

THE HOOF BEAT

HORSEPOWER Newsletter

Location

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Phone

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Website

www.horsepowersf.com

Check out our Socials!

Facebook

"HorsePower"

Volunteer Facebook

"HorsePowerSF Volunteers"

Twitter

@HorsePowerSFSD

Instagram

horsepowersfsd

TikTok

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Important Forms

New and Returning Client Forms

Under Resources Tab:

<https://horsepowersf.com/resources>

Volunteer Forms

Under Get Involved Tab:

<https://horsepowersf.com/get-involved>



Horse Health

Lets check those teeth!



We do a lot of things to keep our herd in tip top shape for their clients. One of those things is having their teeth looked at once a year. Horse teeth grow continuously so once a year we have a Veterinarian come in to "Float" their teeth. During the float the Vet will look in the horse's mouth for any places that are not wearing down correctly. If they notice any spots that need some help they will file those down. Having teeth that line up correctly help our horse eat more efficiently. Our horses are given a small amount of sedation, so they can nap during the whole process! We would like to thank Dr. Lainie Kringen-Scholtz from True North Veterinary Health and her tech Nicole for coming out and taking such good care of our horses.



Our 4 Legged Friends

It takes a very special horse to be a therapy horse.

Poco is an 8 year old quarter horse. She is the youngest in our herd and her spunk out in the field shows it! She is owned by one of our volunteers. Poco is used in both hippotherapy and therapeutic riding. She is very gentle and sweet with her riders. She can be silly when she wants a little extra attention. She loves playing and exploring in the arena with the props. Her best friend is Arya, when in a field you will not find much distance between the two.



Important Dates

- Winter session is October 16th - December 7th.
 - We will be closed Thursday November 23rd for Thanksgiving
- Registration Deadline for New Year session is November 9th, 2023.
- Halloween at HorsePower
 - October 28th 10am - 2pm

2023 Schedule

- Winter II: October 16th - December 7th

2024 Schedule

- New Year
 - January 15 - March 1
- Spring
 - March 18 - May 10
- Summer
 - June 3 - August 2
- Fall
 - August 19 - Oct. 11
- Winter
 - Oct. 28 - Dec. 13

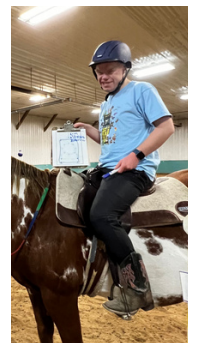
Client Spotlight

In this section we will put focus on some of our wonderful clients and their stories. We are in awe everyday by the strides our clients make.



Andrew S has been participating in HorsePower for almost 7 years. He and his family heard about HorsePower through the Southeastern Adult Day Program. Andrew has been riding for awhile so he has A LOT of favorite horses; Doc, Diesel, Arrow, Buttercup, Toledo, Jack, Daisy, Poco and Dunny. When asked what his favorite activities were during a lesson he said, "trotting, being unhooked, barrels, cones, ground poles, walking the horse, special holiday activities and the rodeo activities." Andrew is always ready for whatever his instructor Lacy has for him that day and does his activities with a smile and enthusiasm. Andrew said that riding at HorsePower has helped him to focus and concentrate better on things and he likes making new friends. "I feel comfortable and safe riding a horse." His favorite memories are dressing the horses up for Halloween and participating in equestrian at the State Special Olympics. Andrew was asked what he would tell someone thinking of coming to HorsePower, he said, "To have fun, ride horses and the instructors care about you." Andrew's parents said they like how HorsePower has taught Andrew discipline, given him a sense of accomplishment, predictability and given him a place to socialize and learn to trust.

Andrew K has also been participating in HorsePower for 7 years. His physical therapist recommended HorsePower to Andrew and his family. Cisco is Andrew's favorite horse, he even did his senior pictures with him. His favorite activities are trotting and going over the ground polls. When asked how HorsePower helps him Andrew said, "It helps me learn about how to take care of horses and how to ride well. It makes me stronger." His favorite memory has been participating in State Special Olympics and winning a gold medal. "I would tell my friends that it is fun to ride a horse. I would also tell them that the people at HorsePower are awesome!" His mom said, "HorsePower has been a wonderful therapy for Andrew. It has strengthened his legs, core and improved his balance. He has learned to love and care for horses. He has worked with awesome therapists, instructors and volunteers. Over the years he has become a very confident rider."



Wish List

- For the volunteers
 - Individual snacks
 - salty & sweet
 - Bottled Water
- For the horses
 - Lead ropes
 - Shavings for stalls
 - Rubber feed pans
 - Gift cards
 - Tractor Supply or Fleet Farm
- For the office
 - Epson 822 xl printer ink
- Miscellaneous
 - Dry Cat Food

All wish list items can be dropped off at the farm M-Thurs. 9-5 or mailed to us

Go to Amazon.com, click on Registry along the top, in the find registry box type in HorsePower, select "Gift List", hit search, Find the list titled HorsePower SF Wish List.

DONATIONS

You can donate on our website (<https://horsepowersf.com/donate>) by clicking the donate button in the upper right hand corner.

Horse Shelter

Building Shelter for our horses



On Saturday October 7th we spent the day building a shelter for some of our therapy horses. The money for this shelter was raised at our Blue Jeans & Bling event. We can not thank the volunteers and families that came out to help enough. It took the whole day to get this one shelter up and we have one more shelter we hope to get assembled before the snow flies. If you know of a group that could help us get the other shelter up please send an email to coordinator@horsepowersf.com.

Special Thanks to Cyn, Brody, Harley, Ben, Eric, Robbie, Ken, Deanne, Rob and Aischa for all your help!

Upcoming Events

Halloween at HorsePower

Mark your calendars for Saturday October 28th! We will be hosting Halloween at HorsePower from 11am - 2pm. 10am - 11am is designated for our clients and those who may need extra time or have sensory needs. We will be offering free entry, trick or treating with our horses, carnival games, food and some fun displays. If you are interested in donating or volunteering for the event please reach out to coordinator@horsepowersf.com for ways you can help!

Donation List:

- Candy
- Small prizes
- Juice/Gatorade
- Hot dogs
- Buns
- Volunteer at the event
- Monetary



Note from the Staff

What a year it has been, we have all reached our one year mark being employed with HorsePower. It has been amazing getting to know all of our clients and volunteers. The mission of HorsePower is seen everyday when a rider feels more confident or accomplishes something new. We are so honored to be a part of their story.

Austin, Lacy & Kim