



June 2021 Issue 10

CHEFF CENTER VOLUNTEER NEWSLETTER

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VOLUNTEER PROFILE: CORBIN FISHER



Tess and Corbin

Corbin started volunteering at the Cheff Center around 2009, while he was a student at Gull Lake High School. From there, he went off to college at Grand Valley State University, but still came back to Cheff as his schedule allowed. After graduation, he had to leave volunteering for a few years, but happily was able to circle back in 2019 and pick up where he'd left off, having

obtained some new experience in the meantime.

Corbin grew up in the Richland/Galesburg/Augusta area and got involved with horses at a pretty young age. His sister was into horses as a child, which inspired a similar interest for Corbin, and for their two brothers, one of whom is Corbin's twin. Corbin started taking riding lessons at age eight. His family had four or five horses for many years, enough so each kid could have a horse of their own.

At GVSU, Corbin studied hospitality and tourism management. Once out of school, though, he found the hospitality industry – restaurants, hotels, etc. – wasn't really what he wanted to do. He was working at Tractor Supply when a new opportunity presented itself. He had gotten to know a customer who was a farrier and this person offered Corbin a job. He accepted and discovered he loved the work.

The next step was to attend horse shoeing school. There weren't many options in Michigan at the time, so he went to a program in Missouri. Corbin noted that more recently, Michigan State University's Dept. of Animal Science has opened a farrier school.

Corbin now has his own farrier business. He said much of his work is hoof trimming, though he also does horse shoeing, of course. And an important part of his job is examining hooves for any sign of problem, such as thrush. If there are any issues, he works with the horse's owner to get the proper treatment.

Typically, Corbin travels to his customers. Occasionally, though, if someone has a last-minute issue, such as being on their way to a horse show and in need of a shoe, they may bring their horse to him.

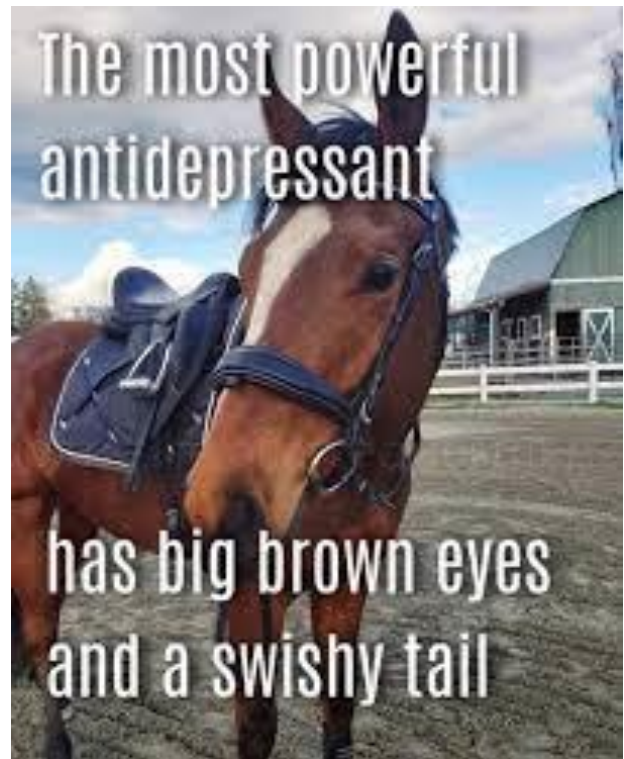
He sees most clients on a regular rotation, typically every six to eight weeks during the summer. In the winter, that interval can be stretched to ten weeks since, as you may know, hooves grow more slowly during the cold season. With these regular visits, Corbin gets to know the quirks and behaviors of his horse clients. As you can imagine, learning to read a horse is critical to working safely as a farrier. Corbin learned a lot about that from having horses as a kid as well as in his daily job.

What has Corbin especially liked about volunteering at Cheff? He really enjoys working with the clients. He's most often worked with kids and young adult riders. He likes helping out in general and says it just feels good to help people.

Horses are a passion, so it is a bonus to work with the Cheff horses in addition to all the equines he has as clients. He likes the entire Cheff herd and has especially enjoyed working with Tess and Tina. They are just nice horses, he said, and they have their interesting features – Tess with her crinkle ear and Tina and her tongue!

Corbin has helped with a variety of therapeutic riding classes, usually coming in a couple times each week. He's also worked with the Read & Ride program and has sometimes helped Cheff staff work with the horses outside of classes. His farrier schedule has some odd hours, which is nice for Cheff, as he is quite often able to fill in when a replacement volunteer is needed.

Now that Cheff has reopened, we hope you'll have a chance to meet Corbin. And, Corbin, we're so glad you were able to return to volunteering at Cheff. Thank you for sharing your expertise with us and for all your great work!



(BIRTHDAY) HORSE OF THE MONTH: HARVEY!



Harvey, looking particularly dashing!

Harvey, the Horse of the Month for June, also celebrates his birthday on June 5th when he turns **29 years old!**

Harvey is a registered Morgan gelding with the magnificent name of 'Woodborne Noble Heart' that arrived in February of 2005. Harvey, hands down, has been at Cheff the longest, just over 16 years!



Harvey is especially good with kids

Harvey is one of Cheff's smaller horses, at 14.3 hands (just shy of 5 feet at the shoulder) and around 900 pounds. You may

have noticed his blind left eye, but he does not let it stop him! Anyone that works with Harvey knows that he can be set in his ways but that he knows his job without being asked. He will bring himself into the mounting block and wait for his rider and will go around the arena until he decides it is time to line up!



Harvey, hard at work

Harvey came to Cheff from a show barn and was a show horse in his previous life and was shown a lot as a yearling through his 3rd year, winning many national titles in Halter and Pleasure Driving. Harvey was also the 2013 PATH Equine of the Year, a very prestigious award given to a very deserving equine. He is also a model for many of PATH's publications!



Harvey and an admirer



Harvey and Sarah P

Harvey enjoys long naps in the sunshine and will pretend he doesn't hear anyone when

they are calling to him. His favorite pasture mate is definitely Tina - they always seem to be together.

You may have noticed that Harvey doesn't like his left hind foot picked up; this is because of his arthritis. Due to Harvey's age, he is on joint support to help keep him happy in his work here at Cheff. He is on Adequan monthly, and that can become quite costly, so donations to keeping Harvey mobile are always appreciated.

Harvey's favorite treats are carrots, so next time you're in the barn, make sure to bring him a carrot and wish him Happy Birthday!

HAPPY FATHER'S DAY!!!



Harvey being silly



HAPPY SUMMER!!!



June Fun Fact

Horses with typical anatomy are "obligate nasal breathers" which means they must breathe through their nostrils and cannot breathe through their mouths.



*All I pay my psychiatrist is cost of feed and hay,
and he'll listen to me any day!
~ Anonymous*

June Fun Fact - BONUS!

The most common horse color is bay — some shade of red body, black mane and tail, black legs (which can vary from just pasterns/fetlocks up to the knee and hock).



EDUCATION CORNER: ANXIETY DISORDERS

Many of us experience anxiety here and there—speaking in front of large groups, driving in heavy traffic, etc. We may feel nervous, worried, or even fearful. These are a few of the common symptoms of anxiety. These symptoms may force us to practice so we don't embarrass ourselves, may help to keep us alert and cautious during certain situations, and then they pass. People who have anxiety disorders experience these symptoms to the extent that they disrupt their day-to-day functioning, which in turn affects their lives.

Generalized Anxiety Disorder or GAD is characterized by persistent and excessive worry about a number of different things. People who have GAD often find it difficult to control their worry, and may worry more than what seems necessary about events when there may be no cause for concern or worry. GAD is diagnosed when a person finds it difficult to control their worry more days of a month than not, and when they have 3 or more symptoms. Symptoms may be emotional and/or physical. These include:

- Sense of impending danger, panic or doom
- Feeling tense or jumpy
- Restlessness or irritability
- Anticipating the worst and being watchful for signs of danger
- Pounding or racing heart and shortness of breath
- Rapid breathing, sweating, tremors or twitches
- Headaches, fatigue and insomnia
- Upset stomach, frequent urination or diarrhea (gastrointestinal issues)

GAD rarely occurs without co-occurring conditions. These may include:

- **Social Anxiety Disorder**- An intense fear regarding social interaction which is often driven by the fear of humiliation. People with social anxiety disorder may not participate in conversations or discussions, and may have a panic attack if forced into social situations where they do not feel comfortable.
- **Panic Disorder**—Sudden feelings of terror often resulting in panic attacks. Panic attacks often have physical symptoms which mimic heart attack (chest pain, heart palpitations, dizziness, shortness of breath and stomach upset) which may exacerbate the feelings of terror and fear.
- **Phobias**—A powerful reaction of strong, irrational fear of certain places, events or objects (spiders, needles, crowds, heights, close spaces, etc). People will work hard to avoid their triggers/phobias, and depending upon the number of triggers and type of response, their attempt to control their fear may take over their lives.
- **Selective Mutism**—Unlike mutism, which is the inability to speak at all, selective mutism begins in childhood and is a result of the child being so overwhelmed by fear and anxiety that they “freeze” and cannot communicate verbally. This is often specific to certain circumstances, and most often where the stress level is high in anticipation of speaking to a group of people. (For example, a child in a classroom may not be able to speak in front of his/her peers, but has no problem speaking with his teacher. He/she may not speak in school at all but communicates freely at home).

- **Separation Anxiety Disorder**—An excessive anxiety concerning separation from the home or from those to whom they are attached. Children are often fearful of situations that may present danger to their family or themselves such as burglars, accidents, animals, the dark, etc. They often have concerns about death and dying, and may even refuse to go to school. Children who experience separation anxiety may be highly demanding, intrusive and in need of constant attention.
- **Substance/Medication Induced Anxiety Disorders**—Anxiety is caused directly by the effects of drugs or the withdrawal from them. These may include alcohol, cocaine, caffeine, amphetamines, inhalants, and even prescriptions such as bronchodilators, sedatives, analgesics, insulin, and many, many other medications commonly used to treat common health issues. Symptoms include generalized anxiety disorder, panic attacks, phobias, etc.

Other anxiety-related disorders include:

- **Body Dysmorphic Disorder** (preoccupation with a physical part of the body)
- **Trichotillomania** (hair pulling)
- **Excoriation Disorder** (skin picking)

Scientists believe that there may be two specific factors that may cause anxiety: Genetics and/or environmental factors. Genetically, anxiety may indeed run in families—some families have higher instances of anxiety amongst their members than others. Environmental factors may include abuse, neglect, a traumatic event or an experience of a violent event. These factors may cause the development of an anxiety disorder.

Diagnosis of anxiety often starts with a (family) doctor, who evaluates the physical symptoms of anxiety to make sure there are no underlying physical causes of the symptoms. After that, they may refer the patient to a mental health professional who will often use the DSM (Diagnostic and Statistical Manual of Mental Disorders) to determine the type of anxiety that exists in the patient. The diagnosis established will help determine the treatments that will be used.

Anxiety disorders may be treated in several different ways or combinations of those ways.

- **Psychotherapy/cognitive therapy**—These therapies (and others) help people change their relationship to their symptoms. They help the person to understand the nature of the anxiety itself, to be less afraid of the existence of the anxiety, and to help them make choices independent of the anxiety.
- **Medications**—There are many medications that may help with anxiety disorders. Most are SSRI's (selective serotonin reuptake inhibitors), which increase the levels of serotonin in the brain and block the re-absorption of serotonin.
- **Relaxation techniques**—Yoga, exercise and other alternative treatments may be helpful in the treatment of anxiety.

How does Therapeutic Riding help people with anxiety?

It is well known that in general, animals help us to relax and can have a positive effect on our mood. It is believed that horses seem to have a sixth sense when it comes to anxiety, stress and fear in humans, and they may help clients identify what is going on in their own minds. A rider who appears “calm” on the outside but who may be struggling inside may approach a horse who may mirror that inner struggle and resist interaction. Often as the rider interacts with the horse, the rider becomes more relaxed which, in turn, allows the horse to react accordingly. This also builds trust between rider and horse, and helps to increase the self-esteem and a sense of accomplishment for the rider. We often see our clients come in a little wound up, but after the class they emerge smiling and more settled.

Of course, the physical benefits of riding are many, and also help contribute to increased self-esteem and empowerment. Riding improves balance and coordination, stretches and strengthens muscles, improves posture, increases awareness of one’s body in space, improves range of motion, and stimulates the nervous, circulatory and vestibular (inner ear) systems.

As you have read, the benefits of TR on anxiety are similar to its impact on other disorders we have covered in previous newsletters, which just proves how beneficial TR is in the treatment of mental health issues. To find out more, you may go to the following sites (and many more!)

<https://anxietytreatmentexperts.com>

www.verywellmind.com

<https://adaa.org>

www.psychcentral.com





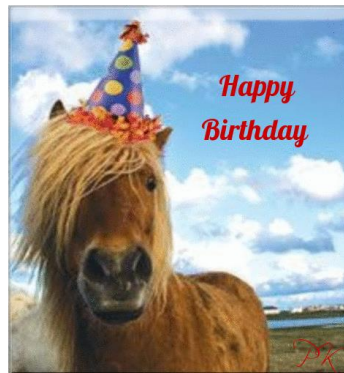
JUNE BIRTHDAYS



Gretchen A
Callie B
Emily C
Meghan D
Molly H
Grayson L
Norma M
Tamara O
Heather S

Courtney A
Robert B
Andi C
Danielle G
Peyton H
Ashton M
Emi N
Olivia P
Selah S
Sandy U

Kalyn B
Ali B
Will D
Ashlee G
Brendan K
Lillian M
Melissa N
Sydney P
Marianne S



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And if you really want to help, ask your friends and family to do the same. We thank you in advance, as every penny counts for us, especially at this time.

Have any horse-related equipment hanging around?

Cheff relies HEAVILY on donations- if you have any gently used horse equipment- saddles, pads, blankets, sheets, (even half bottles of fly spray), we'd love to take them off your hands!

Harding's

For those of you who shop at Harding's, if you join their Community Rewards program and select the Cheff Center as your organization of choice, we will receive a rebate based on your purchase amounts. For more information, click on the link below.

<https://www.hardings.com/savings-and-rewards/community-rewards/>

Again, we thank you in advance, and please let your friends and family know—every little bit helps!!!

Do you have any Questions/Comments/Suggestions?

Or, if you'd like to write an article, please contact Sara Putney-Smith, Volunteer Administrator, at sara@cheffcenter.org

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