

Building Foundations That Last A Lifetime...



EQUINE WELLNESS SEMINAR AT TOUCHSTONE FARM FRIDAY EVENING MARCH 6TH TO SUNDAY MARCH 8TH, 2015



Please join us at an information-packed weekend
on the latest and best strategies for assessing and maintaining
the wellness of our equine partners.

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Equine Wellness Seminar

Friday-Sunday, March 6th to 8th, 2015

Touchstone Farm, Temple, NH

This seminar has a special focus on equine stress and its impact on equine wellness. Our presenters offer strategies, treatments, and best practices for keeping our equine partners happy and healthy throughout their working lives.

The seminar features three days of presentations and demonstrations from equine experts who come to us from across the U.S. Topics range from the care of older working horses to assessing equine stress levels, to using massage, Reiki and energy work to conditioning and good old fashioned horsemanship combined with brand new products to help our horses manage stress and stay ready to do their important job.



Who Should Attend?

- Directors, instructors and staff of therapeutic riding, driving, or horsemanship programs
- Practitioners and equine specialists in equine-facilitated psychotherapy (EFP) and equine-assisted learning
- Barn managers and head instructors from equestrian centers who own the horses working in their programs
- Veterinarians interested in the latest research on equine stress
- Private horse owners who want to learn about best practices for achieving and maintaining the health of their horses
- Pony Club Members
- 4H Members

Path, Intl. Continuing Education Credits

Full attendance at this seminar will earn participants 13 PATH, Intl. Continuing Education Hours for Instructor Certification.



Schedule

Friday, March 6th

5:00 pm **Arrive** at Stepping Stone Lodge, settle in and stroll around the farm. We encourage staying on site because of evening programming and wonderful networking opportunities.

5:30 **Opening Reception** at Stepping Stone Lodge

6:00 **Dinner**

All meals are homemade and served on site at Stepping Stone Lodge

7:30 **Keynote Address, “The Horse’s Health and Wellbeing: Perspectives on the Human-Animal Bond and its importance in the care of older horses.”**

Special emphasis will be on the detection and management of hormonal diseases in horses. The focus will be on the problems of obesity and equine metabolic syndrome, laminitis, and Cushing’s disease. Recommendations will be made about diagnostic testing and treatment of these disorders.



Dr. Nicholas Frank is an equine internal medicine specialist and professor at the Cummings School of Veterinary Medicine at Tufts University in Grafton, Mass. He is the chair of the Department of Clinical Sciences. He teaches and conducts clinical research. He collaborated with Dr. Megan Mueller to examine stress levels in therapeutic riding horses and human-animal interactions.

Saturday, March 7th

8:00 **Breakfast**

9:00 **Opening Session and Welcome**, Boo Martin, Executive Director and Founder of Touchstone Farm

9:30 **“The Foundation of Success: Building Relationships with our Equine Partners”**

Maureen Healey, New England Academy of Therapeutic Sciences (NEATS), Dublin, NH Maureen has worked on horses of all ages and with a variety of jobs, from school horses, to race horses. She has also founded and taught at NEATS for many years.

10:30 **Break**

10: 45 **“An Overview of Stress in Therapy and Lesson Horses, and Preliminary Results of a 2014 Cortisol Study”**

Results and possible conclusions will be presented from a Cortisol Study which was conducted at Touchstone Farm to measure therapy horses at work, at rest and in a traditional lesson program. The format of the study, the statistics of outcomes, and possible recommendations suggested as to how to best alleviate and minimize stress in horses in a therapeutic, lesson or “busy barn” environment with multiple handlers will be outlined.

Dr. Megan Mueller is a research assistant professor in the Center for Animals and Public Policy, and Department of Clinical Sciences at the Cummings School of Veterinary Medicine. Megan holds a B.A. in Psychology, and an M.A. and



Ph.D. in Human Development from Tufts University. Megan’s research and teaching focuses on the role of human-animal interaction and animal-assisted therapy in promoting mental and physical health.

12:00 **Lunch** and optional tour of Touchstone Farm

1:00 **“An Overview of Specific Stable Management Techniques and Protocols in Place at Touchstone Farm to Minimize Stress on our Lesson and Therapy Horses.”** Representatives from lesson and therapeutic horsemanship programs will offer a Round Table of ideas as to how they manage their equine family with specific tips that are cost effective, simple and easy to implement.

2:00 **Break**

2:15 **“Equine Wellness: How Old is too Old, How Lameness is too Lameness, How Tired is too Tired?”** Objective and clinical standards of practice will be presented for horses used in public programs, both lesson programs and therapeutic programs. This session will help take the ‘guess work’ and subjectivity out of our decisions for our beloved equine partners. Dr. Grant Myhre, Founder of Myhre Equine Clinic and Equestrian Complex, Rochester, NH, has presented this topic at PATH, Intl. regional and national conferences, as well as spoken on this topic at the American Association of Equine Practitioners. He has worked with the PATH Equine Wellness Committee to help make Protocols of Equine Care.

3:15 **Break**

3:30 **“Understanding & Managing Common Causes of Stress in Modern Horse Keeping”**. This presentation will include many of the Smart Pak products that can prevent serious problems like colic and ulcers in our horses. Casey Flemming, Smart Supplements Product Manager, SmartPak

4:30 **Break**

4:45 **“An Equine Facility Administrator’s Challenge: When to Treat, When to Euthanize”** This presentation will tackle the difficult problem of how to determine when ‘it is time to end a horse’s life’. After many years of running a therapeutic and educational farm, Michael will bring real life examples to the presentation. Michael Kaufmann, Green Chimneys Farm and Wildlife Director and Director of the Sam and Myra Ross Institute at Green Chimneys, Brewster, NY. Formerly with the American Humane Association and on the NARHA/PATH. Intl. Staff.

6:00 **Dinner**

7:30 **Networking Galore...A short Q & A in a Round Table Format. Everyone is welcome to stay and learn/share/explore these important topics in greater depth.**



Sunday, March 8th

8:00 **Breakfast**

9:00 **Introductions and Overview of the Day**, Boo Martin

9:15 – 12:45 **Hands On Demonstrations & Presentations of Stress Reducing Practices for Equines.** Each practitioner's session includes both a presentation and a demonstration with Touchstone's lesson and therapy horses. Participants will be able to attend all three practitioners' sessions with time left over for specific questions for each presenter.

9:15 to 10:15 **"The Benefits of Equine Massage, Hands on Suggestions for Barn Managers and Volunteers"** Maureen Healey, NEATS, Dublin, NH

10:30 to 11:30 **"Equine Energy Work to Relieve Physical, Mental and Emotional Issues"** Kat Barrell, Call of the Wild Energy Therapy, Newport, NH. A life-long horsewoman and ardent practitioner of Energy Work, Kat has a full time business helping all kinds of animals, with horses her specialty. Her work helps relieve stress while enhancing performance and equine wellbeing.

11:45 to 12:45 **"Keeping Our Horses Fresh: The Vital Importance of Conditioning our Therapy and Lesson Horses"** Major George Paffendorf is a PATH Certified Instructor, ESMHL and Mentor with Therapeutic Riding at Centenary (TRAC), Centenary College, Hackettstown, NJ. He oversees the Veterans' EAAT Program, Operation Centaur, and the schooling program for horses used with TRAC which includes Long Lining.

1:00 **Lunch and Closing Remarks and Drawing for \$250 Cheshire Horse Gift Card**

2:00 **Seminar Evaluations and Good Byes.**



Please note: Touchstone Farm reserves the right to change or add speakers if the need arises.



Presenters

We are so pleased and thankful that so many of our colleagues agreed to make time in their busy schedules to share research, insights, techniques, and skills that will help all of us do what is necessary for the wellness of our beloved equine partners.

Kat Barrell

Call of the Wild Energy Therapy, LLC, Newport, NH. Kat provides a combination of energy healing techniques as well as animal communication to relieve stress in equines and to help them cleanse their energy field for enhanced performance and a deeper relationship with their rider. Her practice focuses on equines; however, she also works with canines, felines, and humans. Kat is a certified Reiki Master, Shamballa Energies practitioner, and a member of the American Society of Dowsers.

Casey Flemming

SmartSupplements Product Manager, Smartpak, Plymouth, MA. Casey is responsible for new product development, as well as the day-to-day management of this top-selling brand. She has a passion for equine health and facilitates the 30+ hour equine health and supplement training program for SmartPak's Customer Care Team.

Dr. Nicholas Frank has taken great interest in the wellbeing of therapy horses. He was the one responsible to get the funding and set up the protocols for the Cortisol Study conducted at Touchstone Farm this past summer. He mentored Caroline McKinney, the student of veterinary medicine who actually conducted the study. Together they will be writing up the results for publication with PATH's Strides Magazine and hope to get published in veterinary journals of medicine. He is further interested in the Human Animal Bond, believing that this mutual care and respect goes a long way in promoting Equine Wellness.

Maureen Healy

Founder and Director of New England Academy of Therapeutic Sciences and NEATS Equestrian Learning Center, Dublin, NH. Maureen is certified in Massage and Bodywork and also earned her Russian certification in Sports Massage with Dr. Vladimir Savchenko of Moscow University. She also obtained her Chinese Certification in Tuinaology Massage Therapy at the China Academy of Traditional Chinese Medicine and Guang An Men Hospital in Beijing China. Maureen converted everything to massage therapy for equines. She has worked at Rockingham and Suffolk Downs race tracks for 15 years, and at private barns and horse shows.

**Michael Kaufman**

Green Chimneys Farm and Wildlife Director and Director of the Sam and Myra Ross Institute at Green Chimneys, Brewster, NY, which is dedicated to research on the human connection to animals and the natural world. Michael served the American Society for the Prevention of Cruelty to Animals (ASPCA) and the American Humane Association (AHA) as a key program director in animal assisted activity/therapy, humane education and animal welfare. He has contributed to defining publications in the field and has served on numerous national boards and committees. He has lectured internationally on humane education, animal assisted activities, and how the link between child abuse and animal cruelty offers opportunity for collaboration among various helping professionals.

Licensed instructor/trainer who has spent a lifetime working with and training horses of every type and ability across multiple disciplines. Claudia has worked with green to advanced level event and grand prix horses for everything from training and conditioning to rehabilitation. She developed long lining techniques to help horses become more supple and obedient to their owners. Claudia's ability to observe horse behavior and the human-to-horse interaction along with her experience with natural horsemanship and long lining has given her the tools to handle many behavioral situations.

Isabella (Boo) Martin

Founder and Executive Director of Touchstone Farm, home of Pony Farm and Horse Power. Boo started Pony Farm 43 years ago and it is one of the most popular residential summer riding camps in the nation. She started the riding and driving lesson programs 40 years ago, bringing each to accreditation with ACA, CHA, ADS and CAA. With a team, she founded Horse Power, a PATH, Intl. Premier Accredited Center that is celebrating 25 years in 2014. She brings practical life experience, as well as a Masters in Organization and Management to her presentations. Boo won the prestigious James Brady Lifetime Achievement in 2010. In 2013, she was awarded PATH Intl. Sis Gould Driving Recognition Award.

Caroline McKinney...Special mention. Caroline can not be with us this seminar as she is out West doing her rotation for her degree as a veterinarian.

DVM/MPH Candidate, Cummings School of Veterinary Medicine, Tufts University, Class of 2016. Caroline began her riding career at age 4. Her love for horses has taken her through Hunter Jumper circuits, collegiate riding, and to veterinary school where she is studying to become an equine veterinarian and pursuing a Masters in Public Health. This summer, Caroline combined her love for horses and interest in Public Health in the equine cortisol research study overseen by Megan Kiely Mueller, PhD, Research Assistant Professor at the Cummings School. Caroline was at Touchstone Farm all summer collecting data and cortisol samples from Touchstone horses. She is excited to share the results.

Dr. Megan Mueller

A former Pony Farmer (at Touchstone Farm), Megan returned to the farm as a Board member for Touchstone. She also wrote and was awarded the Horses and Humans Research Foundation national grant to study the Effects of Equine Facilitated Psychotherapy in Adolescent Males with PTSD. Megan continues to ride today, and fondly remembers her time riding as Captain of her Intercollegiate Riding Team.



Dr. Grant Myhre

Founder and Director of the Myhre Equine Clinic and Equestrian Complex in Rochester, NH, and lifelong advocate for horses. The hospital evolved from the Rochester Equine Clinic, serving NE referring veterinarians as an advanced diagnostic/therapeutic/educational center and providing local care as a growing PATH, Intl center and equine center.

Major George Paffendorf, Retired US Army

Life-long horseman with extensive experience showing Quarter Horses in hand and in performance classes. Since retirement after 25 years in the Army, George now is a PATH, Intl. Therapeutic Riding Instructor, soon to be PATH, Intl. Therapeutic Driving Instructor, PATH, Intl. Equine Specialist, and EAGALA Level one and two Equine Specialist. He is also working on his Carriage Association of America Driver Proficiency Level 1 and 2, following his successful certification with the Carriage Drivers of NYC.



Sponsors

We thank our sponsors whose generous underwriting enables us to bring top-notch presenters to this seminar while keeping the cost affordable for participants.

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Seminar Fee and Accommodations

Please complete the registration form on the next page and return with your payment to Touchstone Farm, 13 Pony Farm Lane, Temple, NH 03084. Make checks payable to Touchstone Farm. Full payment is expected to reserve your spot.

Seminar Fees

\$225 full seminar (Friday-Sunday)

\$100 Saturday or Sunday only (includes lunch)

Stay at Stepping Stone Lodge

\$125 per night for lodging and all meals

We highly recommend that participants stay right on the farm in Stepping Stone Lodge.

- Sleep in quiet and comfort in the Lodge bedrooms
- Dine on delicious meals prepared right in the Lodge kitchen
- Enjoy conversations in the warm, relaxed atmosphere of the Lodge's great room
- Visit with the farm's horses and small animals
- Walk the quiet country roads surrounding our 28-acre farm

Several local inns and B&Bs are a short driving distance from the farm.

Directions to Touchstone Farm

Detailed directions are available on the Directions page in the About Us section of the Touchstone website, www.touchstone-farm.org. GPS users, please enter 818 Putnam Rd, Temple, NH, into your unit for the best directions to the farm.

Cancellation Policy

Payment is due with your registration form. If the workshop is cancelled by Touchstone Farm, we will refund your payment in full within 30 days of cancellation, or you may use the payment as credit toward another event of your choice held at Touchstone Farm within two years of the cancelled event. If you wish to cancel, you must submit a written cancellation request to Touchstone Farm before the workshop to receive a full refund. Individuals who do not give written notice to Touchstone Farm before the first day of the workshop will not receive a refund.





Equine Wellness Seminar 2015

Registration Form

Name: _____ Event Date: _____

Address: _____

Phone: _____ Email: _____

Do you have any special needs or concerns? _____

Do you have any dietary needs or concerns? _____

Event Registration Information

- Full Seminar Fee (Friday-Sunday, includes Fri/Sat dinners, Sat/Sun lunches) \$225/per person _____
- Saturday or Sunday Only (includes lunch) \$100/per person _____
- Overnight Lodging (includes all meals) at Stepping Stone Lodge (per person/per night) \$125/night _____

Arrival Date/Time: _____ Departure Date/Time: _____

TOTAL Enclosed _____

Emergency Contact Information

Name: _____

Relationship to participant: _____

Home Phone: _____ Cell Phone: _____ Other (specify): _____

Touchstone Farm - Communications & Marketing

How did you hear about our program? _____

Touchstone Farm may use photos taken during this event on our website, Facebook page, and in other communications. If you do NOT want photos of you to be used in this way, check here:

Participant/Primary Contact Signature(s)

Signature: _____ Date: _____

Payment Type (we accept check or visa/mastercard/discover/amex; 4% processing fee will be added to all credit card payments)

- Check Enclosed:** Payable to Touchstone Farm
- Credit Card Number:** _____ **Exp Date:** _____
- Signature:** _____ **Security Code:** _____

Please complete this registration form and send it with payment to: Touchstone Farm, 13 Pony Farm Lane, Temple, NH 03084

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