



CENTRAL KENTUCKY RIDING FOR HOPE

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Dear Friends,

Can you remember the first time you felt the comfort of a horse's velvety soft nose? Central Kentucky Riding for Hope is celebrating **35 years** of giving this comfort to children and adults with special physical, cognitive, emotional and social needs.

Over the years, CKRH programming has broadened and evolved to improve the health and quality of life for even more people. The face of a CKRH client now includes a child learning to use their body's strength to guide a horse through an obstacle course; a high school student needing an alternative learning environment provided in collaboration with Fayette County Public Schools; a United States veteran working through post-traumatic stress; and so many more.

We would like to share with you a few stories of people who have excelled at equine therapy. And we ask for you to give a financial donation so we can do even more to strengthen the minds and bodies of those we serve.

Meet Martha...

Martha is non-verbal, has multiple diagnoses and uses a wheelchair. When she first started at CKRH, Martha wasn't able to sit up, control her head and neck or use her hands and arms. Her therapeutic work at CKRH has enabled Martha to gain more control of her head and neck allowing her to **sit tall in both the saddle and in her wheelchair**. She has also improved the use of her hands and arms so much that she can now help feed herself and began working on adaptive baking goals. If Martha is not at CKRH these days, she can likely be found in the kitchen baking dog biscuits with her mother!



Meet Cory...

Cory was an avid athlete before an accident left him with a traumatic brain injury (TBI). Frustration made Cory feel like he had to give up his dreams along with his athleticism and the brain and body abilities that he had before. He was regularly gripped by anxiety and stress...until he started Therapeutic Riding at CKRH. **"When I ride Gerta and focus on feeling my body and what it is doing to match her movements, I feel like there is hope that maybe the wall between my brain and my body will eventually get torn down. She loves me the way I am, and to her, I am not broken."** The work isn't easy but Cory really loves this form of therapy and now he has a dream to compete in local western equitation shows and the Special Olympics! "Sometimes I just laugh out loud when I think about it. And the competitive and talented athlete in me, long silent, is sticking his head up asking, "maybe I can BE again?!"

Meet Justin...

Justin was two-years-old when he first came to CKRH 31 years ago. He has Cerebral Palsy. Largely immobile, he was in a wheelchair. **Justin explains the first time he was on a horse as the first time he was free from his body. Justin worked hard to develop his muscles through riding.** With incredible determination, he learned to walk at age 14. He was just as dedicated to his education becoming the first and only triple-major four-year graduate in Centre College's history. He followed that up with law school and is now an attorney in central Kentucky. Justin credits CKRH for all of his success in life. He now pays it forward as a CKRH volunteer giving to others what he needed most....Hope.



In the world today, Hope is a priceless commodity. You can give Hope by making a gift to CKRH today to enable those with challenges to work on being the best they can be. Whether it is making dog biscuits, working to fulfill an Olympic dream or helping others, all of our goals lead to enriching lives and the community.

Sincerely,

Pat Kline
CKRH Executive Director

P.S. This year is a good time to consider a gift of securities. Large or small, your gift will ensure that more success stories can be told. Thank you!

