

HEARTLAND HORSE HEROES

NEWSLETTER

Summer

2020



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Contact us:

www.heartlandhorseheroes.com

Heartland Horse Heroes is a 501c3, not for profit organization, whose mission is to provide equestrian activities for individuals who have mental, physical, emotional, social challenges or learning disabling conditions. Our vision is to offer quality equine opportunities, in a state of the art, Professional Association of Therapeutic Horsemanship (PATH) Premier Accredited facility, to participants of all ages with disabilities in a ten county region of Central and Southside Virginia.

2019 was an exciting year for Heartland Horse Heroes. You, our community, helped us in so many ways. COVID-19 has changed our spring plans, but we are ready to get back to serving our students as soon we can responsibly do so.





First Annual 'Raise The Roof' Fundraiser

Heartland Horse Heroes has started a Capital Campaign to build an indoor arena!

Our first fundraising event took place in September 2019. Raise the Roof was an interactive field-day open to the community. We had many wonderful sponsors, including Southside Electric Coop, One19, Tharpe Trucking, Farmer's Bank and many others.

We have raised \$20,000 towards our goal! We continue to raise funds to build an indoor arena through our GoFundMe page: Raise The Roof Heartland Horse Heroes.

RAISE THE ROOF



Where Magic Happens and Spirits Grow

Empowering HHH Instructors

Our instructors seek and obtain specialty certifications

While HHH is dedicated to giving our students the highest quality therapeutic riding experience, we are also dedicated to creating the next generation of therapeutic riding instructors.

In April 2019, Heidi Reynolds became a Professional Association of Therapeutic Horsemanship (PATH) Certified Therapeutic Riding Instructor (CTRI). She then served as an instructor for HHH until April 2020. Kat Lipscomb is in training to become a PATH Certified Riding Instructor. When she completes her training and passes her qualifying exams she will join LaRue Dowd and Lynn Owen as instructors at Heartland Horse Heroes.

For CTRI certification status, candidates must complete two online exams, attend the four day workshop, pass the certification riding test and written test, and have at least 25 hours of teaching therapeutic riding in a group setting under a PATH Certified Instructor Mentor. LaRue Dowd became a PATH Mentor Instructor in 2018, and was able to mentor Heidi through her certification process.

Additionally, LaRue and Kat attended an Equine Specialist in Mental Health and Learning (ESHML) workshop and skills test in Williamsburg in February 2020. After 60 hours of learning in Equine Assisted Activities and Therapies (EAAT), LaRue and Kat will become ESHML Certified.

'A good teacher is like a candle - it consumes itself to light the way for others.'
-Mustafa Kemal Atatürkand



We Love Our Volunteers

We have wonderful volunteers!

In the past year we have had many community members and university students volunteer with Heartland Horse Heroes, and we couldn't do this without them!

Students from Hampden Sydney College worked with HHH on fundraising ideas, participated in Raise the Roof, and secured a \$2,500.00 grant for future programs at HHH.

In August 2019, the Longwood University Cormier Honors College sent 160 students to volunteer at HHH over a four day period. Students prepared the classroom for upcoming sessions by decorating, cleaning and labeling helmets and boots, organizing craft and activity shelves, and landscaping. They completed several activity stations for HHH students, including a labyrinth, a bridge for the sensory trail, and placed several signs on the trail.

In November HHH hosted a Volunteer Appreciation Day. Volunteers enjoyed pizza and rode our therapy horses.

Community members are the foundation of our volunteer base. We have many volunteers who come every week to help us serve our students. We are grateful for their dedication, consistency, and generosity. Thank you!



Grants Create Opportunities at HHH

In 2019, HHH received grants from Norwex Brighter Future Foundation, Bamaworks, and Charlottesville Area Community Foundation. In 2020, we received a grant from the Christopher Reeves Foundation.

Heartland Horse Heroes received a grant for \$14,000.00 from Norwex Brighter Future Foundation after Cassie Vaughn, a student's mother, applied. Part of this grant has been used to build the structure to house an electric lift (see picture above). To further our goal of having an electric lift, HHH received a grant from the Christopher Reeves Foundation in 2020. This grant is valued at \$10,000. Having an electric lift will help us to better accommodate a smoother, safer, and more efficient mounting experience for our riders in wheelchairs. We can't wait to serve new students with this lift!

Bamaworks awarded HHH a \$6,600 grant for the internship of the newly certified PATH instructors.

The grant received from Charlottesville Area Community Foundation will enable us to offer an At-Risk Youth program at HHH. We are excited to serve this new population when health considerations permit.



Therapy Horse Highlight

She may be little, but she is mighty!

Baby Doll is a 30-year-old pony who has helped many students overcome their fear of horses. She has been a therapy horse for 12 years. Sometimes, she serves as the mascot of Heartland Horse Heroes, as was the case at the Down Syndrome Awareness event at Blue Toad Cidery, located in Nellysford, in 2019. No matter what is going on around her, Baby Doll keeps a calm head and a caring heart. Thanks, Baby Doll for your many years of service!



Volunteer Highlight

Josh Makes a Difference

Josh pays \$1.00 to take the bus to Sprouse's Corner Ranch several times a week. He rides his horse (Chunky Monkey), takes lessons with LaRue, feeds all the horses, cleans stalls, moves horses from pastures to stalls, and volunteers faithfully with Heartland Horse Heroes.

Josh leads Rowdy in the HHH lessons with Cumberland County Schools and Buckingham County Schools. But, as a volunteer, he does so much more than lead Rowdy (although, that is a very important job). Josh teaches volunteers how to tack the horses, helps organize the barn on days of therapy sessions, and keeps everyone in a good mood. He has become an icon at the barn. He helps everyone stay on track and also serenades volunteers and students with awesome songs.

"Volunteers are love in motion!" – Author Unknown

During the COVID-19 pandemic, Josh has continued to work at the barn. He is planning on participating in the Sprouse's Corner Online Horse Shows this summer.

For more information about those online horse shows, visit:
<https://www.scrhorseshowsonline.com/>

COVID-19 Update

Our programs are on hold while the world battles COVID-19. While we are missing our students and our volunteers, we continue to care for our horses and plan for the future.

We will be back, when it is safe for everyone. We can't wait to be back! Please consider donating to our program to help us during this difficult time. Heartland Horse Heroes is dedicated to our students, our horses, and our volunteers. Join us.

