



## FCF THERAPEUTIC HORSEMANSHIP

December 2017

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### Contact Information

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### Happy Holidays!

We want to wish you, your friends and families all a safe and wonderful holiday season. The farm is already in Christmas mode after our fun successful Holiday Party and silent auction on Dec 1, 2017. Our riders will be negotiating the challenging Christmas obstacle course soon and the staff and volunteers will be wearing their silly hats!

As we come into winter we will be watching the weather closely. We do not cancel because of cold weather but we will if driving is dangerous. Please email [fcftherapeutic@gmail.com](mailto:fcftherapeutic@gmail.com) or text Lorna's phone if you cannot make it or you want to know if class will be held. I will notify every one of classes being cancelled as soon as possible as well.

**PLEASE NOTE:** For all riders and volunteers - If you last completed paperwork prior to November 2017, we will need you to fill it out again for 2018.



## New Arena: SACA

We have started using our new arena, named SACA. (Steve A Cossingham Arena) It works well for small classes, free lunging and un mounted activities. We will have a ribbon cutting in the spring to make it official.



## Winter Education Series

**January 17, 5:30-7:00 Hippotherapy** – what does it mean? How does it benefit participants? How is it different than Therapeutic Riding. Colleen Sullivan, Physical Therapist

**February 6, 5:30-7:00 Applied Behavior Analysis** – Learn more about our participants experiencing autism and how you can help as a volunteer. Learn about ABA. Applied Behavior Analysis is the use of techniques and principles to bring about meaningful and positive changes in behavior. Dabney Kelsey Med, BCBA

**February 20, 5:30-7:00 Dowsing to Cleanse Therapy Horses** – Learn how to use dowsing rods to help cleanse energy blocks that therapy horse pick up as they work with participants in our program. Also, learn about the chakra system and how horses release energy as they do their important healing work in our program. Kat Barrell

**March 14, 5:30-7:00 Horse Massage** – How we can help our therapy horses feel better and do their job comfortably. Heather Gallagher

## Horse Spotlight: Nanja

Nanja is a Norwegian Fjord. They are a short stocky breed and Nanja fits both those criteria! She is small enough for children but small adults can ride her as well. She is very patient and responsive for un-mounted activities and is fun to ride. She has a smooth slow jog that helps riders learning to trot or post for the first time. She loves to trot SO much that she tries to do it all the time ... even when she's supposed to be walking! Despite that, due to her sweet nature, she is a favorite of many of our participants.



## Volunteer Spotlight: Paula

Paula has been volunteering almost as long as FCFTH has been in existence. She started as a leader but now comes on Saturdays to get horses ready for classes and put them away after. It's such a blessing to work with her and she's great with the equines as well. When needed she subs as a leader in addition to preparing horses for classes.



## Rider Spotlight: Griffin

Griffin says:

"Horseback riding helps me with my posture, truck control, and balance. I enjoy having a connection with my horse. My favorite position is jumping position. One day I would like to be able to ride my horse independently."

Norma, Griffin's Mom says:

"Therapeutic horseback riding has helped Griffin build a sense of self-worth, build his trust and self-efficiency, learn impulse control, and learn his limits and or boundaries. I have seen Griffin grow emotionally and mentally while working with his horse. His confidence and belief in himself has soared. Horseback riding has helped in many aspects of his life. I am truly grateful for the therapeutic horseback riding offered at Full Circle Farm."



## Wish List

Laminator for activities and pictures

Brushes (curry combs, body brushes, mane and tail, soft brushes in fun colors!)

Grab straps (hand holds): \$20.00

Stirrup leathers \$40.00

Rainbow reins: \$25.00

Safety stirrups with pads \$50.00

Office supplies (paper, ink)

FCFTH Stamp (\$50.00)



