



The Saddle Light Center for Therapeutic Horsemanship

September 2018

Official Newsletter for Saddle Light Riders, Volunteers & Supporters

The Saddle Light Center for Therapeutic Horsemanship

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Kerstin L. Fosdick

Executive Director
Licensed Physical Therapist
PATH Int. Registered Therapist in
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PATH International
Certified Therapeutic
Riding Instructor

The Saddle Light Center is a non-profit corporation created in 1991 to help disabled people reach their full potential.

Our mission is to provide equestrian therapy for children, teenagers and adults with neurological, orthopedic, learning, emotional or other disabilities.
Our goal is to inspire our riders to accomplishments previously considered beyond their capabilities.



EquestFest 2018

A Rootin' Tootin' Day of Family Fun!

Sunday, Oct. 7th, 2018 • 2:00-7:00 p.m.

Rio Cibolo Ranch

I-10 East to Zuehl Rd, Exit 595 (7 miles from 1604/-10 intersection). Right on Zuehl 1.5 miles, Left on Gin to Ulrich, Right on Ulrich. The entrance to Rio Cibolo Ranch is on the left. Printable map www.riociboloranch.com

COME OUT
& HORSE
AROUND!



- Pony Rides/Petting Zoo • Games
- Two Tons of Steel Band
- Hay Wagon & Story Teller • Mule Team
- Face Painting • Air Bounce • Bungee Jump
- Food • Silent Auction • Trick Roper
- Performance by:
The San Antonio Charro Association



Tickets

Advance: Adults- \$8; Children (ages 5-12) -\$5
At the Gate: Adult- \$10; Children (ages 5-12) -\$7
Activities \$1 ea & Pony Rides \$3 ea

To purchase in advance go to: www.thesaddlelightcenter.com



EquestFest is our annual festival benefitting The Saddle Light Center for Therapeutic Horsemanship. The funds raised support our horses and equestrian programs.



Dates to remember:

Fall therapy session: September 4th through November 16th

Thanksgiving break: November 19th to 23rd

Winter session: November 27th to March 9th 2019

Christmas/New Year's break: December 18th to January 1st 2019



Mark your calendars for our Christmas Party on Dec. 9th at the San Antonio Women's Club

Interested in helping us sell raffle tickets? Please inquire in the office!

What's going on around the barn?



Jessica Crosby started volunteering at SLC in September of 2009 and in 2011 she was apprenticing under Kerstin and studying for her PATH Therapeutic Horseback Riding Instructor Certification, which she passed in 2012. She worked as one of our instructors from that date until April 2014 when her school work demanded more of her time to complete her nursing degree. She worked as a registered nurse while she went to the University of St. Augustine for Health Sciences in Austin for her doctoral degree in Physical Therapy. She graduated from the University of St. Augustine in Austin on August 18th with a DPT degree. She is a very special young lady who has a bright future. We wish her all the best!



Meet Karl Franklin

Karl has passed his PATH Registered Therapist Certification and will provide therapy on Tuesdays. Originally from Pittsburgh, Karl graduated in 1994 from the University of Texas Medical Branch at Galveston, with a Bachelor of Science degree in Occupational Therapy. He has worked in a variety of settings as a volunteer and therapist with people of all ages with physical, neurological and behavioral health issues. He maintains a private practice and is registered in Texas as a licensed Occupational Therapist.

He came to Saddle Light as a volunteer in March 2013 with a love of horses and the people who work with them. After working long hours indoors at a rehabilitation hospital he found it refreshing to spend time outside as a volunteer, where he could work hard and spend time with like-minded horse lovers. He was amazed to find that not only did the patients benefit enormously from equine base treatment, but everyone involved benefited as well. Volunteers, staff, families and loved ones all seemed to share in the love generated by the unique therapeutic environment. With Kerstin's encouragement Karl set out to acquire the basic specialized, training and skills to work alongside the amazing folks at The Saddle Light Center as a therapist. He looks forward to a long and amazing ride. Walk-on!

Meet Kelsie Steeves



Kelsie Steeves, who teaches therapeutic riding on Tuesdays, graduated from Texas A&M with a Bachelor's of Science in Psychology in 2016. After moving to San Antonio she attended St. Philip's College to earn her Physical Therapist Assistant license in 2018. She started volunteering at The Saddle Light Center on January 14, 2017. Kelsie has ridden both English and Western and successfully competed with her Hanoverian Warmblood in Children's jumpers, and even earned scholarships through her riding. While attending college she started volunteering at Riding Unlimited Therapeutic Riding center where she assisted with schooling their horses as well as volunteering as a horse handler during lessons. After she moved to San Antonio to attend PTA school, she found our center and started to volunteer with us. In August 2018 she traveled to Wings of Hope in Cleburn, Texas for her 3-day Registration Workshop and on-site Registration Certification Program and passed with flying colors.

More about Lyle, our EFP Program horse

Many have already been charmed by sweet Lyle, who will soon be in the EFP program but few know the extent of his impressive background. Lyle is a 15.3 hand 16 year old Grey Thoroughbred Gelding. After running 1 race, he settled into an English riding life consisting of Hunter Jumper, Eventing and Dressage. Lyle has extensive training and an impressive show background. He is magical in his desire to be with people, and whether he is enjoying a long groom or going for a long walk, he is happy to be with his human. Because of his wonderful temperament and disposition, Lyle will be used in the Equine Facilitated Psychotherapy Program



Saddle Light Center at the Kinetic Kids Expo

Kerstin and Charlan attended the Kinetic Kids EXPO on June 7. They had more than 400 families and 1500 attendees pre-registered, and well over 80 exhibitors! Along with the inside expo, the event featured an outside play area- which was great! This was a wonderful event for everyone included, and we were proud to be a part of it.



On Saturday, Sept. 8, from 9 to 12 noon we had volunteers from the **Navy Medicine Training and Support Center Joint Base San Antonio** come out to help. Scott, Elise and Ashlyn did a great job cleaning stalls, adding more shavings and scrubbing water buckets with CLR. Scott's mission is to bring a group each month to help out on a Saturday morning. Thanks for your continued support here at The Saddle Light Center!



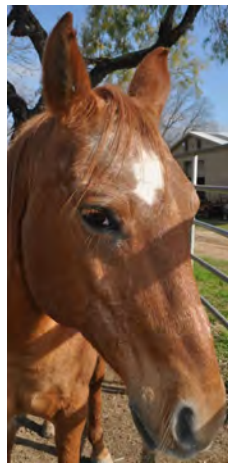
The **Hispanic Student Association at UTSA** came out on the very rainy Saturday Sept 15th 10am to 1 pm. They cleaned all the English and Western saddles, halters, bridles and brushed off the hair and dirt on all the western pads. One student braved the rain to shovel dirt around the water trough in the first paddock. They did a phenomenal job!!



On September 17th 4-6 students from the **Occupational Therapy Program at St. Phillip's College** came out on a field trip to learn about Hippotherapy and Therapeutic Horseback Riding. They observed several of our clients in their treatment sessions, had a tour, and asked lots of great questions. It was a very good visit!

Tom Reed is retiring after 10 years of service as Friday lead volunteer and VP on SLC's Board. We honored him on Friday with special cup cakes and a crystal plaque with inscription. Tom is also the owner of Kai, the palomino Quarter horse in our program. We are very grateful for your many years of dedicated service. Happy retirement Tom!





We're looking for dedicated and committed volunteers for a not so ordinary volunteer opportunity!

...working with the Saddle Light horses and the children who benefit from equestrian therapy!

We need over 120 volunteers each week to provide chores such as rider assistance by spotting, sidewalking, or horse leading, and horse care and barn chores. We also have opportunities for groups that want to fulfill a specific service project (great for church groups, college clubs, work teams and more).

Volunteer hours are from 3 pm to 9 pm Monday through Friday. Most volunteers sign up for either a 3:00 to 6:00 shift or 6:00 to 9:00. We also need volunteers to assist with barn chores on Saturday and Sunday mornings and afternoons. Contact us for more info—(210) 651-9574 or volcoor@sbcglobal.net.

No experience necessary! We will teach you what you need to know.



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**Free Matter
for the Blind
&
Disabled**