



My Horse Odin - by Terri Miener, EAT participant

My Horse Odin

My horse Odin is one of my best friends I've ever had! He's really a swell horse as all of the horses at EAT are.

So you're probably thinking, "What makes Odin and the rest of the horses there so special?"

It's their temperament! Their temperament is wonderful! It's as though the Creator said, "I'll make a certain herd of horses for this horse ranch and I'll make them all extra gentle, extra docile and extra kind." And poof! There was Odin and all the rest of the horses!

Odin was my first mount there. Sure I've ridden other mounts (horses) there before too. But I always come back to Odin.

"Why?" you may be asking. Well it's just because in my eyes, he's the best mount the good Lord ever made. But that's just my thoughts on things. I'm sure you'll find your own favorite mount there too.

"What's another reason?" you ask. Well because when I'm on Odins back I sit as tall as the tallest tree on earth ever stood and I boldly ride. I also feel as free as a flag, blowing in the wind. Free to bend, curve and crinkles I so desire.

I have the wind at my side and the world at my feet; well truly speaking, the world is at Odins hooves and rein ends. But seeing how I'm the one in control of him it's sort of like it's in my control.

Just remember, "every horse is a good mount but how they act is all in the reins!" (That's my own quote) I'm Terri Ann Miener and this has been my story about a horse named Odin.



Odin, To Me You Are Golden - by Terri Ann Miener

Odin, to me you are golden! As a matter of fact, to me Odin, you're better than golden. You're worth all the precious gems on earth and so much more! Why Odin I wouldn't trade you away even if it meant that I could be the ruler of the world!

When Odin is with you there's no mistaking He's what makes me feel full of glee and completely happy.

He's what makes me want to get out of bed in the morning. Odin, you make even my sad, tearful days, somehow sunny and bright.

All anyone has to say is Odin wouldn't want you to feel this blue. Then away go those gray or black clouds that were like horses blinders and out pops the yellow, bright, shining sun and the biggest, happiest smile comes all over my face and I wipe the tears away.


People who you thought would never smile again, will suddenly break out with the most beautiful smiles.

So give EAT's therapy horses a try and just wait! The suns gonna come breaking through that cloudy face yet!




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2016 EQUINE-ASSISTED THERAPY HOEDOWN FOR HOPE




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EVENT LOCATION:
Equine-Assisted Therapy
Wildwood Facility
3369 Hwy 109, Wildwood MO

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Colic— how it can effect our herd . . .

Colic, in a horse, means pain in the belly. It is a health problem that is taken seriously by all horse owners. The horse's digestive system is sensitive and disruptions to this system can cause pain. It is a word that is taken seriously at Equine-Assisted Therapy.

Colic is something that we, like all horse owners, want to prevent. Colic has many causes, including overeating, dehydration, parasites, eating spoiled or moldy food, or quick changes to diet. At Equine-Assisted Therapy, care of our beloved herd is a priority. This care includes steps to greatly reduce the risk of colic. We make sure that grain is stored in an area that horses cannot access. Grain bags are kept dry and bags are inspected for bugs and mold prior to being put in our feed storage bins.

Plenty of fresh water is provided for our herd. Special heaters are used to keep water ice free in the winter. All diet changes, especially increases in grain, are done gradually so that the horse's digestive system has time to acclimate to the new amount. Grain product changes or any increased pasture time for horses are also done gradually. Deworming is also done on a regular schedule.

The signs of colic in a horse include lack of appetite, breaking out in a sweat, looking at or nipping his belly, pawing the ground, stretching out as if he wants to urinate, he may lie down on his side and get up repeatedly, or he may sit down on his hindquarters. If these signs are spotted in one of EAT's horses, the horse is halted and we begin to walk him. The horse can take breaks and stand but we don't let him lay down and roll. Our veterinarian is called. Depending on the severity of the symptoms, our vet either will remain on standby or come out to see the horse right away. If symptoms are mild, the horse will continue to be walked until he poops. (This is a good thing!). Usually, when a horse poops it means that he is feeling better.



The horse is kept under careful observation for several days following the incident and will probably be kept off of grain as well. If the vet needs to come to EAT and see a horse, he will decide the course of treatment which could include administering Banamine, a NSAID, and even performing a nasogastric intubation. This involves a nose to stomach tube that can be used to tell if blockages exist and help clear them, if they are present.

At Equine-Assisted Therapy, our staff and volunteers, are on hand and watchful. Any situations or behaviors that are not considered normal for our horse's are taken care of immediately. We are thankful for the extensive experience and the hours that are spent on continuing education concerning horse care and management that our volunteers and staff have put in and continue to put in so that our herd stays healthy and happy.

Lemonade for Sale . . .

Lauren & William are a brother/sister team who recently set up shop in their Lemonade Stand and donated all of the proceeds to Equine-Assisted Therapy.

Lauren is six years old and is going into First Grade, brother William is soon to be four and is in pre-school.



They featured Ice-Cold Lemonade and Cookies and did a rousing business.

Thanks Lauren & William for your caring and generous donation in support of the Equine-Assisted Therapy program.





EAT Takes a Road Trip . . .

~ by Carla Abernathy

This spring, I took EAT on the road, visiting four schools and making ten presentations to a total of almost 250 students. **North Kirkwood Middle School** was my first stop. These students had done research on Equine-Assisted Therapy. As a result of their research, they asked some great questions about our program and our horses. They followed up on my visit to them, with a visit to our barn at Town and Country. Peggy Brown, Ronnie Kaufman, and I helped them experience some hands on horse care including nutrition, tacking, grooming, leading, and stall mucking.

Next, Peggy Brown and I headed to **Abilities Days at Uthoff Valley Elementary School and Rockwood Valley Middle School**. Peggy shared a great story about her puppy, Rory. In her adoption picture and biography, Rory appeared to be a dog that needed special loving care because of her disabilities. However, Peggy and her husband soon discovered that Rory only sees herself as a dog full of abilities. The story of this energetic and playful pup helped the students understand how everyone at EAT sees our participants. They are individuals with many talents and abilities.

The last visit of the school year was to **Seckman High School**. As part of an end of the year project, Sabrina Bael wrote a letter to EAT sharing what this program means to her and asking if we could come and talk to her class. It was fun to share our program and the accomplishments of Sabrina, with her classmates. We all sat in a small circle and had a great time discussing EAT and how Sabrina started riding with a leader and two side walkers and has become an advanced independent rider that has even ridden bareback.



Sabrina & Brady

With the school year over, my travels have ended for now. I hope that with the help of Peggy and Ronnie, I was able to help students see all that goes into caring for our horses, that people and animals have more abilities than disabilities, that it takes many dedicated volunteers to run our program, and that we make a difference in the lives of individuals.

Barn Buddy - Suzi Campbell



Suzi Campbell, came upon EAT in 2009 when she began taking her new puppy on daily walks at the nearby Longview Farm Park.. One day while walking her puppy, she saw a Barn Buddy and asked some questions. She ended up emailing Ginni and signing up as a side walker. But the day she was contacted and was asked if she was interested in being a Barn Buddy, that was that! Suzanne jumped right in as a Barn Buddy and found her special spot at EAT!

Suzi's love of horses began early. Her grandfather had race horses and she spent her summers on horseback in the north woods at summer camp. At EAT, Suzi forges a special bond with each animal. She feels a special connection with each of the horses especially Dusty and Brody. She also is close to Onyx, our barn cat. Suzi's motto is that there is no mess too big, no stall too dirty, no mane too tangled. To her caring for animals is a soul soothing, centering ritual. As a Barn Buddy with EAT she has found the consistency that is key in her world and the barn has been a sanctuary for her in the most trying and turbulent times.

Suzanne has two favorite things about being a Barn Buddy. One, is when the horses all come galloping in when she calls them in for breakfast or dinner. The other is her special time with them when she sings to the them, grooms them, talks to them, and checks them for boo-boos and eye boogers. She has made friends with park visitors and even has recruited some as volunteers. She says that being at the barn helps her feel the closest that she has ever felt to her community.



EAT Thanks !

A special thanks to some of the groups who have given of their time to support the EAT programs!

- ♥ A big thanks to Nick & Greg Cadice for bringing their botanical expertise to our gardens!
- ♥ Residents of Dolan Residential Care came by our Town & Country facility for a visit! The horses greatly enjoyed the extra attention .
- ♥ Kids Who Kare camp made Monarch butterfly pods to plant along EAT's riding trail. We're hoping for lots of beautiful flowers that are specific to the Monarch Butterfly's tastes!
- ♥ The Equine-Assisted Learning (EAL) Mother / Daughter workshop was held July 3rd—thanks to all who participated.
- ♥ Thanks to Matt Hess and his Bobcat, EAT WW is getting a new riding trail. Looks shady and cool! So exciting!
- ♥ Thank you to Living Word United Methodist Church for the awesome snacks! Our volunteers will enjoy them immensely!
- ♥ And to the Living Word United Methodist Church Youth Group for holding your Service Day at EAT—You're Awesome!!!
- ♥ Jody Crow, Scott Smith and Chuck Smith for spreading the new driveway material Keith Weber got for us!
- ♥ Erika Liljedahl, Psy.D for her presentation on Autism
- ♥ Tina Kramer & John Fechter for hosting a lovely gift from Security Traders Association of St Louis
- ♥ Thank you to Shelby Anderson for donating all of his hay to Equine-Assisted Therapy. WOW!
- ♥ Little Carina Busso has so generously shared the benefits of her 4th birthday with Equine-Assisted Therapy! Thank you Carina!
- ♥ A huge thanks to Keller Williams Realty for their hours and hours of hard work in the rain today. What a great group of hard working people. We got SO much done!
- ♥ A huge thanks to IPM (Integrated Process Management) for spending a day with us and painting everything in sight!



EAT—Eagle Scout Project



Thank you to Boy Scout Michael Graves and his father Mitch of Troop 567 for putting together this much needed Eagle Scout project!



The pictures speak for themselves.





♥ Thank You ♥♥ Thank You ♥

A number of people are always working behind the scenes to keep our facilities beautiful and running smoothly:

- ♥ Ascension Health
- ♥ Amgen through Denise Crow - donation
- ♥ Becky Hadfield - donation
- ♥ Bonnie Enos
- ♥ Center for Creative Learning
- ♥ Chris Reider - donation
- ♥ Christina Tobin - monthly donation
- ♥ Christy Merritt - horse care, cleaning
- ♥ Chuck Smith & Scott Smith - horse handling, leader training, lesson prep and the hours and hours spent with our new horses
- ♥ Dave Holst—T&C Transport Services
- ♥ Dave Thompson – farrier
- ♥ David Hunt of St Louis Equine Veterinary Services - Eureka
- ♥ Deborah Buchheit
- ♥ Dottie Freitag - donation in honor of Andy Shanuel getting her Masters Degree
- ♥ EAT Barn Buddies
- ♥ EAT Board of Directors
- ♥ EAT Donors/Supporters
- ♥ EAT Instructors
- ♥ EAT Office Staff - Lindsey and Brandon
- ♥ EAT Tack Pro — Rick Turner
- ♥ EAT Therapy Horses
- ♥ EAT Volunteers
- ♥ ELCO Chevrolet - donation
- ♥ Greater St Louis Community Foundation
- ♥ Homestead Veterinary Hospital
- ♥ James Steck donation in honor of volunteer Lee Steck, Mothers Day
- ♥ Joe Steck - cool things to sell
- ♥ John & Sue Ragsdale
- ♥ Judy Kabbes
- ♥ Julie Gustafson
- ♥ Karen Heiting and Integrated Process Management - on FB - April 16
- ♥ Katie Gancarz for fixing the T&C water tank foundation
- ♥ Keith Pey – EAT Newsletter Editor
- ♥ Keith Weber—Arena Care
- ♥ Keller Williams - on FB



♥ Thank You ♥♥ Thank You ♥

- ♥ Ken Steck
- ♥ Lee Steck
- ♥ Liberty Mutual - donation
- ♥ Lisa Roberson - horse supplies
- ♥ Lulu Bogolin - front garden
- ♥ Mark Dorsey - Keurig
- ♥ Mary Lou Leech - donation
- ♥ Patty Rudd
- ♥ Ronnie Kaufman
- ♥ Shawn Whittaker
- ♥ Stan Sween
- ♥ Tack Trunk
- ♥ Teri Bilsborrow
- ♥ Theresa Kormos - grant writer
- ♥ Wells Fargo - donation
- ♥ Wendy Janssen - curtains, cleaning, donkey walking

Give St Louis Day Donors:

- ♥ Sally Morton
- ♥ Michelle Foster
- ♥ Ronnie Kaufman
- ♥ Sue Burgess
 - ♥ Jeanne Braby
 - ♥ Gina Dust
 - ♥ Alicia Busso
 - ♥ Linda Lindsey

In Memory of Melissa Falvey:

- ♥ Mike Straus
- ♥ Lee Steck
- ♥ Melody Roberts
- ♥ BR Developmen

Equine-Assisted Therapy mourns the loss of Melissa Curfman-Falvey... a loyal Volunteer since EAT began and a faithful friend.

Rest in Peace, Melissa





♥ Thank You ♥♥ Thank You ♥

♥ Thank You ♥♥ Thank You ♥

2016 - EAT Calendar . . .

Session 4

July 31st – Sept 17th – both locations

- Ω Labor Day weekend - No classes Saturday Sept 3rd, Sunday Sept 4th or Monday Sept 5th
- Ω Session break – no classes Sept 18th – Sept 24th

We Love Our Volunteers!!!

4th ANNUAL HOEDOWN – SATURDAY
Sept 24th – 5 – 9 pm at WW

Session 5

Sept 25th – Nov 12th WW only

Sept 25th – Oct 15th T&C (3 weeks only)

- Ω No classes Saturday October 15th for Fall Festival
- Ω No classes Sunday Oct 16th
for the Participant Horse Show
- Ω No classes Saturday Nov 12th
for Volunteer Thanksgiving Dinner



FALL FESTIVAL – Saturday Oct 15th
from 4 - 7 pm at T&C

6th ANNUAL PARTICIPANT HORSE SHOW
SUNDAY OCT 16th 10 am – 2 pm at WW

VOLUNTEER THANKSGIVING DINNER
SATURDAY NOV 12th 6 pm – 8 pm at WW



EAT's Mission . . .

Equine-Assisted Therapy, Inc has but one purpose; that is to provide horsemanship experiences to persons with mental, physical, and psychological disabilities in order to enhance the quality and productivity of their lives.



Please 'like' us on Facebook
www.facebook/eatherapy

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