

**News from your *Neighbors* at High Hopes**

**PATH REGION 1 NEWSLETTER**

**FOR THE GENERAL PUBLIC:**

***High Hopes Holiday Market***

Sunday November 12, 2017

11:00am – 4:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopesstr.org/holiday-market-2017/>

Entrance if free with donation of a non-perishable food item for the Shoreline Soup Kitchen & Pantry – or a donation to High Hopes programs.

**PATH Region 1 Quarterly Newsletter**

**News from your *Neighbors* at High Hopes**

*All photos also attached separately.*



***High Hopes Holiday Market***

***Announcing our 7th Annual Holiday Market – November 12, 2017***

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Over the past five years, the High Hopes Holiday Market has grown into one of Connecticut's premier Holiday Events. More than 60, thoughtfully curated vendors come together with food stalls, music, kids activities, and a whole barn-full of holiday spirit, to benefit over 1800 children, teens

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and adults who participate annually in High Hopes programs.

The Holiday Market Event Committee, Co-Chaired by Trustee Katherine Gibson, choose featured vendors for their diversity and originality. "The Holiday Market is a one-stop-shop for all of your holiday shopping and our range of vendors is almost as diverse as the range of programs High Hopes offers," says Gibson, reflecting on the first year that she brought the idea of a market to High Hopes, and how the event has grown since then.

"This is a one-day event, and between 11am and 4pm over 2,300 visitors come through the barn looking for holiday inspiration. Our vendors and corporate sponsors love the exposure we provide to shoppers from across Connecticut, New York, Massachusetts and beyond," says Co-Chair Jeff Ridgeway. "This is an event for the whole family, and we are grateful for the continued support of our kids' activity partner Eversource Energy, who contribute to programs for youth-at-risk all-year-round at High Hopes."

You can expect all the food trucks, sweet treats, live music, lotions & potions, paintings & fine creations, whittled wooden wares, edible fare, jewels, kids' crafts, photos, charms & baubles, cozy apparel, abodes for birds, up-cycled finds, perfect presents and earthenware that you've come to love. Omar Coffee - our Refreshment partners will be making sure everyone has a warm coffee to drink.

During the market, we will also be drawing the winning ticket for our Annual Raffle, supported this year by Valenti Auto Mall. One lucky winner will drive away in a brand-new Jeep Wrangler 4x4 Sport, ready to tackle whatever a Connecticut winter can throw at them. Tickets are \$50 and can be purchased from High Hopes by calling Karena Garrity at 860.434.1974 x 119.

## **FOR EQUINE PROFESSIONALS**

### ***PATH Intl. Registered Instructor On-Site Certification***

**November 13—16, 2017**

**9:00am – 5:00pm**

With Megan Ellis PATH Intl. Advanced Instructor/Lead Evaluator and Liz Adams PATH Intl. Master Instructor/Evaluator

<http://highhopes.org/wp-content/uploads/2017/09/OSWC-2017-Flyer-andApplication-NOVEMBER.pdf>

### ***Workshop & Test: Path Int'l. Equine Specialist in Mental Health and Learning Workshop & Practical Horsemanship Skills Test***

The Equine Specialist workshop is a three-day workshop offered to equine professionals and therapeutic riding instructors who work or would like to work with students with mental health and/or learning issues. The workshop is a requirement of the ESMHL certification. It is beneficial to have horsemanship skills and experience when attending the workshop but it is not required.

Workshop—November 17-19, 2017

9:00am – 5:00pm \$475 or \$625 for workshop and test

Horsemanship Skills Test—November 20, 2017 \$150 on its own

**PRESS RELEASE**  
**and event & training announcements**  
**NOVEMBER 2017 - JANUARY 2018 workshops & deadlines**

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<http://highhopestr.org/wp-content/uploads/2017/03/ESMHL-Application-Nov-2017.pdf>

***PATH Int'l Advanced Certified Instructor***

***Advanced Prep Workshop***

This 3-day workshop will focus on providing a comprehensive review of PATH Int'l. Advanced Instructor Criteria and will explore all aspects of the criteria through classroom discussion, hands on learning, and teaching opportunities with current High Hopes participants. This workshop will include many opportunities for discussion and candidate evaluation.

Workshop: February 5-7, 2018

Registration Deadline: January 2, 2018

\$650.00

**Who should attend?**

- Anyone interested in learning more about Equine Facilitated Learning (EFL) or Equine Facilitated Psychotherapy (EFP).
- Equine Professionals
- Therapeutic Riding Instructors
- Anyone who works with mental health and education professionals and their clients.

**Topics to be covered in the Workshop include:**

- Therapeutic Relationships
- HIPAA, Confidentiality and Ethical Parameters
- Relationship and Collaboration Exercises
- Equine Behavior and Management
- Session Goals—Rider Skills, Therapy, Education

<http://highhopestr.org/wp-content/uploads/2017/08/Advanced-Prep-Workshop-2018.pdf>

***Winter Lecture Series: Anatomy of the Rider:***

***PATH Int'l CEU's = 7 DE***

Carolyn Jagielski, Physical Therapist, PATH Int'l. Registered Instructor. This introductory lecture will discuss postural alignment and corrections, medical terminology and movement analysis, and look at tack and equipment as they relate to posture. Observation of a mounted session will be included.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 11<sup>th</sup> 2018

9:00am – 5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopestr.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: Growth & Development***

***PATH Int'l CEU's = 2 DE***

Carolyn Jagielski, Physical Therapist, PATH Int'l. Registered Instructor. Focusing specifically on human growth and development.

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\$25 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 12<sup>th</sup> 2018

9:00am – 12:00pm,

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: Effect of Equipment as it relates to Posture and Alignment***

**PATH Intl CEU's = 5 DE**

Carolyn Jagielski, Physical Therapist, PATH Intl. Registered Instructor. This lecture will feature human movement analysis and postural alignment and corrections, followed by a discussion of exercises, tack and equipment and tack fitting. Observation of a mounted session will be included.

\$45 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 12<sup>th</sup>, 2018

1:00pm-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: Volunteer Management***

**PATH Intl CEU's = 5 CE & 2 Riding CR**

Megan Ellis, High Hopes Program Operations Manager and Advanced PATH Intl. Instructor. A discussion of how to build a successful volunteer program will include applying the PATH Intl. standards to volunteer recruitment, paperwork, training, retention methods and emergency procedures. This full day session will include opportunities for networking and exchanging ideas to enhance your volunteer program.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 13<sup>th</sup>, 2018 9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

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***Winter Lecture Series: Physical Disabilities***

**PATH Intl CEU's = 7 DE**

Neurological Impairments / Orthopedic Impairments: Carolyn Jagielski, Physical Therapist and PATH Intl. Registered Instructor. This lecture will provide an overview of physical disabilities and teaching considerations.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 18<sup>th</sup>, 2018 9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: The Effective Instructor***

**PATH Intl CEU's = 5 CE and 2 Riding CR**

Kitty Stalsburg, High Hopes Executive Director, PATH Intl. Master Instructor & Sarah Carlson, High Hopes Special Programs Manager, PATH Intl. Advanced Instructor and Certified Driving

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Instructor. Techniques of effective instructing will be discussed, including teaching strategies, lesson planning and task analysis, and discussion of PATH Intl. standards and guidelines.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 20<sup>th</sup>, 2018 9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: Physical Disabilities***

**PATH Intl CEU's= 6 CE per day.**

The Therapy Horse, Parts 1 & 2: Holly Sundmacker, High Hopes Equine Operations Director & Lauren Fitzgerald, High Hopes Equine Resource Manager, PATH Intl. Advanced Instructor and Certified Driving Instructor. These two sessions will cover key aspects of the management of a therapy horse herd, including selection, evaluation, training, handling and general herd management.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 26<sup>th</sup> and January 27<sup>th</sup>, 2018

9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Winter Lecture Series: Cognitive and Psychosocial Impairments Parts 1 & 2***

**PATH Intl CEU's= 7 DE per day**

Laura Moya, MFT, PATH Intl. Advanced Instructor, Barbara Abrams PHD, LPC, Expressive Therapist, Advanced Instructor. This two day lecture will review cognitive disabilities and discuss teaching considerations, competencies, role playing, games and activities.

\$65 or \$175 for any three WLS lectures, or \$325 for any six WLS lectures.

January 23<sup>rd</sup>, 2018 and February 10, 2018

9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Winter-Lecture-Series-2018-Flyer.pdf>

***Workshop: Autism & Sensory Processing:***

**PATH Int'l approved CEUs = 7 DE**

Participants will increase awareness of Autism and Sensory Processing considerations in therapeutic riding. Participants will learn new therapeutic riding techniques specific to Autism and Sensory Processing and further understand the impact of Autism and how a rider adapts to the sensory rich environment.

\$125.00

February 10, 2018

Registration Deadline: January 25<sup>th</sup>, 2018

9:00am-5:00pm

36 Town Woods Rd., Old Lyme, CT 06371

<http://highhopes.org/wp-content/uploads/2017/08/Sensory-Integrationand-Autism-Workshop-2018.pdf>

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**Notes for Editors**

1. High Hopes is a premier therapeutic riding center and international instructor-training site, accredited by the Professional Association of Therapeutic Horsemanship International (PATH Intl.) since 1979. We have served people with physical, emotional and developmental disabilities for more than forty years, offering year round programs in equine assisted activities, including therapeutic riding, carriage driving and equine learning program. We also offer experiential learning through outreach programs, an integrated summer camp program and a variety of volunteer opportunities. High Hopes serves over 1800 people with disabilities each year, underwriting over 70% of all lesson costs and providing financial aid to 100% of our participants. - See more at: <http://highhopesstr.org/about/our-mission/>
2. For more information or to arrange an interview with one of our Trustees or staff please contact: Sarah Crisp, Communications Manager  
**Call: 860.434.1974 x 128**  
**Email: [scrisp@highhopesstr.org](mailto:scrisp@highhopesstr.org)**