

Reporting Meeting of 7 March 2022

Calendar of Events

Last Week: 2/28 Metrofix, Combative Comeback of a Company Town, William Patrick

This Week: 3/7 Karen Stanley-White, Executive Director – STEP Saratoga Therapeutic Equestrian Prog.

Next Week: 3/14 Club Assembly Hybrid via zoom or in person at Pizza Works in Burnt Hills

Coming Up: 3/21 ShelterBox with Larry Jones

Note: Regular Zoom Meetings are held Mondays at 6:30 pm. Check your e-mail inbox the day of the meeting for the computer Zoom link and password, as well as the phone number you can use to phone in if using your cell phone to participate.

Please give suggestions for future programs to Darlene Bower & Dan Stec. Find us at bhblrotary.org and on Facebook

Together, we see a world where people unite and take action to create lasting change - across the globe, in our communities and in ourselves

STEP Saratoga Therapeutic Equestrian Program

Karen (Kay) Stanley-White

Karen (Kay) Stanley-White presented at this past week's club meeting. She is the Executive Director of the Saratoga Therapeutic Equestrian Program located in Glenville, NY.

STEP was established in 1986 and is a charitable, non-profit organization that is dedicated to helping special-needs individuals achieve a maximum degree of freedom, independence and mobility through tested and innovative methods of equine-assisted therapy and medical rehabilitation. It is the only hippotherapy and therapeutic riding center registered in New York. It is based on using the movements of the horse in a therapeutic setting for helping individuals of all ages and physical abilities.

They currently have 18 different therapy horses and are always looking at rescuing horses whenever possible. The center has many different sizes and breeds of horses. Kay uses specific horses for specific therapies. For instance, she might use a narrower or wider horse depending on how she wants the horse's movement to free up

and transfer this movement into the individual's muscles/body. She also said she may use one that has a more percussive gait that would make the rider have to activate their core muscles to remain stable.

Right now, they have around 112 participants and patients and around 10 staff that is made up of dual hatted Physical and Occupational Therapists, Barn Staff and Administrative Staff. A large group of dedicated volunteers help as well. They have many different types of programs, but most are focused on classical hippotherapy and the STEP-Up program. Classical hippotherapy is for ages 2 and up and is for those that need equine movement and sensory experience in a therapeutic treatment to improve physical, emotional psychosocial and speech language development. The STEP-Up program is for those that are able bodied and with special needs who are working on actual riding skill acquisition in a therapeutic and/or recreational experience.

A lot of these programs are reimbursable through individuals' insurance programs but the farm is always accepting donations that help support the care of the horses. It has become more and more expensive, especially in the last year. The cost of hay is three times the normal amount and fuel cost has doubled and continues to rise.

Rotary is completing a multi-club service project in order to help build a clubhouse that would enable the farm to give more traditional therapeutic and occupational therapy in an indoor setting.

Kay says the farm is always looking for volunteers and would love for us to come and tour the farm.

CLUB ANNOUNCEMENTS

- Dan Stec: The District Conference will be held on 29 April
- Dan: Wine and Whiskey Sampling at Galway Rock Winery on 26 March at 6 PM. Heavy hors d'oeuvres to be served; benefits Rotary Polio program; registration \$75/person.
- Darlene Bower: 4/25 Pints for Polio/Social/Guest Night @ Frog Alley Brewing in Schenectady
- Darlene: 4/10 Best Buddies walk: please join her!
- Our Community BBQ at the High School through Spartan Catering is set for May 18th.
- Mary said that the BHBL Interact club is working with a connection that can get requested medical supplies to where they are needed in Ukraine. Stand by for more info by email.

Reported by Jon Costolo