

The ETP Curry-er

Fall 2013

Equestrian Therapy Program at Fassett Farm

Issue 45

Our Mission:

The Equestrian Therapy Program is a 501(c)3 charitable corporation organized to improve the quality of life for the disabled by providing equine facilitated activities and therapies in Lima and the surrounding eleven-county area in Northwest Ohio.

Visit our web site:



www.etpfarm.org
Email: etpfarm@etpfarm.org
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Partnering with:

St. Rita's Medical Center
Lima Memorial Health System



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From the Director

Summer is winding down but everyone at the Program is gearing up for Fall and our annual **Ride-A-Thon on October 12, 2013!** As many of you know, this is our major fundraiser and an eagerly anticipated event for our riders and their families. Again, Sarah Potts, Errin Dohm and their committees have been working hard to ensure a day filled with fun, entertainment and of course, our popular live auction. The insert in this newsletter includes a schedule for the day, along with additional information. We look forward to seeing all the familiar faces, as well as new ones, visiting the farm for Ride-A-Thon. **Mark you calendars!**

Recapping our busy summer: In May we held the third annual Kentucky Derby Party. A huge thank you to all who helped make this the most successful Derby Day yet. We had many new people attend the party this year; it's so nice to share our Program with you. The food was wonderful, music spectacular and the bidding on the horses was fast and furious. We cannot thank our attendees, staff, sponsors, Board Members and volunteers enough for helping to make this such a wonderful event.

On June 6th, 2013 we celebrated our 30th Anniversary at the farm by partnering with the Lima Symphony Orchestra, who celebrated their 60th Anniversary. The evening was called "Music In Unexpected Spaces". Over 200 people enjoyed great music by The Shannon Ford Trio, a class demonstration by ETP students, delicious food and lovely weather. The beautiful setting at the farm made for a perfect evening. Thank you, **Elizabeth Brown, Executive Director of LSO**, and **our wonderful staff and volunteers** who worked so hard to bring this all to fruition. These two non-profits have enriched our community for a combined ninety years. Much gratitude goes to all who have supported ETP and LSO with their time, talent and treasure throughout these years.

As I mentioned above, 2013 is **ETP's 30th Anniversary** year. To look back at the growth and impact of our Program is amazing. It's awe-inspiring that we still have volunteers and Board Members that have been with us from the beginning. Kudos, **Ann, Joe and Bev** for taking your vision for the Program to such great heights. To our **Board Members**, for your guiding hands, expertise, endless fundraising hours and support for these 30 years. It is because of the wonderful people like you and our volunteers, staff, riders and their families, that we are celebrating 30 years. We would be remiss if we did not give great recognition to our therapeutic partners, **our horses**. They have carried hundreds of riders over the years, enriching many lives and creating very special relationships.

With 30 years under our belt we eagerly look forward to the next 30! Meeting and helping many wonderful people along the way. **Fall classes will be starting up after Labor Day.** We can't wait to see everyone at the farm!

*Michele Andrews-Sabol,
Executive Director*

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Farwell & Well Wishes...



Jan Schiffer has been a volunteer with ETP since 2006, working as a side walker, leader, horse pal, part time office assistant and photographer extraordinaire. Her husband, George, has recently retired, their house has sold and they will be making their home at their Lake house in Indiana. Fortunately it isn't too far away so Jan will still lend a hand when she is in town (often) and continue to be the wonderful photographer for all of our special events.

Kathryn Broering, our outstanding newsletter editor since 1998, is also retiring. Family commitments will be taking her time but she plans to return to volunteer when son, Andrew, goes to college in a few years. Our 30th Anniversary Newsletter was so beautifully done by Kathryn. If any of you missed receiving it please call the office and we will make sure you get a copy of this keepsake.

These two talented and wonderful women have been a very special and integral part of our ET Family for many years. We wish them well and hope to see them around the farm as often as time permits. Thank you both for your undying dedication.



our new Staff members...

Cindy Farrar joined us in March as our new office assistant. Luckily for us, she recently retired from public service and was looking for a part time job where she could use her clerical skills. What a perfect fit! Cindy holds associates degrees from both Northwestern Business College (UNOH) and Rhodes State College, in secretarial and banking/finance respectively, and a BBA and MBA from Tiffin University. Cindy served as Director of the Tiffin University at Lima branch campus and Director of Advising at Rhodes State College. Her previous positions have given her excellent people, communication and computer skills which she has already put to good use. Cindy loves animals, gardening, home renovation and camping with husband, Don, her children and grandchildren.

Emily Smith began volunteering in 2005, before she could drive, and worked as a side walker and leader for the next 7 years. Last year she did her internship at the farm and, in May, earned a degree as an Associate of Applied Science in Equine Health and Complementary Therapies, including Equine Massage, from Hocking College. Emily was on the Dean's list all semesters and was named Outstanding Graduate of the Equine Health Program. Emily also attended The Ohio State University in Lima, studying biology, and making the Dean's List all semesters there. Congratulations Emily! Our horses are happy to have her on the barn staff – they love her massages.

Welcome Cindy and Emily to our ET Team!

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Fifth Annual Fun Show

By: Sarah Potts, Volunteer Coordinator, Instructor

This year, eighteen riders competed in the “Horse & Rider Versatility” at the Equestrian Therapy Program’s 5th Annual Fun Show. This competition required the riders to demonstrate their horsemanship skills, agility, coordination and speed. The riders rose to this challenge and supported each other throughout the event, making the show fun for everyone.

Riders spent nine weeks preparing for the challenges of the event, our instructor Errin explains. . . “We are deep in preparation for this year’s fun show! Horse and rider teams will take their turn completing various tasks and attempting to match the perfect time. Versatility competitions are a challenge to participants because it requires riders to assess different obstacles, find the correct approach, and execute the movements needed to complete the task. In addition to this, it is a horsemanship contest. Horsemanship means horse and rider are a team, and they are judged on how the rider handles and manages his or her mount. A frightened or worried horse earns negative points, but a confident rider reassuring the horse is big bonus points in a judge’s eye. This may be our most difficult Fun Show to date, as this requires finesse and patience even more than speed and agility. Good luck to all of our riders! You have all worked hard to get ready!”



Congratulations to the following competitors: Katie Rinesmith, Jacob Utendorf, Sara Smith, Seth Thuman, Jaydah Calvert, Adreianna Grundisch, Tom Weigel, Brady Bowman, Lilee Stewart, Catie Emery, Jacie McGee, Cheyenne Phillip, Adam Bastian, Joey Wrasman, BJ Kline, Nancy Strayer, Andrew White, and Ben Slechter. A special thank you to all of our volunteers for helping make this much anticipated day possible for our riders. The staff would like to extend a special thank you to our judges for their time and encouraging commentary during the competition: Mary Lou Paxton, Barb Imber, Lila Whyman, and Linda Young. Thank you to the following members of the Fun Show board: Instructors: Errin Dohmn, Sarah Potts and Nancy Kuck, Timer: Tim Wolf, Arena Reset: Stephanie Skylar and Laura Straham, Gate Manager: Emily Smith and Kathy Hatcher, Score Keepers: Cindy Farrar and Sue Gilliland, Announcer: Stephanie Fess, Photographers: Jan Schiffer and Brad Potts. Thank you for providing the trophies and awards John Kuck and Gene Thuman. Thank you for donating the funds for the display timer, Jan Schiffer. Finally, thank you to the parents of our riders for supporting everyone, helping before and after the event and cheering us on along the way. Check out our fun show photos on Facebook. Great work everyone!

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Rider Fitness

By: Errin Dohmn, Farm Manager and Instructor

Horseback riding is loved by many, whether for leisure, competition, or even its therapeutic value. Horse riders love taking care of their equine friends and often go the extra mile to make the working part of the relationship better. Unfortunately, one key component is often overlooked: the rider! Rider fitness is a crucial part of a successful riding experience.

Although participants are already riding for a therapeutic benefit (possibly a physical limitation), staying active while away from the farm can help to increase the effects of what is done on the horse. Sitting posture, length of time standing, balance and coordination, fall prevention – these are all things dealt with on a regular basis and while riding horses. Our bodies need more stress to be forced to change (not anxiety or other negative stressors – fitness stress!). Exercise is a planned time for fitness that takes place in addition to our normal routine. When looking at myself and my riding progression, I believe my cross-training has made all the difference.

My gym membership has proven more valuable and effective than I could imagine. Since then, I have had better rides even when I cannot ride as consistently. Because I am less concerned with what my body is doing, I can focus more of my energy on my horse. And this could, potentially, become the same reality for therapeutic riding participants. For some, structured, safe physical activity could mean the difference between a walker, a wheelchair, or braces and an unassisted walk.

BOUQUETS

To: **Max Johnson** for unloading our bedding pallets, preparing the arena floor for the Derby Party and spreading the paddock stone.

... **Aaron Wright** for providing transportation of the bedding.

... **The Trophy Center**, for always taking such good care of us.

... **Toree Hefner** for working with Azra and George.

... **John Kuck** for making storage cabinets for the conference room.

... **Tim Wolff, John Kuck, Randy and Sandra Bindle** for all of their hard work on the arena.

... **Nancy Kuck** for all her hard work cleaning and organizing the old lounge and taking care of the scrapbooks.

... **Kim Stoddard** for her donation of 2 cases of copy paper and a box of miscellaneous office supplies.

... **Cindy Farrar** for surviving her first months as our new full-time secretary!

... **Mary Ann Kromer** for the beautiful paintings for Ride-A-Thon.

... **Bobbi & Ken Sims, Cindy Whited, Linda Unrue and Makenzie Taylor** for the great job on the tree for the Allen County Museum Christmas Tree Festival and **Bobbi & Cindy** for keeping things spic-n-span and doing our Christmas decorations.

... **Cindy Whited** for overseeing the participants from Capabilities.

... **White Cottage** for the donation of tables, chairs and tent for our Derby and Anniversary Parties.

... **Sandra Bindle** for taking such good care of the flower beds and landscaping.

... *Special Derby* **BOUQUETS** to:

Mike Baker, Vince Koza, Holly Gaeman, Brett Shingledecker, Craig Tone, Brendon Gideon, Harold Waronker, Jan Schiffer, Don Fischer & The Fishstyx, Gene & Sharon Reaman, Frank Guagenti, Carla & Reid Sanderling, Peg Funk, Bev Sweeney, Kristen Wendall, Roger Bice, Brian Keegan and J's.

... *Special 30th Anniversary* **BOUQUETS** to:

Elizabeth Brown & LSO, Robert & Rita Brown, The Shannon Ford Trio, Bev Sweeney, Chef Alisa and The Shawnee Football Team.

... To all of our **Sponsors, Donors, Volunteers, Board Members, Staff** and **Attendees** who helped to make our Derby Party and our Anniversary parties so special.



Bittersweet at Betty's Farm

The Mutual Benefits of volunteering at Fassett Farm

By: Jennifer Slechter, Volunteer

Bittersweet at Betty's Farm provides services to adolescents and adults with autism spectrum disorders. Located in the Shawnee area, Betty's Farm is within three miles of the Equestrian Therapy Program at Fassett Farm. For more than a year, the participants of Betty's Farm have been sharing their talents with ETP through weekly volunteering opportunities.

This unique partnership is beneficial for both programs. The individuals of Betty's Farm have the opportunity to enjoy physical exercise, connection with the horses, and personal success through the completion of meaningful tasks. The Program benefits as well through regularly scheduled support in animal care, cleaning and other activities.

The Betty's Farm volunteers are supported by staff from Betty's Farm during all volunteer activities. These direct support professionals (DSPs) volunteer alongside the participants, offering individualized support as needed. The elements of partnership and purpose are crucial to the relationship between staff, participant and animal. The DSPs are able to outline tasks for the participants, describing how the task will benefit the animal with which they are working.

Through this volunteer partnership, the individuals at Betty's Farm have developed many new skills. Some of the participants were initially hesitant to care for such large animals. By beginning with short, supported interactions with Grassby – a small, Shetland pony – the

individuals were able to overcome this hesitation and successfully complete the task. Most of the participants have gradually transitioned to working with larger horses. By working with the same animals repeatedly, the participants are able to learn about each animal's characteristics and behaviors, and interact accordingly.

Activities completed by the Betty's Farm volunteers include grooming, cleaning stalls and sweeping aisles. Through physical interaction, individuals are able to use (and improve) eye-hand coordination, stretching and crossing the midline of the body, and feeling movement along the animal's natural musculature. Many participants find the motion of grooming to be calming to their sensory systems.

Even cleaning stalls is beneficial. The gross motor activity provides solid input to the large joints of the arms, helping some individuals feel more calm and centered. The activity of pushing a full wheelbarrow also gives strong input to the joints of the arms, hips and legs.

Several of the participants enjoy being in such close proximity to the animal and closely study the various features of the animal's eyes and body. There is a certain emotional connection as well – some participants will even express missing certain horses or will identify one as their "favorite".

Volunteering at Fassett Farm has enhanced, and will continue to enhance, the lives of the participants at Betty's Farm. We are so appreciative of the staff at Fassett Farm for their willingness to open their (stall) doors to a meaningful partnership with the participants of Bittersweet at Betty's Farm.





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Fall Schedule 2013

Fall Classes: Monday, September 9th through Saturday, November 9th

Monday

10:00, 11:00 Children Auglaize No Class 9/23/13
 5:00, 6:00 Independent Referral Youth
 5:00, 5:45, 6:30 Youth Semi Private (Hawk Arena)

Tuesday

9:30, 10:30 Adult
 1:30 - 4:30 Hippo Children & Therapist (Hawk Arena)

Wednesday

8:15 – 11:30 Hippo Children & Therapist (Hawk Arena)
 5:00, 6:00, 7:00 Adults

Thursday

10:30 Children (Marimor)
 5:00, 6:00 Children (SRMC Pedi-Rehab)

Saturday

9:30, 10:30 Independent Referrals (Youth)
 9:30, 10:15, 11:00 Semi Private (Hawk Arena)

Volunteer Orientation/Training

Saturday, September 7th 9:00AM – 11:00AM

Volunteer Advanced Training

Saturday, September 7th 12:30PM – 3:00 PM

**Ride-a-thon

October 12th, 2013

8:00 AM
 Set-up

9:00 – 12:00
 Riding and Pumpkin Festival

1:00 – 2:00

Benefit Auction

This is our major fundraiser for the year. We will ride, eat and raise money for the Program. Fun for everyone!

Please Sign-up or contact Sarah to help out with the above activities.

Riders please get your packets and sign-up to ride before October 10th.

.....

Winter Session 2013 – 2014

Monday, December 2nd – Saturday,
 December 21st

and

Monday, January 6th – Saturday,
 February 1st - 7 weeks