



# EQUINE-

## ASSISTED THERAPY



### Contents

Letter From Lulu	Team Member Spotlight: Sean
Welcome Rooster & Chance!	<b>Hoedown for Hope: Sept 27!!</b>
Participant Spotlight: Ellie Brown	\$1k Giveaway
Horse Show Recap	Upcoming Events: Golf Tournament
Volunteer BBQ Recap	Thank You
First Words on Horseback	Legacy Lunch

**SUMMER 2025 ISSUE**





**EQUINE-**  
ASSISTED THERAPY

## Letter From Lulu

Executive Director

### Dear EAT Family and Friends,

Can you believe we're already more than halfway through the year? School will be starting so soon, and with this heat, it feels like we've all moved to the desert! We know how challenging it is to cancel classes, and we truly appreciate your patience and understanding as we navigate these hot summer days.

### Get Ready for the Hoedown for Hope!

Fall is just around the corner, and that means it's time for our biggest event of the year—the Hoedown for Hope!

Hoedown for Hope is our largest fundraiser of the year, helping to support all of our programs, care for our amazing horses, and provide scholarship funds.

### How Can You Help?

We're currently collecting donations for the event and would love your support! We're looking for:

- Bottled water, soda, beer, and wine
- Gift cards, baskets, and items for our silent auction
- Sponsors — business or family sponsorships are still available!

If you or someone you know would like to donate or sponsor, please reach out to us as soon as possible.

### Welcome to the Team, Sean!

We're also excited to officially welcome Sean Lundergan to our team! Sean has been an incredible volunteer with us since November 2024. He holds an Equine Connections Certification and now joins our staff as our Maintenance Manager. Be sure to read on to learn more about Sean!

Thank you for being such a valued part of the EAT family. We're grateful for your continued support and can't wait to see you at the Hoedown!

*Walk On*  
- Lulu Bogolin



## Saturday September 27

5:00–9:00 PM | Our Wildwood Barn

Our annual fundraiser Hoedown for Hope is a fun, family-friendly evening you won't want to miss.

## Tickets On Sale Soon!

*Hoedown for Hope*





# Welcome to the Herd!



## CHANCE

Chance is a 20-year-old registered Paint with a stunning light tan and white coat, known as Buckskin Tobiano. And as if that wasn't enough, his soft, granite-colored eyes are sure to catch yours. He has spent most of his life as a trusted trail companion, going on camping trips all over Missouri. At 15 hands and with his calm demeanor and smooth movement, Chance is already becoming a favorite among riders and volunteers. (And yes—we have his baby picture, and it's as cute as you'd imagine.) His longtime owner loved him for the past 15 years, and she generously donated him to our program. She plans to stay in touch and visit him often!



## ROOSTER

Rooster is a 6-year-old Draft Cross with a big presence—literally! With a shiny sorrel coat and a bold white blaze, he's as handsome as he is lovable. While he's physically full grown at a whopping 16.3 hands, he still has some growing up to do through training before he officially joins our sessions—but we know he'll be a fantastic therapy horse in time. His playful, curious nature and puppy dog personality are already bringing smiles to everyone he meets. He is certainly the kind of horse who will walk right up to say hello! He's eager to connect, quick to learn, and full of potential—we're excited to watch him grow into his new role.





## Ellie Brown

### Participant/Volunteer

If you've spent any time around the barn on a Friday, you've probably seen Ellie Brown—likely getting things done in the office, pitching in at a lesson, or jumping in wherever help is needed. Ellie's been part of our community for years, and she's played just about every role here: participant, rider, volunteer, and someone who shows up and puts in the work.

Her story with us began back in 2016. She was going through a tough season of life and had been visiting Longview Farm Park often with a friend and their kids. One day, she saw a flyer about our programs. A lifelong animal lover, she was curious—but still hesitant. "I wasn't sure if my fibromyalgia and PTSD really qualified me to participate," she says. "I had always been very high output professionally, and even though my health had changed, people still expected me to operate at that level. And I expected that of myself too." She was carrying a lot—grief, isolation, the sting of rejection—and wasn't sure if a program like this was meant for someone like her.

Still, she took the step and signed up for Equine Assisted Learning (EAL), working with Lulu as her facilitator. And things started to shift. Ellie had very little horse experience at the time, but

she quickly began to notice how the horses mirrored her internal state. Grooming became a space for reflection. "I had to learn how to adjust—to meet the horse where he was, and also support my own body while doing it," she says.

After the season at Longview Farm Park wrapped up, Ellie was invited to continue sessions in Wildwood. What she didn't realize was that this next step meant starting therapeutic riding. At first, she wasn't sure her body could handle it. But each time she rode, she felt herself getting stronger.

The riding lessons pushed her in new ways—challenging her to stay focused and move through tasks one step at a time. "With PTSD, I've always been really aware of everything going on around me," she says. "But riding helped me take that awareness and actually get grounded in my body. It helped me be here, in the moment."

One memory stands out clearly for Ellie—working on bonding exercises in the round pen with Dusty. Dusty was off lead when he slowed, walked right up to her, and then followed her out of the round pen into the outdoor arena. "It was the most exhilarating feeling of connection between us," she recalls. "I don't even know if I have words for it." That bond still shows up every time they work together. "It feels so special," she says. "Like I'm really seen."

One day after a riding lesson, Ellie was asked to jump in as a sidewalker when the team was short-handed. That day, she realized just how much she wanted to pay it forward. She started helping however she could, and continues to come once a week as a volunteer in the office. "This place gave me something to look forward to each week," she says. "That gave me the strength and hope to keep moving forward."

What keeps her coming back is the sense of belonging. "I found acceptance here," she says. "I can be having a good day, or a hard day, and I am met right where I am. This place gives me space to be honest, to make mistakes, to be human."

And if you ask her what she'd say to someone thinking about getting involved? Her answer is simple: "Yes. Do it. It will change your life—if you let it. As a participant, you'll grow physically and mentally. It'll challenge you, but it'll feed your soul. And as a volunteer, whatever your gifts are—there's a place for you here."



# Horse Show Recap

Our May Horse Show was a beautiful celebration of progress, partnership, and community. From beaming riders and supportive instructors to proud families and cheering volunteers, the day was filled with smiles and memorable moments—including our friends from Golden Horseshoe Tack hosting a “Stock the Stable” extravaganza for some of the items we needed for our barn!

This year also marked a new milestone: we held a fundraiser alongside the show and Give STL Day, and were blown away by the generosity of our community. Most of all, we celebrated the quiet strides our participants make by showing up again and again—with courage, commitment, and heart.



We're so grateful for our incredible herd, our dedicated team, and everyone who helped make the day so special.



## Volunteer BBQ

We had a blast celebrating our incredible volunteers at this year's Derby Day-themed BBQ! From fancy hats to big laughs, it was a chance to recognize the folks who make this work possible.

We took the time to appreciate the people who make this place thrive—and remember that when we work together, support each other, and show up every day... we win, place, and show as a team.



# First Words on Horseback

by Evie P.



After searching the list of volunteering opportunities on Nerinx's website, I found EA Therapy. Volunteering at equine assisted therapy became something I look forward to each week, and I've continued to do it even after my required volunteer hours have been completed. Working with the people at EA Therapy has shown me just how capable and smart those with mental disabilities can be when they work hard and have the right guidance. I believe that through working with people different from yourself you can become much more aware of the world around you.

The feeling of walking alongside the same kid every week, talking to them until just maybe they decide to finally talk back, and giving them a high five after they dismount their horse makes me feel complete. Nothing is more rewarding than being the one to get them to speak because it means you made them feel comfortable. They feel as if their words, their unique voice, means something. Confidence is powerful, especially to those who have been told that they can't do anything because of the way they were born. Mental disabilities are not something that you need to work around or suppress. They give you a different perspective, but to realize that, you need confidence. At EA therapy, I get to help them find that confidence, and show them they can do hard things.

I learned about disability and the lives of the disabled through volunteering. I think that many people could benefit from truly understanding what I've learned: mental disabilities don't make you incapable. Often, the assumptions many make about the people I work with are so far from true that it's almost funny. Even those who can't fully show it can have hearts so full of love and kindness, even those who don't speak can understand, and even those who may seem to not make sense think in such a new and beautiful way. Understanding is something to strive for, even if it's hard, because when they find the strength to show us who they are, I instantly know that they will change the world with their perspective. "Hidden" talents can be so easy to find when personal growth is encouraged and the enjoyment of life is prioritized. When you stop forcing someone to talk, they can begin to sing. When you let them move, they can dance.

Learning how to take care of those with heightened emotions or sensory sensitivities can help you to become a better friend and advocate. Many of the people I work with deal with heightened emotions, and even small things can cause "fits." Because we are around strong and easily startled animals, it's important for me and the other instructors to keep them calm. I've noticed that soothing the anxiety of riders at EAT has made me better at comforting the other people in my life. Because anxiety is common, the building of this skill is very helpful for me in my everyday life, especially when it comes to building relationships with people. It has also helped me to manage my own anxiety and sensory problems. Naturally, many people tend to self sabotage during anxiety attacks (me included). Noticing these behaviours in the people I help at EAT and finding ways to stop them has helped me to notice when I myself am doing them.

EA therapy can be extremely fulfilling and helpful to those who are enrolled in it, but I think that us volunteers are helped just as much. Volunteering at EAT gives me something to look forward to every week: the opportunity to do something good. When I leave EAT, I know that I've gained something; It could be purpose, knowledge, empathy, understanding, or a homemade blueberry muffin left in a basket for volunteers. I always gain something that makes my life feel more complete.

**Evie has been volunteering as a sidewalker for almost a year, bringing her time, energy, and heart to our riders. Recently, her school held a competition for students to write about their volunteer experiences—and Evie's essay was selected as a winner! Her beautiful reflection is a reminder that the impact of this work goes both ways—our participants aren't the only ones who grow here.**



# Team Member Spotlight

## Sean Lundergan

We are thrilled to officially welcome Sean to our team as our new part-time Maintenance Manager!

Many of you already know Sean from his time as a dedicated volunteer—he's been with us since late 2024 and has quickly become a familiar and reliable presence on the property. From day one, Sean has shown up with quiet consistency and a strong work ethic, always going above and beyond to support the work that keeps our program running smoothly.

Born and raised in St. Louis, Sean brings a calm, down-to-earth energy to everything he does. While he may not have grown up on a ranch, if given the chance, he says he would've chosen that life without hesitation. As a kid, he was drawn to westerns and cowboy movies, which planted the early seeds of curiosity about horses and ranch life. But it wasn't until recently—through his time volunteering here—that this interest truly came to life.

At the end of 2024, Sean found himself between jobs and looking for something meaningful to fill his time. He started volunteering with Equine-Assisted Therapy and immersed himself fully. With a natural eye for detail and a willingness to learn, he quickly became a key part of our daily rhythm. Earlier this year, Sean completed his certification through Equine Connection to become an Equine Assisted Learning (EAL) Facilitator. Though he admits he was a little skeptical at first about the impact horses could have in a therapeutic setting, the experience changed his perspective completely. Now, he's a firm believer that horses are the real teachers—if you're open to listening.

Sean has found that working with horses pushes him to stay present and open-minded. He's learning how horses respond to energy, and how they quietly reflect back what we bring into the space. He says that each time he arrives at the barn, he intentionally takes a moment to check in with himself and leave the outside world at the gate so he can fully connect with the horses—and with others.

Before joining us, Sean volunteered more than 250 hours with Camp Independence, a sports camp for kids with cerebral palsy. That experience left a lasting impression—he saw firsthand how physical activity could be not only fun, but deeply therapeutic.



It opened his eyes to how sports and movement can be reimagined and adaptive to support each individual's needs. That's part of what makes Equine-Assisted Therapy such a natural fit for Sean. The work we do here reflects what he loved most about Camp Independence: creating meaningful, movement-based experiences that foster connection, confidence, and personal growth.

Outside of his time with us, Sean enjoys hiking, fishing, camping, and golfing—and spending time with his dog, Oliver. Whether he's fixing a fence, grooming a horse, or chatting with a participant, Sean brings a steady, thoughtful presence that makes our community stronger.

Please join us in celebrating Sean's new role on the team—we're so grateful to have him on board.





# Hoedown for Hope

## Saturday, September 27

### Let's saddle up for something special—together.

At Equine-Assisted Therapy, we've seen the way a horse can change a life—how a single connection can unlock confidence, open the door to new skills, and spark joy where it's needed most. But none of it happens without this community standing beside us.

That's why we're excited to invite you to **Hoedown for Hope on Saturday, September 27, 2025, from 5-9pm**. This lively evening brings together over 400 guests to our Wildwood location, where we turn our indoor arena into a full-on hoedown! Guests enjoy a delicious catered dinner, drinks, live music, dancing, and exciting live and silent auctions—all in celebration and support of the work we do year-round.

Every ticket purchased, every auction item donated, every bid placed—it all directly supports our scholarship fund, horse care, and the 25-acre therapeutic facility we maintain to serve our mission. Thanks to this community's generosity, we're able to continue providing services at no cost to children in foster care, Veterans, first responders, and families facing financial hardship.

Our horses remind us every day how essential it is to belong to a herd—to move together, support one another, and share the load. Collaboration is at the heart of everything we do, and Hoedown for Hope is our chance to come together as one community to make this work possible.

**Tickets go on sale very soon!**

**Want to get involved?** There are so many ways to be part of the Hoedown! Sponsorship opportunities are available for individuals, families, and businesses who want to make a lasting impact. You can also contribute auction items, volunteer your time, or simply join us for an unforgettable evening of music, dancing, and connection—all in support of the life-changing work that happens here every day.

Contact us at [info@eatherapy.org](mailto:info@eatherapy.org) or (314) 971-0605 for more information on sponsorships/donations.



# \$1k Giveaway



## Our most exciting raffle of the year returns!

Enter for your chance to win \$1,000 cash — and support the healing power of horses at Equine-Assisted Therapy while you're at it.

The winner will be drawn at Hoedown for Hope on Saturday, September 27.

### Tickets:

1 for \$5

5 for \$20

Scan QR Code to purchase online

Visit the office to pay by Cash or Check



**FINE PRINT:** You do not need to be present to win. Winner may NOT donate their prize back to Equine-Assisted Therapy.



# Upcoming Events



**Tues, Sept 2, 4-9pm**  
Steve's Hot Dogs - Chesterfield



**Fri, Oct 3**  
The Legends Country Club



**Sat, Oct 4**  
Longview Farm Park



**Sat, Nov 22**  
Wildwood Barn

## Hot Dogs for Hero!

On **Tuesday, Sept 2 from 4-9pm**, Steve's Hot Dogs in Chesterfield will be donating 15% of all dine-in, drinks, and carryout sales to Equine-Assisted Therapy in honor of the one and only Hero! Hope you can join us there.

## 2025 Calendar

● Event Day    ■ No Classes

May						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

August						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

December						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**September 1-6:** Off Week

**September 2:** Hot Dogs for Hero @ Steve's Hot Dogs Chesterfield

**September 7:** Session 6 Begins

**September 17:** Legacy Lunch at Wildwood

**September 18:** Legacy Lunch at Longview Farm Park

**September 24-29:** No Classes

**September 27:** HOEDOWN FOR HOPE

**October 3:** Heritage Cares Golf Tournament

**October 4:** Fall Festival at Longview Farm Park

**October 19-25:** Off Week

**October 26:** Session 7 Begins

**November 22:** Volunteer Thanksgiving

**November 23-29:** No Classes

**December 21:** Holiday Break Begins - See You in 2026!!



Sponsorship &  
Donation  
Opportunities  
available!

THE LEGENDS COUNTRY CLUB PRESENTS

# HERITAGE CARES **GOLF** TOURNAMENT

SUPPORTING



FRIDAY

**OCTOBER 3**

10:00am - Registration &  
Lunch

11:00am - Shotgun

4:00pm - Dinner, Auction  
& Entertainment

**\$175 - Per Player**

Includes Lunch, Golf, Prizes, Post  
Golf Dinner and Entertainment

**\$60 - Dinner Only**



**SCAN TO REGISTER**





# With Gratitude

**Thank you to everyone who helps make EAT's mission possible!**

- Agape
- Anderson Family Foundation
- Ann Ducey Charitable Foundation
- Ann George
- Barbara Weber & Parks Smith
- Bethel Wildwood Church
- BJC
- Boomer-Schlegel Family
- Brenda Weber
- Cee Kay Supply Co
- Celia Cook
- Cheryl Cole
- Chicken n Pickle
- Christner Architects
- Cindy Taylor
- Colton's Cause
- Corin Foster
- Crowe Family
- Dana Garner
- David Delf
- Deborah Goldfarb
- Diane Klepacka
- Dolores Feaster
- Dot Gacioch
- Drew Klein
- Edward Applehans
- Eleanore Burwell/Christner Architects
- Gateway Metal Works
- George Pitts
- Grace Cochran
- Jack & Pat Williams
- Jody Delf
- Joe Ennenbach
- Joshua Hammack
- Julie Jacobs & Family
- Karen Horsteman
- Kathryn Henderson
- Kathy Sansone
- Khanna-Deutch Family
- Kodiak Equipment
- Leo Bierling
- Linda Duke
- Linda Kridel
- Linda McKenzie
- Lisa Auffenberg
- Mark & Liz Reinders
- Maryann Copenhagen
- Meg Blaies
- Meserole-Storrs Family
- Michele Mallett-Sherman
- Montgomery Bank
- Most Sacred Heart Eureka Women's Club
- O.J. Laughlin Plumbing
- Passiglia's Landscape and Nursery
- Patty Rudd
- Pella Window & Door
- Piccirilli Family
- PNC Bank
- Robyn Mikes
- Schlafly Beer
- Scott K Rejci
- Serv-Pro Team Chestnas
- Sharon Coogan
- Shawn Bower
- Sherry Lundergan
- Simon Bolster
- Spec-Tech Industrial Electric
- St. Alban Roe School Student Council
- Stacy Heckmann
- Stanley & Lisa Heying c/o Renee & Joseph Zeigler
- Susan Cullinane
- Telle Tire
- The Telle Family
- The Women's Connection Network
- Troika Brodsky
- Wahl Family Gift Fund
- Welsch Heating and Cooling
- Wildwood Pub and Grill
- Winter Brothers Material
- Woods Basement Systems

## Passing the Reins: Legacy Lunch



After celebrating our 20th birthday last year, we've been thinking about how to ensure Equine-Assisted Therapy's mission continues to grow and thrive for years to come. Planned giving offers a powerful way to make a lasting difference in the lives of the horses and people we serve—while also providing potential financial benefits for you and your loved ones.

We invite you to join us for a Legacy Lunch, where you'll learn from Jamie Hogan, AWMA, a financial advisor from Raymond James who will share about planned giving options like estate planning, life-income gifts, gifts of stock, donor-advised funds, and more. There's no pressure—just information, conversation, and a chance to think together about how you might leave a legacy of hope and healing.

**Longview Farm**  
Wednesday, Sept 17  
12pm - 2pm

**Wildwood Barn**  
Thursday, Sept 18  
11am - 1pm

Save the Date - RSVP link to follow