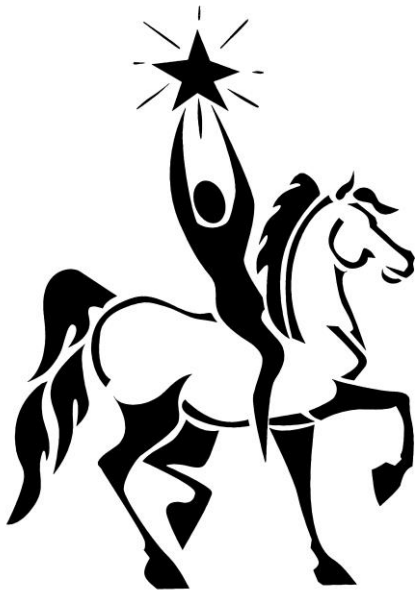


Therapeutic Equestrian Center, Inc.

Newsletter

Summer 2011



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Therapeutic Equestrian Center (TEC)

**537 Northampton Street
Holyoke, MA 01040
413-532-1462**

**info@equestriantherapy.org
www.equestriantherapy.org**

President's Message

The Future Begins Here, T.E.C.'s annual major fund raising event, celebrated its 20th anniversary of helping children throughout the Pioneer Valley on May 1, 2011 in very successful fashion.

Because the Gala is underwritten by the Holyoke Mall at Ingleside, more than 96% of the monies raised each year at "Future" become immediately available to each of the participating agencies to use as each sees fit in managing its programs.

For T.E.C., this means the continued ability to underwrite the costs of providing services to the children who participate in riding therapy at The Center. In reviewing the annual budget for T.E.C., it is easy to see that the expenses of delivering therapy run to a real cost of more than \$95.00 per hour. The table sponsors, the donors of items for the Live and Silent Auctions, the Restaurants of The Fine Dining Group, Uno's Chicago Grill and - this year Steve Lewis Subaru - together with untold hours of volunteer work and the financial support of The Mall, combine to bring our riders and their families a program for which services can be delivered, especially in these continuing difficult financial times, at a manageable level.

We are grateful to these sponsors and donors and ask that our T.E.C. family consider them when in need of their services and products.

A long desired innovation T.E.C. is looking into this year is the purchase and installation of exhaust fans in the riding arena in order to help keep the space more comfortable in the summer. The ability to do this is a direct result of funds raised at "Future" in May. Board member Dr. John Cowley is leading this effort.

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The Therapeutic Equestrian Center, Inc. (TEC) is a private 501(c)(3) organization incorporated in 1984 dedicated to providing physical, learning and recreational opportunities to special needs children and adults. TEC is governed by a Board of Directors and managed by the Executive Director.

President

Sue Ellen Panitch

Vice President

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Secretary

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Nora Britton

Instructors

Nora Britton

Cassady Clark

Karen Dahmke

Nancy Karp

Robin Stevens

Newsletter Editor

Judy Zedonis



NARHA

Member Center
www.NARHA.org

Summer Time!

As I write this TEC is gearing up for the summer sessions, a very busy time of year for TEC. We will have riding sessions in the mornings for Jericho's summer program and we will also continue our regular afternoon sessions. TEC is also offering a three day horsemanship program to our riders who would like to learn more about horses.

I am pleased to announce that TEC has received Community Development Block Grant funding from the City of Holyoke that makes it possible for us to offer our summer programs.

TEC also received a grant from The Council for Human Understanding. I was honored to be presented with the Agency Grant at their annual Award Banquet at the Yankee Pedlar on June 22nd.

There have been some changes at TEC. We all sadly said goodbye to Cassady Clark who has been our Friday instructor for the past couple of years. She graduated from Mt Holyoke College this summer and has gone on to pursue her career. Cassady secured a position as a "PATH Intl." instructor at High Hopes in Wilder, VT, continuing her employment as a therapeutic riding instructor. (NARHA has changed its name to PATH Intl; more information on the change will follow.) Cassady will be staying in VT for at least a year while gaining enough life experience to decide upon a field for grad school. We wish her the best and are grateful for the time she was at TEC.

A new instructor, Robin Stevens has joined our team. She will be filling in at various times during the summer and I hope that she will be joining us on a more permanent basis in the fall.

I hope you will all continue to submit your articles, letters and brags. Make this your newsletter.

Judy,
*Executive Director/
Newsletter Editor*

TEC Financial Corner

by Timothy Deshaies, Treasurer

TEC has been providing an outstanding riding program for years. Through careful expense control and volunteer support, we have been able to keep annual expenses for the program at about \$100,000 for the past several years. That's a huge feat considering the recession and increases in expenses. A large percentage of our income comes from the annual Future Begins Here auction. This year, the auction brought in over \$29,000; a record amount of money for TEC! This money will directly benefit our therapeutic riding program. In addition to income from our auction, rider fees make up a small percent of income leaving more than \$70,000 coming from sources such as private donations (Friends of TEC and targeted United Way Donations), fund raising activities by our volunteer board (wine tasting dinner for example), our annual horse show, and volunteer grant writing.

It's easy to see how important fund raising is to TEC and maybe you're wondering how you can help! There are several ways: 1) Support and attend fund raising activities such as the horse show, The Future Begins here auction, etc. 2) Participate in fund raising activities by helping to sell tickets to events or simply volunteer at the events, 3) If you donate to the United Way, begin targeted donations by writing TEC's name and address in the donor specified section of the United Way donor form, 4) Consider becoming a Friend of TEC by inquiring with our director, Judy Zedonis; 4) Consider a one-time donation to TEC (TEC is a 501(c) 3 agency so your donations are tax deductible)

TEC provides great services for so many people in the pioneer valley, but the service come with a cost. Please consider how you can help us maintain an excellent riding program!

TEC - 2011 Auction Proceeds Analysis

	2011	2010 %	Change
Income			
Live & Silent Auction	10,831.66	7,418.91	46.00%
Tables	11,000.00	11,999.00	-8.33%
General Admissions	413.67	256.25	61.43%
Prepaid Tickets	2,096.70	1,482.50	41.43%
Commemorative Glasses Sold	133.33		
Flowers Sold	20.67		
Restaurants Donation	1,500.00	1,125.00	33.33%
Bar Donation	450.00	225.00	100.00%
Raffle Proceeds	<u>1,061.67</u>	<u>480.00</u>	<u>121.18%</u>
Total Income	27,507.69	22,986.66	19.67%
Less Expenses			
Liquor Fee	11.67	8.75	33.33%
Printing	613.81	463.66	32.38%
Postage	89.00	<u>35.00</u>	<u>154.29%</u>
Commemorative Glasses	<u>343.33</u>		
Total Expenses	1,057.81	511.41	106.84%
Net Income Subtotal	<u>26,449.88</u>	<u>22,475.25</u>	<u>17.68%</u>
Donation	2,666.67		
Net Income	<u>29,116.55</u>		

Therapeutic Equine Therapy: A Comprehensive Therapeutic Approach for Children with Behavioral and Emotional Concerns

Emotional and Behavioral issues are of the most challenging types of disability to teach. Children and adults with Behavioral Emotional concerns most often have issues with regulating their emotions, are prone to behavioral outbursts, have difficulty trusting others, and have a high level of fear and anxiety when dealing with real world issues. These types of challenges are often addressed through behavioral interventions provided in a variety of settings such as specialized schools, therapy with a psychologist and or behaviorist. The addition of Therapeutic Equine Therapy is a form of intervention that provides a real life application of how to learn to regulate behaviors and emotions in a safe real world environment.

Children and adults with Emotional and Behavioral concerns often have a lot of stress that fills their minds, making many situations to cause them to become very anxious, frustrated or very self doubting. Many times people dealing with an Emotional Behavioral disability cannot put their mind at rest. Working in a therapeutic setting with horses often helps to alleviate this feeling by helping them focus their minds in a more positive direction. Horses are naturally calm animals and respond to being treated in a very gentle way. Individuals whose Emotional Behavioral disabilities cause them to only respond to people through yelling, frustration and outbursts learn that the horses will not respond to them unless treated with kindness. While this process does require modeling through the instructor, it is generally a very effective means of teaching individuals how to approach animals and people in a kinder way in order to have them respond positively towards them. As the individual learns that the animal is responsive towards them with a patient

approach, positive behavior can be shaped.

This shaping of behavior is often times carried over into daily life activities, thus making the individual more calm and confident in order to be successful.

Not only does Therapeutic Equine Therapy help individuals with Emotional Behavioral issues regulate their behaviors, it also teaches them a sense of responsibility, motivation, and flexibility. Equine therapy is a structured activity, meaning that there are set guidelines in place that the rider must obey. The rider must arrive to their therapy on time and follow the set guidelines or they will not be permitted to partake in the activity. This can be a challenging notion for an individual with an Emotional Behavioral disability as they often want to do a task in their own time or have their own perception of the order and ways tasks should be completed. The safe and structured environment teaches the importance of flexibility. While therapy sessions provide great structure, as with any activity involving animals, unexpected events may occur also teaching the rider that it is necessary to be a flexible thinker and consider not only themselves within a situation, but also the well being of the horses and instructors. For example, our New England weather does not always cooperate thus causing lessons to be canceled at times. This situation could lead to a great sense of frustration, disappointment and possibly even a physical outburst for some individuals with Emotional Behavioral disabilities, but is also a way to teach the importance of consideration for others in unexpected situations. This helps to strengthen an individual's ability to build better interpersonal relationships; an important life skill.

Amy LaLonde, TEC BOD



The Gregory's are Moving!

Dear TEC Family,

You all are amazing!! My mom and I have been there for about 4 ½ years now! Wow, how fast time goes by! We have seen many horses, instructors, riders and volunteers come and go, but now it is time for us too, to move on. We will be leaving for Cape Cod as soon as we get a house settled. TEC has been an amazing place to be at every week and we are really going to miss everyone!

We would look forward to our days there and TEC was one of the highlights of our week. Even during vacations we would come help Judy, exercise the horses, and just hang out there, we just couldn't stay away! We would like to thank all of you for everything, especially Judy and Nora (and the horses, too). They have been a tremendous blessing to us. They worked with us when we first got there, knowing nothing, to now. They say this place is therapy for the riders, but I'd say we got more 'therapy' from the program. It's been a joy meeting new friends, learning about the horses and most of all, seeing the smiles on the faces of the riders. You guys are truly amazing!! Thank you everyone for all you have done for us and with us!! We really do appreciate each and everyone one of you! We will miss you! We will be back for visits!

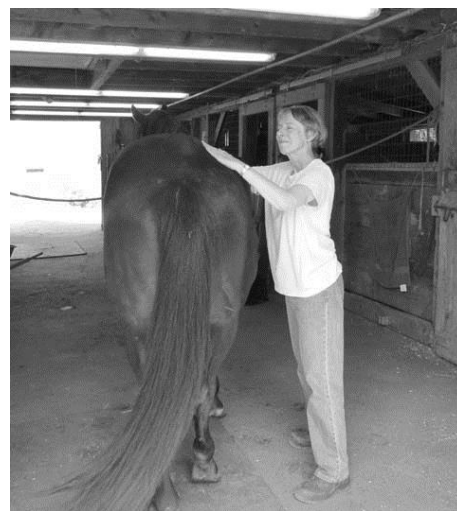
If you would like to keep in touch with us you can email me at rachel.gregory4@gmail.com. Thanks!
Good Bye TEC!

Rachel and Julie Gregory

PATH International

NARHA is now the Professional Association of Therapeutic Horsemanship International (PATH Intl.)!

The Board of Trustees and staff are proud to announce that NARHA is now officially the Professional Association of Therapeutic Horsemanship International (PATH Intl.). The association tagline is "Ensuring excellence and changing lives through equine-assisted activities and therapies." This name change will open doors to a myriad of inclusive possibilities and matches the growth of the equine-assisted activities and therapies (EAAT) industry. PATH Intl. vows to continue to provide its membership with an ever-evolving and progressive level of quality. The association promises that the service members receive will be positive, knowledgeable and friendly. The educational opportunities offered will continue to challenge and enlighten.



Doris Goodwin giving Baxter a massage

President's Message

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Because the wine pairings fund raiser held in December 2010 at American Legion Post 351 and the supper party held at OPA OPA were such successes, The T.E.C. Board of Directors has begun to plan another in its series of small dinners. This will be held in November at 80 Jarvis.

Keep your eye on your newsletter for information about this and about possible repeats of prior suppers!

T.E.C. is soliciting the help of all supporters and friends who would like to support its conservation efforts and receive this newsletter by e-mail. If you wish to participate in this program, please advise us of your e-mail address by forwarding it to T.E.C. at info@equestriantherapy.org.

Sue Ellen Panitch, President



Nugget & rider having fun!

Kelly Latham passed away on Sun, June 19, 2011 leaving a void at T.E.C. which cannot be filled.

For many years her warm smile, can-do attitude and willingness to help have been a bright and beloved part of the T.E.C. scene.

Kelly was an enthusiastic rider and volunteer. She knew and worked on all of the volunteers jobs: from staffing "The Future Begins Here" to keeping the details for the Annual Horse Show under control to seeing that horses and riders were ready for each other at class times, Kelly put her heart into T.E.C.'s needs.

All of us: staff, riders, volunteers and Friends join her family in mourning her death and extend our deepest sympathies. We are grateful for the opportunities we had to be part of her life. Her spirit will remain alive and part of T.E.C.'s mission.



SAVE THE DATE!!
FOR THE
ANNUAL TEC HORSE SHOW!

SATURDAY, OCTOBER 22, 2011
RAIN OR SHINE!

WATCH OUR RIDERS SHOW OFF THEIR
NEWFOUND SKILLS!

AWARDS FOR BEST RIDERS!

BRING THE FAMILY-
BEVERAGES AND LUNCH PROVIDED!

How Can You Help?

The Therapeutic riding program provides a tremendous amount of benefit to individuals with disabilities. But the care of the horses and facility makes the program quite costly to operate.

You can make a difference in many ways.

Sponsor a rider: a six-week session of group lessons cost \$180. Donations to the Rider's fund will provide financial assistance for riders in need.

Sponsor a horse: Caring for a horse costs TEC approximately \$350 a month. Your donation could off set some of the cost.

Support TEC's Fundraising events: participating and attending "Future Begins Here", Advertise in our Horse show program Book. There are many ways you can help.

United Way for TEC: The Therapeutic Equestrian Center, Inc. is a qualified 501(c)(3) Agency. With this status, TEC qualifies as a designated receiver of donations through the United Way.

Florence Savings Bank

Customers' Choice Community Grants Program

Each year, Florence Savings Bank donates \$50,000 to local, non-profit organizations. FSB customers have the opportunity to cast a ballot to decide where the money will go. Please cast your vote for TEC. This annual program runs from Jan 1st to Dec 31st.

Of special note to our supporters, we can now accept donations online!

We've also joined MissionFish - Ebay's charitable giving program, so you can support TEC while buying or selling on Ebay

If you are interested in making a contribution to help support TEC please contact the office at 413-532-1462 or info@equestriantherapy.org. All contributions are tax deductible to the extent allowed by law.

We do need and appreciate your help.

Therapeutic Equestrian Center

WISH LIST

Hay
Bagged Shavings
Fly Spray
Corner Feed Tubs
Flat back or corner water buckets
Cat Food (dry) & Kitty litter
Cleaning products
Hot & Cold cups
Keurig coffee, tea or hot chocolate
Garbage bags
Kleenex
Paper towels
Toilet paper
Gift Certificates to:
Feed Stores; Tack Shops;
Office Supply Stores & Hardware Stores
Snacks & Drinks for the volunteers & riders
Volunteers to help in the program

There are many different ways to help TEC out in our mission. We ALWAYS need volunteers both for the rider programs and for general maintenance. We have two wish lists posted on our website- one for ongoing needs and one for one-time needs. Monetary donations are always welcome and much needed- join the Friends of TEC, or make a general donation, or help build our Endowment Trust Fund. You can donate by mail or online- visit the Website or more information. Finally, spread the word! Help build awareness of TEC and our mission, and get more people to visit the Website, the facility, and our fundraising events! For more information, visit TEC at www.equestriantherapy.org.

Thank You to:

Jeff Houston, farrier, for donating his services to take care of Gizmo's shoeing needs!

Doris Goodwin, Equine Massage & Acupressure, for donating her services to massage all our horses at TEC.

TEC **Calendar of Events 2011**

July 5th: Start of Holyoke School's Summer Program at Jericho

July 11th: Start of TEC's Session #4

July 11th: TEC Board of Director's Meeting

Aug 13th: TEC's summer picnic at Jericho Pool, from 11am to 2 pm

Aug 9th: TEC Board of Director's Meeting

Aug 23rd to 25th: TEC's Horsemanship Clinic

Sept 12th: Start of TEC's Session #5

Sept 12th: TEC Board of Director's Meeting

Oct 22nd: TEC Horse Show

Oct 31st: Start of TEC's Session #6

Nov 7th: Fundraiser at 80 Jarvis Restaurant in Holyoke: Fall dinner party with wine pairings for each course.

For more info Call TEC at 413-532-1462

**Watch for More Special Events
to be Announced**

TEC – Cancellation Policy

TEC follows the same schedule for cancellations as the Holyoke School system. If Holyoke schools are closed due to bad weather TEC will cancel classes.

TEC will cancel if there are severe storm warnings or extreme hot and humid or cold weather.

If you have any questions please do not hesitate to call TEC at 413-532-1462 to find out if classes have been cancelled. If we are unavailable to answer the phone there will be a message on the answering machine at TEC with that information.

If TEC cancels for any reason we will offer make up lessons, no cash refunds.

TEC Class Schedule

July/August 2011 – Session #4

Monday:

July 11 to August 1, 2011 – Jericho Summer Program
Groups at; 9:30AM & 10:30AM

July 11 to August 15, 2011 - 6 week session #4

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Tuesday:

July 11 to August 1, 2011 – Jericho Summer Program
Groups at; 9:30AM & 10:30AM

July 11 to August 15, 2011 - 6 week session #4

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Wednesday:

July 11 to August 1, 2011 – Jericho Summer Program
Groups at; 9:30AM & 10:30AM

July 11 to August 15, 2011 - 6 week session #4

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Thursday:

July 11 to August 1, 2011 – Jericho Summer Program
Groups at; 9:30AM & 10:30AM

July 11 to August 15, 2011 - 6 week session #4

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Friday:

July 11 to August 1, 2011 – Jericho Summer Program
Groups at; 9:30AM & 10:30AM

July 11 to August 15, 2011 - 6 week session #4

Groups at; 4:00 PM, 5:00 PM & 6:00 PM

**TEC Three Day Summer Horsemanship Program
Aug 23 to Aug 25, 2011 from 9:30AM to 1:30PM**

Sept/Oct 2011 – Session #5

Monday:

Sept 12 to Oct 17, 2011 – 5 week session (no class 10/10)
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Tuesday:

Sept 13 to Oct 18, 2011 – 6 week session
Groups at; 9:30AM, 10:30AM, 11:30AM,
12:30PM

Wednesday:

Sept 14 to Oct 19, 2011 - 6 week session
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Thursday:

Sept 15 to Oct 20, 2011 – 6 week session
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

Friday:

Sept 16 to Oct 21, 2011 – 6 week session
Groups at; 4:00 PM, 5:00 PM & 6:00 PM

**TEC Horse Show
Saturday, October 22, 2011**