

# The News at Take Flight



Our mission...  
to develop capable and  
resilient individuals by  
incorporating horses  
into therapeutic and  
learning programs.

## Horse Sense to Renew the Human Spirit

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Caregivers come together for support

Have you ever found yourself in the role of family caregiver? It's usually a role you don't apply for or expect. In fact, you may not even identify yourself as a 'caregiver'. The average caregiver today is a 48-year-old woman who holds down a paying job and still has children at home. Many women see the role as "just something we do".

Family care giving has become a common crisis for Americans, with nearly 50 million of us caring for a dependent relative. Recognizing this area of need, The Respite Resource Center (a division of the Eastern Nebraska Office on Aging) underwrote a special Take Flight program to support those caregivers in our commu-

nity. As a result, a national partnership was born.

The Take Flight team designed two half-day workshops for twelve caregivers to reconnect with themselves while finding new ways to lower stress and manage daily responsibilities. We created new activities with the horses that would provide a unique gateway into discussion of the participant's thoughts and experiences as caregivers.

One activity involved the group in building an "Acceptance Space". First they wrote on a card something they were struggling to accept and attached it to a horse. Then they used props (cones, poles, etc.) to create the acceptance space and move the horses into it without touching them.

The group designed a half-circle and moved some of the horses in, but they quickly walked out. They decided to increase the size of the space and eventually were able to keep everyone in. This led to discussion of redefining what is "acceptable" in terms of caretaking while reexamining their expectations as caregivers and focusing on their personal needs.

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Take Flight Farms 



Participants design their space

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Results of this program show a compelling need for future sessions. One participant said, “I will walk away with a deep sense of relaxation and community because I am not alone in this experience.” Another said, “I learned more as I processed this experience. When under stress, I can picture the horses in my mind.” Thanks to The Respite Resource Center for making these workshops possible.

Reference: *Passages in Caregiving*, Gail Sheehy, 2010.

## Holiday Break for Horses and Students

It has been a busy first half of the school year! We have expanded our OPS programs and served students from the 5th grade class at Sacred Heart. Private schools are contacting us to design special equine learning sessions for them. Check back next spring to learn more!



Archie and Sacred Heart student Gianni Adams

## Horses and Lady Jays make fast Friends

Take Flight hosted the Creighton University Volleyball team at the farm in August for a teambuilding group development experience. Sixteen young women and three coaches participated in activities with horses to build their team co-

hesion and have a little fun at the same time!

One of the activities designed by the Take Flight team simulated a volleyball game where a portion of the team members were

benched while others filled the roles of players, coaches and officials. Their goal was to move the horses over an obstacle (poles on the ground) without touching them.

The team and their coaches brought a great deal of energy and enthusiasm to the arena; even the horses seemed extra playful. One of the teammates said of the experience, “Being able to apply two totally unrelated things – horses and volleyball – was really amazing. I can relate better to my teammates now.” Another said, “This experience related to each game we play, each opponent we face, and every day in our lives.”



Lady Jays at Take Flight Farms

# Our Gratitude for these Gifts

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June 16 – Nov. 30, 2010

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Dr. Suzanne Braddock  
*In Honor of Lisa Roskens:*  
Toba Cohen-Dunning  
*In Honor of Mary Roskens:*  
Toba Cohen-Dunning  
*In Honor of Mike & Gail Yanney:*  
Laurette Hess  
*In Honor of Tommy & Sugar:*  
Paige Williams & Nancy Cornish

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## MEMORIAM

*In Memory of Cricket:*  
Melissa and Kyle Filipi

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## In Kind

Jan. 1 – Nov. 15, 2010

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Hap Abraham Catering  
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# Take Flight Farms

Where Horses Make a Difference

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## *How Your Support Helps:*

- \$5,000 Supports an equine assisted learning or therapy program
- \$3,000 Underwrites an introductory group learning or therapy program
- \$1,000 Provides an individual therapy program
- \$500 Sponsors a group scholarship
- \$100 Sponsors an individual scholarship

PLEASE MAKE YOUR TAX DEDUCTIBLE CONTRIBUTION PAYABLE TO TAKE FLIGHT FARMS, INC OR  
CHOOSE TO DONATE WITH A CREDIT CARD ONLINE AT [WWW.TAKEFLIGHTFARMS.ORG](http://WWW.TAKEFLIGHTFARMS.ORG)

## Gale's Corner:

Arnold Palmer once said “Even when the odds seemed entirely against me, I never quit trying.”

Sometimes the only choice we have in our lives is to persevere when faced with seemingly insurmountable odds. We've all found ourselves in this position. How we actually persevere is based many times on the tools we have at our disposal.

Equine Assisted Learning and Therapy provide the opportunity for people facing these challenges in their lives to discover tools that they can use to solicit positive growth and change. Simply put, this work changes lives.

This year we've witnessed so many – young and old – who have had the courage to come through those barn doors to face the real issues in their lives that seem insurmountable. Time in the arena with our horses gives each person the opportunity to test new skills, try new approaches, and discover or rediscover the resources that they carry within themselves every day.

One of our groups this fall consisted of survivors of domestic violence. While in the arena with 1,000 pound horses in each session, these individuals were able to safely test new life skills such as taking control of their lives, moving out of their crisis zones, and realizing what a safe zone might mean for them.

Powerful sessions with active members from our Military brought to light the skills necessary for deployment, the reintegration into life back home, and the resiliency it takes to sustain re-deployment.

Our work with kids from all over the city, from varied backgrounds and experiences, has proven to be extremely effective in helping them learn new life skills through their experiences in the arena with horses who accept them for who they are – without judgment.

Your continued support has been instrumental in helping Take Flight reach out to our community and change lives. Your year end gift will serve to continue these important programs and assist with special scholarships for those who are facing those insurmountable odds. Thank you for being such an important part of what we do!



Gale Faltin  
Executive Director, Take Flight Farms



Photography by Marco Rossetti

# Take Flight Farms

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