



SPOTLIGHT ON: NORTHWOODS HIGH SCHOOL



We were so thrilled to welcome two exceptional classes from Northwoods High School who rode with us for 11 weeks this spring. This is the second year we have had the pleasure of hanging out with this wonderful group of teenagers. These riders learned tons of riding skills, and gained knowledge in barn and horse management. They finished their session with a party, where their specific accomplishments were recognized with a Horse and Buddy ribbon. According to Exceptional Children's teacher, Kylie Finley, "The kids look forward to every Monday in the spring when we get to go to Horse and Buddy and ride the horses. It is about so much more than riding. It's about teaching the kids about responsibility, taking care of the barn and the horses, and building relationships." Exceptional Children's teacher Carol Bartholf adds, "The students really look forward to our weekly trips to Horse and Buddy. There are so many benefits from the therapeutic horseback riding program. The equine therapy improves balance, coordination, focus, communication, self-confidence, patience, and self esteem. We are so lucky to be able to participate in the program at Horse and Buddy."

NONE of this would be possible without your generous support of our program! Thank you!!

GALA 2018

THANK YOU to all of our wonderful friends who sponsored, attended, donated, volunteered, supported, and helped with the multitude of things needed to organize this event. It was our most successful Horse and Buddy gala to date, raising just over \$100,000!

Save the date: Sequins and Spurs 14 will be held on Friday, May 3, 2019.



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RIDER/PARENT TESTIMONIALS

More examples of the difference **you** are making in the lives of our riders!



Hannah

Hannah has been riding with Horse and Buddy for 7 years. Her true love is horses and the therapeutic riding strengthens her body and soul. She's been riding with Jessica and Connie for several years and the two of them have become so much more than riding instructors and assistants. They love Hannah as if she were their own daughter. Having such a supportive environment to set and achieve goals, even striving for the Para Olympics, has made a positive impact on Hannah's life. Some of her most joyful smiles have come atop a horse at Horse and Buddy.

Riley

Before Riley started riding at Horse and Buddy, he would refuse to try new things, was extremely shy or would shut down when in slightly stressful situations. He also had trouble with balance and coordination. From the minute he met the staff at Horse and Buddy and first sat on Joe, he was a different child. His anxiety disappears when he rides Joe. When his session ends, he can't stop talking about the horses and staff. His balance and coordination have improved so much he can now pedal a bike and kick a ball and run. He is getting better about trying new things and going to new places without shutting down or refusing to go. He has become quite outgoing and chatty even when he meets new people.



From a parent perspective, Horse and Buddy is the first place we have ever taken Riley that I feel completely comfortable with the staff and have never felt the need to follow and watch. I know with unwavering confidence that they are there for the children and want them to succeed as much as the parents do. I couldn't ask for a more loving, supportive organization for my son and my family.

I would like to make a donation to Horse and Buddy.

Horse and Buddy
PO Box 675
Apex, NC 27502

Amount: \$ _____

Please make checks payable to Horse and Buddy.

You can also donate online via our website at: <https://www.horseandbuddy.org/donate>



To be removed from our mailing list, please email: janet@horseandbuddy.org

PEANUT WINS HORSE OF THE YEAR!

We always knew he was a superstar, and now we have proof! Peanut, our amazing pony, has won Region 3 Horse of the Year from PATH International. Region 3 includes all of NC, SC, VA, and WV. No matter the job—from therapeutic riding to hippotherapy to volunteer training to natural horsemanship, he is an incredible asset to our program!

