



Horse Sense & Sensitivity Presents FROM THE HORSE'S MOUTH

OCTOBER 2015

Issue 2

STUDENT HIGHLIGHT—Jason Cole

Horse Sense & Sensitivity

Lesson Locations

Duval County
Sis Van Cleve-Miller
Instructor
7125 Garden Street
Jacksonville, FL
32219
904-886-5171

St. Johns County
Jennifer Yudow
Instructor
Bailey's Farm
2202 Bishop Estates
Road
Saint Johns, FL

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Dr. Temple Grandin once wrote, "I wish more kids could ride horses today. People and animals are supposed to be together. We spent quite a long time evolving together, and we used to be partners."

My son, Jason, who is on the autism spectrum, has been receiving private lessons with Horse Sense and Sensitivity instructor Jennifer Yudow at JU and at the Julington Creek location. He has a true partnership with the horses he rides on a weekly basis. This is evident by his peaceful and joyous facial expressions and his calm and balanced body movements. It is a true joy to watch him ride and you can often hear me comment, "I didn't know that he could do that!"



Jason with
Volunteer Anita StOmbock

Jason has also make significant improvements that extend into the community and classroom long after his riding session is over. His ability to focus better and communicate his feelings has been inspiring which in turn increases his level of confidence, independence and productivity.

Jason is also a favorite with Pandora and his other riding companions. After each lesson Jason heads to the barn to retrieve a special treat, a peppermint stick, for his animal friends. As each horse dips their heads for their treat, you immediately are aware of that special bond that exists between them.

Submitted by Karen M. Cole

HERE IS A REAL SPECIAL OLYMPIAN!!!



Caleb Prewitt our very own Chair's (Karen Prewitt) son appeared in the National Down Syndrome Society's annual promotional video, which was unveiled on September 19th in New York City's Times Square. It spotlighted children, teens and adults with Down Syndrome. Caleb, a Special Olympics athlete who was practicing to compete in the stand-up paddle event, was among those featured in the video. Congratulations Caleb for being such a wonderful representative of the Special Needs Community!

HEALING HORSE HIGHLIGHT—Strike Up



Strike Up resides at our Garden Street location. He is a 25 year old Dark Bay Gelding Thoroughbred. He came off the track when he was 4 years old from Boston. He has amazingly adjusted to all the phases of Sis's (instructor at Garden Street Location) life. All the children love him. He has been in the program about 2 1/2—3 years now. He is so wonderful with the children that some of the riders can ride him independently. He used to kick at the fence because he wanted to be part of the program.

VOLUNTEER HIGHLIGHT—Lynn Joyner

Since I was a little kid, I've always wanted to find ways to help those that are considered different. HSS has provided that very opportunity. The activities in the program make the participants feel both special and normal by enabling them to do things that society said they couldn't. Since working with HSS as a volunteer my compassion has deepened and my tolerance for people's differences has grown. My want and desire to reach out and help as many people as possible has gotten even stronger and I can't wait for the challenges and growth experiences that will come as I continue to work with more people.



BOARD MEMBER RETIRES

Our board member **Bonnie Patterson** has retired from the working board. She was awarded a Certificate of Appreciation for all her hard work and dedication. Bonnie has served as our treasurer and been a huge asset to us at HSS with our community development. We are lucky enough to have Bonnie serve now on the Advisory Board. Now we are sure Bonnie can relax and enjoy all her travels!

HORSE TRIVIA

If the manure produced from one horse were allowed to pile up in a 12-foot-by-12-foot box stall for one year, it would accumulate to a height of six feet! On any given day, the average 1,000-pound horse will produce approximately 50 pounds of manure. This amounts to about eight and a half tons per year! Aren't you glad you don't have to clean all that up!

If a horse has a red ribbon tied in its tail, it serves as a warning that the horse is a kicker and will kick other horses.

BOARD MEMBER HIGHLIGHT—Karen Prewitt

This newsletter we are highlighting our current Chair Karen Prewitt. Karen came to Horse Sense and Sensitivity with her son Caleb (now age 8). Caleb has Down syndrome, and has been riding with HSS for over 4 years. Karen is extremely active as a Disability Advocate. She is the Recruitment Chair at Duval County Special Olympics, Co-Chair of the Family Care Council area 4, and Vice-Chair for Duval County Public School's ESE Advisory Committee. She recently worked as the Family Outreach Coordinator at the Down Syndrome Association of Jacksonville. Karen has been married for 26 years, with two wonderful children; Courtney (and Steven) and Caleb. Along with her passion for her family and disability advocacy she enjoys running! We are indeed grateful for all she does to help HSS and our community!



UPDATE ON FIRE & ICE

St. Johns River Pony Club Mounted Games Team



Catherine Yudow and Pandora were unable to compete on the Fire and Ice Mounted Games team at Pony Club National Championships in Virginia in July. Catherine broke her wrist in June and was not fully recovered before the event.

The Fire and Ice team got a scramble rider from the Maryland area to replace Catherine at Championships. The four other team members; Lauren Verrino, Meghan Lynch, Kylie Myers and Georgia Berger met the rider and her horse when they arrived in Virginia, 2 days before the competition.

It was the first time at Pony Club Championships for all of our girls, ponies and parents. The Fire and Ice team came in 6th place. It was a wonderful experience and a great opportunity for the girls and ponies to learn new things and what it is like to compete in a "BIG TIME" environment and more stringent judging than at local competitions. Coach Jennifer Yudow and all of the parents were proud of how the girls rode and handled themselves at this level of competition.



Although Catherine was not able to compete in Mounted Games, she did compete in Quiz which is a 5 phase knowledge based competition. The team of four is challenged on their knowledge both as individuals and as a team. The 5 phases include a written test, stations, classroom, mega room and barn phase. Catherine was a scramble member on a team from White Mountain New Hampshire. Her team did fantastic and placed 2nd out of 12 teams.

Fire and Ice hopes to return to Virginia next summer for Championships!! Until then, they will play lots of games and strengthen their skills and their team!!

LESS THAN 75 SHOPPING DAYS UNTIL THE HOLIDAYS!

Have you heard of the **amazon smile** program? **AmazonSmile** is a simple and automatic way for you to support **HORSE SENSE & SENSITIVITY** every time you shop, at no cost to you. When you shop at **smile.amazon.com**, you'll find the exact same low prices, vast selection and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to your favorite charitable organization, HSS!

HSS BOARD MEMBERS 2015

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Instructor

Betty Winstead

Co-Founder &
Advisory Board

Sis Van Cleve Miller

Instructor & Advisory
Board

Bonnie Patterson

Advisory Board

Our board is constantly evolving. We are looking for board members that have a strong desire to donate their time, that have a special skill set that will enhance our program and share of love of Healing Horses. If you qualify, please contact us at horsesensejax@gmail.com We look forward to reaching our goals with you!



MISSION STATEMENT

“Horse Sense & Sensitivity enhances the life skills and self confidence of special needs people by providing equine-assisted therapeutic programs and services in the Jacksonville Area.”

Horse Sense & Sensitivity is a 501c3 volunteer organization. Volunteers run the board, serve at every lesson as side walkers and leaders, help the organization raise operating funds and maintain the organization. Volunteers and instructors provide care for all horses used in the program. With no paid staff, we have very low overhead so nearly all funds donated go to operations including care and feeding of horses.

The safety of riders, volunteers and horses is a major concern for Horse Sense & Sensitivity. We teach volunteers and riders safe ways to work with horses. We carry full liability insurance and each instructor is also individually insured.

Participants who cannot afford a modest instructor fee may apply for a scholarship through the instructors. Donations may be specifically directed to scholarship funding.

HORSE SENSE & SENSITIVITY PROGRAMS



Jennifer Yudow and Sis Van Cleve
Miller

HSS Instructors

Horse Sense & Sensitivity offers therapeutic riding programs for children and adults with physical, mental and emotional challenges. Riders face a variety of special needs including Down Syndrome, Autism, visual impairment, physical and mental developmental delay, anxiety, shyness, etc. The benefits include strengthening muscles, improving balance and coordination, learning to follow directions and increasing focus and communication skills. Learning to ride a horse also gives our riders' feelings of specialness and helps them gain confidence and independence. We offer two locations in Duval & St Johns counties.

SO MANY WAYS TO HELP HORSE SENSE & SENSITIVITY WHICH ONE WORKS FOR YOU?!

*Visit www.HorseSenseJax.org and make a donation using Pay Pal

*Write a Check to Horse Sense & Sensitivity and mail it to

Horse Sense & Sensitivity

P.O. Box 2301

Jacksonville, FL 32203-2301

*Call 904-257-6612 and let us know that you are interested in

volunteer training and which location you would like to work at.

*Shop using Amazon Smile!