

Dear HETRA Supporter,

HETRA is very excited to be celebrating our **20th BIRTHDAY** this year! Without the support of our community, we would not have been able to see the many miracles come to life at the HETRA barns. We hope **YOU** will be part of our coming years of making miracles. Take a look at the difference we have made together with 20 years of service to the greater Metro Omaha Community.

HETRA's Top 20 List of Why We Need Your Support!!!

20. **VOLUNTEERS** who credit their time walking during HETRA sessions to their improved health. The HETRA environment provides not only physical exercises and challenges to our riders, but also to our many volunteers who walk with and help support our students.
19. Many **HORSES** have found a second career as a therapy horse after successful first careers as show horses, trail horses, fox hunting horses and carriage driving horses. Instead, these horses have found new meaning and usefulness as HETRA "therapy horses."
18. A HETRA student who previously could not **SIT UP UNASSISTED**, can now sit without support and is finally able to swing at the park by herself for the first time!
17. One volunteer who overcame her shyness to become one of HETRA's key staff, even winning the 2009 NARHA Region 7 **INSTRUCTOR OF THE YEAR AWARD**.
16. A student who successfully went to Colorado and journeyed on a mountain **TRAIL RIDE**, just like everyone else!!!
15. A student who would not allow you to touch her right hand, now uses that hand to reach out and **PET HER HORSE**.
14. One **AMAZING** horse (out of a herd of AMAZING horses) who became the 2009 NARHA Region 7 Horse of the Year.
13. One **WONDERFUL** man who saw the need for a driving program and built one from the ground up, including learning to drive himself, securing a carriage for HETRA to use and winning the NARHA National Driving Award. Thanks Tom!!!
12. Eight **INCREDIBLE** volunteers who were so dedicated to HETRA they went through extensive training allowing them to become NARHA certified riding instructors.
11. Two funded barn heating projects that allow us now to run sessions year round so that our students are able to maintain the skills they have gained and make progress faster. Year round programming gives our riders uninterrupted therapy and allowed HETRA to complete **1000 ADDITIONAL SESSIONS** in 2008.
10. A HETRA student who did not understand how to be kind to an animal, has developed empathy for all **ANIMALS** through his participation in HETRA.
9. Many students who started with a leader and two sidewalkers when riding have progressed to riding independently, many trotting and even some learning to canter on their horses. These students are building **SELF-CONFIDENCE** in their ability to handle the horse and are transferring this to other life situations.
8. A parent's excitement when a student performs an activity they never thought their child would be able to do. These students are **REACHING GREATER POTENTIAL** than even their parents thought possible.



Jodi Teal, NARHA Region 7 Instructor of the year, with a student

7. The many students who ask each week, "Is this my day to ride my horse?" These students do not know they are going to "therapy," they are just going to **HAVE FUN** with "their" horse and demonstrate the new skills they learn each week.
6. The students who now speak, speak clearer or are able to use another verbal sound in order to tell their horse to "walk on." These "walk ons" or go cues are **TRANSLATING TO OTHER AREAS OF THEIR LIFE.**

5. A student's wheelchair, a volunteer's work stress, or a stay at home mom's solitude are all left outside the arena. Students and volunteers are recognized for their **ABILITIES** in the arena, not their disabilities or limitations.
4. We all **LEARN** when in the arena. A student learns to sit tall and work tummy muscles, a teenage volunteer learns responsibility, an adult volunteer is reminded they can make a difference in someone's life by encouraging a student, a HETRA instructor creates a new lesson plan to challenge everyone in the arena.
3. The **DEDICATED** HETRA staff, Board of Directors and volunteers who are all committed physically, emotionally, mentally and financially to ensuring the success of the organization. These are the people that see firsthand everyday the impact the program has on our very special students.
2. The student, who with assistance from sidewalkers, uses their weak and uncoordinated muscles to stand up tall in their stirrups for the **FIRST TIME**. Then over the coming weeks, accomplishes this task on their own without the help of anyone!!!



"Tuff" NARHA Region 7 Horse of the Year during a lesson

And the Number One Reason We Need Your Support!

- I. **MEMORIES AND A LASTING IMPACT** – There has been 20 years of them for our students, volunteers, staff and donors who come for a session and leave with lasting memories of the impact that these gentle giants have on our very special students, on the volunteers and staff who are privileged to work with them and the donors who make it all possible.

2009 has proved to be a challenging year in many ways for our organization. We have lost four of our most trusted equine partners, teaching us lessons in letting go and the cycle of life. Through the dedication of the HETRA staff and volunteers, new horses have come into the program and gone through extensive training. They have started their work with our riders, and although the four amazing horses we lost will never be replaced, these new horses will make their own unique impact on the students.

*The struggling economy has also been a challenge, especially the last part of this year with donation dollars declining. We know with today's busy schedules and struggling economy, HETRA is competing for your time and financial support. But we need your help to continue HETRA's mission, **a mission that is 20 years strong**: "To improve the quality of life, both physically and emotionally of adults and children with disabilities through equine assisted activities."*

We are so grateful for your consideration of support for the HETRA program. As you can see, your dollars are put to work to make the greatest impact on our students!!!

Sincerely,

Edye Godden, OTR/L
HETRA Executive Director