

2024

# LifeStriders

NATURE BASED · INTEGRATIVE · THERAPIES



## IMPACT REPORT



# Our Mission

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Harnessing the power of nature to  
strengthen community through integrative,  
nature based therapies



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## 20 Years of Service

In 2024, we grew together and provided more subsidized professional therapies than ever before. LifeStriders delivers these services to meet the unique special needs within our community, thanks to the generous donors and volunteers who bring us together for the greater good.

Professional  
Therapy  
Subsidies Given

**\$640,000**

Clients Receiving  
Subsidies of  
60% or more

**650**

Volunteer  
Support  
Hours

**25,000**

# Core Services

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## Health

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

## Social

Social Skills Groups  
Youth Program & Mentoring

- Work Readiness
- Violence Prevention
- At Risk Youth

Community Leadership Projects

## Resources & Education

Caregiver Workshops  
Resource Fairs  
Advocacy Support  
Referral Network  
Supervised Professional Internships





## Compassion

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Families who manage special needs rely on a village to support them. Every individual with special needs and their caregivers inspire us to give in ways that truly make a difference. We recognize the challenges they meet every day, and we feel compelled to take action and help.

# Strengthening Communities



LifeStriders strengthens and educates communities by offering innovative, 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.



# Veteran Heroes

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

Our staff and volunteers work closely with veterans and their families to support their progress, whether through family, individual, and group counseling; occupational or physical therapy; equine therapy; or weekly veterans' sessions.



# Youth Programming

LifeStriders' youth outreach, education, and mentoring programs have supported over 20 school and education-based initiatives across the country. These programs provide LifeStriders' therapeutic services as needed, along with unique experiences in vocational training, environmental and agricultural stewardship, team building, and social wellness. Through these integrative, nature-based services, a diverse and inclusive group of students has gained valuable skills and knowledge.







# 2024 Events

Each year, LifeStriders organizes special events to connect the community and raise funds for its low and no-cost programs and operations. In 2024, the staff, volunteers, and board members took things to the next level.

This year's highlights included Derby Days, the crowning of event winners, and the new Bourbon Trail VIP experience. We are deeply grateful to all the participants, contributors, and sponsors, especially our title sponsor, the Fitzsimonds Charitable Trust.



*Kath & Anders Lohlers*



*Alicia & Sarah Kaulke*

*Laurie & Dave Ripplinger*

**ADVENTUREROCK**



# 2024 Program Highlights

## Closing The Gap

Health and Social Disparities



Crisis intervention & long term therapies for underserved 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**

**thanks to grants from:** Helen Bader Foundation, Emory Clark Foundation, M3 Insurance, Oconomowoc Area Foundation, James and Leigh Peterson Foundation, Fitzsimonds Charitable Trust, and many others.

## Physical & Occupational Therapy



## Counseling



## Speech & Language Pathology



LifeStriders partners with graduate universities and their master's and doctoral students to provide professional internships in our nature-based, integrative therapeutic service models. We work across all cognitive and physical therapies to address our clients' special needs and promote family systems work, supporting their continued growth and developmental success.



## Capital Projects

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LifeStriders has successfully raised funds for several capital improvements, including a new paddock configuration for the horses and upgrades to the parent viewing area. We have ambitious plans for 2025 and are grateful to everyone helping LifeStriders realize our campus's full potential.



# Board of Directors

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Kim Kindschi - Chairman  
Matthew Arndt - Treasurer  
Rob Conley - Secretary  
Veronica Sosa Agnoli - CEO  
Linda Campbell  
Dr. Shelagh M. Roell  
Jack Rakowski  
Deidre Erwin  
Maria Trainor  
James Boling  
Greg Schneider





## Team

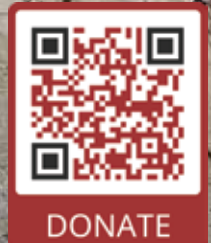
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LifeStriders employs and contracts over a dozen team members to support its operations, including licensed therapists, mental health professionals, OTs, PTs, and equine specialists. With diverse specialties and training in trauma-informed care, they work alongside board members, volunteers, and interns. Together, LifeStriders' integrative team provides therapeutic services tailored to meet each client's specific goals.

# Looking Forward

LifeStriders vision for the future aims to enhance program quality, employee satisfaction, and infrastructure, while ensuring financial stability and effective governance. Key actions include:

- Developing evidence-based programs.
- Offering competitive compensation and professional development.
- Expanding facilities and implementing sustainable practices.
- Optimizing fees & expanding fundraising efforts.
- Strengthening board engagement and diversity.





# Transparency

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In 2024, LifeStriders earned the Candid Platinum Seal of Transparency, and the charity navigator Four Star give with confidence ratings.

The organization owns all it's facilities, equipment, and is still 100% debt free.

LifeStriders is a 20 year public 501c3 charity with a physical location in Waukesha, wl.





# A Letter from your CEO & Co-Founder

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Dear Friends and Supporters,

As we look back on this year at LifeStriders, we are reminded of the incredible impact that your support has made. Your belief in our mission and your generosity have been fundamental in helping us empower individuals and families through the life-changing work of equine-assisted therapy and other programs.

2024 has been filled with inspiring moments of growth, resilience, and healing, all made possible by the compassion and dedication of supporters like you. Your contributions have enabled us to reach more people, enhance our programs, and continue making meaningful strides in the lives of those we serve.

Each milestone achieved in overcoming physical, emotional, and developmental challenges reflects your profound impact. Your continued support has nurtured a community where hope and healing are not just goals but realities, and we are so grateful for the trust you place in us to carry out this important mission.

Together, we are making a difference, and we are excited to move forward into 2025 with you as part of this journey. Thank you for being an essential part of our LifeStriders community.

With sincere gratitude,

**Veronica Sosa**

CEO & Co-Founder



# LifeStriders

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Have You  
Hugged a Horse  
Today?

design by:

Sai Rendipity ∞