



From the Director's Desk ...

A "medical" look at therapeutic horseback riding.



As you already know, the movement of the horse mimics the natural human gait in stride with all its ups and downs, forwards and backwards, and side to side motion. This in itself is monumental for many of EAT's participants in building core muscle tone, arm and leg control, as well as increasing circulation and respiration, pumping O2 all the way to the tips of their toes!

But how many of you ever even consider the vestibular system? Wha-a-a-t? OK....quick reminder....the vestibular system is the sensory mechanism in the inner ear that detects movement of the head and helps to control balance. The vestibular organs provide sensory information about motion, and spatial orientation. If vestibular dysfunction occurs early in development, it slows the development of equilibrium and protective reflexes and motor-control tasks such as sitting unsupported, standing, and walking. In addition, an impaired vestibulo-ocular reflex (VOR) from vestibular dysfunction can have far-reaching impacts on a child's ability to keep pace with schoolwork. The VOR is responsible for maintaining clear vision during rapid head movements. Stable vision is important for learning to read and write and for developing fine and gross motor control.

So, it has been found that the movement of the horse also stimulates (exercises) the rider's vestibular system as it responds to balance signals, which sends the signals through the nervous system to the muscles for movement. This system not only controls the muscles for balance, but all voluntary movement of the body, including speech.

Halfway through a lesson, our participants who have an under-stimulated vestibular system (one form of sensory integration dysfunction) become more active vocally and in body movement.

Knowing these things about the works of the human body helps us notice and celebrate the tiny, sometimes incremental progress of our participants.

~ Ginni



An EAT Welcome to Brandon

To any of you who visit or call in to the Wildwood office you may have noticed a new face/voice behind the desk.

Brandon is the newest addition to our staff. He has a background in communications but does a little bit of everything, so we're excited to have him in our office. He's been volunteering in youth ministry since 2004, loves the mission of EAT, and is ex-cited to be a part of the team. Please introduce yourselves so he can start putting faces with names. He will be in the office on Mondays, Wednesdays and Thursdays.

Welcome Brandon !

♥ Thank You ♥♥ Thank You ♥

♥ Thank You ♥♥ Thank You ♥

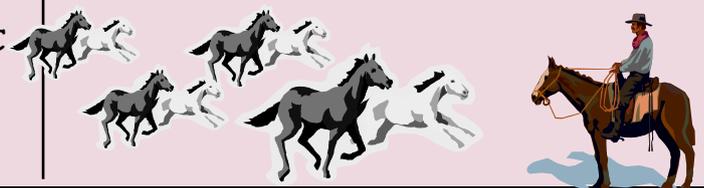
- Ω St Louis Equine Veterinary Services - WW equines
- Ω Homestead Veterinary Hospital - T&C equines
- Ω Rick Winhiem - Farrier
- Ω Peggy Browne - T&C Fluid Flex
- Ω Jen Jordan - sewed covers for our gel pads
- Ω Rick Turner - takes care of our tack
- Ω Rick and Pat Turner - donated a beautiful new western saddle
- Ω Keith Weber - keeps our WW arena beautiful
- Ω Keith Pey - our Newsletter Editor
- Ω Scott Smith - does everything
- Ω Chuck Smith - helps with horses, participants, and SH implementation
- Ω Dave Holst - volunteer and transportation between T&C and WW
- Ω Ronnie Kaufman - donations for our Volunteer Thanksgiving
- Ω Marti Schlegel - donated pommel and cantle lifts
- Ω Alyssa Weihe - donated farrier tools
- Ω Karla Poisson - introduced EAT to Luckys Market for possible fund raiser
- Ω Judy Kabbes - answered the call when incidents came up while I was out of town
- Ω Lauren Siebel - Our wonderful summer helper! You totally rock, Lauren!
- Ω GS Grindings for our beautiful driveway
- Ω Shelby Anderson & Trevor Hill for our bountiful store of hay this year!
- Ω Judy Kabbes for donating the fee for Dr Terry Surtin - equine chiropractor - to give Sarge and Dusty a much-needed adjustment.
- Ω King (of volunteers) John Robinson and his friend Barry Gordon for maintaining our T&C fields and facility

- Ω Kristin Downey, Melody Roberts and Louise Stevenson for caring for our retired 'boys' at Crescent Farms
- Ω Libby Wilson for her donation of Horse Treats from Manna Pro

Horse show thank you's:



- Ω Eileen Palmer for getting all of our show halters ready for the show
- Ω Bob Manges and Deb Quarternik (Travelin' Tunes) for MC'ing/DJ'ing our annual horse show
- Ω Alana Curth for being our flag bearer and helping throughout the day when she wasn't riding
- Ω The Silver Saddles class for starting off the show and serving throughout
- Ω The Lafayette HS Key Club for their service at concessions, organizations, set up, tear down and our wonderful guys assigned to arena clean up! You guys rock!
- Ω Heather Hartke - Award presentation
- Ω Keith Weber for getting the place all "beautified" for the day (this guy is a real work horse!)
- Ω Some of the NCL ladies who are there for us so often
- Ω All of the EAT volunteers, staff and instructors for the days and days of preparation
- Ω Special thanks to Linda Taylor for being our Show Judge
- Ω And of course, our participants, their families and our super therapy herd!



EAT Weather Policy

Weather policy: We're trying to nail down a workable policy for weather related cancellations and these days of 108 degree heat index and the upcoming winter snows make this a front-and-center decision.

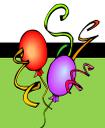


- Cancellations are up to the individual instructor
- That instructor will call Brandon and myself as soon as the decision to cancel is made
- A text message will be sent to volunteers and participants (contactinfo@eatherapy.org or 314-971-0605 to sign up if you haven't already)
- I will answer any cancellation inquiries on my phone - 314-221-3642
- Brandon will put the cancellation notice on our website and Facebook page (please check there first - www.eatherapy.org and www.facebook.com/eatherapy)

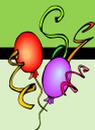


In Fond Memory of

EAT mourns the passing of volunteer **Dolores Van Well** she will be missed but remembered for the love and care she showed our precious participants during her final days on earth. In her memory, the Town and Country Tuesday Night Volunteers made donations to EAT for which we are truly grateful.



Thanks



Thanks to
Knights of Columbus Council 11139
for making a donation to help with
our new lift.



Thanks to Sarah Hormuth and the
National Charity League
for this haul of very practical
donations for EAT



EAT Hoedown !!!

Yee Haw! Hope y'all were able to strap on yer boots and come to EAT's Big Hoe Down on August 23rd! Thanks to Vicki and her amazing Hoe Down Committee of Liz Baisch, Lulu Bogolin, Jody Delf, Diane Miller and Cari Shannahan EAT was able to raise just enough to purchase a Sure Hands Lift for our Wildwood facility. We're so excited to be able to offer this option to anyone who might find it helpful for mounting their horse for lessons. We've waited a long time.

Now although Vicki and her team worked tirelessly for months to put this event together, they weren't alone in its success. Those who came out to help set up and stayed late to tear down the event are wa-a-a-y worth their weight in gold!

And a special shout out to "The Iceman", Dick Taylor, who bought every bag of ice Quick Trip had! And last but not least, every single one of you who came, donated silent auction items, bid on silent auction items and/or volunteered to keep things running throughout the night were an integral part of securing this lovely new lift for EAT. We can't thank you enough.

Big thanks to the event sponsors:

- Ω Ameren thru the efforts of Cal Kretsinger and Bill Barberi
- Ω Bob & Liz Baisch George & Jody Delf
- Ω Designs for Tomorrow
- Ω Robt Human & Associated Inc
- Ω Loomis Bros Equipment Co
- Ω Mid America Freight Handlers
- Ω TECH Manufacturing
- Ω Waddell Concrete
- Ω Helen Wetterau



HOEDOWN

Breaking news:

Our Sure Hands Lift has been ordered! The drawings will now go to the engineers for approval and we hope to get started in 3 weeks. The complete installation should take 3 days.



More Thank You's

- Ω Thanks to Lindsey and David Roscoe for providing the music for their friends wedding and having a donation made to EAT in lieu of payment for themselves! SO SWEET!!! (-:
- Ω Thanks to Khaled and Michele Shabany of Advanced Dental Care of Maryland Hghts for sending a lovely donation!
- Ω A big thanks goes out to our friends at the Knights of Columbus Council 11139 for visiting us on Sept 13th and leaving a fabulous donation to help us with the purchase of our human lift.
- Ω We also received such a thoughtful donation from the Knights of Columbus in Kirksville, MO. Council 12986
- Ω Thank you Mark & Marla Maloney for their surprise donation!
- Ω Katie Bell for her donation of a saddle, headstall and a new beat box.
- Ω Thanks to the West County Rotary Club for including Gary and I to represent EAT at their annual beverage booth at the Wildwood Days Event. It was a lot of fun! And thanks, too, for donating the leftover water and soda to EAT! You guys rock!

We Love Our Volunteers !!!

Don't miss out on these upcoming EAT events:

- Ω **Oct 18th** - Fall Festival at Longview Farm Park in Town and Country - we need help with pony rides from 4 - 6 pm
- Ω **Nov 15th** - Volunteer Thanksgiving Dinner - this is the time for us to thank all those wonderful volunteers who make EAT possible. Dinner will be from 6 - 8 pm.

EAT's 4th Annual Horse Show

Yee-Haw!!!

Sunday Sept 7th was a beautiful day for EAT's 4th Annual Horse Show! Our participants came out to show everyone just how much they had learned over the year. Our participants are the BEST! They are so brave and so smart....they made each accomplishment look easy. Many, many proud moments for their on-looking friends and family.



2014 - EAT Calendar Of Events

EAT's Calendar of Upcoming Events

- ♥ Session 5 Sept 28 – Nov 15 – classes at WW
Sept 28 – Oct 22 - classes at T&C

Ω No classes Saturday Oct 18th for Fall Festival

8TH ANNUAL T&C FALL FESTIVAL – Oct 18th 4 – 6 pm

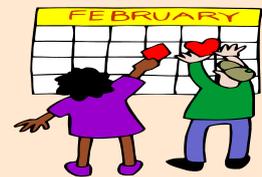
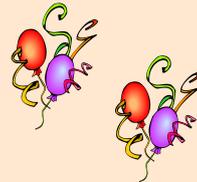
Ω No classes Oct 31, Nov 1 or Nov 2 for American Cancer Society Cattle Barons Ball

American Cancer Society Cattle Barons Ball – Nov 1st

VOLUNTEER THANKSGIVING!!! – Nov 15th 6- 8pm

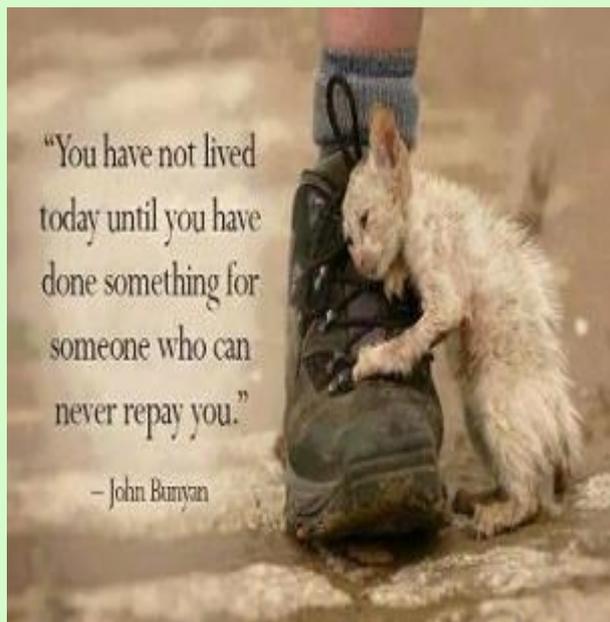
Ω The first regular session of 2015 starts Feb 8th.

- Ω Sign-up for 2015 begins now for current riders, and January 1st for those not riding at this time.
- Ω Contact Linds or Brandon at 314-971-0605 or info@eatherapy.org



Welcome Home

Quotable



Gaye Ragen is our official welcoming committee of one. As soon as a new member of our therapy herd arrives, Gaye gives him a sudsy bath and lots of lovin' so he knows he's gonna like it at EAT!

Welcome Magic! We love you!





2014 - Volunteer Thanksgiving Dinner

| To our wonderful Participant Families!

It's time to thank our volunteers for their hours and hours of selfless service to EAT, the horses (and donkeys and cat) and, above all, our precious participants.



We are in need of some things for our

Annual Volunteer Thanksgiving Dinner

Saturday November 15th, 6 – 8 pm.

- Side dishes to go with our turkey dinner to be dropped off Sat. Nov 16th between 4 and 6 pm
- Prizes for the all-evening raffle (gift cards for gas, dinner out, a massage or anything to make their time at EAT easier – gloves, warm socks, or a bottle of bubble bath for after lessons!)

To help with these needs and help our volunteers 'feel the love' call 314-971-0605

Or e-mail: info@eatherapy.org



Equine-Assisted Therapy

(314) 971-0605

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



Equine Assisted Therapy - Contact Info

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Executive Director
Ginni Hartke, RN

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Carla Abernathy

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