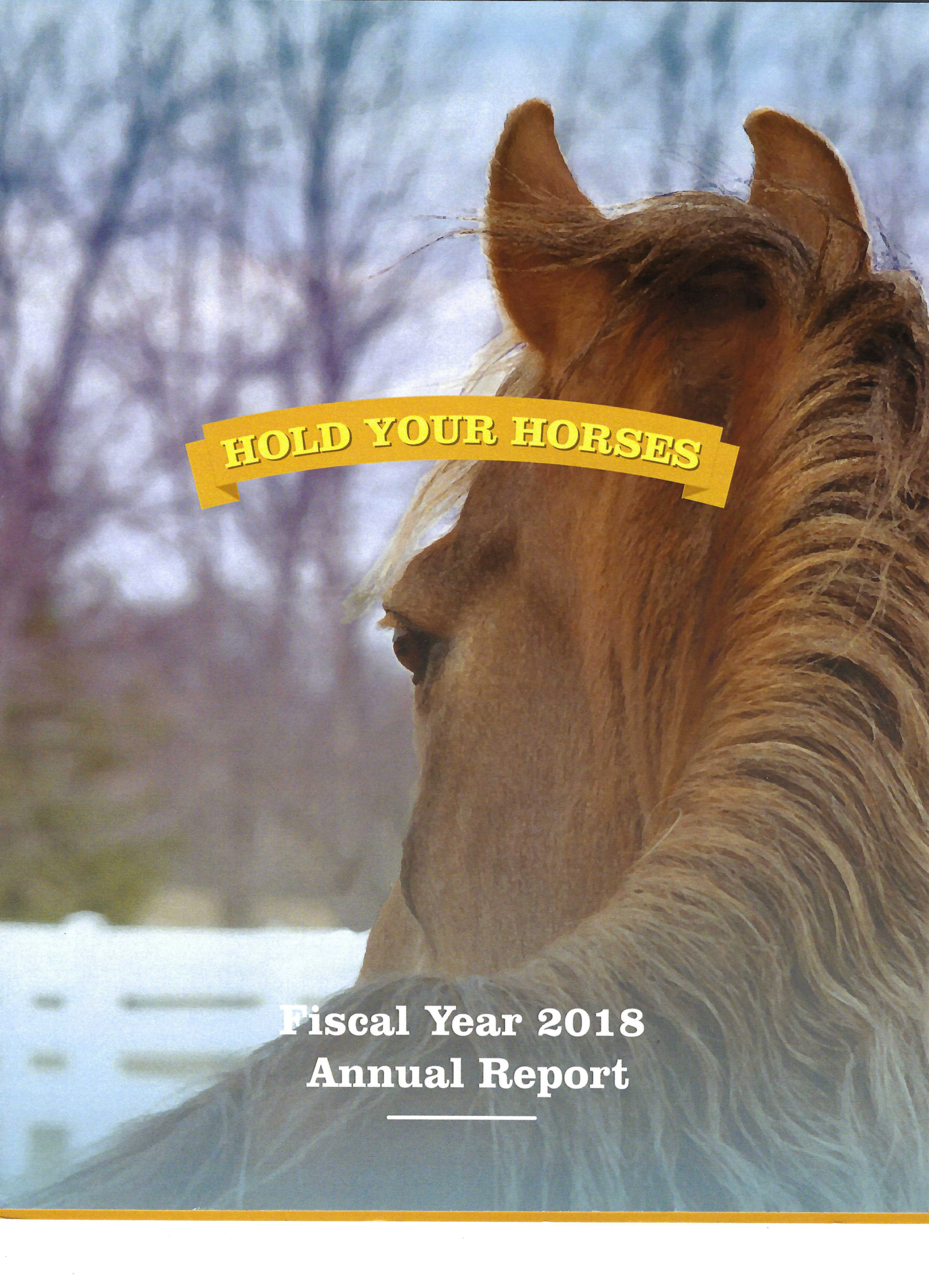




HOLD YOUR HORSES

**Fiscal Year 2018
Annual Report**



Year two in our Forever Home

From The Director

There is a theory about year two in a child's development. New physical skills accompany the desire for mastery and control over daily activities but very little bandwidth exists to cope with the accompanying feelings of frustration, surprise, loss or even joy. The resulting overload plays out in escalating behavior; uncontrollable giggling or everyone's favorite, the screaming child in the grocery store. While I would not liken HYH to a screaming child in a grocery store, our organizational bandwidth has certainly been challenged in year two in our forever home. We have faced loss, frustration, surprise, sadness and certainly abundant joy. Much like a calm parent who scoops up the child from the aisle of the grocery store, our community of support stepped forward and embraced us. The embrace arrived in the form of neighbors, donors, volunteers, business partners and our incredible direct service team.

For example, this year we experienced frustration when the skid steer hit an ice patch while plowing snow and took out 15 feet of fencing. Then delight when neighbor Willie came by to help dig us out. We felt overwhelmed by the speed of growing grass this spring and the 24/7 needs of horse care and then buoyed by our volunteers showing up to help clean stalls, mow grass, build gardens, plant trees and care for our horses. We felt great sadness when our beloved pony Yosi stopped eating and rapidly faded from his wonderful life and then found tears of joy in all of the visits, calls and letters that came from people who shared how he touched their lives. In all these instances we were grateful for the ways our community, many of you reading this, stepped in to help when we needed it most.

Hold Your Horses exists to move lives forward from the challenges created by disability and trauma. Through our partnership with the horse we help individuals connect their brains and bodies in meaningful ways that create life changing outcomes. Outcomes that prepare people for the lives they lead when they leave the farm. HYH owning a farm represented a huge leap in our own development. We realize our evolving skills and resources fall short at times and in these moments the loving embrace of our supporters makes a big impact and we are so grateful. Thank you for helping guide us through year two in our development. We grow from here.

Janet Weisberg, MS OTR/L HPCS
Executive Director



FY 2018 Board of Directors

Fred Krietzman, Esq, Board Chair
Cynthia Olauson, Secretary (incoming)
Rebecca Anderson, At Large (incoming)

Debra Mounsey, Treasurer
Steve Katkov, Esq, At Large (outgoing)

July Hugen, Secretary (outgoing)
Kari Holmes, At Large



The People We Serve and What We Do

Hold Your Horses (HYH) is a MN 501(c)3 nonprofit organization dedicated to improving quality of life for people with disabilities through individualized equine (horse) assisted therapy. HYH happily serves children and young adults experiencing the challenge of living with physical and mental disabilities and the caregivers and professionals who engage with them in their daily lives. Our services go deep, offering individualized care that creates life changing outcomes. Addressing these needs, HYH offers professional therapy services that partner with the horse, education opportunities and wellness programming. The power, calm and healing nature of the horse offers a compelling and effective alternative to clinic and classroom-based interventions.

Hippotherapy Children with cerebral palsy, traumatic brain injury, autism and neurologic disorders that impair performance of their daily life activities benefit from occupational, physical and speech therapy in partnership with the horse that creates functional outcomes for daily life. Individual therapy sessions address goal areas identified in a plan of care that include improving strength, flexibility, mobility, communication, attention to task and self-regulation. The movement and environment of the horse offers an unmatched opportunity for creating adaptive responses to physical challenges and sensory input.

Equine Facilitated Psychotherapy HYH partners with Molly DePrekel, MA LP and Cairns Psychological Services to offer clients the benefit of equine facilitated psychotherapy (EFP). Molly specializes in trauma informed therapy, social and emotional learning and leads both group and individual sessions that help her clients make improvements in their daily lives. We are grateful to Hennepin County for funding mental health work that serves young women who are survivors of trauma. With Molly at the helm, these groups offer life changing skills for participants to move through trauma into wellness. In addition to Molly's work, HYH staff clinicians offer Equine Assisted Counseling. This service helps young people with mental health challenges through equine assisted learning and counseling techniques.

Education and Wellness HYH supports best practices in the field of equine assisted services through research, education and training. HYH recognizes the need for wellness opportunities for caregivers and direct service professionals and is working toward creating more of these services to meet the needs of service organizations, caregivers and therapy professionals.

Our Team

Maggie Bailey, MA LPCC
Sheryl Butler, MS OTR/L
Molly DePrekel, MA LP
Barbara Guy, MA LP
Allie Loken, Barn Manager (outgoing)

Ingrid Miller, Barn Manager (incoming)
SkyAnn Pool, Horse Handler
Ruth Rovner, Office Manager, Horse Handler
Julie Tarshish, Marketing and Communications
Janet Weisberg, MS OTR/L HPCS

Gratitude From our People

On Saturday, February 24th Aston and I were on our way to Hold Your Horses after attending a memorial service. Aston wasn't thrilled about attending another service, given we had recently attended a few, causing him to miss a session or two. He had really been a trooper about this and I had promised Aston we would not miss another session.

We were on our way in Loretto, Minnesota, when our car started making a loud sound and began to cut off mid-stream. I pulled over and all I could think was, "Gee whiz I don't want to disappoint Aston again, besides, I promised that he would make it to HYH". Just then I saw a SUV coming down the hill across the highway, we quickly crossed, and I approached the driver explaining our situation, I asked her if she could give us a ride to Hold Your Horses. A bit leery, she asked for the phone number to verify that Aston had an appointment, and then had her husband follow us to the farm.

We made it to our hippotherapy appointment. I graciously thanked her for the generous contribution she had made in saying, "yes" to complete strangers.

Now I could have just called HYH, explaining that our car broke down and that we would see them the next Saturday, but it really meant something for me to keep my word to Aston. He loves animals, we don't have pets at home yet! With his low tone, regular exercise is challenging, his time with Whisper and the other horses makes enormous difference to his health, balance, and emotional calmness.

This therapy really works for Aston unlike some other therapies we've tried, not to mention the awesome staff. Sheryl, Aston's therapist gave us a ride back to our car, waited for over an hour until the tow truck came, and then gave us a ride home. With a host of caring staff, this community is an accepting and warm place for our families. We are sincerely grateful for Hold Your Horses.

- Angie (Aston's Mom)

I have been going to Hold Your Horses for 12 years. It's something I love to do and I am grateful for your support. Having Duchenne Muscular Dystrophy, I find that Hippotherapy has kept me strong and flexible. The addition of the horse to physical and occupational therapy makes the experience much more enjoyable. There is a special bond between horse and rider that can't be found anywhere else. I really like horses, I think they are some of the most amazing animals in the world. I like the way they look at you, it's like they are talking to you. I love putting my hand on the horse's nose and feeling the warmth of the horse's breath. The benefits of hippotherapy are much better for me than those of traditional therapy. The movement of the horse translates through my body. Being on a horse is a very relaxing and comfortable activity. The movement of the horse helps keep me flexible and stretches my core. Other stretches are also improved on the horse as the movement of the horse adds fluidness to the stretches.

Ghost is one of my favorite horses. I will sometimes steer him by myself with reins. When I am with him I feel a special bond that I don't get from any other horse. Guiding the horse makes me feel independent and boosts my self-confidence. My therapist, Janet, is very helpful at Hold Your Horses. She makes it fun and challenges me to go a little out of my comfort zone. She is also easy to talk to and has great advice whenever I have questions. Hippotherapy is something I love to do and want to keep doing. Thank you again for your support.

- Maxx



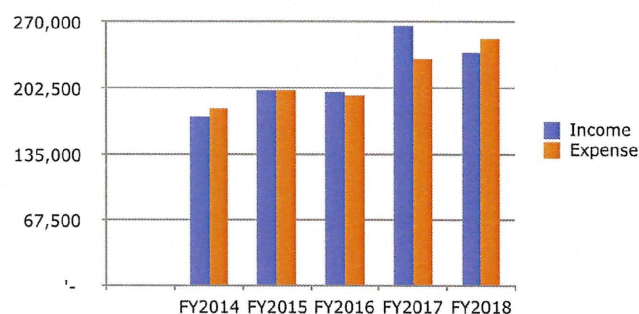
"...Guiding the horse makes me feel independent and boosts my self-confidence..."

Summary of Financial Position

HYH continues to operate with fiscal responsibility and integrity. Our leap of faith in purchasing a farm continues to prove beneficial to HYH clients, employees, and the community. This past year, we faced a net loss due to the expenses of new programs and services, for which funding was booked in the preceding year, some emergent needs (can you say septic tank?), and depreciation expense for the buildings on our forever home. The net result was that our expenses exceeded revenue for this fiscal year. These are the ongoing accounting and property maintenance adventures of a growing nonprofit. Nevertheless, we ended the year with money in the bank and we are on solid footing toward a positive FY 2019.

Thanks to your support, we were able to meet these significant challenges in FY 2018:

- Operated with a mortgage year two
- Created a new website
- Exceeded our budgeted fundraising goals 102%
- Came in below operating budget 89%
- Performed maintenance repairs and updates to our septic, electrical and heating system
- Met costs of emergent horse health demands
- Managed six Occupational Therapy Interns
- Logged over 1000 volunteer hours
- Provided direct services for 200 people



Notes: Fiscal year end is June 30th.

This graph does not include the \$300,000 Restricted Income described in the footnote to the left.

HOLD YOUR HORSES FYE 6/30/18 FINANCIALS			
<u>BALANCE SHEET</u>		<u>PROFIT AND LOSS</u>	
<u>ASSETS</u>		<u>INCOME</u>	
Cash	\$ 30,034	Fundraising Income	\$ 123,926
Other Assets	\$ 24,358	Program Income	\$ 84,404
Total Current Assets	\$ 54,392	Other Income	\$ 29,836
Total Fixed Assets	\$ 1,095,322	Total Income	\$ 238,166
TOTAL ASSETS	\$ 1,149,714	<u>EXPENSES</u>	
<u>LIABILITIES AND EQUITY</u>		Staffing	\$ 130,767
Total Liabilities	\$ 782,014	Horse Expense	\$ 27,295
Equity		Operating expense	\$ 93,274
Unrestricted Net Assets	\$ 380,871	Total Expense	\$ 251,336
Net Income	-\$ 13,170	TOTAL NET INCOME	-\$ 13,170
Total Equity	\$ 367,700		
TOTAL LIABILITIES AND EQUITY	1,149,714		

Footnotes

(1) \$9700 of "Operating Expense" reflects first year depreciation of property.

(2) "Total Liabilities" is the mortgage amount of our Forever Home.

(3) Total fixed assets reflects value of our Forever Home.



HAY MAKERS (up to \$1,000)

Janice Anderson
Aron & Marci Anderson
Anonymous
Anonymous
Lynn Appelbaum
Julie Armbrust
Daniel Bahl
Karen & Tom Bahl
Dawn Baker
Lauren Barron
Patrick Belisle
Bell Bank
Benno and Marlys Gapstur
Sand Family Fund of The Minneapolis Foundation
Chris Berner
Penney Bernier
Peter Bernier
Katherine Bigg
Eileen Bohn
Jane Borochoff
Claudia and William Brau
Laney Brown
Nate and Laura Brown
Cory Brown
Clarice Chikazawa
Amira Cohen
Nacia Dahl
Sally Daluge
Mitchell Dann
Bonnie Dann
Carol Decker
Molly DePrekel
Gretchen Dumestre
Dave Dvorak
Tamar Fenton
Mike & Linda Fiterman Foundation
Paula Forman
Paul Fournier
Amy Funk
Eileen Gabriele
Pamela Garrison
Gail Gendler
Giving Assistant
Grampa's Ole Home Meats
Sue Hanner
Mary Jane Hedstrom
Horse Crazy Market
Jean Howell
John Humleker
Karen Hupp
Judith Katz
Kathryn Klibanoff
Fred Krietzman
Stewart Krummen

Marianne Kullback
Virginia Lane
Michele Marshall
Marlo McGregor
Mitch and Jan McMillen
Medtronic YourCause, LLC
Edythe Misel
Wendy Morris
Debra Mounsey
Mystajek Kemp & Spencer Ltd.
Kathryn Oberg
Cyndee Olauson
Phil Oxman
Laurie Pattee Russ
Paula & Michael Pergament
Nina Perlmutter
Lisa Perovich
Helen Peterson
Jennifer Peterson
Kristin Petrie
Charlene Poppen
Bradley Radichel
Riverdale Pediatric Dentistry
Shelly Robshaw
Christina Rothstein
Helen Rubenstein
Linda Scott
Diane Shaieb
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Gerald Stewart
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Brooke Topalof
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Joan Ungar
Heidi Vars
Vitality Chiropractic
Lissa Walter
Liz Ward
Jean Waro
David Weaver
Anne Weinauer
Marybeth Weisberg
West Bend Mutual Insurance Co.
West Suburban Women's Club
Bonnie Westlin
Wade Wiken
Michael Winikoff
Brandan & Kavita Wishart
Woodbridge of New Hope
John Zdrazil

BARN RAISERS (\$1000 - \$9999)

Anonymous
Terry Bartz
Laney Brown
The Cozen O'Connor Foundation
Michele Marshall
Greg Novak
Cyndee Olauson
Pad & Quill
Sanger Family Foundation
Carla Smith
Kirstin Thomas

STALL OF FAME (\$10,000 +)

G. Berry Family Foundation, Inc.
Cargill, Inc.
Beverly Dann
Julie E Oswald Family Trust
Brian and Heidi Pergament
Ralph S. French Charitable Foundation
Bert and Joanne Zusman Fund



Thank you to Jennifer Kish at Liberty Diversified for printing the report,
and Armed Creative for the design.