

Annual Report 2015/2016



HEARTS & HORSES
Therapeutic Riding Center



“We set the bar high for our staff, volunteers and participants and look forward to doing so well into the future.”

— Jan Pollema, Executive Director
Hearts & Horses

What began in 1997 serving a handful of students each week has grown into a well-established organization that impacts countless lives thanks to this generous community that continues to support Hearts & Horses. Today we serve over 180 riders per week in six different programs; thanks to 28 amazing “four-legged therapists” — our beloved equines — and over 1500 volunteers a year.

Reflecting back on the last year I am reminded that it was one of great physical change for our facility. Thanks to the outpouring of community support, Hearts & Horses was able to transform our outdated Kroh arena to a welcoming, well organized facility all while providing high quality service to our participants. This transformation has improved safety, increased efficiency and streamlined our operations for the therapies that we provide to our Northern Colorado community.

Over the last year I have been struck by the amazing power we have as a collective force to bring about positive change for our community at Hearts & Horses. For me one of the most defining moments was opening our doors to over 300 people at our open house in May. From community members who had been supporting



us for the last 19 years to new individuals learning about the programs at Heart & Horses for the first time, the feeling of support was palpable.

The stories, quotes and images in this report remind us our work is having a real impact — and together we can elicit change by continuing our commitment of healing the minds, bodies and spirits of individuals with disabilities in our community.

Jan Pollema
Executive Director

ABOUT US

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.

Therapy Services

Physical and Occupational therapists utilize equine movement as a treatment modality to address impairments, functional limitations and disabilities in patients with neuromotor and sensory dysfunction. This treatment strategy is used as part of an integrated treatment program to achieve functional goals.

Riding in the Moment

Seniors with Alzheimer's and dementia find joy in equine related activities. For some it is a chance 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 Hearts & Horses volunteers and other members of the Hearts & Horses community conducted by PATH Intl. 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.

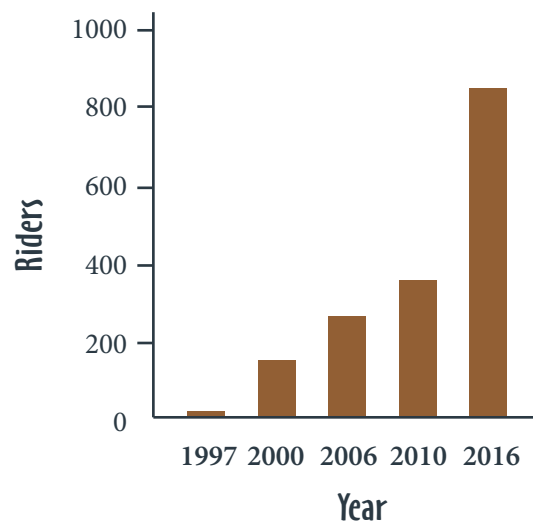
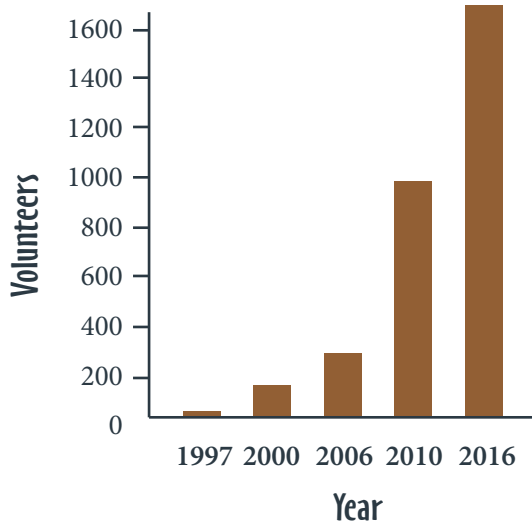
Training & Education

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

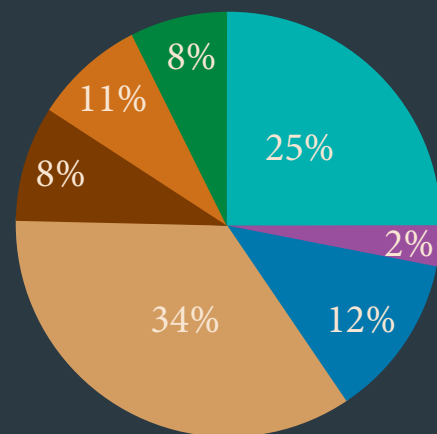


More than 78% of riders participating in the therapeutic riding program noticed an improvement in core strength and balance after participating in weekly riding classes.

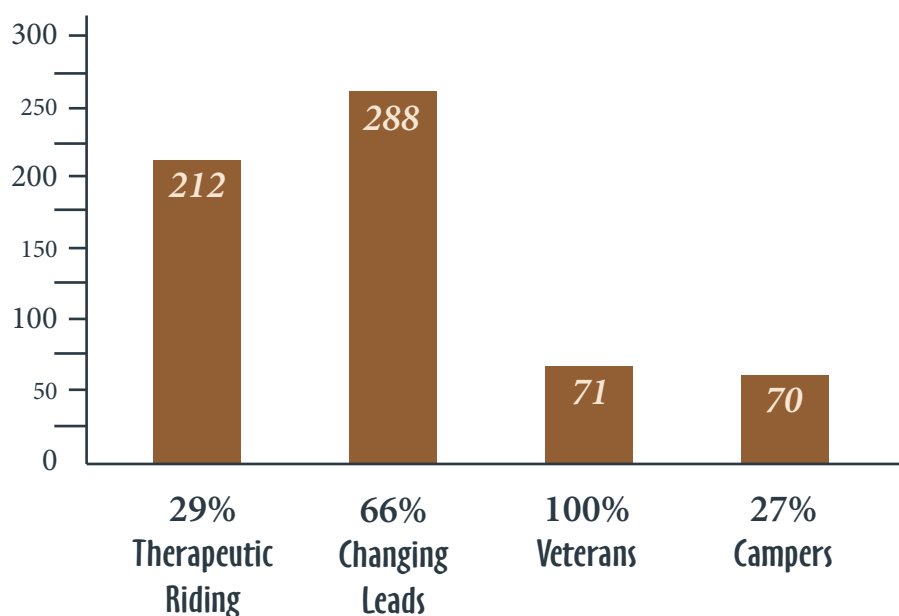
CHANGES OVER TIME



- Therapeutic Riding
- Hippotherapy
- Changing Leads
- Veterans
- Riding in the Moment
- Blue Mountain Riding Academy
- Summer Camp



Total participants in 2016 with those benefiting from scholarships indicated.

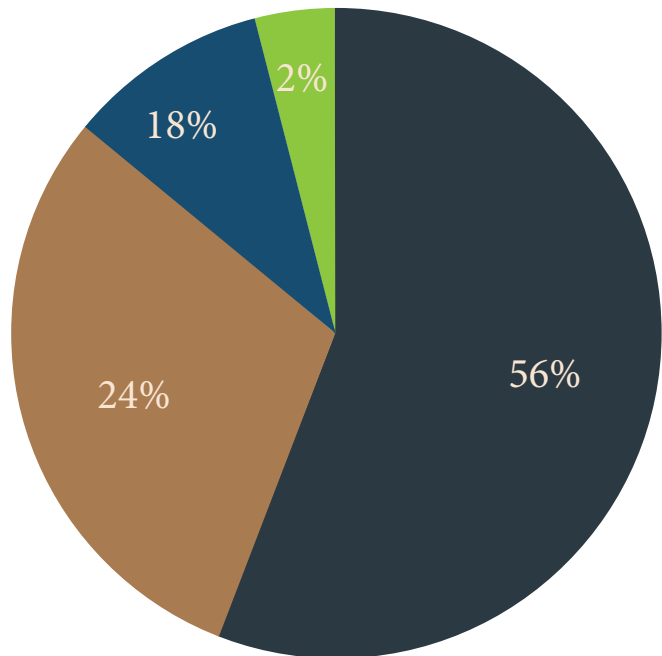
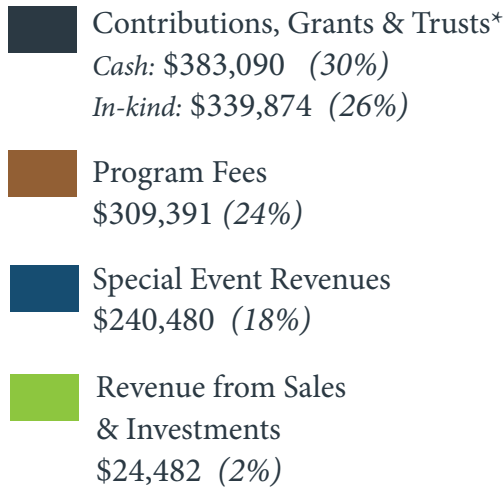


Emma was born with Spina Bifida, a birth defect where there is incomplete closing of the backbone and membranes around the spinal cord, resulting in neurological and orthopedic impairments. Emma's parents were told by doctors when she was nine months old that she should use a wheelchair as her primary means of transportation. However her parents had a different vision and began seeking alternative forms of therapy for Emma. Emma's physical therapist, Lauren McClave, said when she first started at Hearts & Horses (at the age of 2) Emma did not have the strength to hold herself up on the horse independently. She is now riding with less support, thanks to the core strength she has gained from her 1.5 years of riding. Recently Emma took her first unassisted step, which her mom attributes to the skills she has gained while riding. For Emma, riding Mariah is different from the traditional therapies she participates in. Rather than 'work,' she views her Hippotherapy as the highlight of her week.



We underwrite **72%** of all program costs to keep services affordable.

SUPPORT & REVENUE

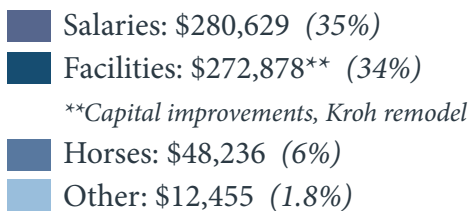


Total Earned Revenues: \$1,297,317

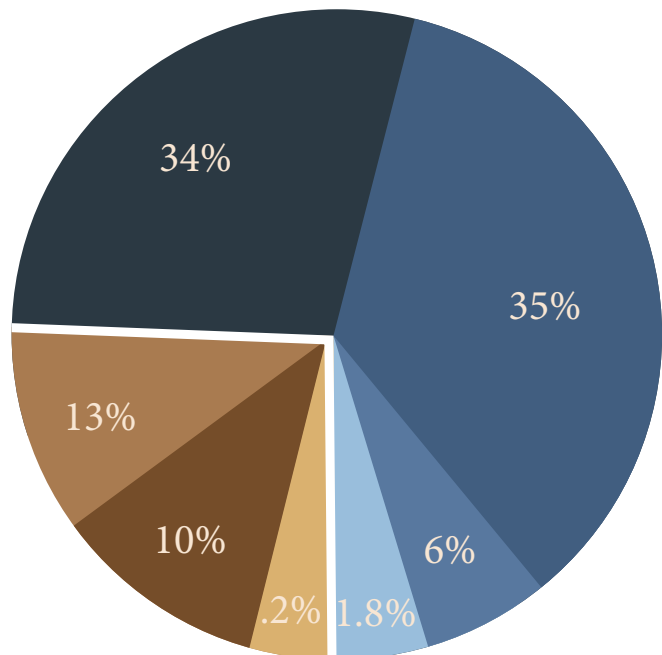
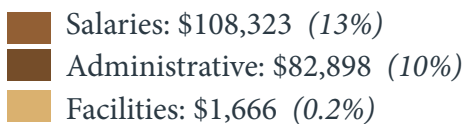
*\$147,069 designated as capital improvement grant funds for Kroh Arena Remodel/Addition.

FUNCTIONAL EXPENSES

Program Services - \$614,198



General & Administrative - \$192,887



Total Expenses: \$807,085

STATEMENT OF FINANCIAL POSITION

years ending 2015-2016

Assets

Current Assets

Cash and Equivalents	\$	343,346.00
Accounts and Other Receivables	\$	24,142.00
Inventory and Other Current Assets	\$	3,245.00
Total Current Assets	\$	370,733.00

Property and Equipment less Depreciation	\$	1,886,391.00
Investments	\$	265,223.00

Total Assets	\$	2,522,347.00
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Liabilities and Net Assets

Current Liabilities

Accounts Payable and other current Liabilities	\$	23,617.00
Total Current Liabilities	\$	23,617.00

Net Assets

Unrestricted	\$	2,180,398.00
Temporarily Restricted	\$	318,332.00
Total Net Assets	\$	2,498,730.00

Total Liabilities and Net Assets	\$	2,522,347.00
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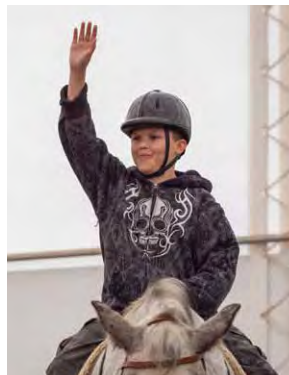
Hearts & Horses became mortgage-free in our 2015-2016 fiscal year!

2015-2016 IMPACT ON NORTHERN COLORADO



72% of our **therapeutic riding participants** noticed a positive change in cognitive processing and following directions.

47% of our riders are on scholarship.



83%

83% of our **youth-at-risk** had a statistically significant increase in self-confidence and positive attitude.



50% of Veterans
surveyed found that they were less likely to self-medicate with drugs or alcohol when stressed, angry or unable to sleep after participation in the veteran's program.

846
TOTAL
Riders in 2016

1618
volunteers
for 2015

\$137,993
in scholarship
distributed funds



95%

95% of all participants surveyed said Hearts & Horses has exceeded their expectations.

28 horses
live & work
at Hearts &
Horses.



4 Hearts & Horses family members won the PATH Intl. Award in 2016.



20,699
volunteer hours completed in 2016

COMMUNITY COLLABORATIONS

American Legion Auxiliary, American Legion Post 15, Brookdale Senior Living, Boy Scouts of America, CASA, Cheyenne VAMC, Children's Hospital - Colorado, ChildSafe, Colorado Draft Horse Association, Colorado State University, Combat Veterans Motorcycle Association (Chapter 3-6), Curacore Integrative Medicine and Education Center, CSU School of Occupational Therapy, CSU School of Social Work, CSU: Pre-Vet Club, Department of Human Services - Larimer County, DOVIA (Directors of Volunteers International), Envision, Foothills Gateway, Fort Collins Vet Center, Front Range Community College, Give Next Philanthropy, Group Publishing, Week of Hope, Healing Warriors, Innovage, Jacob's Center, Larimer County Alternative Sentencing, Larimer County Workforce Center, Loveland Mounted Patrol, Metropolitan State University Denver, Northern Colorado, Mustang Car Club, Northern Colorado Non-Profit Association, Otterbox, Pathways Hospice, Professional Association of Therapeutic Horsemanship International (PATH Intl.), Poudre School District - Cooper Home 4 Living, Project Self-Sufficiency, Realities for Children, Reflections for Youth, Respite Care, Seven Lakes Memory Care, Thompson R2-J School District, Touchstone Health - Namaqua Center, United Way of Larimer County - Make a Difference Day, University of Northern Colorado, Veterans Passport to Hope, VFW Post 41, Volunteers of America



250 volunteers average 5 hours per week = **1,250** volunteer hours per week.

*“This experience helped me to feel love, acceptance
and to have a purpose 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 cement sales and marketing industry. Joined December, 2007.

Ginger Dodge — Secretary

Community Development as well as Multifamily Coordinator and Commercial Operations Assistant at McWhinney. Joined December, 2006.

Kathy Coulson — Treasurer

Treasurer of Coulson Excavating Company, Inc.; Finance Chair, Four Corners Construction Group, A Group Captive Insurance Company. Joined July, 2012.

Roger Bates — Board Member

Financial Advisor with Bouchard-Bates-Ripsam-Boxleitner Wealth Management Group of Wells Fargo Advisors. Former co-owner of Bates & Bates, Certified Public Accountants and Past Chairman of the Colorado Society of Certified Public Accountants. Joined February, 2014.

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. Joined April, 2011.

Steve Ray — Board Member.

Attorney, Ray & Heatherman Law, PLLC. Joined February, 2014



The Board of Directors meeting is open to the public & held every third Tuesday of the month at 6 p.m.

KROH TRANSFORMATION

In 2015 Hearts & Horses received \$175,000 in grant funding and was able to stretch that donation into over \$850,000 in grants and in-kind donations from area businesses, contractors and manufacturers. The following is a list of the individuals and business in our community that made the remodel of the Kroh arena and addition of our welcome center possible.

Ace of All Trades, LLC, Action Plumbing & Heating, Inc., Air Comfort, Inc., All American Painting, Architecture West LLC, Arkins Stone, Belmire Sprinkler and Landscaping, Birko Corporation, BK Welding, Inc., Black, Eagle Fence, Bob and Debbie Dehn, Brenda Leap, C&S Concrete Cutting Co., Chartered Technologies, Colorado, Precast Concrete, Cool Conifers, Coulson Excavating Co, Inc., CPS Industries, D&I Prehung Door, D&S Steel, Dave Culbertson, Davey Tree Expert Company, DBC Irrigation Supply, Debye Wolf, Dixie Straight, Earth Engineering Consultants, LLC, Elissa & David Marshall, Environmental StoneWorks, Environmentally Correct Compost, Enviropest, Erion Foundation, Fire Detection Systems, Fort Collins Wholesale Nursery, Front Range Fire Protection, Inc., George Kroh Charitable Trust, Gregory Electric, Inc., Gunter & Gloria Preuss, Hammond Law Offices, Holsinger Drywall, Home Depot, Imageworks of Fort Collins, Intermill Land Surveying, Iva Lee McKee Foundation, Jake Pollema, Jody & Mike Werner, John Pettibon, Kat & Mike McGinley, Kay and Keith Gentry, Kitty Love, Laurie and Tom Levandusky, LEED Fabrication, Lindgren Landscape Management, Loveland Barricade, Loveland Design Carpet One Floor and Home, M&M Farms, Margie Fleming, Matt Davey, McKee Foundation, Meredith Hodges - Lucky Three Ranch, Inc., MSlash Bar Custom, NTI Network T & I, Oleo Acres, Paragon Equestrian, Pat Whalen & Liz de Kock, Peggy Woodward, Phone Meister LLC, Pierson Concrete, Robert Dehn, Scott Scherbarth, Secure Energy, Stoneworks, Sun Mountain Doors, The Birdsall Group, The Hemmings Group at Morgan Stanley, Thomas McKee Charitable Trust, Walmart Distribution Center 6019, Wayne & Fran Phipps, Western Hydroseed & Landscape, Zink Metal Art



Before



After



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Hearts & Horses, Inc. is a 501(c)3 nonprofit organization. All contributions to Hearts & Horses are tax-deductible under Federal Tax ID #84-1387873.

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Therapeutic Riding Center



Special thanks to our contributing photographers: Paul Berger (www.imageworksfc.com), Stephanie McCollister Cox (www.stephaniecox.smugmug.com), Danny Dodge (www.roadrunnerproductions.com), Kathi Meersman (Smiling Fish Photography), Chris Price, Jonas Emilsson and Skip Knox.