

# EAT NEWS

Equine Assisted Therapy



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## LETTER FROM LULU

Dear Friends of EAT,

Welcome to summer! We are so grateful to those of you who attended our Volunteer BBQ. We love giving back to our amazing volunteers. We could not do what we do without them.

The Annual Horse Show was once again a wonderful success. We love meeting extended family members and the smiles on our participants' faces say it all.

As the summer heat approaches please check your texts and emails before heading to the barns. We try to cancel by 2:00pm but if you have lived in St Louis long enough, you know the weather can change hourly. We do the best we can to give everyone ample notice and appreciate your patience with cancellations.

We are in full swing in planning for the Hoedown for Hope. The date is Saturday, September 28th. We are actively looking for sponsorships, donations, gift cards, soda, water, wine and beer. I have a personal goal of getting more sponsorships than last year so if you or someone you know has a business or family foundation and you would like to consider Equine-Assisted Therapy as a non profit to support, we would be so honored to have your banner hang in our arena.

This fundraiser is what sustains all of our programs, our scholarships, and our entire organization year to year. We encourage you to spread the word and help us make this a very successful event. Save the dates will go out very soon and we hope to see all of you at the Hoedown.

Thank you all for being a part of our EAT family!

Walk On,  
Lulu Bogolin



# HORSE SHOW

We are absolutely thrilled and overflowing with pride for our remarkable riders! Their outstanding performance at the Horse Show was a testament to their hard work and dedication. We extend our deepest gratitude to our exceptional volunteers and instructors who were instrumental in making this event a success. Without your help, none of this would have been possible. Your ongoing support for EAT and our riders means the world to us. Thank you for everything you do and bravo to our amazing riders!



# VOLUNTEER SPOTLIGHT

## Sean Thomas

I was born here in St. Louis but moved to Fairbanks, Alaska with my family when I was 4 years old. Moving back to St. Louis when I turned 18 to be with my father. I

have never interacted with horses before and until recently and I was terrified of them until now. Late last year I got inspired to learn about them and maybe work with them and began looking for places to volunteer. The first place I reached out to needed people with more experience but were quick to direct me to EAT so that I could dip my toe in the water, get some experience around horses, and make sure they were something I wanted to get into. I found out that I absolutely do. I started at EAT as part of the maintenance team and sidewalking. I have recently begun leading horses in class and I am quick to hop at any opportunity to come out and help or work with the horses. It is very rewarding.

When I'm not at EAT I enjoy running or working out, reading, and rock climbing when I find the time. My favorite horse at EAT is the last one that I interacted with. Seriously. Usually, the last horse I interact with becomes an immediate favorite until I interact with another. If I had to choose one though, it would be Florian. I have been fortunate enough to be part of his rehab team. I just love his spirit. A little smaller, a little asthma, coming back from injury, and still herd leader.

He hasn't let anything stop him from flourishing, and leading. If you are at all interested in horses or helping children, this is an amazing place to find fulfillment. I

started here just wanting to learn about horses and through the process I have learned just as much about myself as I have about them. EAT, its horses, and its staff do not only provide therapy for their clients, they also provide an outlet, an escape, a classroom, and therapy, for its volunteers. I am so grateful I found them.

~Sean Thomas



# INSTRUCTOR SPOTLIGHT

## Stacie Wolcott

Born and raised in Joliet, IL, I've had the privilege of exploring various corners of the country, from the East Coast to sunny Florida, before finding my heart in Missouri. Currently, I juggle my roles as a Perioperative Nurse Educator at Barnes Jewish Hospital and a legal consultant. In a past life I made a career in the world of fine jewelry. Our journey to Missouri began in 2017 when my husband joined Kennedy Capital Management, leading us to embrace a new community and a fresh chapter in our lives. Our connection with Equine EAT blossomed as we sought a Riding Center close to our new home. After discovering EAT, we threw ourselves into volunteering and backing its noble cause. Starting as a volunteer and ascending to the role of Instructor in 2022, EAT has become an integral part of our family's story. As committed Board Members and Barn Buddies, we pour our hearts into enriching the lives of others within our newfound community. Beyond EAT, I wear the badge of the "Crazy Chicken Lady" proudly, tending to a brood of chickens and ducks alongside our furry companions, all christened with names inspired by Marvel legends. My interests span from equine endeavors to the world of crafts, camping, and the pursuit of any adventure. Every day at EAT unfolds with moments of awe and inspiration, from witnessing the physical transformations of our clients to nurturing trust and fostering communication. The ripple effect extends far beyond the arena, touching the lives of families and volunteers alike. Families that seek out the services at EAT and knowing that what we do can facilitate such a life-altering impact in the long term for all clients that cross our threshold. I feel truly blessed to be a small part of the miracles that happen here at EAT. Having the opportunity to participate in any way to improve the existence for others is simultaneously rewarding and humbling. It provides me with a purpose greater than just fulfilling my own desires. We are faced with any given opportunity or challenge that we can take action to improve ourselves and the lives of others. EAT provides me with that opportunity every day and I am grateful for it. Sometimes when I am faced with actual or perceived struggles, I know with certainty I can always do something to make a positive difference at EAT.

-Stacie Wolcott





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# Sponsor - A - Horse

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Dusty



TJ



Tator & Spuds



Beau

Our Sponser-A-Horse program allows you to sponsor one of our therapy horses (or donkeys) for a period of time. We spend more than \$100,000 a year on the care of our therapy animals. This includes feed, hay, supplements, hoof trims/horse shoes, chiropractic treatment and vet care. The horses above are some of EAT's therapy horses that have not yet been sponsored for 2024!

[Sponsor Me Here!](#)

# HOEDOWN FOR HOPE

Our Annual Hoedown for Hope is our primary fundraiser that helps fund our participant scholarships, feed and care of our horses, as well as helps to maintain our twenty-five acre property used solely for the purpose of our mission.

This event typically draws 400-500 guests and includes live music, a catered dinner, beverages, with a live and silent auction, plus activities for children.

## WHAT CAN YOU DO TO HELP?

- Sponsorships!
- Donations from Businesses
- Attend the event!
- Check out the giving tree in our office for more ideas!

- Individual donations of items like:
  - Gift cards (to anywhere in any amount)
  - Beer/Wine/Soda/Water/Ice
  - Silent Auction Items or Baskets
  - Experiences (i.e. plane ride, hot air balloon ride, concert or sports tickets, wine tasting, theme park/museum tickets, etc.)
  - Cornstalks / Pumpkins / Gourds / Mums
  - Donation of a Trip (Wisconsin Dells, Florida Keys, Timeshares, etc.)
- Visit our website for more information! Tickets will go on sale the first week of August.

JOIN US TO BENEFIT EQUINE-ASSISTED THERAPY - PRESENTED BY  
**KENNEDY CAPITAL MANAGEMENT**

SATURDAY | SEPTEMBER 28 | 5-9 PM

# CHICKEN N PICKLE

Join us at Chicken N Pickle, located at 1500 S. Main St. in St. Charles, MO 63303, for a special Give Back Night supporting Equine Assisted Therapy! Enjoy a fun-filled evening of pickleball, delicious food, and the chance to make a difference in our community. Your participation benefits Equine Assisted Therapy. See you there!

**JUNE 18TH, 6-8 PM**

**CHICKEN  
N PICKLE.**  
ST. CHARLES



## SHINE WITH EQUINE

*SUNSET MEDITATION AT THE BARN*

Equine-Assisted Therapy collaborated with Shine Events and Retreats for an amazing Meditation Event. Thank you Sandy Fenili and Shine for such a great evening at our Town and Country barn.

## ST. LOUIS POLICE

Equine-Assisted Therapy has collaborated with the St Louis County Police Wellness Unit for a couple of great Equine Learning opportunities. We look forward to doing more of these and are so thankful to the men and women out there protecting our community.



# WHAT'S GOING ON AT THE BARN

## VOLUNTEER BBQ

A big thank you to everyone who joined us at the volunteer BBQ! Your presence meant the world to us and reminded us of the incredible community we have. We're grateful for all you do for EAT and our riders. We are a big family here at EAT and we are so glad that you're a part of it!

## LATTES WITH LULU AND LINDSEY

Join us for lattes with Lulu and Lindsey at the Wildwood location. Bring your own coffee and have our undivided attention for any questions you have or just some socializing!

Friday, June 28th 8-9 AM

## VOLUNTEER TRAINING

Volunteers, just a friendly reminder that we require one training a year to maintain your active status. We require these trainings to maintain consistency across our program. It is crucial that we are all on the same page for our riders and horses. You can sign up for training using the link below. Thank you everyone for growing with us!

[Volunteer Training](#)





# HAPPY 20TH BIRTHDAY EAT

WE'RE THRILLED TO ANNOUNCE THE LAUNCH OF  
OUR NEW MERCHANDISE TO COMMEMORATE OUR  
20TH YEAR OF SERVICE! A BIG THANK YOU TO  
EVERYONE WHO HAS SUPPORTED US ALONG THIS  
INCREDIBLE JOURNEY. YOUR DEDICATION HAS TRULY  
MADE A DIFFERENCE.

[GO TO OUR WEBSITE](#)

## 20TH YEAR MERCH

OUR LATEST MERCH FOR OUR  
20TH YEAR ANNIVERSARY

[SHOP NOW](#)





# 2024 Calendar

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February 25 Cornhole Tournament

March 23 Easter Egg Hunt at T&C

April 27 Volunteer BBQ / Car Show at WW

May 19 Horse Show



EVENT DAY



NO CLASSES

September 28 Hoedown for Hope at WW

October 5 Fall Festival at T&C

November 23 Volunteer Thanksgiving Dinner



## UPCOMING EVENTS



Giving tree: June - September

Hoedown for Hope: September 28th

Fall Festival at TC: October 5th

Volunteer Thanksgiving Dinner:  
November 23



# Thank You

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WE ARE SO GRATEFUL FOR EACH AND EVERY ONE OF YOU

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- Andrew Klein
- Barbara Jacobs
- Bethel Wildwood Church
- Cardinals Cares
- Cheryl Barnett
- Colton's Cause
- Concord Village Lions Community
- Dana Garner
- Dan Feinstein
- Danielle Godfrey
- David and Jody Chassin
- David Harsh
- Debbie McHale
- Diane Southard
- Diane Wolf
- Donald Walsh DVM
- Dr. Shannon Baker DVM
- Eureka Rentals
- Elizabeth Curry
- Gary and Bernina Hayes
- Gail and Gary Abbott
- James and Kathleen Ellison
- Jan Allerdissen
- Jody Delf
- Kathleen McIntosh
- Lake Potter
- Leslie Shaw
- Liberty Mutual
- Lucinda Moore
- Michelle Sherman
- Oliver Hoffman Foundation
- Our amazing Maintenance Team
- Robyn Mikes
- Shawn Bower
- St Louis Service Bureau
- Tammi Malick
- The Corner Butcher West
- The Eureka Pacific Elks
- The Halley Family
- The Jacob Family
- The Scheffel-Anderson Charitable Family Fund
- Tom and Meagan Adams

