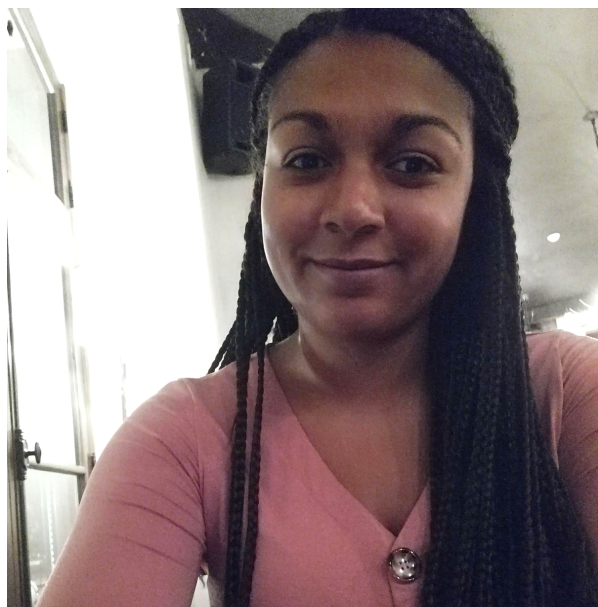


HAHA QUARTERLY

HARNESSING THE POWER OF HORSES TO TRANSFORM THE HUMAN SPIRIT

A DAY IN THE LIFE OF NAZILTA JONES

BY JOY BANCROFT & NAZILTA JONES



Nazilta Jones is one of our master's student interns for the Fall 2018 semester. She attends the University of Belgium and is studying social and intercultural psychology. She met the Morans when she lived with them as an exchange student during her junior year of high school, and now she's living with them again while she interns at HAHA. She answered a few questions (with much pizzazz) about how she manages being an intern, learning horsemanship skills, and living abroad at the same time.

IN THIS ISSUE...

A DAY IN THE LIFE OF...

THANK YOU, HOGS & HORSES

COMING SOON... AN OFFICE!

AMAZON SMILE + WISH LIST

UPCOMING DATES

How does your day start?

I typically wake up at 8 am, and sometimes I hit the snooze button and get 10 more minutes of sleep (no judgment please). Once I am up I usually go in the kitchen where I meet Kim and/or Chris in their PJs (SAAYYY WHAT!!!??). I know this might get a few readers uncomfortable, but hear me out: I currently live with Kim and Chris Moran. A while back I used to be their exchange student and well now... we are family. I call Kim and Chris Mom and Dad, and Mariah is my sister from another mister. Back to my daily routine, once I make it to the kitchen, I usually have cereal or

A DAY IN THE LIFE, CONT.

whatever is in the fridge. If you know me, you know I like to wait last minute to get ready (the first step to change is acknowledging the problem!) so when my beautiful blonde-haired sister Mariah walks into the house followed by her husband Brett, I usually know I am running late. So as any person who knows they're running late, I get up and... start talking to my sister and her husband until the clock reaches 8:50 am. If you peek through the window around 8:55 am you should spot a grown woman in flannel PJs running toward her bedroom to get dressed and brushing her teeth at the same time. (I got skills; what can I say... once a multitasker, always a multitasker.) Thank goodness my lovely sister usually waits for me so we can have our morning walk together to the barn. (That's normally when we complain about our boss... right, Dad!). But before we can get to the barn we have to cross our backyard full of dogs! They attack us every morning with love and licks but we have to fight through and not give in to their vicious aggressions. (No time for puppy eyes.) Finally we make it and it's only 9:30am! Just kidding, it's about 9:00 am... ok 9:03 am. We would make it there earlier, but Chris makes me bring him his coffee every morning. (If any of y'all say that we could make it earlier if I hurried up, I will find you, I will track you down... and I'll say or do something appropriately dramatic.)

What does your work at the barn look like?

I mainly see clients (when I am not making coffee or getting everyone frozen latte's from McDonald's) with Chris's supervision. I shadow other therapists to learn different clinical approaches. I work at the barn about 3 days a week, and I accomplish a variety of tasks during that time: doing intakes with Chris, writing session notes, showing new clients around, participating in horse picks, taking part in staff meetings, sweeping the barn alley, feeding the horses (occasionally), working with clients, and giving the families feedback on the sessions.



Nazilta and Mariah working with Sweetie and a client on the friendly game.

When I am not working, I take riding lessons with Lisa, the Equine Program Director, and she teaches me the Parelli method we use with the horses. I also enjoy some time off with the other girls working at the barn.

What experience do you bring to your position?

Since I study abroad, I have a different perspective on psychology from that of my

A DAY IN THE LIFE, CONT.

peers. On top of that, I don't actually study social work, but psychology, so our approaches vary. It's not my professional experience in the field that adds to the plate, as I am still a student and have a lot of work ahead of me. However, I definitely think all my life experiences have given me the ability to sense and observe situations more carefully.

I also really enjoy learning from everybody at the barn, and I like meeting new people. That's probably what makes me appreciate this type of work so much. Finally, I want to point out that it's not so much what I bring to HAHA but what HAHA has brought to me, and what I have gained from this internship is priceless. I have gotten in touch with myself so much through our therapeutic methods. I have learned to listen to what my body and my mind tells me, and that sometimes those are two different things. I have learned how to be more self-aware and how to emotionally regulate. Most importantly, I have learned proper communication skills, and that is the key to every good and healthy relationship. This experience has made me a better human being at every level (and I was darn close to perfect already... haha)!

What do you like best about working at HAHA?

Two things: (1) The work we do is mind-blowing, and I absolutely love it. It makes it easier to wake up every morning knowing this is what I am going to do all day. (2) I love the people I work with--there is such a great setting at the barn. Each individual I work with is unique and they all bring so much to this place. It wouldn't be the same without them. All their different experiences are so enriching and definitely bring so much more value to what we do. I really think I have made some great friends!

PULLED PORK & POOL AT BREAKERS

The 4th Annual Hogs and Horses bike ride and poker run raised over \$1500. The five stops this year were the Bar'N Grill, the Blue Shed Gun Shop, which held a fundraiser for HAHA that Saturday, Game Day, Gayle's, and Breakers. A special thanks goes out to Billy Noel, owner of Breakers, for providing the ending location and promising future collaborations with HAHA! Thanks too go to Blue Shed Gun Shop, JW Patterson, and all who helped out!



★ **\$1,550.00** ★

COMING SOON... A NEW OFFICE!



The Morans started construction on a new office building this August. The building will house a waiting room for parents and three office spaces.

With this new space, therapists will be able to do intake sessions and meet with parents and clients as necessary. It also offers a place for sessions to take place during especially inclement weather. We will also use it to host staff and volunteer trainings, as it will accommodate technology unavailable in the barn.



All exterior work is completed, and we are now working on the interior. The building should be complete by mid-November. We're excited to have this great asset and are thankful for all the people who have helped during construction.

amazonsmile

In addition to the Dillon's Rewards program, you can further support HAHA when you shop online by using Amazon Smile.

You can navigate directly to our Amazon Smile information using the link below. We recommend bookmarking the link so it's easy to find and remember. For eligible purchases at AmazonSmile, the AmazonSmile Foundation will donate 0.5% of the purchase price to HAHA. It's not a huge amount, but every little bit counts! We've also made a wish list for items commonly used around the barn and office. (Don't worry, we'll also give you our wish list below!)

Amazon Smile for HAHA: <https://smile.amazon.com/ch/46-4082603>

HAHA's Amazon wishlist: <https://amzn.to/2qmwKaw>



OUR CHRISTMAS WISHLIST

Toilet paper
Shop towels/rags
Bulk hand soap and cleaner
Cotton gloves and hats
Hand warmers
Art supplies
Children's books (Dr. Seuss)
Neatsfoot Oil
Saddle soap
No Thrush for Horses by Four Oaks Farm

UPCOMING DATES

UPCOMING BARN BREAKS

OCT 29-NOV 3

DEC 31-JAN 5

Q1 VOLUNTEER ORIENTATION

JAN 5 (TENTATIVELY)

