



EQUINE-
ASSISTED THERAPY



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WINTER 2026 ISSUE



EQUINE-
ASSISTED THERAPY

Letter From Lulu

Executive Director

Dear EAT Friends and Family,

Welcome to 2026! I want to extend a huge thank you to everyone who helped make our 2025 end-of-year giving campaign the biggest one ever. We simply could not provide the services, care, safety, and exceptional support for our amazing therapy horses without each and every one of you. We are deeply grateful for your continued support and belief in our mission.

With the new year comes updated applications. Please remember to submit your volunteer and participant applications as soon as possible. This is a requirement set forth by our insurance company.

Riders: If your applications are due in January, February, or March you will not be able to ride in Session 2 without an updated participant application and current physician statement.

Please always remember I am here for questions, concerns, comments, and suggestions-my email is lulu@eatherapy.org

We would also like to share a few important dates and upcoming events:

Annual Hoedown for Hope-NEW DATE | Saturday, October 10 | 5-9 PM | Wildwood Barn

Please note the date change for this year. This event does sell out, so be sure to purchase tickets when they go on sale in late August.

***Are you interested in joining our Hoedown for Hope Committee??? If so, please reach out to Lulu in the coming weeks. ***

Trivia Night – All Things Horse | Saturday, March 7 | Wildwood 6-9 pm

Join us for a fun evening featuring horse movies, songs, Disney horses, horse sports, and more!

Easter Egg Hunt – Town & Country | Saturday, March 28 | Noon

Enjoy a special visit from the Easter Bunny! Registration will take place the day of the event at the park. Please note that this event will be cancelled in the event of rain.

EAT's Annual Horse Show - Wildwood Sunday, May 17 | 10:30-??

This is one of EAT's best events of the year! Come enjoy a fun day filled with smiles and memories showcasing our amazing EAT riders-Watch for registration information to follow.

Thank you for being such an important part of our EAT family. We look forward to a wonderful year ahead with each of you and our incredible horses.

Walk On
- Lulu Bogolin



Hold Your Horses Trivia Night



Saturday
MARCH 7

Doors @ 6pm

Trivia @ 7pm

at our Indoor Arena
in Wildwood

Saddle up for a lively night of horse-themed trivia, games, and good-natured fun!

Questions will all be horse-themed, but don't panic if you're not a lifelong dusty ol' cowpoke! Topics are designed for the whole herd; music, movies, and other pop culture references, as well as breeds, equine health, history, and sports.

\$25
Individual
\$200
Table of 8

Plus:

- Table-decorating contest
- Mini-games
- 50/50 Raffle
- Mulligans
- And more surprises!



Scan code to register or
visit www.eatherapy.org

**Registration will close
March 4th**

Hoedown for Hope

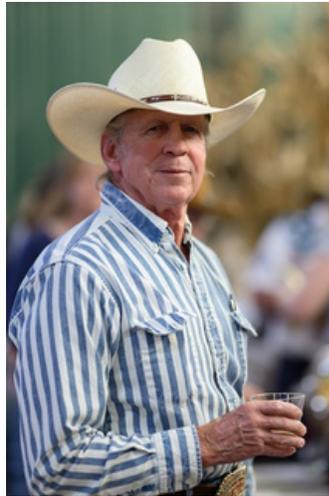
a look back at September 27, 2025

Last September, our community came together for our biggest Hoedown for Hope yet – and we're still feeling the glow. The event sold out, welcoming more than 350 friends, supporters, and horse-lovers for an evening filled with music, laughter, and a shared commitment to our mission.

From generous sponsors and donated auction items to volunteers who helped everything run smoothly, Hoedown for Hope was a true community effort. The energy in the room was joyful and unmistakable – a reminder of how powerful it is when people show up for the participants and one another.

Because of this incredible support, Hoedown for Hope helped strengthen the programs that serve more than 150 participants each week and ensured our horses continue to receive the care they deserve. To everyone who attended, sponsored, donated, volunteered, or cheered us on from afar: Thank You for making last fall's Hoedown our most successful yet. We can't wait to do it again on Oct 10th!





We'd like to say a big thank you once again to our Hoedown for Hope Sponsors!

Diamond Sponsor

The Scheffel-Anderson Charitable Family Fund

Gold Sponsors

Agape Construction • ELCO Chevrolet Cadillac • O.J. Laughlin
Spec-Tech Industrial Electric • William S. Kallaos Family Foundation

Silver Sponsors

Bethel Wildwood Church • The Color-Coded Chef • J & J's Vizlas • MADA Next Generation • Peoples National Bank
Colton's Cause • Telle Tire & Auto Centers • Pella • Kaddouri Photography • Wildwood Pub & Grill • Winter Brothers
SERVPRO Team Chestnas • Eureka Lions Club • Vivian Regna Realtor • LCJ Marketing Source Inc.

Bronze Sponsor

Welsch Heating and Cooling • Kristi & Kyle Borglum • Kodiak Equipment • World Wide Technology
Knollwood Lane • BJC HealthCare • Michele Mallette-Sherman • Gateway Metalworks
In Honor of Hunter Belyew • Montgomery Bank • Passiglia Nursery • VIP Restroom Trailers

Special Thanks

Hoedown Committee • Event Chairperson: Emelia Rief • EAT Maintenance Team
Emcee: Reed Low • The Martin Family • JS Direct • CDR Visuals • The EAT Family!

“Remembering Our Beloved Bennett “



Bennett you stood tall in your boots watching over your friends and knowing they always had your back- Your big size and a personality to match made you a staple for all to look at.



We miss you dearly and your waiting in the dry lot as volunteers and participants arrived- Made all feel welcomed and surprised at your size.

We know you are running free and having the time of your life watching over all your friends back at the barn- And we remember just how gentle you were and made everyone feel loved and warm.

**Run free big guy..
-EAT Family**





Volunteer Spotlight

Kim Underwood

One might say EAT found me instead of me finding EAT.

When our son Dan was in high school, he wanted to work with horses. (Truthfully, both our daughter and son had wanted horses when they were younger, but that didn't seem feasible at the time.) While researching barns, stables, and organizations, Dan came across Equine Assisted Therapy. It sounded like a good place for him to gain hands-on experience—EAT would train him as a side walker and a leader, and he could learn more about horses along the way.

Dan was eager to learn. Through his time at EAT, he learned not only horsemanship skills, but also how horses have a seemingly innate ability to connect with riders to support physical, emotional, and cognitive growth. That combination drew him in and he was hooked! He volunteered for several years until jobs and other life changes limited the time he could volunteer. Eventually I decided to see for myself what EAT was all about.

One evening in February, about fourteen years ago, I stopped by the EAT office and learned more about the program and how it operated. Like my son, I was eager to learn.

Over time, several volunteers shared their experience not only with horses and daily operations, but with the deeper purpose behind the work. What impressed me then—and still does—is how consistently the mission of EAT shows up through the people involved. Regardless of role, there is a dedication to the riders and the horses who support them. Like Dan, I was hooked.

EAT has given me the opportunity to be involved in many ways. It is rewarding working alongside other volunteers, helping horses become steady and reliable in their therapy roles, and supporting others as they grow more confident with their horsemanship skills. Another beautiful reward is the joy of watching a horse and rider make that subtle, yet undeniable connection when both the horse and rider communicate complete trust, acceptance and peace with each other.

At this stage of my life, one of my greatest rewards is the thrill of walking beside our granddaughter, Charlotte.

Rider Spotlight

Charlotte Underwood

Charlotte was born about ten weeks early via emergency C-section. She weighed 1 pound, 13 ounces, and was 13 inches long—so small she would have fit in the palm of my hand. We couldn't hold her yet, though. She was in an incubator to stay warm, connected to tubes, wires, monitors, and machines. A nurse explained that Charlotte would be transferred by ambulance to Cardinal Glennon Children's Hospital, where she would receive specialized NICU (Neonatal Intensive Care Unit) care. At the time, we didn't know that Charlotte would spend nearly six months there.

Charlotte's parents—Madison and our son Dan—were exhausted and overwhelmed by how quickly everything had changed. In the midst of the uncertainty, they began to ask a difficult question they couldn't quite finish: "Will she be..." Their voices trailed off. Knowing what they were asking, the nurse reassured them.

"She will be getting the best care possible. I know the nurses and doctors there—they are great. She will be in really good hands."

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Volunteer/Participant Spotlight cont'd

She paused, then added words that have stayed with us ever since: “Charlotte is a fighter. She’s fought hard to get here. She’s got a fighter’s spirit. From this moment forward, you will be on Charlotte’s time.”

We’ve since learned how true that is. Charlotte does things in her own time, and with determination. She has a rare genetic condition called Smith–Magenis Syndrome, which affects approximately 1 in 15,000–25,000 children worldwide and can influence motor and language development. There is no known cause and nothing that could have prevented it. We focus on Charlotte, who she is, what she can do, what she is learning, how she continues to grow, and the beautiful joy she brings to us and others. Much of our time together is spent playing, exploring, and encouraging her curiosity as she navigates the world. Charlotte meets challenges with grit and persistence—true to her fighter’s spirit.

Charlotte now has the opportunity to ride at EAT, and I get to serve as one of her side walkers. When she started in June of 2025, she needed significant support, including a Boppy pillow to help her stay upright, and she often became exhausted near the end of class. Over time, we’ve seen steady progress. She now sits upright, reaches for her reins independently, finds her balance on her own, and begins to bring her leg over Dusty’s back as she mounts from the ramp.

She focuses on where rings and squishy toys are placed and stretches to grasp them—forward, to the side, above, and behind her. She looks intently at Susan, her other side walker, and gently takes the ring offered to her. Charlotte rides facing forward, sideways, and backward, maintaining improved balance and posture as she adjusts to movement and finds her center. Recently, Charlotte took her first steps—progress influenced, in part, by her work with horses and the EAT volunteers.

And sometimes, there is that special moment when Charlotte looks down at me while she’s riding and gives me one of her quiet, innocent, beautiful smiles, and melts my heart. It reminds me exactly why the mission of EAT is important.

Charlotte’s growth reflects the care, time, and commitment of many people working together—the founders, staff, instructors, side walkers, volunteers, donors, and the broader EAT community—who make it possible for riders like her to participate, build confidence, and grow in their own time. We (Charlotte’s parents, grandparents, family and friends), are deeply grateful for the support that allows EAT and other programs to continue serving EAT’s riders and their families.



Welcome to the Herd!



HERSHEY

Hershey is a 8-year-old Kentucky Mountain horse with a beautiful, flaxen mane and chocolate dapples. Standing at 15.2 hands, he's sure to grab your attention as he strides by! This gentle giant belonged to a former volunteer's wife who just knew he'd make a great addition to our herd! With his velvety chocolate coat paired with a golden mane, he's easily spot in the herd! We are excited to have him start in classes very soon.

Upcoming Events



Sat, March 7, 6pm
Trivia Night @ Wildwood Barn



Sat, March 28
Longview Farm Park

**Volunteer
BBQ**



Sat, April 25
Wildwood Barn

**Horse
Show**



Sun, May 17
Wildwood Barn

2026 Calendar

○ Event Day □ No Classes

January

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29	30					

December

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27	28	29	30	31		

February 15-21: Off Week

February 22: Session 2 Begins

March 7: Trivia Night

March 28: Easter Egg Hunt at Longview Farm Park

April 5-11: Off Week

April 12: Session 3 Begins

April 25: Volunteer BBQ

May 17: EATherapy Horse Show

May 23-30: Off Week

May 31: Session 4 Begins

With Gratitude

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

Adam Jesik	Kristi Mikes	Theresa Jeevanjee	Kristi and Kevin Borglum
Alan Stevenson	Kurt Wilhelm	Thomas DeFer	Laura and Jim Mocker
Allison Barnhart	Lars Federhar	Tina Helmsing	Linda and Jay Kridel
Andrew Klein	Leo Bierling	Tom White	Maureen and Wally Wuelling
Avery Henricksen	Linda Rapp	Tracy Hersh	Ann Ducey Charitable Foundation
Barb Woehle	Linda Ronan	Vickie Braudis	Chris Gurley Autos of Europe
Becky Hadfield	Lisa Auffenberg	Vince Zagarri	Crawford Taylor Foundation
Becky Lewis	Logan Franklin	Vivian Regna	Dan and Robin - Golden Horseshoe
Bonnie Enos	Lola Parrett	Alan and Lenita Hogan	Doug and Debra Rushing Fund
Brenda Bussen	Lori Kutilek	Amy and Lauren Cummings	Drew Klein and Ellen Donovan
Butler Supply	Marie D Jacobs	Barry and Jill Miller	Enterprise Mobility Foundation
Carol Carey	Martin Schall	Bob and Liz Baisch	H. Fort Flowers Foundation Inc
Catherine Toombs	Mary Lucchesi	Bob and Sandy Bower	Helene and Marvin Wool Foundation
Char Mason	Mary Lynn Harres	Cathy and Charles DuFour	Hopkins Family Truck Centers Inc.
Cheryl Barnett	Mary McManemin	Cindy and Greg Broccard	J&S Cochran Fund
Cheryl Hill	Matt Macke	Cindy and Peter Fancher	Montgomery Bank
Christy Wren	Michele Bunch	Dennis and Sharon Layton	John Kindschuh and Cindy Traub
Cindy Monsey	Monty Mellman	Dick and Linda Taylor	Kris Meserole and Family
Claire Brinkman	Pam and John Ladley	Ian and Melanie Halley	Labadie Community Association
Clare Burford	Patrick Murphy	James and Jan Jackson	Leslie L. Alexander Foundation
Cynthia Taylor	Patty Rudd	Jamie and Michael Goldstein	Lyle Seddon and Family
Dana Garner	Paul Crowe	Jen and Mike Diffley	Mark Jacob and Family
Debra Teson	Pauline Fern Shaus	Jim and Patty Bauer	Mary Piccirilli and Family
Delores Feaster	Peggy Browne	Joni Smith and Lori M Bell	Peter Watts and Mary Koboldt
Diana Pattengill	Peggy Krueger	Judith and Robert Boomer	Phil Hunt and Janet Steininger
Diane Conrad	Peter Perry	Judy and Robert Peterein	Sheryl Albers-Boyd and Robert Boyd
Diane Wolf	Phil Cagney	Karen and Vincent Masterson	St Alban Roe School Student Council
Don Walsh	Rebecca Hengehold	Kathryn and Aubrey Cox	Steve Cox and Family
Eileen Lambert	Regina Kirk	Katie and Pierre Ziadeh	Surenda and Karen Gupta
Farrel Clancy	Rich Grabish	Kim and David Berndt	Marilyn Schnuck 2008 Charitable Trust
Gary Wilder	Rich Harris	Kim and David Mocker	Scheffel Anderson Charitable Family Fund
Gaye Welsh	Robert Heidman	Kim and Geoff Jones	Vik, Teri and Jaxon Khanna
Ginni Scroggs	Robin Nieman	The Saigh Foundation	Wahl Family Gift Fund
Helen Kent	Robyn Mikes	The Kallaos Family	Winghaven Ladies Golf Club
Jack Roddy	Roger and Joan Lester		
Janet Zvanut	Ryan Schultz		
Jennifer Shank	Sally Barker		
Jenny Westfall	Sarah Trulaske		
Jim Jones	Simon Bolster		
Joanna Smith	Skip Moreland		
Joe Miller	Stacy Salarano		
John Czaicki	Sue McCluskey		
John Hritzkowin	Susan Lounsbury		
Joyce Jackson	Patrick and Stacie Wolcott		
Joyce Waller	Scott and Barbara Smith		
Katie Hopkins	Scott and Carey McNair		
Kevin Brown	Sharon and Robert Jepsen		
Kimberly Hotze	Steve and Joy White		
Kimberly Van de Riet	Terese Linek		
Kristen Oyirifi	Terry Ryder		

Thank you to Legends Country Club!

**To all who made Heritage Cares Golf Tournament
a success last October, we are so grateful.**

