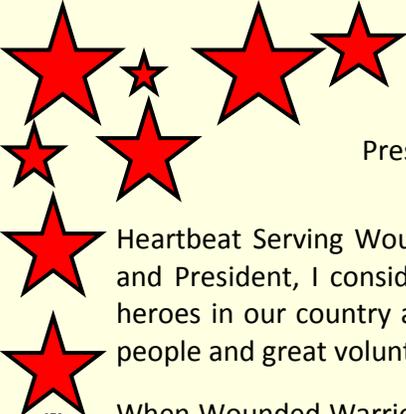


*Heartbeat Serving Wounded Warriors®*



*Let the Healing Begin*

*Annual Report 2017-2018*



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Letter from Janice Buckley,

President and Founder of Heartbeat Serving Wounded Warriors®

Heartbeat Serving Wounded Warriors® is the passion of my heart. As Founder and President, I consider it an honor every day to serve the most courageous heroes in our country and the world. Heartbeat is a team effort with many key people and great volunteers who are making this vision a reality.



When Wounded Warriors come home, because of their injuries, the spouse may have to quit work to be that 24/7 caregiver that is needed. That sets up a new financial dynamic in the family. More often than not, after the Warrior leaves their branch of service due to medical reasons, the wait for their VA claim can take many months. During this time, the Warrior is without funds until his disability pay becomes available. These Warriors that were completely in control of their lives, and doing what they loved to do in serving our country, now, are disabled. That is why we offer these programs, so that we can be that extended hand to these families. At Heartbeat we are choosing to be an answer. We are choosing to be a voice and not just an echo.

We have served many Warriors who were left on their own with no family support - homeless at a young age. That is not the way these courageous heroes should be treated. We must do more for them. After all, they have paid a very high price to keep our country free. Warriors and their families have told us that Heartbeat has been like a family to them, not only for the help they need but also to know that they are not alone with the struggles they face on a daily basis. For some Warriors, the battle they face when they come home is almost unbearable because the very same skills and training they utilized to stay alive while in a war zone are now making it difficult to be at home. This is one of the reasons why we offer three different types of therapy programs, Scuba Warriors®, Back in the Saddle Warriors® (BITS) Hippotherapy and Equine Therapy and our new service dog program: K9 Healing Warriors.

As Heartbeat continues to grow, we are very aware of how much the whole family serves our great country but at a high price. With spouses having secondary PTSD and children being put on suicide watch, we knew we had to do more. Though our Christmas Programs do serve the entire family, we felt our therapies needed to be made available to the family. So Heartbeat decided to allow spouses and children over the age of 11 years to be able to enroll in our Scuba Warriors therapeutic diving program at the same time as the Warrior. The hope was to bring unity and healing to the family.

Heartbeat also added to our Back In The Saddle Warriors Equine Program a new extension: BITS Kids. We have seen so many Wounded Warriors with children that have disabilities or special needs, so after meeting with our equine team, we thought we could make a difference. So we extended the same therapeutic program to these children in BITS Kids as our BITS Warriors receive and we are delighted with the results.

If this country is to remain great, we must honor and treat our returning heroes with integrity and an open heart. These courageous and amazing Warriors live “visibly” in all they do by serving with honor, courage, integrity and respect. How can we do any less in serving them? They are the plum line of excellence for this country and we cannot ever let them down.

Please help us serve them as they have served us. With your help, we can make a difference.

Sincerely,  
Janice Buckley





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## HEARTBEAT SERVING WOUNDED WARRIORS® MISSION STATEMENT

At Heartbeat, we provide emergency assistance, morale building, and innovative therapeutic services for Wounded Warriors and their families.

[www.heartbeatforWarriors.org](http://www.heartbeatforWarriors.org)

### History

The events of September 11, 2001 deeply affected many people in our nation. Janice Buckley was one of them. She felt the call to support our nation's military families but wasn't sure what to do. So, she baked brownies for the National Guard.

This began a long journey of volunteer work for the United Service Organizations. From there she met many military families and learned different ways to help.

At one point, Janice gathered gift certificates around Washington and gave them to soldiers arriving home from Iraq.

Determined to do more for our nation's most important resource, Janice founded Operation Homefront Washington (OHWA) in 2004, as a chapter of the national organization Operation Homefront.

Janice realized that the organization could do more for wounded service members if the focus was fully on them. In 2009, Janice left the national organization and changed the OHWA name to Heartbeat Serving Wounded Warriors®. This change reflects its focused mission on Wounded Warriors and their families. Heartbeat has served almost 67,000 wounded military families.

In 2011, Janice and Heartbeat were honored to be inducted into the Civilian Hall of Fame at Ft. Lewis. This is the highest honor awarded to a civilian by the military. Heartbeat was also privileged to write two chapters about our therapeutic services, Scuba Warriors® and Back in the Saddle Warriors®. These chapters are part of a book "Healing War Trauma, a Handbook of Creative Approaches", edited by Raymond Scurfield and Katherine Platoni, and released October, 2013.

Each year Heartbeat continues to be honored by awards from the various military units in Washington State as well as accolades from civil organizations.



## HEARTBEAT PROGRAMS

Our brave Warriors and their families make daily sacrifices for all of us. Heartbeat believes it is critical to step up and serve those who give endlessly for our freedom and way of life.

When Warriors return home with physical and psychological injuries, everything changes. Health issues present unexpected challenges for the entire family. Injuries such as traumatic brain injury (TBI), post traumatic stress disorder (PTSD), and paralysis are life changing. Our goal at Heartbeat is to help our service members gain control over their health challenges and lead productive lives.

The military teaches our men and women to take care of themselves and others – they're givers, not takers. They don't ask for help. When their community voluntarily helps them, it creates a powerful impact on our wounded service member's emotional and physical well-being. This year our emergency support was over 50% than last year particularly in the areas of food and rent assistance.

### Emergency Assistance Program for 2017:

- Food Gift Cards: over \$16,000
- Rent Assistance: over \$16,000
- Travel and Utility Payments: over \$8,000
- Furniture, House repairs: almost \$4,000
- Emergency Funds: over \$11,000. These funds are for those Wounded Warrior families that are in dire straits. Frequently, they are living out of their car or have used all their savings for rent and utilities and now are without food.



### Morale Building Programs:

**Christmas Wish:** One of our largest programs where community families adopt Wounded Warrior families for Christmas. This connection creates a bridge of friendship and support. Both the military families and the community families love this program. Besides a warm connection that develops, beautiful gifts and sometimes dinners are also given. Sometimes the gifts for the Wounded Warrior family can include vital home repairs such as a new hot water heater or new brakes and rotors for the family car. It is the season of miracles.



## HEARTBEAT PROGRAMS

**Christmas Stockings:** Project Linus in Everett sews beautifully decorated stockings that are filled to the brim with gifts and gift cards. These are delivered to all of the participating units. In 2017, 625 stockings were delivered. A special thanks to all of the Knights of Columbus and Lennar Homes for all of their help with this amazing program.

**Christmas Toys:** A special thank you to Tony and Carole Robinson and family, Port Townsend Elks, Port Townsend Kiwanis and the Des Moines and Federal Way Communities through the South King County Fire and Rescue who donated



thousands of new toys. A total of 750 children were the recipients of these new toys, including 13 new bikes. In addition to the new toys, another 104 children received new coats, just in time for winter.



This year, 2017, almost 2,000 Wounded Warriors were served by all of our Christmas Programs combined. What a great way to end the year.

## THERAPEUTIC SERVICES

### Back in the Saddle Warriors® (BITS)

Heartbeat's Equine Assisted Therapy Program, Equine Therapeutic Riding, is used to capture those Warriors who do not fit in the "normal box" for treatment. For many Warriors, sitting in a room with a therapist does not bring the desired results.

Since horses and humans have identical hip movements when walking, sitting on a moving horse allows the Warrior's body to move naturally. It strengthens muscle groups. Staying upright on a horse requires balance, coordination and muscle strength. Injuries from war such as TBI, spinal cord injuries, loss of limbs and injuries due to shrapnel damage can be helped with this therapy.



Due to the continued generosity of The Biella Foundation, Snoqualmie Indian Tribe, the Tulalip Indian Tribe, and Cascade West Productions, Heartbeat is able to provide the necessary expertise for all of our Wounded Warriors in the program.

Warriors also participate in grooming the animals, which can strengthen the bond that develops between them and the horse. This in turn can help the Warrior

to heal emotionally. Warriors are natural protectors. It is their job to take charge and perform brave acts every day. Injuries often make it difficult to contribute in the same manner. It changes the Warrior's role – in the family, in the job and in society.

Horses are gentle and sensitive and have a unique ability to sense human emotions. This special bond helps Warriors work through difficult issues. This can build confidence and changes their outlook on life. In short, it can help bring healing.

Every Tuesday, Heartbeat offers Equine Therapy for both Warriors and any disabled child of a Wounded Warrior. Heartbeat is fortunate to have a PATH certified instructor



## THERAPEUTIC SERVICES



who is equally competent to design therapies for both the Wounded Warrior and the disabled children. The program for the children is called BITS Kids. Many Warriors in the BITS program mentioned to Heartbeat that they had a disabled child and would love to be able to enroll their child in something similar to what they are experiencing. After a unanimous vote by our Board of Directors, Heartbeat established BITS Kids. The parents of our first participant are thrilled with the results they have seen so far. Soon we will be analyzing the data from our BITS Kids just as we do from the adult Warriors. Both BITS

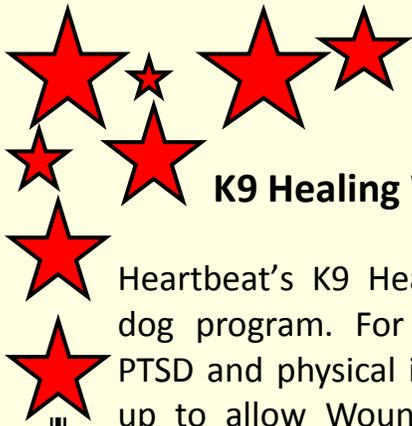
and BITS Kids take place at a beautiful and serene ranch, the perfect place for therapy and healing.

The hippotherapy program for the WTB Warriors takes place every Monday at the same ranch. This program is specifically for the WTB Warriors and utilizes an Occupational Therapist.

Heartbeat also utilizes some new cutting edge equipment to evaluate balance, TBI and PTSD. Some of the equipment will also be used as warm up exercises prior to mounting the horse. Although there is no template for this, Heartbeat, through physical therapy conferences, is learning more about these tools and how they can be used to make this program the very best and improve the outcome for the Warrior.



As with all of our therapy programs, Heartbeat pays for all costs associated with this program for every Warrior, and, after a unanimous vote by our Board of Directors, our Scuba Warriors and Equine Therapy Programs will be open to all Vietnam Veterans.



## THERAPEUTIC SERVICES

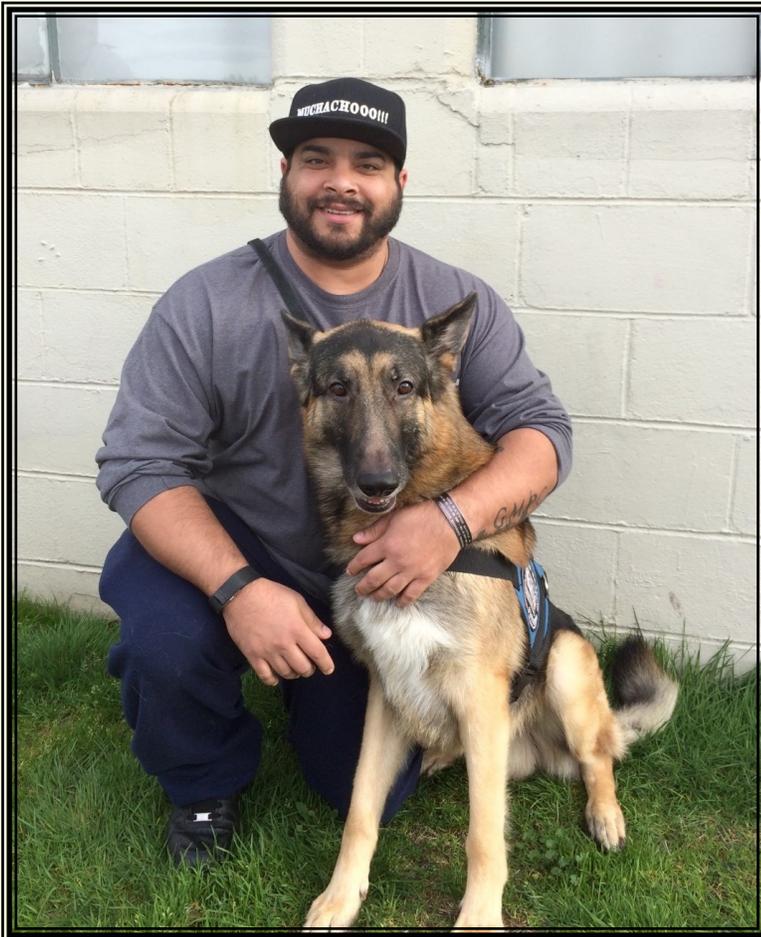
### K9 Healing Warriors

Heartbeat's K9 Healing Warriors is a service dog program. For those Warriors with TBI, PTSD and physical injuries, our program is set up to allow Wounded Warriors to get their lives back and be able to renegotiate the everyday challenges they face. Now they are not alone. The service dog gives the Warrior the confidence to go out into the community. He has his own buddy, who has his back. This freedom and confidence has a positive effect on the entire family.



After the success of our pilot study, Heartbeat implemented this program in October 2016 with the hope of accommodating ten Warriors and their dogs in training during

the first year. We easily obtained that goal and are now in our second year.



Mike and Turner

Service dogs are specifically trained for one Warrior and to the specific needs of that Warrior. Some of these needs might be: turning lights off and on, waking Warriors from nightmares, accompanying the Warrior in public places, assisting in balance, assisting with prosthetic devices and performing calming behaviors to facilitate reorientation. Also, the hypervigilance that most Wounded Warriors feel is reduced with the service dog. Since the service dog is now standing watch, restorative sleep is finally attained.





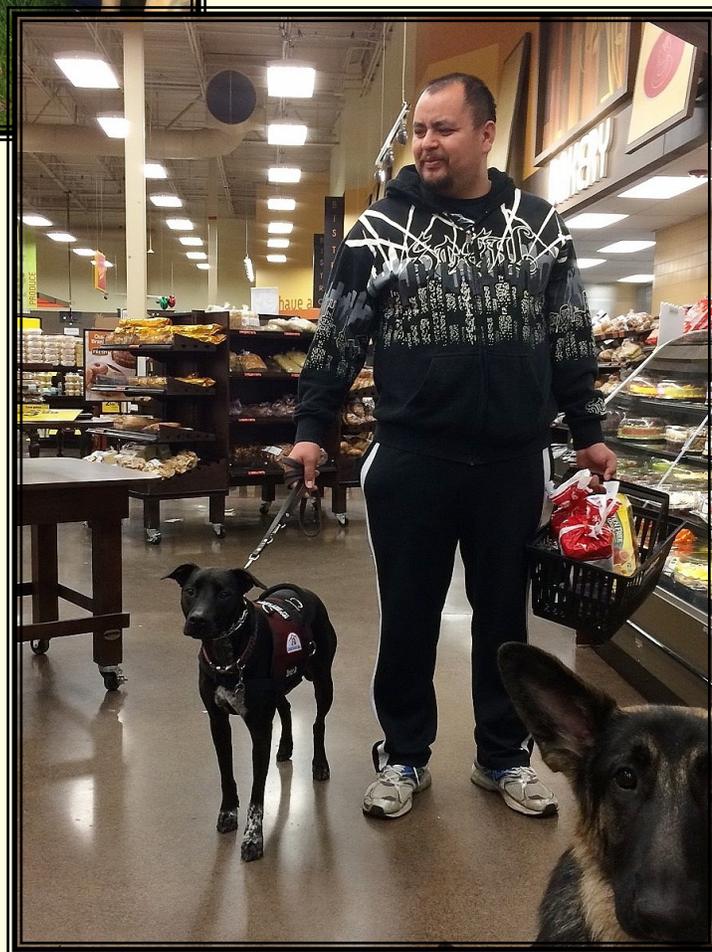
## THERAPEUTIC SERVICES

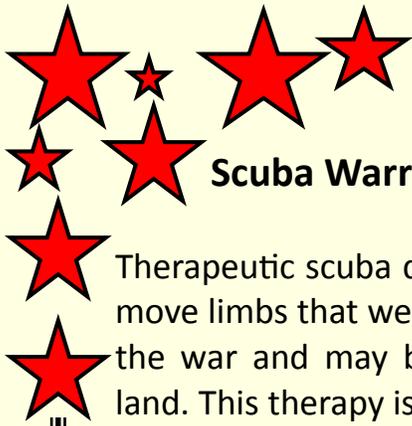


Heartbeat works with Cascade Service Dogs in Olympia. Training is extensive and will last approximately six months to a year. As with all our other therapies, Heartbeat pays for all the costs. Several teams have already graduated and at present there are 8 Warrior/dog teams in the program. They meet with our trainer twice each week, sometimes three. Each team is working towards their own goals

and receives separate guidance from the trainer. Socialization of the dog is part of the training. A couple of the dogs were donated by local breeders and this has worked out well for those Warriors without a dog.

Heartbeat is extremely happy with the results so far.





## THERAPEUTIC SERVICES

### Scuba Warriors®

Therapeutic scuba diving allows the Warrior to move limbs that were previously injured during the war and may be too painful to move on land. This therapy is a unique healing activity in which the weightless environment gently supports muscles and limbs that have been ravaged by combat. The ability to move pain free for the first time can contribute to positive changes in attitudes.



For Warriors struggling with PTSD and TBI, the waters offer a quiet place to be, a place free from the constant storm in their heads. In combat, the Warrior needs to be hyper vigilant to any possibility of danger. They learn not to show fear, to do whatever it takes to keep fear buried deep inside. When they return home, it is a confusing and sometimes painful time. This changes when they are underwater. One Wounded Warrior stated "I hear the bubbles and the air moving through the system and it is calming. I find I have more energy after diving and it calms my thoughts."

For some of these Warriors, even a mundane event such as sitting in traffic can trigger trauma. During these times, the Warriors are taught to return to their underwater environment and that even in the most trying of circumstances, they need only breathe.



Because of these benefits, Heartbeat offers an open water certification course. Each Warrior enrolled in the course also receives their own bag with made to fit fins, mask, snorkel and boots. This course enables the Warrior to receive a certification that allows him/her to dive outside of the class. Heartbeat also supports this added activity by providing equipment at no cost to the Warrior.

Because the family unit is one of the first casualties of war, being together diving can help with the healing process. Last year





## THERAPEUTIC SERVICES

Heartbeat incorporated spouses into the program. This year we are adding children (over the age of 11) to be part of the program with their family. This family activity can generate trust, increase communication skills, and help forge bonds where none may have existed before. It is healing for the entire family. We recently enrolled a family that was very fractured and after the Scuba Program communication and trust have been so much better. They continue to dive together and are in close contact with the rest of the Scuba Warriors for support.



Heartbeat offers Advanced Dive classes and “Stress and Rescue” classes in addition to the Basic Open Water Course. We have also expanded our curriculum to include a Dive Control Course, which is the big step before taking the Instructor’s Course. Upon completion of the “Dive Con” Course, the Warrior can be classified as an assistant to instructors and find employment in this field. Our scuba program is now officially recognized by the Warrior Transition Battalion as a physical therapy for the Warriors and not a recreational sport activity. Also, the Veterans Administration is interested in adding all of our therapy programs to their web site and as an added phone application for their Wounded Warriors to utilize these successful programs.

The instructor and all of the safety divers are SSI (Scuba Schools International)



certified. Heartbeat pays for all of the costs associated with all of the scuba courses. In 2017, over 70 Wounded Warriors were served by this program and the reintegration lunches that go with it. Heartbeat has also added to the scuba staff a physical therapist to offer advice and therapy options for handling equipment and various moves required in diving.





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## Heartbeat Serving Wounded Warriors® Leadership Team

### **BOARD OF DIRECTORS**

Janice Buckley, Founder and President

Janet Raulerson, Treasurer

Florence Dix, Secretary

Charles Farmer

Walt Amidon

### **ADVISORY BOARD**

Mike Bohm

David Boze

Danny Dudek, Lt. Col.

Carl Higbie

Ron Monaco

Ed Nixon

Dan O'Brien

Steve Rapkoch

Carol Robinson

Tony Robinson

### **Other Essential Personnel**

Kendra Giersch, Communications Manager

### **SCUBA Warriors®**

Walt Amidon: Senior Advisor for SCUBA Warriors®, prior elite Navy UDT and three tours in Vietnam

Rob Chatfield: Lead Dive Instructor

Chris Vosse: Lead Dive Instructor

Michael Garmin, Dive Master

Ryan Marion, Dive Master

### **Back in the Saddle Warriors® (BITS) and BITS Kids**

Kristy Dees, PATH Instructor, Certified Peer Counselor (CPC) for Mental Health Support, and owner of Healing Hearts Ranch

Chelsea Johnson: PATH Instructor in training and CPC for Mental Health Support

Phyllis Tharp: Occupational Therapist

### **K9 Healing Warriors**

Sharon Majewski: Trainer and owner of Cascade Service Dogs

Over 100 Volunteers who give selflessly many hours to our organization. Without their help, Heartbeat would not exist.

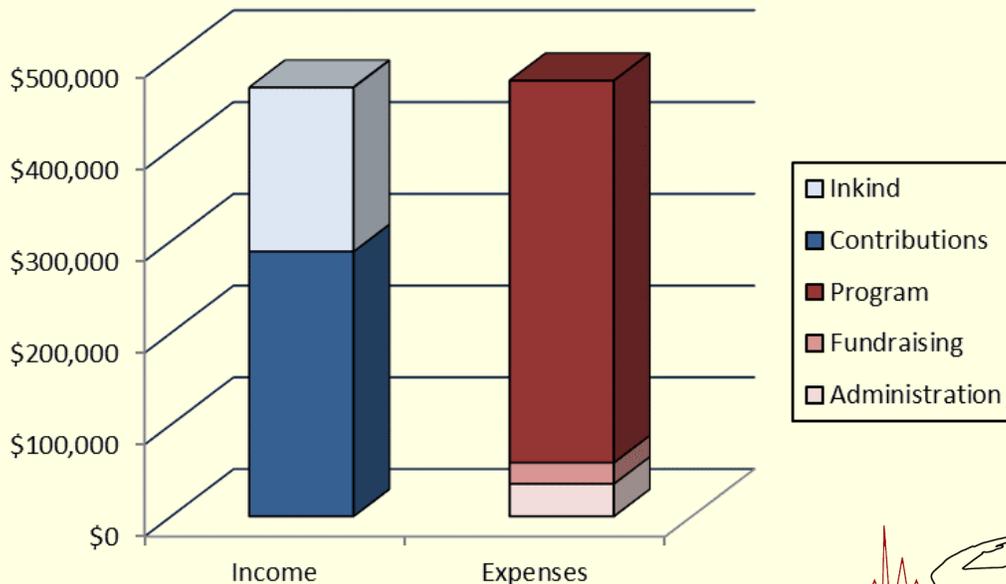




# HEARTBEAT FINANCIALS

% of expenses used for programs:	87.7%
% of expenses used for fundraising:	4.9%
% of expenses used for administration:	7.4%
Cash donations:	\$288,481
In Kind:	\$178,761
Investments:	\$130
Total Income:	\$467,372
Program Expenses:	\$416,441
Fundraising Expenses:	\$23,033
Administrative Expenses:	\$35,408
Total Expenses:	\$474,882
Excess for the Year:	\$-7,510
Administrative Percentage:	12.5%
Total Assets:	\$278,458
Total Liabilities:	\$1,379

**Heartbeat  
Income and Expenses 2017**





## HEARTBEAT'S DONORS

### The Biella Foundation:

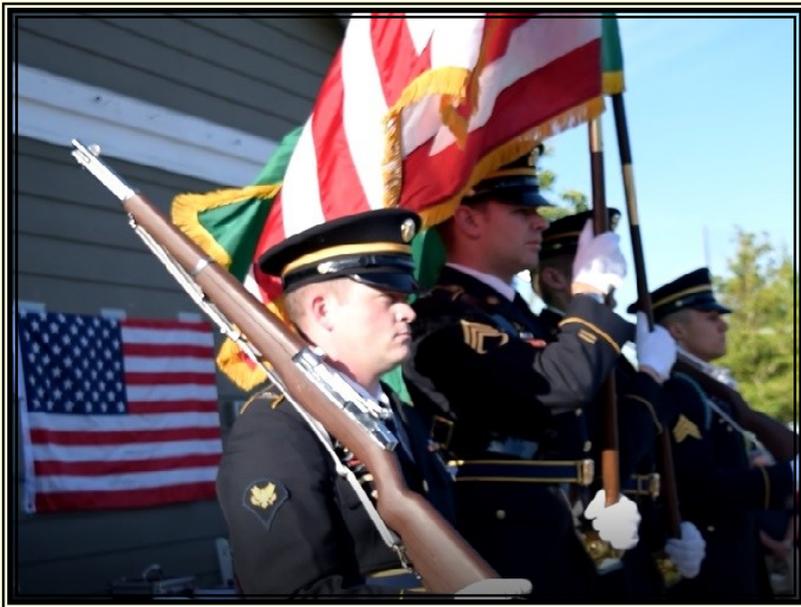


Heartbeat is extremely grateful to the Biella Foundation and Joni Wolfe for all of their financial support over the years. Since 2013, the Biella Foundation has been instrumental in supporting our equine therapy program: Back in the Saddle Warriors (BITS). Their donations have allowed our Equine Therapy Program to expand beyond the WTB (Warrior Transition Battalion) and to even support disabled children of Wounded Warriors in our BITS Kids Program. The Biella Foundation has also allowed Heartbeat to utilize some of the funds for our other therapy programs. Thank you so much Joni and the Board of Directors at the Biella Foundation.



In the picture, from L to R: Cynthe Slaybaugh, PT, Mike Buccieri, and Joni Wolfe, Grants Administrator. Also pictured is Kosmo, one of the therapy horses.

### Red, White & Blue Golf Tournament:



Since 2008, Ron Monaco, a Wounded Warrior from the Vietnam War, and board member of the Harbour Pointe Men's Club, has organized the Annual Golf Tournament for Heartbeat Serving Wounded Warriors®. The events included a Color Guard from JBLM, the singing of the National Anthem by Joyce Von Feldt, a Flyover in Missing Man Formation, the golf tournament followed by a luncheon with a raffle and auction.





## HEARTBEAT'S DONORS

It was a beautiful July day. Supporters included the following businesses: Degginger McIntosh & Associates, Inc; Karmichael Auto Salon, Inc.; North Creek Roofing, Inc.; RA investments; Eustis



Co., Inc.; William Cluckey & Frances Jean Watson; Haselwood Auto group of West Hills Honda; West Seattle Lodge; Ken and Sharon Clay; Diamond Knot Brewery; Pacific Rim Framing; Benefits Administration Co.; Ezell's Famous Chicken in Mill Creek; Kiro 7 and Harbour Pointe Golf Club. Kiro 7 star Jesse Jones joined in the event as the MC for the auction and collaborated with the Sansei

Seafood Restaurant and Sushi Bar to develop the "Jesse Roll". This delicious sushi roll brought in over \$800 from its sale during the months of June and July. These

funds were donated to Heartbeat. In 2017, Ron and his fundraiser was able to contribute over \$25,000.00 to Heartbeat for all of its therapy programs.



THANK YOU SO MUCH RON!



## HEARTBEAT'S DONORS

### Knights of Columbus:

Faithful Navigator Dan O'Brien, Sir Knight Tony Robinson and Sir Knight Mike Bohm led the way organizing and gathering donations for the Christmas Stocking Program from other Knights of Columbus. Our stocking program was so successful due to the Knights and their Parishes. They also participated in Christmas Wish and adopted a number of families. Many of the Knights of Columbus have also raised separate funds for our therapy programs, particularly K9 Healing Warriors. Heartbeat is so grateful for all of their generosity and time.



**The Snoqualmie and Tulalip Indian Tribes** have given generous grants for several years to help fund our programs. In 2017 both the Tulalip Indian Tribe and the Snoqualmie Indian Tribe gave grants in the amount of \$9,190 and \$15,000.



Both have been consistent and generous supporters of Heartbeat for many years. These grants were awarded for our Back in the Saddle Program and our newest K9 Healing Warriors Program. Thank you both for helping support these important and successful programs. THANK YOU!

In August 2017, **Cascade West Productions**, once again organized a barrel race and silent auction event in Oregon for the benefit of Heartbeat's Back in the Saddle Warriors Program. Julie Goforth and Karen Askins worked so hard to organize this three day event. This is the third year these ladies and their wonderful organization have supported Heartbeat. Thank you so very much for the generous \$2,381 donation.





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## HEARTBEAT'S DONORS

**Race For A Soldier:** Heartbeat is very grateful to the foundation Permission To Start Dreaming AKA Race For a Soldier, not only for the generous \$1,320 grant they gave to Heartbeat Serving Wounded Warriors®, but also for the great work they do for our courageous Wounded Warriors. Thank you!

A Special thank you to the **Griffiths Foundation** and the **Dimmer Family Foundation**. Both of these wonderful organizations have supported Heartbeat for many years. In 2017, the Dimmer Family Foundation donated \$2,500 for our Scuba Warriors Program and the Griffiths Foundation donated over \$3,000.00 to our general fund. Thank both you so much.

For over four years, the **Orville and Alberta Yearout Charitable Fund** has supported all of our programs at Heartbeat. 2017 was not any different. Thank you so much for the almost \$9,000.00 donation.

Heartbeat would also like to thank the **Florence Kilworth Foundation and Union Bank** for over three years of support for our therapy programs. In 2017 their support highlighted our K9 Healing Warriors Program.

### **Heartbeat would like to especially thank the following individuals or businesses:**

- ◆ Diane Campbell and Project Linus, whose volunteers design and sew all of the Christmas stockings for our Wounded Warriors every year. These beautiful stockings are filled with gifts and gadgets for the Wounded Warriors at Christmas.
- ◆ Bethany Christian Assembly and Mukilteo Presbyterian Church for their continued support over the years.
- ◆ Minuteman Press prints many of our brochures and other documents at no cost to Heartbeat.
- ◆ Port Townsend Elks Club for their continued support both financially and with their time.

Finally, to all our individual and business donors, many who give anonymously, we owe a great deal of gratitude. Without them, Heartbeat would not be able to serve our Wounded Warriors. Special thanks to those who donate monthly or quarterly through the multiple giving campaigns such as the Combined Fund Drive, King County Giving, Give with Liberty, Microsoft Giving Program, AT&T and Thrivent, The Benevity Community Fund, the Boeing Giving Campaign, and Truist. **THANK YOU!**





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## LETTERS TO HEARTBEAT

*Dear Heartbeat Serving Wounded Warriors*

*I am a spouse of a wounded Warrior. I just wanted to reach out and explain how much this program has changed not only my husband's life but mine as well. When I first met my husband he was a high functioning person and now he's the complete opposite. While my husband was serving in the military he did acquire many different disabilities. My Husband shouldn't be left alone. He is a danger to himself and others. He's not mentally all their anymore.*

*He has no short term memory, no sense of day or time. He can't make rash decisions. All of those things on top of his mental disabilities make it impossible for him to work. He tries really hard to work but he keeps getting fired due to his inability to perform.*

*We lost everything when he got out of the military. Heartbeat took us from being homeless living out of the car, to living in an apartment. Life isn't easy being the sole provider. On top of working 2 jobs i have to take care of my husband and make sure he doesn't do anything crazy. I love my husband so much, but it's not easy. Some days we can't even get to the front door without him freaking out. He can't go anywhere or do anything unless I am with him. HBSWW recommended that we have our puppy become a service dog through K9 Healing Warriors. My husband thought that was a great idea but wasn't sure about it. He went and decided yes he could handle doing this training.*

*Here we are 3-4 months later and my husband can go places by himself. He is able to be more independent with his service dog. His service dog calms him down before he can start to have a freak out. The dog reminds him to take his medicine. When he is having a freak out the dog is trained to attack him with kisses and hugs... yes hugs! When going out in public his service dog is trained to block people from getting to close to my husband and to monitor him and ensure that he is safe and secure. He is so well trained in fact that he is able to sense when my husband is about to start having issues and can remove him from those situations and breaks his attention. The dog is literally trained to find the door in a store and take my husband through it to get him away from whatever it is that is triggering him.*

*Life is hard but Heartbeat has made life a little less stressful. I have never been so thankful. I can't explain how much this program has helped us. Thank you so much for everything.*

*Sincerely,  
A grateful spouse*



## LETTERS TO HEARTBEAT

Hi Janice,

I wanted to thank you for the fabulous lunch. What a great day for lunch outside on that deck. My family is enjoying Scuba so much more than I could ever imagine. It has been rough for us since Chris' injury. He has a lot of memory loss in addition to some physical issues. There has been a big disconnect between Chris and our son Camden. Chris has had to re-learn a lot of things he used to know and he gets frustrated. So learning Scuba together and then working as a team is incredible. It also gives them something to talk about. The added plus is how proud Chris is of Camden doing so well so far.

Of course I love it as well. I love the water, and I didn't realize how good it would make me feel. We also look forward to being with everyone. Since 2010 we have really been alone. You have most likely heard it before, but families have a hard time understanding injuries. Mike, another Wounded Warrior in Scuba Warriors, shared with Chris about his own parents and it helped a lot. I just wanted to thank you and let you know we will all be diving next week Tuesday and Wednesday to finish. You expressed that you didn't have a lot of time to travel. I would love to volunteer and help out however I can. Just let me know if I can help out. Thank you so much for the Scuba experience!!! Best gift of the year!

*A Scuba Warrior's spouse*

How BITS has changed my life....Let me count the ways.....

1. Tuesday is my new Friday.
2. I love Mondays because Tuesday is coming.
3. At 12:30pm every Tuesday I restart my countdown to 8:55am the following Tuesday. (That is when I leave my house to come to BITS. Don't want to be late).
4. I "you tube" horse videos and I signed up for a horse riding newsletter.
5. Riding, being around, smelling, hearing and watching horses has given me the strength to keep pushing. I think horses 24/7 now as opposed to being in a black hole. I have something positive to look forward to on Tuesdays. Thank you for giving me my fight back.

Back in the Saddle Warrior



