



All Star Equestrian Newsletter

September 2016

Program Director's Note

-Cynthia Amodei, Program Director

As you can see from the calendar, we are preparing for a busy fall after an extremely hot summer. Everyone persevered through the humid and hot days at All Star – our special riders, the volunteers, the staff and, of course, our treasured therapy horses. Thanks to our new Big Ass Fan on the east side of the arena, the air was circulating and made it much more tolerable for all. We will be closed in August to let everyone rest during one of the hottest months in Texas, and when we come back All Star will be ready for a spectacular fall – therapeutic riding classes, In-house Horse Show on October 1st, Clay Shoot Fundraiser on October 21st, North Texas Giving Day on September 22nd, and we are now adding Hippotherapy.

What is Hippotherapy and how will it enhance our current program? We currently offer therapeutic riding which is instructed by registered PATH instructors, and our focus is to improve the lives of our riders by using the horse to increase balance, muscle strength, focus, tasking skills, improve daily living skills, build confidence and so much more. Hippotherapy is actual physical therapy, occupational therapy, or speech therapy sessions with licensed health care professionals that will have a therapy room here at All Star. The therapists will use the horse as a tool in their customized therapies. Fall registrations reflect both Therapeutic Riding and Hippotherapy (at this time our therapists are offering occupational therapy and mid fall we will begin with physical and speech therapy), and riders can participate in both by attending two separate sessions a week. If you have any questions about Hippotherapy or Therapeutic Riding, please call me at the office.

Volunteer Coordinator's Notes

-Emilie Thomason, Volunteer Coordinator

Helen Keller once said, "Alone we can do so little; together we can do so much." Here at All Star we would not be able to help riders without volunteers. When volunteers, horses, and instructors come together in a class, they change a rider's life.

As the session starts to rev up, the demand on everyone's schedule grows. Trips, family, work, and much more can pull at a volunteer's available time to help in our program. I understand wholeheartedly this struggle, and I want to help! We have sheets in the office by the Daily Sign-In and on the Tack Room door where you can write dates that you'll miss.

If you don't know you'll be missing days before, a few hours will work too. When I have ample time to find another volunteer, the substitutes also have plenty of notice to change their plans. These substitute volunteers are great at helping in a pinch, but I am trying to spread that load out more across several people so no one person is over used. It is very hard to find people on short notice, and nearly impossible when there is no notice at all. If we don't have enough volunteers for a class, our riders can't ride. I want to fit as many volunteers into our program as possible, so we can help the most riders, but that's only possible with dependable volunteers.

The main take away I'm trying to impress is: please give us a call in the office when you have to miss a class or write it on the sheets by the Daily Sign-In/Tack Room door.

There is no way I can thank you enough for all you do!



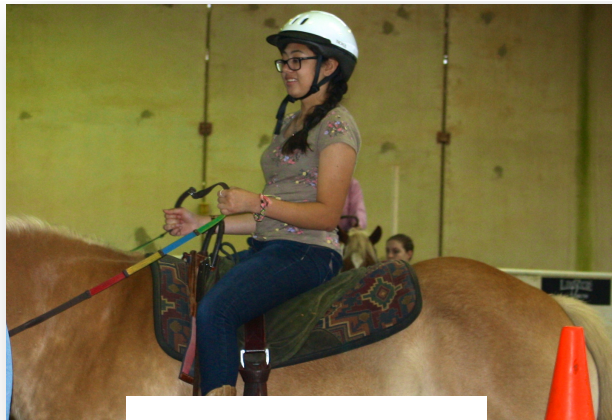
New Things Are Coming To All Star!

-Heidi Alexander, Hippotherapist

Hippotherapy? No, All Star is not performing therapy on hippos! Hippotherapy is physical, occupational or speech therapy using horses as a therapy tool, just as a therapist might use a yoga ball or swing. 'Hippos' is the Ancient Greek word for horse. Therapists use the movement of the horse, position of the rider and equipment to achieve the specific rider's goals. The goal is to help each person reach individual functional goals such as walking independently (physical therapy), putting on a shirt (occupational therapy) or pronouncing words with the "r" sound articulately (speech therapy).

The movement of the horse mimics the movement of the human pelvis when walking. As we walk, our pelvis moves front to back, side-to-side and circular. The horse moves in the same 3 dimensions and therefore imitates the sensation of walking as we ride. The rhythmic, repetitive and fluid movement provides sensory input that someone bound to a wheelchair rarely has a chance to experience. The horse's body heat and movement increases relaxation and helps reduce spasticity in tight muscles. The movement of the horse most accurately simulates human gait more than any other therapy tool. A rider must activate their own postural muscles in order to stay centered and upright. A strong core leads to improved fine motor skills and better speech production.

Hippotherapy is an evidenced-based and research-proven therapy tool. All Star now offers occupational therapy and will soon be offering physical and speech therapy. Physical, occupational and speech therapy services incorporating hippotherapy can be covered by some medical insurance policies, and a doctor's prescription for PT, OT or ST is needed. Please contact our office if you or someone you know may be interested in hippotherapy.



**NORTH TEXAS
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North Texas Giving Day is an annual online fundraiser benefitting 501© (3) non-profit organizations in the North Texas area.

This exciting event will take place on September 22, 2016 from 6am-12midnight online at northtexasgivingday.org. Please join us in our effort to raise \$50,000 for our life changing programs at All Star Equestrian Foundation.

Participation in this fundraiser is easy and anyone who owns a credit or debit card and has Internet access can get in on the action.

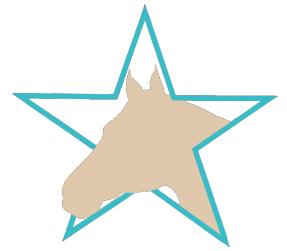
You can simply visit

<https://northtexasgivingday.org/> on 9/22 and search for **All Star Equestrian**. Every gift of \$25 or more will be multiplied using a \$2.5million bonus fund provided by **COMMUNITIES FOUNDATION of TEXAS** and will therefore make your dollar go even further! YOU can make a difference on North Texas Giving Day and we thank you for your continued support.

Please follow our progress on the day at northtexasgivingday.org by clicking on the "LEADERBOARD" tab and help us share in the excitement and spread the word by liking and sharing our facebook posts.

Don't forget – September 22, 6am – 12midnight – mark your calendars!

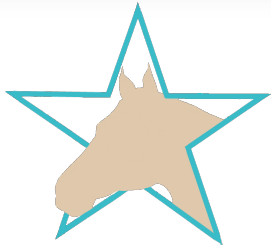
Featured Volunteer Jennine F.



I grew up in Arizona, and moved to Texas when I was 14. In Arizona, when I was about 10, my mother decided to buy a horse on a whim one day. This started my love for riding and for horses. We purchased a half Arab, half Saddlebred horse. He was beautiful and, as expected from the breeds, very high strung. He taught me to ride well, and quickly! Once we moved to Texas I was able to invest in another horse who I spent time training, and showing. I am currently a senior studying Electrical Engineering at UTA. During my time here I found myself missing being around horses a lot!

I heard one day that there were horses on campus and went to see them. It turned out to be All Star! After my first visit to All Star I knew I wanted to continue.

I have come to love, and look forward to working with the riders, staff, and the horses! Volunteering for All Star has been an extremely rewarding experience. I love the program and what they stand for. I am so grateful for the joy All Star brings me and the joy, I am able to help bring.



Featured Rider Jack C.

Jack started riding this summer session and this young rider learned the ropes of horseback riding very quickly. His mother, Rosemary, says that he was hesitant the first couple of weeks, but quickly became super chatty on his horse, Goldie! The impact that therapeutic riding has had on Jack verbally and socially has been amazing.

Rosemary says, "it has been a truly wonderful...and heartwarming experience." Jack will be rejoining this fall for his second session at All Star Equestrian! When he's not on his horse, Jack can be found swimming, playing at the playground, or really anywhere there is a slide!



Great job this session Jack, we look forward to the great things you will do next session!

Special Thanks...

to all the members of the
Mansfield and Burleson Kohl's
Stores who dedicated their time
to helping around the ranch!

Thank you!



Thank you to Our Current Supporters!

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Upcoming Events!

2016

September 7th

Fall Session Classes Begin

September 22nd

North Texas Giving Day

October 1st

All Star Equestrian In-House Horse Show

October 21st

5th Annual Sporting Clays Tournament

November 24th-26th

No Classes!-Thanksgiving Break

December 3rd

Mansfield/Fort Worth Stockyard Parades

December 10th

Fall Session Ends

2017

January 3rd

Winter Session Begins

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