

Equest Newsletter

June 2025



A Message from Equest CEO, Eric Lindh

Dear Equest Community,

Summer is in full swing at Equest, and our programs are buzzing with energy. But before we fully embrace the season ahead, let's take a moment to reflect on some of inspiring stories from this past spring that you'll read about in this newsletter.

Client and Volunteer Spotlights – Every day at Equest, we witness powerful breakthroughs made possible by the unique bond between our clients and their therapy horses. These moments are only possible because of the unwavering commitment of our incredible volunteers. Their dedication makes our mission come alive in the most meaningful ways.

Reading Quest with Equest – Over the last few weeks, our barns and the arena echoed with laughter and learning as we welcomed 400 first graders to Equest. These young readers practiced their skills in a safe and joyful environment, gaining both confidence and a love for reading as they read aloud to our horses.

Blue Ribbon Gala Success – The 2025 Blue Ribbon Gala was a tremendous success! Your contributions directly support our life-changing programs. Be sure to check out the event photos and our new mission video – we know you'll be inspired. As I near my one-year anniversary as CEO of Equest, I feel grateful to be part of this extraordinary community. I am honored to work alongside a passionate and talented staff, a committed volunteer corps, and supporters like you who believe in the transformative power of equine-assisted services.

Looking ahead, I'm excited to begin a new round of strategic planning in partnership with our Board of Directors. Together, we'll shape a shared vision for the future – one that builds on our strong foundation and ensures continued impact for years to come. Thank you for your ongoing partnership. Your time, generosity, and support make a lasting difference in the lives of the individuals and families we serve.

With heartfelt appreciation,

In this newsletter
you can expect:

Client &
Volunteer
Spotlight

Community
Outreach
Events

2025 Blue
Ribbon Gala

Support Our
Mission

Volunteering at
Equest

Team Up for
Corporate
Groups

Upcoming
Events

Finding Strength in the Saddle : A Journey of Healing & Hope

In the words of one of our incredible riders, what may appear as invisible challenges are often met with quiet courage and relentless determination. This personal story of recover, resilience and an unexpected breakthrough reminds us why the work we do matters.

In early 2012, I was adjusting to a new life—recently divorced, raising a toddler, and working as an executive in Dallas. I was in a serious relationship and excited about the future. All of that changed on July 7, 2012, during a bike ride around White Rock Lake. I don't remember the accident—just that I went over my handlebars and my helmet saved my life. I had suffered a traumatic brain injury and would not return to work. My focus became recovery. Over the next several years, I re-learned basic skills like walking, cooking, and driving, while managing my new sensitivity to light and sound. When overstimulated, the left side of my body would lock up. I often told myself, "I got this," but in reality, I didn't. I doubted my abilities and stuck to routine.

When I was approved to join Equest, I felt self-conscious. I appeared fine, but I had many hidden deficits. My team of volunteers, led by Boozie, created a safe space for me to learn to ride Bryn. While I could mask my challenges from most people, Bryn couldn't be fooled. He sensed them—and remained calm and steady.

Riding requires "cross-hemisphere" coordination - something I've struggled with since the accident. But I've learned that if I want to continue recovering, I have to push myself. Earlier this year, I had a breakthrough. For the first time, I could feel the stirrup under the bottom of my left foot. After I dismounted, the ground felt different—it was as if my foot had been asleep for 13 years and finally woke up. I know I couldn't have had this breakthrough without Equest. I'm so grateful to everyone involved - including Bryn. My life wouldn't be the same without you.



Client Shannon riding Bryn with instructor Boozie.

Volunteer Spotlight: Kelly - A Steady Hand and A Joyful Heart

For the past eight years, Kelly Bartholomew has been a vital part of Equest hippotherapy program. She first discovered Equest through Jesuit, where her children attended, and has been a consistent and joyful presence ever since.

Known for easygoing nature and can-do attitude, Kelly is always willing to jump in wherever she's needed. Whether she's helping in sessions, assisting with workshops, or training new volunteers, her commitment and flexibility help ensure our therapy clients receive the care they deserve each week. Kelly brings more than just reliability—she brings heart. With a great sense of humor and a beautiful singing voice, she has been known to sing to our clients

during sessions, lifting spirits and making therapy that much more special. We are incredibly grateful for volunteers like Kelly, whose dedication and compassion make our mission possible each and every day.



Client Lee with volunteer Kelly.

Our Mission

Equest enhances the lives of individuals with diverse needs through therapeutic activities with horses. We serve clients ages two and up with physical, intellectual and emotional disabilities.

Reading Quest with Equest



Kali saying hello to a new friend during literacy field trip at Equest.

This April and May, 400 first graders from nine local schools joined Equest's unique 6-week literacy program. The experience kicked off with visits from two of our miniature horses, sparking excitement and curiosity. Each student received a first-grade booklet about horses and enjoyed weekly "pen pal" letters and worksheets from the minis to practice important literacy skills. Students strengthened abilities like identifying nouns, verbs, and adjectives, rhyming, expanding vocabulary and recognizing sounds - all through engaging, hands-on activities. By blending education with the joy of horses, Equest is helping young learners build confidence and a lifelong love of reading.

A heartfelt thank you to our generous donors for making this program possible and helping us engage with and enrich our local community. Learn more about our Reading Quest Program [HERE](#)

Veteran Program - Hooves for Heroes



Thorin being groomed by veteran Eddie.

Our veterans program is designed to meet the unique needs of veterans, using the healing power of horses to support their transition to civilian life and help them thrive as community leaders. With generous support from donors and grants, this year we expanded our offerings to include group equine-assisted learning classes, vaulting programs, equine-assisted counseling, field trips to VA hospitals, and appearances with our mini horses at veteran events.

Your support makes this work possible! Together, we're helping veterans heal, grow, and build stronger communities. Thank you for being part of this important mission. We look forward to continuing this journey and creating even more opportunities for veterans in the coming year. Every contribution brings us closer to making a lasting impact. Learn more about Equest Hooves for Heroes Program [HERE](#)

2025 Blue Ribbon Gala



Pictured left to right: Honorary Chairs David & Natalie Taylor, Auction Chair, Norma Jean Schaltenbrand and Gala Chairs, Kristin & James Hallam

We had a truly unforgettable evening on April 25, 2025, at Gilley's Dallas, celebrating Equest's mission to enrich the lives of children and adults with diverse needs through the healing power of equine-assisted activities and therapies. Thanks to your generous support, this impactful work continues to grow and thrive. A heartfelt thank you to our incredible underwriters, sponsors, host committee, and dedicated volunteers - your time, energy, and generosity helped make the night so special. Together, we raised an outstanding \$700,000 in support of Equest. Thank you for being a part of this memorable night and for helping us change lives - one stride at a time. Check out the photo galleries from our unforgettable evening [HERE](#) and our inspiring mission video [HERE](#)

Support Our Mission



Your support can unleash a wave of inspiration and change at Equest. By participating in horse sponsorship or joining our Equest Monthly Giving program, you help us provide hope, strength, and joy to those we serve. Learn more [HERE](#)

Horse Sponsorship:

\$7500 provides overall care for horses: feed, shots, farrier, shavings, transportation, veterinarian, and chiropractic care. These donors get a photo session with their horse. Recognition includes stall plates with donor's names, listing on our website, certificate of sponsorship with photo and special communications about the great work of sponsored horse.



Scan QR to learn how you can support our mission

Two of our beloved therapy horses, Almond Joy and Zack, are currently in need of sponsors. Your support helps provide essential care for these incredible animals who make a difference every day in the lives of our clients. Learn more about sponsoring one of these sweet boys [HERE](#)

Friend of Equest Monthly Giving Levels of Support:

\$55 – Provides 12 therapeutic lessons over a year.
\$120 – Supports a veteran with 12 counseling sessions.
\$180 – Provides 12 physical or occupational therapy sessions.

Our Vision

At Equest, we envision a world where everyone, regardless of abilities can experience the profound benefits of therapeutic horsemanship and equine-assisted activities, further leading to positive and long-lasting changes in their lives.

Volunteer Services



Our volunteers helping in hippotherapy class at Equest.

Equest relies on the dedication of hundreds of volunteers each year to support our classes, events, and grounds upkeep. We offer a variety of volunteer opportunities, including:

- Class assistance
- Barn help
- Event support
- Internships
- Group volunteering

If interested in making a positive impact, we invite you to visit our website to complete our online volunteer application and get started! Learn more [HERE](#)

Team Up for Corporate Groups



A participant connects with one of Equest's therapy horses during a Team Up session.

Equest offers a unique corporate team building experience that harnesses the power of horses in the picturesque Texas Horse Park in Southern Dallas. This interactive session is tailored to align with your company's specific goals and team dynamics, conducted entirely on the ground in our covered arena. Horses provide immediate feedback by mirroring human emotions, making them exceptional partners in team building. Led by qualified professionals, this transformative experience enhances team cohesion and productivity, leaving a lasting impact. Learn more [HERE](#) or email teamup@equest.org for more information.

SAVE THE DATE

Equest events are an excellent opportunity to showcase the power of the human-horse connection and the benefits of equine therapy for individuals of all ages. We believe that by increasing awareness of our programs, we can raise the necessary funds to expand Equest's offerings and positively impact even more lives.

Equest Volunteer Training Dates

August 16
August 23

North Texas Giving Day

Visit
North Texas Giving - Equest
to donate

Equest Women's Auxiliary Luncheon
and Fashion Show

Tuesday, October 7, 2025
10:30 am
Location: Brook Hollow Golf Club
8301 Harry Hines Blvd. Dallas 75235

Equest Open House

Saturday, December 6
at Equest
811 Pemberton Hill Rd, Bldg. #4
Dallas 75217

Amazon Wish List

At Equest, we are continually looking for ways to enhance our programs and support our clients. One way you can help is by contributing through our Amazon Wishlist, which features essential items that will directly benefit our mission. Click here to view our Amazon Wishlist: **[CLICK HERE](#)**

DONATE NOW

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