

NEWSLETTER

FALL / WINTER

SAVE THE DATE
FOR THE 5TH ANNUAL
FARMYARD PARTY



SHEPARD MEADOWS
EQUESTRIAN CENTER, INC.
WITH HORSES, MAKING FORWARD STRIDES

SATURDAY, OCTOBER 5, 2024 4:00-8:30PM

To Benefit our Horses, Programs and Facilities!



YEE HAW! MARK YOUR CALENDARS!

**Our 2024 Annual Farmyard Party will be held on
Saturday, October 5th from 4:00-8:30 PM!**

Our 2023 Annual Farmyard Party was a record-setting event! Each and every year the event gets bigger and better, and we raise more funds for the farm. Our 2024 goal is to top \$75,000. This year we are moving the date to the first weekend in October, so that the weather is cooler. Watch your email, mail and our social media for sponsorships, program ads, silent auction donations and ticket sales.



WE'RE LOOKING FOR EVENT SPONSORS!

Please reach out to us if you are interested in supporting us in a big and meaningful way. We'd love to have your business on our marketing materials. Email Shelly at shelly@shepardmeadows.org or call 860-314-0007 x 101.



PROGRAM NEWS

Our Programs are created to help individuals make positive change in their lives and to grow- physically, developmentally, and emotionally. We are here to help members of our community discover the future version of themselves- to help them invest in their own well-being.

This winter we are proud to announce that we have two new program offerings. The first is **Equine Facilitation (EQ)**. EQ is available for corporations and businesses, or other groups and teams. Groups are invited to the farm for strategic planning, or other team meetings in our beautiful new learning center followed by an equine activity to support the goals of their groups. Our Program Director, Emily Eschner is our **Certified Equine Facilitator**.

The second program is **Equine Gestalt Coaching (EGC)**. EGC is available for individuals and groups and is an alternative to traditional psychotherapy. Gestalt is a humanistic, non-diagnostic and empowering process aimed at helping individuals overcome limiting self-beliefs and pave the way to a bright future. Dr. Shelly Whitlock-Pope, our Executive Director is a **Certified Equine Gestaltist** and will be leading this program.

If you are interested in either program, email Emily at program@shepardmeadows.org or call her at 860-314-0007 x 102.



SPRING PROGRAM

SPRING PROGRAM BEGINS ON MONDAY, APRIL 8TH AND RUNS THROUGH JUNE 8TH. REGISTRATION IS UNDER WAY! CONTACT US FOR INFORMATION ON OUR PROGRAMS AND WHAT MIGHT BE BEST FOR YOU!



SENIOR PROGRAM

Our program for seniors is an active one! We run a dedicated horsemanship program for seniors and have for several years now with great success. In collaboration with the **Bristol Senior Center** and with funds from the **City of Bristol Community Development Building Grant**, there is no cost for Bristol residents. The program encourages new learning, physical activity, and being out of doors while reducing possible isolation. It is GREAT fun! If you or someone you know is interested, email us at program@shepardmeadows.org.

VOLUNTEER UPDATE

The Ground Hog announced that Spring is on its way and we're getting ready at the farm. Our Volunteer Coordinator, Laura Patrick, is scheduling training and retraining for our program volunteers for the busy spring and summer ahead. We have a small staff, and our volunteers are invaluable to us. If you're looking for a meaningful experience that involves nature, horses, and physical activity in a tranquil setting, all while helping others, we're the place for you! Reach out to us at volunteer@shepardmeadows.org. We would love to have you!



A poster for Shepard Meadows Equestrian Center seeking volunteers. It features a photo of a person working on a tractor in a field. The text reads: "VOLUNTEER HANDY-PERSON NEEDED!". There are two speech bubbles: "HAVE SOME EXTRA TIME ON YOUR HANDS?" and "ENJOY WORKING OUTDOORS?". Below the photo, it says: "Shepard Meadows Equestrian Center is seeking volunteers who are skilled in basic home repairs, machine operations and maintenance, lawn and property maintenance, carpentry, and similar tasks. A few hours of volunteering a week make a difference and help us in a powerful way! Shepard Meadows is a 501 (c)(3) non-profit organization that relies on a team of volunteers to get things done. Our mission is to support the growth and well-being of all individuals, including those with special needs by providing equine-assisted services in a safe, caring, and professional environment. Interested? Email volunteer@shepardmeadows.org or call 860-314-0007. 733 HILL STREET, BRISTOL, CT 06010 SHEPARDMEADOWS.ORG

A SPECIAL THANK YOU TO RECENT GRANTORS!

- The Barnes Group- Health & Welfare
- The Main Street Community Foundation, Women & Girls Fund- Women's Gestalt Coaching
- Torrington Savings Bank- Programs & Financial Aid
- The Roberts Foundation- Operations
- The Petit Foundation- Operations
- The Sky Bight Foundation- Operations
- Thomaston Savings Bank- Youth Development



A poster for Shepard Meadows Equestrian Center, Inc. titled "EXPERIENCED HORSES WANTED!". It features a photo of a person riding a horse in a field. The text reads: "We are looking for candidates to join our therapeutic riding program! The ideal candidate is: • Between 14.2 - 16.1 hands • 8-20 years old • In good health, no vices • Excellent attitude • Sound at the walk/trot/canter • Mare or gelding • Former show or lesson horse a plus This is a wonderful opportunity for your horse to have a second career in fantastic care. Please contact Emily, Program Director, with any questions at program@shepardmeadows.org or 860-314-0007."

HELP US EXPAND THE HERD!

In previous issues we have reported on what it takes to be a therapy horse here at Shepard Meadows. Did you know we are always on the lookout for new members of our herd? If you know of a horse looking for a new job, have the owner reach out to Emily Eschner, our Program Director, at program@shepardmeadows.org.

SAY WHAT?



Horses can move their ears 180 degrees using 10 different muscles (compared to three muscles in the human ear) and are able to single out a specific area to listen to.

WINTER HORSE CARE TIPS

- **Feeding-** The average horse needs to consume 2% of their body weight per day to maintain their body condition. For most horses, the bulk of their diet should consist of forage (hay or grass). In cold weather, horses need to eat even more hay to keep warm!
- **Water & Salt-** A crucial aspect of winter horse care is ensuring they are properly hydrated. Eating all that extra hay can cause impaction colic if your horse isn't drinking enough. Horses prefer slightly warm water, especially in the winter. Providing access to a salt block can also encourage water consumption.



MEET OUR STAFF

This winter we welcomed a new staff member, Michelle Ocampo, as our Administrative Assistant. Michelle is a talented equestrian and equally skilled in office systems. Pictured here with Tonka, we're all so glad she's joined the SMEC family.

WELCOME TO THE BOARD

Welcome to the Board of Directors- **Andrea Lanese** and **Michael Suchopar**. Andrea is a Human Resources executive with Barnes Group in Bristol, CT. She is an active SMEC volunteer and rider. Andrea is also a Board Member of the Main Street Community Foundation. Michael is the former President and CEO of the Bristol Boys and Girls Club with a background in consulting, executive management, psychology, and nursing. Michael is leading our strategic planning processes.

Welcome to the Advisory Board- **Dr. Thomas Ward** who is a well-known pediatrician in the area, former board member and supporter of our mission.

ATTENTION WOMEN FROM... BRISTOL, BURLINGTON, PLAINVILLE, PLYMOUTH, SOUTHLINGTON AND WOLCOTT

Explore a new 10 week program!
Women's Gestalt Coaching
Beginning in April
Thursdays 5:30-7 PM

With funding from the Main Street Community Foundation, Women & Girls Fund, do something positive for yourself and join us! The purpose of this program is to provide a safe community to explore change through personal healing and growth, yielding a more positive future. Gestalt methodology is non-diagnostic, experiential, and takes place in the moment.

We have 10 spots available. Email shelly@shepardmeadows.org for more information and to register.

SAVE THE DATE FOR OUR QUARTERLY EDUCATIONAL SPEAKER SERIES

Saturday, April 6th at 10:30 am
Join Caitlin Raftis, LADC
for a talk on
Addiction & the Healing Power of
Animal Communication

Email program@shepardmeadows.org
to RSVP or for more information