
APRIL 2023 | VISIT OUR FACEBOOK PAGE OR WEBSITE AT MENDED-HEARTS.ORG

MENDED HEARTS NEWLETTER



The latest news and updates from the Mended Hearts Family



MONTHLY NEWS & ANNOUNCEMENTS

March

- Developmental Disability Awareness Month
- Women's History Month

April

- Sexual Assault Awareness Month
- Alcohol Awareness Month
- Child Abuse Prevention Month
- National STD Awareness Month

RESOURCES

Developmental Disability Resources

- <https://www.thearcofil.org/>
- https://www.nichd.nih.gov/health/topics/idds/more_information/resources

Sexual Assault Resources

- 1-800-656-4673 National Sexual Assault Hotline
- <https://www.nsvrc.org/nsvrc-resources>

Sexually Transmitted Diseases (STD) Resources

- <https://youth.org/resources/youth-std-prevention/>

A WARM WELCOME

From Frank,

When we see or talk to someone, we are going to have some thoughts about that person. Are those thoughts caring or judgmental? Are our thoughts and words respectful or disrespectful? While I would like to be caring and respectful, it is much too easy to let my bad mood, my biases, or my sense of self lead my thoughts into being unkind or disrespectful. In the picture below, do you see the young woman or the old woman. They are both there. It just depends on how you look at the picture, and the person. So it is with people we know and meet. How I look at or think about others is a choice. It is my choice. When I choose to see the good in others, to see their potential and their hopes, then it is easier for me to respect them and be kind. The other funny thing about it is that when you choose to see the good in others you will also be a happier person. That seems like a good choice to me.



*"Do you have any other advice?"
asked the boy."*

*"Don't measure how valuable you
are by the way you are treated,"
said the horse."*

*— Charlie Mackesy, The Boy, the
Mole, the Fox and the Horse*

FEATURING THIS MONTH

Mishka

Everyone meet Mishka! Mishka means "little Bear" in Russian.

Mishka is our newest edition to the farm. She is an 10 week old miniature huskey.

She has been with Mended Hearts for just a short time. She is very snuggly but a little shy..

Make sure to stop and introduce yourself.



ADOPT A HORSE OR THERAPY ANIMAL PROGRAM

Each of our therapy horses costs \$500 a month to feed, shelter, and care for. That comes out to \$6,000 a year per horse—and we now have 7 horses! Any amount you decide to give to adopt part of a horse would be awesome! We need partners who will help us cover the cost of this care so that we can continue to provide this type of unique and valuable therapy in our area.

What you give towards adopting a horse goes to pay for:

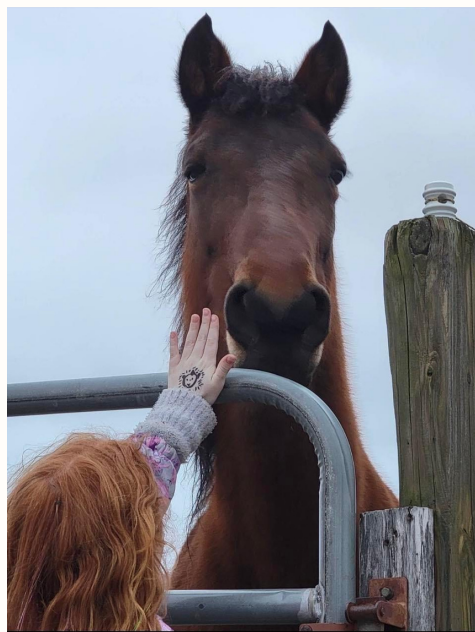
Grain, hay, bedding, vet bills, water, salt and other miscellaneous supplies, heating for the stables and arena, stable help, medicine, medical supplies

Any amount that you give to help support the cost of our horses is greatly appreciated, and adds up with others towards adopting all of our horses.

Come visit the horse that you have adopted by scheduling a visit. We would be happy to show you around and help you get to know the horse that you are helping us to care for.

To work out the way to adopt that is most convenient for you, call us at (309) 383-4323 weekdays 8:30 am - 5:30 pm. There is a picture of each of our therapy horses on our website at

<https://mended-hearts.org/adopt-a-horse/>



NEW PROGRAM ANNOUNCEMENT

The Hardship Fund

We are excited to announce that we have started a new fund called "The Hardship Fund" that is separate from our sliding fee. This fund is intended to help those individuals with hardships who cannot afford therapy costs.

For those who are experiencing hardships or are unable to afford therapy, we have created a new source of funding that is separate from our sliding fee. To receive these resources, please contact our front office.

We are currently accepting donations for our hardship fund. Please see our front desk if you wish to contribute to our hardship fund.



THOUGHTS FROM DAFFYS CORNER

As many of you are already aware, and some of you still have not discovered it yet, but we have two new kiddos on the farm. Their names are Mishka and Obi and they are husky puppies. I am much fonder of Obe than Mishka. However, with the new puppies on the farm I cannot keep up with everyone, so Julie has been putting me in her office to rest. I have grown fond of the warm office and my nice fluffy bed. If you come out to the farm and notice that I am not under my light, I will most likely be snuggled up in bed in the office.

