



Funds Distribution Report

Recipient Organization:
Heartbeat Serving Wounded Warriors

Mailing Address:
PO Box 610
Onalaska, WA 98570

Contact:
(425) 931-1047
<https://heartbeatforwarriors.org>

Organization's General Goals:
At Heartbeat, we provide emergency assistance, morale-building, and innovative therapeutic services for wounded warriors and their families.

Date of Award:	Level:
2025 Q2	\$2,501 to \$5,000

For more information, please read the attached report from Heartbeat Serving Wounded Warriors.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

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Our therapy programs continue to provide physical as well as psychological support for the warrior, which has such a positive impact on the family. Heartbeat's Back in the Saddle Program incorporates therapeutic riding for the warrior as well as hands on grooming. The horse is a valued partner in this healing process along with the assistance of a therapist and equine specialist. Sitting on a moving horse allows the warrior's body to move naturally while strengthening muscle groups, being present, improving balance, flexibility, self-awareness and decreasing pain. Equine Therapeutic Riding teaches riding with an emphasis on improved posture, balance and muscle strength. It also involves a grooming component that is a calming rhythm for the brain and decreases the warrior's emotional numbness. This is very important to assist with the healing of PTSD and TBI in our warriors. BITS Warriors' primary goal is to enable warriors to navigate through their injuries, both physical and psychological, and to assist them in reintegrating back into their families and their community.



Why Equine Therapy works: “You can lie to your boss, you can lie to your spouse, and you can even look in the mirror and lie to yourself. But you can never lie to a horse. They feel your hidden grief and anxiety before you even speak.” Edgar Cayce

Horses don't just see you; they feel you, which is why our equine program is so effective. Many times these warriors cannot articulate their feelings, grief, anger or anxiety. They don't need to. The horse responds to what the warrior is feeling and mirrors it back to him.

Horses are prey animals that depend on hypervigilance to keep safe. They “read” invisible energy. According to the HeartMath Institute, a horse's heart weighs 10lbs. Its electromagnetic field is five times larger and stronger. This field encompasses 30 feet around a horse. Just standing near a horse,

in this field, can decrease your heartrate, and deepen and slow your respirations. Many of our warriors have experienced this. This is why equine therapy works for those warriors with PTSD when talking fails.

The ranch our therapy occurs on also has rescued horses that can be utilized in our program. What a wonderful combination, a rescued horse and warrior; both are getting a second chance.



Comments by warriors:

I come in feeling “in fight or flight mode” and leave completely calmed down.

This therapy is the highlight of my week.

I am more calm and relaxed, lower blood pressure, and fewer headaches. This allows me to better cope with my combat related trauma and physical injuries.

I have learned life-changing skills that are necessary to overcome my PTSD and have provided crucial therapy to survive my post-military life.

I have opened up to my wife more...which terrified me in the past.

Amazing. I think about it every day and it is teaching me so much about myself.

Love equine therapy. This is the best thing I have ever signed up for.



THANK YOU

Once again, Heartbeat is so thankful for the generous support given by Tulalip Cares. If there are any questions unanswered, please do not hesitate to call either Janice Buckley (425-931-1047) or Janet Raulerson (425-280-9621).