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**PONY POWER THERAPIES AWARDED GENEROUS \$34,000 GRANT
BY THE VALLEY HOSPITAL**

Mahwah, NJ Non-Profit to Continue Horse-Assisted Programming for Young Patients and Their Families; Offers Services to Adults With Life-Limiting Illnesses

Mahwah, NJ (January 19, 2016) – Pony Power Therapies is proud to announce that, through a generous \$34,000 grant from The Valley Hospital, it will once again connect young patients and their families with the benefits of horse-assisted activities in 2016. Additionally, the organization will seek to expand its programming to include both riding and non-riding sessions for adult patients who are facing life-limiting or life-threatening illnesses.

For five years, Pony Power Therapies and The Valley Hospital have partnered to provide integrative health and wellness programming to the children and families of Valley Home Care's Butterflies Program and the Hospital's Kireker Center for Child Development. From therapeutic riding sessions for patients and siblings to week-long summer programming for families to horse-assisted ground activities for Valley staff, the organization's comprehensive and holistic approach has empowered hundreds of patients and their "teams" – parents and professional caregivers. The Hospital's support this year will allow Pony Power to continue facilitating Valley families' physical and emotional growth, as well as introduce the power of ponies to adults battling serious illnesses.

"We are so proud of what we've been able to accomplish through our partnership with The Valley Hospital; together, we've created lasting change by providing family-centered sessions," said Dana Spett, Founder and Executive Director, Pony Power Therapies. "Whether a young boy learns to guide his pony to stop and go, a parent successfully navigates a large horse through obstacles or the family spends time planting seeds in our wheelchair-accessible garden, we've developed a comprehensive riding and horsemanship program that allows Valley families to learn from both horses and nature, and we're excited to be able to offer the same to the Hospital's adult patients."

As part of Valley's generous grant, up to 50 patients and their siblings will attend four-week therapeutic horseback riding sessions at Pony Power's fully accessible farm in Mahwah, NJ. In addition, the organization will once again invite 10 or more children to take part in a weeklong summer extended-day program, as well as conduct horse-assisted

ground activities for parents throughout the year.

Riding can help increase strength and muscle development and foster feelings of self-confidence and pride. Most importantly, the children enjoy a unique, shared experience with their brothers and sisters, as it's one of few recreational activities that is completely inclusive, regardless of a person's physical or psychological limitations. When engaging with horses during ground activities, parents learn how to stay present and focused; they experience life in the moment without the worry of usual stresses or concerns. Plus, tailored sessions help parents build upon current skills and develop new skills for handling the emotional difficulties that can come from caring for an ill child.

“Valley Health System is delighted to support Pony Power, a program which expands our continuum of care for our pediatric patients and their families. The effect that the program has already had on our Butterflies participants and children who receive care at the Kireker Center has been profound,” said Audrey Meyers, President & CEO of the Valley Health System and The Valley Hospital.

Looking to build on the success of its existing programming, Pony Power and The Valley Hospital will work collaboratively to connect adult patients living with life-threatening or life-limiting illnesses and their families with the calming, in-the-moment effect of the farm and horses. Both riding and non-riding, client-centered sessions will help participants regain confidence and enjoyment of physical activity, as well as help shift their focus from illness and treatment to the joy of successfully completing activities with horses.

About Pony Power Therapies

Founded in 2000, Pony Power Therapies gives special needs and at-risk children and adults a unique opportunity to ride, care for and interact with horses. Its riding and non-riding activities enhance individuals' physical, social and emotional well-being in a safe, nurturing farm environment. Pony Power offers recreational activities that help riders gain greater flexibility, balance and muscle strength, as well as explore and develop unique relationships with the horse, which can lead to increased confidence, patience and self-esteem, and foster feelings of independence and pride. Pony Power instructors are either certified or in training to be certified by Professional Association of Therapeutic Horsemanship (PATH) International. Pony Power Therapies is recognized as a Premier Accredited Center (PAC) through PATH International. For more information, please visit www.ponypowernj.org.

About the Valley Hospital

The Valley Hospital, a 451-bed, acute care, not-for-profit hospital located in Ridgewood, NJ, is part of Valley Health System, which also includes Valley Home Care and Valley Medical Group. Valley is the recipient of numerous awards and recognitions. These include 10 consecutive recognitions for service excellence by J.D. Power and Gold Seals of Approval from the Joint Commission in 12 clinical areas, including six for cancer care, more than any other hospital in the nation. Valley has also been recognized by Healthgrades as one of America's 100 Best Hospitals for Orthopedic Surgery. Valley has

also been honored three times with “Magnet” designation – the nursing profession’s highest honor. Valley is a cardiovascular affiliate of The Cleveland Clinic Heart and Vascular Institute. Key services include cardiology, oncology, women’s and children’s services, emergency care, orthopedics, and neurosciences. For more information, please visit www.ValleyHealth.com.

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