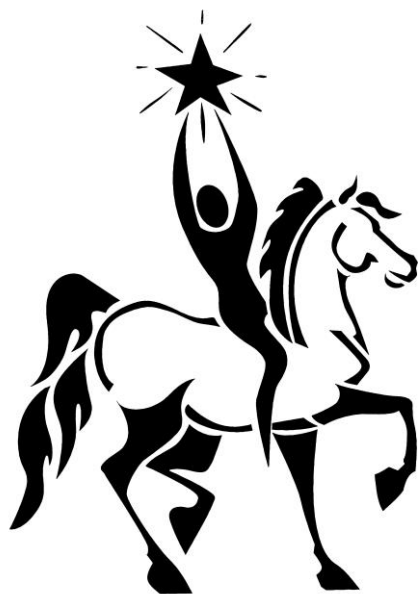


Therapeutic Equestrian Center, Inc.

Newsletter

Summer 2013



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The Therapeutic Equestrian Center, Inc. (TEC)

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

**info@EquestrianTherapy.org
www.EquestrianTherapy.org**

President's Message:

Future, once again was successful for TEC with over \$26,000 realized as a result of the event thanks to the amazing efforts of the Board members all of whom participated in making the Gala a fabulous evening. Huge thanks; to Chris Delude who managed the Silent auction with the help of Carla Neiswanger, to James Sutter who ran the Live Auction for all agencies, to Tim Deshaies who managed ticket sales, reception and the entire treasury for the event. TEC's efforts were coordinated by Sue Panitch.

The Future Begins Here logo has a special meaning for TEC. It was designed at the time Future started 22 years ago by Barbara Blank whose son David was then receiving riding therapy at TEC. Her vision for the logo was a silhouette of downtown Holyoke featuring the City Hall tower. Barbara's first step in the process of design was to go to the Holyoke Public Library (now one of the Future partners) and speak to a staff person about the availability of photographs of the city sky line. She had found just the right person to ask because the woman told her that the view Barbara wanted could be seen perfectly from her attic window. She invited Barbara to visit and take a look. It was indeed just what Barbara needed but was a difficult vantage point being a low ceilinged attic. In order to use the window view, Barbara was forced to lie on the attic floor to draw. Barbara managed to do some sketches which she then perfected at home.

They became the logo which The Future Begins Here has used for the past 22 years. TEC and the Future partners are all indebted to Barbara Blank for her Future vision!

Her son David today is 55 years old. He has spent his long working career at the Hadley Stop and Shop where he has been for so long that he has qualified for a pension. David is presently recuperating from hip surgery. Barbara reports that he is doing very well and is now looking for group housing which he would prefer to his former independent living arrangements. All of us at TEC wish him the very best!

Sue Ellen Panitch

Director's Ramblings

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 – Christine Delude

2nd Vice President – James Sutter

Treasurer - Timothy Deshaies

Recording Secretary – Debra Vega

Corresponding Secretary – Torin Moore

Board of Directors:

Gordon Alexander

Dr. John Cowley

Amy Craven

Carla Neiswanger

David O'Connor

Anna-May Sieniawski

Jill Tellier

Atty. Thomas Wilson

Executive Director - Judith Zedonis

Barn Manager - Nora Britton

Instructors:

Nora Britton

Karen Dahmke

Nancy Karp

Annie Sexauer

Volunteer Coordinator - Alyson Bull



PATH
INTERNATIONAL

Professional Association of Therapeutic
Horsemanship International

— MEMBER —

Well it is hard to believe that summer is almost here! I am already busy planning the summer riding sessions. Because we have more volunteers when school is out and our riders also have a more flexible schedule, TEC will be adding some extra classes this summer. Just remember if you do decide to ride in one of the earlier groups I cannot guarantee that your afternoon spot will still be available when school starts in the fall.

Fortunately, with the addition of more classes to our schedule, TEC has added two new, wonderful horses. Jam, a big sturdy Appaloosa, who is just the most sensible gentleman, and Sassy a Morgan mare who is just as sweet as she is beautiful. You will learn more about them in the next newsletter. Or you could stop in at TEC and meet them.

Our new arena footing has been installed. Everyone likes it; volunteers, riders and horses. Special thanks to Cecile Ploran for making this improvement possible. The next big project that you might notice going on at TEC, will be replacing the last of the old wooden fencing in the paddocks; thanks to a grant from Chicopee Savings Charitable Foundation. Not only will the new fencing be more attractive it will also be much safer for our horses.

I think this has probably been one of the busiest years I have experienced at TEC, and the year is just half over! The success of our riding program requires a huge commitment from many dedicated people. TEC's program has the support of a hard working Board of Directors under the guidance of Sue Panitch the president. Remember TEC is a private non-profit; our funding comes primarily from donations, grants and fundraisers. If you read the newsletter you can't miss all the new activities such as a benefit Trail Ride hosted by the Hampshire County Riding Club and the return of the TEC Golf Tournament. Some old favorites such as our Summer Picnic, Annual Horse Show and the Harvest Dinner will be held again. Check out the TEC Calendar of Events, there is a lot going on. I hope you will be able to join us. TEC has something for everyone.

Judy

Therapeutic Riding and Balance: How it Works

by Lynne Honeyman, OT/S

During the months of January through March 2013, I had the privilege of interviewing many parents of TEC riders for my final project in Occupational Therapy. I want to thank everyone for being so courteous and honest. I learned a lot, including that everyone starts at TEC for completely different reasons. However, everyone stays for the same purpose; they love what the program does for their children.

One topic that came up repeatedly was the question of balance. Many parents noticed positive changes in their riders' equilibrium, but didn't understand the reason for their students' improvements. I thought it would be interesting to shed a little light on why therapeutic horseback riding is so good for a rider's balance.

Riding is all about balance and being relaxed. When a rider sits perfectly on a horse, gravity takes care of everything. However, it is a rare rider that can do so, and so specific muscles take over the job. The exercise of riding grounds the rider from his or her hips, while the movement of the horse causes the rider to strengthen the postural muscles along the spine.

The abdominals, located in the stomach area, are the main muscles used to balance on the horse. The transverse abdominis, which travels across the stomach, is the most important muscle for stabilizing the lower back. The rectus abdominis, the muscle typically thought of as one's "abs," works with the psoas muscle to hold the rider in the center of the saddle. The psoas, which is the only muscle that directly links the spine to the legs, and iliopsoas hold the upper body upright when the horse is moving.

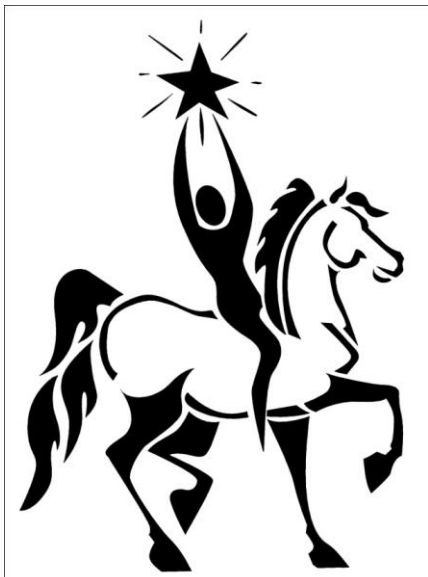
Exercising the above muscles via horseback riding translates well to daily life. Having a strong transverse abdominis alleviates lower back pain. The rectus abdominis allows a person to stand or sit straight up rather than slumping to one side. The psoas and iliopsoas keep a person from falling backward. Horseback riding really does improve one's balance and posture!

The upper legs also provide input for balance as they push and pull against the horse. Adductor muscles, located at the top and inside of the thigh, squeeze the leg against the saddle. The tensor fascia latae (TFL), which runs down the outside of the thigh, turns the leg inwards. The sartorius, a long strip that travels down the front of the thigh, turns the leg outwards. The hamstrings, located on the back of the thigh, aide in providing a secure seat in the saddle. The gluteals, located in the buttocks, control the amount of bend in the trunk.

Even though the above muscles are used for balance while riding, they affect a rider's daily life in different ways. Exercising the upper leg muscles helps improve standing balance and seated posture. Strong adductor and TFL muscles keep the legs squarely under a person, while the opposing TFL and sartorius allow for comfortable changes in leg position. Hamstrings aide in walking, running, and other movement sports. The gluteals help a person sit up straight and bend over comfortably.

Clearly, this is not an all-encompassing list of the muscles utilized in horseback-riding. There are 650-850 muscles in the body, depending upon the source. Ask any TEC student, and they'll probably tell you that most, if not all, are used. As the classical dressage instructor Sue Morris said, riding is a constant circle of "Sitting, feeling, observing, comparing, and adjusting" to the horse and the rider's own body.

Thanks again to Judy for allowing me the chance to interview, and to all of the parents who gave their time to sit down with me for a bit. You're all wonderful!



Therapeutic Equestrian Center Annual Golf Tournament

September 16, 2013
at the **Orchards Golf Club**

Price: \$130.00 per person

Shotgun Start at 9:00 am

For More Information Call 413-238-1210 or

www.EquestrianTherapy.org

Registration Form

Name: _____

Address: _____

City, State and Zip: _____

Telephone: _____

1: _____ Handicap: _____

2: _____ Handicap: _____

3: _____ Handicap: _____

4: _____ Handicap: _____

Return Form to:

Therapeutic Equestrian Center
537 Northampton Street
Holyoke, Massachusetts 01040



Cinder

My Name is Cinder. I have been part of the team at the Therapeutic Equestrian Center (TEC) for many years. I am a beautiful black & white Tobiano American Paint. I will be retiring this summer. You are all invited to my retirement party during the TEC summer picnic on Saturday, August 24th. Unfortunately, health issues have made it impossible for me to continue doing the job I love. But don't worry about me, I am going to live a life of luxury with Karen, one of the TEC Instructors. You might remember Doc, he also retired to Karen's. I am looking forward to seeing him again. I will miss everyone at TEC, I won't forget all of you. Please continue to help TEC with your donations. Therapeutic riding provides a tremendous amount of benefit to individuals with disabilities. But the care of all of us horses, the facility and providing necessary equipment for the riders makes the program quite costly to operate. TEC is a private non-profit and is funded by grants, donations and special fundraising events.

WISH LIST

- Hay: remember the saying "eats like a horse", each horse eats about ½ bale of hay every day!. TEC has seven horses!
- Bagged Bedding: shavings or softwood pellets make a nice soft, clean bed; stalls need to be cleaned daily
- Wheelbarrow, for cleaning stalls
- Muck Bucket Cart, to make it easier to clean the arena
- Cleaning products; Garbage Bags; PaperTowels; ToiletPaper; Kleenex; Cups
- First Aid Supplies for horses and humans
- Gift Certificates to: Feed Stores, Tack Shops, Office Supply Stores, Hardware Stores
- Heavy duty garden hoses, to bring water to outside paddocks/ water arena
- and don't forget our resident barn cat, Eve; Cat Food (dry) & Kitty litter



*Remember TEC is a private non-profit 501(c)(3) organization
Donations are tax deductible to the extent allowed by law*

TEC News

JOIN US: The Therapeutic Equestrian Center in collaboration with Massachusetts Adoption Resource Exchange (MARE) and the Western Regional Adoption Unit of the Department of Children and Families will be hosting an adoption party for "children with special needs" on Saturday June 22, 2013 from 11 AM to 2 PM at TEC.

RSVP for the Therapeutic Riding Adoption Party, or for more information, please contact MARE at 617-54-ADOPT or 1-800-882-1176 or visit www.MAREinc.org.

**"Caring for Horses Caring for Ourselves"
with TEC Instructor Nancy Karp
Saturday July 13th to Saturday, August 17th
7:30 AM until noon
Contact Nancy Karp at 413-387-7187
for more information or to sign up**

**Hampshire County Riding Club's
Benefit Vegas Poker Ride
to benefit the Therapeutic Equestrian Center
Saturday, July 27 (rain or shine)
Kenneth Dubugue Memorial State Forest, Hawley. MA
Registration Deadline July 22. 2013
www.HampshireCountyRidingClub.org**

Questions? Lise at (413) 397-3447 or lisekrieger@comcast.net

**TEC Golf Tournament
At the Orchards in South Hadley, MA
Monday, September 16, 2013
Applications to play in the tournament can be found on the TEC website
Golfers wishing to use a credit card to pay their golf fees may do this
through PayPal. This information and more can be found on:
www.EquestrianTherapy.org**

**The fee will be \$130.00 per player and will include lunch and dinner.
There will be a Subaru Hole in One prize sponsored by Steve Lewis Subaru
in Hadley as well as a Closest to the Pin contest.**

Volunteer/Rider News & Updates

On Saturday, April 6th Volunteers from C & S Wholesale Foods in Westfield once again participated in a Community Service Project clean- up day at TEC. This is the second year that they have chosen our organization. They cleaned and repaired out paddocks; quite a Herculean project after a long winter. We appreciate their generosity and giving of their time to help.



On Sunday, May 19th Jericho's Bureau for Exceptional Children and Adults held its Annual Recognition Day. We are pleased to announce that Jericho presented Ann Latham, a long time TEC volunteer, a Humanitarian Award which acknowledges those who, through their lives and actions, have helped bring dignity and honor to disabled people. Carrie Berthiaume and Monica Samano, TEC riders, each received Achievement Awards for all they have accomplished.

Congratulations: Graduation Day for Tori

The Southwick-Tolland-Granville Regional High School held a graduation ceremony for Tori separately from the class ceremony due to her special needs.

About 70 classmates, teachers and guests were there; Including her church choir who sang a song for her!



Volunteer Orientation Sessions: Our next Volunteer Orientation will be Monday, July 1st from 4:30-6:30 PM. At the orientation session, new volunteers review the volunteer handbook, go over safety procedures, learn to groom and tack the horses, and participate in a mock lesson where they learn different rider mounts, side walking holds, and review emergency procedures. Please email Alyson Bull, Volunteer Coordinator, at alysonbull@gmail.com, or call TEC at 413-542-1462 if you are interested.

TEC Calendar of Events 2013

June 22: Mass Adoption Resource Exchange Adoption Party at TEC

July 1: Volunteer Orientation Session

July 6: Info booth at King Oak Dressage Days, Northampton Fairgrounds

July 13: "Caring for Horses Caring for Ourselves"

July 17: Camp Vision field trip to TEC

July 27: Hampshire County Riding Club Benefit Trail Ride, Kenneth Dubuque Memorial State Forest, Hawley, MA

Aug 24: TEC Summer Picnic at the Jericho Pool & retirement party for Cinder

Sept 16: TEC Golf Tournament at the Orchards Golf Club in South Hadley, MA

Nov 2: TEC Horse Show

Nov 11: Harvest Dinner fundraiser at Slainte (formerly 80 Jarvis) in Holyoke, MA; Menu to be announced in Fall Newsletter

For more info contact TEC at 413-532-1462 or info@EquestrianTherapy.org

United Way for TEC: The Therapeutic Equestrian Center, Inc. is a qualified 501(c)(3) Agency. 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 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.

TEC – Cancellation Policy

TEC follows the same schedule for cancellations, holidays & vacations as the Holyoke Schools. If Holyoke schools are closed TEC will cancel classes. TEC will also cancel due to extreme weather conditions, storms, heat or cold.

Call TEC at 413-532-1462 to find out if classes have been cancelled. There will be a message on the answering machine at TEC with information. Join us on Facebook for updates.

TEC Class Schedule

July/August 2013 – Session #4

Monday:

July 8 to August 19, 2013 – 7 week session

Groups at; 9:30, 10:30 AM, 4:00, 5:00 & 6:00 PM

Tuesday:

July 9 to August 20, 2013 – 7 week session

Groups at; 9:30, 10:30, 11:30 AM & 12:30 & 4:30 PM

Wednesday:

July 10 to August 21, 2013 – 7 week session

Groups at; 9:30, 10:30 AM, 4:00, 5:00 & 6:00 PM

Thursday:

July 11 to August 22, 2013 – 7 week session

Groups at; 9:30, 10:30 AM, 4:00, 5:00 & 6:00 PM

Friday:

July 12 to August 23, 2013 – 7 week session

Groups at; 9:30, 10:30 AM, 4:00, 5:00 & 6:00 PM

Saturday:

July 13 to August 17, 2013 - 6 week session

Caring for Horses Caring for Ourselves
7:30 am to noon

TEC Picnic August 24th

TEC Class Schedule

Sept/Oct 2013 – Session #5

Monday:

Sept 9 to Oct 28, 2013 – 7 week session

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

Tuesday:

Sept 10 to Oct 29, 2013 – 8 week session

Groups at; 9:30, 10:30, 11:30AM & 12:30 & 4:30PM

Wednesday:

Sept 18 to Oct 30, 2013 – 7 week session

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

Thursday:

Sept 12 to Oct 31, 2013 – 8 week session

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

Friday:

Sept 13 to Nov 1, 2013 – 8 week session

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

TEC Horse Show November 2nd

Next Session to start Nov 5, 2013

Call 413-532-1462 or email

info@EquestrianTherapy.org for info