

FALL AT HG

“HG is able to help me enjoy things that I thought I would not be able to do again in life after disability. They were all so encouraging and made me feel safe while exploring things I thought I would never be able to do. My hats off to HG for the heart and effort they put in to make me feel like I was an able-bodied person again.” - *Adaptive Athlete*



PROGRAMMING THIS SEASON

- ★ First Responders fishing week long program in Sun Valley
 - ★ Bocce and gym workouts for local adults with cognitive disabilities
 - ★ Veteran week long river rafting program on Rogue River in Oregon
- ★ American Sign Language classes and social signing hangouts



Higher Ground
PO Box 6791
Ketchum, ID 83340



HIGHER GROUND

ADVENTURE. SUPPORT. BELONGING.

For over 20 years we have been helping give people of all abilities a better life. With recreation, therapy and continued support, we bridge the gap between disability and belonging.

WINTER AT HG

“Words cannot express my gratitude for you inviting us to participate with Higher Ground. The whole process from inception was an angelic answer to prayers. This was possibly the most profound, healing, and transformative experiences of my life. I’m so grateful for the program, staff, guides, and fellow “campers” that made this journey so impactful. Thank you for your huge heart, always speaking the truth, and amazing skill set.” - *Veteran Participant*



PROGRAMMING THIS SEASON

- ★ Week long snowsports programs for veterans and first responders in Sun Valley and Mammoth Mountain
- ★ Weekly alpine and nordic ski teams for local Idaho residents with cognitive and physical disabilities
- ★ Ice climbing programs for veterans in New York and Montana
 - ★ Idaho School for the Deaf and Blind family program
 - Paralympic Youth Camp

SUMMER AT HG

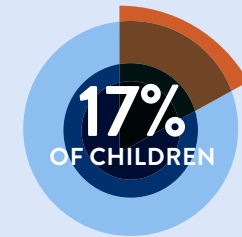
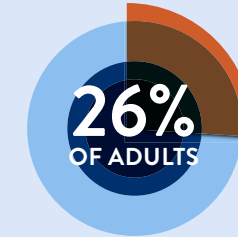
“We have totally enjoyed every ounce of summer this year. It’s been amazing! And I have to give you all tons of credit, he had the best time with y’all this summer. Thank you for doing what you do. It means the world to us that we can let go and know he’s safe.”
- *Parent of participant*



PROGRAMMING THIS SEASON

- ★ Salt Lake City VA overnight mountain biking and golf programs
- ★ Weeklong whitewater rafting programs for veterans and first responders in Idaho
- ★ New York rock climbing day programs for veterans
- ★ Adaptive athlete week long program in partnership with the Adaptive Training Foundation

Today, 26% of adults and 17% of children in the US live with some type of disability that impacts their major life activities—making them 4.6 times more likely to report mental distress.



88¢ of each dollar goes directly toward **PROGRAMMING**
7¢ of each dollar goes directly toward **ADMINISTRATION**
5¢ of each dollar goes directly toward **FUNDRAISING**

WAYS TO SUPPORT HG

- \$10,000** Sponsor a veteran/first responder and their significant other for a week long program
- \$5,000** Sponsor one veteran/first responder for a snowsports program
- \$1,000** Sponsor an athlete for the Paralympic Youth Camp
- \$500** Sponsor one student from the Idaho School for the Deaf and Blind weekend ski experience
- \$100** Sponsor a ski pass for a Sun Valley local with disabilities

We'll see you for our annual
HERO'S JOURNEY GALA

Thursday, July 6th 2023

Speaker: LTG H.R. McMaster

Visit our event website for sponsorship opportunities at HGHJ.org