

The Arc Fresno



TOGETHER WE THRIVE – AND SERVE!

Service Project

2024-25

The ARC Fresno Aktion Club wanted to make sure our service project this year reflected the Kiwanis commitment to “improving the world one child and one community at a

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time”. Our President, Justin “Cowboy” Poutroy had something really special in mind - the Heart of the Horse Therapy in Clovis. The Heart of the Horse provides equine therapy to young children with disabilities – helping them to strengthen their core, develop balance and gain confidence. Our members unanimously agreed – this was an organization that we wanted to help.

To help learn how we could help and to learn more about the work that Heart of the Horse Therapy Ranch, we invited Guy Adams (President of the organization) to come speak to our Club in March of 2025. He shared with us his story of starting the Ranch with just one horse (given to him) and \$500.

After hearing Guy’s story, the Arc Fresno Aktion Club decided that we would like to help him by re-painting a 200 ft corral in the center of the Ranch used for riding therapy. This was a project that he had on his “TO DO” list for over 8 years.

Since 2011, the Heart of the Horse Therapy Ranch has helped people with significant disabilities live a life without barriers by offering transformative equine therapy experiences for individuals in the Central San Joaquin Valley with physical disabilities. Programs include:

Supportive Therapy for Empowerment, Engagement, and Disabilities (S.T.E.E.D.) - A tailored equine-assisted therapy program with sessions designed to improve physical and emotional well-being.

Horses 4 Healing -Horses 4 Healing is a program for individuals aged 12+ seeking to build confidence, strength, and well-being through personalized horse-led healing sessions—not traditional riding lessons.

Positive Outcomes Nurturing Youth (P.O.N.Y.) - A 5-week horsemanship program for able-bodied children ages 5–12 focused on building confidence, trust, and physical strength through personalized mounted and unmounted sessions.

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We were able to take a brief tour of the Ranch and meet some of the horses prior to starting our project.

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Young girl receiving therapy at the Ranch on the day of our project

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Project Plan

- Several members of the Arc Fresno Aktion Club have participated in lessons through the Heart of the Horse Therapy Ranch.
- After hearing Guy Adam's presentation about the Ranch, many of our members and advisors were moved by the work being done there.
- Together we talked how Guy's suggestion of painting the corral was going to be a big undertaking and how we would all need to join together to get the job done.
- We discussed what supplies would be needed for this project and how we might be able to borrow some supplies (brushes and rollers) from our sponsor club, East Fresno Kiwanis.
- We contacted the Vice President, Carey Adams, at Heart of the Horse to select a date and to develop a project plan. Together we arrived at Saturday, May 17, 2025. We also worked up a transportation plan to get all the members who signed up there.



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Project Implementation

- With the date of Saturday, May 17th set, we began taking member sign-ups in early April. A total of 17 members of our 21 members signed up.
- After getting list of participants, we distributed Heart of Heart liability release forms for each member and chaperone to complete.
- In late April, it was realized that May 17th was also the date for the Break-the-Barriers Spring performance. This meant that five of our members needed to back out. At this point, we reached to our fellow Aktion Club, the Charis Aktion Club. They stepped up and brought 3 members and 2 volunteers to our rescue.
- All members were reminded that together we thrive and that, in order to get the project completed in one day, we were going to have to work as a team.



- We decided to divide ourselves into two teams – 1) scrapers (who removed the existing loose paint and sanded) and 2) painters who would use brushes to paint the corral.

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- After starting we shifted more of our members and volunteers to scraping and clean-up.
- The project took us over 3 hours and members were only allowed short water breaks so that we could get the corral completed. We had a total of 15 members and 7 Aktion Club volunteers involved.

Final Results

After the event

- We were able to enjoy a lunch of hot dogs with beans and chips in the barn.
- Guy Adams, President and his wife Carey Adams, Vice President, along with Heart of the Horse volunteers joined us and shared their stories of the important therapy work that this Ranch provides. We had been able to witness this ourselves during our tour of the Ranch.

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BEFORE



AFTER

- Members demonstrated that together we thrive and can accomplish large jobs when we work together.
- Members shared their stories back at our next Aktion Club meeting.

Public Awareness

- Photos and description of this Service Project were included on the ARC Fresno website.
 - [Aktion Club | The Arc Fresno/Madera Counties](#)
- Photos and description of the Service Project were also included on the East Fresno Kiwanis website
 - [Photo Album — Kiwanis Club of East Fresno \(eastfresnokiwanis.org\)](#)

Member Impact

- Club members learned about the importance of the work done at the Heart of the Horse Therapy Ranch and the difference it makes in the lives of children that the Ranch serves.
- Members learned about the importance of working together as a team.

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- Members shared responsibility for planning and preparing for the event, and working the day of the event.
- Members commented they had fun enjoying a lunch together and being part of a club where they can work together and thrive.



Additional Information

This service project represents just one of ways that the Arc Fresno Aktion Club serves the community.

The Club also maintains a food pantry for individuals with disabilities who are struggling to make ends meet.

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The Club is also active in Kiwanis service projects including Kiwanis One Day at Fresno Storyland.

More information on the Arc Fresno Aktion Club can be found at:

<https://www.facebook.com/arcaktionclub/info>

More information on Heart of the Horse Therapy Ranch in Clovis, California can be found at:

<https://www.heartofthehorse.org>