

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”**

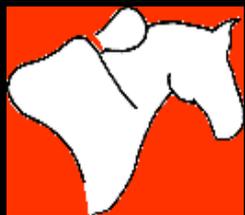


Country Square Dancing.....Line Dancing.....2-Step  
and everything in between  
Tons of fun activities for the kids

**Saturday, September 30, 2017**

**At our Wildwood Facility - 3369 Hwy 109**

**5 PM - 9 PM**



## Research: Multiple Sclerosis Disorder / Equine Assisted Activities & Therapies

Riding a horse may not leap to mind as a therapy for multiple sclerosis, but hippotherapy, as it's known, can have numerous benefits.

By [Brian P. Dunleavy](#) Medically Reviewed by: [Samuel Mackenzie, MD, PhD](#)

Amy Tomasheski has always loved horses. She began riding as a child and graduated to competitive riding in her teens.

When the 41-year-old, who lives in Harvard, Illinois, was diagnosed with relapsing-remitting [multiple sclerosis \(MS\)](#) in 2005, she was surprised when her care team mentioned working with a horse as part of her therapy for the condition. "We were going over treatment options, and when they mentioned it I looked at them and said, 'I'm already doing it,'" she recalls. "We just decided that I could keep doing what I was doing."

While Tomasheski rides on her own, horseback riding is being used more and more often in rehabilitation settings as part of a treatment plan for a variety of neurological disorders, including MS.

The practice — which is also known as equine-assisted therapy or hippotherapy — takes advantage of "equine movement to engage sensory, neuromotor, and cognitive systems to achieve functional outcomes," according to the [American Hippotherapy Association \(AHA\)](#), an organization of practitioners.

### Balance and Core Strength

For those with MS who can engage in hippotherapy safely, it has been found to provide improvements in balance, although most studies of hippotherapy have been small. A systematic [review of studies published in September 2010 in the European Journal of Physical and Rehabilitation Medicine](#) concluded that hippotherapy has a positive effect on balance in people with MS and has the added benefit of improving quality of life.

A more recent [study, published in October 2015 in the journal Physiotherapy Theory and Practice](#), found that three people with MS who engaged in horseback riding twice a week for a six-week period, under the supervision of rehabilitation therapists, showed improvements in posture control, gait, and balance.

"Senses help map our motor responses, and we've found that by having people with MS get on a horse and move through space, perhaps at a faster pace than they can walk normally, we can effectively re-map and enhance their motor responses," says [Debbie Silkwood-Sherer](#), the director of the doctoral program in physical therapy at Central Michigan University in Mount Pleasant and a physical therapist who uses hippotherapy in her practice.

"Plus, the horse's movement forces the rider to use his muscles to maintain balance, which strengthens the core. Typically, when people think about hippotherapy, they think about it in connection to children with movement disorders. But we've seen incredible benefits for adults with diseases like MS as well.

### Growing Acceptance Among Neurologists

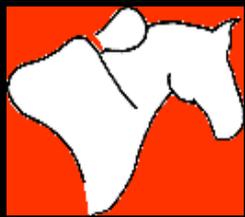
Those benefits, says the AHA's executive director, Jacqueline Tiley, are why more and more neurologists who treat people with MS are turning to equine-assisted therapy.

The AHA provides a [directory of member therapists](#) (typically occupational and physical therapists who are certified in hippotherapy technique) in the United States, by state. Many of them practice the approach in their own clinics or at so-called therapeutic riding centers, which are stables with horses that have been trained as therapy animals. These facilities also provide ramps and lifts to assist people with mobility issues in getting on and off the horse, and they also typically offer "sidewalkers," assistants who are there to provide support when needed.

Hippotherapy is effective, says Silkwood-Sherer, because it enables therapists to incorporate activities that they simply can't replicate in the clinic. For example, Silkwood-Sherer says she has had her MS patients ride with their eyes closed to "engage their other senses in balance" and has even had patients carry weights in their hands while riding. She has also played catch with her patients while they are on horseback.

"That activity forces them to maintain their balance while moving," she explains. "We call that dynamic balance, and we find that as your dynamic balance improves, your static balance goes off the charts."

*(continued on Page 3)*



**Research: Multiple Sclerosis Disorder / Equine Assisted Activities & Therapies**

*(continued from page 2)*

**Is Hippotherapy Right for You?**

Although practitioners such as Silkwood-Sherer recommend that people with MS interested incorporating equine movement into their treatment consult their neurologists first, she admits that not all physicians are as open to the approach as Tomasheski's were.

"You may have to do your own research, and if so, the AHA website is probably the best place to start," she says.

It's still a good idea to check with your doctor to make sure you are healthy enough to use — and benefit from — hippotherapy. Silkwood-Sherer says people who have advanced or severe stages of MS, or who have gained too much excess weight, may not be a good fit for the approach.

People just starting out with hippotherapy also need to educate themselves regarding the potential risks and appropriate precautions to take, Tiley notes. Although Silkwood-Sherer describes the therapy horses as "as safe as you'll find," they are "still horses," she adds, and may do "horse things," such as jump or bolt when startled.

Tomasheski says she has fallen a couple of times since her diagnosis, but has since purchased "grippier gloves and full-seat riding britches" to improve stability.

**Pleasure, Relaxation ... and Therapy**

Horseback-riding may be a lifelong love for Tomasheski — she still rides competitively, albeit at a slower pace — but she feels strongly that everyone with MS who is healthy enough to try it can benefit from hippotherapy.

"It is a hobby that has always given me pleasure and helped me relax, but I find that I seek it out more since my diagnosis because it helps relieve stress," says Tomasheski, who volunteers at a therapeutic riding center as well.

"Before it was just a hobby; now it's an essential part of my therapy. Horses are living, breathing animals, and they can sense fear and emotion and are so quiet, sweet, and kind. These therapy animals in particular understand their jobs and want to care for us. Feeling that connection with the horse is really a key part of why it's been so effective for me," she says.

**Corporate Matching Gifts – An Untapped Resource**

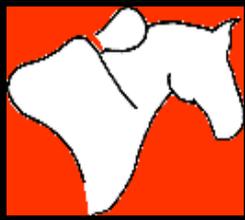
Did you know that 65% of Fortune 500 Companies match donations from their employees to a wide variety of charitable organizations?

Millions of dollars are available and are often left untouched in these corporate gift-matching programs. Companies, small and big, often have programs to match the donations made by employees to the charities of their workers' own choosing.



Some companies offer \$.05 on the \$1; still others fully match each contribution made to registered 501(c)(3) non-profits like EAT up to a predetermined limit during the year. Some firms, such as Exxon and Johnson & Johnson go well beyond a \$1 for \$1 match.

We encourage you to investigate whether or not your employer has a corporate matching gift program. If so, we can assist you in gathering any information necessary to name EAT as your Matching gift program beneficiary.



**Join Us for Our Annual 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<sup>3</sup>**

**Missouri Big Irons Mounted Cowboy  
Shootout Demonstration at 5:15 pm**



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.

**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:**

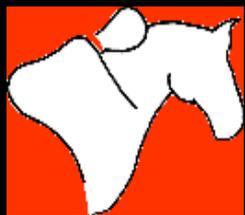
- Due to popular demand, ticket sales held open now through Sunday, September 24!
- \$50 per person 13+.
- \$350 for a table of 8 adults. (Seating for up to four (4) children can be added to your table using the child registration below.)
- \$15 for kids 12-and-under

**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>.*



## Magic

Hi, My name is Magic.

A while back we horses had been put out to pasture about a half hour when the last of the Barn Buddies started to drive out of Longview Farm Park. The Barn Buddy looked out to the pasture and was astonished to see that I had gotten inside the pen with the evergreens. He then drove around to the west side of the park and took this picture of me for proof in case there were some who doubted his story. You may wonder how I got in there, well it was easy. . . . I just said, "*Abacadabra*" and just like that I was in the pen.

After he had taken this photo, my Barn Buddy drove his car down Mason Wood Drive (where he had parked) to the cul-de-sac, turned around and came back. By the time he got back, I had already said, "*Hocus Pocus-Fifth & Locus*" and sure enough I was back out of the pen.



Magic up to his old "tricks"

*You see, I am " Magic" and there can be no other explanation.*

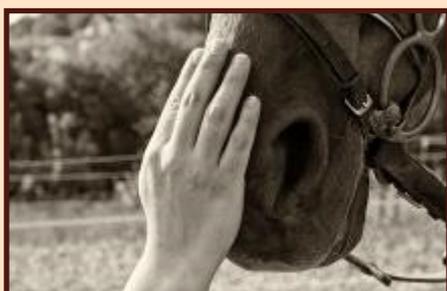
## EAT Participant Testimonial

When I think of my time with Equine Assisted Therapy, I find it difficult to articulate words for just how much my private lessons affected me, my treatment process, and my outlook for the future.

Going in to my first lesson I didn't know quite what to expect; I had only recently realized how trauma had affected my own relationship with my body, and was newly on the journey to create experiences where I felt safe within my skin. I still remember the anxiety I felt that first lesson with Dale and the perfectionist within me trying to make sure I was doing everything 'just right'.

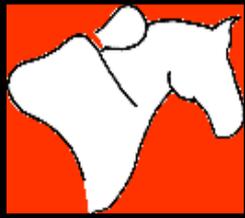
While I was on the horse I had to keep reminding myself that I was safe and that I was in a safe environment. I tried to concentrate on matching the movement of my hips with the movement of my horse's, to try and keep myself in alignment with him. Every muscle was tense and my anxiety was high throughout the process and I don't know if I ever convinced myself I was safe enough to relax into the movements of the horse. I was so scared of letting go of the reigns, at the possibility of losing control, that my arms were tense in an effort to hold it just how the reigns needed to go. That being said, I was able to stay in the present with the body sensations, the tension in my legs and hips were due to being on a horse, not because I was in the past reliving a memory.

In the lessons that followed I found that I was safe, I did relax, and I was able to align my own movement with that of the horse. As my skill increased I was faced with new challenges I didn't know to expect. Having my legs and hips being tired after a lesson did not take me back to a memory, but it did make me sad for the carefree childhood I did not have. I grew to appreciate all that was possible when I felt some confidence in myself and Dale.



I only recently started appreciating the connection that I made with Dale; I was communicating with an equine therapy place where I am now and I started to cry writing about that connection. In a lot of ways he helped me build trust in another being, but also helped me begin the process of trusting myself. I was only half joking when I would tell people he was my 'main guy'.

I am forever grateful to EAT, the instructors, and the opportunity afforded to me. I will never forget the program for giving me my first experiences of being safe and present within myself.



## Update on the Flood Recovery

Hello All,

Just a long awaited update on the status of our flood recovery.

The flood was coming on Saturday April 29th and we got the message that evacuation was going to be necessary during our morning classes at Wildwood.



Before classes were done at noon, 5 people with horse trailers were lined up in the driveway to move the horses & donkeys directly to my house in Robertsville. A Penske moving truck was ordered and all of our movable belongings were packed up and taken to higher ground.



One week and 4.1 feet of flood water later, the mess left behind was disheartening to say the least. Power washing and disinfecting was first, followed by some great minds getting together to plan how to prepare for what we now believe is an annual event.

Literally hundreds of wonderful people have offered their gifts, talents, support and muscle to bring EAT back to it's original glory with a plan in place for next years flood. We could not have come back without you all.

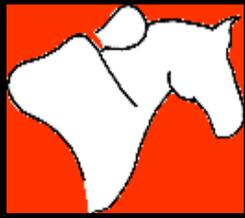
Now it's time to get our participants back in the saddle. Between time off for the flood and our college-aged volunteers heading back to school and our T&C Fall Session starting up on Aug 21st, we're calling for all volunteer hands on deck! It was also mentioned at a meeting yesterday that some of our participants have specific needs that could call for a specialized team that is completely dedicated to that child for the full 7 weeks.

Come on back and make a difference in a child's life, as well as your own! Contact Katie or Wendy at [info@eatherapy.org](mailto:info@eatherapy.org) or 314- 971-0605 and, if you have a particular desire to work with a certain participant or want to be a team member for those who could use a continuous type of care, please mention that in your message.

Love you all,

Ginni Hartke RN





## **The Effects of Equine Therapy on Stroke Survivors**

Treatments that improve function in late phase after stroke are urgently needed. As a result, a study was done by the American Stroke Association and the Center for Brain Repair and Rehabilitation addressing the 3 important clinical questions concerning the rehabilitation of Stroke survivors.

- Is further recovery possible once patients are returned to the community having completed a typical rehabilitation program?
- That interventions that address a range of functional deficits and behavioral limitations be effective and lead to improvement?
- Can such interventions lead to sustained recovery in late phase after stroke?

Treatment strategies using multimodal approaches and stimulating environments may hold some answers to these questions. Multimodal interventions are those that engage patients in concurrent physical, sensory, cognitive and social activities may produce additive or synergistic effects on the brain plasticity underpinning stroke recovery.

Multimodal interventions such as music therapy, rhythm- and music –based therapies (R-MT), dance and horse riding therapy (H-RT) have demonstrated promising results!

Horse Riding Therapy combines equestrian activities, sensorimotor stimulation – a socially supportive atmosphere – and an inherently rich multisensory environment. The 3-dimensional movement of the horses back resembles normal human gait, which is shown to be beneficial to stroke survivors.

In this particular trial, R-MT and H-RT were tested and compared for their outcome. In the R-MT, participants carried out rhythmic and cognitively demanding hand and feet movements – clapping hands, tapping hands on knees or stomping feet while listening to music.

In the H-RT, the participant groomed and tacked the horse to the best of their ability, always with an assistant to help where needed. Once mounted and walking, the participants engaged in exercises including arm/trunk rotations, hands on head, riding in circles, over poles, weaving through cones, relaxing and body awareness moves, always adjusting their own posture as needed.

The participant also took part in the routine they would ride that day or follow a set of repeated oral instructions – adding a cognitive component.

The outcome? H-RT offered a multisensory environment designed to stimulate and improve motor functions (posture, balance, Gait, coordination, muscular and trunk control, body awareness), muscular strength, mental and physical endurance, cognitive functions, attention and concentration, body image and self-esteem. It also offered enjoyment, social interaction, and potentially also induced a sense of mastery, and the human-animal interaction may also have had a stress-reducing and calming effect.

### **Testimonial - John Kindschuh**

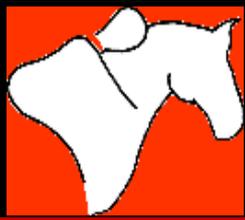
It is a pleasure to say that I am doing something I never would have done had I not had a stroke on September 10, 2013. This is a good example of a situation that enables me to do something new that I am excited about each week. A friend researched therapies for me, and she discovered that “hippo therapy,” or horse therapy, is excellent for people with balance issues. When I was discharged from Physical Therapy in July 2015, I knew I had to enroll in something challenging to me. Every Friday afternoon, I go to Wildwood and ride a horse for nearly an hour with Dayna Rabbit as my instructor. It is exhausting yet enjoyable (as any person who has ridden a horse can attest!), but it is really beneficial for lots of reasons.

The benefits are numerous. First, as you would expect, horseback riding makes me practice multi-tasking, which is exactly what I need. I have to think about my posture, holding the reins, my toe position, talking and riding, where my eyes should go, how to steer the horse, and many other things. The stroke affected my ability to multi-task, so this is difficult to accomplish but essential for me. Second, I am confident I am doing things faster and better because of horseback riding. For example, I have been driving the past year and four months. All of the things that go into driving are complex; these tasks are less complicated because I think of many things each week when I do horseback riding. Better to try multi-tasking skills on a horse than in a vehicle! Third, my balance has improved considerably. When I first started, I had difficulty getting onto the horse. Dayna had to hold onto me carefully as I climbed the stairs to mount the horse. Now, I climb the stairs with her merely holding my hand. Getting on and off the horse eventually became easy for me. Also, I had a difficult time balancing myself in the saddle at first. In fact, at the beginning, I had two side-walkers as a result of my balance problems. When I got situated the way I wanted, the horse walked and changed my position. I was initially thrown off by walking on outdoor trails instead of the smooth, indoor arena. Now, I am used to the horse moving and even trotting quickly.

I cannot imagine my life without horseback riding. It is now one of my hobbies, something that I enjoy. It is a benefit to my life that I did not know would even be one. I think those unexpected things are the biggest blessings of all.



**John Kindschuh**



♥ 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
- ♥ SLEVS - Dr David Hunt
- ♥ Our fabulous Barn Buddies
- ♥ Dave Thompson - Farrier
- ♥ The best volunteers in the whole world
- ♥ Keith Pey - newsletter editor
- ♥ EAT's Board of Directors
- ♥ Gaye Regan
- ♥ Christina Tobin
- ♥ Linda Taylor
- ♥ Ann Ahner
- ♥ Maura Harris
- ♥ Tina Koester
- ♥ John & Francine Gagnani
- ♥ "Donut" Dave Holst - donuts & fly spray
- ♥ Deweys Bubble Soccer for EAT
- ♥ Dan Feinstein - horse cookies
- ♥ Sandy and Larry Christeson
- ♥ Peggy Browne - joint supplements for out T&C boys
- ♥ US Bank - Tina Natorp
- ♥ Youthbridge Community Foundation donation through Terri Jordan
- ♥ STASL - John Fechter through EAT volunteer Tina Kramer
- ♥ Network for Good
- ♥ Hannah Thurman - horse show trophies
- ♥ Dianna Prasek - helmet



**Continued flood clean up:**

- ♥ Amanda Stanley & her 4 sons!
  - ♥ Lee Steck & her 2 grandkids!
  - ♥ Diane Wolf
  - ♥ Wendy Janssen
  - ♥ Katie Gancarz
  - ♥ Maura Harris
  - ♥ Dick & Linda Taylor
  - ♥ Merripat McDevitt
  - ♥ Knights of Columbus Council 11139
- 
- ♥ LWUMC Youth Group
  - ♥ Cathy Cortright



- ♥ Marjorie Theleman - paid for the repairs needed on our wheelchair lift. So sweet!
- ♥ In memory of Albert Jarosik, greatly loved Grandpa of participant Sabrina Blaes, EAT sends it's condolences and love. Albert loved to watch Sabrina ride in the EAT Horse Shows and was so proud of her accomplishments. God be with you all
- ♥ For Donating Their Class Refunds Back to EAT
  - ♥ Steinberg Family
  - ♥ Jackie Dallas
  - ♥ Cassaday Family
- ♥ Keith Weber for coming early in the morning to water down our arena, keeping the dust down for all of us
- ♥ Kathy Church - not only a precious volunteer on Saturday mornings but also weeds our front gardens in her free time
- ♥ Tina Koester
- ♥ John Gagnani & Nancy Speigel in memory of our friend Betty Jean Kennedy

Where would we be without these guys?

Scott & Chuck Smith - volunteer, vet & farrier assistant, horse de-wormer, plumber, tractor driver, leader trainer, carpenter, general maintenance, field/pasture/trail care, flood recovery, set up/tear down events, repairs of all kinds, horse whisperer, you name it and they do it

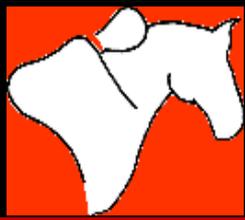
- ♥ A super big thanks to the TRAUW Nutrition group who came out to help us put so much back together yesterday. They washed, wiped, swept, toted, hauled, dumped, weeded, installed, hung and stocked for 3 SOLID hours then caught that days lessons horses, groomed and tacked in preparation for the kids!

You guys ROCK!!!!!!



- ♥ Aly & Christine Mikesell - these two amazing people - mother and daughter - are on a quest to run marathons in every state in the union, raising money for various charitable organizations in our area! They recently ran races #18, 19 & 20 in Wyoming, Idaho and Colorado raising \$1750 for EAT. WoW!!!





2017 - EAT Calendar...



Session 4

Aug 6th – Sept 23<sup>rd</sup> Wildwood

Aug 21st – Oct 27<sup>th</sup> T & C

- ◆ No classes Sept 2<sup>nd</sup> – 4<sup>th</sup> for Labor Day
- ◆ No classes Sept 9th for EAT family wedding
- ◆ No classes WW - Sept 24 - 30.

**HORSE FAIR TO BENEFIT EAT**

At Dickey Bubs in Eureka  
Sept 16th 10 am - 1pm

**EAT for EAT at Deweys**

Ellisville location after 4 pm  
Tuesday Sept 26th

**Visitors from the Cancer Support Group**

Sept 26 th WW 6 pm

**ANNUAL HOEDOWN FOR HOPE**

at Wildwood Location  
Sat Sept 30<sup>th</sup> 5pm - 9pm



Session 5

Oct 1st – Nov 17<sup>th</sup> Wildwood Only

- ◆ No Classes Oct 14<sup>th</sup> Town & Country Fall Festival
- ◆ 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

**FALL FESTIVAL**

Longview Farm Park  
Oct 14th 4pm - 7 pm

**Visitors from the Cancer Support Group**

Oct 24th at noon WW

**PATH INTERNATIONAL CONFERENCE**

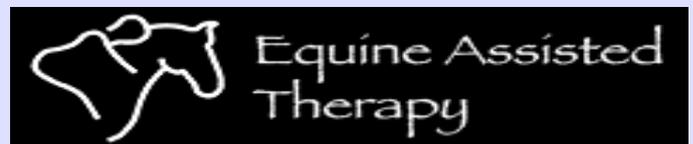
NO CLASSES – Nov 8th thru Nov 11th

**VOLUNTEER THANKSGIVING DINNER**

Sat Nov 18<sup>th</sup> 6 - 8 pm

Winter Interim (tentative dates)

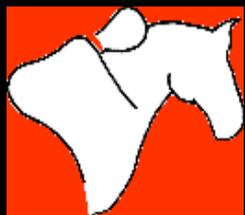
Nov 26<sup>th</sup> – Dec 16<sup>th</sup> / Jan 2<sup>nd</sup> – Jan 27<sup>th</sup> Wildwood



*Equine Assisted Therapy, 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

## DewMORE with Deweys Night – EAT PIZZA TO RAISE FUNDS!

**WHEN:** Tuesday September 26<sup>th</sup> 2017

**WHERE:** Deweys Pizza at 1312 Clarkson Clayton Center, Ellisville, 63011 636-227-3400

**WHAT TO DO:** Present this paper certificate or via mobile device & up to 20% of all food & beverage purchases from 4 - 10 pm (*dine in or carry out*) will be donated to **Equine-Assisted Therapy**.

*Give a certificate to all your friends and neighbors  
and ask them to "EAT" Pizza for "EAT"!!!!*



### Eat Pizza to Raise Funds!



All supporters, friends & families of  
Equine-Assisted Therapy are invited to dinner on

**TUESDAY SEPTEMBER 26<sup>TH</sup>**

**Join us at the Dewey's Pizza at 1312 Clarkson Clayton Center, Ellisville, MO**

Present this paper certificate or via mobile device & up to 20% of all food & beverage purchases from 4pm - 10pm (dine-in or carry-out) will be donated to

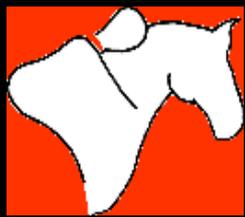


ONLY VALID AT DEWEY'S PIZZA IN ELLISVILLE, MO

**1312 Clarkson Clayton Center, Ellisville, MO 63011**

**(636) 227-3400**

**DEWMORE**



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

## Equine Assisted Therapy - Contact Info

### EAT Office Team

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Wendy Janssen  
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### Executive Director

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

### T & C Barn Mgr

Dayna Rabbitt  
Phone: (314) 581-8570

## Equine-Assisted Therapy - Program Addresses

### **EAT - Business Office**

5591 Calvey Creek Rd  
Robertsville, MO 63072

### **Longview Farm Park**

13525 Clayton Rd  
Town & Country, MO 63141

### **Wildwood**

3369 Hwy 109  
Wildwood, MO 63038

Newsletter Editor : Keith Pey

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visit our web-site: [www.eatherapy.org](http://www.eatherapy.org)