

Horse Powered News from *Triple H Equitherapy*



WHERE HORSE POWER HEALS

NOVEMBER, 2016

Special Bonds at Triple H Manifest Joy

Hannah Sharman and Cathy Glynn are members of a special partnership. Hannah, who has cerebral palsy, turns fifteen on January 9th, 2017, and has been a client at Triple H since she was two years old. Cathy Glynn, honored as Volunteer of the Year in 2015, is Hannah's Horse Handler.



Every Saturday Hannah mounts her special therapy horse, Laz. Cathy leads Laz, and Hannah's Dad, Triple H Board President David Sharman, walks alongside to ensure safety.

"Laz is the real mentor and the real therapist helping Hannah," Cathy notes. "And we've all developed a special relationship. To see Hannah get on a big ole horse like Laz, who, true to his Thoroughbred temperament, can be a real

firecracker at heart, is an awesome experience. Laz is smart and energetic. He wants to play and have fun. And, so does Hannah who has a sense of silly humor that she inherited from her Dad. Hannah and Laz are a great match."

Due to her cerebral palsy, one of Hannah's trials has been the lack of balance. When she first began to ride, two side-walkers were required to hold her in the saddle with a bolster placed in front of her to lean over if she no longer had the strength to sit up. Now, only one side-walker is needed and her balance in the saddle is good and stable.

"God brought me to this special place," Cathy says and smiles, "and this is a special opportunity to give time to help people and do what I love—being with horses. There is most definitely a spiritual dimension to Triple H. Here, we are not isolated but in a special place dedicated to healing."



The Magic of Horses Gala

We do not have room in this newsletter to thank all our wonderful Sponsors and Auction Item Donors. So we ask that you please check out our website, www.triple-h.org for a list of our sponsors and auction donors. We thank each of you for your generous support.

A Very Special Thank You

to Rhonda and Jessica Minarsin for donating the live auction item, "Trail Ride on the Guadalupe," which was so popular that it sold three times!!!

Horse Power for Seniors Will Launch in 2017

Triple H has always served children and adults of all ages. During 2016, our youngest client was 3 years old, and our oldest client was 91. However, recently we've recognized a growing need in our service area for mental health programs specifically designed to meet the special needs of seniors with mental health disabilities. Approximately 1.3 million people, or nearly 32 percent, of Texans 65 years of age or older have a disability.



Research has shown that animal-assisted therapy, especially using much beloved animals such as horses, can play an integral role in successful physical, occupational, and emotional therapy for seniors. During 2015, Triple H completed a pilot project to test a new program specifically designed to help seniors be healthy and productive members of their communities. The pilot consisted of two components. The first offered a recreational orientation to equine-assisted therapy focusing on holistic—mind, body, spir-

it—benefits. The second provided equine-assisted psychotherapy for 18 clients aged 55 to 84. The positive outcomes of the pilot project resulted in the development of a new Triple H program, Horse Power for Seniors. We are currently seeking funding to launch the program in 2017. One of the beauties of the program is that it will partner some of our senior horses with senior clients. The human-horse bond they will develop will enhance quality of life for the horses and their special seniors. A special thank you goes to Alma Aguirre, President of the Alamo Resource Conservation & Development, for her help in facilitating the educational outreach program for 52 seniors in Lakehills.



Horses Shine at Seniors Program
Horses Van, Charlie, and Hannah played leading roles in a program at the Lakehills Civic Center on Wednesday, Oct. 26. They helped demonstrate the healing power of horses in a senior assistance program put on by Alamo Resource Conservation & Development Area, Inc.



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