



# NEWSLETTER

*The 1st quarterly newsletter for Sycamore Lane Therapeutic Riding Center, this quarter we feature the following...*

**Sycamore Lane Classic**  
*The 2nd Annual Charity Golf Tournament held at Arrowhead Golf Course in Molalla, Oregon September 14th 2010*  
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**An Update on Buster**  
*Buster is doing well after recovering from a leg injury*  
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**As Featured on KOIN Channel 6**  
*Kai Chapman a 5 year old rider at Sycamore Lane was featured on KOIN Channel 6, a heart warming story, including an interview with Dr. Suzanne Cleland-Zamudio*  
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**The 2011 Annual Auction is Just Around the Corner**  
*"We exceeded our expectations for our first annual auction and fundraising event" held at the Abernethy Center in Oregon City May 13th, 2010*  
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**Ellen VanNood**  
*Featured Ellen VanNood: a NARHA certified instructor at Sycamore Lane Therapeutic Riding Center*  
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## Sycamore Lane

### Our Mission

Sycamore Lane Therapeutic Riding Center's mission is to provide and promote therapeutic riding and recreation in a safe, professional, nurturing environment to the children and adults of the Portland metropolitan area. Enhancing the lives and well-being of people in our community including individuals with mental and physical disabilities.

### History

Sycamore Lane Therapeutic Riding Center was founded in 2008 by Dr. Suzanne Cleland-Zamudio, a physician/



**Our volunteers and staff instructors will design your program and strive for success in achieving your goals**

surgeon in the Portland area who has served the needs of impaired children and adults in this community for over a decade. Dr. Cleland-Zamudio grew up in Oregon City on Sycamore Lane Welsh Pony Farm, raising and training Welsh and Arabian cross ponies. As a child growing up, she was aware of the

therapeutic effect of animals on human emotion and disability. While seeking information about therapeutic riding for her patient's as well as an impaired family member, it became apparent that the resources in the state of Oregon were limited.

### Therapeutic Benefit

Peer review research indicates that equine therapy is an effective method of therapy, especially when tailored to enhance a specific riders needs, whether it be for strength, balance, sensory integration or spatial awareness. Therapeutic riding is supervised, dynamic, recreational riding for children and adults with a variety of physical, mental and emotional disabilities. Lesson plans are directed towards the needs of the individual rider to enhance outcome physically, emotionally and cognitively.

# This Quarters Updates and Stories

*The 1st SLTRC Annual Auction, a health update on Buster, and a SLTRC rider featured on KOIN Channel 6...*

## The Sycamore Lane Classic



The Sycamore Lane Classic 2nd annual Charity Golf Tournament held at Arrowhead Golf Course in Molalla, Oregon was a fun and successful event. Players teed off at 11:00am, played 18 holes, and ended the evening with a wonderful dinner sponsored by Jake's Crawfish House.

About 80 people participated in this years charity golf tournament. Most were returning players from last year with a handful of new people in attendance. The day began chilly and overcast, but by the time everyone was checked in and ready to tee off the sun had come out and it was a beautiful warm day.

Some of the auction items for this years tournament included a week at a cabin in Bend, wine tasting for 6 at the Four Graces Winery, and a 4-some of 18 holes at Crosswater Golf Course.

A hole in 1 prize was a free one year auto lease donated by Canby Ford!

## An Update on Buster



Buster, a rescue from Portland Meadows Racetrack, was going to be euthanized because he had fractured both his front feet. Fortunately he was rescued by SLTRC Executive Director Dr. Suzanne Cleland-Zamudio and is now one of our therapy horses.

Buster is a beautiful and sweet 13 year old Grullo Quarter Horse. He sustained a significant injury fracturing both of his front coffin bones before coming to SLTRC. He will always have a limp on both feet since his lameness is reoccurring.

Buster has good movement quality and is ready to go without being pushy. He does not like to stand still for long periods of time. He has a very low weight limit due to the fractures in his feet, so he can not accommodate large riders. His schooling program consists mostly of ground work and lunging at the walk. We are glad to see him back in the arena!

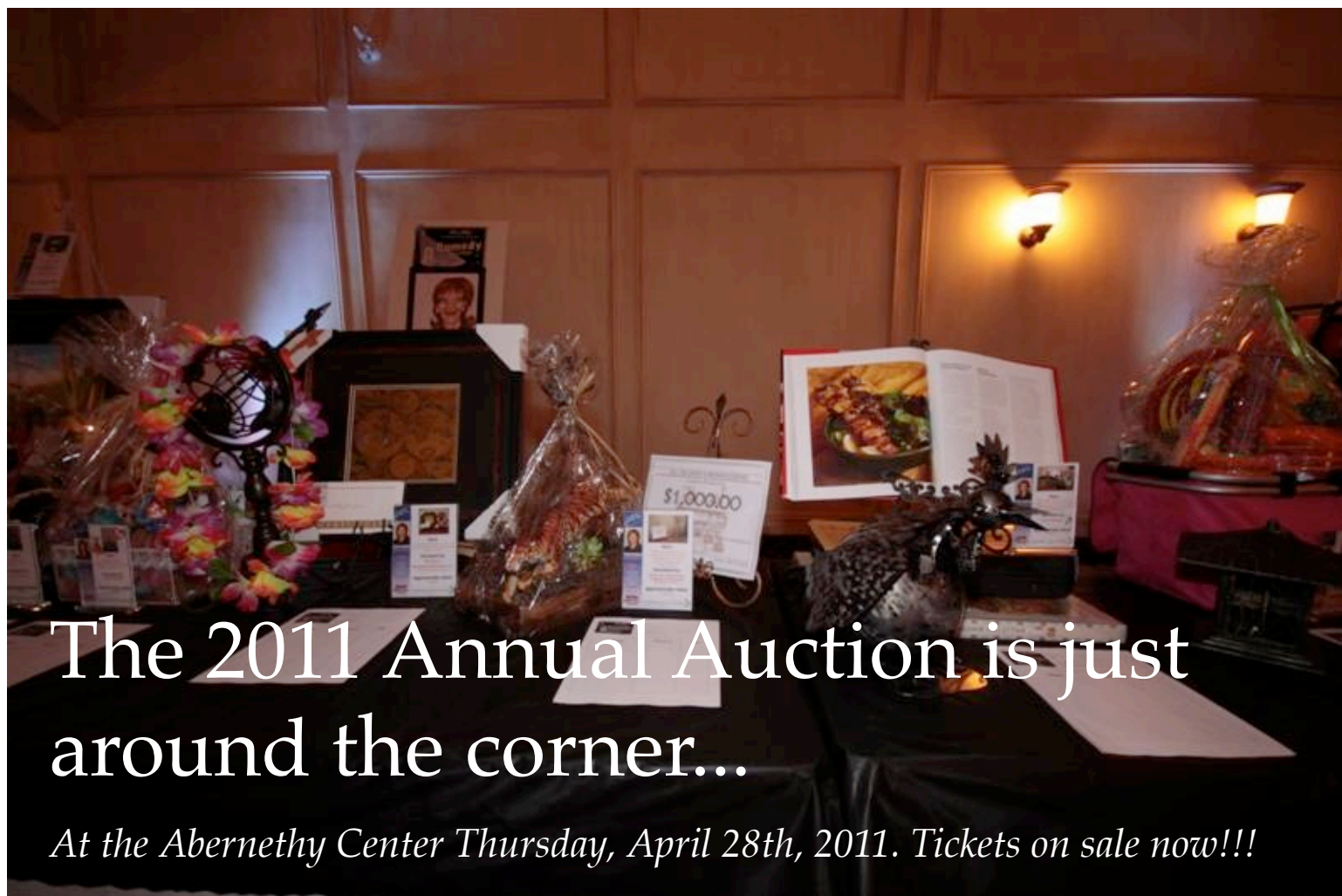
## As featured on KOIN Channel 6



Kai Chapman a 5 year old rider at SLTRC was featured on KOIN Channel 6. As her dad Justin says, "Kai didn't start talking until about the age of 4 1/2 which was the same time she began her therapeutic riding at Sycamore Lane". Now her speech and language skills are much improved and she enjoys socializing with the staff and other riders.

Kai has been riding Korbie a 23 year old Arab Welsh cross since she began coming to SLTRC. Korbie is one of our fantastic therapy horses and is quite popular especially with our young riders. Kai and Korbie are a great team working together to improve Kai's growth.

To watch the archived video visit KOIN local6.com, click on Search This Site, select Search Video, type in Sycamore Lane in the search bar, and press enter or GO. Search results will show a link to this video titled, "A therapeutic riding center touches the lives of many".



# The 2011 Annual Auction is just around the corner...

*At the Abernethy Center Thursday, April 28th, 2011. Tickets on sale now!!!*

Program Director of Sycamore Lane Therapeutic Riding Center Dr. Suzanne Cleland-Zamudio declares, "we exceeded our expectations for our first annual auction and fundraising event." There was almost a full house at the Abernethy Center in Oregon City, Thursday evening, May 13th 2010.

Sycamore Lane Therapeutic Riding Center held its' first annual auction at the Abernethy Center located in Oregon City. There was both a silent and live auction. Some of the items up for bid included golf lessons, books, handcrafted art, a 7-day Alaska fishing trip, jewelry, martial arts packages, and a Chiropractic facial and massage.

Attendees enjoyed a delicious prime rib dinner, followed by a heart felt presentation given by program director

Dr. Suzanne Cleland-Zamudio. It was a successful and entertaining event.

This years Annual Auction will be held Thursday, April 28th, 2011 at 6:00pm at the Abernethy Center in Oregon City. No doubt there will be some fantastic items to bid on this year.

Tickets are on sale now for this years auction!!! This will be a big event so get your tickets early! If you are interested in attending this years auction you may contact Dr. Suzanne Cleland-Zamudio by email at [suzanne@sycamorelane.org](mailto:suzanne@sycamorelane.org) to purchase tickets. If you are interested in being a sponsor or donating items for the auction to benefit Sycamore Lane Therapeutic Riding Center please contact us. We hope this years annual auction will be as great as the first!

## Scholarships

Since Sycamore Lane Therapeutic Riding Center is a nonprofit organization we depend on donations made by you, our generous supporters. Only with your help can we provide the level of scholarships needed by our riders. We can't emphasize enough how much these scholarships benefit our riders. At this years auction there will be scholarships available for you to purchase for our riders, please come!



**Attendees enjoyed a delicious prime rib dinner followed by a heartfelt presentation given by Dr. Suzanne Cleland-Zamudio**

# Services

*Sycamore Lane Therapeutic Riding Center is a nonprofit organization that provides Therapeutic Horseback Riding and the more advanced Hippotherapy (Horse-Therapy) to impaired children and adults in our region.*

## Services

The pricing of Sycamore Lane Therapeutic Riding Center services depends on whether or not the patient is appropriate for Hippotherapy or Therapeutic Riding. Therapeutic riding is for higher functioning patients with disabilities and those lessons consist of a package of lessons based on terms; winter, spring, summer, and fall. Riders may receive a discounted rate if they are referred to us

through the DHS program. If the patient qualifies for Hippotherapy and is referred by a physician to our Hippotherapist who is an Occupational Therapist, these lessons are sometimes paid for by insurance. We are happy to get together with you if you have some specific patients that you would like to discuss getting into our program.

## Therapeutic Riding

A Therapeutic Riding Instructor will be leading the horseback riding

session. Instructors are familiar with the special needs population and have their NAHRA Instructor Certification. Horses are chosen specifically for this job dependent on their demeanor and physical attributes. The rider typically is in the process of learning how to manage/ride the horse with the guidance of their instructor. There may be a second individual assisting initially but the goal is for the rider to learn as much independence as possible on the horse.

The horse is a recreational animal. The session cannot be billed to insurance. The rider will typically ride mounted astride the horse with minor adaptations as needed, depending on what the instructor or a consultative therapist deems appropriate. A variety of activities, games, etc. may be incorporated into the session to make it both enjoyable and therapeutic for the rider. Individuals of a mild to moderate level of disability can be

considered for the therapeutic riding, typically needing independent sitting balance with modifications and some understanding of basic safety guidelines.

## Goals/Objectives

Our volunteers and staff instructors will design your program and strive for success in achieving your goals. Depending on your horsemanship skill level and abilities, assessment, and physical and cognitive function we will help enhance your potential.

## Our Therapeutic Riding Instructors



Featured this quarter is Ellen VanNood:

Ellen grew up in St. Paul, Minnesota and Brussels, Belgium. She has had a myriad of experience working with horses including riding and wrangling in the back country of Wyoming and Arizona. Ellen has also worked for the YMCA running their Horse Camp programs. She has most recently worked in Santa Barbara at two different facilities as a NARHA instructor.

Ellen came to Sycamore Lane in 2009 from Southern California and has been with us ever since. She is an avid horseperson and has two of her own horses, Cupcake and Bandit. Ellen also has

an Australian Shepherd named Dillon, who is a great companion.

When Ellen isn't here at Sycamore Lane doing what she loves best, she likes to spend her time outdoors. Getting in touch with nature and enjoying the "great outdoors", as she says. Her leisure activities include hiking, snowboarding, and yoga.

## Board of Directors

**Suzanne Cleland-Zamudio, M.D.** — Exec. Director  
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**Dean Sterner** — Accounting, Program Devel.

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