

Pony Tales

A Monthly Newsletter from Pony Power Therapies

A Monthly Newsletter

Issue 1 Winter 2011

Indoor Arena

Work on the indoor arena has started! See below to read all about our progress and upcoming opportunities on how you can help!



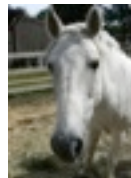
Spring Semester

New Website

The new Pony Power website will be going live in the new few weeks.

www.ponypowernj.org

Golf Outing



Our 2nd Annual Golf Outing will be held June 6, 2011 at Montammy Golf Club in Alpine, NJ.

New Programs!

Stable Insights

Pony Pals

Hippotherapy

Moms in the Middle

Specialized Extended Day Programs

Volunteer of the Month

Read how Nancy Neff got creative in helping Pony Power this season.



Indoor Arena is coming!

Work on the indoor arena has started and we couldn't be more excited! We have broken ground and hope the retaining wall to be completed this week. This coming year weather won't be a factor anymore! The outdoor arena will still be used so don't worry about getting your fresh air. In addition to the indoor arena, this



renovation will allow us to move the office to the barn. We will also be adding a treatment room, a handicapped accessible bathroom, and wash stalls for the horses.

Sponsorship Opportunities!

We have a number of sponsorship opportunities available such as naming of the indoor, viewing room, tack room, bathroom, sensory trail, office, wash stall and footing as well as the ability to purchase a brick to pave the walkway between the barn and indoor.



STABLE INSIGHTS

Pony Power Therapies has identified a need for an equine assisted activity program that allows participants to work with our therapy horses in a safe, nurturing environment. After ten years of experience working with horses in the therapeutic environment, Pony Power's staff of equine specialists and social workers have customized a treatment program utilizing the vast benefits of equine assisted activities on the ground and in a paddock.

Benefits:

- Working with horses provides an emotional benefit we have come to associate with therapeutic riding programs.
- Participants come away with enhanced self-awareness, mental clarity and the ability to set healthy boundaries.
- Participants gain insights into habitual patterns of thinking, feeling and behaving that no longer serve them and experience how possible AND powerful it is to change those patterns that keep them from thriving at home and at work.

Why Horses are SO Good at This:

- As prey animals, horses are incredibly sensitive to our intentions.
- Horses can read our heart rates, muscle tension and breathing from 30 feet away because in nature, their survival depends upon it.
- If we're grounded and clear, they're free to engage with us.
- If we send them mixed messages *and* they have a choice, they'll move away.
- As most horse people know, "How they feel is what they do." So, they let us (and our participants) know exactly how we're coming across by what they "tell" us with their bodies.
- Horses are also incredibly generous and patient. They don't have egos, judgments or hidden agendas so people who carry invisible wounds can trust them.

Contact Us:

Offered at Three Sisters Farm
1170 Ramapo Valley Rd
Mahwah, NJ 07430

info@ponypowernj.org

(p) 201-934-1001

(f) 201-934-8891

- Group or Private Sessions
- Recommended as a series of six.



Nancy Neff

Pony Power's multi-faceted volunteer of the month

Nancy Neff has been a volunteer for Pony Power for over two years. She came to us with a love of horses, and the desire to give back to her community.

Since Nancy's inception into our program, she has risen above and beyond the call of duty. Eager to learn, and happy to help, Nancy has become a staple in our morning and afternoon programs. Starting with a modest schedule of 1 or 2 afternoons a week, We now look forward to receiving Nancy's schedule each semester with dozens of check marks, and a note that reads "Call me whenever you need an extra hand..."

She now partially leases a horse in the barn, and you can bet that regardless of the weather, you will find Nancy trudging out to the barn, armed with carrots for Comet.

One of the reasons we chose to highlight Nancy's service this month was her initiative and creativity in supporting our cause. While most of you know Pony Power is closed over the winter, due to the weather (and construction this year), Nancy came up with a new way to help. Being a non-profit organization, fundraising is a major part of our success. At Pony Power, we aim to raise as much money for programs and scholarship rides to help the greater good in our community and in putting all our money into our programs, we realized our technology had fallen behind. Nancy took it upon herself to draft a letter to her friends and family, enlisting their help.

A few short weeks later \$5,000 had been raised for "Apples for Pony Power". This money enabled our office to upgrade to refurbished Imac's and greatly improve

our efficiency and productivity in the office, allowing us to raise more funds for those in need.

We are asking you all to follow Nancy's lead. Reach out to your friends and family to support Pony Power. Be creative, fundraise for a program we run that is near to your heart, or meet with us about a program you would like to see us start. This spring we will be partnering with "Oasis" in Paterson, and "Tomorrow's Children Institute", providing therapy rides for children undergoing cancer treatment and their siblings.

For more information please contact:

info@ponypowernj.org



Spring Semester

The spring semester is scheduled to begin the first week of March. We have several spots left if you have not already secured your lesson time.

Once again our mornings are full of school groups including Washington South, The Bleshman School, two groups from Children's Therapy Center, Clarendon and newly added Westbrook. Scholarships are still available to fund the sessions for these children.

Our Horses for Heroes program is still going strong. There will be four groups of Veterans from the Lyons VA Hospital.

Weekday afternoons and Sundays will be full of therapy and traditional students including our sibling riding program.

New Website

Pony Power is launching a brand new and updated website to showcase our ever expanding center. The new website should be live within the next few weeks.

We are looking for pictures and testimonials from parents. If you have great pictures to share or would like to give a short quote on how Pony Power has impacted your child's or your own life please email info@ponypowernj.org

Pony Pals

We are looking to our local "Volun-Teens" to help us with our new Pony Pals program. Pony Pals relies on local middle school and high schoolers to partner with a special needs student and take a field trip to the farm. This field trip would create an inclusive environment to introduce compassionate thinking while all students partake in our equine assisted activities. Pony Pals aims to address bullying issues and open the minds of our youth.

We are encouraging the mainstream students to help fundraise for this program.

Golf and Tennis Outing

The 2nd Annual Golf and Tennis Outing will be held June 6, 2011 at Montammy Golf Club. Shotgun start will be at 12:30pm.

Whether you play golf, tennis or would just like to join us for dinner you can sign up now! Save the Dates will be mailed out next week. We promise a fun filled day!

We are currently looking for sponsors at every level as well as auction items. This year we will be having a Golf Widow's Auction. Spa gift certificates, hand bags, jewelry, and wine baskets are a few great items to donate. Sponsor forms are currently available in the office and will be on our new website once it is launched.

NEW SERVICES TO SUPPORT

Pony Power is known for our forward thinking in the Equine Assisted Therapy field. While there are populations that can benefit from these services, you can count on our organization continuing to develop the programs to meet their needs.

Since we closed to lessons in December, we have been working hard on developing a program catalog for children and adults of all different back grounds. These programs will address everything from a break from hectic life, to goal oriented treatment plans, and task oriented stable insight sessions. Continue reading for further information on the variety of programs we have tailored to fit your needs.

Amidst the blizzards the last few weeks, Pony Power was able to sit down with two local organizations we have wanted to partner with. We are excited to announce the launch of two new programs very near to our hearts.

We met with the Social Work Director and Child Life Specialist at Hackensack's "Tomorrow's Children Institute". We are eager to provide programming for children while they are undergoing cancer treatment, as well as their siblings on horse back.

We also sat down with the Executive Director and Board member of Oasis, a safe haven for women and children located in Paterson. To brainstorm ways we could help the families who seek refuge with their organization.

We will be offering our services for these two programs at no cost to the participants.

Annie Follansbee

Annie Follansbee

Trotting Through Treatment

Hackensack Medical Center is home to "The Tomorrows Children's Institute," New Jersey's premier pediatric center for the diagnosis and treatment of cancer and blood disorders, as well as providing for the psychosocial needs of the patients and their families.

Although the weather outside makes it difficult to imagine riding outdoors, we are have booked sessions on Sunday afternoons for the T.C.I. patients. After Dana and our MSW



Intern from Rutgers, Danielle Isetts met with the Social Work Director, Child Life Specialist, and our newest Board Member Dr. Basil Bruno, the unanimous decision to start this program was evident. The concern for riding while undergoing treatment was squashed by the experts, and replaced with enthusiasm for the therapeutic benefits of being out in the fresh air, on horseback and ability to temporarily forget the hospital scene. For three week sessions as well as a specialized extended day program over the summer, Pony Power will be providing scholarship rides for children undergoing treatment for cancer along with their siblings. We are excited to collaborate with this deserving group, and we are turning to the community to help find the funding to make this an ongoing program.

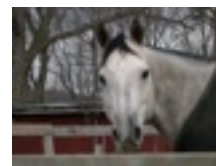
Please visit our website for ways to help:

www.ponypowernj.org

An Oasis for Oasis

Pony Power is thrilled to partner with Oasis of Paterson, a safe haven for Women and Children.

As many of you know, Pony Power Therapies is familiar with this population through our programming with Innocence in Danger. IID is an international organization formed to help the healing process of victims of sexual and physical abuse. Using the principles of our Stable Insight program (flyer above) and combining a riding portion, we have run a weeklong retreat for families who have had to seek refuge in local shelters, for over 5 years. The benefits



of this program, and the that ensued during these retreats were inspiring to say the least. We knew this

was a program that we needed to expand to help the masses. We were able to meet with the Executive director of Oasis to discuss these ideas. We look forward to running a weeklong program for women and their families that seek aid from the shelter, tailored specifically for families who have experienced abuse. The director recognized what a beneficial program this will be for Oasis, and the cathartic experience these families will have getting out of Paterson, and into a farm environment nestled in the Ramapo Mountains.

We are proud to offer these services at no cost to the participants, and are looking to our community members to help fund and expand this program.