



Specializing in Equine Assisted Therapy ... Sensory Integration, Mental Health and Horses!

Dream Catcher's Pony Tales

Denim & Diamonds—Casino Night

ALL HIGH ROLLERS WANTED!

Join us for the Denim and Diamonds Casino Night, an event benefiting Dream Catcher's Therapy Center and the End of the Trail Horse Rescue & Sanctuary.

There will be plenty of food, fun, dancing, and music for everyone!

Tickets are sold at the following locations or at the door on the day of the event:

- Alpine Banks
- Bank of the West (Main St. Branch)
- The Lions Mane
- Tiffany, Etc.

Try your hand at:

- Blackjack
- Craps
- Roulette
- Texas Hold'em

Music will be provided by The Ghost River Band. There will be a Silent and Live Auction, cash bar, and grub provided by the Red Barn Restaurant.



Thank you to our Sponsors:

- Casino Nights
- Alpine Bank
- Wollert GMC

When: Saturday, November 15, 2008
 6:00 PM—10:00 PM

Where: The Montrose Pavilion

Why: Have fun for a good cause!

What: Proceeds benefit the Dream Catcher Therapy Center

Who: Anyone and Everyone

Call 970 323-5400 for more information.



Entrance Fee: \$15.00
 November 15, 2008

"There is something about the outside of a horse that is good for the inside of a man."

Winston Churchill

Dream Catcher Board of Directors

Bill Hamm, *President*
 Tony Licwinko, *Vice-President*
 Cyndy Vrabec, *Secretary*
 Tyler Hawkins, *Treasurer*
 Pam Bachorski, *Member*
 Dr. Mary Vader, *Member*
 Glee Westcott, *Member*
 Bryan Distel, *Member*
 Leslie Presby, *Member*

Dream Catcher Advisors

Dr. John Shull, DVM
 Kristina Bagnara
 Joe Bagnara
 Jim Kershner
 Donald Moreland, CPA
 Lynn Banarad
 Delta County Sheriff Sgt.
 Allen Sitton

Dream Catcher Staff

Kathy Hamm, *Exec. Director*
 Tami Distel, *Assist. Director*
 Cheryl Adams, *Barn Manager*

Therapists

Leslie Herr, SLP, CCC
 Lisa Lucci, OTR
 Jenine LeMaster, OTR
 Drew McLeod, NCTM
 Jackie Robirds, CSW

Special Edition

October 2008

Special points of interest:

- Casino Night Information
- Letters from Parents about therapy at DCTC
- Update on Rescue Horses
- Information on how you can help Dream Catcher's

Inside this issue:

Casino Night	1
From the Horse's Mouth	2
Parents Thoughts on DCTC	2
What is Hippotherapy	2
More Letters from Parents	3
End of the Trail Horse Rescue & Sanctuary	4
How You Can Help	5

From the Horse's Mouth

Hello,

My name is T-Bone and I had a career as a PRCA roping horse. Prior to that, I was not treated very well and sustained some permanent scars.

T-Bone in July 2008



I'm very happy to be here at Dream Catcher's.

I'm a 22 year old gelding, and I must say that I have a very calm nature and I really enjoy working with the clients at Dream Catcher's. I've overheard the handlers say that my gentle way is very therapeutic.

I maintain an especially long stride, which used to help the roper catch up to the speeding calf. Now that talent is

helpful to improve abdominal muscle tone in the rider.

I'm honored to be enjoying my 'retiring years' here at Dream Catcher's, and being used in the program. I much prefer the mounting ramp to a roping box! The folks around here say that I'm as "solid as a rock." I just love that!

Thank you to the Red Barn Restaurant for sponsoring me.

Sincerely,



A Parent's Thoughts on Dream Catcher Therapy Center

My name is Jodi Fraser and I have a 5 year old son named Randy. Randy has been diagnosed with Down's Syndrome. I had heard many stories about Dream Catcher Therapy Center, and Hippotherapy in our small community since having Randy. I have to admit I was skeptical about removing Randy from his Therapy at Montrose Memorial Hospital where he had gone his whole life. It was Randy's love for

horses that finally made my decision to go and check out Dream Catcher Therapy Center. Now we absolutely love it and can't wait until Wednesday afternoon so we can go to "The Farm." The therapy is great, the therapists are wonderful, and it gives you a great feeling to watch the connection between the whole team, horse, therapist, and child. Randy has always been afraid of dogs. Now when we get out

of the car at Dream Catcher's he hugs "his" big dog [Sage]. We also ride ATV's a lot and Randy's overall strength has really increased. We no longer have to "hold him on" while riding. We love Dream Catcher Therapy Center. I think it's not only beneficial for the therapy but also compassion for the animals as well.

Thank you,

Jodi Fraser, Parent of Randy

"Now we absolutely love [Dream Catcher's] and can't wait until Wednesday afternoon so we can go to 'The Farm.'"

What is Hippotherapy?

Hippotherapy is a treatment that uses the multidimensional movement of the horse. The word Hippotherapy comes from the Greek word "hippos," which means horse.

Specially trained physical, occupational, and speech therapists use this medical treatment for clients who have movement dysfunction. Historically, the therapeutic

benefits of the horse were recognized as early as 460 BC. The use of the horse as therapy evolved throughout Europe, the United States, and Canada.

Hippotherapy uses activities on the horse that are meaningful to the client.

Specific riding skills are not taught (as in therapeutic riding), but rather a foundation

is established to improve neurological function and sensory processing. This foundation can then be generalized to a wide range of daily activities.

Horses are used for therapy because their movements mirror our own and during Hippotherapy, those very essential core muscles are strengthened.



A rider during a Hippotherapy therapy session

More Thoughts From a Parent...

To Whom It May Concern:

I am writing to let everyone know what an absolutely wonderful therapy center that Dream Catcher is. My daughter Kaylie started coming to Dream Catcher's in May of this year, when she was 18 months old. She has very low muscle tone and is having some seizure-like episodes. When we first started coming out to do the Hippotherapy, O.T. therapy, and speech therapy on the grounds, Kaylie was sitting only with support, her body was very stiff, and she made very little movement with any of her body. She also was only holding objects in her hands for a very short time and could not pass objects between her hands.

She also made very little verbal noise. There is a whole list of things she couldn't do when we first started coming.

From the time we left Dream Catcher's on our first appointment, I swear we started seeing a change in her. That night at home she was less irritable and from that day forward her improvement has been unbelievable. That week she started to move her body a little bit more and more, and by the third or fourth visit the stiffness in her back was significantly less, she was sitting up straight and tall on the horse, and she started moving her body more and more. She now can sit for a significant amount of time without falling, she is moving her legs,

grabbing her toes, holding objects, passing objects, and she is starting to vocalize as well. All of which she was doing slim to none before we started coming out. Her whole personality has really improved drastically.

The staff, therapists, and volunteers out there are all wonderful to work with. I can't say enough about her continued progress both physically and emotionally since she has started coming to Dream Catcher's. We are so thankful a program like this exists because who knows where she would still be developmentally without this great therapy center.

Sincerely,
The family of Kaylie Varbel

A Parent's Letter...

Last year when we moved to the Western slope we found a wonderful place and home here at Dream Catcher's. We chose this facility due to its human touch and friendliness as well as its consistency in a year round treatment. Here our daughter, Saharah, now seven, continues Hippotherapy along with speech and OT. Saharah was born with Down Syndrome. This also consists of low muscle tone and weak ligaments. At 2 1/2 years of age she was diagnosed with Sensory Integration Dysfunction, which affects her sense of balance, her sense of touch and her ability to sort out outside stimuli. A long time ago someone explained Hippotherapy to us this way: Hippotherapy is like a 3D workout that works from the inside out, if a person can sit or even lay on a horse

when that horse moves every muscle in that person's body has to adjust to each movement of the horse. We were interested in such a treatment because having low muscle tone affects all muscles including the heart, liver, kidney, brain, etc. Our daughter has benefited greatly from this kind of therapy. She has learned to mount and dismount her horse as well as to touch him as a 'Thank You' at the end of each session. Her therapist has her ride forward, backward, sideways all the while encouraging speech, hand movement and activities that cross the midline and exercise her brain function. She does most things she is asked with a willing spirit all the while she adjusts herself on the horse's back and pays attention to her surroundings.

Dream Catcher isn't just about the horse. It is a whole package of things. The experience here has helped Saharah tremendously with her sensory issues. Now when Sage, the 3 legged dog comes bounding out to greet us she no longer climbs up us in sheer terror. She will now even call the dog to her and sometime even reach out to pat [her] on the back. All summer she couldn't wait to get out of the car so she could run with the chickens. Everyone here is interested in her growth. She has thrived under such keen attention and we are so pleased that we were able to find such a wonderful place like Dream Catcher to continue our daughter's therapy.

Bill and Beverly Powell



"From the time we left Dream Catcher's on our first appointment, I swear we started seeing a change in her. "

"Our daughter has benefited greatly from this kind of therapy. "

End of the Trail Horse Rescue & Sanctuary

The End of the Trail Horse Rescue & Sanctuary is relatively new, but it's up and running and successful.

In January 2007, Dr. Jim Grady contacted Dream Catcher Therapy Center saying that there were four horses that were going to be

sold through the sale barn if he could not find homes for them. Kathy Hamm graciously agreed to take in the horses and give them a safe, loving environment in which to get the therapy they needed. Unfortunately, by the time Dr. Grady could get the horses to the center, one of them had

already died at the sale barn.

Currently at the Rescue are Star, Sadie, and Mary. Below are updates on all three with 'before' and 'after' pictures.

All three horses are up for adoption with supervision for two years through Dream Catcher Therapy Center.



Update on the Girls

Star is one of our End of the Trail Rescue and Sanctuary horses and came in February 2007 almost starved to death. She has a very sweet, gentle disposition for a yearling and will walk up and greet you in the pasture. She may be the smallest and youngest, but she does herd her sisters and other horses around.



Star in February 2007



Star in August 2008

Sadie is now three years old and was rescued in February 2007 as one of the End of the Trail Sanctuary horses. Sadie is not one to trust people due to being mistreated and will take more time and patience to gain her trust. She loves running to and from the pasture. Sadie does enjoy being brushed and has been ridden.



Sadie in January 2007



Sadie in August 2008

Mary is an End of the Trail Rescue and Sanctuary horse who was rescued in February 2007 from starvation. She had some difficulty with abscesses in the past due to this, but is doing fine now. Mary is now two years old and does not know she is a horse — she prefers people. She definitely appreciates the hand that feeds her. We will be breaking her in to ride in the near future.



Mary in January 2007



Mary in August 2008

“The good thing about talking to your horse is he doesn't talk back.”

Anonymous



5814 Hwy 348
Olathe, CO 81425
Phone: 970 323-5400
Fax: 970 323-9090

WE'RE ON THE WEB!
WWW.DCTC.ORG

Dear Volunteers,

We want to give a big Thanks to our wonderful volunteers. You have helped out so much with the horses and the clients.

We would like you to know how much we appreciate you and your hard work. We are grateful for all of your time and effort.

Volunteers are always welcome!

Our Mission

Dream Catcher Therapy Center is a program for children and adults who have physical and mental health challenges. We seek to enhance their physical and psychological development through interaction with horses in a unique, clinical setting.

End of the Trail Mission

To offer horses a second chance to be cared for, nurtured, and valued. To provide shelter and humane treatment to horses that have been abused or neglected.

Ways You Can Help Dream Catcher's

- I am interested in volunteering: _____

- I would like to adopt a horse (helps with general maintenance):
 - _____ \$45/month
 - _____ \$500/year

- I would like to become a member:
 - Dream Catcher—\$500 _____
 - Web Builder—\$300 _____
 - Circle of Friends—\$100 _____

- I would like to make a tax-deductible cash contribution (please circle):

\$25 \$50 \$100 Other \$ _____

Name: _____

Address: _____

Date: _____ Phone: _____

