



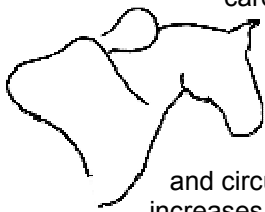
Equine-Assisted Therapy News



Equine-Assisted Therapy, Inc

Some of the parents of our participants were curious about what it is the Equine-Assisted Therapy instructors are actually doing during their lessons. Here's some information to help with gaining a basic understanding of some of the activities and how they can have a positive impact for our riders.

The simple movement of the horse simulates the motion of our own walking so that in itself, is a wonderful cardiovascular work-out as well as building major muscle groups involved in holding oneself upright and balanced. An extra benefit to all of this is that the body is encouraged and strengthened to increase respiratory and circulatory performance which, in turn, increases heart, brain and lung capabilities.



The lessons focus on six major developmental areas:

- ~ Cognitive - mental, problem solving, memory, following instructions, matching, multi-tasking, sequencing, hand/eye coordination
- ~ Core Muscle tone – balance, back and trunk muscle, posture, opening and strengthening chest cavity
- ~ Fine Motor – small muscle
- ~ Gross Motor – large muscle, Range of Motion (ROM)
- ~ Horsemanship – posture, verbal or non-verbal cues, tacking, grooming, reining, identifying parts of the horse, equine terminology
- ~ Psychosocial – socialization, teamwork, self-esteem, self-confidence, self-control, sense of accomplishment

And let's not forget just having fun and the added benefit of having the bragging rights to being a "Horseback Rider"!!!!

♥ *The EAT Instructors are happy to talk to you about the benefits of therapeutic riding for you or your child. Please feel free to ask!*

Quotable....

~ Helen Thomson

"In riding a horse, we borrow freedom..."

Here are Some of the Common Activities in a Riding Session & the Major Developmental Areas it Exercises:

- | | |
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| <ul style="list-style-type: none"> ≈ Pom-poms, Batons, Pinwheels <ul style="list-style-type: none"> ✓ Core Muscle Tone ✓ Gross Motor ≈ Puzzles <ul style="list-style-type: none"> ✓ Cognitive ✓ Fine Motor ✓ Psychosocial ≈ Rings on Poles <ul style="list-style-type: none"> ✓ Cognitive ✓ Core Muscle Tone ✓ Gross Motor ✓ Psychosocial ≈ Reining Through Poles <ul style="list-style-type: none"> ✓ Cognitive ✓ Core Muscle Tone ✓ Gross Motor ✓ Horsemanship ≈ Routines: <i>start of independence</i> <ul style="list-style-type: none"> ✓ Cognitive ✓ Core Muscle Tone ✓ Gross Motor ✓ Horsemanship ✓ Psychosocial ≈ Ball toss <ul style="list-style-type: none"> ✓ Cognitive ✓ Core Muscle Tone ✓ Gross Motor ≈ Scavenger Hunt <ul style="list-style-type: none"> ✓ Cognitive ✓ Fine Motor ✓ Gross Motor ✓ Psychosocial ≈ Red Light/Green Light <ul style="list-style-type: none"> ✓ Cognitive ✓ Horsemanship ✓ Psychosocial | <ul style="list-style-type: none"> ≈ "Life Skills" <ul style="list-style-type: none"> ✓ Cognitive ≈ Communication: walk-on, whoa, back <ul style="list-style-type: none"> ✓ Horsemanship ✓ Psychosocial ✓ Empowerment ≈ Trotting: <i>this raises the bar!</i> <ul style="list-style-type: none"> ✓ Horsemanship ✓ Psychosocial ✓ Respiratory ✓ Circulatory ≈ Red Light / Green Light <ul style="list-style-type: none"> ✓ Cognitive ✓ Horsemanship ✓ Psychosocial ≈ Grooming & Tacking: <ul style="list-style-type: none"> ✓ Cognitive ✓ Fine Motor ✓ Gross Motor ✓ Horsemanship ✓ Range of Motion ≈ Beanies on Shoulders, Rings on Toes, Egg n' Spoon <ul style="list-style-type: none"> ✓ Core Muscle Tone ✓ Horsemanship ≈ Riding Backwards: new muscle groups, accepting change, trust <ul style="list-style-type: none"> ✓ Core Muscle Tone ✓ Gross Motor ✓ Psychosocial ≈ Grooming & Tacking: <ul style="list-style-type: none"> ✓ Cognitive ✓ Fine Motor ✓ Gross Motor ✓ Horsemanship ✓ Range of Motion |
|--|--|

Don't Miss It !! EAT Walk-&Roll-A-Thon ...

- † EAT Walk-and-Roll-a-Thon - **May 13th** at Longview Farm Park
- † Parking, Registration & Start/Finish Line at Mason Ridge Elementary School.
- † A Sponsor of \$100 or more gets a T-Shirt
- † Contact Lauren at slmizel@juno.com for more info.





Equine-Assisted Therapy News



Participant Spotlight

Spotlight on "Emily"

Emily is a precious five year old girl who wins the prize for getting anyone to smile within the first few moments of meeting her!



She loves the Wiggles, Barney, Cinderella... well, ANY Disney Princess, Blues Clues, and Max & Ruby. She enjoys painting, singing and dancing in her free

time as well as playing games, having tea parties, swimming and going to the playground with her family.

Her favorite games are Hi-Ho Cherrio, Chutes n' Ladders and Dress-up. Way up there on her list of favorites has got to be her favorite horse, Warrior and her favorite Volunteer, Bob! She has been enjoying Warrior for almost a year.

Saddle-Up with an EAT Horse

Ω Meet "Glitz" Ω



Glitz is one of our veteran Therapeutic Horses with Equine-Assisted Therapy. He was donated by the Forbes Family in 2003 and is a 15 year old Sorrel Quarter Horse gelding with lots of experience

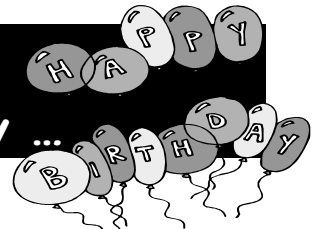
working with children. He was an integral part of many children learning to ride at the Forbes Farm and a patient, unflappable member of the 4H Club. Glitz has never let us down and has earned the title "favorite" by all.

Note: From our Last Newsletter...

The Answer to the question of the Year Rudy was born... "1969"



Happy Birthday



Volunteers:

FEBRUARY

Jennifer Beach
Liz Bowe
Beth Kassen

Dan Oliver
Brittany Mcmillen
Hannah Pey
Michelle Phillips

Becca Schulte
Greg Settle
Erin Vogt
Sue Wilson

MARCH

Carrie Blood
Michelle Braun
Sarah Calhoun
Steve Card
Matt Eckelkamp
Mary Griner

Gary Hartke
Kirsten Huggins
Sarah Kelly
Emily Komerous
John Morden
Sally Motron

Mary Renda
Sharon Rockwell
Erin Scalf
Kristen Strauber
Kelly Watts
Kristen Weidner
Sue Zeller

APRIL

Beth Colombo
Kaily Downey
Kyle Estes

Morgan Fast
Kal Kretsinger
Linda Kruger
Mary Ladd

Brittany Lupardus
Steve Rekart
Judee Richardson
Laura Ryback

Participants:



FEBRUARY

Sarah Bolton
Justin Cummins

Eli Fox
Logan Jordan
Nick Lordo

Issac Newberry
Heather Presley
Noa Remi

MARCH

Nick Caddice

Corey Nuetzel
Kyle Rodges

John Schmidtz

APRIL

Nick Bell
Gracie Brooks

Frankie Corrado
Alana Curth
Matt Hayes

Andrew Holman
Shawn Mcdonald
Jacob Menner

Help Wanted!

The EAT Program is in need of additional volunteers to assist with the care of our Town & Country horses. Volunteers are needed for morning or evening times. The activities involve feeding the horses, cleaning the stalls, letting the horses out into the pasture in the mornings and bringing the horses back into the barn in the evenings.

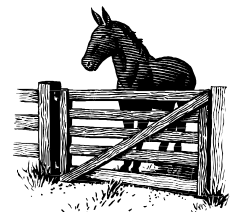
The times currently needing to be filled include:

- ~ Evenings - 2 volunteers
- ~ Fridays - 1 volunteer

If you're able to help fill any of these times... Please contact

Ginni Hartke at

(314) 221-3642 or Ginnih@gtw.net

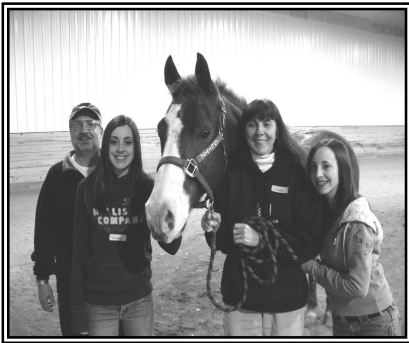




Volunteer Spotlight

Spotlight on "The Krueger Family"

The Krueger Family, Dan, Linda, Danielle & Jackie are regular volunteers for the Monday Sessions. Dan and Linda have been married for 18½ years and have three daughters, Nicole 17, Danielle 16 and Jackie 14. The Krueger's live in Oakville, Missouri.



They heard about the Equine-Assisted Therapy program from Gary Hartke. Dan used to be in a bible study group with Gary and got to know him through that.

The girls really love horses and volunteering

offered an opportunity to do something fun as a family while also helping the kids who use the therapy. "It is such a joy to see these kids make so much progress each week." Linda enjoys the opportunity to work with Emily and had this to say: "Emily is such a joy to see every week, she is always smiling and so happy the entire time; She really knows her horse Warrior; follows directions and knows how to handle him. She always learns something new every week and remembers it, its amazing how smart she is."

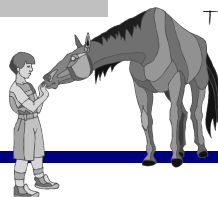
Dan especially enjoys working with another of the participants Kyle and had this to say: "Kyle is just so focused when he's riding and really looks forward to the games. Kyle especially enjoys trotting with his horse Glitz."

The Krueger family agrees "It is just such a blessing to be there on Mondays."

In Need Of Your Help...

Your Generous Contributions are Greatly Appreciated, Below are some of our current needs :

- Scholarship funds for Participants
- Funding for materials for our many projects



Thank You's...



- **Helen Gilbert** – Sponsoring a Child for the 1st Session.
- **Randy & Tamara Nelson.**
- **Mark & Kathy Frarracio** – Sponsoring a Child for the 1st Session.
- **National Charity League (NCL)** – For Their Continued Work on the 1st EAT Annual Easter Egg Hunt.
- **Dr. Branham** – Sponsoring a Child for the 1st Session.
- **Sunnen Corp** – New Gator & Bushs for the Town & Country facilities.
- **Mitch Ennenbach** - for cash donation.
- **S M Plumbing** – Sponsoring a Child for the 1st Session.
- **Liz Conti & her Father** – for remodeling the Town & Country office – *it looks great!*
- **Bill & Jill** – Sponsoring a Child for the 1st Session.
- **Fielder Electric** – for completing electrical work at Town & Country facilities.
- **Mitch & Joe Ennenbach** – for folding, addressing, stamping & stapling our last EAT Newsletter.
- **Ruth** – for remembering our volunteers birthdays.

Heartwarming Poem ...

Poem written by a therapeutic riding participant who passed away just days after submitting her poem to NARHA

I Give You a Pony

I give you a pony to quiet the tears
And make up for the crying of too many years
A pony to cherish and keep as your own
To love you and need you so you're not alone
To talk to and care for and never let go
To turn to and cry on when you're feeling low

I give to the pony a lost little soul
upon which a hard life has taken its toll
A child all filled up with sadness and pains
So needing to break free and take up the reins
Quiet and frightened yet wanting so much
To reach out to something that welcomes its touch

I give you this pony so gentle and strong
To fulfill the dream that you've held for so long
He'll carry you onward and show you the way
To make yourself better with each passing day

I give you a pony so you can ride tall
And know that together
You've both found it all



Equine-Assisted Therapy News



EAT - Contact Info

Participant Coordinator
Terri Richards
Phone: (314) 487-5419
e-mail: garichars@charter.net

Volunteer Coordinator
Terri Richards
Phone: (314) 487-5419
e-mail: garichars@charter.net



Mailing Address:
Equine-Assisted Therapy, Inc.
644 Old Smizer Mill Road
Fenton, MO 63025

EAT Program Addresses:

Crescent Farms
700 Lewis Road
St. Louis, MO 63025

Longview Farm Park
Clayton and Mason Rd
Town & Country, MO 63141

Director: Ginni Hartke, R.N.
Phone: (314) 221-3642
e-mail: ginnih@gtw.net

Director: Kristin Downey
Phone: (314) 707-6773
e-mail: kdownaco@hotmail.com

web-site: www.equine-assistedtherapy.org



Equine-Assisted Therapy, Inc
644 Old Smizer Mill Road
Fenton, MO 63026

EAT - Calendar of Events

- Session 2 - April 10th thru May 27th (Crescent Farms)
April 17th thru May 27th (First Session at T&C)
- Session 3 - June 5th thru July 22nd - 2 weeks off!!! ☺
- Session 4 - Aug 7th thru Sep 23rd (Last Session at T&C)
- Session 5 - Oct 2nd thru Nov 18th (Crescent Farms Only)

EAT Walk-and-Roll-A-Thon - May 13th, 2006

Long View Farm Park - Town & Country
Registration & Start/Finish at Mason Ridge Elementary School
Contact Lauren at slmizel@juno.com



EAT - Annual Easter Egg Hunt

April 8th | 11:00 am Town & Country



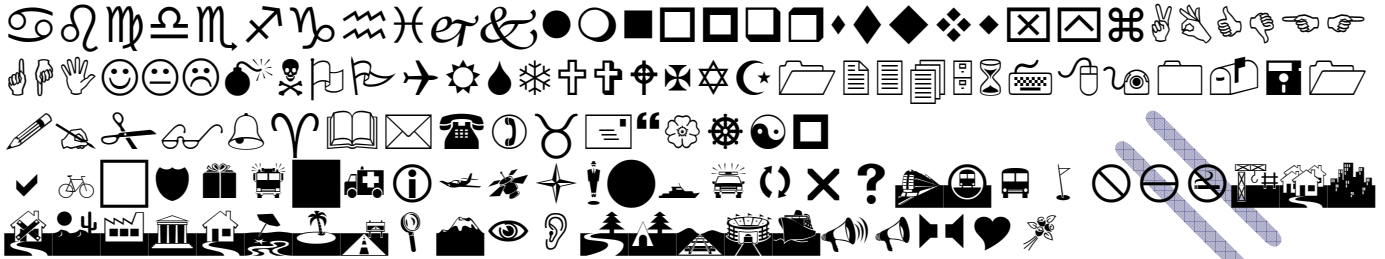
Registration: Starts at 11:00 a.m. in the T&C Barn
Admission: \$10 each (ages 2-12)
Egg Hunt Begins 12:00 noon
⌘ 2500 Eggs ⌘



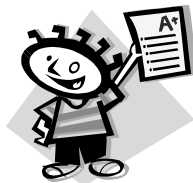
"BYOB" - Bring Your Own Basket



Equine-Assisted Therapy News



Special Thanks – Lauren Mizel and family for Laurens hours of service in building the position of Participant Coordinator and to Terri Richards for taking over now so Lauren can get back to raising her family



In the Planning Stages ... More Info to Come...

First Annual EAT Easter Egg Hunt

When: April 8th 2006

Where: Long View Farm Park, Town & Country

Second Annual EAT Golf Tournament

When: October 2nd 2006

Where: The Players Club Golf Course

EAT Walk-A-Thon

When : May 2006

Where: Long View Farm Park & Town & Country



EAT Tack Sale

When: this will be held at St. Claire Saddle Clubs' first horse show of 2006.

Quotable: "Feodor Dostoevski"

The soul is healed by being with children....