



2019 Helping Hands Project Hosted by the Douglas Elbert District

Helping Hands is a community outreach program of the Denver Metro Association of REALTORS® (DMAR) Douglas Elbert District. Our mission is to help those in need within our community with home improvement projects to better the family's quality of life. Helping Hands supports the elderly, the young, the disabled, and those with unexpected life events and adversity.

This year's project will benefit Eagles Nest Ranch, a 501(c)(3) non-profit located in Elizabeth, Colorado that provides equestrian therapy for Armed Forces and First Responders suffering from PTSD and social reintegration, and children with emotional disabilities. They acquired a new location in the fall of 2018 with 40-acres of land, a home for the caretakers and metal barns with about 15,000 square feet of covered area for horses, supplies and an indoor arena.

The project involves converting a 36' x 36' portion of the barn into a comfortable area for families to enjoy while their loved ones are working with the horses, as well as provide an indoor area for group gatherings.

We are in need of donations, materials and sponsors to assist the Eagles Nest Ranch. Your contribution would be greatly appreciated and will go a long way in helping the ranch service our community by bringing hope, trust and growth into the lives of those who come to the Ranch.

DMAR's Douglas Elbert District is excited to help the Eagles Nest Ranch with their needs as a way of giving back to the community where we live and work.

This year's project will take place August 23rd and 24th, from 8:00 AM to dusk both days.

The scope of work needed includes:

- Installing shiplap siding
- Installing a large barn door to allow for truck access
- Installing a 36" door
- Painting ceiling and interior walls
- Painting equipment and obstacles used for horse therapy sessions
- Installing a pellet stove
- Replacing ceiling lights
- Cleaning horse stall



MATERIALS NEEDED

Description	Quantity	Cost
Shiplap Siding	1,100 SF	
2x6x8' Boards	4	
2x4x8' Boards	20	
3'x8' Plexiglas Sheets	3	
2x2x8 furring strips (1x2x8?)	32 (matching the siding)	
4x8' x1/8 plastic panels	4	
36" Pre-hung exterior door	1	
Barn Door Hardware 12' span	1	
2x8x12' beam for barn door	1	
Barn Door Wood		
Adhesive for Siding	30 large tubes	
4x8x2" insulation sheet	1	
Pellet Stove	1	
Pellets for Stove	15 Bags	
LED Lights	10	
Paint – Ceiling		
Paint Interior Walls	10 Gallons walls, 2 Gallons trim	
Paint for Equestrian Props	5 Gallons main, 2 Gallons Accents	
Painting Tools	Brushes, rollers, poles, pans, tarps	
Cleaning Supplies	Mops, Rags, Buckets, Detergents	

VOLUNTEER HELP NEEDED

- Skilled labor with tools to install siding, barn door, standard door, lights and pellet stove
- Professional painter to paint the ceiling prior to project start
- Electrician to make wiring changes
- Painting help with inside walls and horse obstacles (posts, poles, stands, etc.)
- Help with cleaning on interior walls and metal fronts of stalls