

Heartland Equine Therapeutic Riding Academy presents

# Heartland Hoof Beat

*HETRA's mission is to improve the quality of life both physically and emotionally of adults and children of all ability levels through equine assisted activities.*



2020 Calendar

Course A  
Jan 6—Mar 29  
Course B  
Mar 30—Jun 28  
Course C  
Jun 29—Sept 27  
Course D  
Sept 27—Dec 23

Volunteer Appreciation  
and Awards Ceremony  
Saturday, January 25

20th Annual Blue Jeans  
and Dreams Gala  
Saturday, April 25

HETRA Wish List

Parelli Kidz Stick- Red  
for our horse leaders

Disinfecting Wipes  
to clean toys and  
equipment

Paper towels,  
Toilet paper, Kleenex

Antibacterial  
Hand Soap



## Meet Barb—Volunteer Spotlight

Barb's desire to own a horse led her to start volunteering with HETRA in 2015. Her husband's employer had donated to the program and he recommended she volunteer. Barb says, "Volunteering with HETRA is so rewarding because I get my horse fix and my therapy being in the barn. Being able to work with the horses (all aspects) and recognizing how each one is different and how they are used throughout the program." Barb volunteers in several areas including Equine Assisted Learning, Veterans/Caregiver's Services and Riding Sessions. She derives satisfaction from watching participants grow. "Week to week I get to witness the progress our participants make even though they may not see it themselves. I also enjoy watching the confidence they each gain after being at HETRA and working with our crew!" Want to volunteer? Contact Rachelle at [rtidwell@hetra.org](mailto:rtidwell@hetra.org) or 402.669.1504 or register to attend a Prospective Participant Tour at [www.HETRA.org](http://www.HETRA.org).

## Our Gem, JEWEL —Herd Highlight



Jewel first joined the HETRA herd in October of 2016 as a part-time member. Her second job was as a broodmare for her owners in central Nebraska. In her time with HETRA, Jewel has become an extremely important member of the herd. Being smooth and very mild mannered she is able to work with some of our most delicate kiddos. Jewel is also highly trained and able to help some of our most advanced riders—including some HETRA instructors in training—further their horsemanship skills. Jewel has recently retired from her job as a broodmare and we are very excited to announce that she is now a full time member of the HETRA Herd!

## Life Skills Program



Our Monday team has been working hard in the Tack Shack cleaning items, displaying them, and putting them on our Tack Shack Facebook page. This group has also cleaned 60+ stalls on Monday mornings during session D alone. We really enjoyed taking care of our garden and flowers this fall. We sure hope you took advantage of our farmers market! Life Skills is learning about connection, nutrition, safety, and communication. Red, Ellie, Charm and the Mini's do a great job helping instruct these sessions. For information about Life Skills, contact Kelli Hatzenbuehler at [kellih@hetra.org](mailto:kellih@hetra.org) or call 402.359.8830.

*A recent classroom activity demonstrated how a horse's bridle and reins work.*

Get Social and  
Connect with HETRA



YouTube

*Eisley & Vivian are sisters who are growing and developing together in HETRA's Adaptive Riding program.*

*Eisley*



*Vivian*



## Why HETRA?

### **Ability**

"Since starting equine assisted therapy, Vivian has gone from a timid little girl with a slow, labored gait to a confident 5 year old who is beginning to RUN to keep up with her friends. Thanks to HETRA, Viv is literally running faster and jumping higher!"

### **Confidence**

"We heard from experienced riders about the emotional connection with their horse and wondered what that would look like for our girls. Due to a great deal of time in the hospital, Vivian learned helplessness as a way of life. After riding for the last six months, Vivian now wants to try lots of new things from different activities on the

playground to eating new foods. Her teachers have commented how she is a go-getter, assertive and wants to try everything - she even advocates for her peers when they need help. "

### **Focus**

"Eisley is taking the communication skills she is learning with her horse, Rainbow, and using them at home and school to make her needs and wants known rather than having emotional meltdowns. Her teacher loves to know it's a "barn day" because Eisley is focused and works hard at school knowing she gets to see Rainbow soon."

~ Eisley & Vivian's Mom

## Can We Count On You?

*By supporting HETRA, you're making a direct impact on Eisley, Vivian, and hundreds of families who seek equine-assisted activities to improve the lives of their loved ones every day.*

HETRA changes lives one stride at a time.

# HETRA Proudly Recognizes Our Generous Donors

June 17—December 5, 2019 at \$500 or More

In Honor Of  
Richard Herzberg  
Carly Brown  
Lisa Stillahn  
Connie Wichman  
Bev Ressler

In Memory of  
Londyn's Great Grandpa  
Leo Kenney  
Lancy Alward &  
Troy Wayman

Aaron Janke  
Adam Wells  
AKSARBEN Foundation  
Amanda & Eric Kafton  
Anonymous  
Ashley Wysong  
Barbara Kreber  
Brent & Jennifer Cardwell  
Caryn Stichler  
Charles C. Mulry  
Chris & Doug Wismer  
Cindy Sanborn  
Dave & Sherry Reeble  
Debbie & Don Nelson  
Debby Durham  
Don & Judi Mahan  
Don & Tammy Fibich  
Ellen Kuhn  
Equus Foundation  
Eric Gehringer  
Fran Olson -  
Creative Memories-  
Fremont Area Community  
Foundation  
Grant & Sara Janke  
Gregory Workman  
Halley French  
Happy Hollow Country Club  
- Tom Rowen  
Jr. Achievement Award  
Jack & Stephanie Koraleski  
James C. Semerad  
Foundation  
Janet & Louis Pol  
Jeanette Janke  
Jennifer Hamann  
Jim & Kathy Helget

Jo B. Hoffman  
Julie Fritz  
Kauffman Foundation  
Matching Gifts Program  
Kenny & April Rocker  
Kiwanis Club of Omaha,  
Inc Foundation  
Kristi Storm  
Lee Gladding  
Linda Brandl  
Mackintosh Family  
Marti Neely Design and  
Associates  
Matt Darling &  
Melisa Sunde  
Merck Foundation  
Michael Newcomb  
Michael Staffenbeal  
Midlands Community  
Foundation  
Mike Shamburg  
Molly & Peter Sysum  
Naro Family Foundation  
Nebraska Soldier  
Foundation  
Niki Osborn  
Omaha Community  
Foundation  
Omaha Rodeo Inc  
Rebensdorf Family  
Foundation  
Richard Patterson  
Scheels - Lincoln  
Sharon Herzberg  
Shirley & Jim Huerter  
Shonda Janke  
St. Augustine of Canterbury  
Episcopal Church  
Steven Citadels Consulting  
TD Ameritrade  
Terry & Carolyn Silvius  
The Alward Family  
Tony Carrow  
Union Pacific Fund for  
Effective Government  
Union Pacific GivePlus  
Program  
Veterans Administration  
YourCause NPO

# Drive 2 Ride

Drive 2 Ride has been extended into December. This year, participant families were challenged to raise a goal amount of \$100,000. So far, they have done an amazing job and raised over \$89,000. During this giving season, we want to remind everyone of the truly

amazing impact that Drive 2 Ride has on our participant families. We currently have 43 families registered for Drive 2 Ride, and their stories can be found on [www.HETRA.org](http://www.HETRA.org).

Each gift to these families helps them get closer to reaching their next reward tier for 2020:

\$250 - Earn One (1) Free HETRA Lesson  
\$500 - Earn \$100 discount toward a HETRA Course  
\$1,000 - Earn (1) Free HETRA Course  
\$2,000 - Earn (2) Free HETRA Courses  
... and so on.

For every \$1,000 raised, participants earn a free HETRA Course, up to 4 Courses for the year! Contact Joshua Howell at [jhowell@hetra.org](mailto:jhowell@hetra.org) with questions.



HETRA is making some new and exciting changes to Karat Club! When you join, you are helping build a strong, sustainable membership of individuals who support HETRA on a monthly basis.

This year Karat Club donations will benefit

Horse Sponsorship. This fund ensures that our amazing therapy horses are provided the best care possible through proper nutrition, veterinary care, training, and much more.

Join Karat Club at any of the following levels to support our beloved therapy horses:

10 Karat - \$10/mo or \$120/yr to support Ellie  
25 Karat - \$25/mo or \$300/yr to support Ty  
50 Karat - \$50/mo or \$600/yr to support Scout  
100 Karat - \$100/mo or \$1,200/yr to support King & Jewel

To join, and for more information, visit [www.HETRA.org](http://www.HETRA.org) or contact Lucy Finocchiaro at [lfinochiaro@hetra.org](mailto:lfinochiaro@hetra.org).

## Keep HETRA In Mind This Holiday Season!

Having family or friends over for dinner? Consider picking up all your food at Hy-Vee! In case you didn't know, Hy-Vee is registered as a giving business on TAGG; everything from gas to groceries is covered! This means that any Hy-Vee location across Omaha and Lincoln will happily donate a percentage of your purchase back to HETRA. Just download the app, take a quick picture of your receipt, and select HETRA as the organization to support.



## Caregiver's Respite Retreats



If you are one of more than 240,000 Nebraskans caring for a loved one, please take time for you. Consider attending a Caregiver's Respite Retreat in 2020, and help yourself so you can help your loved ones.

Caregiver's Respite Retreats offer an opportunity to learn new strategies for self-care, boundary setting, communication, and stress management. One of the most important things a caregiver can do to improve the quality of care is to take time for self care.

HETRA is proud to have hosted five Caregiver's Respite Retreats in 2019 serving over 40 deserving Caregivers.

Are you part of a Caregivers group? Want to attend? Please contact [Edye@hetra.org](mailto:Edye@hetra.org) or call 402-359-8830.



**SAVE THE DATE!**  
**20th Annual Blue Jeans and  
Dreams Benefit**  
**Saturday, April 25, 2020**



Heartland Equine Therapeutic Riding Academy  
10130 S. 222nd Street  
Gretna, NE 68028



**Eisley develops greater  
communication skills with the  
help of her horse, Rainbow.**