

Friends,

This year has been a year of celebration. Celebrating our 20th year of partnering with the magnificent horse that so carefully carries our riders and is the conduit to their healing. Celebrating the hundreds of faithful volunteers that spend their days walking miles in our red dirt. Celebrating our courageous riders and their families who place their trust in ROCK staff, volunteers, and horses. Celebrating our 28 amazing staff members who are leaders in the community and in this industry. Celebrating our steadfast board members who guide ROCK and continue the push toward excellence. Celebrating (WHOOP) our 7th year of managing TAMU Courtney Cares program (www.CourtneyCares.org) in College Station and our 2nd year of teaching a college course on Equine-Assisted Activities at Texas A&M. Celebrating our 13th year of serving veterans and their families. And celebrating our generous donors who

allow us to have the resources to facilitate this 'Healing Thru Horses' that happens for the 350 children, adults, and veterans that passed under our gates this year. We are grateful for the opportunities that we have every day to make a difference in the lives of so many.

Let the Celebration Continue,

Nancy Krenek,

ROCK CEO & Founder

Wary Kenek

ROCK MISSION

IMPROVING INDEPENDENCE AND LIFE SKILLS IN PARTNERSHIP WITH THE HORSE.

ROCK VISION

TO BE THE TRUSTED LEADER IN EQUINE-ASSISTED ACTIVITIES THROUGH SERVICE, RESEARCH, AND EDUCATION.

Celebrating 20 years of improving independence and life skills in partnership with the horse!

A child with Down syndrome is put on a horse at Kelly's Kids with Nancy O'Meara Krenek. Spring 1998

Nancy and Marlene Barry travel to Albuquerque for training with American Hippotherapy Association. Colleen Sweeny creates ROCK logo. Summer 1998

ROCK, Ride On Center for Kids begins with four (4) children and one (1) horse, Miss Prissy Texas at Emerald Meadows owned by Alida Darlington. October 1998

Merlin Hoppe builds the first ramp.

January 1999 George and Barbara Brightwell invite Nancy to coffee to discuss leasing and donating the original 20 acres of land. Heidi Derning comes to ROCK.

Summer 1999 **ROCK** begins to operate on the Brightwell property.

2003 Margo Dewkett of Windridge, Longview, Texas leads the ROCK board retreat. She challenges the Board to build a covered arena. Ride Inside in

2005 campaign begins.

2005

1SGT Scott Sjule, with the Horse Detachment of the 1st Cavalry Division at Ft. Hood, Texas calls and requests ROCK's assistance to help put amputees on horses for rehabilitation at BAMC in San Antonio. This happens with Cavalry horses and active duty soldiers. ROCK documents four sessions with research and a video which goes viral. The program model is adopted by PATH Intl. and leads to

programs nationwide.

Board retreat - Margo Dewkett returns. Board members and staff bless the newly constructed covered arena, each room, horse stalls, and parking area and write phrases of blessing over each space. January 2006

April 2006 Dedication ceremony of the newly constructed Merlin Hoppe Arena and ROCK facility.

Research begins in earnest at ROCK. As of 2017, ROCK publishes three research articles in peer review journals and completes over 20 research 2007

projects.

ROCK remodels and adds additional offices, a ROCKateer Lounge, and expands the Lynne C. Christianson Therapy Gym. 2011

Texas A&M University System (TAMUS) calls and requests ROCK begin an Equine-Assisted Activities and Therapy Center on campus in College Station in partnership with TAMU Corps of Cadets Parsons Mounted Cavalry. ROCK continues to manage this 2012

program today.

ROCK receives Ethics in Business Award by RecognizeGood. 2014

2014 ROCK purchases additional 20 acres to the North.

June 2016 & 2017 ROCK is recognized and receives awards by Quality Texas Foundation.

July 2017 ROCK purchases additional 20 Acres, House, and Barn to the South.

Spring 2018 ROCK begins teaching college credit EAAT course at Texas A&M College of Veterinary Medicine in College Station.



PROGRAMS

★EQUINE-ASSISTED THERAPY (EAT)

EAT is a physical, occupational, and speech-language therapy treatment strategy that utilizes the dynamic movement of the horse to achieve therapy goals.

★ EQUINE-ASSISTED ACTIVITIES (EAA)

EAA is designed to teach horsemanship and riding skills to individuals with special needs, with the goal of increasing functional life skills.

★ ROCK ON VETERANS

ROCK On Veterans offers co-ed and women only programs for veterans and active duty service members, as well as programs for veteran families, partnering participants with horses and veteran volunteers. Meals are served during the Tuesday evening classes to build comradery and expand the ROCK On Veterans community.

★ EQUINE-ASSISTED LEARNING (EAL)

EAL is an educational approach that incorporates equine facilitated activities using the experience of equine/human interaction in an environment of learning and self discovery.

- SCHOOL PROGRAMS

Through partnerships with local school districts, ROCK is able to create connections with the horse and facilitate learning between diverse student populations through equine-assisted learning (EAL) programming.

- SUMMER CAMP

ROCK offers summer camps full of fun and learning about the horse during the month of July for children with disabilities, children of veterans and service members, and at-risk youth.

★ TAMU COURTNEY CARES EQUINE THERAPEUTIC PROGRAM

In 2012, ROCK began partnering with Texas A&M University System to provide the staff, knowledge, and expertise in equine-assisted activities and therapies for this program in College Station, Texas.

★ ROCKATEERS

ROCK has many opportunities for volunteers (ROCKateers) to expand their horse knowledge, serve on a board or committee, help with office work, sidewalk, horse handle, and take on leadership roles in a volunteer capacity.

*STAR PROGRAM - INSTRUCTORS IN TRAINING

ROCK's STAR (Student Teachers Aspiring to be Registered) program is a 20-week intensive learning program that offers instruction and hands-on experience to prepare participants interested in pursuing certification through PATH Intl. as a Therapeutic Riding Instructor.

★INTERNSHIPS

Through partnerships with colleges and universities, ROCK offers opportunities for internships in many fields.

★ RESEARCH IN PARTNERSHIP WITH INSTITUTIONS OF HIGHER LEARNING

ROCK is fulfilling our vision to be the trusted leader in equine-assisted activities through service, research, and higher learning by collaborating with universities to conduct research to document the effectiveness of equine-assisted activities and therapies.

★ H.O.P.E. (HORSES OFFERING PEOPLE ENRICHMENT)

ROCK provides educational and intern support to this non-profit EAAT program serving children with special needs in Beijing, China founded by Dr. Priscilla Lightsey, who works at ROCK and TAMU Courtney Cares. Learn more at hopebeijing.org.











78% reported improved physical well being

58% reported improvement in trust

72% reported decrease in anxiety

67% reported improvement in relationships and communication

Results listed above are from a ROCK On Veteran Post 8 Week Class Goal Survey FY 2017-18.





Children with the diagnosis of autism improve in quality of life with marked improvement in social functioning, physical and school functioning and overall mental health and behavior.

Lanning, B.A., Baker, M., Hatz, J., Krenek, N., Effects of Equine Assisted Activities on Austin Spectrum Disorder, J. Austin's Dev Disorder (2014) 44:1897-1907

THE MOVEMENT OF THE PELVIS ASTRIDE A HORSE IS SIMILAR TO NORMAL WALKING.

ardner, B.A., Rigby B.R., Human pelvis motions when walking and when riding a therapeutic horse. Human Movement Science 39(2015)121-137 74.2 %
DECREASE
IN PTSD
SYMPTOMS

86.8%
IMPROVED
IN MENTAL
HEALTH

(Lanning, B. A., Wilson, A., Krenek, N., Using Therapeutic Riding as an Intervention for Combat Veterans: An International Classification of Functioning, Disability and Health (ICF) Approach, Occupational Therapy in Mental Health https://doi.org/10/1080/01642

83.6% IMPROVEMENT IN POSTURE*

70.9%
INCREASE
IN TRUNK
CONTROL*

58.8%
INCREASE
IN MEMORY

SKILLS*

71.2%
IMPROVEMENT
IN FOCUS &
ATTENTION*

86.3%
IMPROVEMENT IN FOLLOWING
DIRECTIONS*

*Results from 2017-2018 ROCK Participant Survey



ROCK's vision is to be the trusted leader in equine-assisted activities through service, research and education.

94.6%

OF CHILDREN

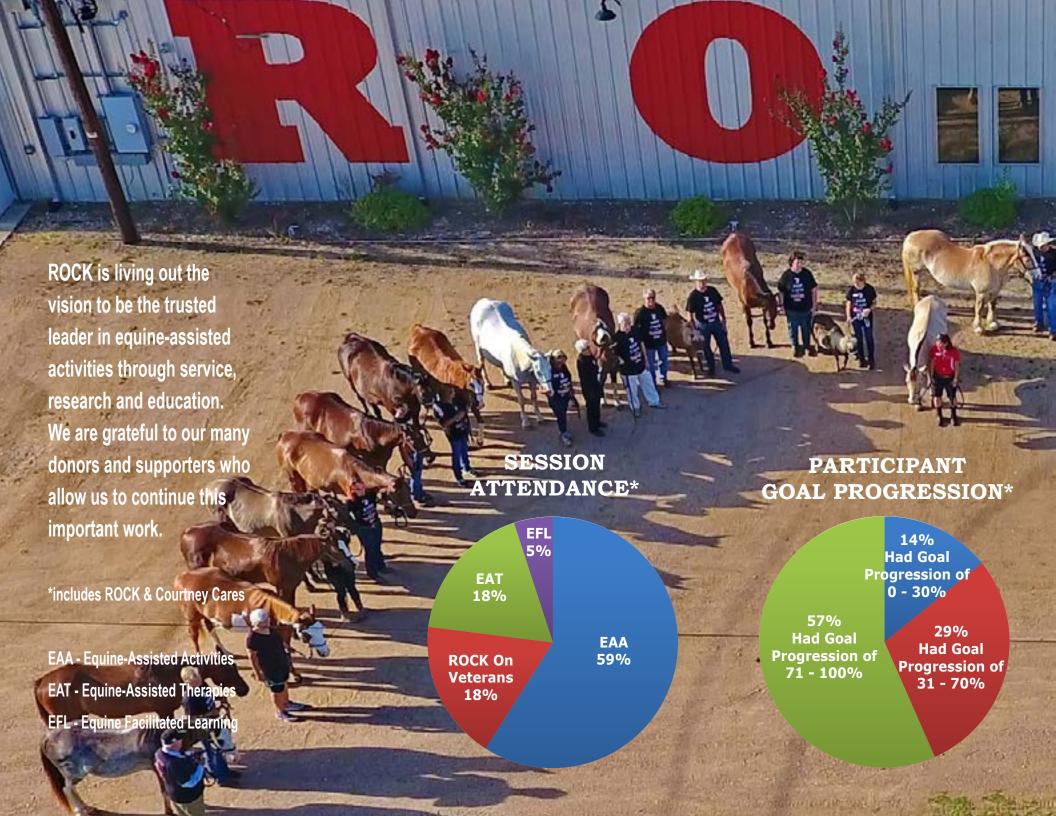
AND ADULTS

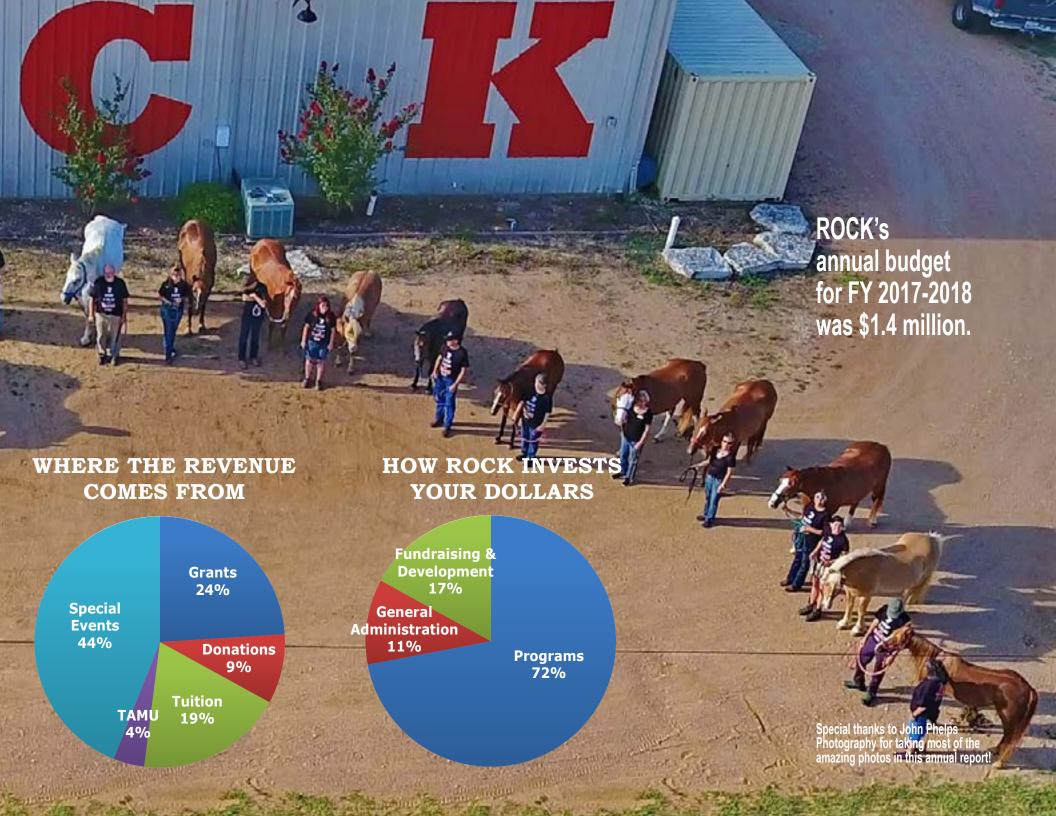
IMPROVED IN

INDEPENDENCE*

88.5%
OF CHILDREN
AND ADULTS
IMPROVED IN
LIFE SKILLS*

THE IMPACT OF ROCK'S PROGRAMS IS SEEN IN THE RESEARCH, GOAL DOCUMENTATION, SURVEYS, AND TESTIMONIES FROM PARTICIPANTS THAT ROCK SERVES.





EXCELLENCE

2015 PATH Intl. Awards: Child Equestrian of the Year - Joshua Kim, ROCK Rider

PATH International Equine Services for Heroes® Equestrian Recognition Award - Mary Ballengee, ROCK On Veteran

Region 8 Certified Professional of the Year - Dr. Priscilla Lightsey, ROCK & Courtney Cares Staff

13th Annual Ethics in Business & Community Award - Nonprofit

2016 Quality Texas Foundation Quest for Excellence - Pioneer Award

2017 Quality Texas Foundation Quest for Excellence - Commitment Award

2017 Georgetown Chamber of Commerce - Cornerstone Award in Healthcare

PATH Intl. Premier Accreditation (August 2015) - ROCK

PATH Intl. Premier Accreditation (June 2016) - TAMUS Courtney Cares

2018 PATH Intl. Awards: Region 8 Equine of the Year - Miss Piggy

2017-18 IN REVIEW



THANK YOU to our Foundation Partners!

Austin Community Foundation
Bluebonnet Trails Community Services
CarMax Foundation
Chisholm Trail Communities Foundation - Sport Clips
City of Georgetown
Costco

Foundation for Global Sports Development
Georgetown Health Foundation
Greater Round Rock Community Foundation - David Hood Endowment
Greater Round Rock Community Foundation - Leading Ladies

Junior League of Austin
Kozmetsky Family Foundation
Lola Wright Foundation
Lowe Foundation
PATH International
Stillwater Foundation
Sun City Texas Community Assocations - Hunting & Fishing Club
The Roy F. & Joann Cole Mitte Foundation
W.D. Kelley Foundation
Wounded Warrior Project



* SAFETY * EDUCATION * SERVICE * RESEARCH *

In 2011, ROCK was contacted by the Texas A&M System as directed by the Board of Regents, to assist TAMUS to start an equine-assisted activities and therapy center.

The decision to start an EAAT center resulted from a donation to TAMUS in memory of Courtney Grimshaw Fowler (Class of 85). Courtney was an avid equestrian and businesswoman on the international level. When she died in 2010, her family wanted to establish a living, breathing legacy at her beloved Texas A&M. Thus, the program "Courtney Cares" was established.

The Texas A&M University College of Veterinary Medicine Courtney Grimshaw Fowler Equine Therapeutic Program, "Courtney Cares," began serving children, adults and veterans in 2012, and is staffed and managed by ROCK. The horses are leased from the Texas A&M Corps of Cadets Parsons Mounted Cavalry, led by Bob Byrns, a PATH Intl. Instructor. At any given time, Courtney Cares partners with 12 to 20 horses out of the 69 horses and mules in the Cavalry unit.

In 2016, Courtney Cares became a Premier Accredited PATH Intl. program. The core values of Courtney Cares are safety, education, service, and research. This program cultivates future leaders and supporters of Equine-Assisted Activities and Therapies through education and service learning opportunities, and encourages research in this industry.

In Spring 2018, Dr. Priscilla Lightsey and Dr. Nancy Krenek began teaching an Intro to EAAT course at Texas A&M in College Station. The lab for this class is conducted in the arena at Courtney Cares.

CourtneyCares.org



Nancy Krenek

CEO; Founder; Doctor of Physical Therapy; PATH Intl. Registered Instructor; Hippotherapy Clinical Specialist; Executive Director, TAMU Courtney Cares; Adjunct Professor - TAMU

Donelle Beal

PATH Intl. Registered Instructor; TAMU Courtney Cares Program Director

Kevin Bowers

PATH Intl. Registered Instructor; Veterans Program Co-Coordinator

Rebecca Delich

Bookkeeper

Heidi Derning

PATH Intl. Registered Instructor; Veterans Program Coordinator

Callee Dorman

PATH Intl. Registered Instructor

Devon Felts

PATH Intl. Registered Instructor; STAR Program Co-Coordinator; Assistant Program Coordinator

Susan Finfer

Chief Financial Officer

Mike Grubb

Property & Facilities Manager

Jen Howicz

Physical Therapist Assistant; Member, PATH Intl. AHA Level II Therapist

Betsy Kahl

PATH Intl. Advanced Instructor; Licensed Clinical Social Worker

Amy Keck

PATH Intl. Registered Instructor

Michelle King

Volunteer Assistant

Britney Lee

Physical Therapist Assistant; Member, AHA & PATH Intl.

Priscilla Lightsey

Doctor of Physical Therapy (ROCK & Courtney Cares); PATH Intl Registered Instructor; Hippotherapy Clinical Specialist; HOPE Beijing, Founder & CEO; Adjunct Professor - TAMU

Shannon Middleton

Safety and Education Director; Speech Language Pathologist; PATH Intl. Registered Instructor; Equine Specialist in Mental Health; Hippotherapy Clinical Specialist

Amanda Mott

PATH Intl. Registered Instructor

Chris Marcum

Grants Consultant

Calli Rae Murrah

Physical Therapist Assistant; PATH Intl. Registered Instructor

Dorothy O'Neal

Volunteer Director; PATH Intl. Registered Instructor

Karah Powell-Ricketts

Community Development Manager

Olivia Prince

PATH Intl. Registered Instructor; STAR Program Co-Coordinator

Sheri Ruther

Business Operations Director

Mike Sanders

Barn Assistant

Lesley Shedeck

Equine Director

Laura Vann

PATH Intl. Registered Instructor; TAMU Courtney Cares Facilities Assistant

Kathy White

Communications Director

Kristin Witcher

Program Director;
PATH Intl. Registered Instructor

ROCK HERD

AJ - Belle - Blue - Buddy - Cash - Donut - Dunny - Durango- Icy - Jet - Little Guy - Midnight - Miss Piggy - Mugsy - Oakey Peanut Butter - Peggy Sue - Playboy - Scooter - Shandy - Sherrie - Shimmer - Shug - Skippy - Skye - Sonny - Tarra - Tony - Traveler

ROCKBOARD

2018-2019 Board of Directors Lindsey Roberts, President
Patrick Breen, DVM, Vice President Steve Shook, Treasurer George Brightwell, Secretary Craig Harris, Past President Rebecca Hays Barho **Denny Boroczk Curtis Crenwelge** Michaela Dollar Sunny Ernst Jim Geracci, MD **Abigail Griswell Carter Hall Susan Hershey** Debi Higdon Steve Laukhuf Joe McSpadden Chris Miller Patti O'Meara **Chris Smyth**

Stephanie Zinsmeyer

2018-2019 Board of Advisors

Patti Colbert, Chair
Barbara Brightwell
Ron Coleman
Hugh Gilmore, MD
Charles W. Graham, DVM
John Gustainis
Wayne Hurst, DPM
Frank Krenek
Hon. Betsy Lambeth
Edward Logan
Bill Mateja
Al Mowdy
Nolan Ryan
Reid Ryan
Ron Shelly

★★Thank You★★
Brian Lidiak
for your service on our
Board of Directors



ROCK is a Premier **Accredited Center** of the Professional **Association of Therapeutic** Horsemanship International since 2000. This requires high safety standards and passing the accreditation process through following policies and procedures promoting excellence and safety. TAMUS **Courtney Cares** has been a Premier **Accredited Center** since 2016.

COMMITMENT TO EXCELLENCE

ROCK has been on a journey since 2007 of evaluating and improving ROCK towards efficiency. The tool used most often has been the Malcolm Baldrige method, resulting in Texas Quality awards to ROCK for two consecutive years. This evaluation is carried over into how we set up guidelines and policies and procedures at Texas A&M as well.

The Williamson County Institute for Excellence has invested in and guided ROCK for 11 years.

REWEGROWE



ROCK began 20 years ago with one horse and four participants on donated land. The dream to transform lives in partnership with the horse soon became a reality. We have outgrown our current facilities and are so excited to be planning for the future growth of ROCK to continue transforming even more lives. We hope you will partner with us to help move ROCK forward into the next 20 years. Watch for more information coming soon!

THANKYOU

Our mission of improving independence and life skills in partnership with the horse would not be possible without the support of each and every donation to ROCK.

The following names include individuals, foundations and corporations that have invested \$1,000 or more from July 1, 2017 - June 30, 2018. Thank you!

Joe & Barbara Ammerman **Philip Annis Applied Materials Foundation Bob & Carol Atwood Austin Community Foundation Charles & Beth Avery** Jeff Baker & Cheryl Mazur-Baker Mark & Rachelle Baker Bar 3 Ranch Grass Fed Beef J.B. & Ashley Barnes **BBVA Compass Bank** Glenn & Emily Befort **Lance & Tammy Bennett** Brian & Megan Bickel **Dennis & Terri Boroczk** Doc & Cathy Breen George & Barbara Brightwell **Doreen Bruton** Joe & Elizabeth Busch **CA Technologies CarMax Foundation** Casino Knights, Inc. Casper **Central Texas Technology Solutions Champion Site Prep** Van & Deborah Chandler A.E. & Sally Chionsini **Chisholm Trail Communities Foundation** George & Debbie Christianson Circuit of the Americas City of Georgetown Cokinos, Bosien & Young Patti Colbert Ron & Kaye Coleman Costco **Chris & Anne Cowan** Curtis & Lucretia Crenwelge Janice Crenwelge **Tim & Tamera Croley** John Culbert Lew & Sherry Curatolo Robert & Ronah Currey **Currey Builders** Eric & Susan Dalton **Paul & Nancy Davis** Frederick DeGroot Vince & Sandy Deli **Dell Giving - YourCause** Cory & Ginny Delz DFD Architects, Inc.

DiMare Family

Amanda Dowell Eckermann Engineering Peter & Laura Eickstead Stephen & Weslie Elliott **Embree Group of Companies Equity Secured Capital Bob & Sunny Ernst Bill & Wynette Espinosa First Texas Bank Foundation for Global Sports Development** John & Amy Gantt Don Garbe Dan & Karen Gattis **Timothy & Lesley Gentz** Georgetown Health Foundation Georgetown View Magazine Robert L. Gibson Jr. Richard & Missy Gordy **Greater Round Rock Community Foundation** Bo & Dee Grimshaw John & Linda Gustainis Carter & Christy Hall J.B. & Jan Hamilton Rocky & Tracey Hardin Craig & Susan Harris Ron & Sandy Harrison **HEB Tournament of Champions** Ronald & Cheryl Helson Susan Hershey **Don Hewlett Chevrolet** Murray & Colleen Holcomb William & Jo Hudson Wayne & Jill Hurst **Ideal Signs** JAB Engineering John Janicek Rukin & Patricia Jelks Rebecca W. Jenkins Jennifer Aaron Photography **Dwight Jeter** Scott & Kristie Johnston **Junior League of Austin** Al & Celeste Kauffman Lana Keck Jim & Betzi Kelton **Kelton Deck** Steven & Julie Klaus **Kozmetsky Family Foundation** Jack & Kathy Krause Frank & Nancy Krenek

Tom & Jo Ann Lanham

Steve Laukhuf Randy Leifeste John & Lisa Lewis Col. Raymond & Courtney Liddy Life Styled Events **Lola Wright Foundation Betty Lord** Ken & Ann Loudermilk Lowe Foundation T.J. Luebs Jordan Maddox Derryan Magill Stan & Jen Mauldin **Jeff & Shawn Maurice** Stephanie Maxwell Kavlah McCord Flora McCormick McCovs Joe McSpadden **Megladon Manufacturing Group** Jeffrey & Christina Miller The Roy F. & Joann Cole Mitte Foundation Al & Jean Mowdy Josh & Laura Mowdy Lawrence & Susan Murphy John & Kristen Nelson **Network for Good** Novita Spa & Medical Rejuvenation Clinic Brian & Kim O'Neal Eric & Katherine Panico Personal Administrators, Inc. Samuel & Rebecca Pfiester **Brad & Tami Pharr** Hope Phillips **Pine Cove Justin & Holly Pride** Ross Taggart & Patricia Prince-Taggart **Porsche Central Austin** Quenan's Jewelers Radiation Detection Company, Inc. **Lindsey & Christie Roberts** Don & Edie Robertson Michael & Tami Rockafellow **Troy & Mary Rodriquez** The Rooftop at Urban Rotary Club of Georgetown **Round Rock Express** Randy & Kimberly Routson Rick & Cheryl Rowder Nolan & Ruth Ryan

Claudia Ryner

Tony & Adrienne Salazar Jennifer Saurage-Moreland **Kendra Scott** Seton Medical Center Williamson Ronald & JoAnna Shelly Les & Lori Sherman Steve Shook Scott & Heidi Sjule Sport Clips St. David's Foundation St. David's Georgetown Hospital Steger & Bizzell Engineering, Inc. Sun City Texas Community Assocations, Inc. Alex & Jackie Swieczkowski Take2 Manufacturing LLC **Bill & Kim Taylor George Taylor Holt & Connie Taylor** Tesla **Texas A&M University Systems Texas Methodist Foundation** Beau Theriot - The Oasis in Austin **Clint & Diane Truitt James & Susan Turley UBS Tommy Waters** Vicki Watts **Robert & Sarah Weiss** William & Cathy Wendell Simon & Yolanda Wheaton Alvsia Wightman Wild Basin Investments Sandy Wilkens Lynn Williford & Becky Adkins Joe Willis Morris & Ann Winkle Nathan & Amanda Winstead



John & Priscilla Yearwood



FOW CAN YOU FELP?



Please consider investing your time, talent, or treasure in ROCK. Share this annual report. Come out for a tour of ROCK & bring a friend. Invite us to tell your club, friends, or family about 'Healing Thru Horses'.

ROCK GIVING OPPORTUNITIES

- Amplify Austin (February 28 March 1, 2019)
- Barn Dance (April 6, 2019)
- Rider Cup Classic Golf Tournament (September 27, 2019)
- #GivingTuesday (December 3, 2019)
- End of Year Giving (by December 31, 2019)
- Horseshoe Club: Year-round sponsorship of a horse
- Capital Campaign: Invest in the future.



INVEST IN ENDOWMENT

Chisholm Trail Community Foundation chisholm-trail.org 512-863-4186

Greater Round Rock Community Foundation rrcommunityfoundation.org 512-514-0046

VOLUNTEER OPPORTUNITIES

- Sidewalker/Horse Handler/Feeder
- Provide a Veteran Meal
- Summer Camps
- Veteran Volunteer
- Welcome Wrangler
- Special Events
- Board of Directors