

**THE
LEAD
LINE**



Hope Springs
Experience the wonder!



HAPPY FALL Y'ALL!!

Board of Directors

Chairman

Kenneth R. Swimm

President

Sandy Hansen

Vice President

Biff Rugh

Treasurer

Ted Aicher

Secretary

Mary Ann Plankinton

Member

Tammy Gingrich

Founder

Elena Gonzalez Shaffer

Executive Director & Senior Instructor

Jeannie Knowlton

Program Director & Instructor

Dallas Knowlton

Riding Instructors

Maddie Brown

Lauren Eder

Melanie McCartney

Jesse Petrecz

VOLUNTEER COORDINATOR

Lindsey Ferrara

volunteer@hope-springs.org

Hope Springs Equestrian Therapy is tax-exempt under Section 501(c)(3) of the Internal Revenue Service. We are a member of the Pennsylvania Association of Nonprofit Organizations and the PA Council on Therapeutic Horsemanship.

MAILING ADDRESS:

Hope Springs
Equestrian Therapy, Inc.
P.O. Box 156
Chester Springs, PA
19425

WEBSITE & EMAIL:

WWW.HOPE-SPRINGS.ORG
director@hope-springs.org

FACILITY LOCATION:

1800 Art School Rd
Chester Springs, PA
610-827-0931

Follow us @HopeSpringsOrg



A message from our President, Sandy Hansen:

This fall marks a very special time for Hope Springs as we celebrate our 25th Anniversary! Our dedicated team of instructors, staff and volunteers continue to provide the finest equine-assisted therapy service to children and adults with disabilities.

We hope to continue serving the community for a long time, but we need your help. Like many non-profit organizations, Hope Springs relies heavily on grants and contributions by individuals. Between the pandemic and the current economic climate, many of these funds have dropped off. I hope you will give thought to what Hope Springs means to you, and that you consider making a gift in any amount. 92% of contributions go directly to providing lessons to our riders and caring for our horses who support them. When you make a gift to Hope Springs, you are making it possible for individuals with disabilities to receive therapeutic horseback riding lessons which will transform their lives. Your support provides confidence and greater independence to our riders. Please read the Parent Perspective sections of this newsletter to hear our amazing story. Thank you so much for your support!



HOW DO YOU SMILE??

Do you shop on Amazon?

Please SMILE for Hope Springs!!



If you are an online shopper & frequent Amazon.com, please consider visiting Smile.Amazon.com instead and designate Hope Springs as your charity. When you shop via Amazon Smile, Amazon donates 0.5% of every purchase you make to Hope Springs – at no additional cost to you! When you are successful

the top of your web page should look like this:



You can also setup the Amazon app to participate in these rewards for us. Then remember, only purchases made at smile.Amazon.com or through AmazonSmile activated on the Shopping app will support our wonderful riders and horses. Please email us if you need help with this process!

IMPORTANT DATES

- November 19: Holiday Camp
- November 24-26: CLOSED for Thanksgiving break
- November 29: GIVING TUESDAY
- December 19–January 2: CLOSED for Winter break
- December 26-28: Holiday Camp
- January 3: Reopen



Happy Holidays and thank you for your continued support!!

Please visit <http://hope-springs.org/giving-Tuesday> and consider supporting Hope Springs!

A message from our Executive Director, Jeannie Knowlton:

Happy Fall! We can look for the beautiful fall colors to bring the season into focus. Hopefully, the major rains are behind us and the cooler days ahead. All the horses are shedding their summer coats and starting to grow their winter “fluffies” to welcome in the new season. And so our riders will also get out their warm sweaters, gloves and coats, so they can keep making wonderful memories with their best buddies.

HORSE TAILS

So, what is a Barn Volunteer? Well, they are a special group of regulars who come one or two days each week and prep horses for each lesson, thus allowing the instructor to concentrate on the student. Preparing each horse for their rider means grooming, foot check, tack assembly and whatever is needed for a smooth lesson. In addition, the Barn Volunteer checks water, spiffs up stalls, and directs traffic in the Barn!! One Barn Volunteer told me that she likes her job because, “it’s just me and the horses.” Thanks to Shelley, Sandy, Tom, Beth, and Kay for their wonderful work and “special” time with our horses.



**Tigger Too
& Miss Kay**



*To see other great photos follow Hope Springs on Facebook at <https://www.facebook.com/HopeSpringsOrg>
No login is necessary and photos are posted almost daily!*

PARENT PERSPECTIVE



Lori & Josh

My husband and I fostered a sibling pair in August 2018. Little did we know how many behavioral and emotional challenges they brought with them coupled with a multitude of health issues. At the time, Lori was 3-years old and Josh was just days shy of his second birthday, yet we knew that these children would need as much support as possible and our village continued to grow around them. In October 2020, we adopted them.

Their journey, however, has been a long one already. Both kids were diagnosed with severe ADHD and PTSD. Lori has severe anxiety and is always hypervigilant about her surroundings. Josh was recently diagnosed with autism spectrum disorder - high-functioning. On top of their behavioral challenges and emotional outbursts, we worked through vision challenges with both children. Both children started wearing glasses and we identified a vision therapist to support Josh's needs. The vision therapist works with Josh to strengthen both eyes with an intense treatment plan as well as participate in home activities.

Fast forward to today where Hope Springs is a major part of Josh and Lori's village...a very calm village. While the week is filled with school and many behavioral and emotional appointments, our Friday afternoon is something that we all look forward to. Each child benefits in different ways from equestrian therapy. While Josh's eyes get fatigued in school, Hope Springs has been amazing for Josh to refocus and be able to look around, enjoy such beautiful scenery, and relax his eyes and brain. The exercises that are done while riding for both kids help with their hand-eye coordination and strength.

There is no other place we would rather be to help meet Lori and Josh where they are and be able to watch them grow and succeed with their instructors and four-legged friends.

Thank you!
Melissa

PARENT PERSPECTIVE

My daughter, Lily, is 2.5 years old, absolutely loves horses, and is six weeks into riding lessons with her new best friend, JLo the Horse. Lily also happens to have Down Syndrome. Six weeks into equestrian therapy, I am completely amazed at how much JLo, Miss Jeannie, and the Hope Springs Equestrian Therapy have helped Lily in such a short amount of time. In six weeks, Lily has made significant strides in motor planning, communication, and core strength and it is all thanks to their work and dedication.

Equestrian therapy has had a huge impact in helping Lily overcome her motor planning challenges. She had been using sign language for quite awhile, but has always struggled with simultaneously signing and doing an activity. JLo has quickly changed that! Lily has gained eight new signs that she has been consistently using, all while riding JLo at the same time. It may sound simple, but this is a huge accomplishment for Lily! After our fourth lesson, Lily and I were driving home and she had her Augmentative and Alternative Communication (AAC) device in her lap (it is an iPad with pictures that allows her to "talk"). She had been using it sparingly on her own to tell us when she was hungry or wanted to play with her sisters. It had been challenging for her to go more than 1-2 windows to find the right words. On that ride home, Lily used her AAC device to say "horseback riding!" and was signing "go!" at the same time! She had to go through three different windows to find that button and she did it **on her own**. She kept saying "horseback riding!" the entire ride home with the biggest smile on her face. I was in tears.

Another big challenge for Lily is physical endurance. She just started walking at 2.5 years old. Her low muscle tone makes everything exhausting and she has to work ten times harder than your typical kid. After about fifteen minutes of physical therapy, she's ready to go home, but after her time with JLo I practically have to drag her home. Horseback riding is physically more tiring for her. You can see her slouching over after ten minutes of riding, but it is so fun being up high on JLo's back and riding with best friends (the volunteers) that she keeps pushing herself. She yawns the second she gets in her car seat to go home, but she is smiling ear to ear.

Miss Jeannie and Hope Springs mean so much to our family. It is really difficult to adequately capture the impact they have had for Lily in such a short amount of time. As a parent it is so difficult to watch your child understand the world around them, but struggle to communicate with the outside world. Hope Springs has been a gift to Lily. It has allowed her to break-through her motor planning challenges and communicate through her love of animals and friends. To Lily, this is not "therapy," but hanging out with her best friends. We are so grateful to Miss Jeannie and all of Hope Springs' volunteers who go out of their way to make such a difference to our children with disabilities.

Thank you!
Caitlin



OUR AMAZON WISH LIST



We have an Amazon wish list this holiday season.

Please visit www.hope-springs.org/support to see the list of items we have selected for our horses and barn. We could use some new blankets, brushes, feed bowls...

Thank you!



PLEASE SUPPORT HOPE SPRINGS TODAY!

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.

With your help, we can provide life-enriching experiences to even more adults and children.

Please donate using the enclosed envelope or give online at www.hope-springs.org.



One of our riders had a lemonade stand this summer then went door to door around her neighborhood and sent all of her cash proceeds to Hope Springs, \$52.50!!

We are looking for new and exciting fundraising ideas and your support. Please let us know if have an idea or would like to join our team!



PHOTO GALLERY



We offer therapeutic horseback riding, horse camps for kids and a sibling ride program!

Since 1997, Hope Springs has served thousands of children, youth and adults with physical, mental, developmental, social and behavioral disabilities. Our approach to equestrian therapy is rider-centered, with each receiving individualized attention, instruction, and therapy. Between January and September 2022, we delivered 550 hours of equestrian therapy to 35 students with disabilities. To learn more about us please visit www.hope-springs.org.

OUR THANKS TO THESE FOUNDATIONS FOR THEIR GENEROUS SUPPORT!

Allerton Foundation
Becket Family Foundation
Brady Family Charitable Giving Fund
Bucky Memorial Foundation
Connelly Foundation
Dyer Giving Fund
Estate of Diane R. Cullen
Glatfelter Family Foundation
Haley Foundation
Hansen Family Charitable Fund

Harriet G Fredericks Foundation
Independence Foundation
Laura J. Niles Foundation
Mrs. Donald Danforth Jr., a Donor
Advised Fund of The U.S. Charitable
Gift Trust
Mutual Fire Foundation
Niggeman Family Foundation
PA National Horse Show
Phantoms Helping Phoenixville

Phoenixville Community Health Foundation
Pilot Club of Valley Forge
Quaker City Foundation
Schiel Family Foundation
Schrenk Family Foundation
Wawa Foundation
Whitford Charitable Foundation
WSFS Foundation
EITC Donation: Meridian Bank



Thank you for reading and have a great Holiday Season!!

....The end