



# Main Stay News

Winter 2002

**Main Stay Therapeutic Riding Program, Inc.**

6919 Keystone Road  
Richmond, Illinois 60071

Phone: 815/653-9374 Fax: 815/728-1224  
Website: [www.mstrp.org](http://www.mstrp.org)

## From the Director's Desk



### Ask and it shall be given . . .

Truer words were never said. As you know, we kicked off our 2001 Annual Fundraising Appeal in August at our Day in the Country Celebration. It was there that we announced our goal of \$75,000.

Our appeal culminated with a letter to our supporters in November. Ask we did of our Board, staff, donors, volunteers, and students, and boy did you give!

We challenged you to help us get more students off the waiting list and onto a horse. And, because you answered our

challenge, it looks like we're going to be able to do just that. We're planning to add morning classes in the spring and fall and a hippotherapy session this summer. Both will be in addition to our current class schedule—**CONGRATULATIONS!**

These additional classes will increase our need for volunteers and horses, which means that Karen will be making the rounds at the local high schools looking for new recruits, while Sara and I hit the road looking for program horses.

However, while the Main Stay program continues to grow and evolve, our fundamental values remain the same. To borrow from our Teamwork value statement: "*We are hardworking, dedicated individuals who work together and are willing to go above and beyond when required.*"

Once again, the undeniable truth of this statement was proven by the tremendous support and response that our fundraising appeal received. Thank you to all of the "dedicated individuals who worked together and went above and beyond." We're so very fortunate that you're on the Main Stay team.

*Loriann*

## Until Next Year



Main Stay students, their families, volunteers, staff, and Board members celebrated another great riding season on Sunday,

December 2, at the beautiful Concord Center in Woodstock, IL. There was no shortage of food, fun and surprises. Santa delivered gifts to all and Bart Alonzo led everyone in Christmas carols. A big thank-you to the Concord Center and their staff, Bart Alonzo, and Harry Dagens for making it a wonderful day for all!



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## Learning Corner

### Staff Attends NDT/SI Workshop

Main Stay instructors (*Jean and Sara*) recently attended a workshop on the topic of “Neuro-Developmental Treatment and Sensory Integration” presented by Madonna Nash, OTR/L. The workshop’s focus was to learn more about integrating these two treatment approaches. Even though the two-day course was not specifically geared to therapeutic riding, Main Stay incorporates many different treatment techniques into lesson plans.

Neurodevelopmental treatment (NDT) is a problem-solving approach involving the treatment and management of children with movement dysfunction. The overall goal is to enhance the child’s ability to function more efficiently within his or her environment. The goal of sensory integration (SI) is to facilitate the development of an impaired nervous system’s ability to process sensory input in a more appropriate manner. Sensory input includes many areas including touch, sound, balance, and the input your joints receive from pressure being applied to them (proprioception) through movement.

Knowledge of both NDT and SI theories can definitely impact and influence a therapeutic riding session. The movement of the horse and the natural sensory-loaded environment affects both the motor and neurological systems within the body. Through the use of the horse’s movement, stride length and directional changes you can naturally encourage a student’s ability to *reflexively* respond in a more natural mode. As the horse walks, riders have to feel, assimilate, and accommodate to that movement throughout their bodies.

A student’s sensory system is bombarded while at the farm both on and off the horse. The obvious include new sights, sounds, smells and textures—all are abundant in the barn. While “*riding*” the student must also assimilate information from the vestibular, tactile and proprioceptive systems as well. Instructors have the ability to increase or decrease the amount of stimulation depending on students’ needs and ability to organize the information.

Using the horse to implement these two theories can help our students with their functioning both on the horse and in their other environments such as home, school and work, which (*besides having fun at the barn*) is an important aspect of therapeutic riding.—**Jean Maraist**

### Hippotherapy versus Therapeutic Riding: What’s the Difference?

“Hippotherapy! What’s that? Therapy for hippos?” We hear that a lot when we talk with people who are just learning about the many ways horses help humans. The term *hippotherapy* literally means “treatment with the help of the horse” from the Greek word *hippos*, meaning horse. Hippotherapy refers to the movement of the horse being used *as a tool* by a licensed medical professional (such as, physical therapists, occupational therapists, speech-language pathologists, and psychotherapists), to address many areas of disabilities.

In a hippotherapy session\* the student does not try to influence the horse but allows the movement of the horse to influence him or her. During a session the therapist may choose to begin with treatment off the horse, then use the horse for a particular purpose and then reevaluate after riding. Specific goals are set and results are measured. Because of their intensity, sessions are offered privately.

*Continued on next page*

## Main Stay News; .....

### Board of Directors

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Program Director Sara Foszcz  
Volunteer Coordinator Karen Portell  
Barn Manager Jay’me Stevens  
Instructors Anna Whitworth,  
Jean Maraist, Sara Foszcz

Articles and feature stories contributed by Loriann Dowell, Rusty Foszcz, Sara Foszcz, and Jean Maraist

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## ★ ★ ★ *Unsung Heroes* ★ ★ ★

Continued from page 2

While a licensed therapist *must* conduct a hippotherapy session, a specially trained riding instructor may teach therapeutic riding. Currently, all of Main Stay's instructors are certified through the North American Riding for the Handicapped Association.

There are many different ways to implement a therapeutic riding lesson. At Main Stay, we have a wide variety of students, which allows us to use many different techniques such as applying hippotherapy principles to our students or teaching actual horsemanship skills.

Main Stay will be offering its first-ever hippotherapy session this summer. Sandy Barcus, a licensed physical therapist, will conduct the six-week session. Most of the students already know Sandy, since she has donated countless hours of professional service to Main Stay throughout its entire history. We're grateful that Sandy has agreed to conduct the program and excited to be able to offer both hippotherapy and therapeutic riding to our students!

*\* It is important to note that insurance companies are normally billed at a clinical hourly rate for hippotherapy sessions (averaging \$100 an hour or more). Main Stay has chosen to charge only \$25 per session, so students do not lose any of their traditional therapy sessions, which are limited by insurance companies.*

They are a quiet family, almost reserved—willing to offer not only their construction equipment and personal talent, but also their time and expertise. Meet Dale and Kathy Frasier—owners of Frasier Trench and Trucking of Woodstock and parents of Main Stay student Brent Frasier. I first met the Frasier family when they volunteered to help with the building of the sensory track many years ago.


On that October day they pulled up with equipment in tow. Getting right to work, Dale, Kathy and Brent made short work of the Sensory Track, excavating all four track areas, spreading material and pounding nails. You can see for yourself the extraordinary work they put into the Sensory Track.



The Frasiers helping with another project on the farm.

Since that time, the Frasiers have given their time and themselves to Main Stay in a number of different ways. Dale and Kathy were instrumental in the construction of the paved parking lot at Main Stay by installing drainage tile and gas lines under the asphalt. When McHenry County College hosted a Make-a-Difference Day at Main Stay, the Frasiers also *made a difference* by digging the post holes for the two lean-to's that were erected and excavating for the brick-paved sidewalk leading to the barn. (In fact, we couldn't get Dale to go home. He insisted on staying and laying brick in the sidewalk after the excavation was complete!)

The most impressive story of their dedication can be summed up in the Frasier's most recent episode at the farm. Just recently a water line burst at the farm, and a contractor was lined up to "drill" a new water line from the house to the barn. Dale was also at the farm that day, again donating his time to help landscape the yard. While drilling the water line, the contractor accidentally drilled right through the existing septic tank. Without being asked, Dale left to retrieve materials needed to repair the tank. Returning to the farm, he proceeded to enter the septic tank (yes, you heard me correctly) and patch the tank from the inside out, giving new meaning to the phrase, "It's a *crappy* job, but somebody has to do it."

Dale and Kathy Frasier are amazing people. Their dedication and devotion to the Main Stay Program throughout the years has been outstanding. I consider myself lucky, not only to have gotten to know the Frasiers better throughout the years, but more important, to consider them friends. Main Stay thanks Dale and Kathy Frasier for the contribution they've made and is proud to spotlight these "unsung heroes."—**Rusty Foszcz** 



## Volunteer Corner

### The Spotlight is on Patty Shadof



Patty leading Shasta

**Patty Shadof** has been a ring volunteer at Main Stay for the past two years. Each week Patty somehow finds time in-between being a mom and a full-time professional to fit Main Stay into her busy schedule.

Whether she's a sidewalker or a horse leader, Patty is just one of those exceptional volunteers with great instincts. She knows what needs to be done and when—which helps to make the lesson go smoothly. Patty is genuinely interested in her students and always takes a moment before or after class to find out how they're doing outside of Main Stay.

Patty's work for Main Stay doesn't end in the ring. Last year, Patty and her kids came up with a great idea to raise money for Main Stay. They made and sold "jelly bean jars" as keepsake graduation gifts and donated the funds to Main Stay. And when we asked our volunteers to share our annual appeal letter with anyone who might be interested in supporting our program, Patty took the ball and ran with it. She made close to *SEVENTY* copies of our letter and sent it out to friends, family, co-workers and business associates. Patty's mini-appeal raised more than \$1,200 for Main Stay.

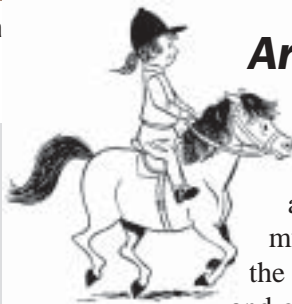
We don't know how you find time for it all, Patty, but we're so very glad you do! 🐾

### Hay, Ring Volunteers! It's Time to Gear Up!

**March 11-15, Monday to Friday**  
4 p.m. to 8 p.m.  
*Returning Volunteer In-Service  
at Main Stay*

**March 18, Monday**  
6:30 p.m.– 8:30 p.m.  
*New Volunteer Training  
at Main Stay*

**April 6, Saturday**  
10 a.m. to 12 noon  
*New Volunteer Training  
at Main Stay*



### Arena Happenings

If you happened to drop in on classes last fall you might have wondered what exactly was happening at Main Stay. Horses sported unique "paint jobs," murals hung on the walls, students strung beads from the back of a horse (when possible), and "mud ponies" and canoes filled the clubroom.

All of these activities related to a five-week session on Native Americans and the importance of the horse in their culture. Students learned about the games children played, the food they ate, symbols used as language and how they used the horse to move them from place to place and help them hunt for food.

Main Stay students chose a new name based on their strengths and made their horses move in time to drumbeats they or the instructor provided. At the end of the session students were awarded feathers as a symbol for both riding and social goals they accomplished. They added the feathers to their clay-pony's mane or tail or decorated a canoe they had built earlier in the session.

The five-week session was a fun way to bring new information to our students and stimulate everyone into thinking outside the box. Students enjoyed the theme and blossomed under their own expectations of living up to a new name such as *Eagle Wings!* We hope to continue the theme session this fall—who knows, you may stop by and be swept back into Cowboy Culture where *ropin' and ridin'* is all in a day's work, or to Medieval times when chivalry rules and even ladies can slay a dragon! 🐾



## Strikes to Spare

October 7<sup>th</sup> found Palace Bowl in McHenry packed with people bowling for dollars to benefit Main Stay. The day began with the disturbing news that the United States had invaded Afghanistan that morning. Hugs were mixed with worried glances at a TV screen giving us information we were afraid to digest. Knowing there was nothing we could do to control what was happening in faraway places we decided to do what we had come to do—Bowl for Main Stay! It sounds simple but somehow it had a healing effect on everyone—at least we could do *something good*, however small it seemed.

Cheers rang up and down the lanes as students, sponsors and serious bowlers left their mark(s). Teams competed with those next to them—with no one taking themselves or their bowling too seriously. The loudest roars came from Main Stay students as they cheered each other on. Laughter is good for the soul and everyone needed a strong dose of just that type of medicine.

When the day was over, our bowlers had proved themselves more competitive than in all the previous years, raising an astonishing \$23,000! Thanks to each and every one of the bowlers, sponsors and groups who gave so generously of their time, dollars and commitment. Main Stay is grateful to everyone who helped make the 2001 Bowlathon our best ever! 🏹



**Bowlathon Team Spirit Award winners:  
Marty & Mike Patterson and Al & Erik Hoary**

### **Kudos, Anna!**

In September, **Anna Whitworth** became a certified NARHA instructor and joined Jean and Sara as a member of the instructional staff at the farm.

## MCC Makes a Difference (Again) at Main Stay

In October a group from McHenry County College (MCC) spent a day at the farm helping to “make a difference.” This year they built flower planters at the entrances of the barn and arena. Not only will these brighten our entrances, but they’ll also be used to grow carrots for the horses. The planters are just the right height for our students to pick a thank-you treat for their favorite mount. 🏹



**Pictured from left to right: Rusty Foszcz, Reenie Ritter, Noreen Nelson, Jan Conerty, Howard Nelson, Jane Brehm, & Karen Fink**

## Clover Rockets 4-H Club Sponsors Benefit Show

On June 3<sup>rd</sup> the Clover Rockets 4-H Club sponsored a horse show at Spring Grove Horse Fair Park. Proceeds from the show were to benefit Main Stay.

At their October meeting, interim club president (and Main Stay volunteer) Heather Lanzer presented Sara and Loriann with a check for Main Stay in the amount of \$2,165! The Clover Rockets also voted to do the show for us again this year.

Main Stay is truly grateful to the members of the Clover Rockets 4-H Club and club leader Linda Lanzer for all of the time and hard work they put into making the event such a success. Special thanks goes out to the show sponsors and all of the participants. 🏹



## Closing Thoughts



Dear Friends,

As you can see the fall was packed and, of course, we anticipate another wonderful upcoming season! Do you realize that this is Main Stay's **15<sup>th</sup> year** of being a formal organization and **18<sup>th</sup> year** of working with students of special needs? I would say it is unbelievable, but it's not! As we review our past we are proud of what we've accomplished and have tried to learn from our mistakes. I can assure you that none of us will be *resting on our laurels*, because we know there is much more we'd like to bring to the program over the next 15 years!

We are always learning (and yearning) to find new ways to maximize the facility and staff, without ever losing sight of our early vision. It can be a challenge but one that we embrace and enjoy immensely! Your generosity through the years is a huge part of our success, and again you've responded during the Holidays! Thank you!

This summer we are planning to celebrate our 15 years of effort by throwing a party! We hope you'll join us on Saturday, July 20, for an evening under the stars filled with food, music and dance, among other things. (*We do throw a great party—for those of you who have never joined us*). We are looking forward to a night of celebration and hope that you will be a part of the magic!

In closing, I just want to say, I hope you know just how much we honor your investment in Main Stay. Whether that investment is financial, physical or emotional, you are a very valuable member of our team! Together we will continue to make changes and improve the lives of all who wander onto the special place we know as Main Stay.

Love and thanks,

*Sara*

*Kindness in words  
creates confidence.*

*Kindness in  
thinking creates  
profoundness.*

*Kindness in giving  
creates love.*

--Lao-Tse



### Participation Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

- I'd like to contribute to the program fund. Enclosed is \$\_\_\_\_\_.
- I'd like to support the monthly upkeep of a horse. Enclosed is \$\_\_\_\_\_.
- I'd like to become a volunteer.

#### Join the Main Stay Team!

Leg-Up Club .....	\$1-\$99
Bronze Stirrup Club .....	\$100-\$249
Silver Stirrup Club .....	\$250-\$499
Gold Stirrup Club .....	\$500-\$999
Platinum Stirrup Club .....	\$1,000-\$4,999
Grand Prix Club .....	\$5,000+

*Thank you for your support. Your contribution is tax-deductible.  
Please return to: MSTRP • 6919 Keystone Road, Richmond, IL 60071*

# Thank You to Our Generous Donors\*

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Woodwind Farm  
XL Screw Corporation  
Norm & Linda Young  
Rose Zemeckis

\* July 1, 2001 through December 31, 2001



## Counting Our Blessings

Main Stay was blessed to receive some extraordinary gifts again this year.

In December, Mr. & Mrs. John Sturm's check for \$25,000 arrived at the farm. However, their kindness and generosity didn't stop there. A couple of weeks later, John called us to see if we would have any use for a truck. It seems that he had one he'd like to donate to Main Stay. Hmmmm, give us a minute to think about that, John . . . **YOU BET!** The truck will come in handy around the farm and be used to take our students and horses to shows.

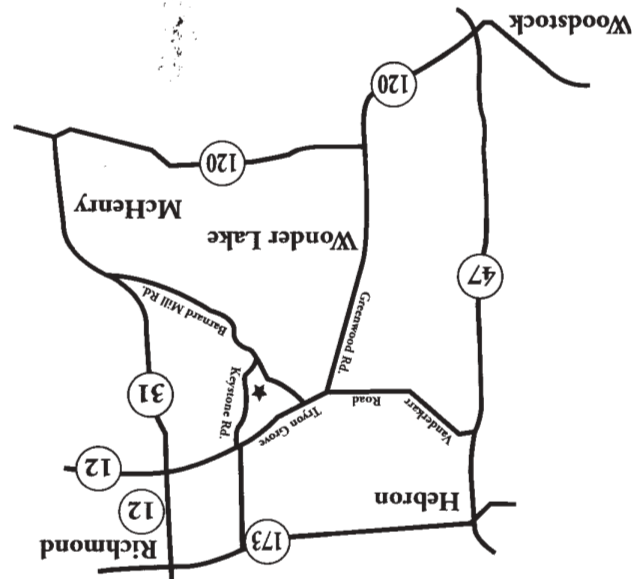


Our new truck!

The Sturm's incredible gifts will have an everlasting effect on Main Stay. John and Bridget, thank you for helping the Main Stay dream continue to grow.

In February, the Mental Health Resource League of McHenry County (MHRL) presented Main Stay with a grant for \$14,375. The funds will go toward student scholarships, the hippotherapy program, and new tack for our horses. The League has been a tremendous supporter of Main Stay for many years (in fact, we probably wouldn't be here if it weren't for them). They provide financial assistance to many worthwhile agencies in the county and Main Stay is truly honored to be among their beneficiaries this year.

We want to thank the MHRL for believing in the magic of Main Stay.



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