



# MAIN STAY

A PUBLICATION OF MAIN STAY  
THERAPEUTIC RIDING PROGRAM, INC.

[www.mstrp.org](http://www.mstrp.org)

# News

SPRING 2012

## IT TAKES A VILLAGE

Raising a child with autism can require help in many different areas. Therapeutic riding offers a wonderful environment for learning and Stevie, a long-time Main Stay rider continues to grow and learn each riding season. Stevie, who is primarily non-verbal and has strength and motor issues, loves coming to his lessons. He frequently points to the picture of the farm on his picture schedule throughout the week showing his desire to come and ride Cassa. His mom, Catherine, is thrilled with his continued success and feels riding is the highlight of his life. She said, "Riding is the one thing he can do, it's more than a therapeutic experience, it's his everything and he gets such joy from it."

Stevie is an active participant during his lesson which focuses on communicating with his horse, volunteers and instructor as well as working on riding. While using his reins to control his horse or learning to post, Stevie is increasing his strength and learning new skills. He also helps clean the arena after his class is done, an important life skill and something his mother feels he takes pride in doing. Catherine loves the fact that there are expectations for him and that his entire team not only expects him to follow directions, but believes that he can do it. "He feels capable and purposeful while at the barn and this doesn't happen in many other areas of his life. He's never overlooked when he's at Main Stay".

His instructor, Roxie Elliott-Crandall, was so proud of Stevie recently. During a lesson in the winter session,



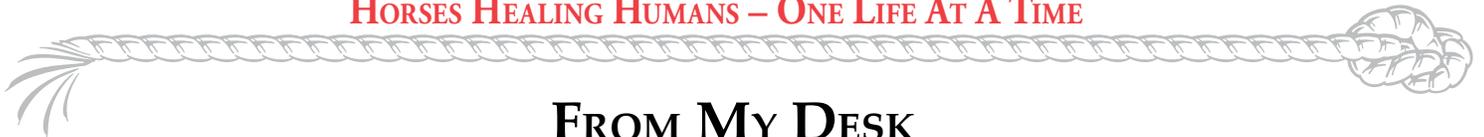
he was able to demonstrate a riding skill to another rider, Carolyn, hoping to help her as she learned the same skill. He seemed glad to be able to demonstrate his ability to her. After class was done they walked down the aisle together with Stevie wanting to hold Carolyn's hand. As she went to leave, Stevie gently gave her a little kiss on the cheek. The entire team was awestruck after witnessing this sweet interaction. The shared experience of riding helped Stevie open up to another human being!

Catherine feels Main Stay is an amazing program and she's



thankful that Main Stay is in their lives. It's a place where he can set goals and achieve them. "Stevie is accepted for who he is here. A family atmosphere is fostered here with so much kindness shown to us. Even if it starts out as a bad day, when he's

done at Main Stay, he's happy. It changes his entire mood and opens him up." We can't think of a better compliment than that and we are thankful that Stevie and his mom are members of the Main Stay family.



## FROM MY DESK

*“Continuity gives us roots; change gives us branches, letting us stretch and grow and reach new heights.”—Pauline R. Kezer*

**New programs, new students, new staff, new milestones--very exciting times at Main Stay!**

As you'll read in this newsletter, we are pleased to announce the addition of **The Light Center** ("TLC") program to our service offering. It's a wonderful fit and a natural progression for Main Stay. We are excited to welcome TLC into the Main Stay fold and will honor their founder, Jan Cederlund's legacy by continuing this important work.

This announcement coincides with **Main Stay's 25<sup>th</sup> anniversary** which we're celebrating this year. We'll kick off this year-long celebration at our **Black Tie & Blue Jeans Gala on May 4** at Donley's Village Hall Banquets. We're shaking things up at this year's event and have some surprises planned that you won't want to miss along with some incredible auction items. On **September 15<sup>th</sup>** there will be festivities at the farm, where it all began, to honor the many, many people that made (and continue to make) it all possible.

We have several new staff members and students joining Main Stay. Three, very qualified, caring women who I think you will find to be great additions to our instructional staff and our newest equine member, Chip. We also welcome **seven** new students into the program.

We hope you enjoy reading about our featured volunteer, Leah. This incredible young woman gives her time tirelessly so that our students can ride. And she is just one of **over 100** individuals that bless Main Stay and its students **each week** with their gifts of time.

And finally, Stevie's story is truly one of inspiration. He amazes and surprises his instructor and volunteers each week with his charm and wit. As you'll read, Main Stay fulfills some very important needs in Stevie's life: a place where he's acknowledged for what **he can do**; provides him with physical activity to **strengthen** his body; sets **expectations** and gives him a **purpose**; teaches him important **life skills**; and provides him with the opportunity to **interact** with his peers. Where else could he go to get all of these met, let alone in one single place?

It's because of you, **dedicated Main Stay supporters**, that Stevie has a place to be accepted, to stay fit, to grow, to succeed, to learn, to have fun, to make friends....and it's all thanks to you.

**Come and see all that you make possible,**

*Loriann*

## BLACK TIE AND BLUE JEANS... NEEDS YOU FOR THE TIMES OF OUR LIVES!

**May 4, 2012 at Donley's Village Hall Banquet  
8512 S. Union Road, Union IL**



Join the Main Stay team in celebrating its 25 years of horses bringing hope and health to individuals with physical, emotional and social needs! Don't miss the good time that is being planned for all of you by all of us.

Do you have a vague memory of 1987 when liver and onion was on menus and hot pink and aqua reigned supreme? Just visit the list of top one hundred songs and your head will spin. #15 With or Without You by U2. Now doesn't that just resonate with all of you that were

with Main Stay for the last 25 years, 10 years or 5 years? Or how about # 5 Nothings Gonna Stop Us Now! by Starship.

*That's just how we feel!*

This year will have a special feature, The Art of Main Stay. During the past year under the careful mentoring of Woodstock artist,

Nancy Steinmeyer, artists have been visiting Main Stay. They have seen the seasons change. Watch classes and instructions. They have learned the soul of the program and the land we love. They have expressed it in their unique media.

Doors will open at 5:30pm. Review the art, participate in the silent, reverse and live auctions. See a couple of special performances just for you! Don't miss this 25th Anniversary Black Tie and Blue Jeans. It's a true celebration of heart, soul and the times of our lives!

**Check out some of the great auction items at this year's Black Tie & Blue Jeans:**

**DISNEY WORLD IN ORLANDO** – 7 night stay (July 29-August 5, 2012) at Disney's Key West Resort located inside the park. 2 bedroom villa sleeps 8.

**TURKS AND CAICOS ISLANDS** – 7 nights (March 9-16, 2013) at the Alexandria Resort, Providenciales, Turks and Caicos **PLUS** \$1,000 airfare gift card!

**CHICAGO CUBS SKYBOX FOR 18** – Cubs vs. Phillies May 17, 2012 includes standard food and beverages up to \$500! (No Budweiser products, please)

**GRAND GENEVA RESORT** – 2 night getaway for 2 with ski or golf package and zipline tour.

## LIGHT CENTER SHINES ON THROUGH MAIN STAY THERAPEUTIC RIDING PROGRAM

*As most of you know by now, Main Stay acquired the Light Center Program located in Union, IL. Below is a copy of the press release that was issued to the media earlier this month. The expansion into animal-assisted therapy has been a key goal in our strategic plan for the past several years. When the Light Center's founder, Jan Cederlund, approached us last year, we knew the time was right. We look forward to sharing more with you in the near future on this new programming.*

Main Stay Therapeutic Riding Program Board President Sara Foszcz announced the acquisition of the Light Center Program to enhance services for people with disabilities through animal-assisted therapy programs. Since 1987, Main Stay has provided equine-assisted therapeutic activities for individuals with disabilities in Richmond, Illinois. Now, the organization will offer the Light Center's services to at-risk youth at the Union, Illinois adaptive barnyard setting, utilizing rescued animals to rescue kids.

Light Center founder Jan Cederlund is retiring and identified Main Stay as a viable option to continue her mission. She explained, "As the Light Center Foundation winds down, its light is far from dimming. The light shines on through Main Stay and makes the future brighter for everyone."



The Main Stay board of directors agreed the blending was beneficial. Board president Sara Foszcz announced, "The power of the work we do will be enhanced with the absorption of the equally powerful work of the Light Center. Blending the best of both programs, allows us to serve the community with a stronger and more deeply integrated program."

Carla Kaizen, formerly with the Light Center, has joined the Main Stay staff and will continue to offer sessions in Union through March 2013. At which time, Main Stay hopes to relocate all programming to Richmond.

The acquisition coincides with Main Stay's 25th anniversary. Currently serving 80 students a week with the help of 125 volunteers, Main Stay promotes wellness and self-empowerment through individualized equine-assisted therapeutic activities for people living with a broad spectrum of challenges. Main Stay will celebrate 25 years of "Horses Healing Humans" at its annual Black Tie & Blue Jeans Gala on May 4 at Donley's Village Banquet Hall in Union, IL. For tickets or sponsorship information, please call 815.653.9374 or visit [www.mstrp.org](http://www.mstrp.org).

## THE LEARNING CORNER

Just like the mail carriers, a little snow won't keep the Main Stay staff and instructors from completing their appointed tasks! On January 21st, one of the few snowy days of the winter season, most of the teaching staff and 60 other therapeutic riding professionals attended the Path Intl. Illinois State Meeting held at the Lost Valley Visitor Center in Ringwood. The McHenry County Conservation District generously donated the use of their beautiful space for the day.

Main Stay coordinated the meeting and three of our own talented folks presented sessions at the meeting. Roxie Elliott-Crandall and Sara Foszcz shared their knowledge in a session entitled, "Recruiting, Retaining and Recognizing Volunteers". Volunteers are essential to the success of therapeutic riding programs and many programs are unable to employ a full-time volunteer coordinator so sharing tips and ideas allows programs to learn from each other. Dr. Kirsten Reay, DC, a long-time volunteer and chiropractor, educated the group on the amazing body and brain. Dr. Reay is passionate about her work and shared her enthusiasm about a complex topic, the central nervous system and how our bodies move. Having a better understanding in these key areas

will help improve the instructors teaching ability. Other sessions included enhancing communication skills, teaching techniques and ideas, and equine handling skills. A wide range of topics were presented throughout the day addressing just a few of the many different skill sets required when working with horses, volunteers, individuals with special challenges and their families.



*Dr. Reay educating attendees about the brain*

## WINTER SEASON DONE AND 2012 RIDING SEASON UNDERWAY!



The winter riding season has ended and another year of riding has begun. 14 individual riders

and several groups participated in the 9-week winter session that fortunately had very few cancellations due to weather! Students rode in a private lesson during the winter allowing them one on one attention as they continued working on their goals. The winter session can be a great time to address one or more of the many variables that contribute to a successful lesson such as focusing on a particular riding skill, trying new tack or a

different horse. Offering opportunities to groups of participants continues to increase at Main Stay. Head Start, a Sedom (Special Education Department of McHenry County) New Beginnings classroom and two Sedom/MCC Pathways groups were at the farm over the winter. Each of these agencies works with a unique population, however, a successful experience was had by all who came to the farm.

We are thrilled to have 7 new students ranging in age from 3 to 19 riding with us this year. Some have ridden in the past and others are brand new to this beneficial, equine activity. We are looking forward to getting to know Danny, Rebecca, Chris, Trevor, Courtney, Liam, and Parker and seeing all the familiar faces from last year. The start of the season is a wonderful time at the farm as we set new goals and begin a year of accomplishments.

## PROGRAM ACCREDITATION A SUCCESS!

Congratulations to the Main Stay staff for successfully passing another accreditation review. The voluntary accreditation process through Path Intl. (formerly NARHA) requires the program to uphold a wide variety of standards in three key areas, Administration, Program, and Facility. Evaluators came to the farm to review written documentation, observe a class and inspect the grounds. The standards help ensure that all aspects of the program are run safely and to the highest industry expectations. Main Stay passed with flying colors and is accredited for another five years. The program has been a Premier Accredited Center since accreditation has been offered – a feat we are quite proud to have achieved!



## 2011 RIDING SEASON ACCOMPLISHMENTS



The 2011 riding season was celebrated on December 4 with more than 200 people. The annual slide show featuring students, volunteers and horses highlighted many wonderful moments. It was a joy to be able to share student and volunteer accomplishments.

*Kate Lamacki, a Society of Master Saddlers UK (SMS) Qualified Master Saddler and Fitter and Alice Corcoran, a SMS Qualified Saddle Fitter, from Barrington Saddlery shared their expertise with the instructors over the winter break. Both Kate and Alice have many years of experience in saddle fitting and the instructors benefitted greatly from their hands on session. Not only did they share their extensive knowledge, but they graciously donated several saddles and other equipment to the program. A new saddle can cost \$2000 or more so we are thrilled to have such a generous donation of equipment that will enhance our riders' success in the arena.*

## NEW SEASON, NEW FACES



Look for some new faces or new roles for some of our existing staff this riding season. We are thrilled to have new instructors in the arena as well as a new equine staff member. Liz Wolodkiewicz has been affiliated with Main Stay since she was a freshman in high school. Prior to leaving for college, Liz volunteered in the arena and took it upon herself to raise \$3,000 in order to help the program purchase

a new horse. An avid horsewoman Liz rides dressage with her horse, Cloud. After graduating in 2009 with a Masters Degree in Speech Pathology, Liz has been back at the farm volunteering in the arena and covering vacation and days off for the Barn Manager. A certification in therapeutic riding last October completes her list of credentials and now after all these years, Liz will have a chance to put her many skills to use in the arena teaching on Tuesday evenings.



With the merger of Main Stay and the Light Center, Main Stay acquired not only a multitude of small equines and animals, but a wonderful new staff person, Carla Kaizen. Carla had been with the Light Center for four years as their Associate Director and was responsible for coordinating and facilitating the animal-assisted sessions. Carla has a diverse background that includes degrees in Studio Art and Education. She has

been involved with horses since childhood in many capacities both personally and professionally and currently owns three horses. As an animal lover and outdoor enthusiast who grew up in Colorado, animal-assisted and equine activities are a great fit for Carla. Carla will continue to facilitate animal-assisted sessions, assist with grant writing and she has started working on her certification as a therapeutic riding instructor so look for her in the arena team teaching with other instructors this Spring.



Denise Murphy will also be in the arena teaching Saturday mornings this year. Denise has been volunteering and team teaching for over a year after some of the instructors met her at the 2010 national Path Intl. Conference. She became a certified instructor in 2009 and taught at another therapeutic riding center prior to joining the Main Stay team. Denise is busy during the day as a Human Resources Director

for Lakeview Specialty Hospital and Rehab, but finds time in her schedule to pursue her other passion- therapeutic riding. Denise's dedication and commitment have been evident from the beginning and we know her students will benefit greatly from her knowledge and enthusiasm in the arena.



*Chip assists students learning about equine anatomy.*

Last, but certainly not least, is Chip, the newest addition to our equine herd. Chip is a 12 year old appaloosa who came to us from a family in Tinley Park. Before being privately owned, he was a livery

and lesson horse. At 14.2 hands tall with a slim build, he filled a need we had for a horse that can accommodate riders with tight muscles who can't make the stretch on a wider horse. He has quickly adapted to Main Stay life in both the arena and the herd. His gentle eye, kind way and need to please have already made him a favorite around the farm.

**Main Stay and its students are very, very grateful to our foundation partners for their support this year:**

-Mary E. Gardner Foundation

-Mental Health Resource League of McHenry County

-Helen Brach Foundation

-D.A.S. Charitable Fund for the Preservation of Feline Animal Life

***Thank you from the bottom of our hearts—we couldn't do it without you!***

## LOOK WHO IS AT THE FARM

Main Stay continues to expand its programming opportunities to a wide range of individuals allowing more people to experience the beneficial interaction of horses and humans. Over the winter, two groups of students participated in the first collaboration between MCC/Sedom Pathways Program and Main Stay. The MCC/Sedom Pathways Program is a joint venture between the two organizations that provides opportunities for students with disabilities who have finished high school, but would like to continue learning. Horses 101 was an eight-week curriculum held at the farm that focused on learning many different horse related topics and where applicable, compared the similarities and differences between horses and humans. Each week a new content area was introduced ranging from the history of horses and their use in society, careers with horses, equine and human anatomy and health, and how horses interact with each other. The session culminated with an open house at the farm where students presented information they had learned with parents, district personnel and staff members. A wealth of knowledge was learned in a short period



*Congratulations inaugural Horse 101 participants*



*Lee working hard and enjoying it.*

of time and both the staff and students were proud of their presentation skills during the open house.

As well as academic course work, Pathways offers a vocational experience, a key aspect of training for those students who would like to enter the work force. Two young men, David and Lee, have participated in this job training experience at Main Stay. While at the farm, they have been engaged in a wide variety of work-related tasks along with practicing the

interpersonal skills needed in the work place. Two Main Stay volunteers, Edy John and Jean O'Brien, as well as Barn Manager, Art Anderson, have helped David and Lee be successful while at the farm. These wonderful ladies assisted with developing the format of the sessions and functioned as job coaches and Art provided training for certain skills. David and Lee have flourished under their guidance and encouragement and their hard work provided a valuable service to the program. Both young men have enjoyed their time at the farm, learned a lot and will continue their training through the end of the MCC Spring Semester.

## VOLUNTEER SPOTLIGHT



Main Stay is honored to have Leah Bohl share her time and talents with the program every week. Leah began volunteering in 2009 as part of the MCC Promise Program, a program that paid for a student's tuition if they volunteered a certain amount of hours. However, when the Promise Program ended, Leah stayed. Leah shares her thoughts, "After the Promise Program was done I loved it too much to

leave. It soon became less than just a volunteer requirement and more of an exciting opportunity I couldn't wait to partake in."

Having three horses and a pony of her own, Leah is a natural when it comes to leading our horses in classes. Her knowledge and love of horses shines when she leads. She is someone who can do it all - lead, sidewalk or groom and the best part is she always comes in with a smile and willingness to do whatever is asked of her.

Leah is an avid animal lover; besides her equine herd she has three barn cats, two chinchillas, one dog, one house cat and a bird! Leah held weekly spots last year on two different days and was also willing to sub as needed. Sometimes she's at the barn up to four times in one week!

Leah brings so much good to the program. She shares her compassion and warm energy with the horses, students and instructors every week. Main Stay can't thank you enough for all you give and bring to us. Your kindness and caring makes you one of Main Stay's finest volunteers.



## CLOSING THOUGHTS:

Dear Friends,

What an honor it is to come to this point in our history together. As you have read our future is full of purpose, hope and new destinations! My wish is that each of you feels as full of humble joy as I do – because we wouldn't be celebrating, if not for your caring, generous gifts! Gifts of time from volunteers with hearts of gold, who find that in giving to others they find the best in themselves (we saw their best, the moment they walked through our door). Gifts of talent from professionals and lay people who share their knowledge freely, helping us overcome hurdles and bringing us gracefully to milestones. Last, but far from least, are the financial gifts that allow us to pay the bills and keep the doors open – what we do without your generosity?! Each kind of gift requires your investment and trust in us – and we hope that you, your investment and your trust always feels honored at Main Stay.

Speaking to the gift of trust – Jan Cederlund, her board and staff truly shared a huge gift with us as they entrusted their “baby” into our hands. As a co-founder, I can only imagine the emotional roller coaster of passing on the program you created to an outside party. Jan to you, and all of *your people* invested in The Light Center, we plan to honor all that you've done for our community! We hope to make you proud of what your *baby* will grow into with Main Stay! We're excited about this year at your facility and can't wait for the time we can welcome all the wonderful animals and programming back here to Main Stay.

It's amazing how after years of discussing this type of programming at our strategic planning sessions and deciding not to do it, because The Light Center did it so well, *it came to us* as a gift. Amazing!

Twenty five years – *hmmmm, that is a long time*. To be honest, it has flown by and as we all know, the clock seems to be ticking ever faster. Looking back, I'll admit a few years in the middle were scary as we transitioned into the program we have become today. I'm proud to say that the staff and boards who've brought us to this point are truly an exceptional group of people. They've grown this program into a new generation of Main Stay with great dedication and fantastic vision! You have my utmost admiration and gratitude for taking such good care of *us!*

No one and no program is ever perfect...it's just seems important to do our best and keep learning. I feel we're doing just that...and doing it with great love. Each of you who share a gift with Main Stay reinforces that love and that allows us to pass it on to our most important gifts – *our students!* They are our teachers, our inspiration and our great joy! To the thousand (plus) students who've come through our doors – you are our greatest gift and our lives are a thousand times better for knowing you! *Each of you owns a piece of my heart forever!*

Much Love and Deepest Gratitude,

*Sara*

**YES! I want to help support equine-related therapy at Main Stay.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

**Gift Amount**  \$25  \$50  \$75  \$100  Other \$ \_\_\_\_\_

Please designate my gift to the area of greatest need.

I'd like to support a horse through a monthly gift of \$50 to the *Stable Angel Club*

I'd like to support a rider through a monthly gift of \$50 to the *Therapy Angel Club*

I would like information on providing a Bequest to Main Stay.

VISA  MASTERCARD  DISCOVER

Acct # \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

*“Thank You” for your support. Your gift is tax-deductible as provided by law.*

### ANNUAL GIVING CLUBS

Leg-Up Club .....	\$1-\$99
Bronze Stirrup Club .....	\$100-\$249
Silver Stirrup Club .....	\$250-\$499
Gold Stirrup Club .....	\$500-\$999
Platinum Stirrup Club .....	\$1,000-\$4,999
Grand Prix Club .....	\$5,000+



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 Richmond, IL 60071



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## Horses Healing Humans – One Life at a Time

### MISSION STATEMENT

It is the mission of Main Stay Therapeutic Riding Program to provide individualized equine related therapeutic activities to people with physical, developmental, social, and emotional disabilities, in McHenry and surrounding counties.

Main Stay Therapeutic Riding Program enriches the lives of our clients in a caring, safe, and challenging environment that will enable them to reach their highest potential.

### BOARD OF DIRECTORS

Sara Foszcz, *President*  
Richmond, IL

Joan Rowe, *Vice President*  
Woodstock, IL

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### STAFF

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*Executive Director*

Roxie Elliott-Crandall,  
*Equine Manager/Instructor*

Art Anderson,  
*Barn Manager*

Ann Henslee,  
*Community Outreach*

Danielle McKenna,  
*Volunteer Coordinator/Instructor*

Jean Maraist OTR/L,  
*Program Director*

Carla Kaizen,  
*Animal-Assisted Activities Coordinator*

Cindy Johnston,  
*Office Assistant*

Kim Werner,  
*Office Administrator*

### CERTIFIED INSTRUCTORS (PART-TIME)

Lori Cohen, *Advanced*

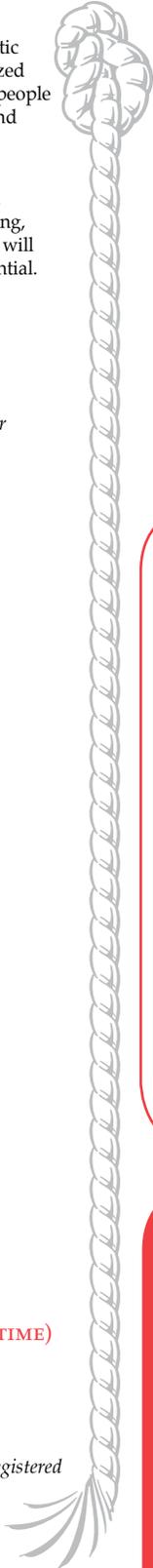
Marc Crandall, *Registered*

Patti Lessard, *Registered*

Denise Murphy, *Registered*

Liz Wolodkiewicz, M.S., CCC-SLP, *Registered*

Main Stay is a registered 501(c)3  
with no federal or state funding.



## DID YOU KNOW?

Main Stay simply could not operate without our wonderful 135 volunteers. In the 2011 Riding Season volunteers put in over 5600 Hours! That is 1000 more hours than 2010!

- 4900 volunteer hours were completed in the arena, leaving 700 hours in other areas that included exercising / training the horses, seeing prospective horses with our Equine Manager, gardening, loading hay in the hay loft, helping the Barn Manager around the farm, and Fair and Fall Diddley.
- Last season we had six wonderful ladies who put in a total of 1043 hours:
  - Joan Castell - 196 hours
  - Diane Massier - 190 hours
  - Jean O'Brien - 186 hours
  - Edy John - 183 hours
  - Meaghan Annesser - 158 hours
  - Leah Bohl - 130 hours
- Main Stay is always looking for volunteers to assist in the arena and around the farm. If you think you would be a fit for Main Stay, please RSVP to attend a New Volunteer Training at 815-382-9374 or [vc@mstrp.org](mailto:vc@mstrp.org).

## PLEASE HELP US EXERCISE THIS OPPORTUNITY

After hearing that Main Stay's 16 year old truck had finally gasped its last breath, the Mary E. Gardner Foundation generously granted Main Stay up to \$15,000 of matching funds for a "new" used truck. Please help us benefit from this wonderful opportunity by donating a gift to Main Stay in any amount towards our Truck Fund. If you have questions please call the office at Main Stay, 815-653-9374. We don't want the wonderful generosity of the Mary E. Gardner Foundation to not be honored during this time of our great need!



[facebook.com/horseshealhumans](https://facebook.com/horseshealhumans)