Over the past 13 years, I have been fortunate to witness and be part of the growth and development of Hearts & Horses, a Professional Association of Therapeutic Horsemanship (PATH) Intl. Premier Accredited Center in Northern Colorado. After spending time as a volunteer, instructor and Program Director, I accepted the position of Executive Director in April, 2013. Taking the reins of this organization is a position I treasure and take seriously each day. I am humbled by our amazing team and their commitment to our most important stakeholders: Northern Colorado individuals with disabilities and special needs.

From our humble beginning in 1997, Hearts & Horses has evolved from a small program supported by a few therapy horses and a leased facility into a nationally respected center, offering multiple programs, highly trained therapy horses, staff, volunteers and a beautiful 23-acre facility. The quality, depth and breadth of our programs are unequaled within our community, which was recognized locally by the Loveland Chamber of Commerce, naming Hearts & Horses the 2013 Non Profit of the Year. With the receipt of this award and other support from our community, it is my belief that Hearts & Horses has made an indelible mark on this community, one that is reflected daily by the commitment of our amazing volunteers. With one of the largest volunteer programs in Larimer County, volunteers tell us time and time again that they get back far more than they give. Without these dedicated volunteers, Hearts & Horses simply would not exist.

In 2013, we expanded our outreach while strengthening our programs and services, due in large part to the unwavering hard work and commitment of our staff, volunteers and community. Our supporters come together to contribute time, resources, and talent in support of our important mission of promoting the physical, cognitive, emotional and social well-being of individuals with special needs through the power of the horse.

We look forward to an exciting 2014 in which we will begin to update our facility in order to keep pace with our high level programs. Join me in making Hearts & Horses a state-of-the-art facility where we meet the goals of children and adults with disabilities and make dreams a reality.

Thank you for wholeheartedly for your support of our program.

Jan Pollema
Executive Director
When Karissa started riding at Hearts & Horses in 2008 she needed the assistance of two volunteers to help her control the horse. She struggled to follow directions and would get angry when asked to obey rules she didn’t want to follow. Karissa’s mother, Pam says, “Karissa now rides totally independently, and as a result has confidence in herself, and control in her life.” Both mother and daughter agree that the horse gives love, comfort, cooperation, and happiness every day they come to ride. Pam receives joy in watching her daughter succeed in life, saying, “Karissa doesn’t get to choose a lot about her life, but on the horse she tells it what to do. The horse has the power to give Karissa power.”
At Hearts & Horses, we promote the physical, cognitive and emotional well-being of individuals with special needs through equine-assisted therapy. Hearts & Horses provides a variety of therapeutic and educational programs utilizing our incredible herd of four-legged therapists.

**Therapeutic Riding**
Children and adults with disabilities work with certified instructors in equestrian skill-based lessons to develop independent skills that carry over to their everyday lives.

**Changing Leads**
At-risk youth find friendship, develop trust and form a deep connection when partnered with a horse in order to explore emotions and behaviors in a safe place to reflect, learn and grow.

**Hippotherapy**
Physical, occupational and speech-language therapists partner with a horse to provide a powerful therapy team. The horse’s movement can improve balance, strength and coordination for individuals with disabilities.

**Riding in the Moment**
Seniors with Alzheimer’s and dementia find joy in equine related activities. For some it is a change to experience past memories and for others it is a new adventure.

**Hearts & Horses for Heroes**
Wounded service personnel and veterans interact with a horse to nurture self-awareness, trust, coping skills and relationship skills, contributing to improved quality of life and hope for the future.

**Blue Mountain Riding Academy**
Riding lessons for the general public conducted by highly qualified instructors.
Summer Camps
Hearts & Horses hosts six weeks of summer camp programs, providing local youth the opportunity to expand their knowledge about horses and spend time riding each day. Two of these weeks include the All Abilities Horsemanship Camps which celebrate the similarities between the campers during their weeklong introduction to basic horsemanship skills.

Summer Team Leadership Program
Teens are given the opportunity to gain leadership experience and be a positive role model as a camp counselor for children who are enrolled in camp programs including the All Abilities Horsemanship Camps.

Training & Education
Hearts & Horses is also a highly regarded training facility and host a number of PATH International workshops and certification courses throughout the year.

More than 50% of clients utilizing hippotherapy as a treatment tool demonstrate increased independence with ADL and social skill development after participating in weekly therapy sessions.
Total Participants: Therapeutic Riding, Changing Leads, Veterans & Camps

47% of our participants on scholarship in 2013

Total participants in 2013 with those benefiting from scholarships indicated.
2013 IMPACT ON NORTHERN COLORADO

78% of our therapeutic riding participants noticed a positive change in cognitive processing and following directions.

89% of our youth-at-risk had a statistically significant increase in self-confidence and positive attitude.

47% of our riders are on scholarship.

80% of Veterans found a decrease in PTSD symptoms.

Recipient of 2 Telly Awards

84% of our therapeutic riding participants noticed an increase in balance and muscle strength.

24 horses live & work at Hearts & Horses.

1576 volunteers for 2013

200-250 volunteers a week $1 value of volunteer hours

$25.10/hour in CO

Awarded Loveland Chamber of Commerce Non Profit of the Year 2013.
# STATEMENT OF FINANCIAL POSITION

*year ending 2013*

## Assets

Current Assets

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash and Equivalents</td>
<td>$397,212</td>
</tr>
<tr>
<td>Accounts and Other Receivables</td>
<td>$38,610</td>
</tr>
<tr>
<td>Inventory and Other Current Assets</td>
<td>$7,682</td>
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Total Current Assets $443,504

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Property and Equipment less Depreciation</td>
<td>$878,638</td>
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<tr>
<td>Investments</td>
<td>$107,427</td>
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Total Assets $1,429,569

## Liabilities and Net Assets

Current Liabilities

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<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
<tbody>
<tr>
<td>Accounts Payable and other current Liabilities</td>
<td>$8,746</td>
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Total Current Liabilities $8,746

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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<tr>
<td>Long Term Notes Payable</td>
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Total Liabilities $55,443

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrestricted Net Assets</td>
<td>$1,374,126</td>
</tr>
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</table>
**Support & Revenue**

- Contributions, Grants & Trusts*: $670,482 (64%)
- Program Fees: $243,895 (23%)
- Special Event Revenues: $97,857 (9%)
- Revenue from Sales & Investments: $41,829 (4%)

Total Earned Revenues: $1,054,063.00

*Designated as capital improvement grant funds ($244,500—George Kroh Charitable Trust)

**Functional Expenses**

*Shown with only 2 categories*

**Program Services** - $299,613
- Salaries: $168,682 (57%)
- Facilities: $66,837 (22%)
- Horses: $30,941 (10%)
- Other: $33,153 (11%)

**General & Administrative** - $246,592
- Salaries: $169,316 (69%)
- Administrative: $64,520 (26%)
- Facilities: $12,756 (5%)

Total Expenses: $546,205
COMMUNITY COLLABORATIONS

Boulder College of Massage Therapy, Brookdale Senior Living, Campion Academy, CASA, ChildSafe, Colorado Draft Horse Association, Colorado State University, CSU Fraternities and Sororities, CSU Pre-Physical Therapy Club, CSU School of Occupational Therapy, CSU School of Social Work, CSU: Pre-Occupational Therapy Club, CSU: SLICE Office, Colorado Therapeutic Riding Center, Community Advantage, Department Human Services, Envision, Foothills Gateway, Front Range Community College, Front Range Exceptional Equestrians, Girl Scouts of America, Group Publishing “Week of Hope,” Jacob Center, Larimer County Alternative Sentencing, Larimer County Workforce Center, Lutheran Family Services, Make A Difference Day, Matthew’s House, Metro State University of Denver, Northern Colorado Mustang Club, Pathways Hospice, Pathways Hospice of Northern Colorado, Professional Association of Therapeutic Horsemanship International (PATH Intl), Poudre School District, Project Self-Sufficiency, Realities for Children, Reflections for Youth, Respite Care, Seven Lakes Memory Care, Thompson R2-J School District, Touchstone Health - Namaqua Center, Turning Point, United Way of Larimer County, University of Northern Colorado, Volunteers of America

250 volunteers average 5 hours per week = 1,250 volunteer hours per week.
“This program has given me purpose in life again.”

—Veteran Participant in Hearts & Horses for Heroes

100% of the veterans in our Hearts & Horses for Heroes program are on scholarship.
BOARD OF DIRECTORS

Bob Huff—President
Retired from the cement and construction industry.

Kathy Coulson—Secretary
Treasurer of Coulson Excavating Company, Inc.; Finance Chair, Four Corners Construction Group, A Group Captive Insurance Company.

Debbie Dehn—Board Member
Vice President, Front Range Fire Protection LLC; Owner, Saddle Ridge Farms; CSU Cooperative Extension 4-H-Larimer County Horse Superintendent; 4-H leader.

Ginger Dodge—Board Member
Multifamily Coordinator, Multifamily Development & Operations, McWhinney.

John Reardon—Board Member.
Adjunct Faculty and Guest Lecturer Johns Hopkins University Carey Business School and Georgetown University; K-12 STEM & STEAM National Committee for Space Foundation.

The Board of Directors meeting is held every third Tuesday of the month at 6 p.m., and is open to the public.
THANK YOU TO OUR CONTRIBUTORS

Dave & Vicki Adams
Adams Bank & Trust
Advantage Bank
Air Flow LLC
Kyle Anderson & Stefani Viktora
Tommy Armenti
Auto Collision Experts
Roger and Anne Bates
Roger & Anne Bates
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The Fat Shack
Holly Tremble
Turning Point Ranch
Clifton Uiler & Tami Uiler
Valentine Family Foundation
Walmart Foundation
Rose & Matt Walsh
Walsh Construction
Henry & Kathleen Walton
Mike & Judy Werner
Pat Whalen
Windor Collision Center
Bo Winslow
Wolf Robotics
YMCA of the Rockies
Hearts & Horses, Inc. is a 501(c)3 nonprofit organization. All contributions to Hearts & Horses are tax-deductible under Federal Tax ID #84-1387873.