

EVERY RIDER HAS THAT
ONE SPECIAL HORSE,

that one horse...

who changes
everything for them

Bob and Beauty meet for the first time



Bob started coming to Hope Springs in 2011 and continued lessons until October 2014. During his time with us, Bob rode Beauty & Henri, worked with many of our volunteers, and filled the barn up with his humor and singing every single week.



Bob came to Hope Springs through Remed's efforts to ensure their members experience meaningful community activities. ReMed is a brain injury rehabilitation and supported living organization that started in this area over 30 years ago. Bob came to ReMed over 27 years ago and has been a beloved member of its family and someone who developed lots of strong ties and relationships in the community, including Hope Springs.

Beauty

- Beauty is a 19 year old Morgan mare who came to Hope Springs in 2009. She is known for being a flirt and for the good care she takes of all her friends. Her love for Bob though, was was truly something extra special.





Bob's story, in his own words

To Whom It May Concern,

Let me have a moment and introduce myself. My name is Robert Cashen and I am a survivor of Traumatic Brain Injury post @ 38 years and Spinal Cord Injury post @ 14 years. Hippo therapy or Equestrian Therapy at Hope Springs is a wonderful program. This program affords me not only physical strength but also emotional strength.

Physically my posture and trunk control have greatly improved. I have an increased sense of awareness of where my body is on the horse and working as one with the horse. When it comes to my emotional side; pure joy comes to mind when I know it is time for me to go to Hope Springs and see Black Beauty. I get to take care of the horse by brushing, washing and helping out by cleaning the stall.

Mainly, I feel a sense of accomplishment because I can visualize what Jeannie Knowlton and her staff are asking me to do that benefits me. An example of this is working on hand/eye coordination and balance while riding the horse with support from everyone.

Another example which is special to me is that I was strong enough to participate in a horse show this year. Last year I was not strong enough. I was also able to perform a smooth mount with three volunteer's assistance. I had good centering and I rode the horse for 45 minutes with good centering. I did Equi class and the trail class and even won the fun class! For me I had good back and nice smooth motion with the horse. This is all happening because of my practice sessions with Jeannie and her staff. The judge at this event had said she was impressed with my strength and endurance.

Lastly, one very important note is that this program makes me feel human by bringing back memories of when I was ambulatory and riding horses independently. Without this program at Hope Springs I would not be able to physically do this and emotionally feel this way.

Sincerely,



Robert Cashen



From their first meeting, we all knew that Beauty and Bob belonged to each other

- “We lose ourselves in the things we love, we find ourselves there too...” - Kristin Martz



After many hours of hard
work Bob was able to
achieve his goal

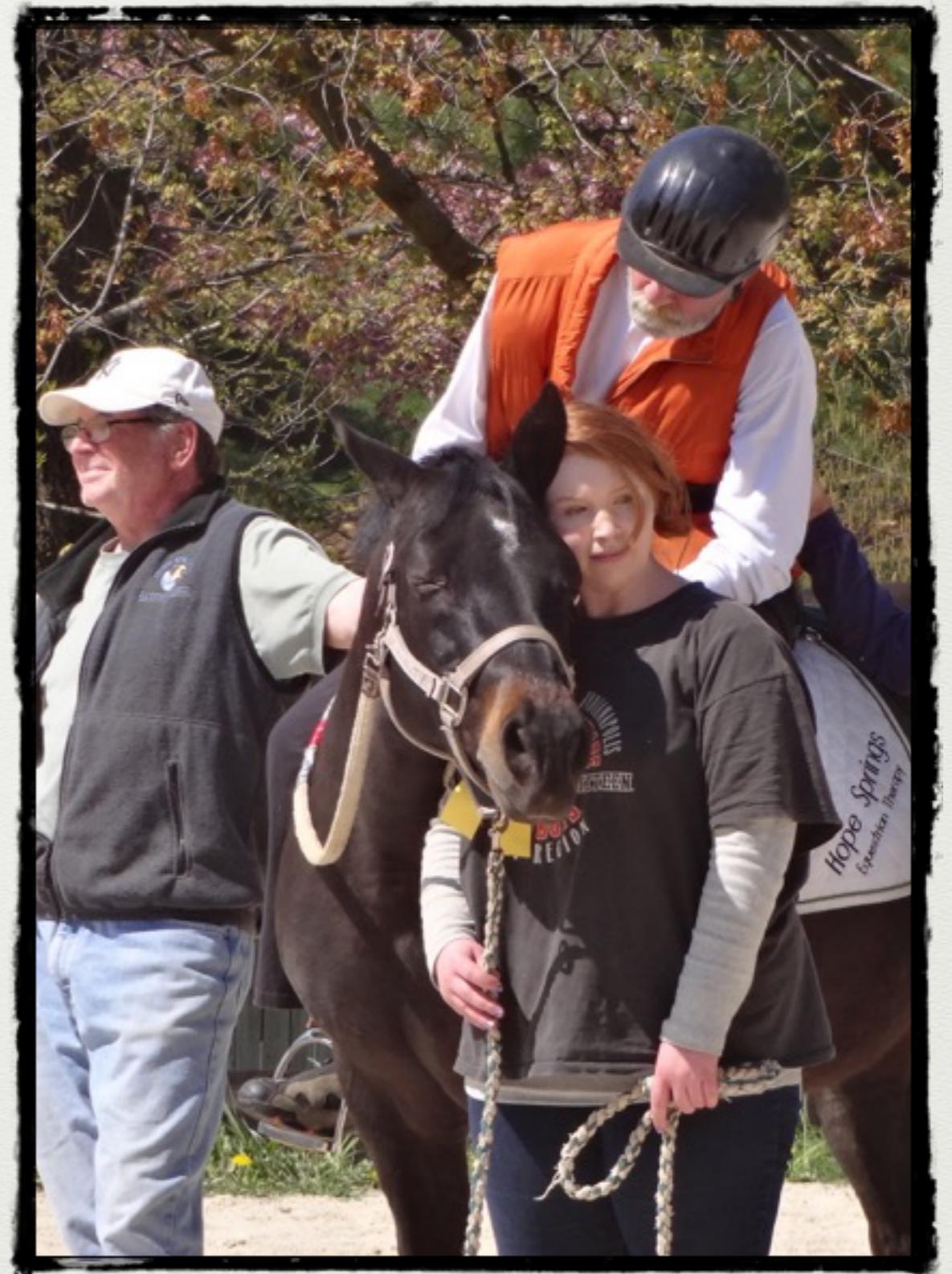


of riding in our semiannual
horse shows on both
Beauty and Henri.



Riding in a horse show takes a lot of physical and mental stamina.

Bob was able to ride his horses for up to 45 minutes to display his riding skills.





Bob and Marty, "The Terrible (Terrific) Twosome"...we knew mischief was starting when these two drove up!





“It is only with the heart that one can see
rightly; what is invisible to the eye.”

-Antoine de Saint Exupery

www.DignifiedCowgirls.com

WE RIDE

to fly. to feel. to touch. to breathe.

to laugh. to bond. to overcome.

to relax. to get away.

to prove them wrong.

to belong. to feel strong.

to heal. to love & to be loved back.

WE RIDE TO LIVE.



“When a rider gazes into a horse’s eyes they find a part of themselves they thought never to be found.” -Anon



On 11/24/14
Beauty and Bob
said their final
good-bye.

Thanks to everyone who
made this possible: the
Cashen Family, staff at
ReMed, Seasons Hospice,
Megan, Beauty, Cricket,
Jeannie, & Natalie



“It seems they had always been, and always would be, friends. Time could change much, but not that. They were two halves of a whole, sharing a single spirit. It was the spirit of friendship and it was alive and well.”

-Winnie-the-Pooh

A final Thank You

- All of us at Hope Springs Equestrian Therapy offer our condolences to Bob's family and friends. We are so grateful for the time Bob spent with us, and for the love and care he gave to Beauty and Henri. In celebration of Bob's life, his family has established a memorial fund to benefit Hope Springs. Donations may be sent to: The [Council on Brain Injury](#), 16 Industrial Blvd. Suite 208, Paoli, PA 19301 Attn: Bob Cashen Memorial Fund
- Our sincerest thanks to the Cashen Family; we are honored by your support.



The mission of Hope Springs Equestrian Therapy is to enhance the quality of life of individuals with cognitive, physical, emotional or behavioral disabilities by providing them with affordable therapeutic horseback riding and associated special education of the highest possible quality, in a warm, safe and familiar environment.

To find out more about Hope Springs and our services please go to our website: www.hope-springs.org.

(c) 2014 Hope Springs Equestrian Therapy, Inc. and the family of Robert Cashen. All rights reserved.