



### **GAINING INDEPENDENCE**



## **ENHANCING WELL-BEING**

HORSEPOWER provides equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.



## **GROUND WORK**

The act of grooming and bonding with a horse can provide physical, emotional and cognitive stimulation. These clients are supervised and led through activities by staff and volunteers.

learn more >

## **HIPPOTHERAPY**

Licensed Occupational or Physical Therapists use the various rhythms and propulsions of the therapy horses' natural three-dimensional movement to enhance therapy or rehabilitation goals for clients.

learn more >

## THERAPUTIC RIDING

Therapy goals are established by staff for each riding client. Lessons are designed to achieve these therapy goals while clients experience personal growth exercising skills riding a horse—usually with leaders and sidewalkers.

learn more >

#### **HORSEPOWER**

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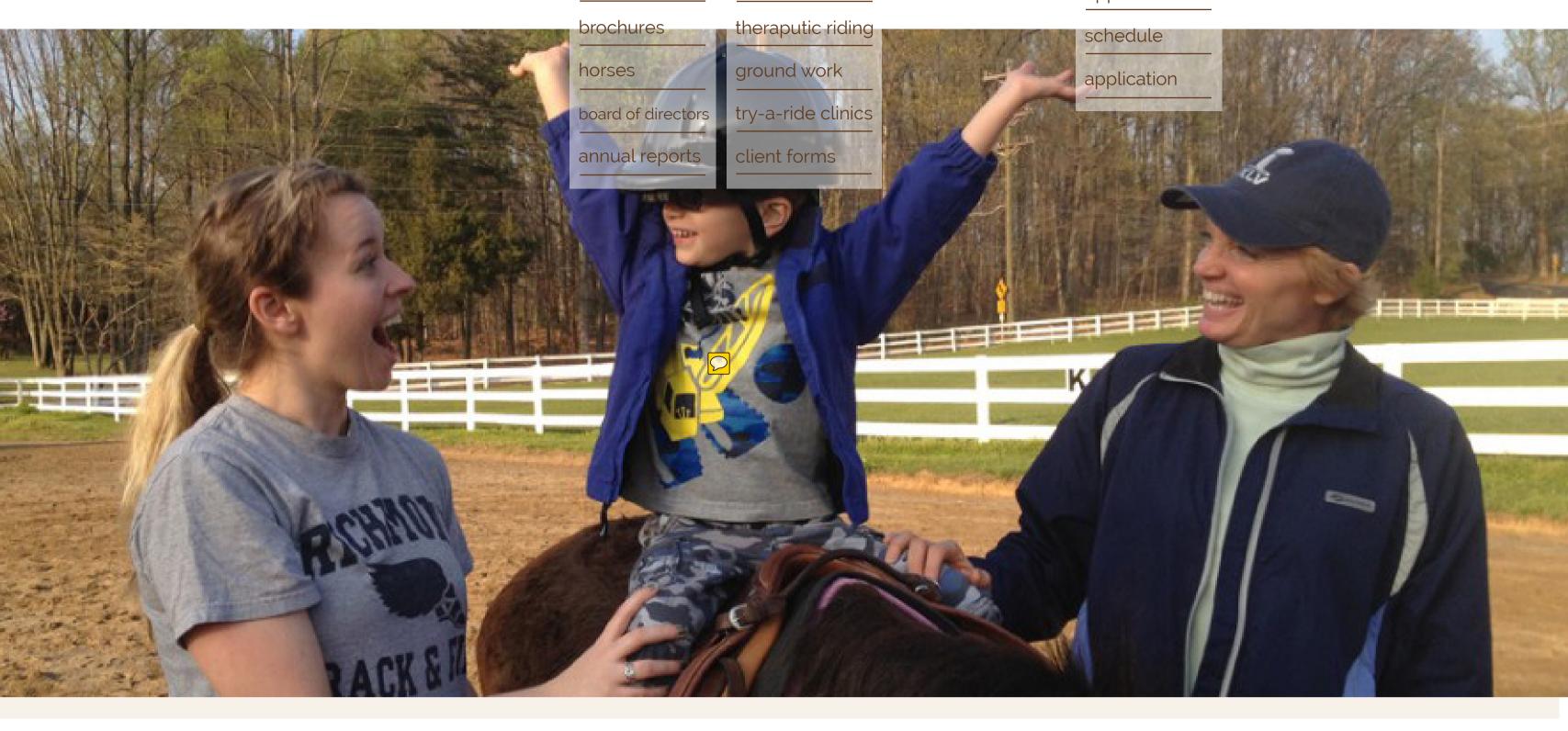
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## PROGRAM OFFERINGS

Our programs are set up in five 8-week sessions. Riders' eligibility is determined by a HorsePower assessment and a doctor's permission form. All forms need to be filled out prior to the assessment, and all participants must have a physician's signature prior to riding. Forms can be found here.

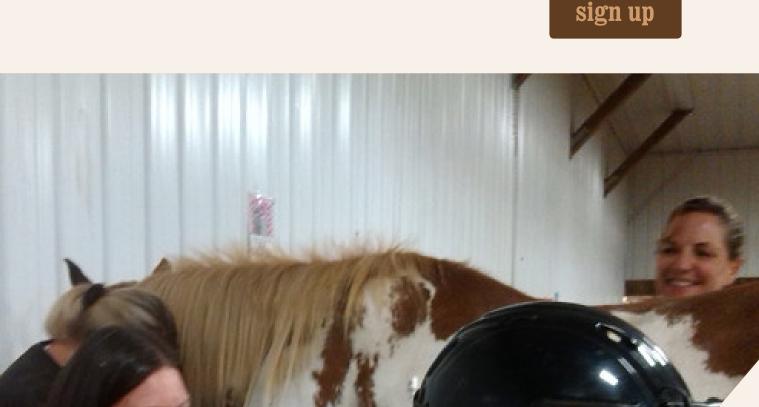


### THERAPUTIC RIDING

These sessions are designed to help each rider achieve therapy goals set by staff members. Meeting these goals helps riders experience personal growth while developing horsemanship skills, usually with the assistance of leaders or sidewalkers. Some advanced riders are able to ride independently under close supervision. Therapy goals include physical, emotional and/or cognitive progression. We see progress towards these goals during each session. So often people tell us, "My loved one has never experienced such progress in any other therapy."

## **HIPPOTHERAPY**

These one-on-one sessions with a licensed occupational or physical therapist use specially trained therapy horses with two or more volunteers and/or staff to aid the therapist. n Riders can be stimulated with a variety of riding positions that are far beyond the traditional forward-facing sitting position of standard horsemanship. The various rhythms and propulsions of the horse's natural three-dimensional movement aid therapy and/or rehabilitation goals for riders. Sessions are a oneon-one Therapist-to-Client ratio, with at least two or more additional volunteers and/or staff to aid the therapist.



## **GROUND WORK**

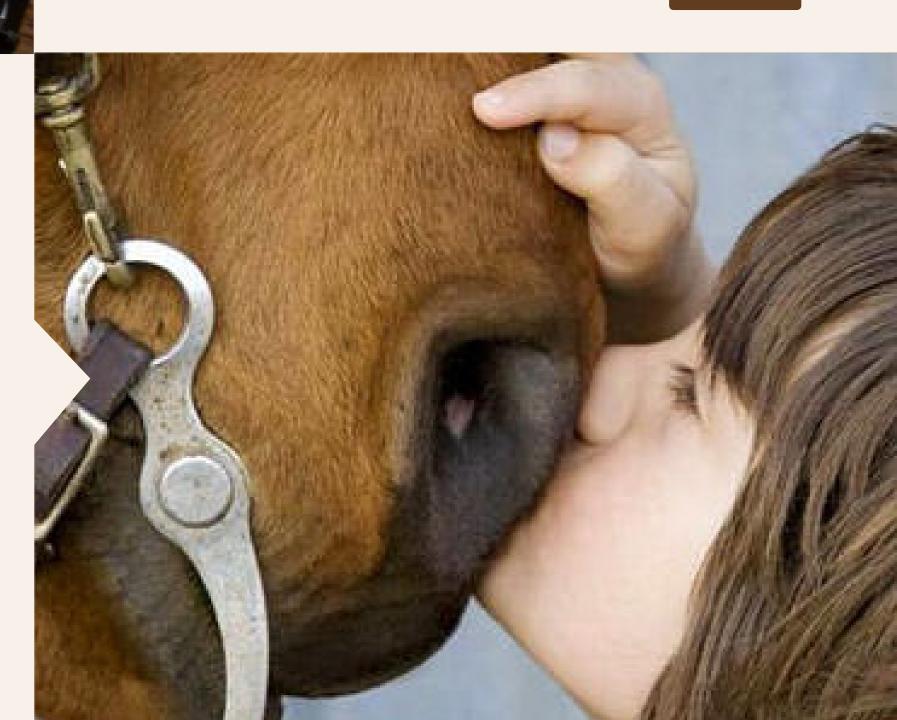
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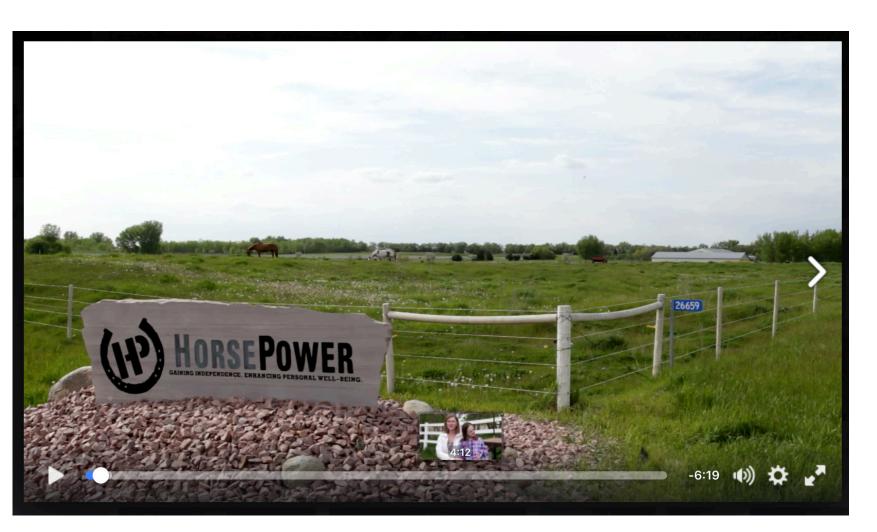
KONOMI

Japanese for "choice", is a faith-based mentoring program for youth (ages 10-18). Developing self-esteem and becoming more responsible happens one step at a time, and when youth willingly spend time at Konomi they will develop these characteristics and much more. Part of their time is spent doing barn chores, but the majority is with a mentor and a special horse. This program is designed to help youth open new doors of hope and healing and discover strengths in themselves they never knew they had.









# ABOUT HORSEPOWER (\*\*)



HorsePower is a 501(c)3 Non-Profit organization dedicated to helping individuals with challenges in the Sioux Empire. We provide equestrian programs/therapies for individuals with physical, emotional, and/or cognitive challenges in a quest for personal independence, accomplishment, self-pride, and well-being.

HorsePower is a therapy, but the effect on our riders is pure magic. We are treated to a most wonderful gift. The joy of our riders is totally contagious. Amazing things happen right before our eyes. Rider's stiff legs seem to melt into the warm sides of horses. Cramped muscles relax and what is rigid becomes supple. Slumped postures morph into erect backbones, proudly showing off riding skills. Children who have never spoken become verbal. Souls are touched. This is our reward, and the only pay our utterly amazing volunteers get for their commitment of time and love. This is the reason we seek just the right horses, and give them the best feed and care we can, because of the joy and freedom they give unconditionally to our riders.

2010 marked the 25th anniversary of opening our program to the Sioux Empire. 2010 was the year that we finally achieved our greatest dream - to heat and insulate our riding facility so we could expand our small summer program to a year-round fully functioning therapeutic riding facility, with scholarship funding available. In Fall of 2011 we decided to switch our name to HorsePower. Yet people still know us by both names!



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### SUPPORT HORSEPOWER

The majority of our riders rely on HorsePower's scholarship program to participate in our therapy programs due to limited incomes. HorsePower provides the hooves, but needs your heart to continue offering rides to those that benefit from this unique program. Lend your heart to HorsePower! With each gift you receive HorsePower's quarterly newsletter and an invitation to be a guest at a riding lesson to share the joy that horse therapy brings. Every donation to HorsePower counts! Your general Hearts & Hooves donations go toward sharing the benefits of therapeutic riding with your community.

## **WAYS TO GIVE**



Supports the care of 1 therapy horse for a month



Supports care of 1 therapy horse for an 8-week session



Provides fundamental veterinary expenses for 1 horse for a year



Provide a ride for a one 8-week session for 1 individual in the hippotherapy program

## **ADDITIONAL OPPORTUNITIES**



### **PROVIDE A RIDE**

for a HorsePower Rider. You also receive a personal thank you note from a rider.

\$350 - One 8-week session for one individual in our therapeutic ground work program. Although physical limitation may keep some participants from riding horses, they benefit from grooming and bonding with the horse, providing physical, emotional and cognitive stimulation.

\$500 - One 8-week session for one individual in our the rapeutic riding program, designed to help riders achieve goals set by staff members, including physical, emotional, and cognitive progression.

\$750 - One 8-week session for one individual in the hippotherapy program. These one-on-one sessions with a licensed occupational or physical therapist use specially trained therapy horses to stimulate riders with a variety of riding positions beyond the traditional sitting position of standard horsemanship.



### ADOPT A THERAPY HORSE

With your sponsorship you also receive an overview and photo of a therapy horse.

The horses at HorsePower are used for therapeutic riding sessions and provide and average of 750 rides annually. Their calm demeanor and endless patience allow riders to build confidence, trust and independence. With your sponsorship you also receive an overview and photo of a therapy horse.

**\$150** - Supports care of one therapy horse for one month.

**\$300** - Supports care of one therapy horse for one session.

**\$500** - Provides fundamental veterinary expenses for one horse for one year

**\$1,000** - Support the efforts of one instructor or therapist for one month. Sponsors will be able to shadow instructor/ therapist and see behind-thescenes preparations for a lesson.



### **SPONSOR A SESSION**

HorsePower holds five 8-week sessions each year. On average, 35-45 individuals are served in the winter, spring, and fall sessions, and up to 80 individuals are served each summer.

\$5,000 - Supports Horse-Power's efforts for one 8-week session, including preparation, therapeutic riding sessions and heating and maintenance to ensure the comfort of our riders. With your sponsorship, one of our therapy horses will take you on a guided tour of the arena courtesy of his four hooves.







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### STAFF



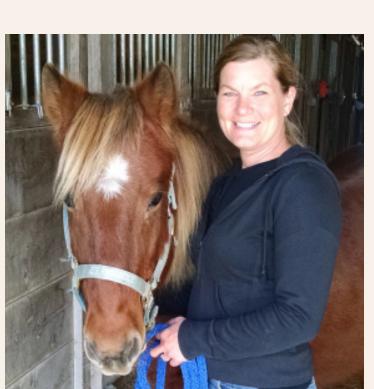
MATT GLASRUD, MBA (with his friend, Legend)

**Executive Director** (605) 251-1685 ExecutiveDirector@HorsePowerSF.com



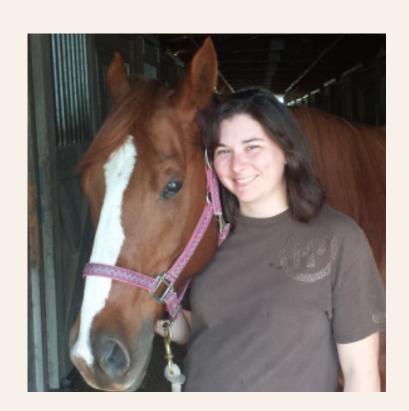
**MARISA DRAPER** 

(with her escort, Moe) Finance & Accounting (605) 480-0344 Marisa.Draper@HorsePowerSF.com



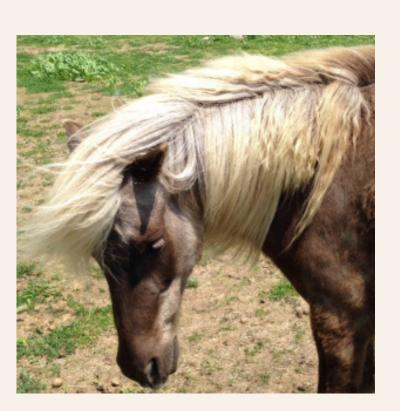
**TAMMY DOAN** 

(with her escort, Spanky) Hippotherapist – Occupational Therapist (605) 251-1685



### RACHEL MARSHALL

(with her escort, Jack) **Head Instructor** PATH International Certified (605) 251-1685 Instructor@HorsePowerSF.com



**STORMY** 

Stormy Knight, VIP (Very Important Pony) Social Media Consultant Extraordinaire Twitter: hp\_pony

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### **VOLUNTEER!**

Volunteers are required for all of the HorsePower programs and consist of two types - Leaders and Sidewalkers. All lessons are held Monday through Thursday between 8:30 am – 5:00 pm, and active volunteers must commit to at least one hour per week for an eight week session. HorsePower volunteers do not ride. Rather, they ensure hundreds of great rides for our very special participants!

### HORSEPOWER VOLUNTEER OPPORTUNITIES:

- **LEADERS:** Volunteers lead the horses while the participants ride during their lessons. Leaders must be at least 14 years old and have knowledge and experience with horses. The leader may be asked to halter the horses, lead and tie, help with tacking, and pick out the horses' feet. During the lesson, they maintain control of the horse to help with the rider's lesson and ensure their safety.
- **SIDEWALKER:** Volunteers walk alongside the horses while the participants ride during their lessons and offer support to the rider from the ground. Sidewalkers must be at least 14 years old and experience with horses is not necessary. The sidewalker helps the rider with grooming and tacking, and may be asked to help with mounting. During the lesson, they help the riders understand the tasks they are doing and offer encouragement, stimulation, and support.
- CHORE HELP: HorsePower relies on volunteers to help with cleanup and maintenance around the barn. Typically this is done after the last lesson of the day, concluding at 5:30 pm Monday through Thursday. Chore helpers clean stalls, fill water buckets, wipe down surfaces and sweep after the lessons have concluded. Horse experience and knowledge is not required.
- WEEKEND CHORE HELP: Volunteers are utilized for weekend horse care duties on Saturdays and Sundays. Weekend chore helpers feed horses, ensure waterers are functioning correctly, and alert staff to any inconsistencies and injuries. They may also bring horses in during inclement weather. Weekend chore helpers must have horse experience and knowledge.
- SPECIAL EVENT/PROJECT HELP: Volunteers may assist HorsePower with special events and special projects on an as needed basis. Needs are communicated through the HorsePower website, the HorsePower Facebook site and through text messages.



If you would like to volunteer, the next Horse-Power Volunteer Training is: November 17th, 5:00 pm - 6:30 pm at the barn!

November 2016 > Sign up

December 2016 > Sign up

January 2017 > Sign up

February 2017 > Sign up

March 2017 > Sign up

Get right to the fun part! Please print and fill out the Volunteer Application and bring the forms with you to the barn to expedite your volunteer experience.

### HORSEPOWER VOLUNTEER APPLICATION

### **RETURNING AND LONG -TERM VOLUNTEERS:**

Has it been a while since you volunteered? No problem! Volunteer Refresher Trainings are offered throughout the year in order to promote a safe and rewarding experience for our riders and volunteers. Long-term volunteers will be required to attend a Refresher course annually in order to keep an active volunteer status. At that time we will also ask you to update your personal and contact information as well as undergo an annual criminal background check. Notifications of upcoming sessions will be sent to volunteers as they are scheduled.

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