

# Annual Report 2016/2017



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

**T**hank you for making the past year yet another remarkable one for Hearts & Horses! This year marked two decades of service for the organization. Our dedicated staff and committed volunteers have done an incredible job of expanding our outreach while strengthening our programs and services.

Our program highlights are numerous this year. We touched the lives of 980 riders with the support of 2,600 volunteers. We participated in multiple research studies, trained instructors from all over the country, had a record-breaking Gala, launched a new website, developed a concise 2016—2021 strategic plan, embraced a new database and cared for over 29 remarkable equines.

As I reflect back on this year with all that we have accomplished, the piece I am struck by the most is the power our facility has to connect people from all walks of life. In these fractured times of violence, fires and floods we need now more than ever to feel a connectedness with others. Humans like horses are social animals and research shows that connecting with others who need our help also makes us happier.

With an eye to the future, we have plans to continue our facility enhancement by replacing our fabric covered arena with a steel structure. This building will increase safety, allow us to get individuals off our growing wait list and provide a



foundation for a sustainable future for people in need. Our vision for Hearts & Horses is that we will be recognized locally, nationally and internationally as leaders in providing equine-assisted activities and therapies (EAAT) for people with special needs. If Hearts & Horses is to fulfill our vision to be a world class therapeutic riding facility then we need your help, your support and your feedback. YOU are why we are here and together we can build the future for people with disabilities in our community.

With sincere gratitude and appreciation for your support and generosity.

Jan Pollema  
Executive Director



## ABOUT US

*At Hearts & Horses, we promote the physical, cognitive and emotional wellbeing 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

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.

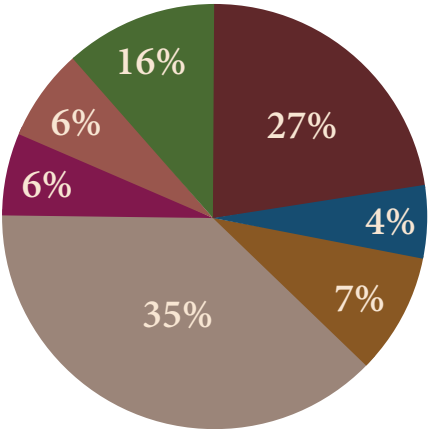
*Four-year-old Drew has a condition where he is missing what allows the two sides of his brain to communicate. He has been in therapy since he was just a few weeks old and the therapist encouraged Drew's mom to seek out equine therapy when he was old enough. Drew has blossomed in the short time he has been at Hearts & Horses. He started as a very reserved kid, frightened to interact with or get on his horse. Through the love and attention of his instructor, his volunteer and especially his pony Fiona, he can't wait to go faster and is building a relationship and rapport with others at Hearts & Horses. His instructor develops lesson plans to include activities that cross midline which help to build pathways in the brain and ultimately get both sides of the brain working together. His core strength is increasing and he is becoming more balanced, both in body and emotions.*



**70%** of riders participating in the therapeutic riding program noticed an improvement in core strength and balance after participating in weekly riding classes.



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



2016/2017 IMPACT ON NORTHERN COLORADO



70% of our **therapeutic riding participants** noticed a positive change in cognitive processing and following directions.



**75%**  
75% of our **youth-at-risk** had a statistically significant increase in self-confidence and positive attitude.

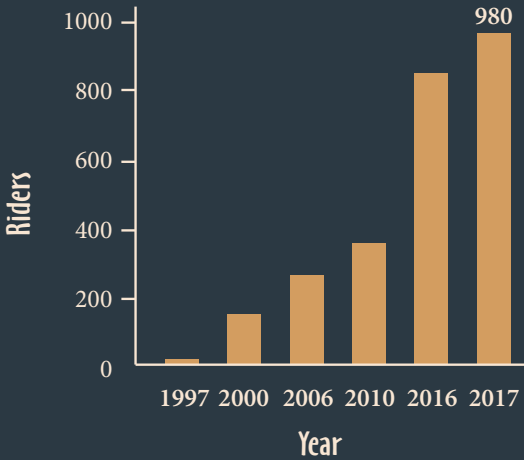
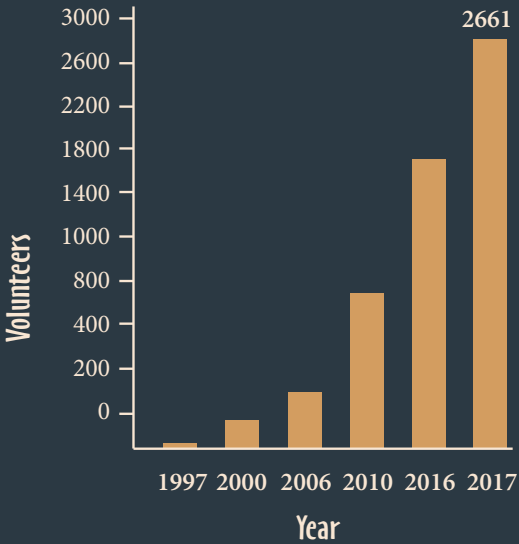
**40%** of our riders are on scholarship.



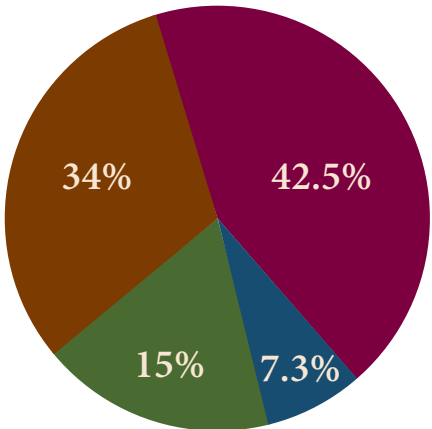
**100% of Veterans**  
*100% of Veterans surveyed noticed an improvement in their capacity for compassion & nurturing towards both themselves and others.*

**980**  
**TOTAL**  
Riders in 2016-17

CHANGES OVER TIME



- Intellectual Developmental Disability
- Physical Disability
- Neurological Impairments
- Mental/Emotional or Behavior Disorders



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

**2,661**  
Number of volunteers in 2017

**\$338,513**  
in scholarship funds



**95%**  
95% of all participants are highly satisfied with the programs at Hearts & Horses

**29** horses live & work at Hearts & Horses.



**22,000**  
Number of volunteer hours in 2016



**3,650**  
Number of bales of hay consumed in 1 year



## COMMUNITY OUTREACH

### Exploring the Appropriateness & Feasibility of the Riding in the Moment Program for Persons with Dementia: A Mixed Methods Case Study — Beth Fields, PhD, OTR/L Postdoctoral Associate

*In 2016, Hearts & Horses partnered with the Temple Grandin Equine Center at Colorado State University to study the effect of our Riding in the Moment program on individuals with Alzheimer's and dementia. Research findings demonstrated positive quality of life experiences for residents with dementia including increased conversation, participation, positive affect, engagement and physical activity. Anecdotal evidence from caregivers illustrate improved family relationships and emotional and social support. These synthesized findings indicate that Riding in the Moment plays an important role in terms of providing support and services to both residents with dementia and their loved ones.*



### Thompson School District Full-Day Program at Hearts & Horses

*The Changing Leads program at Hearts & Horses has been working with Thompson School District middle schools since its inception in 2009. This fall we welcomed five middle schools for full-day programming at Hearts & Horses. These full-day Changing Leads activities combine specific social and emotional learning in conjunction with equine-facilitated learning to build on the success of the Changing Leads program. The program has been instrumental in impacting and changing kids' lives.*

*"We are so incredibly grateful for the Changing Leads program. I always look forward to visiting the program to see the amazing exchange and connection between students, mentors and their equine partners."*

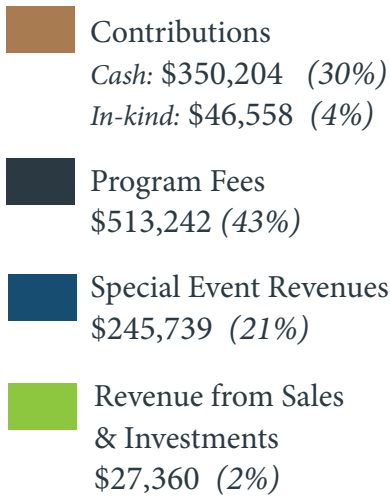
— Dr. Margaret Crespo, Chief Academic Officer, Thompson School District

## COMMUNITY COLLABORATORS

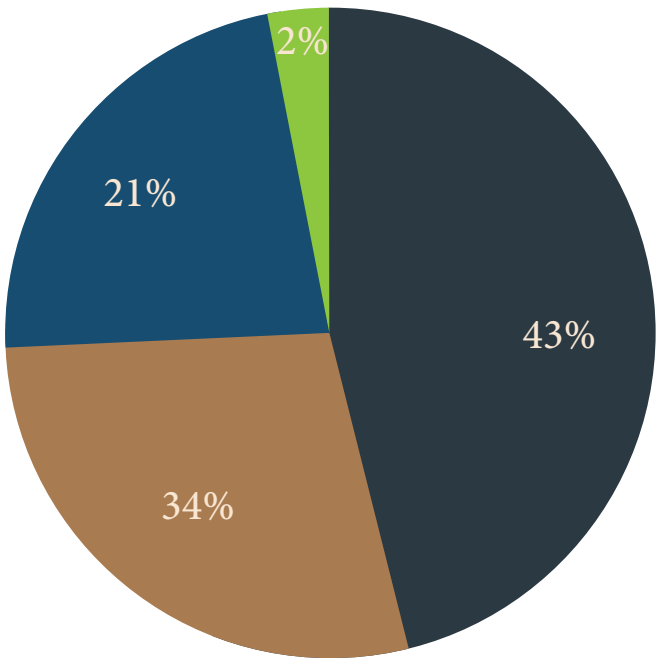
*22q Foundation, American Hippotherapy Association, American Legion Auxiliary, American Legion Post 15, Brookdale Senior Living, Boy Scouts of America, CASA, Cheyenne VA Medical Center, Children's Hospital Colorado, ChildSafe, Colorado Non-Profit Association, Colorado State University, Combat Veterans 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, CSU's Temple Grandin Equine Center, Department of Human Services, Larimer County, DOVIA (Directors of Volunteers International), Envision, Finally Home Foundation, 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, Namaqua Center, SummitStone Health Partners, Northern Colorado Draft Horse Association, Northern Colorado Mustang Car Club, Otterbox, Pathways Hospice, Professional Association of Therapeutic Horsemanship International (PATH Intl.), Poudre School District, Cooper Home 4 Living, Project Self-Sufficiency, Realities for Children, Respite Care, Senior Community Service Employment Program, Seven Lakes Memory Care, Thompson R2-J School District, Turning Point, United Way of Larimer County, Make a Difference Day, University of Northern Colorado, Veterans Passport to Hope, VFW Post 41, Volunteers of America*



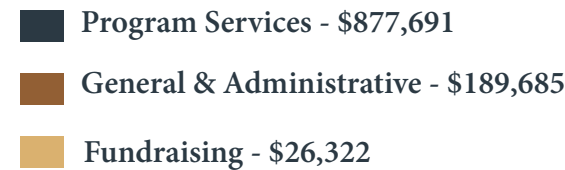
SUPPORT & REVENUE



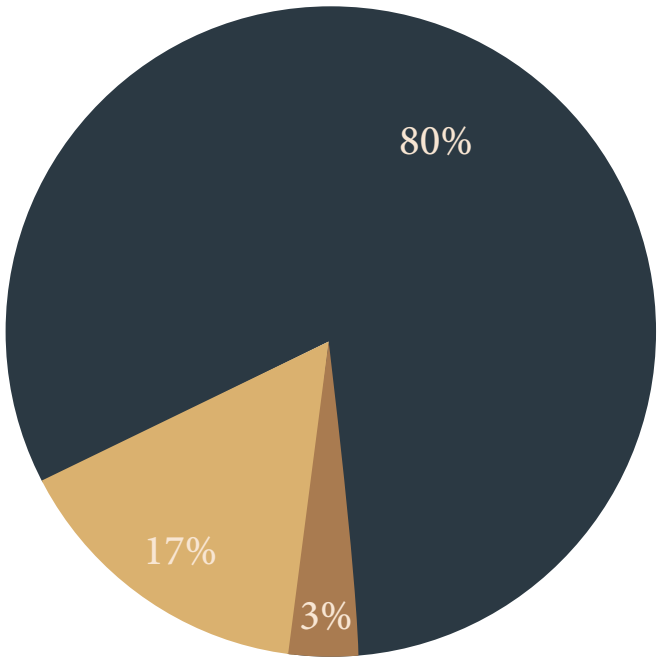
Total Earned Revenues: \$1,183,103



FUNCTIONAL EXPENSES



Total Expenses: \$1,093,698



STATEMENT OF FINANCIAL POSITION

Years ending 2016—2017

Assets

Current Assets		
Cash and Equivalents	\$	477,072
Accounts Receivable	\$	19,116
Inventory	\$	6,271
Total Current Assets		
	\$	502,459
Property and Equipment less Depreciation	\$	1,826,898
Investments	\$	265,314
Total Assets		
	\$	2,594,671

Liabilities and Net Assets

Current Liabilities		
Accounts Payable and other current Liabilities	\$	6,536
Net Assets		
Unrestricted	\$	2,263,217
Board Designated for Scholarships	\$	53,744
Total Unrestricted		
	\$	2,316,961
Temporarily Restricted	\$	271,174
Total Net Assets		
	\$	2,588,135
Total Liabilities and Net Assets		
	\$	2,594,671

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





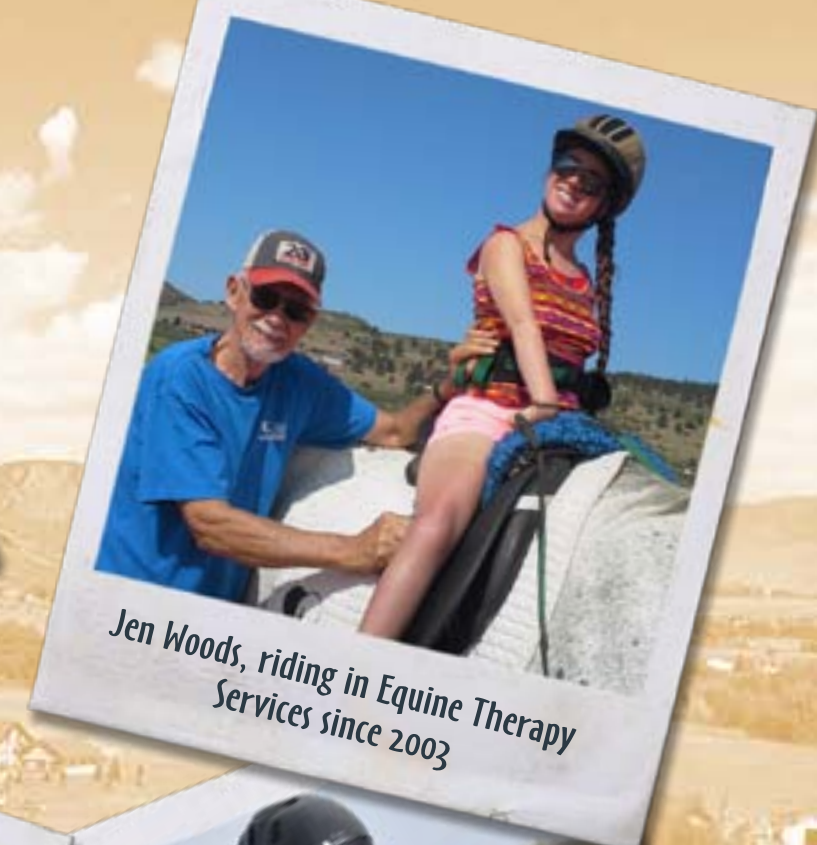
Andrew Stinson, riding in Equine Therapy Services since 2009



Tara Smith, riding in the Horses for Heroes Program since 2012



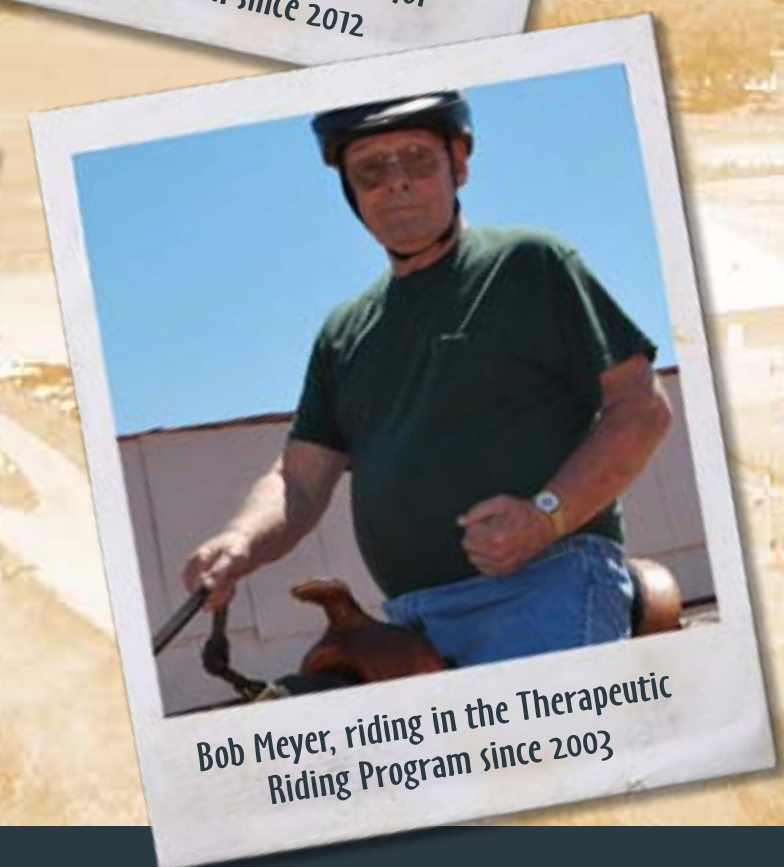
Kara Lundmark, riding in Equine Therapy Services since 2008



Jen Woods, riding in Equine Therapy Services since 2003



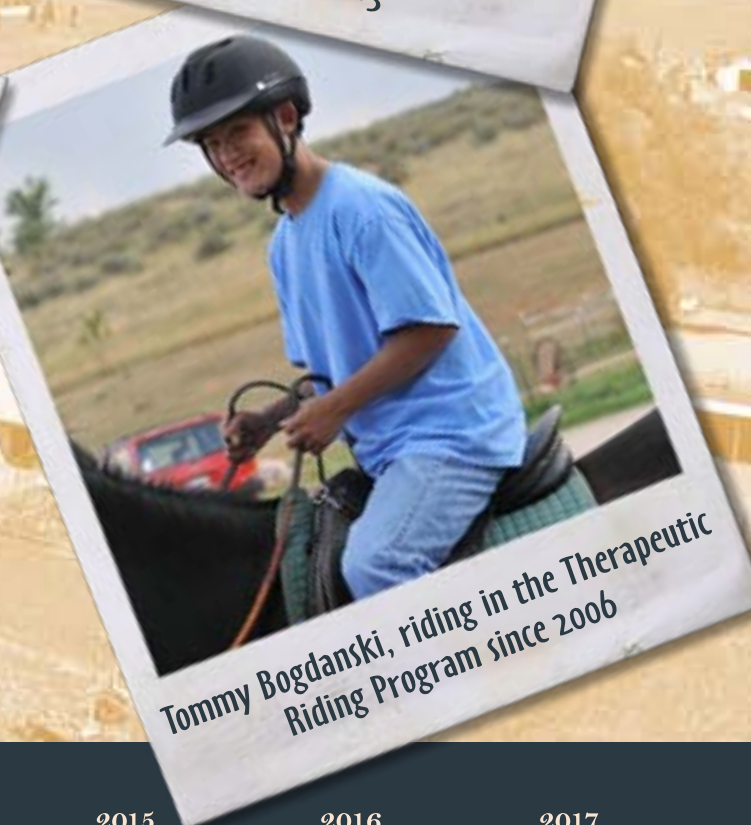
Coleten Pabst, riding in Equine Therapy Services since 2011



Bob Meyer, riding in the Therapeutic Riding Program since 2003



Karissa Peterson, riding in the Therapeutic Riding Program since 2008



Tommy Bogdanski, riding in the Therapeutic Riding Program since 2006

1997

Hearts & Horses is founded

1999

Hearts & Horses finds a home

2002

Hearts & Horses becomes a PATH (then NARHA) Premier Accredited facility

2003

1st Pathways Hospice Retreat

2008

Hearts & Horses hosts first Veterans Group - Cheyenne VA Hospital

2009

The Changing Leads Program begins with a grant from Group Publishing

2010

Gypsy Angel Foundation donates Temple Bar

2011

Riding in the Moment program begins

2012

Hearts & Horses launches Cliff's Drive2Ride

2012

Named Loveland Chamber of Commerce Non Profit of the Year

2014

Winner of 2 bronze medals at the 34th Annual Telly International Video Awards

2015

Complete Kroh Arena remodel and Welcome Center addition

2016

Hearts & Horses hits record number of riders and volunteers

2017

Recipient of NOCO Unify Impact Grant



# BOARD OF DIRECTORS

**Roger Bates** — *President*

Retired 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.

**Michelle Griffith CPP, MBA** — *Secretary*

Director Pricing Strategy - FLIR Systems. Joined September, 2016.

**Adam Bliven** — *Treasurer*

Senior Vice President, Advantage Bank. Joined September, 2016.

**Wolfgang Becker** — *Board Member*

Retired owner of a consulting and engineering firm for the oil and gas industry and V.P. of Operations for the U.S. branch of an international process equipment producer. Joined September, 2016.

**Debbie Dehn** — *Board Member*

Vice President, Front Range Fire Protection, Inc; Owner, Saddle Ridge Farms, LLC; CSU Cooperative Extension 4-H-Leader and Larimer County 4-H Horse Superintendent; retired science teacher—Thompson R2-J; Joined April, 2011.

**Jared Goodman** — *Board Member*

Vice President, Cushman & Wakefield. Joined March, 2017.

**Judy Wichard, Ph.D.** — *Board Member*

President, Consulting Associates, a company specializing in research, evaluation, grant writing and strategic planning. Former educator at Colorado State University and administrator at Aims Community College. Joined September, 2016.



The Board of Directors meeting is open to the public & held every third Tuesday of the month at 5 p.m. at Hearts & Horses.



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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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**2016/2017**

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