

Reins of Hope Spencer Courage in Motion

February 2019 Newsletter



Thank You 2018 Donors

Valero Benefit for Children
Koenig Dodgeball Tournament
Knights of Columbus
Craig Wofford
Gary & Kathi Noble
Shirley Woodford
Archer Reformed Church
First Congregational Church
Steven & Mary Mills
Shelly Higgins
Mills Custom Woodworking
Abigail Hoffman
Craig Woodford
Karla Schnurr
Virginia Origer



A Note from the Board

Welcome to our first biannual Newsletter! We are excited to share program news with supporters and our community. Reins of Hope is a volunteer program that helps youth with diagnosed needs ride horses and participate in therapeutic activities and games right here in NW Iowa.

I am grateful and amazed by all the volunteers and donors who make our program possible. Every rider has a wonderful team helping & encouraging them—horse leaders, side walkers, instructors, and more. Not to forget the horses! Youth quickly form a bond with “their” horse and eagerly await their next ride.

Volunteer applications are available on our website. NEW for 2019 Rider Applications will also be online. Watch our website and Facebook pages for 2019 dates.

We look forward to this new year and hope to see you this spring.

- Wendy Faber, Reins of Hope President

Riding Sessions

In Spring of 2018 Reins of Hope worked with twelve youth ages 6-18 years old. Over a six week course at the Clay County Fairgrounds, volunteers brought in tested horses each week for participants to ride. The Fall 2018 Session of Reins of Hope was held at Camp Foster in Spirit Lake Iowa utilizing horses at Camp Foster. Eight youth participated during this six week course.

Both Fall and Spring Session riders participated in activities focused on improving social skills, confidence, speech, balance, core strength, and fine motor skills.

Donors

This year, donations provided for expenses beyond regular program costs. New equipment was purchased including gait belts and new poles. Poles are used for several activities and stretches as they ride.

October 2018 Reins of Hope received a Valero Benefit for Children Grant Award in the amount of \$4,500. These grant dollars have been ear marked to replace helmets which expire naturally with wear due to deterioration of materials inside. Every three years Reins of Hope seeks to purchase new helmets to replace the used safety equipment.

Reins of Hope Spencer Courage in Motion

Volunteers

Volunteers make up the heart of Reins of Hope. In 2018 our program welcomed approximately 30 new volunteers. These caring adults came from as far as Jefferson, South Dakota and Albert City, Iowa to Spencer and the Iowa Great Lakes to share their time with our program. Volunteers are utilized in various aspects of the program including session registration, ramp and equipment set up, greeting participants, preparing horses and tack, leading animals, activity preparation, side walking with riders, and much more! Each session calls on three volunteers per riding participant, meaning a session of eight riders seeks the involvement of at least twenty four volunteers.

Our Impact

Over each six week session our volunteers, families, and riders witness change. For some change is the progression from being overcome by the sight of a large animal to hugging a loved horse free of anxiety. Others benefit from six weeks of exercise to their core muscles. Youth benefit from guided social interaction in new settings. Reins of Hope is proud to provide such a wide range of positive opportunities and outcomes. Families from each session participate in surveys that provide feedback on program benefits and help us continue providing opportunities that will meet the needs of youth.

“ My son has come a long ways during this program with his balance, core strength, and confidence not to mention his love for the horse. ”

- Participant Parent



Contact Us
Reins of Hope

1940 360th St. Spencer, IA 51301

<http://www.reinsofhopespencer.org/>
reinsofhopespencer@gmail.com

 Like us on
Facebook

@ReinsofHopeSpencer

[Facebook.com/ReinsofHopeSpencer](https://www.facebook.com/ReinsofHopeSpencer)

Volunteer applications are available online at the Reins of Hope website. NEW for 2019-Rider Applications will also be online. Watch our website and Facebook pages for 2019 dates!