



THE LEAD LINE

HOPE SPRINGS EQUESTRIAN THERAPY, INC.

SUMMER / FALL 2017

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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.



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FOLLOW HOPE SPRINGS
@HOPESPRINGSORC



PSYCHOLOGIST DR. ROBIN GABRIELS VISITS, CONSULTS WITH HOPE SPRINGS PERSONNEL



Dr. Robin Gabriels, fourth from right, met with Hope Springs staff and volunteers at both the Peace by Piece barn and Montgomery School to discuss her research.



Dr. Gabriels observed Hope Springs lessons and students, including a session with rider Will.

RESEARCH MATTERS.

Hope Springs Equestrian Therapy was excited to be able to host a high level consultation for our riding program in July 2016. Psychologist Dr. Robin Gabriels, a nationally recognized expert on the benefits of therapeutic horseback riding from the University of Colorado provided the consultation. In 2015 Dr. Gabriels published a ground-breaking, randomized, controlled study demonstrating the benefit of therapeutic horseback riding.

DR. GABRIELS PUBLISHED CLINICALLY SIGNIFICANT FINDINGS FOR BENEFITS OF THERAPEUTIC HORSEBACK RIDING FOR YOUTH WITH AUTISM SPECTRUM DISORDER AFTER JUST 10 LESSONS.

In her study Dr. Gabriels compared riders with Autism Spectrum Disorder (ASD) involved in lessons similar to those given at Hope Springs with a matched group of youth with ASD who learned all about riding and horses at a barn but without actual contact with the horses. She published clinically significant findings for benefits of therapeutic horseback riding after just 10 lessons for improving social cognition (ability to interpret social cues), social communication, reduced irritability, reduced hyperactivity, and increased vocabulary.

After learning of her research, the Hope Springs Board of Directors secured a Building Capacity for Innovation Micro-Grant from The Barra Foundation to help cover the costs of bringing Dr. Gabriels out to Pennsylvania to observe our program and provide guidance based on her research to enhance our programming. Dr. Gabriels spent time at the Peace by Piece barn and ring observing six different riders instructed by Jeannie and Dallas.

The consultation then shifted venues to a classroom at the Montgomery School. Attendees included 20

people integral to Hope Springs programming including instructors, volunteers, board members, and even the owners of Peace by Piece.

Following a buffet lunch, Dr. Gabriels presented her research findings from Colorado. She then brainstormed with Hope Springs personnel for another two hours over ideas for programming. Specifically, Dr. Gabriels offered recommendations for enhancing communication and reducing anxiety with youth with ASD while in the barn and during lessons.

Dr. Gabriels was very impressed with the Hope Springs program and what it offers all of its riders.

-B Norford



Dr. Gabriels leads a session on her research at Montgomery School.

WHAT MAKES OUR HORSES SPECIAL?

This year, we retired our beloved Beauty and Monte, and welcomed Tigger Too and Cody II to the Hope Springs program.

Our riders at Hope Springs form real attachments and friendships with their horses. Each rider rides the same horse every week, which allows them to get to know each other well. Such continuity is especially important in equestrian therapy and helps our riders to develop trust and confidence.

The quality of our therapy relies on having well trained, healthy horses. Feed, blacksmith services, and veterinary care form a substantial portion of our budget - in fact, it costs an average of \$500 per month to care for one horse. Would you consider sponsoring a horse for a month, several months or a year? To donate, visit www.hope-springs.org. 🐾



TIGGER TOO Tigger Too is the youngest member of our family but he is also our “go-with-the-flow” guy. Tigger loves learning from Tempest how to get attention but also snuggling up to his people and taking a trail ride. Being a therapy horse seems to be exactly what this sweet, calm boy was meant to do!



CODY II Cody II comes to us from the Western world; he spent most of his life being a trail horse. Although being a therapy horse is a new career for Cody II he is constantly learning and seems to be settling in with us happily. He’s taking notes from all of our horses on how to work with our population of students. Every day he seems to be happier than before and he’s turning into a great therapy horse!



HENRI “I love his white eyelashes.” • “He has attitude and showmanship!” • “He’s a handsome pony with a huge personality!”



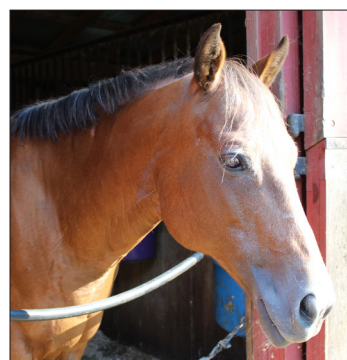
TEMPEST “He’s really gentle - it’s fun to ride him!” • “He is such a love bug!” • “He always takes such good, gentle care of all his people and loves them with his big, silly heart!”



CRICKET “When she trots she’s really bouncy and it’s fun.” • “She knows how to take care of riders and challenge them to ride their very best at the same time!”



NORMAN “He’s adorable.” • “He can hang with the big boys.” • “He is so fluffy!”



J LO “J Lo is a good listener.” • “J Lo is patient and skilled enough to handle the severely disabled.” • “She has given my grandson confidence around & on her!”



BARON “He is a big noble friend!” • “I love his handsome face and goofy personality.” • “He came willingly to Hope Springs and is a dear gentleman.” • “He’s a licker.” 🐾



INTERESTED IN THERAPEUTIC RIDING?

Our approach to equestrian therapy is rider-centered, with 76 different riders enrolling in over 1500 lessons in 2016. Hope Springs also offers riding camp experiences throughout the year to provide additional riding time with a peer social component. Hope Springs has many experienced volunteers who assist the instructors for riders in need of additional physical or psychological support to provide a safe

level of care for every rider. The Peace by Piece farm includes both indoor and outdoor riding options, allowing us to provide lessons all year round. Hope Springs offers a very affordable hourly lesson rate and provides scholarship assistance for families with financial need. To learn more about riding at Hope Springs, visit www.hope-springs.org. 🐾



Mrs. Maggie Cappelli, Executive Director Jeannie Knowlton, and Program Director Dallas Knowlton enjoying the festivities.



ALWAYS DREAMING AT THE WEST LAUREL HILL CEMETERY DERBY PARTY

A large crowd that included Hope Springs board members and friends gathered to watch Always Dreaming and jockey John Velazquez win the 143rd Kentucky Derby on May 6th at West Laurel Hill Cemetery's 5th Annual Derby Party!

Hope Springs Equestrian Therapy was fortunate enough to once again benefit from West Laurel Hill's fun-filled celebration. Party attendees came dressed in their finest derby attire ready to vie for the titles of best-dressed and best bowtie! West Laurel Hill channeled the Churchill Downs atmosphere by serving mint julips, sweet iced tea, southern-inspired hors d'oeuvres and pecan pie. Besides fashion contests, activities

included horse and carriage rides, photo booths and raffles.

The West Laurel Hill Cemetery is a non-profit and non-denominational cemetery incorporated in 1869 in Bala Cynwyd. As part of their mission to serve the community, West Laurel Hill established a non-profit organization that focuses on giving back to the community that they serve. This philanthropic group hosts various events throughout the year to raise money to give back to local non-profit organizations.

Thank you to everyone at West Laurel Hill for hosting a wonderful party that provided a generous contribution to Hope Springs! 🐾



Carriage rides are a highlight of the Derby Party.



WHITFORD CHARITABLE FUND

WHITFORD CHARITABLE FUND CLASSIC TO SUPPORT HOPE SPRINGS

We were excited to learn that Hope Springs Equestrian Therapy, Inc. was chosen as a beneficiary of the 7th Annual Whitford Classic to be held September 14-17, 2017. This is the fourth consecutive year that Hope Springs has benefited from the Whitford Charitable Fund's generosity and community outreach.

The Whitford Charitable Fund is a non-profit organization founded by the members of the Whitford Country Club, located in Exton, PA. Their mission is to "Give Something Back" to qualified non-profit organizations in Chester County who perform good works in the community. In collaboration with the Chester County Community Foundation, the Charitable Fund Committee annually selects beneficiaries which share in the proceeds of the Whitford Charitable Fund Classic held annually in September. We greatly appreciate the Whitford Charitable Fund's selection and efforts to support the work of Hope Springs! 🐾

WHAT'S BEEN HAPPENING AT HOPE SPRINGS?

- APRIL 9 Hope Springs at Talbot's Fundraiser
- 22 Saturday Horse Camp
- MAY 6 Kentucky Derby Benefit, West Laurel Hill Cemetery
- JULY 17-21 Hope Springs Summer Horse Camp
- AUGUST 14-18 Hope Springs Summer Horse Camp

WHAT'S COMING UP AT HOPE SPRINGS?

- SEPT. 14-17 Whitford Charitable Fund - Whitford Classic
- 23 Back to School Horse Camp
- OCTOBER 22 Fall Fundraiser: Hopes & Dreams 2017
- 28 Halloween Horse Camp
- NOV. 18 Thanksgiving Horse Camp
- 28 Hope Springs #GivingTuesday 2017
- DECEMBER 9 End-of-the-Year Open House
- 27-29 Holiday Horse Camps



TALBOTS SUPPORTS HOPE SPRINGS WITH APRIL FUNDRAISER

Talbots Downingtown hosted Hope Springs on April 9th for a "Look good, Feel Good, Do Good!" fund raising shopping event. The event was part of a Talbots outreach program to give back to the community where they do business.

Talbots invited Hope Springs' guests & supporters to the event. The store provided refreshments and donated 10% of the proceeds from the purchases made by our guests back to Hope Springs Equestrian Therapy. Many shoppers stopped by our information table to learn about Hope Springs and the services we provide.

It was an extremely successful day, raising over \$1,000 for Hope Springs. We extend our sincere thanks to Talbots and the staff of the Downingtown store for the generous donation and wonderful experience. 🐾

HOPES AND DREAMS 2017— CELEBRATING 20 YEARS!

This year's fall fundraiser takes on additional significance as we celebrate Hope Springs 20th anniversary!

Hopes and Dreams 2017 will be held on **Sunday, October 22nd from 11:00 a.m. to 3:00 p.m.** at the Whitford Country Club in Exton, PA. All proceeds from this family-friendly brunch event directly benefit the riders of Hope Springs.

This year's event will once again include a full buffet brunch, children's craft corner and face painting for

all ages! Music will be provided by Tom Barrett DJs. We will have a large selection of items available in our silent auction as well as a raffle for a one week vacation at a beach cottage in North Captiva, Florida.

We are bringing back, by popular demand, our Hope Springs-inspired "Pony Bingo", hosted by the entertaining Dallas Knowlton. This year's Pony Bingo will include some facts related to Hope Spring's 20-year history. Play bingo, win prizes and learn more about Hope Springs! 🐾



Pony Bingo prizes await those who brush up on Hope Springs history.



Face painting is always a Hopes & Dreams highlight!



Hope Springs Board of Directors at Hopes & Dreams 2016. L-R: Brad Norford, Amy Bullicant, Jan Brooks, Mary Ann Plankinton, Jane Ann Yankelitis, Jill Yankelitis, Sandy Hansen, Eileen Corl, Julie Kingery, Ken Swimm, Saunders Dixon.

INTERESTED IN ATTENDING HOPES AND DREAMS 2017?

Sunday Oct. 22 • 11AM - 3PM
Whitford Country Club
Exton, PA

Please visit
www.hope-springs.org/HopesAndDreams
or call (484) 202-0634

Event sponsor & silent auction donation forms are also available online!

WE SEND OUR HEARTFELT THANKS TO ALL WHO MADE LAST YEAR'S HOPES & DREAMS CELEBRATION SO SUCCESSFUL—ESPECIALLY OUR DONORS AND SPONSORS!

GALLOP

The Swimm Family
Daniel & Sandra Hansen

CANTER

Julie & Rick Kingery
Colliers International
The Phifer/Gertz Family

TROT

Integrity Staffing
The Bullivant Family
Saunders & Sallie Dixon
Jeannie Knowlton
The Buccini/Pollin Group
Marcia Berner
Dr. and Mrs. Richard E. DeForno

WALK

Eileen M. Corl
AdminService
Howard & Shirley Brotherton



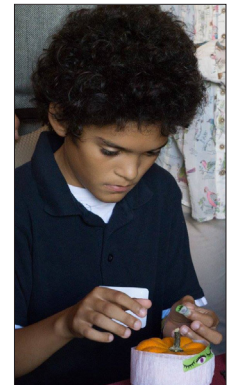
BEACH COTTAGE RAFFLE

Win a week's stay for 4 at beautiful "Peach's Point South" located on North Captiva Island, located in Southwest Florida!

To purchase a raffle ticket, visit www.hope-springs.org/HopesAndDreams or email volunteer@hope-springs.org.



Executive Director Jeannie Knowlton with Peace by Piece farm owners Roy & Linda Sturgeon, and property manager TJ Robinson.



Pumpkin painting is perfect for a festive fall event.

A BIG THANK YOU TO THE FOLLOWING FOUNDATIONS FOR THEIR RECENT SUPPORT:

- Allerton Foundation
- Altria Companies Employee Community Fund
- Barra Foundation
- Chester County Community Foundation
- Connelly Foundation
- Council on Brain Injury
- Detwiler Family Foundation
- Elsie Lee Garthwaite Memorial Foundation
- Ethel Sergeant Clark Smith Memorial Fund
- Focus Fund
- Genuardi Family Foundation

- Gilleece Foundation
- Harriet G Fredericks Foundation
- H.O. West Foundation
- Independence Foundation
- Kistler-Tiffany Foundation
- Mill Spring Foundation
- Pennsylvania National Horse Show
- Phoenixville Community Health Foundation
- Quaker City Foundation
- Wawa Foundation

- Whitford Charitable Fund, a fund of the Chester County Community Foundation
- The Bob Cashen Memorial Scholarship Fund
- The Sheila Swimm Memorial Scholarship Fund
- Schrenk Family Foundation
- West Laurel Hill Cemetery Kentucky Derby Benefit
- XL Catlin

Our thanks to these Corporations for their EITC donations:

Meridian Bank 🐾



1997—Hope Springs founder Elena Gonzalez Shaffer with the first therapy horse, Oliver

Celebrating 20 YEARS 1997-2017

Hope Springs Equestrian Therapy founder Elena Gonzalez Shaffer shares her reflection on two decades of teamwork and growth.

“I’m not sure what I thought the future would hold when I started Hope Springs. I just knew I had to do it - there was such a need for alternate resources beyond the standard therapies. When I sought out Saunders Dixon’s advice on starting a program and received such enthusiastic encouragement from him, I knew we were on our way to something good. But, from one pony in a backyard barn and one boy with canes to—this! What wonderful people and animals this journey has brought into my life.

There’s a reason Hope Springs has thrived so strongly over the years: it’s the amazing staff, volunteers and board members who kept our mission in their sights and instilled the program with their love, strength and courage. I see no reason why another 20 years aren’t a possibility.” 🐾



VOLUNTEER VOICE

Hope Springs volunteers enjoy a unique experience that few others can. We witness new students groom and mount a horse for the first time and, with complete trust in us, ride and perform exercises on horseback. We get the thrill of watching our long-term students literally grow up before us; getting taller, becoming more vocal and interactive, and developing into equestrians!

It never gets “old” to walk into the barn and have eight horses stretch their necks out of their stalls to be greeted and patted on their necks. The instructors match each student with one of those horses depending on many factors, including the size and ability of the student. Discussions between parents/caregivers and the instructors occur before and after each lesson to ensure that the students are ready to ride and that progress is monitored.

Personally I have never worked anywhere else where such teamwork is displayed. The volunteers step in to help each other as needed with various tasks, or we step out to allow others to participate and learn. We communicate with each other constantly to ensure that everything gets done and as expeditiously as possible. This work ethic and spirit of cohesiveness begins at the top at Hope Springs. Our Executive Director Jeannie Knowlton and Program Director Dallas Knowlton model these behaviors for us. In addition to being instructors, both of them work shoulder to shoulder with us every day in taking care of the horses and the stalls, and they are committed to the health and well-being of every horse.

The Hope Springs instructors are the best. All are accomplished equestrians and tailor each lesson to the specific needs of the student. Besides teaching and ensuring the safety of every student, the instructors also coach us so that we continue to grow as volunteers. They never tire of answering the volunteers’ questions and offering a hand when we need it.

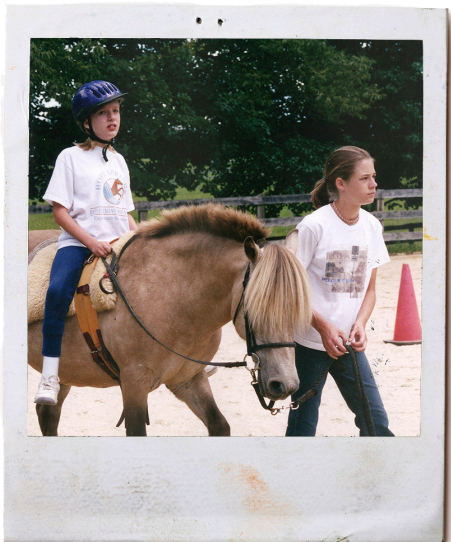
Volunteers at Hope Springs are valued and respected, and our safety and comfort are among the top priorities. That includes initial orientation, ongoing teaching, support, gratitude, and comfort measures on those hot summer days. Not to mention lots of laughs along the way!

I feel so fortunate to have found Hope Springs and hope to be part of the team for many years to come.

-Betty Mulholland - July 15, 2017 🐾



1997—Hope Springs’ first rider, Brian



2002—Rider Jill Yankelitis and volunteer Kate Warren



2017—Jill and Kate are still involved in the Hope Springs program—15 years later! Horse JLo has been part of Hope Springs since 2004.

#GIVING TUESDAY

THANKS TO SUPPORTERS WHO DONATED TO OUR GIVING TUESDAY CAMPAIGN IN DECEMBER 2016!

#GIVINGTUESDAY 2017 IS ON NOVEMBER 28.

For more information on Giving Tuesday, please visit www.hope-springs.org/givingtuesday

DO YOU SHOP ON amazon?

If you are an online shopper who frequents Amazon, please consider visiting SMILE.AMAZON.COM and designating 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!

ADDRESS CORRECTION REQUESTED.

P.O. Box 156
Chester Springs, PA 19425



PLEASE SUPPORT HOPE SPRINGS!

Thanks to all of you - the friends and families of Hope Springs!
We look forward to your continued support this year.

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

Hope Springs simply could not do what we do without you. With your help, we can provide life-enriching experiences to even more children and adults like Allie.

“Watching Allie flourish into a proud, confident rider has made me aware of the amazing gifts the Hope Springs program has to offer. When she started riding, my first thoughts were “How will she ever do this? Mounting, dismounting, responsibility for her horse,” and now years later I see her as an accomplished rider.

Recently, one of my sisters came to watch Allie ride. She commented to me on how impressed she was and said “I can’t believe this is the same Allie who slouches at the dinner table!” Body language speaks volumes!

Riding has provided a unique sense of independence, freedom, responsibility, empathy and communication. The relationship between horse and rider and the sense of energy and

connection is undeniable. These interactions were and still are an integral part of shaping Allie into the sensitive, kind, loving person she is today.

Although Allie cannot articulate in words how much she has learned and grown, her energy and smiles from her experiences in the saddle affect her spirit. If she could articulate how she feels about her experience at Hope Springs, especially her connection with the horses she has ridden, she would say, “He’s not just a horse, he’s my therapist, my teacher, my happiness, my hope and my connection to the world around me.”

-Claudia, mother of a teen with Williams Syndrome who has been riding at Hope Springs for over 10 years

Visit our website to learn more about Hope Springs’ riding programs, the many physical, mental, and emotional benefits of equestrian therapy, and how your donation can make a real difference in the lives children and adults with disabilities.