

The Lead Line



Welcome to The Lead Line, the new e-Newsletter from
Stable Hands Equine Therapy Center!
Volume 1 – June 2020

Stable Hands' Response to the current pandemic

All Therapy services and private lessons have been on hold due to the safety recommendations for the Corona Virus. Only those individuals that are needed to maintain the health and well-being of the farm and equines are currently permitted on the property. We are planning to resume classes in mid July, with safety measures in place to ensure the well-being of students, families, visitors and staff. Private lessons will also be resuming. Staff members have been providing virtual services and communications during this time, and we are looking forward to seeing everyone again. Changes to the schedule will be made if conditions make it necessary.

Home activities

Need help staying active? Check out these links!

[Horseback riding stretches](#)

[Adaptive wheelchair fitness](#)

[Breathing exercise for stress](#)

Coming soon! Virtual education videos, created by Stable Hands Staff

Current donation needs

- Equine Sponsors (see website for info)
- Hand sanitizer
- Cleaning supplies
- Tissues
- Toilet Paper



Email our Program Director, Diane, for more info!

dabitz@stablehandstherapy.com

Equine spotlight - Jerry



Meet Jerry! Jerry is the only non-living member of our equine herd! Jerry is an invention called an Equicizer! Jerry lives in the Activity Center at Stable Hands, so you may have seen him if you've been to our center. Jerry can be used to work on rider fitness and physical fitness training for equestrians and athletes of all kinds! Rather than 4 legs, Jerry has wheels that make him easy to move around. Jerry also has a spring mechanism that allows him to move similarly to a horse when stimulated by the rider's muscle movement. At Stable Hands, Jerry is used for all sorts of things! Riders who are unable to ride a live horse can use Jerry to practice grooming, tacking, mounting, riding, holding the reins, and so much more! Jerry can be used to work to gain the strength and balance needed to ride a live equine. Jerry also loves getting to know the public and teaching kids at our fundraising events! Visit <https://equicizer.com/pages/overview> to learn more about all things that Jerry can do!

Who would you like to see in the next equine spotlight?

<https://forms.gle/VxeE2VxofuknsvPFA>

Volunteer spotlight – Cathy Yunk



Meet Cathy! Cathy has been volunteering at Stable Hands for 7 years! She began volunteering at events and started side walking shortly after. Once she became a season side walker, she naturally took on the role to help guide new volunteers as they entered the program. Over Cathy's years with us, many students have grown incredibly attached to her as a result to both her personality and her reliability. Cathy still puts in SO MANY hours every week as a trusted side walker and events volunteer. Due to the incredible number of volunteer hours Cathy has logged, she has earned numerous grants through her employer, Liberty Mutual, that are given to a charity of her choice. Cathy graciously chose Stable Hands to receive the grants she's earned! Thank you so much for all you have done and continue to do for Stable Hands, Cathy!

Hold your horses! Did you know....?



Everyone is trying to practice social distancing these days. Not sure how far away to stand? Just imagine a horse between you!

Horses also have a form of social distancing. They are herd animals, and enjoy being close to other horses that they like, and further away from ones they don't. That is why we have different paddocks and pastures. To make sure everyone gets along and stays safe!

A letter from Diane

Hello everyone!

Welcome to the first edition of our online newsletter! We will have interesting stories and information to share with you as well as photos. Equine Therapy makes a big difference in the lives of those with special needs and other health concerns.

Stable Hands has been in operation as a 501 (c)3 nonprofit and a member of PATH International (Professional Association of Therapeutic Horsemanship) since 1992. In the first 20 years of operation, we borrowed horses and indoor arena space from some wonderful people who allowed us to operate on their property. As time went on and interest in the program increased, we really needed a home of our own. In 2011 we took the big step of purchasing a property of our own with the help of some very generous donors. We have continued to expand; adding instructors, volunteers, horses, more classes and also a Veterans program. This year we will also be adding a mental health program.

We appreciate your ongoing interest and support!

Sincerely,
Diane Abitz

Executive Director/Program Director



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visit us at:

[Our website](#)

[Facebook](#)



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Meet the Stable Hands Staff!



Diane Abitz
*Executive
Director/Program Director*



Morgan Hengel
*Instructor/Volunteer
Coordinator*



Sue Doede
Instructor



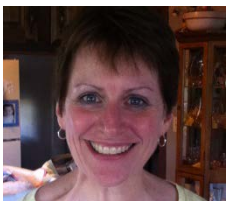
Nicole Yunk
Instructor



Jennifer Schwede
Volunteer Liaison



Pam Engelmeier
*Physical Therapist
Consultant*



Karla Michanowicz
Instructor in Training



Volunteer opportunities!

- **Farm Work Day, June 6th**
Sign up [HERE](#)
- **Hay Delivery Help, Ongoing**
Sign up [HERE](#)

Thank you to everyone who donated through our recent mail campaign to help support costs during this time!

Justin & Nora McCarthy
Merlin & Joan Zahrt
Thomas & Chris Gilbreath
Chuck & Kerry Osterbrink
Roger & Ruth Davis
Diane Wesenick
Peter & Marcia Paul

Chris De Vore
Henry & Betty Osswald
Deanne Kimbel
Stephanie Wolf
Donna Wolf
Carol Stanton
J.F. & V.M. Romanski

Susan Dixon
Bernadine Graham
Elizabeth Gustavson
Barbara & Larry Weisenberger
Carol Burgess
Elnora Buechler
Elmer & Nancy Zemke

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