



# WINTER NEWSLETTER 2021

**Dear Community,**

What a year it has been at Medicine Horse Center of adapting to change and finding new opportunities as we continue to support the social emotional wellness of our community. Our sprawling pastures and blooming therapy garden allowed us to continue offering programs that were outside and socially distant, in accordance with CDC guidelines. We are grateful that through these hard times, we could remain a space for individuals to feel calm and accepted, become more aware of themselves, and build relationships with others and our seven horses.

This year, Medicine Horse Center formed new partnerships, ran three pilot programs, and welcomed new staff members to the team. We currently offer a range of equine assisted programs for youth and adults to learn about themselves, gain skills, and build confidence through interacting with one another and our horses. We also offer trauma-informed trainings and professional development opportunities for community leaders with a specific focus on supporting our local youth. Find all our programs listed lower in this newsletter, or visit our website to learn more.

We are grateful to those who support our programs, to our staff who bring our vision to life, to our wonderful herd of horses - the foundation of our work, and to our participants who demonstrate healing, curiosity, and growth in each visit. We are grateful that we can provide a safe environment for these moments of personal discovery and trust between humans and horses to occur.

**Thank you for being a part of the connection - we look forward to 2022!**

Cheers!

Medicine Horse Center Team

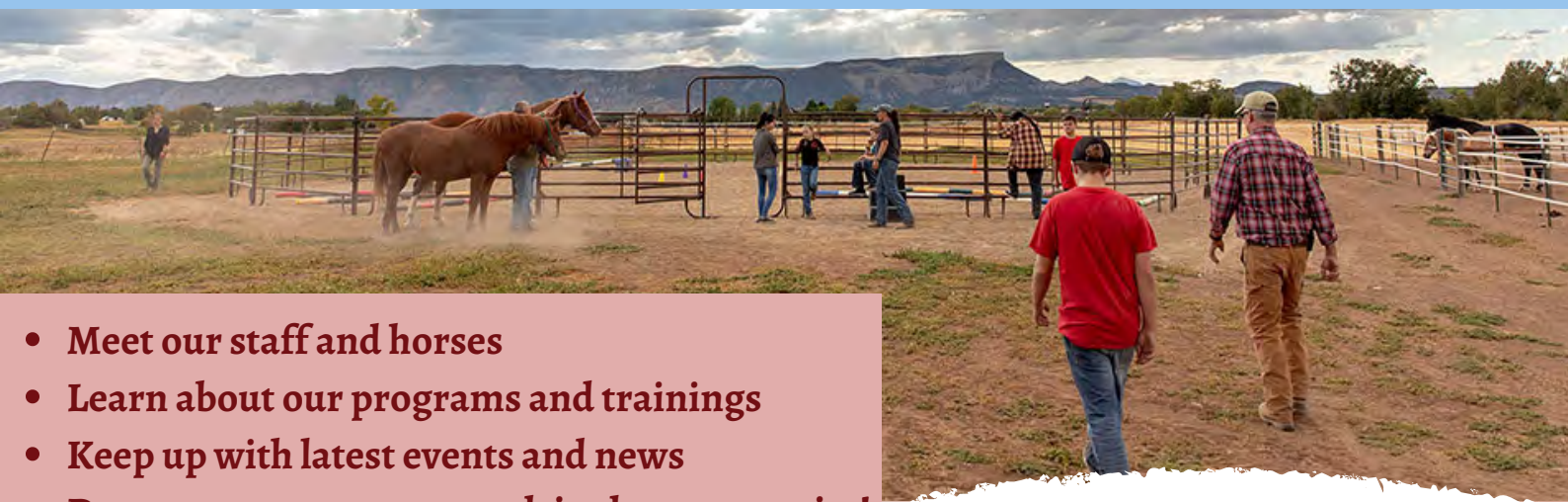


**Horses and humans working together to foster healthier communities**



# Medicine Horse Center's Website

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



- Meet our staff and horses
- Learn about our programs and trainings
- Keep up with latest events and news
- Donate to support our work in the community!

## Hats now available!



Show your support for  
Medicine Horse Center by  
purchasing one of our hats!

Stop by or email

[info@medicinehorsecenter.org](mailto:info@medicinehorsecenter.org)

**\$25 Trucker**

**\$20 Beanie**

**\$18 Caps**



## Medicine Horse Center is part of the Little Free Library Network!

Stop by our brightly painted box on Road J to grab a new book, leave an old favorite, and keep our community connected through a love of reading!

Support a community of readers and **donate** your books to Medicine Horse Center! We are always looking for book donations for all ages to fill out our Little Free Library, and children's books of all levels for our Book Buddies Literacy Program! A special thanks to the Mancos Library for their generous donations this summer!



# OUR PROGRAMS IN 2021

Throughout the summer and fall, Medicine Horse Center continued our regular programming, and added some new programs for youth and adults! Check out what we currently offer below!

New

## Book Buddies



Book Buddies is Medicine Horse Center's animal-assisted elementary literacy program. Book Buddies aims to improve students' confidence in reading, increase opportunities to practice, and encourage a love of reading by directly pairing students with a nonjudgemental animal partner - a horse or therapy dog. Led by a certified elementary school teacher and equine professional, this program combines fun and learning for an overall positive experience. By giving students the opportunity to build a relationship with another being through reading out loud, we're inspiring a love of reading, learning, and connecting in the future generations.

New

## Wilderness Equine Therapy



In partnership with local wilderness therapy program Open Sky, Medicine Horse Center offers an extended version of our AWARE program, in which a small group of adolescent students enrolled at Open Sky come to Medicine Horse once a week for 10-14 weeks. During these sessions, students build self awareness, explore identity, relationship building, leadership, and use these skills to connect with our horses, working toward advanced groundwork with our horses.

New

## Wellness Days



Our Team Building and Wellness days offer organizations and small groups the chance to take a break from business as usual and reconnect with one another, the shared values of the team, and enjoy time together. Groups can choose from a range of activities from playful games and team building exercises, to arts and crafts, music, and of course time with the horses. With a catered lunch provided, these days are meant to reinvigorate you and your coworkers for the important work you do.

## AWARE

Developed by Medicine Horse Center, AWARE is our six-week social emotional experiential learning program for small groups of elementary, middle, and high school students. Each week, students build awareness and skills as they explore the themes of Actions, Words, Accountability, Respect, and Empathy. Through a combination of experiential group activities, expressive arts, regulation exercises, and time with our horses, students gain confidence in themselves, learn strategies to stay present and calm, build healthy relationships with others, and navigate stressful times in their lives.



## Transitions

Medicine Horse Center's Transitions Program supports a class of students as they move from elementary to middle school or middle to high school. In this half-day program, students identify challenges and concerns they have, recognize they are not alone, identify and build on their individual strengths, and learn skills to make friends, handle stress, and plan for success.



## Summer Enrichment Program

During the summer, Medicine Horse Center offers a half-day program of outdoor adventures and activities for local students ages 7-10. These days are full of expressive art projects, team scavenger hunts, learning about the garden plants, spending time with the horses, exploring the landscape, and building new friendships under the sun.



## Professional Development Trainings

Medicine Horse Center offers a broad range of professional development trainings. Our Trauma Informed Care, Behavior Management, and Combined Leadership trainings explore how trauma impacts the physical, emotional, and mental health of youth, and offers strategies and tools to implement to support these youth. Led by our Mental Health professional, these trainings combine informative presentations, experiential activities, and time with horses for a well rounded day of learning and growing.





# Summer Review

Medicine Horse Center programming took off at the end of the school year, and kept the staff and horses busy throughout the summer.

Our **Outdoor Adventure** summer program for students ages 7-10 was full of creativity, laughter, and sunshine. From summiting manure mountain and tie dying bandanas, to feeding horses lunch and playing endless games, the kiddos were full of enthusiasm and energy. Through the Summer Recovery Initiative, Medicine Horse Center also teamed up with **Pinion Project** to bring elementary and middle school students to Medicine Horse twice a week for a **Summer Literacy Program**. We loved collaborating with another nonprofit to serve the needs in our community!

In addition, Medicine Horse hosted **Southwest Conservation Corps (SCC)** leaders for 3 combined Trauma Informed Trainings and team building sessions, where leaders learned tools to support their crews, shared experiences and challenges, and deepened their connection to their work and each other.

Lastly, Medicine Horse offered our **Trauma Informed Trainings Level I and II** for the **Montezuma Inspire Coalition**, as well as **Wellness Days** for educators, SCC leaders, and MIC program partners. After hard work all year, as well as navigating the pandemic, we highlighted the importance of self care, play, creative expression, and games even for adults, in order to avoid burnout in the important work that we do. Thank you to all who joined!

## Meet our Staff



**Lynne Howarth**  
Executive Director



**Lesya Krasnikova**  
Development  
Administrative Support



**Zoe Coleman**  
Equine Specialist  
Facilitator



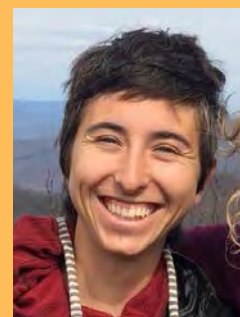
**Jessica Randell**  
Community Development Coordinator  
Facilitator



**Cara Siler-Evans**  
Facilitator



**Robin Wolthausen**  
Facilitator



**Mia Carrasco-Songer**  
Facilitator

# Native American Cultural Awareness Training

Medicine Horse Center strives to create an environment of safety and acceptance for individuals from a range of diverse backgrounds and experiences at our Center.

As part of our commitment to Diversity Equity and Inclusion, Medicine Horse Center was thrilled to host a professional development training for local leaders by Imo Succo, MSW, a member of the Navajo Nation who currently works as a Regional Health Connector with Southwest Colorado Area Health Education Center in Durango.

On a sunny afternoon in our blossoming garden, Imo presented her Native American Cultural Awareness Training to the group of 20 or so staff from Medicine Horse, SJMA, Fozzie's Farm, and other MIC partners, with information ranging from an overview of Native American tribes in Colorado, health disparities that impact Native American populations, and insight into the Navajo holistic wellness model, cultural behavioral norms, and her lived experience with health care accessibility.

We were grateful for Imo's honesty, knowledge, and willingness to share her perspectives with our community.

*"Imo shared the unique cultural and social situations facing Indigenous youth. This perspective has proved invaluable to the outreach and education work I do, and I feel better prepared to honor the lived experiences of Dine' youth with whom I work."*

*- Local Youth Leader*

A huge thank you to  
**Allie Clay** and **Katelyn Carpenter**  
for their work at Medicine Horse this summer!



Medicine Horse joined the Summer Recovery Initiative through TeamUP/United Way to provide emergency support for students during COVID summer. Through this funding, Allie worked as a full-time AmeriCorps at Medicine Horse, and was instrumental in leading our summer programs, managing supplies, and keeping us organized this summer.



Katelyn joined Medicine Horse this summer as our SCC summer intern sponsored by MIC. Each day, Katelyn worked tirelessly tending to our therapy gardens, leading summer programming, and filling in wherever needed. A huge thank you to her positive energy and enthusiasm!



# Our Herd

At Medicine Horse Center, we see our horses as invaluable partners to us in our weekly program sessions. Their awareness, willingness to connect, and unique personalities create powerful moments of learning and healing for all participants.



Chitsa



Indi



Quinn



Bronco



Disco



Goldie



Shay

## THANK YOU

- Thank you to Petra Sullwold and Jay Komarek with **Mancos Chiropractic** for keeping our horses adjusted and clear with regular chiropractic adjustments!
- Thank you to **P & D Grocery** for their generous donations of snacks for our youth programs! Wellness begins with a full belly!
- Thank you to **Keller Williams Realty Southwest Association** for their energetic, hard work at Medicine Horse Center this summer during their annual volunteer day in the community!

A special thanks to **Fenceline Cider**, **Wildedge Brewing Collective**, and **Mancos Brewery** for hosting our 3 fall fundraising events in their taprooms!

# THANK YOU

## Our 2021 Donors

Marie Brown-Wagner  
Philip and Linda Walters  
Jodi Harris  
Margaret Johnson-Gaddis  
Patrick & Sunshine Seekins  
Michele Black & Amy Wise  
Andrea Lindus  
Kenneth & Evelyn Quigley  
Dustin To  
Tiffany & Cody Hill  
Cary & Peggey Patterson  
Jack & Judy Schuenemeyer  
Nancy & Robin Strother  
Terri Wheeler  
David Parr  
Tracy Baumann  
Bill and Mary Lou Witthans  
Cindy Gray  
Allison Klein, Realtor  
Heather Welch  
Carolyn & Tim Grzecka  
Bill & Angie Stanley  
Gerald & Tammy Smith  
Kathy Hands  
Joe & Debbie Bishop  
Timothy McGovern  
Nanette McNamara  
Bobbi Black

Tom Buffaloe  
Chuck & MB McAfee  
Penny Israel  
Julia Whelihan  
Jeff Harris  
Carol & Jerry Jones  
Madeline Williams  
Jim Coleman  
Bernadette Tuthill  
Petra Sullwold  
Tara Lemke Barry  
Melanie Bleem  
Lindsay Buchanan  
Rachel Heberle  
Jeff Haspel  
Jay Komarek  
Itamar Itzhak  
Frank Klein  
Danielle Brafford  
J.W. & M Jordan  
Krajack Family  
Mary Jo Standard  
Daniel Birnley  
Ben Goodrich  
Cynthia Sadler  
Lynn Gallati & Marty Cagan  
Pat Janz

Vibrant Pet Animal Hospital  
Canyon Trails Ranch  
Riverwood RV Resort  
Mesa Verde Motel  
The Dolores State Bank  
Housing Authority of the County of Montezuma  
Choice Building Supply  
Wise Wildfire, Inc.  
P&D Grocery  
Kilgore American Indian Art  
Absolute Bakery & Cafe  
Indian Camp Ranch  
Sarah Staber - Keller Williams, Southwest Associates, LLC  
Rysal Enterprises  
Stone Sand & Gravel  
A&J Electric  
Carrie Summers - Colorado Ranch & Home Realty  
Coldwell Banker  
Mancos Brewing Company  
Fenceline Cider  
WildEdge Brewering Collective  
Luke J. Harris Photography

Huge thanks to everyone who has donated to our  
Facebook fundraisers!

## Our 2021 Grantors

AV Hunter Trust  
Brooke USA Foundation  
Caris Family Foundation  
Colorado Housing and Finance Authority (CHFA)  
El Pomar Foundation  
The Community Foundation Serving Southwest Colorado

The HUB (Powered by Colorado Education Initiative)  
Great Outdoors Colorado (GOCO)  
Red Acre Foundation  
Rocky Mountains Health Foundation  
Winifred Johnson Clive Foundation

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



Find us on  
**Facebook**



@medicinehorsecenter

**40700 Road J  
Mancos, CO 81328**

