business background at Sunset Zoo, creating from scratch successful development, marketing, public relations and brand initiatives. At the time, it was one of only about a dozen such interdisciplinary zoo jobs in the nation. At the Denver Zoo, Baier continued to invent and direct critical projects including community relations, new audience development, branding and crisis communications. In 2003, Mayor John Hickenlooper asked Baier to apply her skills to the city's needs. Angela was appointed as Denver's first marketing director - a senior staff position and the second job of its kind in the nation.

All of this prepared her to assume the executive directorship of the New York State Zoo and embark on a thorough revitalization – resulting in an invigorated, reinvented organization that saw its first operating profit in 6 years while still realizing increased educational programs and a new staff training initiative.

Angela returned to Colorado in 2006 to lead the nation's largest retail sponsorship program as well as community relations, marketing and customer service efforts as Director of Marketing & Sponsorship at Cherry Creek Shopping Center.

A graduate of Leadership Denver, Baier is very active in the Metro-Denver community. She serves as a trustee on the Colorado Ballet board, The Wildlife Experience Board, SaddleUp! Foundation and The Denver Dumb Friends League 100th Anniversary Committee. Baier also serves on committees for Visit Denver, Denver Metro Chamber of Commerce, the Denver Metro Chamber Leadership Foundation, and serves in a leadership role for The Mask Project benefitting The Denver Hospice. While in New York, Baier served as the President of The Jefferson County Hospice Foundation.



Heather McMahon – Board Member

Heather has more than 10 years of experience within healthcare marketing, corporate leadership and business development. She has development a strong understanding of the healthcare system from both the provider and patient perspectives. This has allowed her to develop her own company focusing specifically toward the growth and development of healthcare provider's business tactics, effective, efficient work environment and continually trying to meet the challenges of the changing patient population.

Special Advisor to the Board

James H. Galbreath, CFA

Prior to joining NWQ Investment Management Company in 1987, Galbreath spent five years in venture capital investing for private individuals and companies. Previous to this, he was a partner and portfolio manager with the investment management firm of Stephenson and Company in Denver for nine years.

Galbreath received his B.S./B.A. in finance and economics from the university of Denver in 1969. He earned the designation of Chartered Financial Analyst in 1979 and is a member of the Association for Investment and Research. He served on the Board of Governors of the Money Management Institute for 4 years. He studied economics at the University of Stockholm in 1966, and worked with Daiwa Bank in Osaka, Japan, following his graduation. Galbreath has served as a special advisor for investments with the long-term Credit Bank of Japan (1984-87).

In the area of endowments and foundations, Galbreath has extensive experience. He serves on the Finance Committee for the Association for Small Foundations in Washington, D.C., is the former Chairman of the Investment Committee for the Kent Denver School Endowment, and is President of the Kimmy Foundation which gives grants to college students.

Galbreath is married to SaddleUp! Foundation Founder and President, Shery McDonald-Galbreath and serves as a special advisor to the organization.

Advisory Board

Former First Lady of Colorado, Frances Owens

Wendy Aro

Beverly Dickenson

Georgia & Walt Imhoff

Sheila McCabe

Lauren Naylor

Shelley Niemann

Linda & Leo Goto

Gail & George Johnson

David Alexander

