

Leaving HOOEPRINTS

Finding HOPE Therapeutic Riding Center Inc Newsletter: FALL 19

SUICIDE AWARENESS MONTH
TAKE 5 TO SAVE LIVES

IN THE NEWS AROUND THE WORLD

USING HORSE TRADITION TO REDUCE TEEN SUICIDE ON WIND RIVER RESERVATION

ROCHESTER SESQUICENTENNIAL CELEBRATION

STUDENT SPOTLIGHT

It's your story BRIONNA AUTMAN



Letter from the Director



Kimber Watkins | 2019 | HOPE Therapeutic Riding Center

As we enter the Fall of the year, the West Gate of the Wheel, and the Autumn of our lives it is very evident throughout Nature this is a time for change! The deep greens of summer give way to brilliant yellow, oranges and reds of Fall; the long days and bright light begins to fade to deep golden hues, rich sunsets, and longer nights. The West Gate is the most intense and often most rewarding gate of the Wheel process because it is the Way of the Spiritual Warrior. During this time of the year we are asked to give up something that no longer serves our lives, take time to reflect and acknowledge our blessings, prepare to rest and refuel for a new season and new beginnings. **What are you thankful for this year?!**

As we reflect on the blessings we have received this year you will see throughout this newsletter, great things are happening all around HOPE Therapeutic Riding Center! **We are incredibly thankful for a great year!!**

Our wonderful animals and volunteers were instrumental in helping students gain patience, to ease anxiety, make new friends, and learn new skills! We have added new team members to our tribe ~ these new additions will help make us stronger and help us serve our community better! Thanks to our amazing volunteers we were able to once again reduce our fall riding class tuition subsidizing all except \$25 per hour saving students \$50 per hour!! This moves us closer to our goal of providing riding classes for \$10 per hour!

We introduced a new EFLR program “The Basics Horse-Man-Ship 101”, which provides students with team building and leadership skills development.

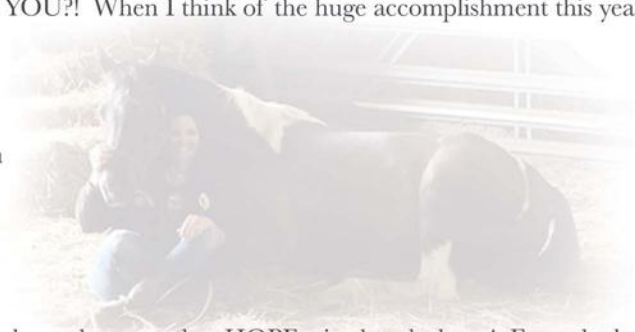
The HOPE horses have been leaving hoofprints all throughout our community! We had a great time at Rochester’s Sesquicentennial Celebration, the St. Jude’s & Ansar’s Mounted Cowboy Charity Trail Rides, and we are looking forward to loving on our military members November 3rd at The 183d Wing’s Tactical Resiliency Pause, an event encouraging resources for suicide and mental health awareness allowing members the opportunity to stop, relax and pause.

As we get closer to the holidays our classes and events will slow, but don’t worry, there are still a few opportunities to support HOPE-TRC before the end of the year! We know we will see less of you for a bit, but we couldn’t let our volunteers and students leave without spreading a little love first! Be sure to check out some of HOPE’s memorable moments in Herd & Scene, hear about Diane and her daughter Brionna’s amazing journey in our Student Spotlight, and mark your calendar for HOPE’s upcoming events!

What a year we are about to close out! So many people have been part of bringing us to this point! People like YOU! You have played a role by saying yes, and we are incredibly thankful! It is your yes, which helps us change lives. It is your yes, that helps us not only keep the doors open – but allows us to grow and thrive! Because of your yes – we have touched lives deeply. We have watched...hearts heal, friendships form, confidence grow, work through fear, learn to trust.... Pretty amazing the work You do when you say YES!!

Have you heard me say THANK YOU?! When I think of the huge accomplishment this year has been I don’t know what I feel more....

H appiness
O verjoyed
P ride in our team
E ncouraged
f ullfilment
u nity
l ove



It is certainly ALL of this and much much more – but HOPE wins hands down! From the bottom of my heart – to all of YOU ~ much love, I am so thankful for all you do! Xoxo Kimber



Ava C. | Steve J. on Luna | Geoffrey R. | HOPE Therapeutic Riding Center

He will command His angels to guard you in all of your ways.

Psalm 91:11

HERD & SCENE

HOPE Therapeutic Riding Center



Ali & Sophia | TRUST Activity



Kennedy D. | 5th Grade | Kincaid, IL



Ellie, Remi & Nechad | Kennedy Dillon & Mark | 1st fall trail ride



Lorelei & Jordi | Sacred Feather Honor Award

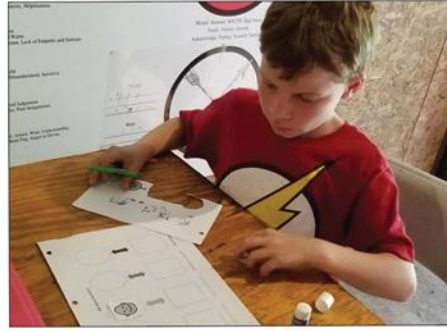


Jordi, Josiah, Lukas, Olivia, Lorelei, Kennedy Payton, Izzy & Lani | Circle of Life Posters

Therapeutic Riding and Equine Facilitated Learning programs share a common goal - helping our clients make meaningful connections. Students spend time at the farm to help with social and emotional needs. Connecting with the animals often helps students to more successfully connect with their own peers and family

#herd&sceneHOPE

#herd&sceneHOPE



Top to Bottom | Gary E. | Ava C. | Abby L. | Sophia I.
Lani W. | Savannah K. | Lorelei H.
Luke C. | Josiah M.

Jordi R. | Taylor P. | Jim B. | Bri W. | Mari B. | Mike B. | Ansley B

Picture by: Ellie T.

#herd&sceneHOPE



HOPE Therapeutic Riding Center



Top to Bottom | Kennedy D. on Dillon | Mark S. | Ellie T. on Remi | Enjoying fall trail time!



She took a deep breath, and whispered to her soul "I've got this".

Jada C. with Brandon C. on Remi | 2019 | Athens, IL



Ginny M. | Cody W. on Luna | Beckie S. | Olivia H. | Jada C. | Brandon C. on Remi | Madi B. | Doug B. | Ben M. | Cody W. on Remi | Sarah M. | Diane F. | Sarah M. | Liam on Dillon | Gary E.

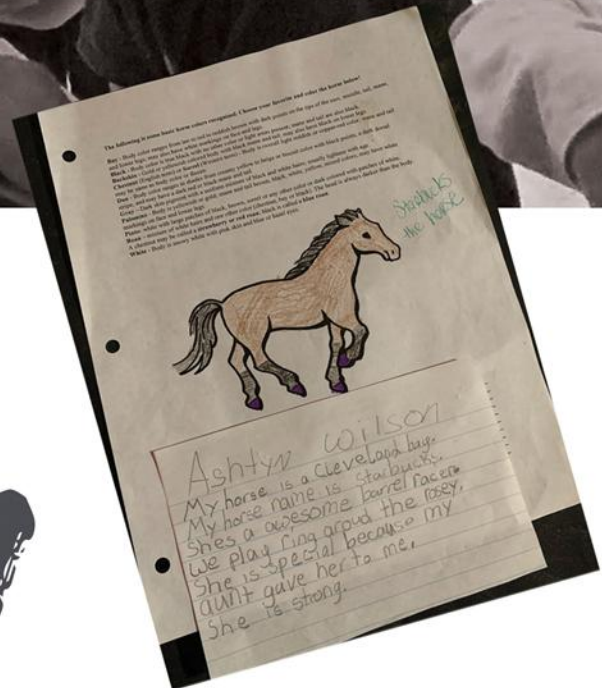
The struggle is real not only for individuals with a social or emotional challenge but for the entire family as a whole; learning to adapt can be frustrating and overwhelming for everyone involved. Many of our students with Autism have made time spent at the barn a family affair. Week after week the Craig and Williams boys show up with an entire entourage! Parents, grandparents, siblings, aunts and uncles come to pour out love and support by sidewalking or assisting with activities. At HOPE we have got to watch these families connect, grow closer together and bond during time spent with the horses and each other.

FAMILY LOVE

DREAMS *are wishes* FROM THE HEART



Alicia C. | Ashtyn W. | Dream Horse Activity



DREAM

THANK YOU



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HOPE Therapeutic Riding Center



Pizza Ranch | 2018 - 2019 | HOPE Therapeutic Riding Center Sponsor

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Volunteer Spotlight

HEART OF HOPE

HOPE Therapeutic Riding Center



Our volunteers are the heart of HOPE! Even with our growing programs, HOPE Therapeutic Riding Center continues to operate with a 100% volunteers base! Without our many wonderful volunteers who choose to make a difference, our program would NOT exist. We are always grateful to welcome new volunteers to HOPE; say hello to some of the new faces around the barn! **Stay tuned to find out who HOPE's 2019 Volunteer of the year is in our Winter Edition!**



 **Stacy Hamilton**
17 mins · 🌐

I am ecstatic that I have great friends that showed me how I can combine my love of volunteering and my love of horses!! Finding hope is a blessing to me. Plus getting to snuggle up next to horses makes my week!!



Volunteers from Top to Bottom | Doug B. | Mark S. | Rebecca V. | Taylor P. | Denise M. | Neehad A.

#herd&sceneHOPE



HONOR & CONNECTION

Gary E. | Savannah K. | Ava C. | Lani W. | Ashtyn W. | Alicia C. | HONOR Activity

The feather is a powerful symbol that signifies honor and a connection between the owner, the Creator, and the bird the feathers came from. It symbolizes honor, trust, strength, wisdom, power, and freedom. It is an object that is deeply revered and a sign of high honor. Above, students and volunteers create feathers to honor other students with.

SUICIDE AWARENESS MONTH

TAKE 5 TO SAVE LIVES



Jacob Watkins
MAY 1, 1986 - OCTOBER 6, 2006

September is Suicide Awareness Month with September 10th marked as World Suicide Prevention Day. Suicide awareness and prevention is an area we are passionate about. Finding HOPE Therapeutic Riding Center was founded in memory of my brother Jacob Watkins who committed suicide at the age of twenty. HOPE-TRC received it's official 501 (C) 3 Nonprofit status on October 6, 2016 ~ 10 years to the day he left us.

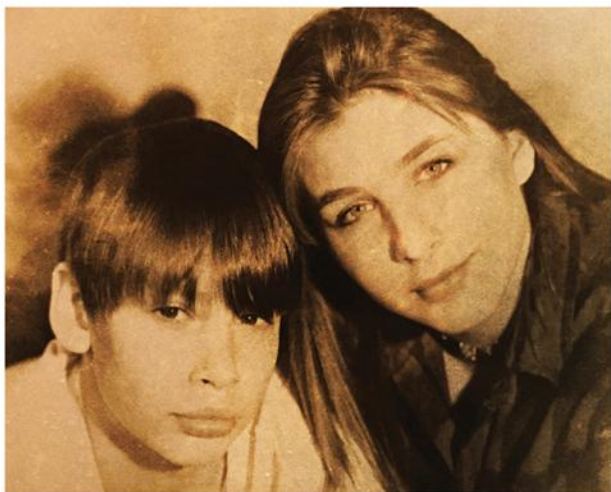
UNBRIDLED HOPE

37% INCREASE IN SANGAMON COUNTY

Suicide continues to rise at an alarming rate and remains a universal challenge. Every year, suicide is among the top 20 leading causes of death globally and **10th in the US** for people of all ages, it is the 2nd leading cause of death among individuals between ages 10 to 34, and it is responsible for over 800,000 deaths, which equates to **one suicide every 40 seconds**.

Suicide claims more lives than war, murder, and natural disasters COMBINED. Ninety percent of all people who die by suicide have a diagnosable mental disorder at the time of their death; over 50% suffer from major depression. Depression affects nearly 8% of American adults in a given year.

Mental illness and suicide has devastating effects not just on those who are suffering from it, but for those who walk through it with them and for those who have been left behind. Every life lost represents someone's partner, child, parent, friend or colleague. The International Association for Suicide Prevention (IASP) reports, "for each suicide approximately 135 people suffer intense grief or are otherwise affected. This amounts to 108 million people per year who are profoundly impacted by suicidal behavior. Suicidal behavior includes suicide, and also encompasses suicidal ideation and suicide attempts. **For every suicide, 25 people make a suicide attempt** and many more have



Jacob & Kimber



SUICIDE CLAIMS MORE LIVES THAN WAR, MURDER, AND NATURAL DISASTERS COMBINED.

Jordan | Alex | Loren | Photo-Fever Models 2016 Team | Suicide Awareness Photo Shoot

serious thoughts of suicide.”

Suicide continues to hit hard throughout our state and is on the rise throughout our county according to local news WICS, **“Not only has the state of Illinois seen increase in suicides, but specifically, so has Sangamon County.** In the county, suicides have increased every year from 2014 to 2017. The statistics only go back as far as 2014. Since then, suicides have increased every year by at least four. In 2014, there were 28 suicides. In 2015, suicides increased by eight to total 36. In 2016, there were 40 suicides and in 2017, 44 people committed suicide in Sangamon County. The statistics for 2018 have not yet been released.”

It seems every time I turn around our community is rocked with the loss of another member. Suicide numbers continue rising for family and friends.... last month a young man from Riverton, in August my cousin, Jessica Davis, in June my friends son Zachnumerous friends, and classmates, Chris, Stephanie, Jesse, Doug, Austin.... gone too young and much too soon to suicide.

It is high time we come together as a community to help make a difference in these numbers. You can make a difference. True change starts within; the easiest way to make a difference is with how you treat others. **BE KIND. Every person you meet,**

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EVERY PERSON YOU MEET, EVERY SINGLE ONE, IS LOOKING FOR THEIR STORY. THERE ARE NO EXCEPTIONS. YOU BECOME PART OF IT BY HOW YOU TREAT THEM.

every single one, is looking for their story. There are NO exceptions. You become part of it by how you treat them. What do you want your role to be? Something as simple as a smile, a kind word, encouragement, and including others can dramatically improve someone self-esteem and self-perception. Individuals who have survived a suicide attempt have much to teach us about how the words and actions of others can be important.

Taking a minute to reach out to someone – a family member, friend, colleague or even a stranger – could change the course of another's life.

People are often reluctant to intervene, for many reasons, including a fear of not knowing what to say. There is no specific formula. **Empathy, compassion, genuine concern, knowledge of resources and a desire to help are key to preventing a tragedy.**

Another factor that prevents individuals from intervening is the worry of making the situation worse. This hesitance is understandable as suicide is a difficult issue to address, accompanied by a myth that suggests talking about it may instigate vulnerable individuals to contemplate the idea or trigger the act. Evidence suggests that this is not the case. **The offer of support and a listening ear are more likely to reduce distress, as opposed to exacerbating it.**

Be on the lookout for those who are not coping. Individuals in distress are often not looking for specific advice. Warning signs of suicide include: hopelessness, rage, uncontrolled anger, seeking revenge, acting reckless or engaging in risky activities – seemingly without thinking, without thinking, feeling trapped like there's no way out, increased alcohol or drug use, withdrawing from friends, family & society, anxiety, agitation, getting affairs in order, giving away possessions, unable to sleep or sleeping all the time and dramatic mood changes. Watch for these warning signs and get involved.

The listening ear of someone with compassion, empathy and a lack of judgement can help restore hope. We can check in with them, ask them how

and encourage them to tell their story. This small gesture goes a long way.

By taking a minute to be mindful you could save someone's life.

Take a minute to notice what is going on with you, your family, your friends and your colleagues. Take a minute to find out what help is available for both you and others. Take a minute to reach out and start a conversation if you notice something is different.

HOPE-TRC has joined the campaign "Take 5 to Save Lives" and we encourage each of you to do the same. This campaign encourages everyone to take 5 minutes out of their day and complete these five action items: 1. Learn the warning signs 2. Do your part 3. Practice self-care 4. Reach out 5. Spread the word

Suicide awareness and prevention IS a huge part of HOPE Therapeutic Riding Center's mission. **HOPE-TRC is dedicated to positively impacting lives and bringing hope to those affected by suicide.** We are looking forward to expanding our Equine Assisted Learning program in honor of Jacob's Cause Unbridled HOPE in 2020 as well as Women, Military and Children's Circle's. These programs offer individuals a safe environment to rest, relax and refuel while spending time with horses. Some of the benefits include an increase in self-esteem, self-acceptance, positive change, increased emotional wellness, relationship awareness, reduced stress and anxiety, spiritual development, and increased respect for self and others. Please contact HOPE-TRC for more information on Jacob's Cause Unbridled HOPE or any other Equine Assisted Learning programs we offer.

If you or someone you know is struggling with suicide, suicidal ideations or coping with suicide we encourage you to reach out. Below is a list of suicide awareness and prevention resources:

National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Veterans Crisis Line: 1-800-273-8255 Press 1

National Suicide/Crisis Text line: Text CONNECT to 741741

How to ask RUOK: www.ruok.org.au/how-to-ask

Take 5 to save lives: www.take5tosavelives.org

Mental Health First Aid: www.mentalhealthfirstaid.org/

Know the Signs: <https://www.suicideispreventable.org/>

NIMH Suicide Prevention:

www.nimh.nih.gov/health/topics/suicide-prevention

#HOPEtherapeuticridingcenter



Ellie & Remi | Lani & BlackHawk | HOPE Sponsors | Chick-fil-A | Cooper's Hawk | Mama Lee's Sandbar | Walmart

There IS something greater inside you than any obstacle



Believe

#herd&sceneHOPE

Community Outreach

ROCHESTER SESQUICENTENNIAL CELEBRATION



We had a fantastic time with the HOPE horses at the Rochester Sesquicentennial Celebration! **We want to say a special THANK YOU to Jennifer Miller, HOPE Parent who jumped in with both feet to help organize this community outreach!** Did you happen to see the AMAZING toy story paintings?? Yep....you guessed it.... hand painted by Jennifer for this event! They turned out so cute! We sincerely thank each and every volunteer who took time to come out and help leave hoofprints throughout the Rochester community!

HOPE Therapeutic Riding Center



The world is changed by your EXAMPLE,
NOT by your opinion. - Paul Coelho

HOPE Therapeutic Riding Center | 2019 | Rochester sesquicentennial Celebration



Leaving Hoofprints

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THANK YOU

HOPE Therapeutic Riding Center



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Group Spotlight

SASED FIELDTRIP

HOPE Therapeutic Riding Center



HOPE Therapeutic Riding Center welcomed students from SASED, Sangamon Area Special Education District, to the barn! Students got to groom, love on and interact with horses at liberty. We got the opportunity to see first hand how connecting with peers, animals and the natural world positively changes lives.



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FUNDRAISING EVENT

CHILDREN'S HOUSE QUARTER AUCTION

Join us and help HOPE win November's Quarter Auction

#herd&sceneHOPE



HOPE would like to thank everyone who came out and supported us at September's quarter auction! Children's House Quarter Auction donated \$384 to HOPE from last month's event!!

Children's House has selected us as one of four organizations to come back and compete for November's quarter auction!!!! All we have to do is show up, bring the most people and have fun!!!! If our organization brings the most people we will get November's donation as well! All organizations chosen will receive something for participating! **Please mark your calendars for November 12th, come out and help us win!!!!** Thank you, Children's House, for your generous donation and again thank you to everyone who came out to support Finding HOPE Therapeutic Riding Center!!!

QUARTER AUCTION
CHILDREN'S HOUSE QUARTER AUCTION

Help HOPE win!  Come out & support HOPE!

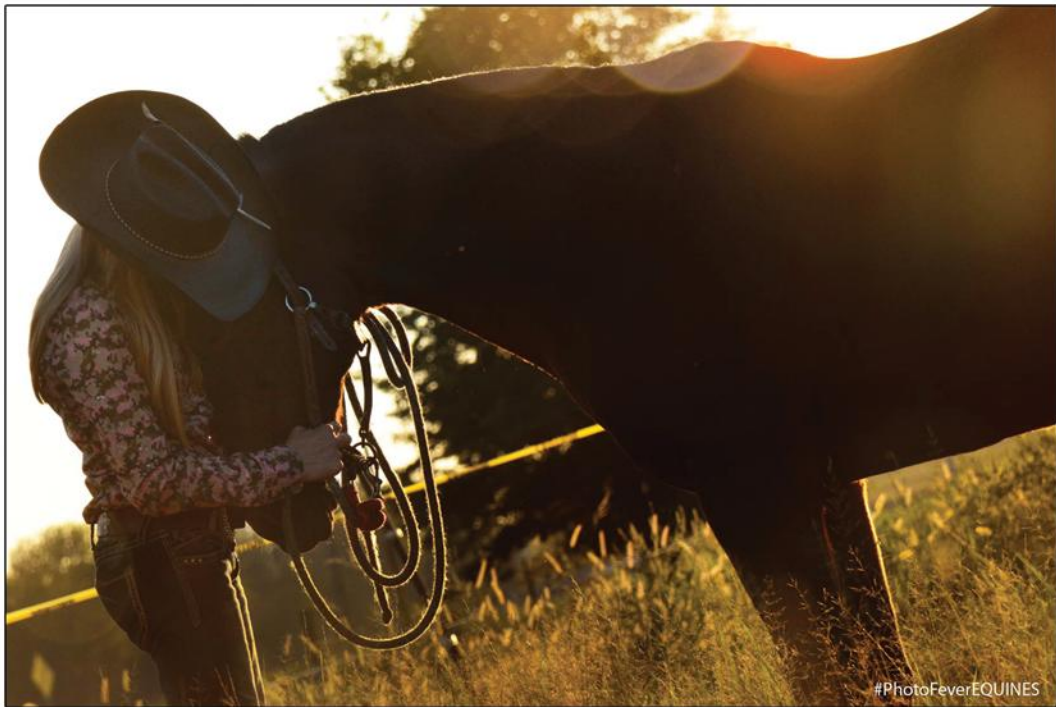
TUESDAY NOVEMBER 12TH
6:30PM - CENTRAL BAPTIST CHURCH
501 S 4TH ST, SPRINGFIELD, IL

 
PADDLES
\$1 each
or 6 for \$5

All proceeds help support HOPE's therapeutic, educational and recreational Equine Assisted Learning Programs!

HOPE Therapeutic Riding Center

THERE IS NO *Secret*
so close as between a
Girl AND HER
Horse



#PhotoFeverEQUINES

#HOPEtherapeuticridingcenter

SCHEELS





THERE IS
Always
THAT
One



HOPE Therapeutic Riding Center



Remi, Luna Dually
Mike, Lukas,
Jaedan & Josiah

#LeavingHOOFPRINTS



Community Outreach

SCHOOL SUPPLY HANDOUT

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HOPE Therapeutic Riding Center

In collaboration with the Airforce 183d Wing's school supply donation HOPE received at last year's Cowboy Christmas we were able to hand out thousands of school supplies to families in Sangamon County just before school started back in late August!



Image by Photo-Fever | 2019 | HOPE Therapeutic Riding Center | Kimber Watkins

Forgive yourself for not knowing what you didn't know until you lived through it.
Honor your path. Trust your journey. Learn, grow, evolve, become, HEAL.

Forgive Yourself

IN THE NEWS AROUND THE WORLD

USING HORSE TRADITION TO REDUCE TEEN SUICIDE ON WIND RIVER RESERVATION



Allison Sage | Arapaho Social Services Director | Leading a student

Kids and horses gather on a dusty riding ground on a ridge overlooking the snow-capped Wind River Range. Northern Arapaho Social Services Director Allison Sage starts the day's ride as he always does: with a prayer and introductions. "We're using Arapaho language," he says. "We're saying nee'eesih'inoo. That means 'my name is.' So you say, nee'eesih'inoo and then how you feel."

Everyone goes around the circle, taking turns expressing their feelings. And Sage will end the day's the same way to see if spending time with a horse improves your mood.

It's called the Horse Culture Program because the reservation's two tribes, the Eastern Shoshone and the Northern Arapaho, have a long history with horses. After Europeans brought them to the Americas, many tribes adopted them to a new, more nomadic way of life, pursuing herds of bison and other big

game. Now the Horse Culture Program is using that history to combat the modern day problem of teen suicide.

"It started as a suicide prevention initiative to help them understand and express their feeling," Sage says, "because sometimes when we're hurting or feeling sad, we don't know how to say that."

Sage says he gets calls almost every weekend from kids attempting suicide. Suicide rates are at epidemic levels on many reservations where kids are two and a half times more likely to kill themselves than non-natives. But rates are also very high in the state of Wyoming with the fourth highest rate in the country. Yet somehow, suicide rates on the Wind River reservation are actually relatively low compared to the rest of Fremont County. In the last five years, only 12 of the 59 suicides here were on the reservation, less than a

#herd&sceneHOPE

quarter. But Sage says, with so much suicide around them, it's important to stop its spread before it starts. He says the best way is to turn to the traditional culture.

For many on Wind River reservation, that means horses.

"They have a really nice spirit and it makes us happy. Like songs, like singing, like prayer. When we're on them, as you seen the children today, they're all smiling."

Sage and other volunteers help kids climb on horseback and then lead them around the field at a gentle pace. But some kids are more experienced. One kid runs and flings himself on the bare back of his colt, Stormy. 11-year old Kaden Lone Dog has been riding since he was three and won trophies riding bareback in Indian relay races. He says, when he's upset all he wants to do is get on a horse and ride fast.

"I always jump on my foal and go to my pasture and get on my horse when I'm mad at my dad," Lone Dog says. "I ride to the ditches and rivers." But Program Director Sage says, he's been using social media and word of mouth to reach kids less experienced than Kaden too. He says, just overcoming their fears teaches them to deal with stress.

"The horse, it senses when we're afraid of them," he says. "But it doesn't hold it against us so when we get over our fears, then the horse is okay with that. It doesn't keep making us be afraid of it."

And overcoming fears is something many Native kids know a lot about, according to Erik Stegman, director of the Center for Native Youth, a national organization. He says a large percentage of Native children grow up in foster homes or in the juvenile justice system.

"For many youth, they really are on their own when they're young and feel that they have a pretty serious lack of support," Stegman says.

He says there's also a lack of support in Native schools and health care for such kids. But he says traditional culture programs can undo some of that harm.

"When they can come to a horse culture program and really be grounded again in their own culture and community and be with elders, that gives them a completely different outlook on life."

"Circle up!" Sage calls to the group and some of the kids whistle to get everyone's attention. It isn't easy getting everybody off the horses, but soon they all gather together. "Okay, let's fix our circle. We're just checking back in again. Can you see the joy in these children when they ride and everyone?"

The kids all quiet down and they start again, saying nee'eesih'inoo and talking about how they feel after their time with a horse. Then, after everyone's had a turn, the crowd heads for the parking lot. Back to their everyday lives.

View the article at:

https://www.wyomingpublicmedia.org/post/using-horse-traditions-reduce-teen-suicide-wind-river-reservation?fbclid=IwAR0WAsR5qXOENIQvMKeHe1Vbt-fSU2k9PecibSP3ACHVV9MXwUaAzaTR_x8#stream/0





Above: Ava C. | Doug B. | Sophia I. on Dillon | Gary E. | Ava C. on Luna | Lani W. | Rylan M. on Remi | Remembering 911

HOPE Therapeutic Riding Center



Always
REMEMBER
911

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LEVI, RAY & SHOUP, INC.

HOPE Therapeutic Riding Center

Levi, Ray & Shoup, Inc | 2019 | HOPE Sponsor

THANK YOU

Community Outreach

ANSAR MOUNTED COWBOY CHARITY TRAIL RIDE

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HOPE Therapeutic Riding Center



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HOPE Therapeutic Riding Center

Ansar Mounted Cowboy's Charity Trail Ride | 2019 | Community Impact

STUDENT SPOTLIGHT

It's your story

HOPE Therapeutic Riding Center



BRIONNA AUTMAN
BY DIANE FIELLO

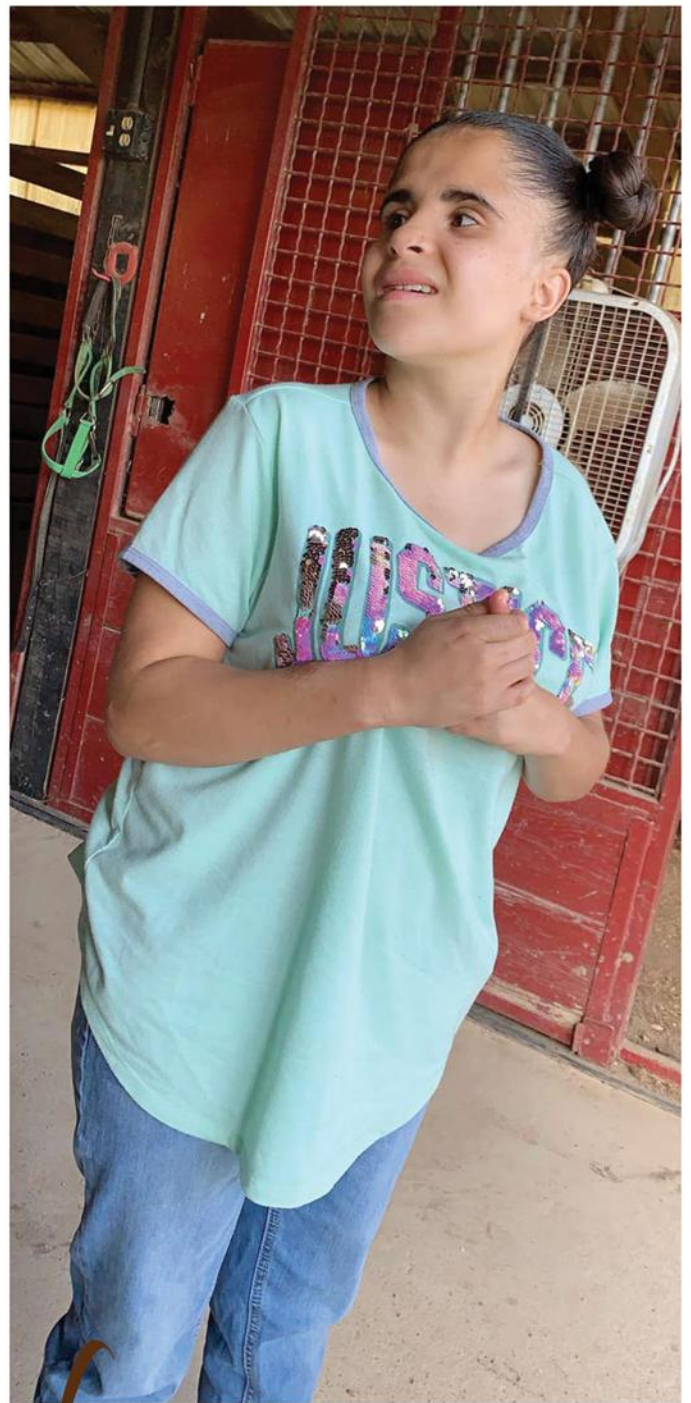
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The Ride of a Lifetime....

Sixteen years ago on a cold March day in a small town in Illinois I became a mother to a beautiful brown eyed baby girl named Brionna. I knew life for me was never going to be the same, but I never could have predicted the events that followed weeks later.

She began to have seizures, and no one could explain them, so we were rushed to The University of Chicago Hospital where we stayed for six weeks. After weeks of testing we found out that she had Chromosome P1 deletion which is a genetic disorder that caused her to have an enlarged heart, a seizure disorder, and would result in mental retardation and many other delays in her future. The doctors stated that the disorder was so rare that they could not give me any kind of prognosis but that she would never walk or be able to do things that other children could do. They put her on medication for her heart and for her seizures and sent us home.

I had no idea what to do or where to turn but I was determined to get my baby girl all the help I could get her to help her be the best she could be in life. As months passed she never hit any of the normal milestones babies would typically reach, she couldn't hold her head up or hold her bottle or even sit up independently. I got her involved in the early intervention program where she started to receive physical, occupational, and speech therapy several times a week. We did therapy at home, at the park, and eventually on my very own horse. Brionna loved horses more than anything else in the world. Her entire world lit up every time she seen a horse and it brought me the kind of joy only a mother could understand.



Brionna



The months turned into years and she still wasn't walking or talking or doing anything else other children her age was doing. Finally, at five years old she took her first steps and began walking and using some sign language and she was blossoming right before my eyes. She was doing things doctors said she would never do and I could not have been happier. As more time passed she started having aggressive behaviors and could not be managed in daycare anymore while I worked so I quit my job and stayed home with her for three years. I became emotionally and physically exhausted being a caregiver day in and day out with no support system or help and Brionna just kept getting bigger and harder to manage.

When she was nine years old I made the hardest decision a mother could make ~ I had to place her in a residential group home almost three hours from home in Springfield, IL so that she could get around the clock care that she needed. The guilt I had was tremendous, but I knew I had exhausted all of my resources for her at that time and the group home was my only option.

A couple years after her being in the group home

she began to feed herself and use the restroom independently and her sign language vocabulary began to grow. She still couldn't talk but she knew how to get what she wanted and communicate in her own way. I knew then that none of this was done in vein and that I made the best decision for my daughter no matter how hard it was at the time to do.

A few years later after having my second child and being burned out from driving back and forth to visit Brionna I decided to relocate to be closer to her. I started to look for a place Brionna could go ride horses at and I found Hope Therapeutic Riding Center. Within a week Brionna was back in the saddle! The laughter and joy that horses bring to her can't be compared to anything in this world. She now rides on a weekly basis and enjoys every second of it. I could not be more thankful for the Hope Riding Center and all that it means to me to see Brionna doing something that not only helped her develop early on in life but for something that puts a smile on her face. My journey with Brionna has been nothing less than a ride of a lifetime and I intend on riding right beside her off into the sunset.



#LeavingHOOFPRINTS

When you come out of the storm
you won't be the same person
that walked in. That's what
the storm is all about

#findinghoperiding



Northfield Inn, Suites | Lowe's | Herrin, LTD | HOPE Sponsors | Image by Photo-Fever

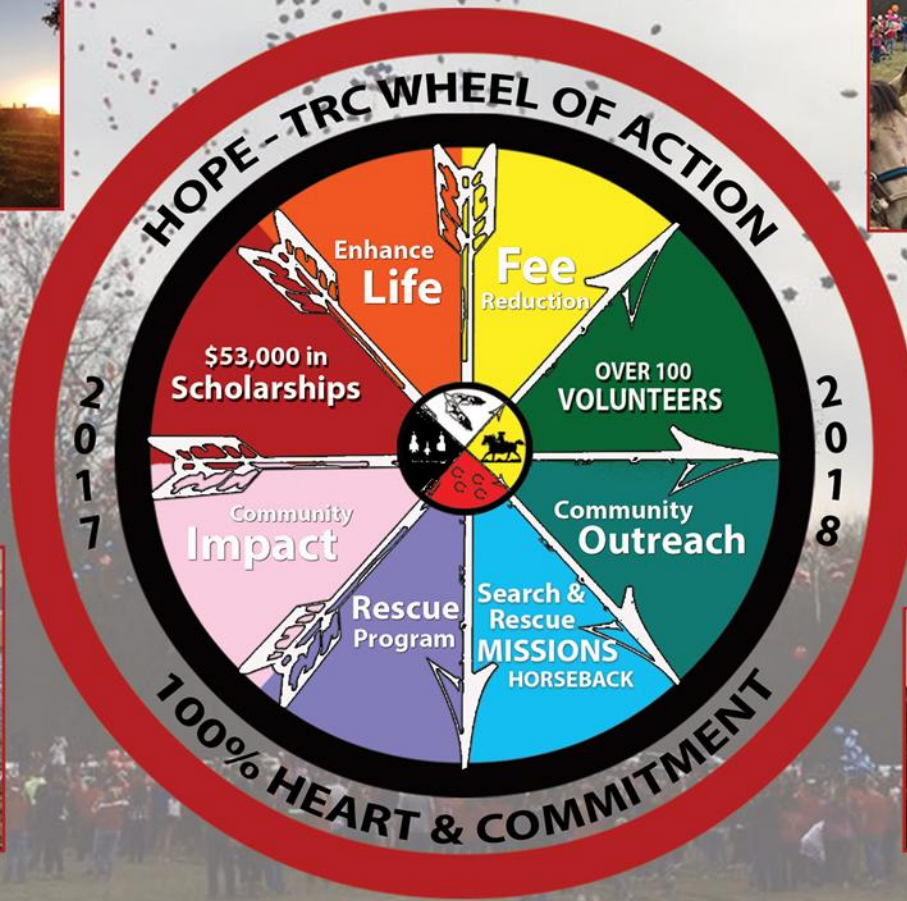
10 THINGS HORSES CAN HELP YOU DO

HOPE Therapeutic Riding Center



Kennedy & Dillon, Ellie & Remi, Lani & Blackhawk, Jordi & Luna

1. Find inner peace
2. Hone your intuition
3. Be out in nature
4. Breathe
5. Antidepressant
6. Restore balance
7. Build confidence
8. Love and respect yourself
9. Go for adventures
10. Feel free



Finding HOPE Therapeutic Riding Center is dedicated to enriching the soul and improving lives of horses and humans in Central Illinois. Our commitment is directed to fostering hope and healing relationships, offering a safe experiential learning environment, building life skills, providing subsidized tuition cost for students, and participation in community outreach and educational events are all included in our efforts.

WHEEL OF ACTION



KIMBER WATKINS

PHOTO-FEVER

- *High School Seniors
- *Senior Model Team
- *Farm & Ranch
- *Equine Art Images
- *Family / Children
- *Weddings

www.PHOTO-FEVER.com



Photography is the story
I fail to put into words.

Kimber Watkins Photo-Fever | 2016 - 2019 | HOPE Therapeutic Riding Center Visionary Sponsor

2019 FALL PHOTO FUNDRAISER

HOPE will receive 25% of ALL session between:
October 8th - November 15th

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217-691-4815



ESSENTIALS \$95

Up to 1 1/2 hour, 1 location
25 Digital Images

INSPIRED \$175

Up to 1 hour, 1 location
35 Digital Images

LIFESTYLE \$275

Up to 1.5 hour, 1 location
45 Digital Images

ARTISTIC \$350

Up to 2 hours, 2 locations
55 Digital Images

\$100 Portrait Credit

PHOTOFEVER \$475

Up to 4 hours,
UNLIMITED locations

100 Digital Images

\$150 Portrait Credit

MODEL \$595

Hair & Makeup
Up to 4 hours,
UNLIMITED locations

150 Digital Images

\$175 Portrait Credit

Prints & Portrait

A La Carte Prints & Portraits

Gift Print \$25.00 (8x10, 2 5x7, or 8 Wallets)

	Individual Print	Hour Art Board	design/gram gallery wrap
8x10	\$25.00	\$35.00	---
5x7	\$15.00	\$25.00	---
11x14	\$95.00	\$125.00	\$225.00
16x20	---	\$290.00	\$375.00
24x30	---	\$325.00	\$445.00

Mini Session
\$75

1 Day Special

Saturday Oct. 26th

15 Minute Session

Digital Images



Photo-Fever currently donates 85% of ALL of HOPE-TRC's marketing. HOPE receives 10% of the proceeds from every session ... AND... this fall don't miss the opportunity to more than double that with HOPE's fall photo fundraiser! HOPE will receive 25% from All Sessions between October 8th-November 15th!

PHOTO-FEVER

Kennedy D. on Dillon | Lani W. on BlackHawk | Ellie T. on Remi | Jordi R. on Luna | Taylor P.



HOPE Therapeutic Riding Center



Geoffrey R. on Remi

TEACH
encourage
instruct
MENTOR
PRAISE
INFLUENCE
INSPIRE

#LeavingHOOFPRIINTS



Unbridled

Jordi R. Rochester, IL | Taylor P. Springfield, IL | 2019 |

You can not tame the Spirit of someone with magic in their veins.



**LOOKING FOR FUEILLMENT
FUN AND FITNESS**

**HORSE LEADERS &
SIDEWALKERS NEEDED**

**PLEASE VISIT OUR WEBSITE
OR ON FACEBOOK**

www.findinghoperiding.org

www.facebook.com/findinghoperiding





YOU MAKE THE **DIFFERENCE**



2018 IMPACT

With your help HOPE was able to serve approximately 1,300 people from our community, subsidized over \$26,000 in participant fees, increased our herd to 7 therapy horses, provided rescue, rehabilitation and retirement services for 3 horses in need, assisted by horseback in the search and rescue mission for a local community member, and donated over \$2,000 in support of community outreaches for the homeless and military veterans and their families.

JOIN OUR CAUSE



BECOME A VOLUNTEER

Do you love horses & want to make a difference in the lives of people in our community? HOPE always welcomes new volunteers! Volunteers help lead horses and sidewalk during classes, mentor inspire & encourage students, spend time and socialize horses, help with horse care, and help with events!

BECOME A SPONSOR

Over the last 2 years HOPE has awarded over \$53,000 in student scholarships! **Currently we subsidize 75% of class fees!**

Our horses are the backbone of HOPE! In the last 2 years our horses have provided over 3,500 equine therapy hours! We strive to take the best care of our horses; on average \$31,500 is spent per year caring for our herd of therapy horses with an average cost of \$4,500 per horse.

Please consider sponsoring a student or one of our equine therapy horses! Contact HOPE for more information or return the following page.



Finding HOPE Therapeutic Riding Center, Inc. is a local 501(C)3 nonprofit with a mission to positively impact the life course of people by connecting horses and humans. We strive to enrich the soul and improve lives of people by fostering hope and healing relationships through therapeutic, educational and recreational equine facilitated learning activities.

Yes, I want to make a difference by sponsoring one of the following:

All gifts support HOPE operations and programs from feeding the horses to subsidizing student's tuition. Below are some examples of giving levels and how your support is put to work. **Each gift is deeply appreciated.**

___ **\$10,000 Visionary Sponsor:** 8 student fees for an entire year *or* care of 2 therapy horses *or* a building project. *Benefits:* naming opportunity, display plaque, full page LH & event program ad

___ **\$5,000 Legacy Sponsor:** 4 student fees for an entire year *or* care of 1 therapy horse *or* a building project. *Benefits:* naming opportunity, display plaque, full page LH & event program ad

___ **\$2,500 Red Road Sponsor:** 2 student fees for an entire year *or* care of 1 therapy horse for 6 months *or* a building project. *Benefits:* naming opportunity, full page event program ad, 8'x 4' arena logo banner

___ **\$1,250 Champion Sponsor:** 1 student fee for an entire year. *Benefits:* 6'x 3' arena banner and a full page LH & event program ad

___ **\$1,000 Annual Horse Sponsor:** *your annual sponsorship* will include your name engraved on a plaque by the photo of your sponsored horse in our barn, full page event program ad, & 2 event tables

___ **\$500 Event Table Sponsor:** 1 student fee for a 10 week of class *or* 1 load of hay. *Benefits:* 3' x 3' arena banner, 1/2 page LH & event program ad, & 1 event table

___ **\$250 Gallop Sponsor:** 1 student fee for a 5 week class *or* provides tack, bridles and saddles. *Benefits:* 1/4 page LH & event program ad, 1 event ticket

___ **\$100 Trot Sponsor:** 2 horses with grooming kit. *Benefits:* name listed in LH & event program, 1 event ticket

___ **\$50 Walk Sponsor;** provides activity/class supplies ___ **\$25** provides 1 bag of feed ___ **Other \$**_____

ABOUT YOU



Your Name(s) _____

Address: _____

City/State/Zip: _____

Phone: _____ Email: _____

Name as you would like it to appear for recognition: _____

HOPE TRC was incorporated on October 6, 2016 as a nonprofit corporation under the laws of the Commonwealth of Illinois and is recognized as exempt from federal income tax under section 501 (c) (3).

MARK YOUR CALENDAR

HOPE Therapeutic Riding Center

UPCOMING EVENTS

October 28th | 6:00pm |
Derby Day Gala Kick Off Committee Meeting at Bob Evans on Stevenson


November 9th | 5:00pm |
Volunteer Awards & Appreciation BBQ Bonfire. Look for invitations! RSVP by November 1st.

November 12th | 6:30pm |
Children's House Quarter Auction at Central Baptist Church, 501 S. 4th St, Springfield, IL


November 18th | 6:00pm |
Derby Day Gala Committee Meeting. Location TBA

December 10th | 5:00pm |
Pizza Ranch Fundraiser. Photo shoot with Cowboy Santa & Dillon at Pizza Ranch in Springfield.

May 2, 2020 | 3:30pm |
Derby Day Gala. Location TBA



DERBY DAY
Boots and Bowtie Gala



MAY 2, 2020 3:30 - 11:00 PM
Join us for HOPE's Derby Day Boots and Bowtie Gala!
Attendants will have a chance at winning cash, prizes and all or part of \$5,000! The gala begins with the start of the National Anthem; enjoy Hors d'oeuvres and Mint Juleps, watch pre-race festivities, enter HOPE's Winning Horse and Derby Hat Contests then view the 146th "Run for the Roses" on the big screen. Dinner will be served after the race; we will finish out the evening with drinks, dancing and a reverse \$5,000 giveaway!



QUARTER AUCTION
CHILDREN'S HOUSE QUARTER AUCTION



September's nonprofit *Come out & support HOPE!*



OUR MISSION

Finding HOPE Therapeutic Riding Center's mission is to positively impact the life course of people by connecting horses and humans. We strive to enrich the soul and improve lives by fostering hope and healing relationships through therapeutic, educational and recreational equine facilitated learning activities.

HOPE



CONNECT
WITH **HOPE**

-  FindingHopeRiding
-  hope_therapeutic_riding_center
-  findinghoperiding.org
-  info@findinghoperiding.org
-  217-816-8802
-  P.O. Box 242, Rochester, IL 62563



LOVE ^{Speak} TRUTH JUST BE YOU
BE AUTHENTIC
HONEST | LOYAL | BRAVE ORIGINAL
RESTRAINED
TELL YOUR STORY BE TRUE TO YOURSELF
CONFIDENCE
LET YOUR LIGHT SHINE
START A FIRE
faith SPIRITUALITY
RADIATE JOY HAPPINESS HOPE
NEVER GIVE UP dream
DETERMINATION ASHAMED
PASSIONATE KIND
INSPIRED BELIEVE

