

December 2010

Dear Friends,

On behalf of our daughter Erin, we write to share with you the very positive impressions we have of the therapeutic horseback riding, staff, and volunteers at People and Animal Learning Services (PALS). PALS has improved Erin's life, as well as the lives of many children and adults with disabilities and at-risk youth. Erin began riding at PALS in 2009 when we moved to Bloomington but has been involved with therapeutic riding for almost ten years. You might think that after riding horses for ten years, Erin would have many ribbons and trophies to show her prowess. But what Erin has gained from horseback riding cannot be illustrated with competitive awards.

You see, Erin was born eight weeks premature as a surviving twin, and the difficulties during our pregnancy caused her to have cerebral palsy. Now twelve years of age, Erin uses a wheelchair to get around; she works hard each day simply to hold up her head up or move her arms. When we relocated to Bloomington, one of our first thoughts was to locate a therapeutic riding program for Erin. Fortunately, we discovered PALS. After some initial orientation to Erin's specific needs, we were soon at the PALS arena participating in a "trial" class to see if their sidewalking volunteers and instructors could help Erin. After all agreed it was a good match, each week found us amazed at the benefits of the bond between Erin and Omaha, her horse.

Riding Omaha warms Erin's muscles with his heat, and her entire body becomes more relaxed. Her leg muscles stretch, her trunk muscles work hard to balance, and her brain experiences the side-to-side motion of walking that you and I may take for granted. One of Erin's favorite activities while riding Omaha is "around the world." She enjoys the different movements of the horse as she sits facing forward, left, back, and right while Omaha trots around the arena! The smile on Erin's face tells a story of the benefits of PALS that no words can do justice.

The PALS volunteers and staff are a dedicated and caring group. We realize that the hands which hold Erin on the horse each week actually represent the multitude of volunteers and donors who support PALS. We feel blessed to have the PALS program for Erin, and she is testament to its benefits to other individuals with disabilities in Monroe and surrounding counties. Like any child, Erin finds great joy in activities that make her feel good and have fun. PALS offers all of that, and much, much more.

We ask you to support PALS this holiday season so this wonderful organization can provide this extraordinary service and improve the lives of children and adults with disabilities in southern Indiana.

Thank you so much for your support of PALS, on behalf of Erin and others like her!

Sincerely,



Tom and Kathy Morrison
PALS Parents





DONATE TODAY TO IMPROVE THE LIVES OF CHILDREN AND ADULTS THROUGH EQUINE-ASSISTED ACTIVITIES. PLEASE WRITE IN THE AMOUNT YOU WANT TO GIVE . . . LISTED BELOW ARE SOME WAYS WE CAN USE YOUR GIFT

TRIPLE CROWN (\$1,000 +) \$ _____

- ◆ \$3,900 ~ Full board & care for one therapy horse for one year
- ◆ \$1,000 ~ Full cost of 10 therapeutic riding lessons

DERBY (\$500 - \$999) \$ _____

- ◆ \$500 ~ Two months board & feed for one therapy horse

BELMONT (\$250 - \$499) \$ _____

- ◆ \$300 ~ Full cost of three therapeutic riding lessons
- ◆ \$250 ~ One month board for one therapy horse

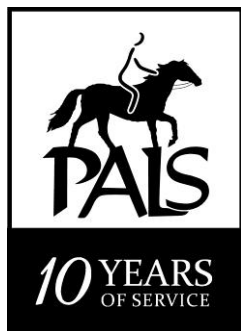
PREAKNESS (\$100 - \$249) \$ _____

- ◆ \$100 ~ Full cost of one therapeutic riding lesson

BREEDERS CUP (\$5 - \$99) \$ _____

- ◆ \$50 ~ Ten bales of hay
- ◆ Other ~ A donation of any amount helps!

Donate On-Line at www.palstherapy.org



Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-Mail: _____

Please use the following name(s) in all acknowledgments: _____

- I want my gift to remain anonymous Please do **not** add me to the PALS (circle one) **e-mail/ mailing list**
- I wish to make my gift in (circle one) **memory/honor** of: _____



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