



## Goals for the New Year



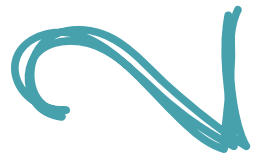
**SERVE 70 CLIENTS PER WEEK.** Build a therapy office at HAHA.



**Provide 2,000 therapy hours in 2018. ADD TWO NEW THERAPISTS.**



**Train the Clydesdales to drive. Build an indoor waiting room. Get 1,000 Facebook followers. Raise \$3k**



**from Hogs & Horses & \$4k from Topeka Gives.**

**MAKE A SENSORY STALL IN THE BARN.** Add a board member.

## Dr. Sami Solu Arena Dedication



On October 14, 2017, HAHA staff, volunteers, and board members gathered to dedicate the renovated Dr. Sami Solu Arena. Turi and Ozlem Solu made a generous donation to HAHA in memory of Dr. Sami Solu, who was an emergency care doctor in Turkey and America. Dr. Solu served in many hospitals across the U.S., including hospitals in Arizona, Colorado, New York, and North Carolina. Until his passing in 2011, he was a devoted physician and family man.

The family's generosity enabled HAHA to facilitate much needed improvements in the riding arena, including bringing in sand and magnesium chloride to retain moisture and cut down on dust, putting up walls and trim, painting, and adding cabinets. New activity stations are also being added to further develop the arena.



*Harnessing the Power of Horses to Transform the Human Spirit*

Hope and Healing Academy is a 501(c)(3) Non-Profit Organization | [hopeandhealingacademy.com](http://hopeandhealingacademy.com)

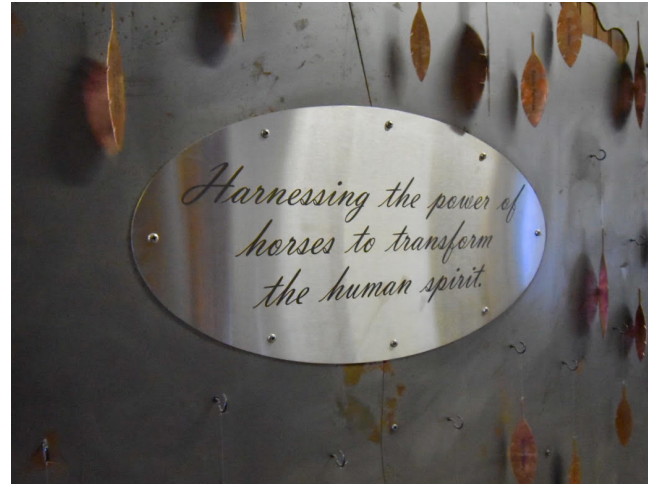
# The Giving Tree: The Legacy of Barbara Bruner

Those who come to the barn are immediately reminded of the contributions of Barbara Bruner, late secretary of the HAHA Board of Directors and mother of Barn Manager Lisa Bruner. The leaves on the new "Giving Tree" catch the wind and make a beautiful tinkling sound, serving as a constant reminder of all the people who make our program possible.

The Giving Tree was custom-made by Custom Sheet Metal. On the top plaque reads HAHA's mission statement, "Harnessing the power of horses to transform the human spirit," and Barbara's signature graces the bottom plaque. Three sizes of copper leaves dangle from hooks on the tree, each engraved with the name of a business, family, or individual who has supported HAHA.

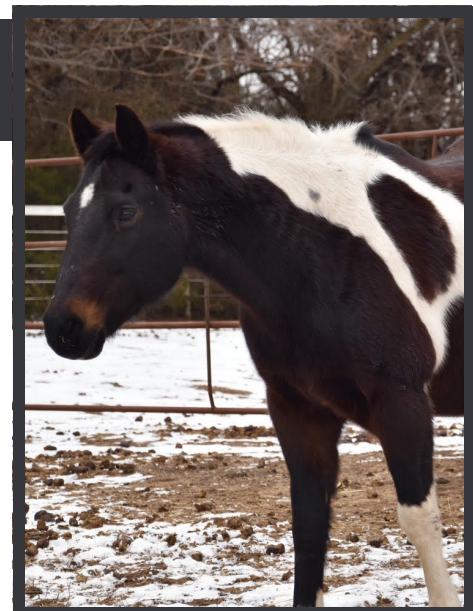
## Grow Our Giving Tree

Want to be a part of our Giving Tree? Each leaf size is engraved with the name of someone who has donated their time or money to HAHA. The smallest leaf size is engraved with the name of volunteers who have worked with HAHA for one year or more. The mid-size leaves are for donations between \$100-\$1000. The largest leaves represent long-time supporters and donors who've given more than \$1,000 to the program.



## Enjoy Retirement, Kiowa!

Kiowa, the oldest of our therapy horses, has earned her much-deserved retirement. This year she is 29, and she has served HAHA since the program began in 2013. As a right-brained extrovert who is slow, patient, trustworthy, and forgiving, Kiowa has been the perfect horse for young clients. She's known for her passion for belly scratches and peppermints, and she's sure to receive plenty of these and lots of love as she joins Sandra Hazlett's herd. Kiowa joins Big Kuntry, a former HAHA therapy horse that Sandra adopted last year. Thanks to owner Lisa Bruner for loaning us Kiowa and to Sandra for providing her grassy pastures for two of our retired friends.



*Harnessing the Power of Horses to Transform the Human Spirit*

Hope and Healing Academy is a 501(c)(3) Non-Profit Organization | [hopeandhealingacademy.com](http://hopeandhealingacademy.com)

# Welcome to the Program!

Long-time boarders, Sweetie (top) and Spirit (bottom), are officially joining HAHA's therapy horses as we start the new year. Both horses are half-ingers, a light draft horse breed that has a chestnut coat with a golden or white mane. Both horses are 11-year-old mares, and both have competed in the Ultimate Horsemen's Challenge Association (UHCA) and other Extreme Cowboy events. Sweetie and Spirit are left-brained introverts. This means they are calm and confident and require confidence and assertiveness from the people who work with them. Sweetie works especially well with young clients. Spirit is a great horse for confidence building in beginner riders. Thank you to the Hachmeisters for letting us use your beautiful girls in our therapy program!

Keep an eye out for Buddy, owned by Marley Dinwiddie, and for Ollie, owned by Annette Thornburgh, our therapy horses in training. We look forward to these boys joining the ranks soon!



## New Therapy Day!

We've added a new day to the therapy calendar!

We are now taking clients on **Monday**

**afternoons from 3 to 6 PM.**

We're excited about the increased opportunities for the program and look forward to helping more individuals and families find hope and healing through equine-facilitated psychotherapy. Keep any eye out; we may be adding another day again soon!



## Don't Forget Dillons!

If you haven't done so, sign up your Dillons reward card so that you can give to HAHA



with every Dillons or Kwik shop purchase! Share the word with family, friends, and coworkers; each person who signs up contributes an average of \$10-\$20 to HAHA per month, without any effort!

1. Go to **dillons.com/communityrewards**.
2. Sign into your account or create an account.
3. Click the **Enroll Now** button.
4. In the Community Rewards section, click the **Enroll** button.
5. Type **78830** and click **Search**.
6. Select **Hope and Healing Academy** and click **Enroll**.

*Harnessing the Power of Horses to Transform the Human Spirit*

Hope and Healing Academy is a 501(c)(3) Non-Profit Organization | [hopeandhealingacademy.com](http://hopeandhealingacademy.com)

# Horses Bring Peace to My Busy & Confusing World

For me, a 13-year-old girl with autism and ADHD, the hardest part of word problems in math is not getting distracted by the stories the problems tell. The math is simple. I just can't concentrate on the task with any extra information. Once I hear something that sounds familiar, memories flood into my mind. The next thing you know, I miss important directions of the assignment that I need to do. Likely I will miss the due date, and I won't know where to start when I do my homework later that night. It usually turns out to be a truly overwhelming experience for everyone involved.

I have a busy schedule. Many nights I don't get home until 9 p.m. because I am involved in the school plays and I dance several nights a week at a studio. By the time I finally get home, I feel like I make little to no progress on my homework, and I can barely focus enough to get even one small assignment done. This leads to more frustration and anxiety. Sometimes more than I can handle alone.

Even though I have a busy schedule, there is one thing in my life that I could not afford to give up. I go to a horse therapy program near Topeka, KS . . . Hope and Healing Academy, or HAHA. It has helped me learn to communicate my problems, and I am able to get more homework done. Because of HAHA, I can better communicate with others about situations that can be overwhelming and stressful. It has helped build my confidence and has made me more likely to socialize with others rather than my normal pattern of sitting alone at lunch. Although being alone doesn't usually make me feel lonely, socialization does expose me to more social situations, and I need to learn this skill to be successful in the future.

This program is especially beneficial for me because I get to work with horses directly. Ever since I was as young as six years old, I have been fascinated by these creatures, and I want to be able to work with horses throughout my life. HAHA is very beneficial for not just me, but it also helps other kids like me. HAHA is important to me, and it is with the horses that I find peace, even when the tasks they give me are challenging. I would never remove this experience from my life. These horses help bring peace not only to my life, but to the lives of many other people like me.

**By Grace Powell**

*Harnessing the Power of Horses to Transform the Human Spirit*

Hope and Healing Academy is a 501(c)(3) Non-Profit Organization | [hopeandhealingacademy.com](http://hopeandhealingacademy.com)

# Volunteer Program Updates

HAHA currently has about 15 regular volunteers, and new volunteer applications come in regularly. To ensure all volunteers understand the program and natural horsemanship, Barn Manager Lisa Bruner and Volunteer Coordinator Joy Bancroft have been updating the volunteer training program and developing volunteer training handbooks.

The new training program is made up of four levels: Barn Volunteer, Horse Handler, Groundwork Instructor, and Riding Instructor. Volunteers must demonstrate specific skills as well as document their volunteer hours to progress to another level. All incoming volunteers, regardless of previous experience, will start as Barn Volunteers until they can demonstrate the skills and experience to move up to horse handling. Most volunteers will remain horse handlers, but those who are interested in advanced training can progress to become groundwork or riding instructors under the supervision of Lisa Bruner. Younger volunteers will be limited in the amount of responsibilities they have, as working with clients requires a specific sets of skills and competency.

All volunteers will undergo a KS Child Abuse and Neglect background check, as well as a check from the KS Bureau of Investigations, at a cost of \$40 to the volunteer. For further information about volunteering, please visit [hopeandhealingacademy.com/volunteer](http://hopeandhealingacademy.com/volunteer).

## Welcome to the Board

Joy Bancroft, Volunteer Coordinator, has been invited to join the HAHA Board of Directors as a junior member. She has been volunteering with HAHA over two years, assisting with marketing, fundraisers, and volunteer coordination. She joins Board President, Sheryl Strathman, and board member Annette Thornburgh. The board is looking to add another member with veteran experience in 2018.



## Winter is Here!

As temperatures stay cold, remember to dress warmly at the barn!

The barn often feels a few degrees colder than it does in the sun, so wear layers, bring gloves, and wear warm shoes. As it warms back up and starts raining in the spring, remember to wear rain boots and clothes you don't mind getting dirty! If you ever wonder if sessions might be canceled, check our Facebook page or text or call Chris.



## Upcoming Dates

**February 25-March 3**  
First Quarter Break

**April 30-May 6**  
Second Quarter Break

*Harnessing the Power of Horses to Transform the Human Spirit*

Hope and Healing Academy is a 501(c)(3) Non-Profit Organization | [hopeandhealingacademy.com](http://hopeandhealingacademy.com)