

## “We’re In the Home Stretch”

The capital campaign to complete the new CKRH facility is turning for home as we try to complete the education center. A tremendous stride was achieved thanks to the sponsoring and supporting efforts of the Scott County Fiscal Court when CKRH was awarded a Community Development Block Grant in the amount of \$500,000 towards the completion of our center.

This remaining section will house classrooms, therapy rooms, conference room and offices.

With the World Games looming in September, the Board and staff are aggressively searching for major gifts (\$50,000) to wrap up construction before international visitors arrive. We currently estimate the costs to complete this project to be approximately \$350,000; covering finish costs on the inside and parking lot paving outside. The finish line is in sight; if you have suggestions or ideas please contact Pat Kline or Jeannie Brewer at CKRH (859) 231-7066.

## Throwing the First Pebble

July 9-12, 2009 Central Kentucky Riding for Hope hosted its first American Hippotherapy Association (AHA) approved clinic in Level I Equine Skills and Treatment Principles. The 1.5 day Hands on Equine Skills course targeted therapists and assistants with minimal to no horse experience.



*Steve Slabaugh, Pat Kline, Walter Palmer, Jeanne Owens and Amy Owens*

## AirTran Airways Makes Donation To CKRH

AirTran Airways, a subsidiary of AirTran Holdings, Inc. (NYSE: AAI), launched nonstop service from Blue Grass Airport in Lexington, Ky., to both Orlando International Airport and Fort Lauderdale-Hollywood International Airport on February 11, 2010.

“Expanding our network to Lexington is a win-win for AirTran and for residents of the Blue Grass state,” said Paul G. Clements, director of sales, AirTran Airways. “We have seen potential in this region for a long time and we are looking forward to introducing our low-cost, high-quality service to the area.”

To celebrate the inaugural flight, the airline hosted an event at the airport and marked this special occasion with a donation to Central Kentucky Riding for Hope of \$10,000.

CKRH was honored to have been selected by AirTran as the recipient of this donation.

The Treatment Principles course spanned 2 and ½ days and targeted graduate physical, occupational, speech therapists, horse handlers and riding instructors.

Three speech therapists, 12 occupational therapists, four physical therapists, one physical therapist

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at the Kentucky Horse Park  
A Therapeutic Experience

Hoof Notes is published twice a year by Central Kentucky Riding for Hope. Readers' contributions, suggestions and comments are welcome.



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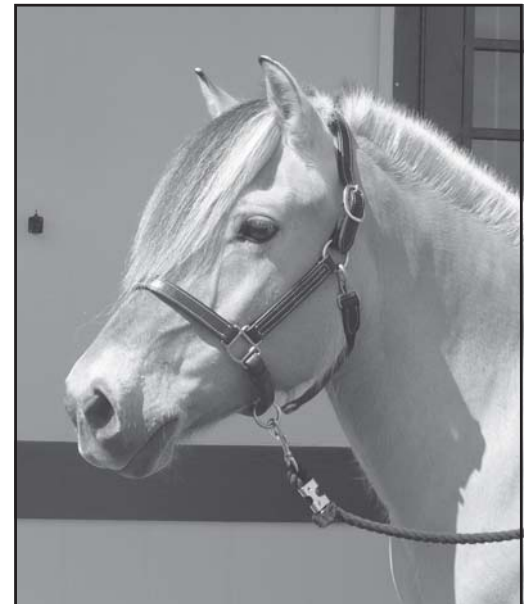
## Horse Profile

# Ingrid, Our Norwegian Fjord, A Favorite With All

Ingrid is a 20 year old Norwegian Fjord mare. Fjords are quite the unique breed. According to the Norwegian Fjord Horse Registry, 90 percent of all Fjords are brown dun in color. Hence the reason we all have difficulty telling the three Fjords at CKRH apart from one another! Their manes are also unique in that they stand straight up and are lighter on the outside while the center is black. Our Ingrid also possesses the calm, willing, and curious personality commonly found in Fjords.

Ingrid joined us here at CKRH in 1998 when she was generously donated by her owner. She quickly became a favorite among volunteers and riders alike. She is dependable and quiet while occasionally providing us all with a bit of comic relief by "smiling" or trying to take a cell phone off of someone's belt clip.

During her tenure at CKRH Ingrid has been very versatile. She is another regular at "Night of the Stars" proudly displaying her costumes. Her ability to remain quite and steady has always made her the go to girl for horse shows.



She has represented CKRH well during many dressage shows, special olympics and other special event presentations. She is a big hit with the Thoroughbreds during presentations at Keeneland.

Ingrid also has the patience to help people through fear and the understanding to accept an unintentional scream or inappropriate leg movement. Ingrid seems to understand that helping people is more than her job, it is her calling.

She serves her riders day in and day out, year after year, with a big heart and a very willing attitude.

Being a hardy Fjord, Ingrid has been quite comfortable in this winter weather. She would like to thank her volunteers for braving the cold to make sure she gets her hay, grain, and some attention. Ingrid loves visitors!



# CKRH Hosts National HPOT Clinic

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assistant, two instructors and one CKRH board member came from 11 different states. As a center of excellence, CKRH was indeed reaching out across the country.

One of the most interesting participants was a young woman from Washington State who was assigned to the Warrior Transition Battalion of the U. S. Army. She was an occupational therapist with 1,000 recovering vets from Iran and Iraq to help with their transition back in to civilian life. The soldiers had a wide variety of diagnoses and her commanding officer felt that horses were one of the answers for these returning soldiers to return to their prior functional status.

The AHA faculty for the course consisted of Karen McPhail Gardner, an occupational therapist who was a past director for SIRE, Inc., in Houston, Texas, and Lisa Harris, a local physical therapist who currently coordinates hippotherapy at CKRH. Karen and Lisa are both AHA Hippotherapy Clinical Specialists, certified NARHA instructors, and past President and Vice President respectively for AHA.

Many of our own CKRH instructors, horse handlers, volunteer coordinators, and staff assisted with coordinating the course and helping to teach the participants on an individual basis. Maggie Garrison, NARHA registered instructor, played a major role in coordinating the horses, volunteers, and equipment necessary for each phase of the course.

The Equine Skills I consisted of horse behavior, grooming, tacking, safe handling, and evaluation of conformation and movement. Skills

were discussed and demonstrated by the teachers and then practiced by the participants. On Saturday the students had a written self assessment (which we used to call a test)!!!!

On Friday evening, Treatment Principles I initiated with definition and history of hippotherapy and the key elements of the horse's movement.

Saturday revealed a look at human movement and function and then horse and human interaction including the transmission of the horse's movement to the person astride.

After lunch the class went to the arena and looked at the therapy horse and talked about selecting the horse/activity and equipment for a therapy session. They also looked at selecting the patient and precautions and specific benefits.

On Sunday, the therapists viewed two of Becky Johnson's (OT) patients from Cardinal Hill treated by Lisa and Becky. That morning the therapists had made their own case presentation with imaginary clients, assigned them to a horse from the program and presented their own goals.

When the time came for the participants to evaluate CKRH and the clinic, the results were unanimous that the facility was, to use their words, "wonderful, great and beautiful" The staff was "very friendly, helpful and enthusiastic" They loved the food which was catered in southern style hospitality by "Made from Scratch."

We at CKRH were very excited to see that the first pebble thrown out

with a national Clinic in HPOT had ripples spread throughout the United States and these ripples were well received.

We are looking forward to hosting the AHA Level II course in April 2010. Both of these courses are required to become a NARHA registered therapist.

## *Pony Club Tails*

We would like to congratulate Tahreem Ali, Creighton Noal, Emily Sorrell, Marilee Pollock, Yulan Werking and Leah Werking on earning two Pony Club badges in the following mounted categories: Balanced Seat/Good hands and Walk.

These pony clubbers practiced during the fall session of 2009 and were awarded the badges after successfully completing an evaluation in December.

The evaluation was conducted by Katie Robison, a past senior Pony Club member. Thank you Katie!

## Thank You

Special thanks to Marcy Thobaben for donating CPR and First Aid training to CKRH instructors.

She can be contacted at  
Marcy Thobaben  
LPN/NREMT-B  
501 OSHA Outreach Trainer  
Pres/CEO Bluegrass Health & Safety, Inc.

600 Pekin Lane  
Wilmore, KY 40390  
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### MISSION STATEMENT

*Central Kentucky Riding for the Hope is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities using the horse.*

# Here's How We Select Our Horses

Have you ever wondered how CKRH selects new horses for the program? CKRH has a process in place in order to select horses that will be safe mounts for our participants as well as horses that will be happy with their new career as a therapy horse.

Our staff receives many calls and e-mails from people wishing to lease or donate their horses. First, we ask a set of questions regarding the horse's age, height, breed, training, soundness, health, and temperament.

If the horse sounds like it may be a good candidate, an evaluation is scheduled in which at least two CKRH staff members visit the horse at his current home. The horse is observed while being handled and ridden by the owner and then by CKRH staff.

We take notes on the horse's temperament and attitude toward people, how the horse behaves and responds to new things or situations that he may need to be comfortable with to be a therapy horse, such as accepting side walkers, and we evaluate his responsiveness to a rider. Is his gait, attitude, and training appropriate for the clients we are trying to serve?

The next step is the trial period. The horse comes to CKRH on an up to 90 day trial lease. He is introduced to his new surroundings: the barn, paddock, and arena and goes through mounted and non-mounted training sessions. The horse also gets practice in the form of "mock" lessons in which he is exposed to having a leader, sidewalkers, and rider. He gets introduced to mounting procedures, lesson props, and games.

The trial period is the most important step in choosing and preparing a horse to be used in the program. The horse is given a chance to "try out" his new job and show us whether or not he was meant to be a

therapy horse. After the trial, horses that have proven themselves to be suitable therapy mounts are either free leased from or donated by their owners.

During this entire process, much attention is given to choosing a horse that will remain healthy and content, which in turn assures a safe and beneficial ride for participants and a safe, enjoyable experience for the volunteers handling that horse.

CKRH is currently looking for horses to add to our equine team. The type of horse we are looking for at this time must meet a set of

requirements in order to serve a specific group of participants.

We are looking for horses with the following characteristics:

- Between 7 & 18 years of age
- Approximately 15 – 16 hands in height
- Walk, trot, and canter sound in an arena
- Ability to comfortably carry adult weight at the canter
- Sound to walk, trot, and canter on a lunge line with a rider
- Safe for a beginner rider to ride off-lead.

## 'It's Magic' Selected As NIGHT OF THE STARS Theme

"It's Magic" is the theme of Central Kentucky Riding for Hope's 7th annual NIGHT OF THE STARS on Saturday, June 19 at the Keeneland Entertainment Center in Lexington. The fundraising event includes cocktails, dinner and many exciting opportunities to support CKRH with bidding at silent and live auctions.

"NIGHT OF THE STARS is CKRH's signature event; it has evolved into a cornerstone spring event in Lexington," says CKRH Executive Director Pat Kline. "The evening offers a glimpse into the unique magic that exists between the children and horses and the tremendous impact of that bond."

Located at the Kentucky Horse Park, Central Kentucky Riding for Hope is dedicated to enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities using the horse.

Proceeds from NIGHT OF THE STARS help to fund the program,

which offers services year-round in its indoor arena.

The live auction, considered to be the highlight of NIGHT OF THE STARS, gives attendees a glimpse into the hearts of CKRH students and their horses complete with elaborate costumes created by Shirley Gentry. The winning bidder for each horse and rider will gain a year's sponsorship of the horse, along with a commemorative photo and plaque.

Last year, some 500 people attended NIGHT OF THE STARS, which raised more than \$119,000, the third-highest amount in the history of the event. Selling for the top price of \$8,000 was Zippo and her rider, Leah, who showed off their Big Blue spirit as University of Kentucky sports fans. Consigned by Hagyard Equine Medical Institute Foundation, Zippo was purchased by a syndicate organized by Robbie Lyons.

NIGHT OF THE STARS is a popular event in our community and is sold out each year. The silent auction, along with cocktails, kicks off the

*Continued On Page 6*

# What the New Facility Means to this Community

Yesterday I heard someone comment, “We have been given what we are given so that we may be a blessing to others.”

I instantly thought of CKRH and our new home. One of the pleasures the CKRH staff currently enjoys is giving tours of the new facility. It is fun to watch the awe in peoples’ eyes when they realize how the many donations of in-kind products and services have aided CKRH.

The time and money that have been given to the program has provided CKRH with a home that helps us to execute our mission of enriching the community by improving the quality of life and the health of children and adults with special physical, cognitive, emotional and social needs through therapeutic activities utilizing the horse.

This gave me the idea to provide our readers with some specific examples of how CKRH is using its new facility and some of the benefits it is providing to others.

We have all heard the stories about the child who is able to speak a first word while on horseback or the child who was able to walk for the first time after riding the horse for only a few sessions.

Most readers know about the obvious benefits of mounted equine assisted activities: improved balance, improved core muscle strength, improved fine and gross motor skills and increased motor planning.

What about the life improvements that are not quite so obvious and what about those things that may not be directly horse related? This facility, our new home, is providing a place for members of community to come to interact, to share information, to provide support and to simply help make life a little better for those with whom we interact with on a daily basis.

In just ten short months this facility has:

- Provided an environment for someone recovering from addiction to volunteer and receive the blessings derived from helping others. For a period of time, there was a reason to stay clean and sober.
- Offered a place for many parents struggling through tough times with their children to share their experiences with other parents who have struggled through similar tough times.
- Provided a place where young students thinking about their future careers can come to volunteer and to learn about many different professions.
- Provided a place for those who have become unemployed to come to volunteer and to network with others.
- The frost-free water hydrants, heated outside waterers, large fans, and many other barn items have made life much easier for our dedicated volunteers who donate their time on a weekly basis to provide the care for

our therapy horses.

- A riding surface that is NOT hard as concrete and allows our aged therapy horses to walk, trot and canter in comfort.

- Heated bathrooms and temperature controlled offices have made life much more enjoyable for CKRH staff.

Our heartfelt thanks goes out to everyone who makes this dream happen on a daily basis.

*--Denise Spittler, Program Director*



*Left to right: Amber Snell, Yulan Werking, Leah Werking, Marilee Pollock, Emily Sorrell, and Cory Mitchell*

## The Paul Frazer: Great Start to the Season

This year’s Paul Frazer Horse Show was a wonderful start of the show season event. Thanks to the leadership of the co-chairs, Carmen Radar-Bowles and Shelly Stanley this well organized horse show was fun for everyone. CKRH was so proud of the six participants from our program!

Under the leadership of Jenny Jackson goals were achieved and new learning experiences were accomplished. Jenny was helped by instructors LaTonna Wilson and Kristen Pfahl.

Appreciation to all and to Mother Nature, who was on our side this year.

# CKRH Collaborates With Other Community Organizations to Provide Participant Services

The collaboration between Cardinal Hill Rehabilitation Hospital and CKRH to provide hippotherapy services began as a pilot program in 2004.

(Hippotherapy is defined as physical, occupational or speech therapy treatment strategy that utilizes equine movement. A licensed/credentialed physical therapist, occupational therapist, or speech and language pathologist provides services.)

This partnership has now grown into a year around program offering services to Cardinal Hill clients every Tuesday and Friday from about 8:30am to 6:00pm. If you are a patient with Cardinal Hill and are interested in receiving these services, please contact Cardinal Hill at (859) 367-7221.

In 2007 Central Kentucky Riding for Hope became a Pony Club Member Center. As CKRH began planning for year around programming opportunities Pony Club activities were an obvious perfect fit. Many CKRH students want to be well-educated horsemen and horsewomen.

Pony Club provides a curriculum to teach all aspects of horsemanship. This program will also provide CKRH students the opportunity to socialize, compete and learn with other clubs outside the therapeutic riding world.

CKRH continues it's partnership with Hospice of the Bluegrass through a program called Healing Hooves. Knowing that the process of healing grief takes place in a variety of ways, Hospice of the Bluegrass grief counselors and CKRH equine specialist will offer "Healing Hooves," a retreat that allows children and teenagers to interact with horses in order to help with the grieving process following

the death of a loved one.

The retreat is designed for children and teenagers ages 7 through 17. "Healing Hooves" will be held July 7<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> and is open to any Kentucky child or teenager who has experienced the death of a loved one. For more information, contact Brandy Gordon, LCSW at (859) 277-2700 or (800) 876-6005.

Each year CKRH is happy to be selected as one of the organizations providing therapeutic recreational activities for children participating in camps with Shriners Hospital for Children.

Each year children with a diagnosis of spina bifida have the opportu-

nity to safely interact with our miniatures horses and enjoy fun filled games as well as equine education.

Word has spread regarding the positive effects equine assisted activities can have on the health, wellness and behavior of individuals. Many organizations, medical professionals and therapists are referring clients to CKRH.

We look forward to continuing these community collaborations as well as developing new ones. If you are interested in partnering with CKRH to provide services, please contact Denise Spittler at [denise@ckrh.org](mailto:denise@ckrh.org).

## CKRH Gets KHC Grant

The Kentucky Horse Council is a nonprofit organization dedicated, through education and leadership, to the protection and development of the Kentucky equine community.

It has generously awarded CKRH a \$10,000 grant toward to completion of our outside riding ring. The footing is down in the ring and the fence is finished, we look forward to using it in our spring session.

We thank the Kentucky Horse Council for its continued support of our program.



*The foal license plate funds the Kentucky Horse Council programs, helping Kentucky horse owners, equine businesses and associations, and the welfare of Kentucky horses.*

## NIGHT OF THE STARS

*Continued From Page 4*

evening at 6 p.m. and is followed by dinner and the live auction. Tickets are \$100. Sponsorships for the event range from \$1,500 to \$50,000.

For sponsorship and ticket information, contact Pat Kline with CKRH at (859) 231-7066 or via e-mail at [pat@ckrh.org](mailto:pat@ckrh.org). To learn more about Central Kentucky Riding for Hope, visit [www.CKRH.org](http://www.CKRH.org).

Central Kentucky Riding for Hope ... with the guidance of trained instructors, volunteers and healthcare professionals, disabilities are challenged and new abilities are created.

# CKRH Volunteers: Gifts that Keep on Giving

If someone asked me to describe CKRH volunteers, I would have to say that our volunteers are gifts that keep on giving. And this is even truer today, as CKRH approaches the first year anniversary in our wonderful new facility.

CKRH volunteers are a diverse group of people with a common desire to help others. This last year has seen so many volunteers taking time out of their lives to help CKRH with the daunting task of building, moving and implementing services at our new home.

- Volunteers, old and new, all participated in orientations and trainings to learn about the new facility, emergency procedures and the new lesson flow.
- Volunteers participated in a fire drill in conjunction with the Fayette and Scott County Fire Departments.
- Volunteers built and stained our run in sheds.
- Volunteers cleaned out and moved 25 years of stuff from the old tobacco barn to the new barn.
- Volunteers moved in office furniture and set up computers.
- Volunteers built and painted storage units for our horse equipment.
- Volunteers set up feeders and fencing and gates.

The list goes on and on and on. This was all in addition to the “normal” volunteer work of caring for our horses, participating in lessons, and helping with annual fundraisers.

Each and every one of our volunteers gives CKRH a unique gift. They give their time, their expertise, their passion for horses, their life experience, their friendship, their hearts.

And their gifts keep on giving. How do I know? Just come out to CKRH and observe a lesson one day. You’ll know too.

## *Volunteer Spotlight: Neil and Dave*

It’s Thursday evening and the fix it list is growing. “That’s a Neil and Dave job” is a common saying among the staff at CKRH.

Neil Tollner and Dave Schneider always know there will be plenty to do when they arrive at CKRH. Thursday night wranglers, hay crew shifts and weekend projects are just the norm for these two longtime dedicated volunteers.

This volunteer team builds things, moves hay, super-

*Continued On Page 11*

# CALENDAR

*April 2<sup>nd</sup> - April 4<sup>th</sup>* – Easter weekend; AHA Level II Clinic

*April 10<sup>th</sup>* – Volunteer training for horse leaders.

*April 17<sup>th</sup>* – Instructor-in-training education session II. RSVP with Denise.

*April 19<sup>th</sup>* - **Participant registration DEADLINE for summer camp activities.\*\***

*April 20<sup>th</sup> & 21<sup>st</sup>* – New participant assessments offered. Registration paperwork and \$25.00 assessment fee must be on file.

*April 22<sup>nd</sup> - 25<sup>th</sup>* - Rolex Kentucky Three Day Event

*April 26<sup>th</sup> - May 29<sup>th</sup>* - Therapeutic riding session II. Registration deadline March 5<sup>th</sup>.

*June 19<sup>th</sup>* – NIGHT OF THE STARS

*June 7<sup>th</sup>, 21<sup>st</sup>* – Horse Time, Therapeutic Recreational Services with Camp from Shriners Hospital

*June 26<sup>th</sup>* – Instructor-in-training education session III. RSVP with Denise.

*June 30<sup>th</sup>* - **Participant registration DEADLINE for Session III of Therapeutic Riding.\*\***

*July 1<sup>st</sup>* – New participant assessments offered. Registration paperwork and \$25.00 assessment fee must be on file.

*July 7<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup>* - Healing Hooves, a partnership with Hospice of the Bluegrass, for registration please contact Denise.

*July 10<sup>th</sup>* – Volunteer training for horse leaders.

*July 17<sup>th</sup>* – The Power of the Whisper presented by Sam Powell and Lisa Wysocky

*July 12<sup>th</sup> through July 15<sup>th</sup>* – CKRH Pony Club Camp

*July 19<sup>th</sup> through July 22<sup>nd</sup>* – CKRH Camp

*July 26<sup>th</sup> through September 18<sup>th</sup>* - Therapeutic riding session III. Registration deadline June 30<sup>th</sup>.

*August 27<sup>th</sup>* - **Participant registration DEADLINE for Session IV of Therapeutic Riding.\*\***

*September 21<sup>st</sup>* – New participant assessments offered. Registration paperwork and \$25.00 assessment fee must be on file.

*September 22<sup>nd</sup> through October 13<sup>th</sup>* – CKRH closed for the World Equestrian Games

# *Under-Cover Campaign Donors to Date*

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The John Creech, Jr. Family  
Kentucky Horse Park  
Mulhollem Cravens Foundation  
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**In Honor of "Zippo" and all the other  
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 Wendy W. Devier

**In Honor of the 7/19/09 show volunteers:  
 Jeannie Brewer, Jocelyn Dickson, Marian  
 Zeitlin, Stephanie Doyle, Carmen Radar-  
 Bowles, Nancy Herring and Nan Eichell**  
 Nancy F. Newton

**in honor of the 08/16/09 show volunteers:  
 Marion Zeitlin, Julia Quattrocchi,  
 Lyndsay Oaks, Joe & Katie Carr, Carmen  
 Rader-Bowles, Nancy Herring and Nan  
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 Joan P. Mayer

**In Memory of Janet Polk Read**  
 Joyce and Laura Adderley

# Volunteers

*Continued From Page 7*

vises set ups for special events, and fixes whatever needs fixing. A flat tire on the Gator? No problem. Need a ramp for the muck wagon? We will build it this weekend. Build run in sheds? Sure! How many and what size? Set up at Keeneland for Night of the Stars? Of course!

Where else would we be? And they do it with a smile and a funny story to tell to make us all laugh.

Thanks, Neil and Dave!



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## Bits and Boots

\***Cory Mitchell** is combining his riding skills and passion for being a Boy Scout by working on his Horsemanship badge while riding at CKRH.

\***Vanessa Panyako** comes to CKRH via hippotherapy and heads up her all-girl team which includes Joan Wilcoxon (instructor), Mary Moon, Annie Snider and Ingrid (the Incredible). With all that girl power, we predict great things.

\***Amber Snell** carries her love of horses through to her education at BCTC where she is a sophomore working towards her degree taking courses in both counseling and equine studies. She has even recruited her Psychology teacher as a CKRH volunteer.

\***Courtney Marshall** will be sidelined this session recuperating from surgery. We wish her a speedy recovery and can't wait to see her and her pink helmet riding Chico again.

\***Connor Richardson** has made the transition from hippotherapy to therapeutic riding. He and Frosty make a good team and we look forward to them making progress together.

\***Sierra Pollard** along with her driving team, Maggie Garrison (driving instructor), Carol Dickey, Cindi Parkhill and of course Lightning are back on the road learning harnessing and navigating cones.

\***Brock Harper** is new to CKRH – Welcome! He is adding to

*By Jenny Jackson*

his horse handling experience by learning to ride. He and Hoss have been hard at work in John Lew's class.

\***Hannah Kern** is using her past and present horse experience to earn her Girl Scout horse badge. Also, congratulations to Hannah for making the Honor Roll at school.

## Pony Club

### Membership News

This is a big shout out and welcome to our newest Pony Club members, Rebecca Collins, Brianna Hall, Annabelle Staton, Yulan Werking and Leah Werking. They are already working hard on both mounted and non-mounted badges.

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