

HOLD YOUR HORSES



2011-2012 ANNUAL REPORT



DEAR FAMILIES AND FRIENDS

Thank you for a year of firsts.

This marks the first "Annual Report" for Hold Your Horses (HYH) following several years of providing client services at our beautiful Independence, MN location. First, and foremost, I want to report on a successful, though challenging first year as an official non profit organization. HYH built on its mission of providing highly personalized, equine assisted therapy services for children with disabilities. These services include hippotherapy, equine assisted psychotherapy, adaptive riding lessons and community based continuing education opportunities. HYH remains dedicated to providing effective interventions that help achieve wellness and increase quality of life.

This year we made the decision to organize HYH as a 501c3 organization under the Internal Revenue Code to solidify our service offerings and move us a step closer towards long term stability. Now for the first time, charitable donations can be used to fund our equine assisted programming and help keep costs reasonable for all of our clients.

What began as an amazing gift from the Pergament family of first opening their Pergola Farm site, to support my first pilot program, is now on a clear path to the future thanks in large part to the generous continued support of its current property owner,

Cheri Morgan. Without the love and support of these families, we would not be here today, helping to change lives, one hoof beat at a time.

Working with children and horses teaches us patience and self awareness. As expected these skills were challenged greatly in this transition year. Countless volunteer hours were spent filing forms, rebranding our look, engaging mentors and working with our board of directors; all the while continuing to care for our clients, our horses and our home. More than a few sleepless nights were spent wondering if we were prepared to meet the challenges and opportunities of the next day. But with each new day, clients arrived ready to face their challenges, so of course, we were happy to face ours.

Oh yes, and the horses...no disrespect to their remarkable partnership with us... but they are *seriously* high maintenance and their well-being, understandably, gets pushed to the top of the "me first" list.

So please be among those first to join us as we step into the future dedicated to our mission of providing effective equine assisted services that improve quality of life for our clients. If you are just meeting us now, welcome. We hope you have a good first impression.

JANET WEISBERG, MS OTR/L HPCS
Executive Director Hold Your Horses

JAMES WAS OFTEN SCARED TO TRY NEW CHALLENGES. AT HYH HE COMPLETED HIS FIRST “AROUND THE WORLD” ON THE BACK OF A HORSE — SITTING FORWARD, THEN SIDWAYS, THEN BACKWARD AND THEN FORWARD AGAIN!



First Stories

The movement of the horse, coupled with the natural environment at the farm, gives our clients a chance to learn and experience many firsts. Here are a few examples of the many “firsts” our clients experienced based on their participation in our services:

Natalie used a walker when she started at HYH. At the farm she took her first independent steps—carrying a bucket of horse treats (of course).

Lila could not sit independently or say two words together. Now at the end of her session she can sit on the mounting ramp and say “Hi Lily”.

Janine would throw herself from one place to another with little to no awareness of her body in space. After many sessions of hippotherapy she learned to ride a tricycle.

Marcus would only speak to his mother. He now makes eye contact and says thank you to every member of the team.

Julia gained insight into her eating disorder when she observed some of the habitual behaviors of Buddy the horse.

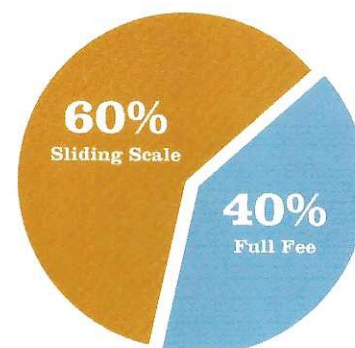
Ellen could not observe her own body without experiencing a post traumatic stress episode. Now she can look at her hands while she strokes the neck of a horse.

Hold Your Horses is dedicated to providing effective equine assisted services centered on enhancing improve quality of life for all of our clients. Our therapy services offer the opportunity to work and learn in an environment that is difficult to replicate in any other setting. We aim to achieve, functional outcomes that lead to greater independence in daily living. Other services offered at the farm include adaptive riding lessons, small group work and educational events for professionals.

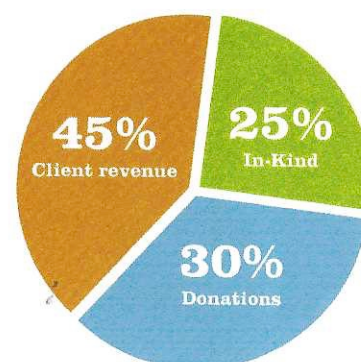
FINANCIAL SUMMARY

Hold Your Horses serves 57 clients, 60% of whom receive services on discounted sliding scale basis. Your financial support is indispensable to the work we do and accounts for up to 30% of our operating expenses each year.

FEE FOR SERVICE



REVENUE





Our first “Thank Yous” from 2011-2012

CONTRIBUTORS

We are grateful to these people whose time, talents and financial support opened doors in our first year.

Marsha Anderson	Greg Leder
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OUR TEAM

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OUR BOARD OF DIRECTORS

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Deb Oberman, Vice Chair
Greg Leder, Treasurer
Mike Bloom, Esq.
Sarah Carlson, DVM
Cathy Tobias

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