



 LifeStriders

20 Impact 22 Report



NATURE BASED · INTEGRATIVE · THERAPIES

Compassion

Families who manage special needs rely on a village to help them. We hear from moms and dads of the 1 in 60 children who are born with an autism spectrum challenge, about how their child does not engage with them (or with anyone), and the challenge that leaving the house presents for them. We hear from wounded war veterans wishing to connect with their community & loved ones in ways that were lost in service to their country.

Every individual with a special need, and their caregivers, inspire us to give in ways that can support them, because we recognize the challenges they rise to meet every day, and we are compelled to take action and help.



Kinsley working with Olivia Steiner PT, on functional therapy for age appropriate social play and activities



LifeStriders educates and strengthens communities, by providing innovative and integrated cognitive and physical therapies, online, on our farm, and sometimes on the backs of our horses, to individuals and families with special needs, at low or no cost.



Strengthening
Communities

Services

LIFSTRIDERS
PROVIDES THESE SERVICES TO OUR COMMUNITY

HEALTH

Therapeutic Riding
Occupational & Physical Therapy
Counseling - Individual & Family
Life & Wellness Coaching



SOCIAL

Social Skills Groups
Youth Program

- Work Readiness
- Violence Prevention
- At Risk Youth

Community Leadership Projects



RESOURCES & EDUCATION

Caregiver Workshops
Online Caregiver Group
Advocacy Support
Referral Network
Supervised Internships



In 2022, we grew together and delivered more subsidized professional therapies than ever before.

Our 18th Year

LifeStriders delivers subsidized professional therapies to serve the unique special needs in our community, thanks to generous donors and volunteers who bring us all together for the greater good.



PROFESSIONAL
THERAPY
SUBSIDIES GIVEN

\$575,000

CLIENTS RECEIVING
SUBSIDIES OF
60% OR MORE

600

VOLUNTEER
SUPPORT
HOURS

24,000



LifeStriders Delivers

This year, the youth outreach and education extension programming at LifeStriders has supported over 20 school and education based programs throughout the country. The programs delivered LifeStriders therapeutic services as needed, but also delivered specialized experiences in vocational training, environmental and agricultural stewardship, team building, and social wellness to a diverse and inclusive group of students who all benefitted from receiving and learning about our highly effective integrative, nature based services.



2022 Program Highlights

CLOSING THE GAP

Health & Social Disparities



Crisis intervention & long term therapies for under served families.

RESILIENT STRIDES

At Risk Youth Programming



Effective, integrated, nature based therapies for at risk youth.

SENIOR ENHANCEMENT

Alzheimer's and Memory Loss



Integrated therapies for age related special needs.

BEYOND THE CLASSROOM

Nature Based Learning & Therapy



Experiences and activities for urban youth

These programs and more are made possible with grants from:

WE Energies, Oconomowoc Area Foundation, The Emory T. Clark Foundation, Bader Philanthropies, Brewers Community Foundation, American Family Insurance Foundation, and many more.

Veteran Heroes



Specific LifeStriders mental health and physical health programs are open to veterans and their families, completely free of charge.

Our staff and volunteers work with veterans and their families to help them move forward in their lives, whether through, family, individual and group counseling, individual occupational or physical therapy, equine therapy or weekly veterans group sessions.



Heather working with Elliot in LifeStriders Veterans Program



BOARD OF DIRECTORS

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Matthew Arndt - Treasurer
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Linda Campbell
Dr. Shelagh M. Roell
Jack Rakowski
Deidre Erwin
Maria Trainor
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TEAM

LifeStriders employs and contracts more than a dozen team members to run its operations. Our team consists of licensed therapists, mental health professionals, OT's, PT's and equine specialists. They have a wide range of specialties and are trained in trauma informed care. Together with its board members, volunteers, and interns, LifeStriders integrative team works together to provide therapeutic services to meet our clients' specific goals.

2022 Events

Every year, LifeStriders works to produce special events to help connect our community and raise funds for its low cost and no cost programs and operations. In 2022, the staff, volunteers, and board rose to the occasion again.

This year, LifeStriders hosted the first ever Triple Crown horse races, and Derby Days fundraiser, and crowned winners of both events. We are thankful to all the event participants, contributors and sponsors, including our title sponsor the Fitzsimonds Charitable Trust.

The Fitzsimonds Charitable Trust



Derby Days Winner
James and Rifle



Triple Crown Winners
The Yellow Yahoos



LifeStriders has also been able to raise funds for a number of capital improvements including the installation of a new office and entrance roof, new accessible entryways, and upgrades to the parent viewing area. We have big plans for 2023 and are thankful to everyone who is helping to realize our campus's full potential.

An aerial photograph of a large, red barn with a white roof, situated in a rural setting. The barn has a long, rectangular main section and a smaller, square section attached to the right side. A parking lot with several cars is visible in front of the barn. The surrounding area includes green fields, trees, and a dirt road. The text "Capital Projects" is overlaid at the bottom of the image in a white, serif font.

Capital Projects

Transparency

IN 2022, LIFESTRIDERS EARNED THE GUIDESTAR SEAL OF TRANSPARENCY, AND THE CHARITY NAVIGATOR 100% GIVE WITH CONFIDENCE RATINGS

THE ORGANIZATION OWNS ALL ITS FACILITIES, EQUIPMENT, AND IS 100% DEBT FREE

LIFESTRIDERS IS AN 18 YEAR PUBLIC 501c3 CHARITY WITH A PHYSICAL LOCATION IN WAUKESHA, WI





The Best Of Who We Are



LifeStriders Mission is to provide life-enhancing, physical and psychological experiences and services, to individuals with special needs, and their families.

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