

# TAILS FROM THE BARN

*The latest news and updates from Tara's Chance  
"A place where therapy feels like play"*



Edited By  
Miriam Everette

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## EQUINE ASSISTED RIDING NOW LAUNCHED AT TARA'S CHANCE

The EAR program is a therapeutic riding program tailored to each individual rider. This program utilizes horsemanship skills required to groom, tack up, and ride a horse independently to accomplish physical, cognitive, and social therapeutic goals.

The program enables students to develop a deep connection with horses. Students will learn horse psychology, safety, care, riding techniques, and barn duties.

Riders who participate included but not limited to those with

- Autism
- Developmental delay
- Developmental Disability
- Cerebral Palsy
- Multiple Sclerosis
- Muscular Dystrophy



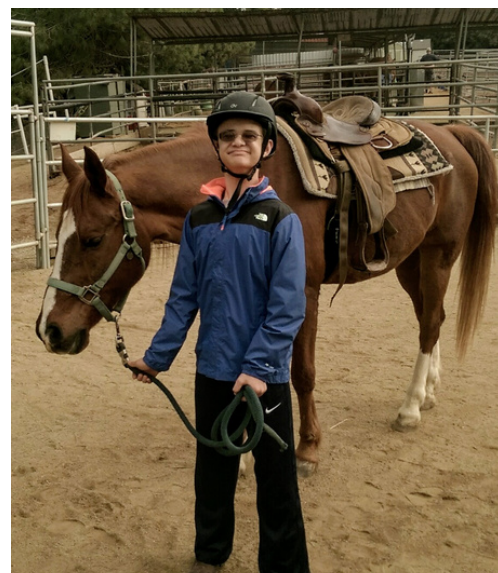
# Equine Assisted Riding Launch

by Matt Howells, Executive Director & Cindy Howells, Program Director

Tara's Chance is launching a new program! The Equine Assisted Riding (EAR) program is an advanced equine therapy program utilizing horsemanship skills required to groom, tack up, and ride a horse independently. This exciting new program will serve riders who have graduated from the current Equine Assisted Therapy program as well as those who are new to Tara's Chance with special needs such as individuals with Autism, ADD/ADHD, learning disabilities, cerebral palsy, emotional or behavioral issues, and head trauma. Tailored to each individual rider to best accomplish their therapeutic goals, the program includes a wide variety of therapies and activities both mounted and unmounted on the horse. The program offers instruction to riders of all skill levels, from providing someone's first contact with a horse, to advanced independent riders. The goals are accomplished through horsemanship skills including approaching a horse, haltering, leading, tying, grooming, tacking up, mounting, exercising a horse, barn maintenance, riding and more. Through these activities students will connect with their horse, which is a powerful way to reduce stress, improve mood, and create a learning environment that opens the path to physical and cognitive growth and healing. Students will make strides in problem-solving, independence, empathy, assertiveness, communication and social skills.

This transitional program makes Tara's Chance a more inclusive organization serving a broader range of riders and will double the number of students currently served, while providing more opportunity for growth and accomplishments. This program will also reduce the current weight restrictions by utilizing a larger horse, serving more riders.

This program is made possible by the support of our community. We are so thankful to our donors, volunteers, staff, parents, and riders who believe and support our mission. Tara's Chance current waitlist is over 52 riders, demonstrating a clear need in our community for us to expand its program services. Thanks to our supporters we are expanding to meet that need. To grow the EAR program Tara's Chance needs to acquire more horses, establish a scholarship fund, and improve our facilities. To learn more about how you can invest in the Equine Assisted Riding program as well as other Tara's Chance programs, please visit [taraschance.org](http://taraschance.org).







# Rider Spotlight-Bao

by Ann & Bao Heffron

This month we have something very special in that this article is written by Ann and Bao Heffron. The first paragraph is written by Bao's Mom, Ann, the second paragraph is written by TC rider, Bao!

Many years ago, when I first reached out to Tim Howells for equine therapy, I had no clue what to expect. All I knew was that I wanted to help my son, Bao with his fine motor skills and to improve his physical strength. We had done PT and OT since he was a toddler, but they only helped minimally, and he hated the sessions. Bao was petrified the first few times, but it did not take long before a huge, wondrous smile became a fixture on his angelic face. A lot of the therapy effects did not become evident within the therapy sessions, but they became apparent bit by bit in various aspects of everyday life when taking some time to measure the difference between an old and new reaction. Under Cindy Howells' guidance, Bao blossomed, and Cindy became the best gift to Bao. The bond between them was unmistakable. Cindy was so genuine and patient with Bao. Bao is now a young man who loves to hike and ride horses. He approaches life with mirth, zest and confidence, all thanks to Cindy's exceptional and intuitive skills.

Ann H.

I would not be where I am today without Ms. Cindy. She always asked about my day, my week and how I was feeling. I realized later that through those inquiries, she would find out what I needed to work on that day or the next session. Many times, she would keep me at least 10 more minutes after the end of our session to help me feel better before going home. I have a new appreciation for Ms. Cindy now that I am older and more aware of her commitment to lifelong learning. I would never equate therapy with fun, but Ms. Cindy made it so enjoyable and personal with each person. She thinks outside the box. I can do so many things now that I was not able to do before, such as opening a new jar, walking for miles and playing pickleball. She will always be an important person in my life and part of my family. She is my solid ground.

Bao H.



# Board Bits

by Louise Hernandez, Board President



Helping hands...each one reach one. I recently attended an Orange District Convention, made up of members of the California Federation of Women's Clubs. The convention theme was Team Work Makes the Dream Work. It was such a pleasure to be surrounded by like-minded women whose purposes in life include giving back to their communities. Besides my own club, the Yorba Linda Woman's Club, I would like to highlight two clubs in the Orange District, both of which have also adopted Tara's Chance as their charity of choice. The Ebell Club of Fullerton is a generous major donor, having sponsored horses and riders, along with contributing to organizations that support us. The Woman's Club of Fullerton actually created a centerpiece for the convention depicting their support of Tara's Chance. It gave them an opportunity to spread the word about our mission, of which we are so thankful. These ladies dressed the part and won the well-deserved Spirit Award! We just received word that they have chosen Tara's Chance as their Charity of the Year.

On behalf of all board members, including Nancy Capel, Miriam Everette, Francine Flores, Carol Geisbauer, Larry Houser, Dottie Jensen, Rudy Lara, Judy Metzger, Susan Smith and Leslie Sorrells, it warms my heart to know that Tara's Chance can always count on our team of supporters. Not a day goes by that one of you doesn't reach out with your helping hand through your time, talent and treasure. For this, we are eternally grateful.



## Have a Story?

If you have a story, pictures, or something you would like in the newsletter please email them to Miriam

Everette at [info@taraschance.org](mailto:info@taraschance.org)



# Volunteer Spotlight - Christine

by Christine Baumgartner

I started at Tara's Chance because my mother's friends from the Fullerton Ebell Club heard Cindy and Tim speak and thought it was a valuable program worth looking into. I'd previously been a wish granter for Make A Wish and I was thinking about a new volunteer opportunity.

I love spending time with horses and kids so it seemed like a very good match. I've been a volunteer for 3 1/2 years and love every minute. I volunteer all three lesson days. I've been a horse leader and a side walker during lessons. I clean stalls, groom horses, fetch horses and gear them up for lessons. I've helped out at the yearly gala, the golf tournament and the fireworks stand. I tell everyone the only downside is my cheeks hurt at the end of each day because I smile so much. I'm honored to be a part of such a wonderful and beneficial program.



# Employee Spotlight - Don & Zeke

by Katherine Cazares

Our employee spotlight this newsletter is about Don and his service dog Zeke. Don and Zeke are a staple here at the stables. Don is our ranch hand and without him we could not do very much. Don is a vital part to our organization and we are grateful for staff like Don and Zeke! Don was introduced to Tara's Chance by meeting Amy at the archery store he used to work at. He heard many great things about Tara's Chance and applied when a job opened up. Don was hired at the beginning of 2020 and has 15 years of experience with horses and started in the world of therapeutic riding about 5 years ago.

A bit about Don is he is a veteran that has served in the United States Navy. In Don's and Zeke's free time they like to hike and be in the wilderness. Most recently they hiked for 37 days for 350 miles on the Pacific Crest National Scenic Trail. Zeke is our unofficial mascot and all the riders love to say hello to him and give a cuddle to.

Thank you to Don and Zeke for their work at Tara's Chance and for supporting Tara's Chance mission!





# Mom's Valentine Brunch

A Moms' Valentines Bunch was held at Tara's Chance hosted by our board Vice President Miriam Everette & Yoga Instructor Cristal Drake in February. They created a mini retreat for our well deserving Moms to relax with some gentle yoga, light brunch and good company! A big thank you to Miriam and Cristal and the volunteers who help put this together for our Moms!



Come join us every 1st Tuesday of the month at 5 pm here at Tara's Chance for Yoga taught by Cristal Drake. It is a donation based class and free for all volunteers and staff!

## Yoga at Tara's Chance

In the Arena  
The First Tuesday of Every Month  
5:00 PM - BEGINNERS WELCOME!

Cristal  
yoga



# RYAN NOLAN GOLF TOURNAMENT 2022



SAVE THE DATE  
TARA'S CHANCE

*Riding with the Stars*

PRESENTED BY



10/01/22

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