



Dear Sir or Madam,

Please let me take this opportunity to introduce myself as a United Professional Horsemen's Association's Ribbons of Service participant. I'm representing Christy Parker and Pine Haven Stables and Riding Academy in Brunswick, Georgia. I am challenged to raise funds — a minimum of \$2500.00 — for 1Boy4Change's Warrior Beads Program. I am further challenged to complete a minimum of 100 hours of community service hours before the end of the 2016 equestrian show season (October 31, 2016).

At the end of the show season, awards, prizes, and scholarships will be given to the participants. A scholarship will be given to the participant who raises the most funds for their designated charity. Each winner will be eligible for the overall award (including scholarships). Another scholarship will be given to the participant with the most community service hours.

Why I chose to raise funds for 1Boy4Change's Warrior Beads Program:

The Warrior Beads Program is open to anyone who has a medical journey to share — no age limitations, no illness limitations, and "Survivors" are welcome.

Through the Warrior Beads Program, the participants will tell their medical journeys using colorful beads as meaningful symbols of courage. These commemorate milestones they have achieved along their unique treatment paths.

All Warrior Beads were developed in collaboration with experts in the field (nurses, doctors, child life specialists, therapists, social workers) and participants, so that each bead reflects meaningful acknowledgment of the participant's treatment journey.

Major benefits of the Warrior Beads Program:

Ongoing evaluation of the program indicates that it helps to decrease illness-related distress, increase the use of positive coping strategies, helps participants find meaning in illness, and restores a sense of self in participants coping with serious illness. The program also provides

something tangible the participant can use in discussing their experiences during and after treatment.

The Warrior Beads Program has more than 1,200 participants in sixteen countries and never charges a fee to its participants. It impacts participants around the world.

We would be honored if you would consider blessing our program with one of these levels of sponsorship:

- | | | |
|-----------------------|-------------------|---|
| Bronze level | \$100.00 | Your name/your company's name will go on the banner that I will display at each horse show that I compete in. |
| Silver level | \$250.00 | You will have a business card space on the banner to put your information of choice. |
| Gold level | \$500.00 | You will have a 4" x 6" space on the banner to put your information of choice. |
| Platinum level | \$1000.00+ | You will have an 8" x 10" space on the banner to put your information of choice. |

***if you wish to have your logo on the banner,
please supply a JPEG file for printing.*

All checks and money orders can be made payable to UPHA Foundations, Inc. (a 501(c)(3) organization) with *The Warrior Beads Program* in the memo area. I will mail the checks and money orders to the UPHA with my Ribbons of Service paperwork.

Thank you so much for considering this opportunity. Please feel free to contact me with any questions.

Sincerely,



Chris Carswell
UPHA Ribbons of Service Participant
145 Myers Hill Road
Brunswick, GA 31523
(912)279-0440
1Boy4Change@gmail.com
<http://www.1Boy4Change.org>

What the Warrior Beads Program means to others:

Hi Chris – Our patients are loving the Warrior Beads!!! It is being received even better than I imagined and taken off with great enthusiasm. I am so excited for our patients who are benefitting from the program and I hope that each day you are aware of the many children that are being blessed because of what you have done and continue to do! Thanks for sharing your heart and making a difference in the lives of children at FHFC. I will be sure to share the QR code with the team! Have a happy day!

Lisa H. Robertson

Florida Hospital for Children

Family Ambassador/Community Donation Coordinator

407-303-5600 ext. 110-7475



Words cannot begin to describe my appreciation for the work you do with Warrior Beads. My daughter, Emily Salonich, received her beads today. She has had two days of dealing with her medicine being off balance causing her to not be well. She received her beads today and they immediately made her smile!! We don't see that too often!!!

Hello! I'm in your warrior beads program. I love my beads! They bring me hope!

I know I and some others in your programs suffer from EDS and have frequent dislocations of the joints. It would be really cool if we had a way to show that part of our illness too.

Thank you,

Angel

Hi there!

Thank you so, so much for my warrior beads, it was so awesome to receive something to represent everything I have been through! It's so great that you are doing this kind of thing free of charge for people!! I really do appreciate it!

Thank you again for sending me the beads, it means a lot! :) hope everything is well with you.

Kind Regards,

Brittany White-Johnson

Chris,

Thank you so much for the beads! I finally had the strength to bead them together. I never wrote a description because, I'm still getting used to an invisible illness being something real. I always put others ahead of me. And this time I thought of myself. This is such an amazing thing to do. Especially someone who's suffered more than a life time of things. I hung mine proud in my room. The glow-in-the-dark beads will remind me not to be afraid to go to sleep and have anxiety. And the rest to show that I survived this much pain already, I can survive more. Thank you again

Xoxo Lyndsey

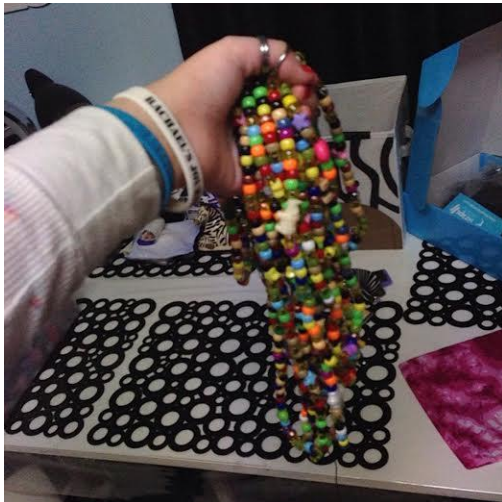
Hello,

I just wanted to thank you so much for my beads!! I got them 2 weeks ago but I had dislocated my elbow and was unable to string them. I did them tonight and it made me realize just how much I have gone through. Having a little known illness such as Ehlers Danlos Syndrome makes it hard to prove how sick you are. I almost cried, of happiness and validation. Thank you so much.

I attached some photos for you.

YOU.ARE.AMAZING

Rachael



Hello,

I just wanted to say a massive, massive thank you for the beads! In New Zealand they are only available to children fighting cancer. For me the beads remind me of how much I have overcome already and a constant encouragement to remind me to keep fighting.

For you to even allow me to apply from a different country is such an amazing thing.

Thank you for all you do.

Allanah :)

Oh thank you so much!! You don't know what this means to me. I've had health problems from the day I was born three months early. It's not been easy but I've never taken no for an answer and have accomplished so much more than some thought possible. Thank you for having this program for those of us who aren't kids or don't qualify for others.

Marieke

Hello Chris,

I just received my 'Warrior Beads' and I absolutely love them! What you do is so great for sick kids like myself, and gives us something to get our minds off what we're going through.

Thanks for everything you do,

Mya

Hello!

I just received my warrior beads and I want to thank you so much! :-) They made my day so much brighter, I have been in pain because I went to bible camp, but these were absolutely wonderful! What you do is absolutely amazing, and I'm sure so many people have been cheered up because of it. You are a blessing to this world! I would love to donate, but sadly I don't have any money because I wasn't able to work this summer. Although, I do have a whole bunch of extra pony beads, so if you need some, I can see if I have that type! Also, I think I will be writing a letter and mailing it, because letters make my day and I hope it may make yours a little brighter too :-). I think I may make a bracelet or too, since that's basically what I have been able to do this summer and it's the only way I can give something as a thank you right now. May I ask what your favorite color(s) are? Anyways, keep up the great work; we appreciate it so very much!

Thank you!

Brianna Loosbrock

Hello.

I received the warrior bead for my daughter and they are just stunning and were so well received by her!!!! A magical thing to have when times are tough!

Many thanks Viv

New Zealand

To Dear Chris,

I have just received my first lot of warrior beads today. I felt guilty filling in the survey for my beads as I felt that other people were more worthy than me. However, today when I saw your note written on my application I burst into tears at how lucky I am, not only to be alive but to have overcome so much.

Thank you for helping me see this. I do have courage and my beads can remind me of this everyday. So much has happened for me since I first applied for my beads that I found I had to apply for more already, I was ready to give up but my beads have given me hope, I have come so far already I can keep going. Thank you Chris - You are my hero. Much love, Josie x

Dear Chris,

I just want to say thank you so much for the beads, I'm currently going through a rough patch at the moment (health wise) and receiving the beads made it better!

Thanks a million!!!!!!!!!!!!!!!!!!!!

Chelsea



Dear Chris,

Thank you so much for my beads. They mean so much!! What you do is amazing :)

Thanks again,

All the best

Rebecca



I received my warrior beads yesterday and just finished stringing them up. I can't tell you what your extra beads and your kind message meant to me, nor the extra beads. I enjoyed stringing them together, as it completely took my mind off my pain, even if only for a few minutes. I can't ever thank you enough! These beads mean more to me than you could possibly imagine!

Love and thanks,

Lucille Pagenkopf

Thank you my beads arrived today. Mummy is helping me put them together. I am very happy.
Love Keziah

You're welcome. Thank you for sending me my warrior beads, I'm up to 595! Amanda



Thank you so much for my Warrior Beads! I received them today, and I love them! They already mean a lot to me. It's nice to have an actual visible representation of my chronic illness!
Bethany Spencer

Hi Chris

I just wanted to say a huge thank you! I just received my warrior beads today and it was a complete surprise!! They are so beautiful and special! It's so overwhelming to see how much I have gone through this year but looking at them just makes me feel stronger and gives me more passion to fight. You have given me more reason to fight and for that I want to thank you from the bottom of my heart. I hope that things are going well for you at the moment and that you and your family are doing well! I am sending the biggest hug with lots of love from way down in New Zealand! You have touched my heart today and I can't thank you enough for what you have done!

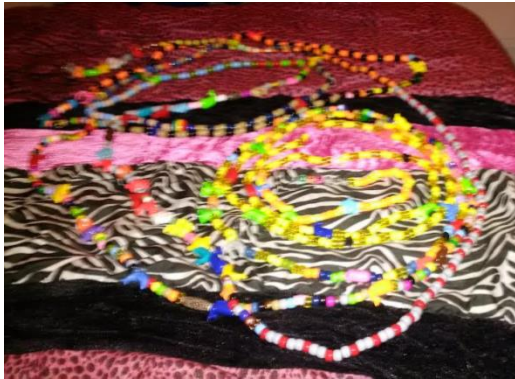
Kindest regards,
Shontelle Scott

Dear Chris,

Your warrior bead program is such a fantastic cause. You have sent me warrior beads. My family made the first application for them when I was very poorly with my asthma. I have just received my top up from you of beads. I wanted to make a donation to you so you can continue your project. I can send you some beads from here in Scotland so you may get some slight different ones than you get in the US. Take care and all the best with the great project and cause.

Olive

Thank you for the beads they have helped me through my medical journey I know I have sent u a pic before but this is the updated picture after adding the beads I received not too long ago from you. Thanks for all you do for me and other kids with medical complications. :) Doreen



Dear Chris,
Thank you for my latest warrior beads. I threaded them whilst in hospital when I was recovering from an operation for my heart condition. Everyone was really interested and wanted to learn about the meaning behind each bead. They are such a great way to explain to family, friends and doctors what happens when I am in hospital, and for me to be proud of what I have achieved. My beads mean so much to me and my family. I was recently diagnosed with a brain condition, and the beads gave me the strength to start treatment. I know I can get through it because I have done it before. Thank you so much!
Best wishes,
Rebecca



Hello Chris :)

Received my first lot of beads you sent me today and I'm so happy with the thought and kindness of your program! Thank you so much and I'll look forward to emailing you again when I need more beads! Thank you once again I think it's going to make a massive difference :-)

Best wishes

Corinna x

I just wanted to thank you for the warrior beads I just got in the mail. Procedures and all that stuff are nothing new to me, and I didn't really think this would be a big deal but I decided I wanted to see what it was all about anyway. Your note and the beads put the biggest smile on my face! Sometimes, it's the littlest things and kindness of strangers that make you happy while going through difficult times. Thank you! I'll be ordering more but will wait awhile because I have surgeries and dr appts in the next month. Thanks again!

April

When I tell people in my life that I have PTSD they often find it difficult to understand what that means in day to day life. It's such an internal and invisible experiences that many times people don't realize that I'm struggling unless they know me well. My Warrior Beads have helped me be able to physically show people my journey living with an invisible illness. The beads help people see my experiences in a way that I never dreamed was possible. It's amazing to see the looks of understanding dawn on people's faces.

My Warrior Beads, all 94 feet of them, hang on my bedroom wall so that they are the first thing I see when I open my eyes in the morning. They help me remember that though the day may be hard, and my symptoms high, I have the strength and courage to handle it. Sometimes, when I'm really struggling, I take them down from the wall and run them through my hands. It's calming to know that the present moment is nothing compared to what I have already been through!

Recently, I even added 3 more bead categories to my strand so that it would also tell the positive efforts I am making toward recovery from my mental illness.

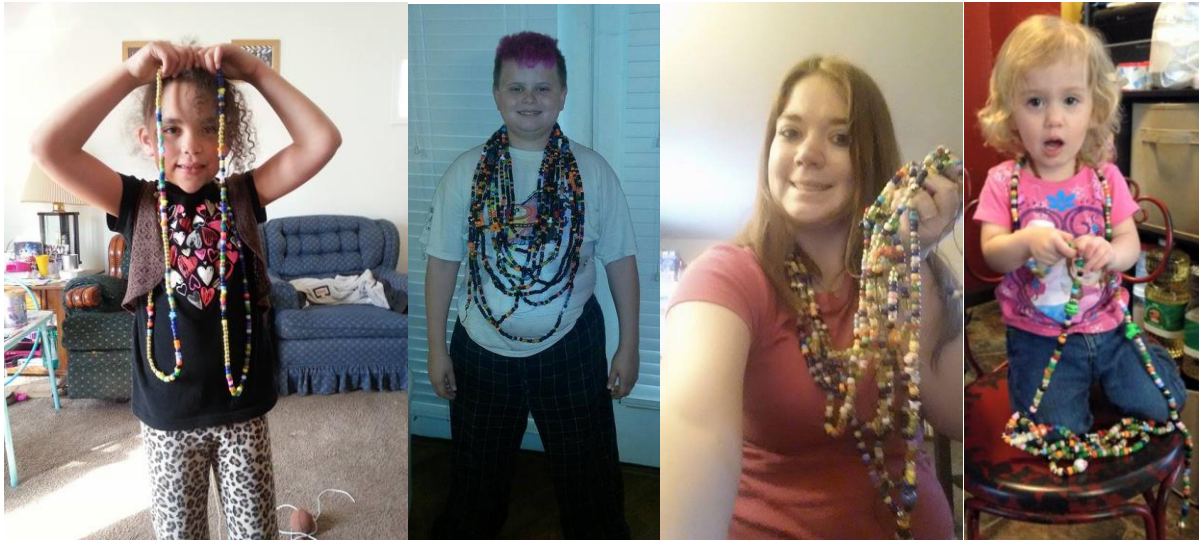
Thank you 1Boy4Change for not only giving me a tangible way to tell my journey through PTSD but also for helping me remember my own strength!! Katie



My Kyser... A bead for everything we had gone through together. Kyser is passing away and when that time comes I can look at every one and remember what a fighter he was. To some these are just beads but for me they are so much more. It's another way to remember our struggles and our love and how strong he helped me be.



Other Warriors from around the world with their beads:



Warrior Beads – Categories 2016

Doctor Visit/Clinic Visit – Dark Blue

In-Patient Hospital Day – Yellow

P.I.C.U. or I.C.U. – Gold

Isolation or Bedrest – Tan

ER Visit – Red

Ambulance or Life Flight – White

Needle Sticks (blood draw, injections, IV starts) – Black

Port or PICC (start, removal) – Silver

IV medicine or Infusions – Orange

Head Shaved or Hair Loss – Dark Brown

NPO (no food/water before a procedure or surgery) – Light Blue

X-Ray, CT, MRI, MEG, Etc. – Olive

EKG, Doppler, echo, etc. – Copper

Lumbar Puncture – Dark Red

Surgery (per event/incision) – Stars

Respiratory Support (oxygen, vent, etc.) – Pink

Catheter/Tubes (Foley, chest tube, etc.) – Lime Green

Feeding Tube (per day, per week, or per month: family's choice) – Green

Therapy – OT, PT, Speech (per therapy) – Khaki

New Wheelchair, Walker, Etc. – Magenta

Dressing or cast changes – Gray

EEG, VEEG, Sleep Study, etc. – Clear purple

Seizures – Purple

Travel far from home – Sea Animal

Eye Patches, Glasses or Contacts – Clear

Hearing aids, sign language, etc. – Brown

Braces and Splints – Grayish Blue

Chemotherapy – Clear blue

Radiation – Clear green

Blood transfusion – Clear red

Days of school or work missed – Clear yellow

Flashbacks, panic or anxiety attacks, nightmares – Glow in the dark

Joint dislocations, joint problems, muscle problems – Rainbow Glitter

Diabetic complications - Raspberry

Guardian Angel bead

50 Bead Club – when 50 is reached in any category – special bead

100 Bead Club – when 100 is reached in any category – special bead

Act of Bravery or Courage – when the story is shared Chris sends a special bead – special bead

Service Dog beads – name of service dog given in beads PLUS a dog bead

Countries that have Warrior Beads:

United States
Canada
England
United Kingdom
Great Britain
Finland
France
Ireland
Norway
Scotland
Germany
Australia
New Zealand
Portugal

More photographs of Warriors from around the world:

