

VOICE NEWS

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Sunrise EquiTherapy helps people recover through riding



Pictured above are: The horse is Rajati, a 23-year-old Egyptian Arabian retired from the show ring. The person is 48-year-old Terri Koster, a Sunrise EquiTherapy client for the past four years.

Through the unconditional love from Rajati and plenty of riding, Terri has made her way back from a stroke and aneurism that nearly killed her and left her right side paralyzed. She transitioned from being bed-ridden with a feeding tube in a nursing home to a wheelchair to a walker and now to independence in an assisted living facility in Crete. Terri's strength, balance, memory and happiness grew with each ride, all because of a special bond that was established between Rajati and Terri.

Terri and Rajati are seen in this picture after they gave an exhibition ride at a previous horse show. Their demonstration shows what someone with a disability "CAN DO."

Terri even spoke to a class, In-

roduction to Equine Assisted Therapy, this spring at the University of Nebraska-Lincoln; it was taught by Sunrise director Julie Wood. She shared her story about how her recovery from the stroke was directly related to therapeutic riding.