



*Equine-Assisted Therapy*

*EAT News*

## EAT — End of Year Letter

### Equine-Assisted Therapy, Inc.

Therapeutic Horseback Riding for the Disabled

3369 Highway 109

Wildwood, MO 63038

Come ride with us on the web at [www.eatherapy.org](http://www.eatherapy.org)



Dear EAT Family,

First and foremost, this is not a letter requesting money! Yea!

Instead, this is a letter of extreme gratitude for everything you all did for EAT in 2016

2016 started out with a literal FLOOD of unexpected activity as our beautiful Wildwood facility took on 48" of water from the "historic flood" damaging or completely ruining everything in its path. We couldn't be more grateful for the abundance of volunteers who came out to help evacuate the horses the night before then put things back together again once we were allowed back on the property. We had electricians, plumbers, painters, carpenters, and people with just plain muscle spending full days on tear-out and restoration as well as the city of Wildwood bringing us a huge dumpster and picking it up, free of charge. Our donors made all this work possible as we were not considered a flood risk so had no insurance. Bless you all!

The rest of the year was filled with activity as well!

We gave 108 individuals lessons every week – although this summer's extreme heat made cancelations necessary up at our T&C facility a frequent occurrence.

Added to that, we had so many wonderful visitors from every walk of life!

Alzheimers Association, their clients and caregivers  
Boy Scout, Girl Scout, Brownies, Daisys, and Eagle Scouts  
Dolan Memory Care Residential Ctr  
Equine Connection – Calgary CA  
Eureka Seniors Group  
Fontbonne University

Holy Infant Catholic Church  
Integrated Processing Management  
Keller Williams  
Kids Who Kare Camp  
Kirkwood Middle School  
Kirkwood Rotary  
Lego League Kids Club  
Liberty Mutual  
Living Word United Methodist Church

National Charity League  
Pond Athletic Association  
Purina Human Resources  
Rotary Club of West County  
Seckman High School  
SLU Equestrian Team  
St Louis Behavior Group  
Westminster Football Team

As you can see, Equine-Assisted Therapy is a very active participant in the community and most of these extracurricular visits are done free of charge. We attend Ability Awareness Days at our area schools, open our facilities to groups that need a day in the "country", educate and open the eyes of kids who aren't sure what to do with a disabled classmate or friend, personalize a visit for our senior community, and happily provide community service hours for our high school students!

**THIS IS WHAT YOU ARE SUPPORTING! These accomplishments are YOUR accomplishments.**

There's so much more to Equine-Assisted Therapy than meets the eye but we consistently hold the community near and dear to our hearts as we truly believe it takes a village to raise a child with the experiences, education, self-awareness and understanding of this world we live in and how to handle its many highs and lows. We are proud to be one small aspect of that learning process and that's because of your kindness and generosity.

To quote Tiny Tim.... *God bless us, everyone!*

Ginni Hartke, RN

Founder, Executive Director  
Equine-Assisted Therapy, Inc





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**EAT Volunteer/Leader Training**

*Equine-Assisted Therapy's  
Annual Volunteer/Leader Training Open House*



*Come join the EAT family as we assist 108 individuals every week  
to be all they can be.*

*We love what we do and you will too!*

*(must be 14 or older)*

*Saturday, February 11<sup>th</sup>, 2017*

*12 noon - 2 pm*

*3369 Hwy 109, Wildwood, 63038    314-971-0605    [info@eatherapy.org](mailto:info@eatherapy.org)*



## Volunteer Spotlight - Erika Liljedahl

Erika Liljedahl is Psy.D, M.L.S., has a dual B.A. and is an EAT PM and V.

In case you need help translating that, Erica is Participant's Mom (Christian) and a Volunteer for Equine-Assisted Therapy. She holds degrees in Psychology and is a licensed practitioner in Missouri and Illinois.

Erika is dedicated to providing her son, Christian, with the best possible chance to reach his potential. After reading about Temple Grandin the world-renowned autism spokesperson, and meeting her in person, Erika decided that adding equines to Christian's life would be a good thing for him.

After all, she enjoyed horses when she was a girl and hoped her son would too. Within a short time of Christian becoming an EAT participant, positive changes were observed in him by Erika. He sits tall in the saddle, follows directions better, and when he drives past EAT, he says "I want horses."

Erika has also volunteered her time to share with the instructors more information about Autism Spectrum Disorder and added to their "tool box" ways that they can help children diagnosed with Autism.

Erika says this of EAT. "Children on the Autism Spectrum learn from watching other people do all sorts of activities so thank you for being a positive model"



## EAT says "THANKS" to it's Men & Women in Blue

A huge "YEE - HAW" to these wonderful volunteers who will be celebrating Five years of service at EAT in 2017

Scott Smith	Roger Fauss	Nick Fjone	Lulu Bogolin	Kiersten Birmes
Keith Weber	Nicole Zimmerman	Mary Kay Sandhu	Stuart Percy	Janet Lutz
Tina Kramer	Betty Keithley	Liz Johnson		



Thank you to all of our 5 years of service honorees!

Please pick up your 5 Yrs of Service t-shirt and wear it proudly!

*Note: Though we try to keep accurate and updated records, we may have missed someone on this list. If so, please let the office know and accept our apologies .*



## Volunteers Needed — EAT Winter Sessions

**Reminder:** Equine-Assisted Therapy's Wildwood facility is still open and running classes 7 days a week over the winter. We welcome anyone who can help volunteer with these classes.

No need for experience...we will train!

Winter class schedule:

**Sunday** - 1:30, 3:00, 4:30

**Monday** - 5, 6 & 7

**Tuesday** - 4, 5 & 6

**Wednesday** - 1:30, 3, 5 & 6

**Thursday** - 5 & 6

**Friday** - 1 & 3

**Saturday** - 9, 10, & 11



**We Love Our Volunteers !!!**

## eScrip — Schnucks

- ♥ Volunteer Ronnie Kaufman received a note from Schnucks complimenting him on his faithful use of their escrip card when he shops. Everytime Ronnie shops at Schnucks he shows them his card and a portion of his purchase total is gifted back to EAT



- ♥ You can do this! It's easy, it's free and it helps EAT!
- ♥ Pick up your Schnucks eScrip card at any Schnucks or at either EAT location
- ♥ then register the card to our **account # 500015523**

## Knights of Columbus — Council 11139



- ♥ Thanks so much to Knights of Columbus Council 11139 for their very generous donation to EAT. Bob Moore, father of participant, Christa, has been bringing the needs of EAT before this wonderful group for a number of years and we are so grateful for everything they do.





## **EAT Volunteer - Dena Hemminghaus**



In October of this past year, I made the decision to do something special for myself. I made the decision to take groundwork training and riding lessons at EAT. I had read that horses have the unique ability to mirror human emotion. Feeling intrigued by the idea that I might be able gain insight about ways to better myself through watching, caring and learning how to respect these very beautiful and magical animals, I started coming to EAT for lessons and have loved every single minute of it! I also started doing volunteer work as a side walker with the wonderful people- staff, volunteers and participants- that make up the Therapy Program at EAT.

In the short time that I've been here, all I can say is that I'm so incredibly humbled and impressed by everything I see and experience happening here. It's truly inspirational every time I come in, and it's been very helpful to me in many ways.

What makes EAT so special for me?

First of all, the staff and volunteers: I want to thank everyone I've had the pleasure of meeting for welcoming me into what I now know to be a very special family; a group of people who have everyone's happiness and wellbeing in mind. Not everyone in a therapeutic setting has a passion for it, but I can say with certainty that everyone I've met at EAT seems to care very much about the participants as their first priority, wanting everyone to feel comfortable with who they are and with whatever ability they present with. That thinking resonates very strongly at EAT, it's unsaid, but you can just feel it. I love being a member of a group like this who all share the same passion of supporting acceptance and healing in such a natural, holistic manner and setting. It feels absolutely wonderful, especially when you see the participants really having fun!

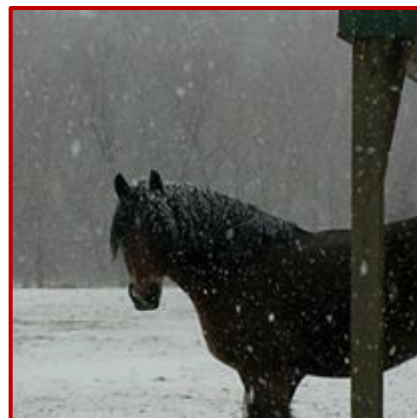
The participants, the children, adults and families who take part in therapy at EAT: These awesome people are undoubtedly the biggest source of inspiration I've ever seen. The challenges that I see faced every week by the participants are humbling, the courage they display, sometimes beyond my comprehension. But every time I'm at EAT, I'm learning about life, about healing, and about what's important and what's not. That's actually the best thing I could experience at this point in my own life, but for these special people, it's simply life. They live their lives full of grace, so natural and seemingly without struggle; others struggle and yet take the struggle in stride, all equally inspiring. The parents I see there are full of an unconditional love too beautiful to explain in words, their smiles and eyes saying it all. Grace surrounds these lovely people and it seems to reside at EAT. I am so grateful for the ability to experience this positive energy, and to take a small part in helping people along their path to self-improvement as they help set me on my own.

Lastly, the horses: Anyone who has been coming to EAT knows why the horses are special: They are simply magic! For me, the horses demand that I stay in the present moment with them; they force me to focus attention on now instead of the past or future. Horses are extremely empathetic and give unconditional love. They sense emotions and provide feedback in the form of their behavior so I get to observe what would otherwise have gone unnoticed by me about how I am feeling in the moment. If you are lucky enough to see a pattern, you learn through them how to live this way, becoming mindful of your emotions and dealing with feelings as they surface, not later or never, but just like the horses, in that very moment.



## Cost of Horse Ownership

It is not unusual to hear people who are part of Equine-Assisted Therapy to say that they would like to have a horse of their own. The hard part comes when they ask how much it costs to have a horse since there are so many variables. Do you want to board or have a horse on your own property? If your horse lives with you, then do you need to build a barn and put up fences? Do you already have tack and grooming supplies or are you starting from scratch? Do you need a truck, trailer, or tractor? you do not have any supplies that go with horse ownership. It can be overwhelming. I am getting overwhelmed just writing this! So, let's start simple.



### The easy and most important part:

- Ω Healthy, well trained horse \$500 - \$5000

### All the things to go with the horse:

- Ω Saddle, saddle pad, bridle with bit \$750 - \$2350
- Ω Halter and Lead Rope \$40
- Ω Grooming Kit with a tote, hoof pick, curry, body, face, mane/ 40 tail brushes, sweat scraper and tote \$30- \$80
- Ω Riding boots, muck boots, and helmet \$190- \$340

### Health care costs to keep your horse healthy:

- Ω Spring and Fall Shots \$95 each visit \$ 190
- Ω Annual Coggins Test. Teeth and Sheath Care \$130 - \$230
- Ω Farm Visit - Each time Vet comes to see your horse \$ 75 per visit \$150
- Ω De-worming - 6 times a year @10-15 per dose 60- 90
- Ω Farrier trim only every 6-8 weeks 40-60 per visit 320- 480
- Ω Farrier shoes every 6-8 weeks 90-150 per visit \$720- \$1200

### Miscellaneous costs

- Ω Grain and hay annual cost \$800- \$1200
- Ω Fly spray, first aid kit for the horse, leather care, shampoo, detangler \$200
- Ω Supplements and mineral/salt block \$200 - \$1000
- Ω Treats \$8 per bag 48

### A house for your horse:

- Ω Boarding costs \$250 - \$1000 monthly \$3000 - \$12000
- Ω A house for you and your horse. Ready to move in \$386,000- \$1,000,000
- Ω Acreage \$3000 - \$6000 per acre \$12000 - \$24000
- Ω 3 acres for first horse, another acre for every horse after that
- Ω If you need to build house for you and your horse \$????????
- Ω fencing/gates, shelter, water buckets, feed buckets, water source, hose, tank heaters,
- Ω fans, electricity, place for tack, grain, and hay, buckets for grain, saddle racks, tractor, .....



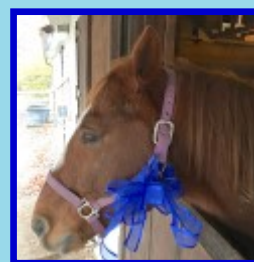
This article is not meant to discourage anyone. Prices can vary a lot and you can spend a lot less and you can spend a lot more, if you choose. At EAT, we enjoy hearing about dreams of horse ownership and we hope that when you are ready, you find your perfect horse. The costs associated with horses don't seem that big when you are doing what you love, riding and having fun. With open eyes of wisdom, may all your dreams come true.



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**EAT says "THANKS" to our Men & Women in Blue**







♥ Thank You ♥♥ Thank You ♥

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



nec-

- ♥ All of our Volunteers
- ♥ Anne Nixon & Geno who help obtain necessary maintenance at T&C
- ♥ Barn Buddies who care for the horses morning and night
- ♥ Carla Abernathy our T&C Barn Manager
- ♥ Christina Tobin
- ♥ Christy Merritt & David Diamond who help tend to horses needs
- ♥ Cathy & Kelley Dufour - cleaning T&C facility
- ♥ Chuck Smith - who trains our horses to be quiet and calm
- ♥ Scott Smith - care of horses & facility,
- ♥ Chuck & Scott Smith who help Gary maintain the property at Wildwood
- ♥ Chuck & Scott Smith who run our leadership program
- ♥ Dave Thompson - Farrier
- ♥ David Hunt at St Louis Equine Veterinary Services
- ♥ EAT Board of Directors—Steve Akre, Gary Hartke, Cal Kretsinger, Craig Palmer and Peter Rumbolo
- ♥ EAT donors and supporters
- ♥ EAT Instructors - our dedicated certified riding instructors who love EAT's participants and horses like they were their own.
- ♥ EAT Office Staff - Lindsey and Katie
- ♥ EAT Therapy Horses
- ♥ Gaye Regan - takes care of all birthdays and Thank You's and cares for our precious kitties
- ♥ Homestead Veterinary Hospital
- ♥ Horse leaders and sidewalkers who assure a safe lesson for our participants
- ♥ Jody and Denise Crow
- ♥ Keith Pey - EAT Newsletter Editor
- ♥ Keith Weber - who keeps the arena sprayed down so no one is breathing dust
- ♥ Knights of Columbus Council 11139 - Through EAT participant father Bob Moore
- ♥ Linds Roscoe & Katie Gancarz who run both facilities through their expertise in the office
- ♥ Mary McManemin
- ♥ Pam Held - tack
- ♥ Robin Rider
- ♥ Sugarbaker Family

♥ Thank You ♥♥ Thank You ♥

- ♥ St Louis Community Foundation
- ♥ Erika Liljedahl, Wendy Janssen & Christy Merritt who help keep our Wildwood office clean
- ♥ Wells Fargo Employee Giving Campaign
- ♥ Wendy Janssen - EAT store
- ♥ Leslie Faust - used her talents to create our very first EAT 2017 calendar featuring her beautiful sketches of our therapy herd.
- ♥ Ron & Cathy Holloway came to the rescue when our Murphy-cat started sneezing. They took him to their vet for treatment and paid the bill.
- ♥ When Murphy started sneezing again, our Katy Gancarz was on-site and ran him to her vet who gave him a shot to hopefully help him recover with an offer of a scope should he still not show any signs of improvement. Murphy has so many loving friends at EAT!
- ♥ Dr Emily Leonard at Cherry Hills Veterinary Clinic cared for Murphy like he was her own. We are so blessed to have such a caring community
- ♥ In honor of Nancy Rosenstocks 80th birthday:
- ♥ Lawrence & Virginia Leaman
- ♥ Dave Sinclair Ford - What a great family to work with in helping EAT obtain a truck
- ♥ Ronnie Kaufman - through his Schunucks escript card! EVERYONE NEEDS TO GET ONE. IT'S TOTALLY FREE!
- ♥ Adair Wickersham, 7 y.o., sent a lovely donation to EAT because her favorite animal is "the horse"!
- ♥ Give With Liberty Employee Campaign - special thanks to Cheryl Barnett
- ♥ Year-end donations:
  - ♥ Terri Brenner \* Jim & Patricia Black \* Zia Zagarri
  - ♥ Gaye Regan \* Elizabeth Dean \* Patty Rudd
- ♥ Shawn Bower & Tracy Hersh - Christmas donation in honor of "King" Bob Bower
- ♥ Jack Dabrowski - Christmas donation in honor of Scott & Lisa Beck
- ♥ Gerald & Judith Lund, Corinne Hilbert and David & Dianne Haywood in honor of participant Carina Busso
- ♥ Brittany Roberts
- ♥ Mark & Diane Fletcher
- ♥ Peggy Browne in honor of Carla Abernathy
- ♥ Sandra Christeson
- ♥ Todd Morton
- ♥ Randy Henderson - Farrier of our retired horses





## 2017 - EAT Calendar...

### Winter Interim

Jan 2<sup>nd</sup> – Jan 29<sup>th</sup> 2017      Wildwood only  
Session break – Jan 30<sup>th</sup> – Feb 11<sup>th</sup>

#### VOLUNTEER & LEADER TRAINING WILDWOOD

Feb 11<sup>th</sup> Noon – 2 pm

### Session 1

Feb 12<sup>th</sup> – Apr 1<sup>st</sup>      Wildwood only

#### VOLUNTEER & LEADER TRAINING TOWN & COUNTRY April 1<sup>st</sup> Noon – 2 pm

### Session 2

April 9<sup>th</sup> – May 26<sup>th</sup>      Wildwood  
April 9<sup>th</sup> – June 17<sup>th</sup>      T & C

No classes April 16<sup>th</sup> for Easter  
No classes May 14<sup>th</sup> for Mothers Day  
No classes May 27<sup>th</sup> for Memorial Day

#### ANNUAL EGG HUNT SATURDAY APRIL 8TH - 11:00 am at T&C

### Session 3

June 4<sup>th</sup> – July 22<sup>nd</sup>      Wildwood  
No classes June 18<sup>th</sup> for Fathers Day  
No classes Tuesday July 4<sup>th</sup>

### Session 4

Aug 6<sup>th</sup> – Sept 23<sup>rd</sup>      Wildwood  
Aug 21<sup>st</sup> – Oct 27<sup>th</sup>      T & C  
No classes Sept 2<sup>nd</sup> – 4<sup>th</sup> for Labor Day

#### 4TH ANNUAL HOEDOWN FOR HOPE – Sat Sept 30<sup>th</sup> at Wildwood

We Love Our Volunteers!!!



### Session 5

Oct 1<sup>st</sup> – Nov 17<sup>th</sup>      Wildwood  
Oct 1<sup>st</sup> – Oct 31<sup>st</sup>      T & C

No classes Oct 31<sup>st</sup> for Halloween  
No classes Nov 8<sup>th</sup> thru Nov 11<sup>th</sup> PATH International Conference  
No classes Nov 18<sup>th</sup> for the Volunteer Thanksgiving Dinner  
No Classes for Town & Country Fall Festival—Dates TBD

#### PATH INTERNATIONAL CONFERENCE – NO CLASSES – Nov 8<sup>th</sup> thru Nov 11<sup>th</sup>

#### VOLUNTEER THANKSGIVING DINNER – Sat Nov 18<sup>th</sup> 6 - 8 pm

### Winter Interim (tentative dates)

Nov 26<sup>th</sup> – Dec 16<sup>th</sup> / Jan 2<sup>nd</sup> – Jan 27<sup>th</sup>      Wildwood





*Equine-Assisted Therapy*

**EAT News**

## **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.com/eatherapy](http://www.facebook.com/eatherapy)

## **Equine Assisted Therapy - Contact Info**

EAT Office Team  
Lindsey Roscoe  
Katie Gancarz  
Phone: (314) 971-0605

Executive Director  
Ginni Hartke, RN  
Phone: (314) 221-3642  
[ginni@eatherapy.org](mailto:ginni@eatherapy.org)

T & C Barn Mgr  
Carla Abernathy  
Phone: (314) 630-5479

## **Equine-Assisted Therapy - Program Addresses**

EAT - Business Office  
5591 Calvey Creek Rd  
Robertsville, MO 63072

EAT - Longview Farm Park  
13525 Clayton Rd  
Town & Country, MO 63141

EAT - Wildwood  
3369 Hwy 109  
Wildwood, MO 63038

**Newsletter Editor : Keith Pey**

Email EAT : [info@eatherapy.org](mailto:info@eatherapy.org)  
visit our web-site: [www.eatherapy.org](http://www.eatherapy.org)