



Equine Assisted Therapy **EAT NEWS**



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Sept 2021

Letter from Lulu

Hello EAT Family and Friends,

To say it has been a whirlwind of a spring and summer is an understatement. We are so grateful to have riders in the saddle, amazing volunteers, and the very best instructors and team. It takes each one of us to make this organization work, especially in a pandemic.

We welcome new instructors Tara McGuire, Mary Downey-Jones, Nicole Wollbrink, Kristen Bailey, and Mary and Jenny Piccirilli. You may not have met all of them yet but each brings not only their certification as an Equine Therapy Instructor but a wealth of knowledge in our industry.

We also welcomed 2 new horses, Scheff and Beau. Both are now working in classes and have proven to be wonderful additions to our already amazing herd.

The heat has done a number on us this year and we hate to have to cancel classes. We know how hard this is on our riders and their families. However, we feel it is not worth having anyone get sick. We appreciate your understanding with this and I'm sure we are all ready for fall!

The Hoedown for Hope is quickly approaching on September 25th. This is a family friendly event, all are welcome! We hope you will put on your boots and join us in a wonderful evening to support all that we do at Equine Assisted Therapy.

We truly are grateful for each and every one of you!

Walk On,
Lulu Bogolin

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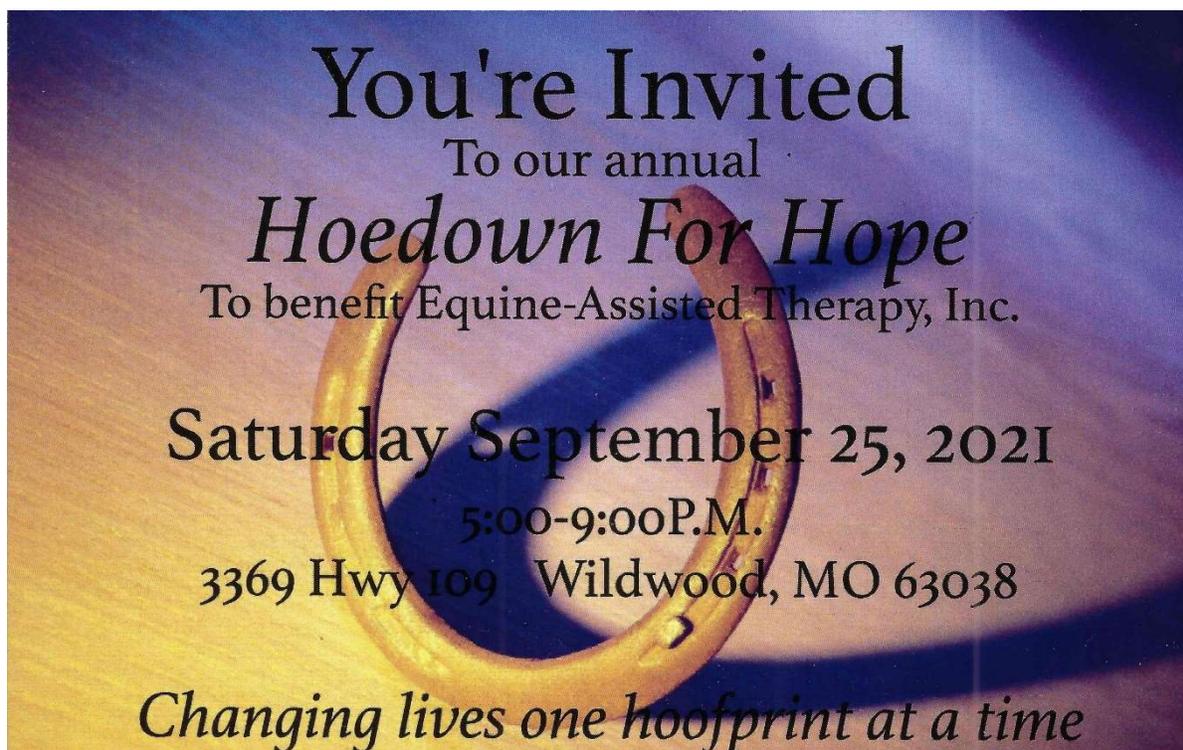
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~Thank You!!



Our annual **Hoedown for Hope** is our primary fundraiser that helps fund our participant scholarships, feed and care of our horses, as well as helps to maintain our twenty-five-acre property used solely for the purpose of our mission.

This event typically draws 200-300 guests and includes live music, a catered dinner, beverages, with a live and silent auction, plus activities for children.

Your support this year is more important than ever as we were not able to hold this event last year due to the pandemic.

We are still collecting donations for this event.

Items needed are: Silent auction items (baskets, trips, experiences), gift cards to stores and restaurants, beer, wine, soda and water.

Get your tickets:

online at eatherapy.org

call 314-971-0605

email info@eatherapy.org

Volunteer Spotlight

Alison Andrews

Alison was born and raised in St. Louis. She has 3 children; Elizabeth, Katherine, and Matthew. They have 2 Golden Retrievers, 2 chinchillas, and a ferret and rescue cat until recently.

Alison found out about EAT through her previous job when they chose EAT as their charity to support and donate to. They had a work day at EAT and got to meet the horses. That's when she decided she wanted to be a regular volunteer here.

She started off as a side walker then went through leader training. She is currently a leader on Tuesday evenings but helps out when she can when a substitute is needed.

Alison does not have her own horses but she has been around them. She loves animals and has learned just how smart and gentle horses are.

While Alison knows how special all of our horses are, she says, "anyone who knows me knows that Hero is my favorite. When I go out to the field and call Hero's name, he will look up to me and then will start to move closer to me as he hears my voice."

Alison says that volunteering "is so rewarding. I have watched a rider who is non-verbal start telling her horse to walk on. There are so many incredible milestones I have seen riders make. To watch these kids smile or their eyes and faces light up when they get on the horse or to hear them laugh is so rewarding. I wish everyone could experience this for just a short time."

"The most important thing I would suggest to a new volunteer is that even if you have horses and have been around them, EAT is a completely different place with different horses than you are used to. Always remember that we are here for the riders and every rider requires different needs. Never be afraid to ask questions. I am still learning things by asking questions about horses, tack, etc."

"You will get out of it what you put into volunteering plus so much more!"



Alison and her favorite EAT horse, Hero



Clark and Clover



Alison's kids, Elizabeth, Katherine, and Matthew

Instructor Spotlight

Lindsey Roscoe



Linds & Florian

Linds (short for Lindsey) was born in Somers Point, NJ. As a child she lived in upstate NY & PA, where she first started riding when she was 9 at a summer camp with her 4 sisters. She grew up showing hunter/jumper, and her first experience with therapeutic riding was in high school (1997) when her barn partnered with a physical therapist & she helped with the classes.

After graduating from MO State & marrying her husband David, they served in Peace Corps for 2 years in the Republic of Georgia, Linds teaching English & David working with a local nonprofit. Once they were back in MO, she spent a few years trying to find her calling. In January 2013, she found EAT from a google search. After 8 months of volunteering there, she found herself in the Office Manager/Volunteer Coordinator position, which she held for about 4.5 years. After that, she continued to volunteer regularly & in April 2019 she took a leap of faith & became a PATH Certified Riding Instructor. She is now PATH & SpiritHorse Certified & is currently working toward her Equine Specialist Certification in the Masterson Method.

Linds is also a musician at ICD Catholic Church in Dardenne Prairie, serving with her husband David. They are also leaders in the high school youth ministry program there. She sings, plays violin and guitar, & enjoys leatherworking, rowing, cycling, exercising, & traveling. She's gotten the chance to work at a guest ranch in Montana as well as volunteer at a therapeutic riding farm on the west coast of Ireland. In Ireland she saw many Irish Cobs, but none were as beautiful as her sweet Florian, her favorite EAT horse whose breed (Gypsy Vanner) finds its origins in the Irish Cob.

Linds enjoys the variety of work she does at EAT. Above all else, she loves each moment she sees the horses of EAT lifting the spirits of her amazing riders & volunteers. "This is the magis of horses," she says. "They are God's grace in motion, and if I can do half as well in bringing joy to my riders & volunteers as they do, then my purpose here is fulfilled."



Sweet Grass Ranch, Montana



Bantry, County Cork, Ireland



Her handmade bridle & other creations



Lindsey & David



Blake Baggins Roscoe

Equine Wellness Retreat



Our second Equine Wellness Retreat was held April 17th and 18th. We collaborated with LaSalle Retreat Center to provide 7 mothers of children with special abilities some much needed rest and relaxation. Each mom got 4 meals, a night of uninterrupted sleep, and a basket full of wonderful goodies donated by local businesses. There was no cost to the moms because all spots were sponsored by local businesses.

These mothers got to relax, mingle with each other, and spend some quality time with our horses! They learned how our amazing horses help not only their kiddos, but all of us as well. They even got to enjoy a trail ride with their new 1200lb best friend.

Our next retreat is planned for October 22-24th! Ask us how you can sponsor or support a very deserving parent. If you or someone you know is interested in attending, contact us to get on the waiting list for future retreats.

Thank you to all volunteers and donors who made this possible!



THANK YOU EQUINE WELLNESS RETREAT SPONSORS

Dillen Family *Hipskind Family* *Dalaviras Family*

JD   *Hadfield Family*

 **NIEKAMP FINANCIAL**



Welcome Our New Instructors!

Tara

Tara has been a volunteer with EAT for almost 6 years. "I was never planning on becoming an instructor but now it is one of my favorite things to do. I grew up riding and I love being at the barn. This job has helped me find my passion and made me want to pursue special education."



Nicole W

"I have always loved horses from a young age. I rode in horse shows at Truman State. I started volunteering at EAT a year and a half ago and fell in love with their program. Getting to see the kids grow and learn is so amazing. I love teaching them and getting to be a part of their lives."

Kristen

Kristen has her bachelor's degree in education and certificate in special education. She is currently a paraprofessional in a preschool classroom at Rockwood School District. "I grew up with a love for horses and I started taking lessons, riding, and learning about horses as an adult."



Welcome Our New Instructors!

Mary

Mary has a BS in Psychology and received her MA in Counseling. She is a licensed professional counselor, trained by Natural Lifestanship for trauma focused equine assisted psychotherapy, and certified in therapeutic riding through SpiritHorse. She has been an animal lover all her life and enjoys utilizing animals in her therapy practice.



Mary P

Mary has always loved horses but became more actively involved with them when her daughter, Jenny first asked to ride at the age of 6. After Jenny had been riding at EAT for 15 years, Mary decided to pursue riding for herself. "I was hooked immediately. As I became a better rider and a member of the Board of Directors, pursuing a certification as an instructor through SpiritHorse helped integrate the many hats I was wearing. I hope my background as a Speech/Language Pathologist, horse rider and instructor, and a parent of a special needs daughter will provide direction and support to the entire EAT community."

Jenny P

"Since the day I watched Spirit, I wanted to ride horses. Horses make me feel free and calm my body when I am around them as I tend to be anxious because of my Autism. My Instructors at EAT have always made me feel proud of my skills and now that I am an adult, I want to give back to other children and hope that I can provide encouragement to kids like myself. That is why I pursued my assistant certification through SpiritHorse."

Welcome Our New Horses!



Scheff

Scheff came to us from the same location as Beau in April. He is a stocky 2009, Red Dun, Quarter Horse. He is confident in himself and eager to please. He is slowly being started in our program but is already proving to be a great asset!

Beau

Beau came to us in April with his buddy Scheff. He is a 2011 registered bay Quarter Horse. We suspect Beau and Scheff come from a Western/Rodeo background. Beau loves people and is very athletic. He will soon be incorporated into our program and we expect him to fit right in!



Thank You Thank You

As always, we are thankful for our amazing volunteers and instructors who give us their time each week. We are extremely grateful to everyone who continues to support us and helps us continue to change lives.

Special Thanks To:

- Everyone who helped with the Easter Egg Hunt at Town and Country on March 27th, 2021
- Keith Weber – donation of Gator battery and continued grounds maintenance
- Continued donations of disinfectant/cleaning products from volunteers and participants
- Adam Roach – Private Love Like Lenore fundraiser for EAT
- Mary Piccirilli – stocking T&C barn with water and snacks for volunteers
- Everyone who attended our first Car Show and Volunteer BBQ
- Wildwood Lions Club – providing and cooking food for volunteer BBQ
- Dick Scheffel Family Charitable Foundation
- All who helped with and made our horse show a success

Thank You!



More Ways to Donate

~Check out our Adopt-a-Horse program on our website – eatherapy.org/donate

~EAT online merchandise store eatstore.itemorder.com/sale
(Quick link at bottom of our website)

~ Go to smile.amazon.com and select Equine-Assisted Therapy as your charity of choice. Amazon donates 0.5% of your eligible purchase cost back to us

~All donations are tax-deductible