

# EAT NEWS

Equine Assisted Therapy



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## LETTER FROM LULU

Dear Friends of EAT-

Welcome Spring! There are so many exciting things happening at the barn this spring-

April 2024 marks 20 years of Equine-Assisted Therapy! We can not tell you what it means to have so many clients who have trusted us for Equine Therapy classes for 20 years.

We would love to get all of our horses sponsored for our birthday. The horses still hoping to be sponsored are Johnny Cash, Beau, Tater, Spuds, Brody, TJ, Obi, Dusty and Hollywood. This can be an individual sponsor, your subdivision or office coming together or a baseball team or scouting group.

April 27 is our volunteer BBQ. If you are a volunteer with EAT we hope you will join us. Look for the signup sheet to come out soon.

Thank you to all of our EAT family and friends.

Walk on,  
Lulu Bogolin

# LETTER FROM A PARENT

By Bonnie Kallos

My daughter, Olivia, started riding at EAT when she was 7 years old, and she has been going for the last 8 years. Olivia was diagnosed with a mitochondrial disorder at the age of 4, it quickly progressed to neuromuscular involvement and significant anxiety. Olivia's early passion for horse riding began during vacations at Hilton Head Island, where she enjoyed pony rides. She has always had a love for horses and all animals alike. So when she found out she could ride horses as a form of therapy she was ecstatic. She started riding at Town and Country with Buddy and quickly fell in love with him. Riding proved very beneficial, aiding in stretching her tight leg muscles, improving core strength and balance. Olivia gained confidence, independence, reduced anxiety, enhanced social skills through interactions with volunteers and friends, and deepened her love for horses. While Olivia continued riding Buddy for years, a transition to the Wildwood location introduced her to a new horse, Dude. Olivia had developed such a deep connection with Buddy throughout the years. She had so much love for Buddy, that she even considered quitting riding because she did not feel that it was possible to love another horse as much as she loved Buddy. Lindsey told her all about Dude, the new horse that she would be riding, and asked her just to give him one chance. Olivia hesitated due to her aversion to change; however, she was brave enough to give Dude a chance and boy did he make the right first impression.

*He immediately walked up to her and greeted her with a kiss. It was love at first sight and the rest is history. Olivia developed such a close bond with Dude and since retiring as a therapy horse she still visits him at his new home today.*

Moral of the story is that every horse at EAT is incredible, each one better than the next and they could not have a better group of horses to work with. The office team and volunteers are incredible and it is like Olivia's home away from home. She loves it there, and has grown so much over the past 8 years. She loves it so much that she now volunteers there herself. It is an incredible place and it has changed Olivia's life for the better. I can't wait to see what the next 8 years have in store.



# HAPPY 20TH BIRTHDAY EAT



## *20 Years of Service*

This year, we're celebrating a milestone—20 years of Equine Assisted Therapy since welcoming our first rider in April 2004. We owe a world of gratitude to every volunteer, donor, and participant who has joined us on this incredible journey. Together, we've managed to offer around 5,500 services each year, culminating in an impressive total of approximately 110,000 sessions over the past two decades. This achievement isn't just a number; it is lives touched, challenges overcome, and milestones reached, thanks to the unique bond between humans and horses. Here's to the countless moments of joy, growth, and achievement. Thank you for being part of our story.



## *Help Us Reach Our Goal!*

Join our year-long celebration by sponsoring one of our incredible therapy horses. Our goal is to secure sponsorships for ALL of EAT's horses by the end of 2024. Your sponsorship makes a significant difference in their well-being and the positive influence they bring to others. Visit our website for more information and steps to sponsor. Thank you for celebrating this milestone with us!





## WINNERS CIRCLE

*Congratulations to...*

First Place

**BROS IN-LAW**

Second Place

**TWO FOR THE MONEY**

Third Place

**MCKRACK**

*Sponsored by*

**O.J. LAUGHLIN**  
SINCE 1951  
**PLUMBING COMPANY**  
*Inc.*

## CORNHOLE TOURNAMENT

*Benefiting Equine Assisted Therapy's Annie Grace Scholarship Fund and our Mental Health Program*

We extend our sincerest gratitude to everyone who joined us at our annual cornhole tournament. Your presence and support mean the world to us. The Annie Grace Scholarship Fund holds a special place in our hearts, and your participation helps us keep its mission alive. Your generosity and camaraderie exemplify the spirit of EAT, and we are truly thankful for your contributions towards such a worthy cause. Together, we're making a difference, one toss at a time.



# Sponsor-A-Horse



Johnny-Cash

Hello new friend. I am also known as Johnny Cash. I am a 2005 Paint Quarter Horse. I can't believe SO many people want to love me! I sometimes try to act tough around the other horses, but I am gentle as a lamb around my precious humans and around my best friend Bennett. I take such good care of my riders that one day my rider sneezed, and I stopped right away to make sure everything was okay! I love being used in classes, and I also love just spending quiet time being with you. Won't you please sponsor me?  
[Sponsor Me Here!](#)

# VOLUNTEER SPOTLIGHT

## Jacob Family

We started volunteering at Equine Assisted Therapy in the summer of 2022. We have not only been grateful for the experiences and opportunity to help others, but receive help and horsemanship along the way. My mother, Julie, rides in EAT's "Silver Saddles" program. She comes home after every lesson very visibly excited about the new skill she learned, or a fun story about Dokka's antics. Quite possibly the most valuable thing we have received at EAT is the psychotherapy support. On October 24, 2022, my school (Collegiate School of Medicine and Bioscience) became the target of a mass shooting. I was very fortunate for my life, but also for the support system in place from already volunteering with EAT. After various sessions of psychotherapy, I slowly but surely started to enjoy school again, opposed to the intense fear I once felt in the building. I give EAT most of the credit for helping me through a really hard time in my life, and that is something that I will always remember.

As of today, we are at EAT more than ever. Me and my Mom often are tack captains on Fridays and fill in wherever is needed. The whole family (my father Mark included) feeds on Saturday afternoons. Knowing that I will be able to traverse a field and socialize with horses is what gets me through my week. My amazing mother is also on the hoedown committee, arranging many of the wonderful baskets at auction last fall. In short, no matter how much time and sweat equity I put into Equine Assisted Therapy, I will never be able to give back what they have given my family.

~ Noah Jacob



# INSTRUCTOR SPOTLIGHT

## Caroline Casey

I'm originally from St. Louis and grew up on a small horse farm in Pacific, MO. Now, I live in Eureka. My journey with EAT began through a connection with Linda Taylor at the barn where her horse was boarded. She was a mentor to me and encouraged me to become an instructor. I took her advice and became PATH certified in May 2018.

When I'm not teaching, I'm usually found at the barn with my horse or others I ride for. Besides my love for horses, I enjoy reading, baking, and attending country concerts whenever possible. Among all the EAT horses, Dale holds a special place in my heart because of his adorable face.

My horse riding journey started very early, thanks to my mother's influence. I've experimented with different styles, from hunters to a brief period in western, before settling into dressage at the age of 9. I've been a working student at a local dressage barn and have a cherished Oldenburg gelding named Frido.

He's been with me since August 2009, and we've competed up to Prix St. George level. Now at 28, Frido enjoys a semi-retired life filled with trail rides.

Teaching at EAT has given me countless memorable experiences. It's incredibly rewarding to witness the successes and growth in confidence of my riders, from mastering simple commands to trotting independently. The most fulfilling aspect of working at EAT is seeing the direct impact on the lives of those we serve. It's also profoundly influenced my own life, enriching it through the connections I've made and the inspiration I draw from my Monday night crew. I'm deeply grateful for the opportunity to contribute to their journey at EAT.

-Caroline Casey



# Upcoming MOMS RETREAT

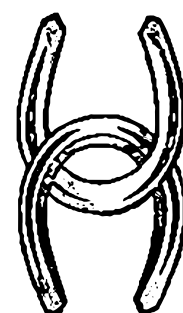
We invite you to our upcoming Mom's Retreat, a gathering specially designed for mothers of children with disabilities. It's a wonderful opportunity to forge connections and find support within a community that understands. We're also seeking a few businesses interested in sponsoring moms of children with special needs for our Equine Wellness event. If you would like to contribute, or get on the waitlist for our next retreat, please get in touch.



## DID YOU KNOW...

Dusty carried our oldest rider, at the age of 91!

Obi has the prophets thumbprint on his neck



Thursday  
April 18th  
11:00-12:30

## LUNCH WITH LULU & LINDSEY

Join us for lunch with Lulu and Lindsey at the Wildwood location. Bring your own lunch and have our undivided attention for any questions you have or just some socializing!



# EGG HUNT

Easter Egg Hunt at Town and Country Location



Thank you to all who participated in our annual Town and Country Egg Hunt! Your involvement not only made it a memorable day filled with egg hunting and joy but also supported EAT through the proceeds. We're grateful to have you as part of our community, coming together to share in the fun.



Join us next year at...

Longview Farm Park, 13525  
Clayton Rd, Town & Country,  
MO 63141



# MINDFULNESS MONDAYS

## AT THE BARN

Enjoy the serenity of mindfulness alongside EAT Horses

STARTING APRIL 8TH: JOIN US FOR A 7 WEEK JOURNEY EXPLORING THE...

## 7 KEY ATTITUDES OF MINDFULNESS

- 1) NON-JUDGING
- 2) PATIENCE
- 3) BEGINNER'S MIND
- 4) TRUST
- 5) NON-STRIVING
- 6) ACCEPTANCE
- 7) LETTING GO

**\$50**

Per Week

Join us for  
one or all  
seven weeks!

REGISTRATION  
IS REQUIRED 24  
HOURS PRIOR



WILDWOOD LOCATION

WHAT IS MINDFULNESS?

Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

COME AND JOIN US!

- BRING YOUR OWN CHAIR
- DRESS FOR THE WEATHER
- CLOSED TOED SHOES

**8:30AM-9:30AM**

ARRIVE 15 MINUTES EARLY - WE  
WILL START PROMPTLY AT 8:30 AM

THE FLOW:

Introduction To The  
Attitude Of The Day

Guided Meditation

Wrap-Up Discussion

# 2024 Calendar

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6					1	2	3						1	2		1	2	3	4	5	6
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	10	11	12	13	14	15	16	14	15	16	17	18	19	20
21	22	23	24	25	26	27	18	19	20	21	22	23	24	17	18	19	20	21	22	23	21	22	23	24	25	26	27
28	29	30	31				25	26	27	28	29			24	25	26	27	28	29	30	28	29	30				
														31													

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
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26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31
							30																				

September							October							November							December						
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15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

February 25 Cornhole Tournament

March 23 Easter Egg Hunt at T&C

April 27 Volunteer BBQ / Car Show at WW

May 19 Horse Show



EVENT DAY



NO CLASSES

September 28 Hoedown for Hope at WW

October 5 Fall Festival at T&C

November 23 Volunteer Thanksgiving Dinner



## UPCOMING EVENTS



Session 2: February 18th-March 30th

Session 3: April 8th- May 17th

Session 4: May 28th-July 5th

Volunteer BBQ/Car Show at WW: April 27th

EAT Horse Show at WW: May 19th

Hoedown for Hope: September 28th

# *Thank You Thank You*

WE ARE SO GRATEFUL FOR EACH AND EVERY ONE OF YOU

- Cynthia Biehle
- Dan Feinstein
- Dana Garner
- Dolores Feaster
- Ellen Donovan and Drew Klein
- Eureka Dental
- Kelly Means and Brand Asset Management
- Lisa and Bob Auffenberg
- Lynne Brauch - Modjods
- Nancy Rosenstock
- PEO Sisterhood
- The Arft Family
- The Kallaos Family
- OJ Laughlin Plumbing

