

# Coming Home Again: Equine-Assisted Applications for Veterans and Their Families



**Local Host:** Pamela Delong  
**Location:** Whispering Hope Equestrian Therapy Program  
14714 S Redland Road  
Oregon City, OR 97045  
**Date & Time:** March 23-25, 2018 (Fri. – Sun.)  
8:00-5:00 Each Day

## Accommodations:

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- Monarch Hotel & Conference Center – 12566 SE 93<sup>rd</sup> Ave., Clackamas, OR 97015 Rates from \$136 (503)652-1515
- Comfort Suites – 15929 SE McKinley Ave., Clackamas, OR 97015 Rates from \$92 (503)723-3450
- Holiday Inn Express Portland SE – Clackamas Area – 75 – 82<sup>nd</sup> Drive, Gladstone, OR 97027 Rates from \$135 (503)722-7777

## Directions to Hotels from Portland International Airport (PDX)

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### Directions to Monarch Hotel

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|--|---------|
| 1. Head northwest on NE Airport Way.   | 0.2 mi. |
| 2. Use the left lane to stay on NE Airport Way.  | 0.1 mi. |
| 3. Slight left to stay on NE Airport Way.  | 0.5 mi. |
| 4. Continue straight to stay on NE Airport Way   | 0.1 mi. |
| 5. Keep right to stay on NE Airport way.   | 1.8 mi. |
| 6. Use the right two lanes to turn slightly right onto the Interstate 205 South ramp to Intestate 84/Portland/Salem. | 0.5 mi. |
| 7. Merge onto I-205 South  | 9.5 mi. |
| 8. Use the right two lanes to take Exit 14 toward Sunnyside Rd./Sunnybrook Blvd.                                     | 0.9 mi. |
| 9. Use the right lane to continue toward SE Sunnybrook Blvd  | 0.2 mi. |
| 10. Turn right at he first cross street onto SE Sunnybrook Blvd  | 495 ft. |
| 11. Turn right at the first cross street onto SE 93 <sup>rd</sup> Ave.   | 295 ft. |

20 minutes | 13.3 miles

## ***Seminar Data Sheet***

### **Directions to Comfort Suites**

1. Head northwest on NE Airport Way. 0.2 mi.
2. Use the left lane to stay on NE Airport Way. 0.1 mi.
3. Slight left to stay on NE Airport Way. 0.5 mi.
4. Continue straight to stay on NE Airport Way 0.1 mi.
5. Keep right to stay on NE Airport way. 1.8 mi.
6. Use the right two lanes to turn slightly right onto the Interstate 205 South 0.5 mi.
7. Merge onto I-205 S 11.5 mi.
8. Take Exit 12B toward 12B/Roots Rd./Johnson City 0.2 mi.
9. Merge onto OR-212 W 184 ft.

23 minutes | 14.9 miles

### **Directions to Holiday Inn Express**

1. Head northwest on NE Airport Way. 0.2 mi.
2. Use the left lane to stay on NE Airport Way. 0.1 mi.
3. Slight left to stay on NE Airport Way. 0.5 mi.
4. Continue straight to stay on NE Airport Way 0.1 mi.
5. Keep right to stay on NE Airport way. 1.8 mi.
6. Use the right two lanes to turn slightly right onto the Interstate 205 South ramp to Interstate 84/Portland/Salem. 0.5 mi.
7. Merge onto I-205 South 13.1 mi.
8. Take Exit 11 toward Gladstone/DMV 0.2 mi
9. Turn right onto 82<sup>nd</sup> Dr. 0.3 mi.

24 minutes | 16.8 miles

## **Directions from Hotels to Whispering Hope**

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### **From Monarch Hotel & Conference Center**

1. Head south on SE 93<sup>rd</sup> Ave toward SE Sunnybrook Blvd 295 ft.
2. Turn left at the first cross street onto SE Sunnybrook Blvd. 381 ft.
3. Turn onto the Interstate 205 S ramp to Oregon City. 0.3 mi.
4. Merge onto I-205 S 3.7 mi.
5. Use the right lane to take Exit 10 toward Mollala. 0.2 mi.
6. Merge onto OR-213 South 0.6 mi.
7. Turn right onto Redland Rd. 1.6 mi.

Whispering Hope Equestrian Therapy Program will be on your right.

9 minutes | 6.6 miles

## *Seminar Data Sheet*

### **From Comfort Suites**

1. Head east on OR-212 toward OR 212 118 ft.
2. Turn right to merge onto I 205 S/OR-213 S toward Oregon City 2.4 mi.
3. Use the right lane to take Exit 10 toward Mollala. 0.2 mi.
4. Merge onto OR-213 South 0.6 mi.
5. Turn right onto Redland Rd. 1.6 mi.

Whispering Hope Equestrian Therapy Program will be on your right.

7 minutes | 4.8 miles

### **From Holiday Inn Express**

1. Head north on 82<sup>nd</sup> Dr. toward E Arlington St. 0.3 mi.
2. Turn right to merge onto I 205 S 0.7 mi.
3. Use the right lane to take Exit 10 toward Mollala. 0.2 mi.
4. Merge onto OR-213 South 0.6 mi.
5. Turn right onto Redland Rd. 1.6 mi.

Whispering Hope Equestrian Therapy Program will be on your right.

6 minutes | 3.5 miles

### **Area Attractions**

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Willamette Falls      Oregon City Municipal Elevator      Old Town Oregon City  
Clackamas Town Center      Guided Canoe Tours Willamette River/Falls

### **Dining Options**

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Elmer's Pancake House      Dean's      Izzy Pizza      Tacho's Mexican  
Oregon City Brewing Company      Singer Hill Café  
La Hacienda      McMenamins

### **Weather**

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Late March in Oregon City area is typically mild with highs in the 60s and lows in the lower 50s. There is always a chance of rain. We will be working in an indoor arena and outdoors, weather permitting. Bring layers of clothing – including hats and gloves!

## *Seminar Data Sheet*

### **What to Bring**

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- Layers of clothing – hats gloves and raincoat
- Sunscreen/Lip Balm/Insect Repellant
- Notebook/writing instrument
- Brochures for your services (if any)
- Business Cards (if any)
- Camera