2016 CALENDAR of EVENTS

- OCT 2 & NOV 9 AT 5:30 p.m. GENERAL VOLUNTEER ORIENTATION TRAINING CLASSES
- OCT 9 AT 5:30 p.m. HIGH HOPES OPEN BARN DAY & 42ND ANNUAL MEETING

FOR FULL EVENT DETAILS, VISIT HIGHHOPES.ORG

SAVE THE DATE
HOLIDAY MARKET
NOV 13
12-4 PM
(860) 834-1974
highhopesrd.org

OVER 60 EXHIBITORS • AMAZING RAFFLE
FOOD TRUCKS • HAYRIDES • KID’S ACTIVITIES
GET THE HOLIDAY SHOPPING SEASON STARTED

HIGH HOPES RIDE
FALL 2016
WWW.HIGHHOPESR.ORG
Making connections with civilians whose perception of safety and real life experience is so different from their own daily reality in the military is extremely challenging for veterans and often results in a sense of isolation even when they return home to their family and friends.

The Equus Effect program at High Hopes is a program for veterans that addresses many of these issues.

The mindful connections made with horses, who are instinctually hyper-vigilant as prey animals, tend to remove the personal pressure for the veterans to be on constant guard. The horses absorb the veterans in their herd and will mirror what the veterans are feeling. The ability for the veteran to ground himself/herself in the here and now and to actually connect to how they are feeling enables them to relate to the horses. The trust that is established translates into the veteran’s personal lives. The relationships that veterans develop with the horses, volunteers and staff, helps to make personal connections and enable the veteran to begin to trust civilians.

Matthew is an exemplary young man who despite extreme personal challenges is always supportive of his horse, his class, his volunteers and center staff. Often struggling with fatigue, nausea, and various other painful conditions, his excitement to ride here at High Hopes helps him get through the many emergency and doctor visits each week. At his mom, Jen Curley recognized that he was missing several of the important developmental milestones. This embarked him on the lengthy path of diagnosis and treatment. Ten years later, his rare genetic Neuromuscular Disease still confounds medical personnel. By the time his symptoms become apparent, his mother was pregnant with his twin brothers who also share this mystifying and debilitating disease.

High Hopes’ staff has worked with Matthew for many years. This past year, Matthew was diagnosed with a brain tumor and as he undergoes treatment, his determination and passion for riding continue to shine through in his time at High Hopes with his buddy, Latino. Their experience with his patient, kind and enthusiastic approach to riding has earned a great deal of respect from all. High Hopes looks forward to celebrating Matthew’s achievement.

One camper from UCP, Suzanne, came with very high tone and tight hips. After riding Hummer for 20 minutes, she was able to sit up straight in her wheelchair because of the flexibility she had gained from the movement of her horse. Another camper, Susan, from The ARC of New London, participated in all three activities and had tears in her eyes when it was time to go because she did want to leave the horses. A counselor from Oak Hill camp noted that the first time she had seen camper, Mark, smile was when he was riding Whibley! One of the most common phrases heard at the equestrian center is “Can I go say ‘Hi’ to Major?” Whether Whibley, Major, Candy or Hummer—it is a true partnership between High Hopes, our horses and Camp Harkness.

For more information, please contact Sara Qua, squa@highhopesctr.org, (860) 434-1974, ext. 122.

For Volunteer information, please contact Caitlin Nuhn, cnuhn@highhopesctr.org, (860) 434-1974, ext. 116.