

LANARK COUNTY

Therapeutic Riding Program

TR Heroes

March 2020

Featuring the People and Horses Who Make a Difference



Helping people must be in our March TR Hero's blood, because after she completed a 40 year career helping people as a nurse, Nancy Hiemstra wanted to keep helping.

"I wanted to give back to the community and to make a difference in the lives of people," she says. "Since I have always loved horses, I thought Therapeutic Riding would be the perfect place to go." Nancy has been volunteering as a horse leader and side walker for 4 years now and she still looks forward to her Tuesday morning TR sessions.

Nancy says volunteering at TR is rewarding in many different ways. First, she gets to hang out with horses – something she has always wanted to do. "I am learning so much about horses," she says. "The TR horses all have different personalities, and while I have a real soft spot for Syrus the Canadian gelding, they are all so special, and so important."

But Nancy's favourite thing is seeing the impact that being with horses has on the riders. "Over my four years as a volunteer, I have watched the riders grow both physically and emotionally, she says. "They have become stronger and more confident. The horses make these riders so happy and just being a small part of that makes me happy too. I look forward to Tuesday mornings with my horses and my riders."

Nancy doesn't just volunteer during riding lessons. She can also be seen helping at many TR fund raising events. Her advice to people who may be looking for a way to give back to the community is "Give TR a try." She says: "Even though horses may not be for everyone, there are so many other opportunities to contribute and they all are incredibly rewarding."



Would you like to see how horses change lives? Please consider volunteering for the program. Whether you want to work with horses or in some other capacity, we welcome the contribution of your time. We can be found at www.therapeuticriding.ca, on Facebook, and by calling our Program Administrator Amy at 613-257-7121 extension 3238.