

Equine-Assisted Therapy

EAT News



Springtime in St. Louis ...

~~Spring has Sprung!~~
~~Welcome Spring!~~
Spring is just around the corner ???



In St Louis we've learned to move forward even if the weather isn't cooperating. And we're pretty good at it. As a lifelong St Louisan it's just natural to carry that over to all our plans at Equine-Assisted Therapy.

Our **11th Annual Egg Hunt** is scheduled for **March 24th** - early this year because Easter is earlier - and we all know that could mean anything weather-wise. This event is always a lovely way to welcome Spring at our Town and Country location in Longview Farm Park.

Classes for our 10-week Spring Session at the Town & Country facility begin on April 9th... of course... weather permitting!

Volunteers are needed for our 2018 T&C classes.

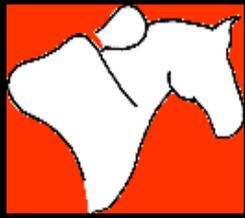
If you've ever wondered what we're doing or how you can get involved in this awesome program we welcome you! **Come to our Open House Volunteer Training at in the barn at Longview Farm Park Saturday March 31st at noon.**

Call 314-971-0605 or email info@eatherapy.org for all the info you need to get started!



Think Spring!





Help EAT through eScrip

Make 2018
great!



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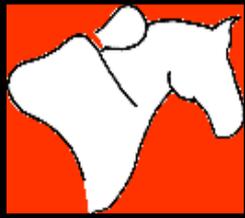
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A History of Therapeutic Riding

Therapeutic Riding History

Therapeutic horseback riding: the use of horses and equine-assisted activities in order to achieve goals that enhance physical, emotional, social, cognitive, behavioral, and educational skills for people with disabilities

Not only for therapeutic benefit but also the development of a relationship between horse and rider

Horses have been utilized as a therapeutic aid since the ancient Greeks who used them for people with incurable diseases

The benefits have been dated back to 17th century literature where it was prescribed for gout, neurological disorders and low morale

The term "therapeutic riding" was originally used in Germany to address orthopedic dysfunctions such as scoliosis. This later became known as hippotherapy in the US

Today's version of therapeutic riding started with Liz Hartel – legs paralyzed by polio, took the silver medal in the 1952 Olympic Games in Helsinki

The first programs in the US started in the 1960's and North American Riding for the Handicapped Association was launched in 1969

There are now more than 750 therapeutic riding centers around the world



How it works

Horses move in a 3-beat rhythmic motion that mimics the human stride

Same pelvic rotation and side to side that occurs when walking

The horses adjustable gait promotes riders strength, balance, coordination, flexibility and confidence

Even grooming a horse aids in joint range of motion, relaxation and has a calming effect

The pleasure and excitement of riding encourages participants to push through pain and discomfort as they accomplish various goals on horseback



Exercise machines focus on just one group of muscles – riding forces the participant to use their entire body to steer, control, adjust, and maintain balance

The act of accomplishing something many able-bodied people are afraid to try is a benefit in itself

While on the horse our participants accomplish tasks that require gross motor, fine motor and cognitive abilities

Rings on a pole

Barrettes in the horses mane

Following a sequence of instructions

They also are building team and social skills by working with their volunteers and class members

They also are building self-esteem, self-confidence, focus, stress reduction, sense of normalcy, patience, self-control

Works as its own reward system – when a child with poor communication skills wants his/her horse to walk they have to use a verbal command to move the horse forward – an incentive for communicating

Studies have shown:

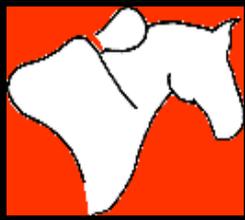
Ages 10 -40 significant change in 4 out of 8 measures of sitting shown

Ages 26 – 46 of those with psychiatric disabilities showed improvement in sense of self efficacy and self esteem

Ages 17 – 60 of those with physical impairments reported increased self- efficacy (the power to produce an effect) and self confidence

Shown to improve communication, motor skills and social skills of those with autism. Riding a horse allows them to concentrate on just the task of riding rather than many things at once





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

- Strengthens weak, atrophied or unused muscles
- Relaxes tight, spastic and rigid muscles
- Normalizes muscle tone
- Increases flexibility
- Assists in acquiring balance and normal "righting" patterns
- Moves pelvis, hips and torso in a "normal" walking pattern
- Improves posture
- Increases blood/oxygen flow to all areas; including heart & brain
- Increases lung capacity; thereby improving speech
- Increases neural & proprioceptive input
- Improves fine & gross motor coordination
- Increases endorphin & serotonin levels in the brain



COGNITIVE IMPACT

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



PSYCHOLOGICAL IMPACT

- Improves self worth & self-esteem
- Improves relationships
- Improves independence
- Improves social awareness
- Reinforces proper social skills
- Improves "team" playing
- Provides empowerment

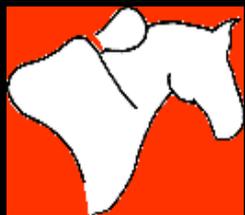


Horseback Riding can benefit people with a wide range of individual challenges and disabilities, including:

Autism	Seizure Disorders	Extended Grief
Asperger Syndrome	Cerebral Palsy	Anxiety attacks and Phobias
Amputation	Parkinson's Disease	Cardiovascular disabilities
Spinal Cord Injury	Learning Disabilities	Chemical and Alcohol Abuse
Brain Injury	Stroke patients	Multiple Sclerosis
Developmentally Delay	Visual and Hearing Impairment	Muscular Dystrophy
Down's Syndrome	Speech Impairments	Spina Bifida
Emotion disabilities	Post Traumatic Stress Disorder	And others

Because the gait of a horse when walking is a gentle, repetitive movement, it moves the rider's body in a way that is very similar to the human gait; physically disabled riders often achieve greater flexibility, muscle strength, and balance. Horseback riding can improve balance, posture, mobility, reactive time, as well as improve problems such as emotional, cognitive, behavioral, communicative, and social malfunction.

(continued on page 6)



EAT Annual Community Egg Hunt

Think Spring

with Equine-Assisted Therapy as we plan our
11th Annual Community Egg Hunt

***Saturday March 24th ***

Longview Farm Park

Registration begins at 11 am
Hunt begins promptly at noon

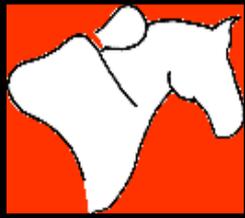
Thousands of eggs hidden for kids 2 – 12
Price is \$10/hunter
BYOB - bring your own bag/basket

Eggs found will be turned in for EAT Bucks that kids can use to
shop for non-edible prizes in the EAT Country Store

All proceeds to benefit **Equine-Assisted Therapy**
Horseback Riding for the Disabled

***Note:** Easter is early this year so we're hoping to get our Egg Hunt in without
snow, sleet or hail in which case hunt will be canceled.





The Impact of Therapeutic Riding (continued from page 4)

(Continued from page 4)

Many riders, both able-bodied and those with challenges to overcome, form a strong connection to the horse that they cannot get from most sports. For example, for the rider confined to a wheelchair, the horse is his or her mobility and a means of transport. For individuals with emotional problems, the unique relationship that is formed with the horse can result in increased confidence, self-esteem, and patience. The sense of wonder and independence that is experienced while riding on a horse is universally beneficial.

One of the benefits of horseback riding is that the child is able to leave the more sterile, sometimes intimidating environment of a counselor's office and enter the much more interesting environment of a horse ranch. This change alone can be especially beneficial for children who live in city or urban areas and don't often get to enjoy more rural settings.

Learning to ride a horse requires balance and coordination. Many physically disabled children lack muscle tone, and consequently, their coordination is severely lacking. Riding gives a disabled child a physically enjoyable experience (learning to ride a horse) that also helps develop muscle tone, balance, and coordination. It also helps the child develop and improve upon hand-eye coordination. It achieves some of the same results as standard physical therapy but in a more pleasant setting.

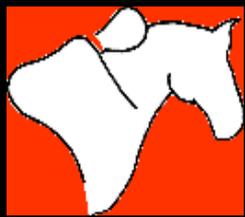
These programs often include more than just riding. Learning to groom a horse can aide disabled children in their comprehension of the importance of caring for other living beings (both animals and humans). In addition, as the child begins to better understand how to groom the horse, the instructor can allow him to start directing the grooming process. A step like that does wonders for a child's self-confidence, not to mention that it's a natural decision-making and problem-solving activity.



Dressel Elementary School - Abilities Awareness

Equine-Assisted Therapy had a Great Day at Dressel Elementary School for Abilities Awareness Day. *Dressel is participant Andrew B's alma mater*





EAT Volunteer Orientation - Wildwood

Our Annual Volunteer Orientation Open House brought in lots of new faces and plenty of old ones as well who came to continue their horsey education.

If you missed it, come out to our Volunteer Orientation Open House at Longview Farm Park in Town and Country, Saturday March 31 at noon.



We Love Our Volunteers !!!

Sudden Cardiac Arrest Association !!!

A special thanks to a special group!

Gary and Ginni Hartke were on hand to accept a brand new Automatic Electronic Defibrillator (AED) from the **Sudden Cardiac Arrest Association** at their annual fund raiser in February.

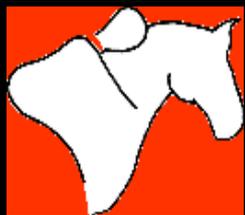
Six of the members pictured are cardiac arrest survivors. They are alive today because someone knew CPR and there was an AED close by.

With this generous donation, EAT will now be able to have an AED at Town and Country and Wildwood.

In the last 8 years, the Gateway Chapter has been able to donate 24 AEDs to not-for-profit organizations throughout the St Louis area.

Thanks to **EAT volunteer Dana Garner** for bringing our program to the attention of SCAA - we now have an AED for both locations!





Delta Gamma Center for Kids

It's was a beautiful day in March as our guests from **Delta Gamma Center for Kids** arrived to spend the day enmeshed in horses, donkeys, cats and the whole "farm" experience. EAT's fabulous team of volunteers were there to greet them and teach them about horses - their care, what they eat, what they wear, how they communicate, safety around horses/donkeys, how to ride properly, then take their newfound skills out on the trail. At the end of the day the DGC kids got back on the bus clutching a horseshoe they decorated and lots of fun memories.

Thank you to our EAT Team:

David Bailey
Denise Bertrand
Lulu Bogolin
Caroline Casey
Jody Delf
Matt Eckelkamp

Karen Ernst
Kimmie Holland
Eric Penton
Mary & Jenny Piccirilli
Holly Pieper
Phil Mills

Gaye Ragen
Pam Rodely
Patty Rudd
Terry Ryder
Joe Schlafly
Scott Smith

Dick & Linda Taylor
Spring Thomas
Kim Underwood
Diane Wolf

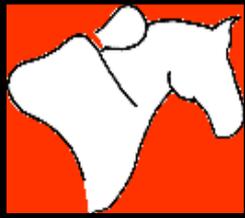


Equine Assisted Learning Classes

EAT's Equine Assisted Learning classes are fun with a purpose. Whether it be a company team building function, a bunch of boys from Boys Town, a husband/wife/family exercise or even those suffering from a diagnosis of cancer, horses are healers and can show us some amazing things about ourselves. We team up 3 people and a horse to navigate some interesting obstacles together, playing off of each individuals strengths. The results are always eye-opening.

Call Lulu about scheduling a session for your team, club, staff, clients, friends, family or group. (314) 313-5858





Give STL Day - May 2nd



**GIVE STL DAY IS BACK
JOIN THE ST. LOUIS
COMMUNITY FOUNDATION
WEDNESDAY, MAY 2**

for our online day of giving to benefit nonprofits serving the St. Louis region.

Once again, Give STL Day and its 24-hour day of online giving will shine the spotlight on our region's vast assortment of nonprofits, their missions, and the extraordinary ways they make St. Louis special.

So get online and give - IMAGINE what we can do in a day!



**LIFT OUR
NONPROFITS**

ST. LOUIS GIVES!
MORE THAN
\$7 MILLION HAS BEEN
RAISED SINCE 2014.



**FIND YOUR
PASSION**

DISCOVER LOCAL
NONPROFITS AND
LEARN ABOUT THE
WORK THEY DO.



**PRESCHEDULE
YOUR GIFT**

GIVE ON THE DAY,
OR SCHEDULE YOUR
GIFT BETWEEN
APRIL 9 AND MAY 1.



♥ Thank You ♥ 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
- ♥ Ann Dillon - cat food, horse care products
- ♥ Bonnie Enos - T&C display case
- ♥ Cheryl Barnett - Give with Liberty
- ♥ Christina Tobin - monthly donation
- ♥ Chuck Smith - cleared out pasture muck after all the rain
- ♥ Chuck Smith - horse training, maintenance
- ♥ Dan Feinstein - T&C Barn Management
- ♥ Dana Garner - EAT Volunteer - and the Sudden Cardiac Arrest Association
- ♥ Denise Bertrand - grant writing
- ♥ Donut Dave Holst - donuts and T&C care
- ♥ EAT Barn Buddies in both locations
- ♥ EAT's Board of Directors
- ♥ Farrier - Dave Thompson
- ♥ Gaye Ragen - birthday board and thank you notes
- ♥ Jeff Jordan and Enterprise Holding Fund
- ♥ Jim & Diane Bright
- ♥ Johnna Hogue - Watlow Charitable Foundation
- ♥ Karen Scott
- ♥ Keith Pey - newsletter
- ♥ Keith Weber - arena care
- ♥ Kevin & Betty Beckmann - annual donation
- ♥ Liz Johnson - stepping in for Marti
- ♥ Patty Rudd - T&C Barn Management
- ♥ Pond Athletic Association - donation for maintenance
- ♥ Reach Out America - donation
- ♥ Rick Turner - tack
- ♥ Scott Smith - horse care, maintenance
- ♥ Shawn Bower in honor of EAT Volunteer Bob Bowers birthday
- ♥ St Louis Veterinary Services - Dr David Hunt
- ♥ Tina Natorp - US Bank
- ♥ Wildwood Community College for having Ginni come speak to their students about career choices
- ♥ Donations sent in lieu of gifts
 - Grace Maloney's Birthday
 - ~ Caroline Koetting
 - ~ Carin Khoukaz
 - ~ Jane Urschler

Thanks

THANK YOU

Thanks! for



Our hearts and prayers go out to EAT Instructor Marti following a massive stroke on February 14th



Our Deepest Sympathy



We grieve the loss of Silver Saddles Participant, Paula Sewell. She will be sorely missed!

Anyone know what this is ???



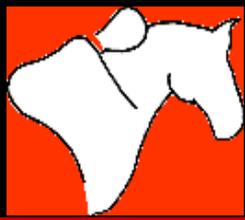
It's a fantastic gift from the City of Town and Country!

A Big A** Fan (name brand) in the T&C barn!

This is going to make a world of difference for EAT, the horses, Onyx and all of our guests that come to visit the critters.

THANK YOU T&C!!!!





2018 - EAT Calendar...



Session 1 Wildwood

February 12 - March 31

Annual Egg Hunt

March 24 / 11am at Town & Country

New Volunteer & Leader Training

March 31 / 12- 2pm at Town & Country

Session Break – April 1 – 7 (no classes)

Session 2 Wildwood

April 9 - May 25

May 26 - 28 Memorial Day Weekend (no classes)

Session Break - May 27 – June 2 (no classes)

T&C Spring Session

April 9 - June 16 (Town & Country, 10 weeks)

May 26–28 Memorial Day Weekend (no classes)

Session 3 Wildwood

June 4 - July 21 (Wildwood)

July 4 Fourth of July (no classes)

Session Break – July 22 – August 4 (no classes)

Session 4 Wildwood

August 6 - Sept 22

Sept 1-3 Labor Day Weekend (no classes)

Session Break – Sept 23 – 29 (no classes)

Annual Hoedown for Hope

Sept 29 / 5-9pm at Wildwood

T&C Fall Session

Aug 20 - Oct 27 (Town & Country, 10 weeks)

Sept 1–3 Labor Day weekend (no classes)

Session 5 Wildwood

October 1 - Nov 17

Oct 31 Halloween (no classes)

Town & Country Fall Festival

OCT 6 (no classes)

Volunteer Thanksgiving Dinner

Nov 17 6-8pm at Wildwood (no classes)

Session Break – Nov 18 – 24 (no classes)

Winter Session (tentative dates) Wildwood

Nov 26 - Dec 15 (3 weeks)

Dec 16 – Jan 6 (No classes)

Jan 7 - Jan 26 (4 weeks)





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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