

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.



Upcoming Events

Course C
July 1 – Sept 22

Miniature Horse Camp
July 20

Military and Veteran's
Experience Events
July 26, Aug 23, Sept 27
Oct 18, Nov 22

Caregiver's Respite
Retreats
July 27, Sept 7, Oct 12

Participant Awards
and Barn Bash
Aug 3

Participant Horse Show
Sept 20

Drive to Ride
Sept 1 - Nov 30

Stall and Treat
Oct 25

Course D
Sept 23 - Dec 22



Meet Pamela! Volunteer Spotlight



Volunteers are critical to the success of HETRA and its programs. In this issue, we are featuring Pamela H - a woman who has been described as an example to staff, participants, and other volunteers of blending tenacity and strength with compassion and humility.

Pamela learned about HETRA by visiting an equestrian center near her home. They recommended volunteering at HETRA before adopting horses to get a true idea of what it's like to own and care for such majestic animals.

Pamela says, "I have always loved horses and when I was young rode quite a bit. But I lived in New York City and owning a horse was out of the question! Well, what with time and life and work and raising two children here I am retired, older and still without horses. Volunteering at HETRA gives me purpose and also gives me the opportunity to work with other horse lovers. I don't feel the need to own a horse any longer as I can enjoy being around them and working with them at HETRA.



When I volunteer at HETRA I am part of the Life Skills team. We work with all age groups instructing them on how to live meaningful compassionate lives. We try to show them the correlation between human needs and horses' needs. It is amazing how humans and horses are connected in profound yet simple to understand ways.

I have been volunteering at HETRA for a little over a year. In that time I have learned grooming, tacking, leading and side walking. I am always amazed at how dedicated to the horses' well being all the staff at HETRA are. While human safety is, of course, a major component it is always with an eye on what is best for the horses' peace of mind.



My greatest reward volunteering at HETRA is getting to work with people who love and really know horses. Of course I adore watching the expressions of joy and wonder on the faces of students as they accomplish horse related tasks. The rewards are many, but for me the simple joy of being able to bury my face in a horses' neck as I am grooming and breathing deeply of that beautiful horsey smell is the best of the best. "

Thank you Pamela! We could not provide equine assisted activities for so many participants without volunteers like you.

Want to volunteer? Contact Rachelle at rtidwell@hetra.org or 402.669.1504 or click here to register to attend a [Prospective Volunteer Tour](#).



Volunteers are a gift to your community.

Get Social and
Connect with HETRA



YouTube



*ON YOUR MARK...GET SET....**GO!***

The 2019 Horse of the Year Race is On!

Giddy Up! We have 16 amazing horses that need your support! Each year staff members and volunteers team up to represent one of HETRA's incredible horses. Each team's goal is to raise \$2,300 by August 2, which goes toward the annual expense of \$4,000 per horse per year. The horse that raises the most will be crowned HOTY!

(Horse of the Year). It's a BIG deal! HOTY will be announced at the HETRA Participant Awards Party and Summer Barn Bash on August 3.

Click [Horse of the Year Race](#) to view the full 2019 line up, current status of all the horses, and to donate to your personal favorite!

And check out the next page for information on how to **Dine Out for HOTY** in Omaha!



Dine Out For Horse of the Year Race

Two Great Places That Are Helping Make An Impact!

Texas Roadhouse - Dine In/Carryout

Texas Roadhouse
Tuesday, July 16
Thursday, July 18
4pm - 10pm

502 N 155th Plaza
Omaha, NE

402.504.4449

Join HETRA fans at Texas Roadhouse on Tuesday, July 16 and again on Thursday, July 18 from 4-11 pm.

When you mention HETRA, Texas Roadhouse will donate 10% of your purchase to the Horse of YOUR choice.

What a delicious way to support HETRA and HOTY!



A promotional poster for Texas Roadhouse fundraising. It features the Texas Roadhouse logo at the top, followed by the word "FUNDRAISING" in large green letters. Below that, it says "Support" with arrows, a cartoon cowboy character, and the dates "Tues, July 16 & Thur, July 18 4PM - 10PM". A large green "10%" is prominently displayed, followed by "DONATION NIGHT". The text explains that mentioning HETRA and the HOTY Team will result in a 10% donation to HETRA. Contact information "402-504-4449" and "502 N. 155th Plaza Omaha, NE" is at the bottom.

Pint Nine Brewing Company
Sunday, July 21
4pm - 8pm

10411 Portal Road
Suite 104
Papillion, NE 68128

402.359.1418

Pints for a Purpose

Join HETRA fans on Sunday, July 21 from 4pm - 8pm at Pint Nine Brewing Company where 10% of their daily sales go toward HETRA!

Brewery Tours
Catch a brewery tour at 5:00 and again at 7:00.

Food Truck On Site
Pint Nine has snacks on hand but a food truck will be on site tonight! Grab some roadside goodness and enjoy.

Come one, come all. Ten percent of Pint Nine Brewing Company's daily sales go toward HETRA's Horse of the Year Race!





"Giving is about more than making a donation. It's about making a difference."

A special thank you to everyone who participated on May 22 in Omaha Gives! This single largest online 24-hour day of giving impacts over 900 non-profits in our community, and HETRA is grateful for your support.

Because of you Omaha Gives raised over \$6.7 million, supporting 961 nonprofits. Because of you, HETRA received \$9,775 through 95 unique gifts! You made a difference for our community and for HETRA's participants, families, and horses that make it all possible!

More than just a pony ride, HETRA changes lives.
Thank you for Ponying up for HETRA!



HETRA is now offering equine educational sessions for anyone wanting to improve their knowledge and skill level.

Horse Academy 101 is designed for the beginner who has minimal experience. Learning objectives include improved understanding of horse behavior and communication, horse anatomy, haltering, grooming and tacking, and beginner ground handling skills. Grooming and tacking certifications will be offered along the way.

Horse Academy 102 is for individuals who are ready for advanced horse handling skills. Lunging, round penning, etc. are examples of what is covered in this advanced course.

These courses are also open to the public.

Click [Horse Academy 101 and 102](#) to learn more or to register.

HETRA is a Proud Participant of the National Able Network

The Nebraska National Able Network is a leading non-profit organization specializing in providing employment counseling, training and placement services for disadvantaged job seekers. Their mission is to help make careers happen.



Each client receives personalized career support that integrates career coaching, specialized training, and direct connections to the job market. Their programs are designed to assist job seekers from all backgrounds, including the unemployed, career changers, military veterans, seniors, and aspiring IT professionals.



HETRA partnered with NAN last fall and on November 5, 2018 hired senior participant, Sharon Melia. Through this program, HETRA gained office assistance and Ms. Melia gained invaluable training to aid her in seeking future, full-time employment. Together, she and the staff worked on general office tasks but also jumped directly into computer literacy - a skill often lacking in the senior population but essential for their progression into the workforce.

By the end of her seven month placement at HETRA, Sharon was trained on the following:

1. Microsoft Office Suite - Recognizing the applications, opening and creating new documents adding and editing content, as well as formatting and tools.
2. Salesforce - A leading CRM platform where contact records and reports are housed and created.
3. Microsoft Edge and Google Chrome - Understanding browsers, their differences and similarities, bookmarking, organizing, and searching.
4. Gmail - Creating email, attaching and downloading documents, communication etiquette, and contact management.

In addition, Ms. Melia learned to operate a Kyocera TASKalfa copier/printer, and laminating machine.

When asked about her experience at HETRA, Ms. Melia stated, "I have really enjoyed my time at HETRA, I have learned so much more than I knew when I came. The instruction I was given was precise and the staff was very careful to be sure that I understood."

Drive 2 Ride

HETRA instructors don't always dress up to teach, but when they do it looks like this!



Volunteer Firefighter, EMT, and HETRA riding instructor, Jen W, waged a challenge with her HETRA students, and is now "ponying up" - in a Prom Dress nonetheless.

What was the challenge? Drive to Ride!

Last fall, over 50 HETRA participants and their families joined the Drive to Ride Campaign, raising essential funds for HETRA; funds which are allocated to HETRA participant sponsorships and reduced fees for all.

"I proposed to my students that if they are among the top 5 fundraisers in the Drive to Ride campaign, I will wear a 1980's prom dress during lessons," stated Jen W.

She is a woman of her word. She just had to wait for good weather.

"I'm so grateful to have such a fun instructor," said Caroline.

HETRA can't thank you enough, Caroline, for being in the top 5 during the 2018 Drive to Ride campaign!

The 2019 D2R Campaign begins on Sept 1. HETRA families will be

raising funds on behalf of their participant-riders.

100% of funds raised during D2R support participant sponsorships.

Watch your email for participant stories and ways you can support their efforts. The best part is that HETRA participants can earn FREE sessions.

Born to ride. Learn to ride. Live to ride. Love to ride. That's why we Drive to Ride!



HETRA Programming

Life Skills - A Time for Growth

The HETRA Life Skills program is thriving. One project we are particularly excited about is our garden. Participants worked together to build accessible raised garden beds and planted flowers and vegetables partially funded by a grant from the Mens Garden Club of Omaha.



Each group devotes time and dedication to maintaining the garden, as well as the flower beds on the HETRA property, which takes a lot of hard work.

Our Life Skills program is dedicated to meeting our participants where they are, and providing opportunities for learning, independence and advancement in a variety of skills. The focus of each lesson is tailored to the needs of the individual, as well as the needs of each group. Teammates practice patience, mindfulness of others, appropriate social interaction, self-regulation, empathy and so much more. All while engaging and interacting in a safe and fun environment.

The Life Skills program goal is to take the skills we learn and practice in the barn, into our lives outside the barn. We work together and we all learn and progress with each other.

The staff, volunteers, and participants truly enjoy the growth we all share, and, the growth of our beautiful HETRA garden of course.



Veterans & Military Personnel Equine Experience Events

Prior service, active military, including reserves, and veterans of any age and type of disability, and their families, are welcome to participate in this FREE HETRA program.

These one-day events introduce attendees to herd dynamics, grooming practices, and horse leading through obstacle courses.

Offered once per month on Friday, these events are FREE and conducted by the HETRA team which includes PATH Int'l Certified Instructors, Occupational Therapists, a Mental Health Therapist as well as Veteran Volunteers.

Click [Veterans Experience Event](#) to learn more, or to register to attend. For questions contact Chris O'Callaghan, Specialty Program Coordinator at chris@hetra.org or 402-359-8830.

Free!
Program





A Huge Thank You To All Who
Attended, Donated, Bid,
Supported, Sponsored, and
Volunteered.

It was an incredible year!







Tack Shack Helps Flood Victims



Nebraska weather can be harsh and unpredictable. While the HETRA facility was not directly affected by the devastating floods this spring, many of our fellow barns and horse owners certainly were.

To help ease the loss that these owners suffered, HETRA's Tack Shack offered, and is still offering, free tack for those in need. We were very fortunate to have Larry Rose of [L.A. Rose Equine](#) support these efforts.

"Several of the HETRA staff were directly affected by the flooding. Although we were luckier than many, we had first-hand knowledge of how much was lost and we wanted to offer help to our community. By opening the Tack Shack for donations to those affected, we were able to give back to the amazing community that supports HETRA!", said Edye Godden - HETRA's Executive Director.

The Tack Shack is open Mon - Thurs 9am to 5pm, Fridays 9am to 2pm, and on weekends by appointment only. Click [Tack Shack](#) to view its Facebook page and stay up to date on inventory.

High Winds Cause Minor Damage to Facility

On May 28, HETRA and the surrounding areas were effected by very strong winds accompanying an evening thunderstorm.



The HETRA barn remained in-tact with no damage. However, high winds lifted up three of the four outdoor shelters and blew them across and through the turn out pens causing damage to fencing.



Thankfully, no person or horse was injured. Temporary panels were quickly put in place so the horses could remain outside during nice weather.



Anyone who would like to donate funds to help with the cost of the permanent repairs can do so at www.HETRA.org. We are grateful for your consideration.

HETRA Proudly Recognizes Our Generous Donors

March 30 - June 17, 2019 \$500 or More

Horse Sponsorship
Jewish Federation of Omaha/Young Jewish Giving
Joan Hennighausen

Omaha Gives Day
Mike & Kathy Gross
J. Terry & Ruth MacNamara
Joseph McGill
Tom & Cindy McGowan
Stephanie O'Keefe

Participant Sponsorship
Walmart Foundation

Senior Programming Sponsorship
Immanuel Vision Foundation

Tack Shack
LA Rose Equine

United Way
Christopher Fairchild
Grant & Sara Janke
Cory O'Brien
Donald & Bobbi Jo Shiu

In Honor of
Logan Alward, HETRA Volunteer
Comet, the Wonder Dog!
Caroline Covi
Peter Fink
Megan Gillam
Edye Godden and all you do!
Edye Godden, Cassidy Godden, and Shelby Winnail
for donating their time selflessly to help flood victims.
HETRA staff and volunteers
Cindi Hildebrandt
Steve Klopp
Avery Lovgren
Stephanie O'Keefe and Erin Busch
Penton Enterprise, Connie and David Duncan
Mary Jo Petrulis
Gates Salistean
Karen Sedoris
Elvin Shew
Connie Wichman
Dawn & John Winnail

In Memory of
Thaddeus Barr
Robert Bauermeister
Carl P. Burnham
HETRA therapy horse, Dude
Ron Ipock
Dr. Tom Miya
Alex Ray Rivera
Dave Shkolnick
Scott Steiner



Caregiver's Respite Retreats

An Equine Connection to Renew the Human Spirit

HETRA is offering specialized one day events catering to caregivers. Anyone who offers care to others is invited to these retreats designed to rejuvenate the human spirit through Equine Assisted Activities.

Would you or a caregiver you know benefit from an afternoon where stress management, self-care, communication, community inclusion and boundaries are not only discussed but are worked on to achieve a more grounded frame of mind? If so, HETRA invites you to **register for an upcoming Caregiver's Respite Retreat and discover the benefits of Equine Assisted Activities.**

Remaining 2019 dates are:

Saturday, July 27

Saturday, September 7

Saturday, October 12

Click [Caregiver's Respite Retreat](#) today. Select a date and register. We look forward to sharing the benefits of Equine Assisted Activities with you.

For more information, contact Chris O'Callaghan at chris@hetra.org or 402.359.8830.



Miniature Horse Camp 2019

Only one camp date remains this summer!

These fun and informative camps teach introductory skills using HETRA's lovable miniature horses, Stormy and Blue. Activities include horse safety, grooming, leading, and a craft. Click [Miniature Horse Camp](#) to register.

Saturday, July 27

2-4 pm

Ages 5-10

\$50 HETRA Participant

\$60 Public



Summer Online Auction is Underway! Bid now!

July 14 - July 23

Saturday, July 12 kicked off HETRA's Summer Online Auction packed full of exciting items on which to bid.



Donated to HETRA by an avid local collector, there are over 75 items - most of which is sports memorabilia with autographs and certificates of authenticity. There is also movie memorabilia and funds raised support HETRA's Horse of the Year Race (HOTY).

[HETRA Summer Online Auction Bidding Link](#)

Click on the above link. Share it, promote it, and let the bidding begin as HETRA's Summer Auction is bigger and better than ever before.

Here is a small list of what you can expect:

Brett Farve
Dan Marino
Willie Mays
Emmitt Smith
Joe Montana
Mike Singletery
Muhammad Ali
Drew Brees
Jerry Rice
Jack Lambert
Jordan Speith
David Ortiz
Bob Knight
Ichiro Suzuki
Archie Manning
Manny Machado
Jim Plunket
Charles Barkley
Tom Cruise
Robert Deniro
and SO MUCH MORE!

