



HEARTS & HORSES
Therapeutic Riding Center





GREETINGS FROM HEARTS & HORSES,

Hearts & Horses has been serving people with disabilities in Northern Colorado for more than 20 years. During this time, the program has grown dramatically. In 1997, we started with a few riders and one horse in a rented space. Today, we serve 180 riders per week, own a 23-acre ranch, care for 29 equine partners, and have one of the largest volunteer programs in Larimer County.

For many of our riders, this is the first and only place where teams of people believe in their abilities. It is not only a goal of our organization to make people better and happier; but it is also a core value that weaves a tapestry of commitment and energy throughout the ranch. From the Board of Directors to the staff and volunteers, we encourage all our riders to reach their full potential.

To meet the growing and changing needs of the community, our goal is to replace our current fabric covered indoor arena with a larger, more durable, and safer insulated steel building. This new arena, with its innovative design, will allow us to serve more riders, reducing and ultimately eliminating our increasing waitlist.

Slated for completion in December 2018, our new arena is projected to cost 1.5 million dollars. Such a major achievement is accomplished only through the generosity of many. We are personally inviting you to become a part of our “barn-raising efforts” through your donation. Together we will be able to offer our services to more individuals and continue to enrich lives.



Jan Pollema
Executive Director



Jared Goodman
Capital Campaign Chair

“As our success has grown, so too has the demand for our services... Our goal is to replace our current fabric covered indoor arena with a larger, more durable, and safer insulated steel building.”

SERVING OUR COMMUNITY FOR 20 YEARS



"After spending 20 years supporting Hearts & Horses, it wasn't difficult to decide whether to help build this new arena. They simply need more usable space for more classes to move people off the waitlist and into action! Over the years I carefully watched how my money was being spent, the success of the initial program, the competence of the administrators, therapists, and volunteers who unselfishly gave of their time and effort, and I was duly impressed by their dedication and experience. Words cannot express my respect and admiration for Hearts & Horses. I am honored to be part of an extraordinary legacy."

Meredith Hodges

Vision

Hearts & Horses will be recognized locally, nationally and internationally as a leader in providing Equine-Assisted Activities and Therapies (EAAT) for people with special needs.

Mission

Our mission at Hearts & Horses is to promote the physical, cognitive, emotional, and social well-being of individuals with special needs through equine-assisted activities and therapies.

70% of our Therapeutic Riding participants had improvements in their balance and coordination.



Jen

"Jen has Cerebral Palsy and needs around the clock extensive care. She spends her awake hours in a wheel chair and has a feeding tube. She has had many therapies over the years, but the one that has had the biggest impact is equine therapy. She has worked with the same Occupational Therapist at Hearts & Horses for over 14 years. Her weekly riding makes a huge impact on her physically and mentally. The Hearts & Horses team has become family and we look forward to many more years with these passionate folks!"

-- Kathy Woods, Jen's mother



REACHING OUT TO OUR COMMUNITY WITH EXCEPTIONAL PROGRAMS

Our programs and services reaching a variety of individuals with special needs.

- **Therapeutic Riding:** Using the power of the horse, we help people with physical, cognitive, social, and emotional needs work through personal challenges.
- **Changing Leads:** Youth-at-risk learn trust, respect, responsibility, hope, social skills, and emotional balance through interactions with horses.
- **Therapy Services:** Physical/occupational therapists use equine movement to address neuro-motor and sensory dysfunction.
- **Horses for Heroes:** Addressing the needs of veterans, our equine activities encourage socialization and improve mental health.
- **Riding in the Moment:** Adults and seniors facing the challenges of aging find joy in equine related activities.
- **Summer Camp:** Serving children and young adults, camps are designed to improve a variety of physical, social, emotional, and mental issues.
- **Interactive Vaulting:** Using a vaulting barrel and horse, Interactive Vaulting increases body and spatial awareness, motor planning, balance, coordination, teamwork, and communication skills.
- **Blue Mountain Riding Academy:** Our Academy offers riding lessons conducted by PATH International instructors to our volunteers and community members.



85% of veterans who participated in Hearts & Horses for Heroes noticed an improvement in their overall mood while at Hearts and Horses.

Chris

“Adjusting to life outside of the military presents unique challenges, often complicated by physical and/or psychological disabilities. Spending a few hours each week in the Hearts & Horses for Heroes program with other veterans provides the opportunity to share, commiserate, and appreciate each other’s past and current experiences in a safe environment free of judgment. This camaraderie, and the power of the horse to mirror what I am feeling in the moment, has been an invaluable tool in helping me adjust to my challenges.” -- Christopher Price, Veteran and Volunteer

LEADING THE WAY

Standards of Excellence: Our programs and services reflect the highest standards and best practices within the Equine-Assisted Activities and Therapy (EAAT) field. We have been recognized not only locally, but also nationally for our program achievements. We continue to set the standards for the ideal EAAT program. In 2013, the Loveland Chamber of Commerce named Hearts & Horses Nonprofit of the Year.

Innovative Personalized Therapeutic Services: One of the cornerstones of our success has been tailoring therapeutic activities to meet individual participant needs.

Volunteer Programs: Hearts & Horses has one of the largest volunteer programs in Larimer County. In 2017 over 2,600 volunteers provided 22,000 hours assisting participants in therapeutic sessions and caring for our equine partners.

Community Partnerships: Through sharing community resources/expertise and collaborating on

services, we continually create community partnerships. Pathway Hospice, Respite Care, and Realities for Children are examples of current affiliations.

Research Collaboration: Since its inception, Hearts & Horses has been on the cutting edge of developing, understanding and fostering EAAT. Our participation in numerous educational and medical-based studies such as Temple Grandin Equine Center, Denver University, and Children's Hospital Colorado has helped develop many EAAT practices.

Leadership and Training: Our programs, services, and personnel have guided other therapeutic riding centers in their planning and implementation of similar EAAT programs. We have a reputation nationally and internationally as a highly regarded training facility for therapeutic riding instructors and we host several training courses for outside instructors throughout the year.

95% of our participants are highly satisfied with the program at Hearts & Horses

Genevieve

“Genevieve has a rare form of epilepsy and suffers hundreds of seizures daily. Attending school and making play dates are impossible for her. When she first started riding, after 10 minutes she was completely exhausted. Now she rides the full half-hour and then runs out to the car! Genevieve is a perfect example of a rider for whom horse therapy has given success where traditional therapies failed. She has made physical improvements beyond all expectations and riding has allowed her to “be a normal kid, doing kid things.” -- Emily Zeigler, Genevieve's mother



KEEPING PACE WITH EXPANDING COMMUNITY NEED

As Equine-Assisted Activities and Therapy (EAAT) has proven successful in treating physical problems, post-traumatic stress disorder (PTSD), Autism, drug addiction, and behavioral, emotional and mental disorders, the demand for EAAT services has grown dramatically.

In response, Hearts & Horses began a two-phase, 2.5 million dollar campaign to ensure that our facilities would support our needed program expansions. Thanks to an outpouring of community generosity we have completed the first phase of the campaign.

PHASE 1: RENOVATING THE KROH ARENA AND ADDING A WELCOME CENTER

In 2015 Hearts & Horses received 1 million dollars between grants, individual gifts and in-kind donations from area businesses, contractors and manufacturers to renovate the 35 year old Kroh Arena and build a welcome center attached to the existing structure.



Kroh Arena renovation and Welcome Center completed in 2016

PHASE 2: REPLACING THE ARENA

Hearts & Horses is now entering phase two of the property enhancement: replacing the fabric-covered arena.



With the increase in population in Larimer County we have seen a dramatic increase in demand for our services. We currently have over 60 individuals on our waitlist.

BUILDING A BETTER ARENA TO SUPPORT GROWTH



To meet the growing needs of the community and enhance program excellence, our goal is to replace the current fabric building with a larger steel building. The benefits are numerous.

- **Maximize Safety:** A stronger, stable, steel building is able to withstand extreme weather conditions, is nonflammable, and conforms to the latest safety/security standards. An arena of this caliber maximizes the safety of all arena users.

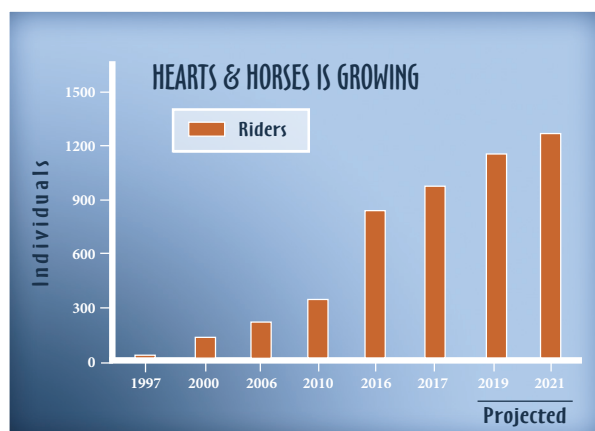
- **Increase Rider Progress:** The inherent stability of a steel structure ensures that we can hold classes in inclement weather. Our current fabric covered arena is very susceptible to high winds and excessive snow loads. In 2017, 10% of classes per session were canceled due to inclement weather. These cancellations impede the progress and development of our riders. With our new steel structure, class cancellations will be dramatically decreased, ensuring uninterrupted progress for program participants.

- **Enhance Health & Comfort:** Many of our riders have weakened immune systems that make them highly susceptible to poor ventilation and extreme temperatures. The new arena will provide a dust-free, temperate space for riders, equine partners, volunteers, and families.

- **Enable Program Expansion:** The design of the new arena allows us to offer two classes simultaneously, doubling our capacity and serving more of those in need. Our current waitlist would be reduced if not eliminated.

- **Assist in More Effectual Use of Fiscal Resources:** Unlike fabric structures, steel buildings endure well over time and have relatively low maintenance costs. The flexible design of the new building will help us meet future program needs without significant capital outlays.

- **Expand Revenue Opportunities:** With more amenities and flexibility of use, the arena can be used for additional income-generating events such as community service lectures, continuing education workshops, retreats, and other similar activities without interrupting our regular classes and programs.



Hearts & Horses participant growth over time from 1997 to 2021



Raise the Barn

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"RAISING THE BARN" WE NEED YOUR HELP

Anticipated costs for "Raising the Barn," total 1.5 million dollars. We are relying on private donations to achieve our funding needs, and invite you to become a part of the effort.

Hearts & Horses is a 501(c) (3) nonprofit organization. We receive the majority of our funding from private donations. Additional funds come from grants, and fees for services. We offer adjusted fees for participants with limited income, and veterans receive free services.

For more information about how you can help "Raise the Barn" or to hear about naming opportunities, please contact Executive Director, Jan Pollema at (970) 663-4200 or visit our website at www.HeartsAndHorses.org/RaiseTheBarn.

We appreciate your donation and want you to know that your support makes it possible to continue to enrich many more lives.



For more information on how you can help "Raise the Barn", please contact us at (970) 663-4200 or visit us at www.HeartsAndHorses.org/RaiseTheBarn

All contributions are tax deductible to the extent permitted by law.

Emma

“ Emma was born with Spina Bifida, a birth defect causing severe neurological and orthopedic damage. When Emma was

9 months old, doctors thought she would be in a wheel chair all her life. Fortunately, her father and I had a different vision. At 2, Emma started physical therapy at Hearts & Horses even though she did not have the strength to hold herself up. She is now riding with little support, thanks to the core strength she has gained from riding. Emma is now 5 and took her first unassisted step recently. I know it was because of her riding. ” -- Katie Ramirez, Emma's mom

A COMMITMENT TO OUR COMMUNITY

As we look to our community of supporters for direction and backing both now and in the future, we commit to:

- Ensuring that all Hearts & Horses programs and services reflect high standards, meet the needs of its participants, include the latest research techniques, and maintain premier accreditation standards.
- Serving the growing needs of the community.
- Maintaining adequate funding to:
 - Sustain ongoing programs and services,
 - Allow opportunities for expansion as demand requires,
 - Foster employee, volunteer, equine, and program participant health and well-being,
 - Meet all facility maintenance requirements.
- Conducting our programs and services safely and ethically.
- Maintaining financial accountability of the organization.
- Inspiring an environment that encourages the success of everyone interacting with Hearts & Horses.

Hearts & Horses underwrites 72% of what it costs to provide our services.

“At Hearts & Horses we work tirelessly to help each of our participants thrive by creating a safe and nurturing environment. We do our utmost to foster a caring community built on respect, leadership, generosity, and kindness to promote social, emotional, and physical health.”

*Tamara Merritt,
Associate Executive Director
Hearts & Horses*



Phyllis

“ I am so thankful for the Hearts & Horses Riding in the Moment program. My mother is 98 and is not interested in many of the long-term care facility activities, but coming to the ranch, she loves! This is the one activity where mother blossoms. ”

-- Connie Wilson, Phyllis' daughter

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Raise the Barn

Building a foundation for our future

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

