

ANNUAL REPORT

2021



OUR AMAZING
Staff

Program Staff

Rachel Breeden
Program Director

Trisha Kremer
Instructor and Property Manager

Cathleen Rahschulte
Instructor and Lead Caretaker

Susan Kinsella
Executive Director

Caretaking Staff

Kathy Cummins
Ann Donelan
Veronica Jordan
Barbara Peebles
Tracy Reddin
Nicole Sumner
Taiyler Thomas



Cathleen leading a school program



Trisha and Silver on a Summer Adventure

All smiles!

*Our hardworking program staff:
Trisha Kremer, Cathleen Rahschulte, and Rachel Breeden*



2021

Board of Directors



Rachel Jones
Board President

Kevin Bonhaus
Vice President

Frank Rade
Treasurer

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Secretary

Tim Neely
Becky Kniskern

Mission

Milestones is a therapeutic horsemanship program that presents opportunities for individuals with challenges to enhance their quality of life. We assist each rider to become an innovative and productive member of the community by building independence, self-confidence, and social skills in a safe, fun, and loving environment.

Building independence. Gaining self-confidence. Overcoming challenges. That's the Milestones way.



Program Highlights

Therapeutic Horseback Riding

Our signature program, the Therapeutic Horseback Riding is for riders with differing needs ages 3 and up. Lessons take place weekly in 10-week sessions for a total of 40 weeks of lessons each year.

In 2021 the Therapeutic Riding Program provided over 3,000 hours of services in the following sessions:

- Winter - 28 riders
- Spring - 27 riders
- Summer - 31 riders
- Fall - 34 riders



Silver Saddles

This Therapeutic Riding Program is geared to rider ages 50 and over. Lessons take place weekly and focus on improving flexibility, balance, and muscle tone, as well as general horsemanship.

In 2021 Milestones provided over 2,500 hours of services to Silver Saddles riders in the following sessions:

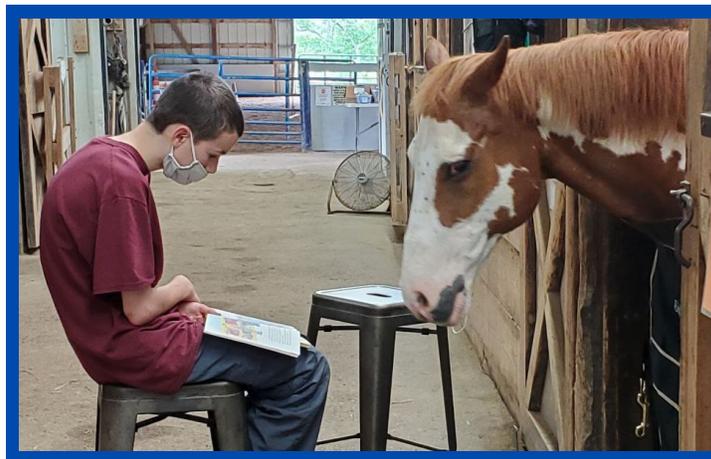
- Winter - 18 riders
- Spring - 24 riders
- Summer - 20 riders
- Fall - 24 riders



Horse Tales

In partnership with the Kenton County Public Library children in grades 1-8 who are able to read at any level are invited to read to therapy horses at Milestones during the summer months. “Horse Tales” offers children the opportunity to improve their reading skills while also assisting our horses through socialization and human interaction. Animals find the rhythmic sound of a voice very comforting and soothing.

In 2021 Milestones welcomed 301 readers for Horse Tales.



The Summer Adventures/Fall Fun of Ranger and Silver

Our two miniature horses are visiting local school summer programs, nonprofit camps, the Kenton County Public Library, schools and daycares to bring equine education and outreach to several children throughout the summer and fall.



Ranger and Silver had 25 adventures in the summer and fall of 2021.



Miles of Smiles

Ranger and Silver are also visiting senior care facilities to bring a smile to the face of seniors who have been unable to receive visitors during the pandemic. This program will continue beyond the pandemic due to its success.



To date, Ranger and Silver have visited four senior care facilities.



A Day of Healing

In collaboration with St. Elizabeth Healthcare Milestones developed a program for front line healthcare workers to address issues of stress and trauma related to the pandemic. We are in the process of expanding this program to serve essential workers and nonprofit organizations through A Day of Healing and look forward to the program's growth in 2022.

Eleven sessions were held in 2021 with 42 participants in A Day of Healing.



Horses are extremely skillful in therapeutic settings because they mirror the emotions of the people around them. If a program participant makes a lot of noise, displays an angry temperament, or is restless, the horse will respond negatively. Participants are able to see how their behavior affects others and can change their behavior to have the desired outcome. Horses, like people, are more receptive when a program participant makes a request instead of a demand. Riding and working with a horse provides a unique recreational activity for many, but building a relationship with the horses has proven to be one of the most rewarding benefits of Milestones programs.

Programs at Milestones are tailored to meet the individual needs of the participants. Our signature program, the Therapeutic Horseback Riding program, meets a variety of needs for our riders:

- Riders with Cerebral Palsy, Down syndrome, visual impairments or stroke receive benefit from exercising a specific group of muscles, which can be accomplished during riding.
- Riders with Autism and Attention Deficit Disorder learn to concentrate on tasks, develop confidence, responsibility, self-control, empathy and affection.
- Riders that are uncomfortable in typical social settings find riding to be a less intimidating social activity. To care for and ride a horse, a rider must learn to communicate with both horse and instructor thereby addressing their social discomfort.

In addition to horse grooming and riding skills, riders learn companionship, responsibility, confidence, leadership, vocational and educational skills. Our riders learn that horses require a lot of care; as they learn grooming and riding skills they focus on the needs of their horse and are able to take a break from the challenges they face. They achieve success and experience an increase in their self-confidence.



Grants & Foundations

In 2021 Milestones received support from the following grants and foundation:

The Spaulding Foundation

The Charles H. Dater Foundation

SC Ministries Foundation

GCF Summertime Kids Grant

The Elsa Heisel Sule

As well as two Foundation who have chosen to remain anonymous

We are so appreciative of the community support of these organizations.

Tractor Fundraiser

In 2021 Milestones was the recipient of an anonymous matching gift toward the purchase of a tractor. Our existing tractor was in dire need of replacement in order to meet the needs of the farm. We had been "limping along" with limited equipment and this opportunity felt heaven-sent!

The donor matched dollar-for-dollar any contributions up to \$5,000 that were made to our Facebook campaign, which raised over \$3,300. We also received donations in the mail and on our website and a second anonymous donor came forward to match the full amount raised. Which meant our dreams of a new-to-us tractor became a reality in the fall.

Every dollar raised has helped further our mission to present opportunities for individuals with challenges to enhance their quality of life and we are so thankful!



Volunteering at Milestones

Volunteers are the core of Milestones and an integral part of all program activities. Their hard work and dedication support us every day as we pursue our mission. Each year Milestones benefits from working with over 150 volunteers.

Most volunteers assist the lesson program as horse leaders or side-walkers. Horse leaders are responsible for leading horses during lessons. Side-walkers work with individual riders during the lesson to ensure the safety of the riders and help facilitate instruction. In addition, volunteers assist riders with pre-mounted and post-mounted activities, including preparing horses for lessons. Volunteers also assist with caretaking, work days, administrative functions such as fundraising and marketing, and in other areas depending on individual interests and the needs of the program.

Number of Lesson Volunteers

- Winter - 49 volunteers
- Spring - 56 volunteers
- Summer - 67 volunteers
- Fall- 68 volunteers

Total Number of Lesson Volunteers = 240

Total Number of Work Days = 9 with over 100 Volunteers in attendance

Total Number of Volunteer Trainings = 7 with over 50 new volunteers trained





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