

Bits & Paces

Winter 2016/2017

Horses and Music . . . a Winning Combination

(Cover story page 3)



Sarah's experience at Fieldstone helps define her career

Photo by Kim Slezak Photography

After years of riding horses, Sarah came to Fieldstone Farm her junior year at Kenston High School to volunteer. She was drawn to the farm because of her love of horses, but the experience made her realize that helping people was her true passion.

She remembers how good it felt the first time she encouraged students to smile, motivated them to participate and when they achieved a new skill. "I learned I could really affect someone," she said.

This experience is not unlike many of the 250 volunteers who come to the farm each week and find incredible satisfaction in helping others discover their potential.

For Sarah, the experience shaped her desire to help others. Now Sarah is a sophomore at Slippery Rock University in Pennsylvania where she is majoring in exercise science as she prepares for a future as a physical therapist.

We are grateful for Sarah's service to Fieldstone Farm and for the hundreds of other volunteers who give so much of themselves.

Sarah stands with her horse, Silver, that she got when she was 13 years old.



Horses and music . . . a winning combination

Photo and cover photo by Lynne Netschke

Fieldstone Farm embarked on an innovative program combining equine and music therapy for students with autism, attention deficits and other special needs this summer. This partnership with The Music Settlement produced astounding outcomes.

On their own, equine and music therapy yield terrific results, but the combination has delivered exponentially. Fieldstone is one of the only centers in the country providing this cutting-edge instruction.

When we approached The Music Settlement with our concept, music therapist Kevin Teplitzky was intrigued. He had never heard of a program combining the two therapies. Our Director of Program Quality had seen a demonstration at a national conference and wanted to explore the potential.

First we needed to see how our horses would react. Kevin came to the farm with his guitar and walked up and down the aisles of the barn playing music. Some horses shied away, some reacted with a whinny, but when several began to sway back and forth to the beat of the music we knew we had to explore further. We then designed a whole week of summer camp around the music therapy theme.

As Kevin played his guitar during class, you could see the horses respond to the beat of the music either slowing down or increasing their gait. Controlling the horse in this way allowed the students to focus solely on their own bodies and their own goals in class and make progress more quickly. It also helps forge a connection between both horse and rider as they respond to the same musical stimuli.

And when Kevin would sing the riding directions during class, students seemed to retain them better than when they were simply spoken. The result of the combined therapy was that students were more engaged, focused and receptive to learning.

Many students with autism have difficulty grasping spoken instructions but setting them to music fires up both the right and left sides of their brains helping to improve their understanding. The music also creates a calming atmosphere, allowing for contemplation and relaxation for all, particularly for those who often feel overstimulated.

This combination equine music therapy program was so successful that we are developing additional equine and music therapy classes in the near future.



Welcome our new horses to the herd

Photos by Tammie Packer



▶ **Sebastian**, a handsome 15.1-hand sorrel/ white Tobiano Paint gelding born in 1999, came to Fieldstone last spring and already is one of the favorites. We are grateful to **Julie Kleshinski** of Mansfield who generously donated him to the farm.



▶ Raised on an Amish farm, **Queen** joined the herd in March. She is a sturdy, 16.2-hand red roan Belgian mare born in 1996, and is part of our ground, riding and driving programs. She was purchased by two generous anonymous donors and is one of the sweetest horses in the barn.



▶ **Jim** was purchased in March by a generous anonymous donor to help with the driving program. He is a strong 16-hand, coal black Percheron who spent most of his career working in the fields. He is a little shy but has already proven to be a great addition to the herd.

Marian Heyink releases the healing power of horses

Marian Heyink, a licensed social worker and a lifelong horsewoman, joined Fieldstone Farm earlier this year to help expand our mental health and veterans programming.

She has a wealth of experience in mental health treatment in her long career, and currently serves in the trauma unit at University Hospitals part-time, along with her work at Fieldstone Farm. Marian also is Board Chair for the Equine Assisted Growth and Learning Association (EAGALA), the national organization focused on incorporating horses into mental health treatment.

Marian works with our instructors to develop activities with the horses that serve as metaphors to uncover issues or problems that veterans may be facing. Many of them have drug and addiction issues and may have been in therapy for years. Working with the horses allows them to come at their problems from a different angle and often can mean major breakthroughs. We are delighted to have her on the team and look forward to expanding our mental health programs with Marian on board.

Nearly 200 veterans come to Fieldstone each year to work with our horses to help them cope with the emotional and



Photo by Marty Culbertson

physical scars from military service. Our program started just a few years ago, and is now one of the largest equine programs for veterans in the country thanks to partnerships with the **Veterans Administration, Volunteers of America, Ohio Operation Military Kids** and **Recovery Resources** as well as our generous donors.

Chefs Unbridled breaks record again

Photo by Frank Gwirtz



Our students and miniature horses welcomed a sell-out crowd of 600 people to the 6th annual Chefs Unbridled event which raised nearly \$250,000 for Fieldstone Farm and its programs for people with special needs. Hats off to all of our sponsors and chefs **Scott Kuhn** and **Chris Hodgson** who led an all-star lineup of Cleveland-area chefs.

Guests enjoyed nine delicious dinner tasting stations, food truck fare, bourbon tastings and desserts underneath a huge tent at the Chagrin Valley Hunt Club Polo Field. Plans are already underway to make next year's Chefs Unbridled another record-breaking event with a few new surprises. Thank you to the many donors and volunteers who helped make the event a success!

A special thank you to the **Kuhn Family Foundation, Betsy Juliano and Litigation Management, Jim and Andrea Thome, the Wolf Family Foundation, Davis Auto Group** and the **Kaplan Family Foundation** for their generous sponsorship of the event.

Students "show" off

Photos by Frank Gwartz

Each year we host several shows giving our students the chance to demonstrate all they have accomplished with our horses. It is a day of smiles and joy as families, friends, instructors and the community celebrate with our students.

Pictured to the right, **Emma Haag** gets ready for her carriage driving event with the help of volunteer **Agnes Pressly** at the annual horse show at Fieldstone Farm. ►

Below Emma accepts her ribbon from **Jim Thome**, a longtime donor and friend of the farm. ▼



Inner-city programs grow thanks to generous donors

Photo by Lynne Netschke

Our work with students from the inner-city is thriving thanks in large part to our generous donors. Currently we have partnerships with the **Cleveland City Schools, East Cleveland Schools, University Heights/Cleveland Heights Schools, Open Doors Academy** and many others. The program helps students build confidence, strength and independence. It also helps bring classroom lessons to life and yields better understanding and comprehension. Working with horses is changing the lives of these children. For more information about our programming, please visit our website.



Thank you donors

We are grateful for the generous support from our donors that make it possible for us to serve those with special needs and challenges. For a full list of our donors please go to our website at www.fieldstonefarmtrc.com.

Horse wish list

- Corn brooms
- Molasses for horse treats
- Muck buckets
- Salt blocks – small – 4lbs. block size
- Himalayan Rock Salt with the rope

Maintenance wish list

- 600 – 800# ratchet tie down straps
- 9 –V batteries
- AA batteries
- Double end snaps
- Dryer sheets
- Duct tape
- Garden rakes
- Garden hoses and wheeled hose caddy
- Gardening or work gloves
- Plastic laundry baskets
- Plastic or vinyl tarps – any size
- Pressurized grease gun
- Towels or shop towels
- Trouble light
- Welder



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Photo by Tammie Packer

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We are grateful to all who have named Fieldstone Farm in their wills, bequests, insurance policies, IRAs or other forms of planned giving.

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Mission:

Fieldstone Farm engages the therapeutic power of our horses to discover and nurture the special abilities of individuals, families and communities.

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