

Has it been 500 years already???

Not again! TWO "500 year" floods in 16 months? This time we were more than ready! We had a super group of volunteers show up just after the last class on Saturday the 29th. Trucks with trailers started to line up and get filled with all 13 horses/donkeys to be brought out to my house first thing while another 2 dozen people loaded a huge Penske moving truck with anything that wasn't nailed down and another crew moved things to our highest shelves - put in after the last flood - and yet another crew cleared out the "glass house" and took things home for safe keeping until the water goes down.



The water crested a bit over the last flood so 4+ ft of water entered our buildings leaving lots of clean-up to do and new steel walls to install (for the NEXT "500 Yr Flood") but we plan on being back up and running for session 3.

There are so many people that came out to help us and I went MIA for a week and couldn't even see many of those wonderful people so please know how very much your work and support are appreciated. We love you all!

Although their lessons were sadly cut short by this flood, all these families donated the money owed back to them to the clean-up cause.

~ Bless you all ! ~

- ♥ Annunziata Family
- ♥ Balagna Family
- ♥ Barnhardt Family
- ♥ Behlman Family
- ♥ Bennett Family
- ♥ Bierling Family
- ♥ Blaes Family
- ♥ Brown Family (1)
- ♥ Brown Family (2)
- ♥ Bunch Family
- ♥ Chassin Family
- ♥ Cordes-Palmer Family
- ♥ Cortright Family
- ♥ Cribbs Family
- ♥ Curth Family
- ♥ Eberhardt Family
- ♥ Flieg Family
- ♥ Fusco Family
- ♥ Grzesiowski Family
- ♥ Harres Family
- ♥ Heitz Family
- ♥ Holmes Family
- ♥ Hollman Family
- ♥ Hotard Family
- ♥ Kindschuh Family
- ♥ Koester Family
- ♥ Leach Family
- ♥ Maloney Family
- ♥ Masewich Family
- ♥ McGovern Family
- ♥ Menner Family
- ♥ Moore Family
- ♥ Oswald Family
- ♥ Paty Family
- ♥ Pearson Family
- ♥ Perlow Family
- ♥ Regan Family
- ♥ Rogers Family
- ♥ Schmidt Family
- ♥ Scroggs Family
- ♥ Steinberg Family
- ♥ Tanner Family
- ♥ Taulbee Family
- ♥ Wathern/ Stopke Family
- ♥ Wegmann Family
- ♥ Zimmer Family

STL Gives Campaign :



Dorothy Gacioch
Kim Skrainka
Lynn Schmidt

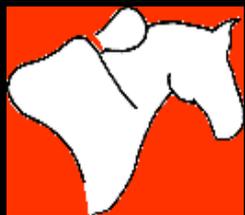
Shirley Wolverson
Diane Haywood
Linda Lindsey
Alicia Busso
Marjorie DeWees
Maurice Noellsch
Dannelle Ward
Abigail Briggs
Robert Schaller

Go Fund Me Donors:

To Donate : <https://www.gofundme.com/eat2017flood>

Anita Nash
Jon & Heather Hartke
Paul Levy
Deborah Levy
Matt & Sharylee Barnes
Sue Burgess
Kayla McCrea
Karen Zimmerman

Liz Johnson
Meaghan Steele Swanson
Maura Harris
Cathy Soete
Cherie Fister
Robin Vogt
Marcia Voorhees

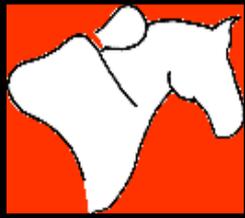


Historic Flooding / Amazing Support

Thank you so much for all the support and help with recovering from The Flood of 2017:

- ♥ Bear Family
- ♥ Bob Manges
- ♥ Carol Schmitt
- ♥ Castlewood Stables
- ♥ Christina Tobin
- ♥ Christy Merritt
- ♥ Chuck Justus
- ♥ Chuck Smith
- ♥ Craig Palmer
- ♥ Dave Barger
- ♥ Dave Holst
- ♥ Dayna Rabbitt
- ♥ Debbie Kutilek
- ♥ Denise Bertrand & Jerry
- ♥ Diane Wolf
- ♥ Dick & Linda Taylor
- ♥ Eric Bachman & family
- ♥ Erika Liljedahl
- ♥ Executive Construction Co / Kevin & Louisa Dean
- ♥ Gary Wilder
- ♥ Give With Liberty - Liberty Mutual
- ♥ James Steck
- ♥ Jennifer Tobin
- ♥ Jim Watts
- ♥ Jody Delf
- ♥ John Robinson
- ♥ Karla Poisson
- ♥ Karen Ernst
- ♥ Kassie Tettinger & family
- ♥ Kat Silva
- ♥ Katie Gancarz
- ♥ Katie Oswald
- ♥ Keith Scofield
- ♥ Kim UNderwood
- ♥ Laura Karr
- ♥ Lee Steck
- ♥ Leslie Faust
- ♥ Linds & David Roscoe
- ♥ Living Word United Methodist Church
- ♥ Louise Stevenson
- ♥ Marjorie Theleman
- ♥ Mark & Diane Fletcher
- ♥ Mark Dorsey
- ♥ Matt Eckelkamp
- ♥ Maura Harris
- ♥ Mike Hollander
- ♥ Patty Rudd
- ♥ Penske Truck - Vol Eric Bachman
- ♥ Peter Rumbolo
- ♥ Rajorams Family
- ♥ Roger Vincent
- ♥ Ron & Kathy Holloway
- ♥ Ronnie Kaufman
- ♥ Russ & Diane Pickup
- ♥ Sandra Bower
- ♥ Scott Smith
- ♥ Steve & Hannah Akre
- ♥ Terri Jordan
- ♥ The City of Wildwood
- ♥ The Crossing Church
- ♥ Treehouse Therapeutic Ctr
- ♥ Tyler Peeples
- ♥ Wendy & Rex Jansse





Research: Autism Spectrum Disorder / Equine Assisted Activities & Therapies

This is an exciting time to be involved in a therapeutic riding center. Researchers are going crazy trying to understand the simple truth of all its benefits in relationship to today's mental and physical disabilities. Where it's obvious that animals have a soothing, non-judgmental affect on any individual it takes dedicated medical studies to put a finger on exactly how, where, when, what and why improvements are seen.

I love hearing the stories from parents as they watch their kids ride at lesson time. After all, who knows children better than their parents? But it takes scientific evidence to really rock the boat when it comes to anything new and innovative.

I have greatly paraphrased this study, sent to me by a mom of one of our participants, because it's 12 pages long but I highly recommend checking out the whole paper for yourselves. **Happy reading!**

Excerpts from: Effects of Equine Assisted Activities on ASD by BA Lanning, ME Baier, J Ivey-Hatz, N Krenek, JD Tubbs

(Published online: 14 February 2014)

This study was to test that children with ASD participating in an EAA program will demonstrate greater positive changes in quality of life domains compared to those participating in a non-equine program.

Autism Spectrum Disorder (ASD) as described in the new DSM-5 includes autistic disorder, Aspergers disorder, childhood disintegrative disorder and pervasive developmental disorder (NOS). Specifically, children diagnosed with ASD may exhibit a wide array of behaviors manifested by impairment in social interaction and communication, as well as repetitive or stereotyped behaviors.

Because of the wide range of behaviors, treatment modalities have been equally diverse. Recent research examining the therapeutic effects of Equine Assisted Activities and Therapies (EAAT) for children diagnosed with ASD is encouraging but still sparse and limited.

In this study, 25 children with ASD participated in an EAA treatment group or a comparison group in which children were involved in social circles over a 12 week period.

- ♥ Social functioning was improved
- ♥ Increased sensory seeking behaviors
- ♥ Higher levels of social motivation
- ♥ Improved ability to focus on tasks
- ♥ Improved self-regulation behaviors
- ♥ Significant improvement in the Children's Global Assessment Functioning scores

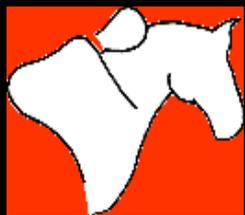
Parents also reported improvements in their children's school functioning and physical functioning after participating in the EAA program. They described their children as having less difficulty doing chores, participating more in sports, less difficulty running, paying more attention in class, keeping up with schoolwork and having better school attendance.

Anecdotal reports continue to point to the therapeutic benefits of horseback riding for children with ASD with parents reporting the child is calm after riding, exhibits better communication skills and is able to focus more on tasks. They reported an improvement in participants' motor proficiency and sensory integrative functions as well.

While positive changes were noted in both groups, the children participating in the EAA program demonstrated greater improvement in general behavior compared to the children in the non-equine program. In addition, significant changes in social functioning, emotional function and physical functioning were noted after 6 weeks of EAA which was not observed in the comparison group as well as :

- ♥ A larger increase in school functioning scores
- ♥ A larger increase in physical functioning scores
- ♥ Improved motor skills
- ♥ Improved trunk stability
- ♥ Improved postural comparison
- ♥ Improved balance
- ♥ Additional sensorimotor experience of riding can aide in development of gross and fine motor function leading to better body awareness

The current study adds to the growing body of quantitative and qualitative research investigating the impact of EAA as an intervention for children with ASD.



The Impact of Therapeutic Riding

Therapeutic riding and other equine related therapies may help clients in several areas. It can complement existing therapies or stand alone as a valuable therapeutic tool. Riders may see improvements in the following areas:

PHYSICAL IMPACT

- Ω Strengthened weak, atrophied or unused muscles
- Ω Relaxed tight, spastic and rigid muscles
- Ω Normalized muscle tone
- Ω Increased flexibility
- Ω Increased balance and normal "righting" patterns
- Ω Movement in pelvis, hips and torso in a "normal" walking pattern
- Ω Improved posture
- Ω Increased blood/oxygen flow to all areas; including brain and heart
- Ω Increased lung capacity; thereby improving\ speech
- Ω Increased neural & proprioceptive input
- Ω Improved fine & gross motor coordination
- Ω Increased endorphin & serotonin levels in the brain



COGNITIVE IMPACT

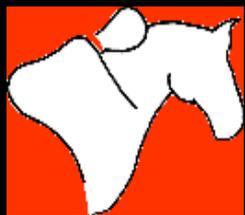
- Ω Improved body awareness & spatial relationships
- Ω Improved hand/eye coordination
- Ω Improved sensory integration skills
- Ω Improved fine & gross motor planning & skills
- Ω Improved decision making through natural consequences

PSYCHOLOGICAL IMPACT

- Ω Improved self-worth and self-esteem
- Ω Improved relationships
- Ω Improved independence
- Ω Improved social awareness
- Ω Reinforced proper social skills
- Ω Improved team playing
- Ω Increased feeling of empowerment



We Love Our Volunteers !!!



2017 EAT Hoedown for Hope

**Mark your calendars for September 30, 2017
and join us at the 2017 Hoedown for Hope**



Dance Hall from 5–9 pm to benefit Equine-Assisted Therapy

The Hoedown will include delicious BBQ from Sugar Fire Smokehouse and PM BBQ, music by Mark Chrun, some foot-stomping line dancing taught by members of the Cancer Support Community and authentic square dancing called by Bo Semith, the Vice President of the St Louis Area Square Dance Callers Guild, silent auction, our famous Booze Barrel Raffle, kids activities, pony rides and so much more. And it will all take place in the same arena where Equine-Assisted Therapy helps change peoples' lives every day - their arena facility at their Wildwood Headquarters.



Equine-Assisted Therapy has but one purpose: to provide horsemanship experiences to persons with mental, physical and psychological disabilities to enhance the quality and productivity of their lives. This can be seen on a daily basis in their successful work with a variety of ages and disabilities at both of their riding centers.

Your support helps make all of this possible. Last year's Hoedown was our largest ever - and proved even more timely after the December 2015/2016 "500 yr flood" forced EAT to stop activities for more than two months.

With another "500 year flood" hitting us this May, we hope you can join us for this fun and unique event! If you won't be able to attend, we do appreciate your donation in whatever amount you choose to give using the form below. Every penny goes towards making sure our participants have the best horsemanship experience possible.

Thank you for your support!



Ticket Information:

Early Bird Registration – tickets purchased before Aug 19, 2017
\$45 per person 13+ / \$325 for a table of 8 / \$10 for kids 12 and under

Advance Registration:

Due to popular demand, ticket sales held open now through Sunday, September 24!

- \$50 per person 13+.
- \$350 for a table of 8 adults. (Seating for up to four (4) children can be added to your table using the child registration below.)
- \$15 for kids 12-and-under

At-the-Door Registration: *(at the event on 9/30/2017)*

- \$70 per person 13+
- Sorry, no table registrations available the night of the event.
- \$20 for kids 12-and-under



To make payment by credit card please go to <http://bit.ly/2017hoedown>.

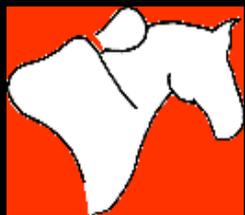
EAT's 10th Annual Egg Hunt

Another beautiful day for EAT's 10th Annual Egg Hunt at Longview Farm Park in Town and Country! Special thanks to the always-awesome EAT volunteers who came out to make this a fun and colorful day for our little egg hunters!



Barb Smith * Betty Keithly * Dayna Rabbitt * Diane Fletcher * Karen Ernst * Pam Rodely * Ronnie Kaufman * Simon Bolster and the fabulous National Charity League moms and daughters!





EAT Vistors

♥ We enjoyed a visit from **Ferguson Middle School** as they learned about what we do at Equine-Assisted Therapy and how they can be a part of helping disabled individuals in their own school and community - Thanks to Ron & Kathy Holloway, Patty Rudd and Terry Ryder



Ferguson Middle School



American Heritage Girls

♥ The **American Heritage Girls** paid a visit to our Wildwood facility to meet the requirements of the Horsemanship Badge. Little girls and horses...it doesn't get any better than that! Thanks to Lulu Bogolin and Scott Smith

♥ Thank you to these teens from **Magnify Youth Group, Immaculate Conception-Dardenne Prairie, Missouri**. Matthew, David, Grace, Jordyn, Sarah, Rebecca - Their service included bringing donations (toilet paper, tissues, snacks), tidying the arena after classes, and shedding/trimming some of our horses' winter coats. And thanks to Linds for bringing this group to Equine-Assisted Therapy!

A Place to Call Home:



EAT is going to be fulfilling the wishes of two kids who want to ride horses on Chanel 5's A Place To Call Home on June 8th at our Wildwood location. We're excited about this opportunity to help them find their forever home.



New EAT Board Members :



Please join us in welcoming TWO new members to our EAT Board of Directors: Jody Delf & Roger Vincent

Our current Board Members Steve Akre, Steve Gable, Craig Palmer, Peter Rumbolo, Gary and I are excited to work with these fresh minds and passionate hearts!

EAT Scholarship Program

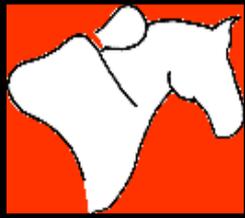
Raising a child with special needs is not only filled with the physical and mental unknown but can also be a financial puzzle as well. At EAT we know that our families have more than their fair share of things to deal with on a daily basis so we created a scholarship program at the very beginning of our incorporation.

First, since the very nature of therapeutic riding has an unusually high overhead - horse care, facility maintenance, necessary acreage - we implemented a 50% "scholarship" for ALL of our participants.

Second, scholarship applications are accepted for further assistance. An average of 14 participants take advantage of this secondary program every year who would otherwise be unable to benefit from the movement and power of the horse.

Thank you to Volunteer Jody Delf and Tina Koester for her recent donation to EAT's scholarship program. Your generosity is far-reaching!





Equine-Assisted Therapy Benefits . . .

By the 1960's, therapeutic riding had acquired a reputation for being able to help people with physical disabilities. Physical therapists had developed treatments based on the movement of the horse, now known as hippotherapy. Soon, instructors in hippotherapy and therapeutic riding sessions began to notice that working with a horse benefited participants' emotional well-being as well as their physical health. These changes included greater self-confidence, heightened self-esteem, increased calmness and positive mood and behavioral changes.

In the 1990's, the field of equine-assisted activities and therapies (EAAT) expanded to include equine-facilitated psychotherapy (EFP), an experiential form of psychotherapy that involves equines. Since then, EFP has developed into one of the fastest growing areas in our industry.

Many center participants face mental health challenges. Some of these challenges are a result of the difficulty of coping with a physical disability. Other challenges are related to a wide range of stressors including delinquency, cancer, isolation, domestic abuse, grief, substance abuse, autism spectrum disorder, anxiety and depression.

What makes this approach so unique, of course, is how it is grounded in the horses interaction with the client. What makes it so powerful is the way the client gains valuable insights, support and acceptance from his or her relationship and interaction with the horse.

Healthy coping skills and an improved overall emotional well-being: at Equine-Assisted Therapy we see this time and time again in those we serve in all of our classes

~ Julie Broadway, PATH Intl Pres

Town & Country Volunteer Break Room Updates

Our first stop along the way to a more beautiful and functional facility in that glorious old barn was to create a lovely place for our volunteers when they're training or taking a break. We love the new look! Meanwhile, Caroline Casey of the UMSL Business Fraternity brought a group out to clean, clean and clean some more!

Volunteer Break Rm - Before



Volunteer Break Rm - Before

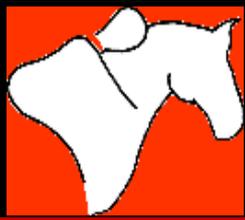


Volunteer Break Room -



Volunteer Break Room - After





♥ Thank You ♥♥ Thank You ♥

♥ Thank You ♥♥ Thank You ♥

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

- ♥ 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
- ♥ 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, (Farriers Assistant & Horse Wormer)
- ♥ 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 Newsletter Editor - Keith Pey
- ♥ EAT Office Staff - Lindsey Roscoe & Katie Gancarz who run both facilities through their expertise in the office
- ♥ 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
- ♥ Keith Weber - who keeps the arena sprayed down so no one is breathing dust
- ♥ Erika Liljedahl, Wendy Janssen & Christy Merritt who help keep our Wildwood office clean
- ♥ Wendy Janssen - EAT store
- ♥ Randy Henderson - Farrier of our retired horses
- ♥ Janice Kennedy
- ♥ Maria Wilmas
- ♥ Diana Cassaday



- ♥ Louise Stevenson
- ♥ Christina Tobin
- ♥ Stephanie Windsor - tack
- ♥ Tiffany Schroeder made a donation In honor of Volunteer Sally Mortons 80th birthday
- ♥ Women Who Care of Greater St Louis - Cathy Dufour
- ♥ Jody Delf for donating to EAT's scholarship program. Thank you to the Mens Ministry at Living Word United Methodist Church for their donation
- ♥ The Janssen Family for so kindly tending to the Wildwood gardens
- ♥ Cheryl Barnett - Give with Liberty
- ♥ Dave Borzillo - tack
- ♥ Merck Foundation Employee Giving Program - Vol Jody Crow
- ♥ Melanie Halley in memory of her son Graham
- ♥ Wells Fargo - Vol Tina Kramer
- ♥ Todd Morton and Tiffany Schroeder in honor of their mom and EAT volunteer, Sally Morton
- ♥ Rick & Pat Turner
- ♥ In Memory of Gaye Ragens Husband, Ron - donations made by Rita Schoemehl & Kenneth Biddle
- ♥ Dave Borzillo
- ♥ In memory of CRI Linda Taylors mother - Nancy Rosenstock & Scarlet Harris
- ♥ Tina Natorp - US Bank
- ♥ Sandra Dowell - In Memory of Keith McWilliams

Help Wanted : Hoedown

Attention!

Help needed for our big **2017 Hoedown for Hope!**

We need sponsors, silent auction items, \$20+ gift cards for the grab

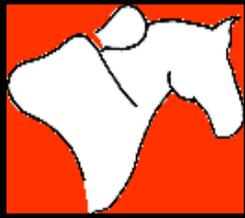


bags, dancers (to be explained!), booze for the Wheelbarrow of Booze Raffle, items for our Country Store (homemade jellies, quilts, honey, crafty things), beer and wine.



shutterstock: 143794618





SAVE THE DATE

HOEDOWN

FOR HOPE

• BENEFITTING EQUINE-ASSISTED THERAPY •

*Dust off your boots, Brush off your hat,
Bring your honey and doh-see-doh!*



Join Equine-Assisted Therapy

for our 6th Annual
Hoedown for Hope
“DANCE HALL”

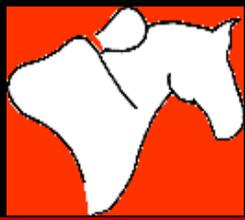


Country Square Dancing.....Line Dancing.....2-Step
and everything in between
Tons of fun activities for the kids

Saturday, September 30, 2017

At our Wildwood Facility - 3369 Hwy 109

5 PM - 9 PM



2017 - EAT Calendar . . .



Session 3

June 4th – July 22nd Wildwood
No classes June 18th for Fathers Day
No classes July 1st - 4th - July 4th Holiday

Session 4

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

ANNUAL HOEDOWN FOR HOPE
Sat Sept 30th at Wildwood (5pm - 9pm)

Session 5

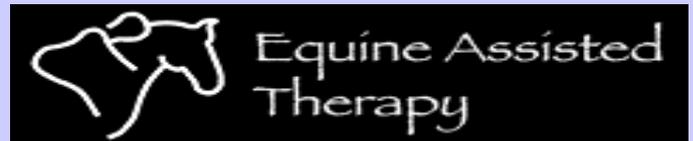
Oct 1st – Nov 17th Wildwood Only
No Classes Oct 10-14th Town & Country Fall Festival
No classes Oct 31st for Halloween
No classes Nov 8th thru Nov 11th PATH International Conference
No classes Nov 18th for the Volunteer Thanksgiving Dinner

PATH INTERNATIONAL CONFERENCE
NO CLASSES – Nov 8th thru Nov 11th

VOLUNTEER THANKSGIVING DINNER
Sat Nov 18th 6 - 8 pm

Winter Interim (tentative dates)

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

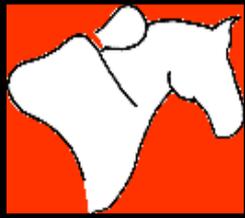


Equine Assisted Therapy, Inc. has but one purpose: to provide horsemanship experiences to persons with mental, physical, and psychological disabilities in order to enhance the quality and productivity of their lives



We Love Our Volunteers !!!





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/eatherapy

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Executive Director
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T & C Barn Mgr
Dayna Rabbitt
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