

# Mended Hearts Newsletter Spring/Summer 2021

We are proud to welcome our new horse home! Our equine feature of this newsletter is Teddie! She is a senior mare of the Tennessee Walker breed.



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## “Helping People Mend Their Relationships and Lives.....One Hoof Beat at a Time!”

Do you often find it difficult to find that urge, or need to put forth effort into something you connect to? What really gets you up every morning? What is it that helps you feel ready to tackle on a new day, even when you don't know what could happen next? Is that kind of motivation feel faint within you? Motivation just doesn't happen spontaneously. We CAN work up to being motivated by establishing new habits and setting real solid goals for ourselves. Don't wait to feel motivated! Build yourself up to it!

Dr. Ahona Guha mentions in her [article](#) that “people wait for motivation to find them when learning a new skill, or taking up a healthy behavior.” When we really need to “focus on building consistent habits.” Knowing that those habits can help you achieve a goal in your life.

When taking on a new habit it's important to thoroughly think through and decide if this new habit is something of value. Is this something we can do now? Do we have the current resources at our disposal or is this something we need to plan for? A few simple rules Dr. Guha left for us about setting up new habits in our lives....

Decide if you can commit to forming this new habit. Knowing what time it may take away from other parts of your life, considering the benefits vs. the costs from this new habit, and when deciding it is okay to not.



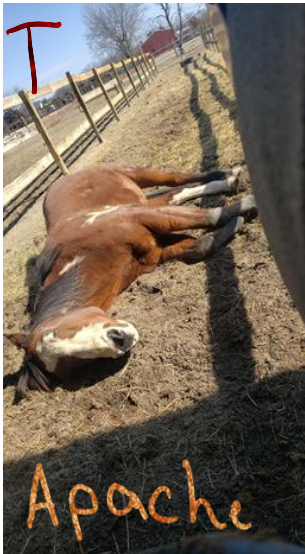
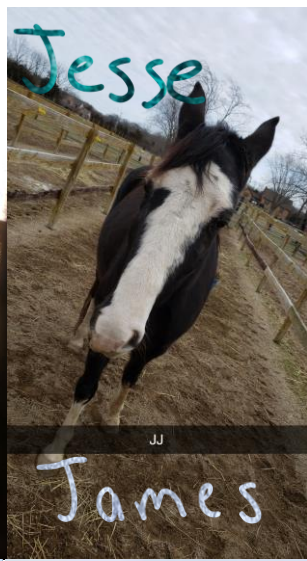
Keeping this habit simple, small (at first), and routine. New habits are easier maintained when you start them off on a small scale and allow them to build momentum over time. As you increase time spent on the new habit, it only helps you come closer to your goal set within the habit.

Linking new habits to our current habits can help incorporate our new habits more routinely into our daily lives. Chain habits are good to have! For example, walking your dog, and before you go inside you remember to take your trash to the street. These kinds of habits help us accomplish more if we keep them small and do not overwhelm ourselves.

When taking on something new it's crucial we find a consistent method to evaluate and monitor progress with our new habits. It's perfectly fine to realize that a new habit isn't serving you as you had hoped it would. If that does happen to you, take some time and find something else to incorporate that's gonna help you achieve!



Therapy Horses





Ask about our adopt a horse program!!

## ADOPT A HORSE

*Mended Hearts is a non-profit counseling agency that uses horses in therapy for children and adults. The therapy is provided by a credentialed mental health professional who uses the horses to facilitate the therapeutic process.*

*We have different animals that your donation can help!*

*Each of our horses costs \$500.00 a month to feed, shelter, and care for. That comes to \$7,000 a year for each of our 7 therapy horses. Any amount you decide to give to adopt part of a horse would be awesome! We need partners like you who will help us cover the costs of this care so that we can continue to provide this type of unique and valuable service in our area.*

*When you give towards adopting a horse, you're donating to:*

*The grain, hay, bedding, vet bills, water, salt, and other miscellaneous supplies, heating for stables and arena, staff assistance, medicine, and medical supplies.*

*Any amount 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 care for.*



## Catching Your Chickens



Here at Mended Hearts we have quite a few chickens roaming around. From them we get really good eggs. Some of the people that come here also enjoy holding and petting a chicken. To do that you have to first catch the chicken.

So how do you catch a chicken with your bare hands as it is roaming around? You can try to corner it or try to outrun it, while then being quick enough to grab it before it can dodge your grasp. That is a lot of work and is usually not successful. It is a lot less work to slowly and calmly approach the chicken, put a little grain out in front of it, then slowly and calmly reach down and grab it. When you've caught the chicken it is also helpful to hold the chicken's wings against their body. Otherwise, they can start flapping their wings, making it much harder to hold them.

The things that we have to do and our thoughts are a bit like chickens. It goes much better if we slow down to take things one step at a time, and approach things peacefully and calmly. Then, you will be successful at catching your chickens!

- Frank



## From Julie

In reflection of the month of June (which is also known as national Pride Month) I wanted to put out there some insight about pride.

Pride should be embedded in many aspects of our life. There's so much to be proud of out of our own doings, surviving, or achievements. Having pride and loving all that is you is important for our mental health. Have pride in who you love, your job, friendships, family, but also having courage to help those who feel less pride within themselves.

Looking at the history of Pride Month we are taken back to June 28, 1969 with the Stonewall uprising in New York City. Until Pride Month's recognition in 1994 when a coalition of education based



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organizations in the United States designated October as LGBT history month. The federal government recognized the month in 1999 when President Bill Clinton declared June to be "Gay and Lesbian Pride Month." In 2009 President Barack Obama lead a social change for LGBTQ rights and was able to declare June LGBT Pride Month. How has this affected our current modern-day society?

Throughout history fear, hatred, and lack of understanding has led to the deaths of many people all over the world. Varying from background, race, religion, ideology, sexual orientation, and those who struggle with self-identity.



Despite the huge changes in our country's social policy there is still a lot to be done. For example, LGBTQI youth are at high risk of attempting suicide, running away, experiencing legal issues early on in life, homelessness, or at risk of being abused in and out of the home by those who lack understanding of another person's life.

As our world changes, we have to be supportive of each other cause learning that we are different from someone else as compared to what society labels as normal can hurt our own sense of pride. So we need to connect, open up honest communication, and bring awareness to our world!

There is nothing wrong with who you are! **SO HAVE PRIDE** with hope that one day our world will have no hate and only love for ALL! As Harvey Milk said, "hope is never silent!"



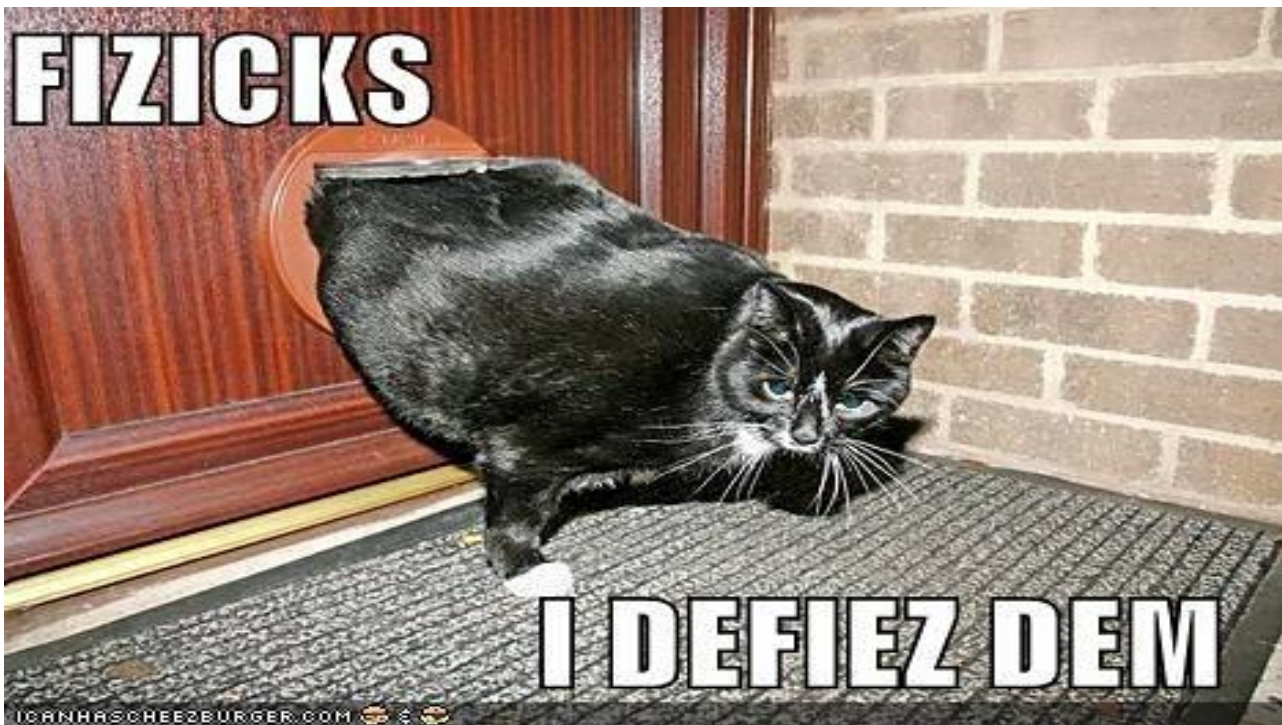
## Daffy's Corner: Thoughts from underfoot

It's hot! It's cold! It's perfect! It's raining! Now's it's warming up again! I don't know about you guys, but this weather has my fur buzzing! Since spring made us take a face first approach to summer's looming arrival of another season of heat! Even if it's hot out the COOLEST place to be is here at Mended Hearts! We certainly have been having a blast welcoming our new sister horse Teddie! She's quite the beauty with a big gentle heart which makes her a great fit for her here with all of us! Please come us in continuing her welcoming if you haven't yet had the opportunity! Please ask to come meet her during your next visit, volunteer time, or appointment with one of our amazing counselors!





Here at Mended Hearts we value your thoughts and feedback about any of our services, staff, or publications! With your feedback we always keep your needs in mind! Please feel free to email us at [Mhearts@mtco.com](mailto:Mhearts@mtco.com) with your feedback!



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