



RISE Therapeutic Equestrian Center Newsletter



## Message from the Executive Director

"When riding a horse, we borrow freedom." - Helen Thomson

This quote sums up what I see happen at RISE everyday. The pride and confidence that our riders experience when they arrive and see their horse waiting for them is priceless. Clients and their families fight battles to accomplish what most people take for granted, but when they ride their horse they gain a strength and rhythm that calms their mind and body. Many of them lack the ability to move freely in their bodies but by guiding the horse, it gives them free will to move through the environment. Guiding a powerful animal that reflects their emotions gives our clients a gift that will build them up both emotionally and physically.

We have so many things we are excited to share. Our focus is on the ways that we can work with our staff and volunteers to expand our services while striving to maintain the core values that make RISE special. We are blessed with volunteers and donors who make it possible for us to dream big. Our dreams include more volunteer training, an in person fundraiser and building new connections in our community!

Join us as we work to Reach Inside Souls using Equines.

*Renee Bauld*

Mission - To provide equine assisted activities, including adaptive /therapeutic riding and hippotherapy, for individuals with cognitive, physical or emotional challenges in order to help them meet personal goals, maximize activities of daily living and improve overall function while experiencing the joy of horsemanship.

Vision - To continually improve our own abilities to provide compassionate, expert equestrian activities by partnering with like minded, similar organizations to learn and offer information in the areas of clinical care, horse management, evidenced based research and education for the sole purpose of benefiting the lives of individuals with special needs and their families.

# Upcoming Events

Starting this month, we are doing an on-line and mail fundraiser called Buy-A-Bale. Funds raised will pay for the hay and feed that our horses need to keep them healthy and working. With six busy horses, we go through a lot of hay per week. Please join us on social media, Facebook at RISE Therapeutic Equestrian Center or Instagram at risetherapeutic. You can also find our fundraiser (and all RISE information) on our website, riserehab.org.

We have scheduled another volunteer training for May 14th from 2 to 4pm. Our summer schedule requires volunteers in the mornings during the week, compared to our fall and spring schedules which is afternoons and Saturdays. If you would be interested in helping during any of those times, please fill out a volunteer application on our website, riserehab.org, and save the date to come to training. No previous experience necessary! Please share the information with friends who might like to volunteer too.

During the summer we will switch to mornings as they are cooler, to have adaptive riding lessons or Summer Intensives for our therapy clients invited to participate. Summer Intensives are a new program for RISE that we are very proud to offer. It allows our clients to ride their horses while getting their physical therapy everyday during the week, for two weeks. That grants clients and their therapist more time with their horse while achieving therapy goals that are harder to accomplish with a week in between each session.

RISE will be closed during most of August. During that time, some of our staff will travel to Tucson, Arizona for the second annual Donegan Burns Foundation seminar. This is an amazing opportunity for us to spend time with other therapeutic equine therapy barns sharing ideas, stories and lessons we have learned. This community is filled with strong, creative people and the opportunity to learn from each other is a blessing. This year the seminar is being hosted by Therapeutic Riding of Tucson. We are so thankful for both the Donegan Burns Foundation and TROT for creating this enriching time to connect.

## News from the Barn



This year we added a new horse to our herd named Willow. She is a beautiful 14 year old ,14.2 hand mare. We adopted Willow from Bastrop where she was a trail horse for a lovely family. We took her home the day before the Bastrop fires threatened her previous owner's property. Fortunately, everyone was safe and the property was saved from the fires!

Willow is our smallest, youngest and fattest horse. We were worried she was pregnant but we have confirmed she is just round. Willow is very respectful to the other horses. She is eager to please and has a very smooth trot. While she is being groomed she likes to look at all the grooming tools, to be talked to and told she is a good girl. She is an adorable unicorn too! Most exciting of all is Willow is not gray like the rest of our herd!



# Thank you to our Donors!

Once again we are all so humbled by the incredible generosity of our donors. We have been able to keep our horses healthy with additional vet care for several. Thankfully they are all doing well. We also added two new horses to our herd with donations we received. Welcome Willow and Pete.

This year has brought many cancellations. Between the resurgence of Covid in January, the ice in February and the Texas wind, it has been hard to see our clients. Without lessons we don't earn the money that covers the cost of running RISE. Thankfully we have donors who send us donations whenever they think of us. Any amount helps. We are truly blessed by all of you.

A Special Thank you to:  
Donegan Burns Foundation  
Art In The Shade  
Amy Shelton McNutt Charitable Trust  
MDU Resources Foundation  
Alamo Kiwanis Club Charities  
Thomas Whitworth  
At Home Day Care



Above: Willow starting in lessons  
Below: The beautiful icy weather



# Ways you can help RISE

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## Support RISE while shopping:

- Sign into [smile.amazon.com](https://smile.amazon.com) and select RISE Therapeutic Equestrian Center as your charity. Whenever you shop, start at [smile.amazon.com](https://smile.amazon.com) and it will automatically send us donations based on your shopping with no cost to you.
- While you are on [smile.amazon.com](https://smile.amazon.com), you can also look at our wishlist. We have a variety of things listed to keep our horses cared for and our property clean.

## Make a tax-deductible donation:

- Donate to our Buy-A-Bale fundraiser
- General donation at [riserehab.org](https://riserehab.org)
- Directly to our scholarship fund
- See if your employer has a matching funds program for employee charitable donations



## Volunteer:

- Rise could not operate without our volunteers. Don't forget we have a volunteer training scheduled on May 14th from 2 to 4pm. If you would like to attend, please reach out to Gail Hughes at [gail@riserehab.org](mailto:gail@riserehab.org).
- If a regular shift working with horses and clients is too much, keep in mind that we need help with projects around the property, gathering silent auction donations, or donating time with one of your special gifts. If this sounds like it fits you, please let Gail know what your special talents are and we will reach out.
- Follow us on social media and share our stories so more people learn about RISE and the benefits of adaptive riding and equine assisted therapy in general.

Become a sponsor for our Fall fundraiser. We are planning a fun event with a silent auction, music and friendship in October. Watch for more details on our website and social media.

