

Together, We Can Make A Difference!

This has certainly been a year of obstacles & challenges for all of us. In March, due to the COVID-19 pandemic, we closed our campus for two months in order to protect the health and safety of our participants, volunteers and staff. With the physical campus closed, we focused on virtual offerings for our participant, families, volunteers and the community through HETRA University. Two months later; after implementing safety procedures and policies related to COVID, we reopened in a tiered format for our participants.

As we began to re-open our campus, we found our participants and families were in even greater need of HETRA services. More than 42% of participants and their families have stated that they experienced a decline in mental or physical health due to the suspension of programming due to the COVID closure. Many have also expressed more of a need for scholarships and assistance due to the economic toll of COVID on individual families.

At the end of the day, we continue to prioritize our mission and continue to impact the participants and their families that we serve here at HETRA. Although we are still facing many challenges related to COVID, with your help we can continue to impact each and every individual that steps through our barn doors. From our heart to yours we thank you for being a part of the HETRA family and changing lives one stride at a time.

Edye Godden
-Edye Godden, HETRA CEO



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A Renewed Sense of Life!



HETRA

HEARTLAND EQUINE THERAPEUTIC RIDING ACADEMY

“Before HETRA, I Felt Like I Was Losing Him.”

“We found out about HETRA from our daughter,” said Bob, who came to HETRA in the summer of 2019 as a disabled veteran who was very discouraged about how reliant he had become on other people. “I flew helicopters in Vietnam in 1966. I can’t do much right now, and I don’t like being in this wheelchair. I miss being able to get up and go around and be self-sufficient. Joann has to do most everything for me, and I know it’s hard for her. My personal goal is to be a normal, active person.”

From his first visit, Bob has been engaged and excited about his therapy sessions at HETRA. His wife, Joann, has noticed major improvements. “We’ve been married over 65 years,” said Joann. “Before HETRA, I felt like I was losing him. Now, his personality is coming back, he is stronger and he can take more steps. I don’t know how to explain it, but he now has a **renewed sense of life.**”

Our therapists and volunteers enjoy working with Bob each week, as he always shows up ready to work with a smile. “It’s fun being at HETRA, and riding on a horse. I’m actually getting stronger. I feel better than I did when I first came here.”

Bob knows it takes a village to conduct each and every therapy session. He and Joann are so grateful to the staff, volunteers, and to people like you who help fund his therapy. “It takes a lot of volunteers to do this type of work, and I really appreciate what they do. I also appreciate the people that supply the horses, as well as the donors that support HETRA. Coming to HETRA helps me a lot, and I’d like to continue doing this into the future.”



Joann & Bob, the happy couple, sit down for an interview after one of Bob’s sessions.



Bob & Leroy make the rounds.



Bob reaches for the ring with great confidence during one of the many Equine-Assisted activities he participates in.

You Help HETRA Change Lives One Stride At A Time!

By supporting HETRA through our Annual Fund, you ensure that Bob, as well as hundreds of others, get the care they need through Equine-Assisted Activities.

 **HETRA**
HEARTLAND EQUINE THERAPEUTIC RIDING ACADEMY
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