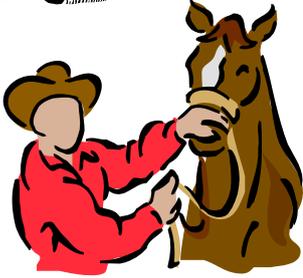




Equine-Assisted Therapy News

From The Director's Desk ...



Come on out of hibernation everyone!
It's time to get back in the saddle!

And Equine-Assisted Therapy has a year planned for you

Session/Event Schedule for 2013

Ω 2013 Volunteer Orientation at our Wildwood location – Feb 2nd at 10 am

Ω Mardi Gras party at Andres in Fenton Feb 9th at 7 pm

Ω Annual Egg Hunt at Longview Farm Park in Town & Country – March 23rd 11 am
(rain date March 30th)

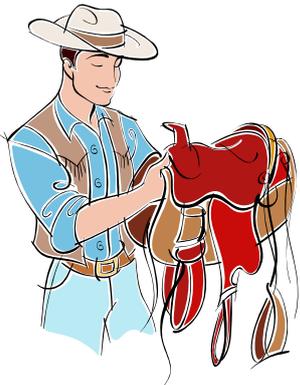
Ω Session 1 – WW only Feb 10 – March 30
No classes March 31 – April 6

Ω Session 2 – both locations April 7 – May 25
No classes May 26 – June 1

Ω Session 3 - both locations June 2 – July 20 (No Classes July 4th)
No classes July 21 – August 3

Ω Session 4 - both locations Aug 4 – Sept 21 (No classes Sept 2nd – Labor Day)
No classes Sept 22 – Sept 28

Ω Session 5 – WW only Sept 29 – Nov 16 (No classes Oct 31st - Halloween)
No classes Nov 17 – Feb 10, 2014



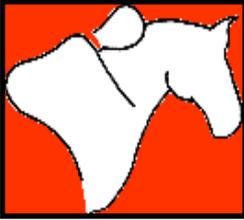
Ω Town and Country Community Days – Oct 19th 9 – 12

Ω EAT's Annual Horseshow at our Wildwood Location – Oct 27th starting at 10 am

Ω December 1, 2013 - \$100.00 retainer due for participant spot in 2014



We Love Our Volunteers !!!



Equine-Assisted Therapy News

Mardi-Gras Dinner Dance...

Mardi-Gras Dinner Dance

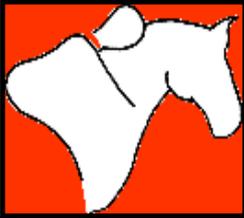
Saturday February 9th
Andres West 7-11
Music by The Hot Flashes
Dinner and Open Bar \$25

Best Mask Contest
50/50 Raffle
Silent Chair-ity Auction



Event Sponsored By: Equine-Assisted Therapy

Tickets & Info:
specialevents@equine-assistedtherapy.org
314-971-0605



Equine-Assisted Therapy News

Dalcroze Eurhythmics



At Equine-Assisted Therapy we are constantly trying to put into words, the power of the horse. I have yet to run across just one article that covers every aspect of the virtues of equine therapy because there are as many benefits as there are participants. But have you ever considered the likeness of horseback riding and , say, music?

Dalcroze Eurhythmics: named after the early 20th century [Swiss](#) musician and educator [Émile Jaques-Dalcroze](#), the Dalcroze method teaches concepts of rhythm, structure, and musical expression using movement...in EAT's case, the movement of the horse. It focuses on allowing the student to gain physical awareness and experience of music through training that takes place through all of the senses, particularly kinesthetic...or 'muscular movement'.

On a very basic level, our participants are feeling rhythm from the second they hit the saddle. The rhythm of the horse breathing, walking, stopping, backing and trotting. They quickly learn the importance of their contribution to the rhythm to assure a safe ride. Balance, posture, core muscle involvement, even the riders thought processes as they move around the arena.

Imagine trying to play an instrument without rhythm, focus, balance, concentration or tempo. The intended goal - a melodic song - would be all over the place and not very pleasing to listen to. Riding a horse is much the same. There is a rhythm to the up/down, side-to-side, forward/backward natural gait of the horse. This natural rhythm becomes something the rider can depend on and get 'into' for a safe ride. The tempo would relate to walk, trot, (2 beats) or cantering (3 beats). We've also noticed that some riders are more apt to get into the rhythm of the horses movement when we play background music in lessons.

Moving beyond the 'basic', riding, as in playing an instrument, causes us to be responsive to many stimuli at once. You must master and yet also become one with your instrument, communicating with your whole body, mind and soul. You must think ahead . . . multi-tasking, using different parts of our bodies for different tasks simultaneously, remaining completely present as riding is a fully absorbing experience . . . like making music!



Congrats * 5 Years of EAT Service

Congratulations to this years "5 Years of Service" honorees! We are so grateful to each and every one of you for your dedicated years of service to Equine-Assisted Therapy and the many smiles you have brought to our participants.

- Diane Andrews * Megan Andrews * Sharon Arthur
- Peggy Brown * Paige Hardesty
- Jane Harrison * Cathryn Herbst * Kathy Hoehl
- Marti Schlegel * Sarah Vandegrift

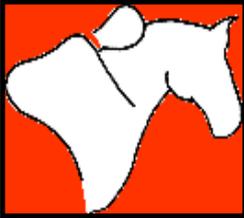
Radio Interview w/ 97.1 FM

Hope you all had a chance to listen in on our own Mike Pereira and Scott Pitzer being interviewed by Dave Glover, 97.1, January 24th.

It was a riveting 7 minutes of EAT in the limelight as the guys quickly yet intelligently told the listening audience about EAT and our new Pathfinders program for American Vets.

At the end, Dave Glover offered to do a fund raiser for us this Spring, which is HUGE! A big thanks to Mike and Scott for making the trek to Union Station and speaking on EAT's behalf!





Equine-Assisted Therapy News



♥♥ Thank You ♥♥

- ♥ Bill Schmidt - cares for our horses hooves at a reduced rate
- ♥ St Louis Equine veterinary Services - David Hunt - cares for our WW horses health at a reduced rate
- ♥ Homestead Veterinary Hospital - cares for our T&C horses health at a reduced rate
- ♥ Rick Turner - cares for the tack we use every day
- ♥ Our Barn Buddies - feed and care for our therapy horses each and every day at both locations
- ♥ Our EAT Board of Directors - makes the difficult decisions
- ♥ Scott Pitzer - works with our therapy herd to keep them obedient and happy for safe lessons
- ♥ Keith Pey - our Newsletter Editor
- ♥ Susie Pace & Gaye Regan - help keep our herd groomed
- ♥ Susie Pace - stops by to keep things tidy at WW
- ♥ Gaye Regan - sends out our birthday and thank you cards
- ♥ Susie Pace - made and sold candy for EAT
- ♥ Liberty Mutual employees for pledging their support in 2013!!!
- ♥ Thanks so the Lee Steck family who gave the benefits of their Christmas breakfast to Equine-Assisted Therapy by raising enough money to buy EAT 2 brand new, beautiful riding helmets.
- ♥ Ken & Kelly Steck purchased personal lights "so the volunteers can see at night to put tack and horses away"

Donations by:

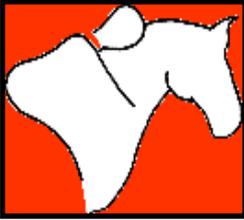
- ♥ AT&T Employee Giving Campaign
Karen Ernst , Carol Collins, Kathleen Milton
- ♥ The Beckmann Family in honor of their niece, Lily Rogers
- ♥ The Black Family
- ♥ Boeing
- ♥ Mary Ann Broemmelsick in honor of Jennifer Glenn
- ♥ Jody Delf
- ♥ Helen Gilbert
- ♥ The Halley Family in memory of their son, Graham
- ♥ Sandra Hunsaker in honor of Brooke Hunsaker

- ♥ Lisa Krystosek
- ♥ The Maloney Family
- ♥ MO Child Support Enforcement Association
- ♥ Todd Morton in honor of his mom, Sally Morton
- ♥ The Ragsdale Family
- ♥ Gaye Regan
- ♥ The Rider Family
- ♥ Ralph Simon in honor of Michele Hoeft and Kristen Driskill
- ♥ The Sugarbaker Foundation
- ♥ Tiffany Schroeder in honor of her mom, Sally Morton
- ♥ K. Wisniewski
- ♥ Vincent, Dawn & Zia Zagorri
- ♥ Peggy Browne
- ♥ Laura and David Herman
- ♥ Paul Adam
- ♥ Lisa Nichols
- ♥ David & Wendy Vorhies
- ♥ Matt & Amanda Aubuchon
- ♥ Allysa Vorhies and Danny Wolf
- ♥ Ken & Kelly Steck
- ♥ Joan Steck
- ♥ Joe & Angela Steck



You may have noticed "in honor of" noted in our thank you list. So many have found that giving to Equine-Assisted Therapy in lieu of a birthday or Christmas gift is a wonderful way to go. Some of us realize that we really don't *need* anything but there are so many who do. When someone gives to EAT in honor or in memory of a friend or loved one, their name goes into our newsletter and a card goes to the person or family who is being honored or remembered. The gift goes on to purchase grain, hay, maintain our facilities, add to our scholarship fund (EAT is now supporting 15 individuals who cannot pay for themselves), veterinary care, the farrier, and so much more. In this way, one gift goes on to bless so many.





Equine-Assisted Therapy News

Thoughts on Autism . . .

One of the most impactful things I have read about autism is about a girl named Carly who learned how to talk on the computer (she's non verbal) and started telling what it's like to be low functioning autistic. "It is hard to be autistic because no one understands me. People look at me and assume I am dumb because I can't talk or I act differently than them. I think people get scared with things that look or seem different than them." When asked what she would tell people that work with autistic kids, she said "I would tell them to never give up on the kids they work with. Be patient." Another message she had was "Autism is hard because you want to act one way, but you can't always do that. It's sad that sometimes people don't know that sometimes I can't stop myself and they get mad at me. If I could tell people one thing about autism it would be that I don't want to be this way. But I am, so don't be mad. Be understanding."

As a mom of a child with high functioning autism/asperger's I can tell you that it's hard. You see this beautiful child and you know that the world they live in is overwhelming, complex and lonely. You realize that they can't control their outbursts because they're fed by an overwhelming anxiety that is so great, a neuro-typical person couldn't even begin to understand it. You will have days when it seems like the world is perfect. There are no fights, they do their homework, they eat the food you put in front of them (don't get me started on THAT battle), there are no melt downs and you sit down after you put her to bed and you're not exhausted.

Then there are the more typical days when the outfit for the day changes 15 times before school, breakfast that was okay 3 days ago is now disgusting and makes her want to puke, her shoes feel funny, she can't handle the feeling of a brush in her hair, she can't stand the feeling of the toothbrush. Somehow you manage to get her together and out the door (and all too often in an outfit that she finally settles on that looks like a blind person picked out because guess what? Spectrum kids have no sense of style). During school she drifts off, walks away, doesn't play with other kids and is labeled "the weird kid" (thankfully Spectrum kids are generally unaware or simply don't care if their labeled). She comes home tired and overwhelmed. She spent the entire lunch period listening to 100 kids smack their lips while eating. She's about to burst because she knows she can't act out at school (rules are super important for spectrum kids) and the least little thing will set her off. She has to have her food just right (one small tomato in a burrito . . . any more and it's ruined). If you try to change her schedule and make her take a shower on a day she normally doesn't, the whole world explodes. Finally you get her in bed, where she might fall asleep before 11 if you're lucky and you collapse into a chair utterly exhausted. There are doctor's appointments, medications, diets, and therapies. Then if your spectrum child has a sibling, you have to make sure that you're spending enough time with them that they're not feeling slighted. Life with a child on the spectrum is not easy and it's not always fun but this is a child that will amaze you if you give them a chance.

That's why it's a breath of fresh air to work with people that understand where you're coming from. Read about it. You'll understand why spectrum kids can't handle loud noises, why certain textures bother them, why they have to do things a certain way or they shut down, why life is so overwhelming to them. It will help you realize that spectrum kids are incredibly intelligent. Some are just trapped in a world where they can't express that intelligence verbally. Talk to the parents and for goodness sake, don't do it in front of the child. And understand that no two spectrum kids are the same.

<http://carlyvoice.com/> there is a video on youtube about Carly's life that is worth finding. There are a ton of books out there but I have a few that I really like that I can get the names of.

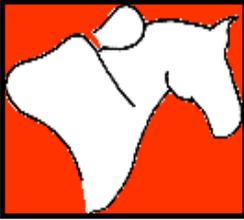


Danielle, Program Facilitator

Equine-Assisted Therapy

314.971.0605

<http://www.facebook.com/eatherapy>



Equine-Assisted Therapy News

Volunteer Spotlight . . . Jody Delf

Owning a floral business and children at home kept me from a long time desire to volunteer at a therapeutic riding program. But, when I heard of one opening down HWY 109, 10 minutes away, I signed up. This will be my Fourth year and I rarely miss a night.

I love that volunteers come from all different backgrounds with one common purpose, to serve the kids. I think the Program is healing on so many levels for everyone involved. I know it has been for me. For example, one of the first summers Mary told me to look at



the child I was side walking with and speak up, so he could understand me. Well, what a novel idea! It was the kick in the pants I needed to get over a lifelong habit of

speaking too softly and unclearly. For that same reason I enjoy scouting out new volunteers, who I think would be a good fit and benefit from the program.

Every week on the drive down, I pray for the safety of everyone involved. I make it a point to leave my 'agenda' at the gate and do whatever who is in charge needs to be done, be it the teacher or Scott.

Favorite horse? I don't have one since Scott has been working with them, they all are:)

Seems like every week something special happens, but I especially remember one Thursday night, I was leading 2 yr. old Luke on Dusty. David (one of our awesome teenagers) was side walking. The kids were supposed to blow bubbles. Luke was too little to do that, but David leaned in behind him and blew, so Luke didn't know he wasn't doing the blowing. The bubbles flew, and Luke gave THE BIGGEST smile and giggle at his accomplishment! (Love those teenagers!!!)

Outside of EAT, I enjoy my grandson Raleigh, who would be sure and tell you he is five years old! Never enough time with my horse Durango, and the Fiber Arts. Nope, that does not involve wheat bran but wool

and spinning wheels not bicycles.

Did I say I was retired? As usual, I have my finger in a lot of pots. I still do some decorating. Since making those barbed wire 'tumbleweeds' for the front of EAT, my friends the Baisch's, who helped me make them and I are starting a business called the Repurposed Cowboy, using barbed wire and other vintage western stuff. I also use, love and sell Nerium skin care product.

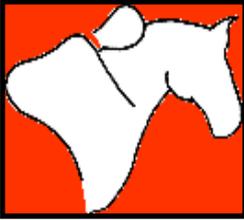
But, ask my husband Tony, even though there are never enough hours in the day, not much gets in the way of volunteering Thursday nights.



You may not know Jody personally but, if you have visited our Wildwood location, you have certainly seen her handiwork. Jody has been decorating our office building since our Open House event and beautifully creating our "first impression". Those of us who haven't a creative bone in our body are so grateful for Jody sharing her talents with Equine-Assisted Therapy. Over the holidays, Jody went a step further in her support of EAT. Rather than giving gifts to friends and family who have few needs in this time of their lives, she donated the money she'd be spending on them to EAT and sent them a note on EAT's very own "Kids Kards" drawn by EAT's very own participants telling them of the good things we're achieving every day at EAT. The cost of hay and grain rose dramatically due to the drought of 2012 and so many of our participants families are in need of scholarships for their lessons. EAT turns no one away for lack of ability to pay and help like Jody's helps us do this. Thank you Jody, for everything!

Here's a picture of participant Luke Rush wearing the "Sparkle Hat" Jody made for him to keep his little head warm this winter!





Equine-Assisted Therapy News

McThanks !!



A big McThanks to our friends at that Ronald McDonald House Charities and Deb Klak, Eureka McDonalds owner, for our newest equine at EAT and a beautiful adaptive saddle.

This guy still needs a name if any of you have ideas!

Quotable :

Never look down on someone unless you re helping them up.

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