

FEBRUARY 2024 VOL VIII | ISN 11

NEWSLETTER

FALL / WINTER



YEE HAW! MARK YOUR CALENDARS!

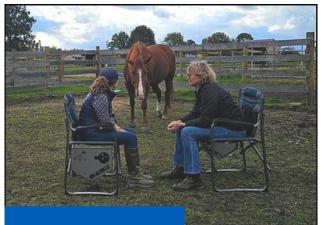
Our 2024 Annual Farmyard Party will be held on Saturday, October 5th from 4:00-8:30 PM!

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.

A. WE

$\int WE' RE LOOKING FOR EVENT SPONSORS!$

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 <u>shelly@shepardmeadows.org</u> or call 860-314-0007 x 101.



PROGRAM NEWS

Our Programs are created to help individuals make positive change in their lives and to growphysically, 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-beina.

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, nondiagnostic and empowering process aimed at helping individuals overcome limiting selfbeliefs 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!



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 <u>volunteer@shepardmeadows.org</u>. We would love to have you!



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



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.





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.

MEET OUR STAFF

ATTENTION WOMEN FROM... BRISTOL, BURLINGTON, PLAINVILLE, PLYMOUTH, SOUTHINGTON 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.

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.



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