



# Nature's Edge Therapy Center



SUMMER & FALL 2012

## *Notes from our Director:*

Nature's Edge Therapy Center is gearing up for a summer filled with many programs. We have multiple therapy opportunities, with small groups being offered in addition to our annual events. I only have room for the highlights here...for more information about our summer happenings, please give us a call or visit our website at [www.naturesedgetherapycenter.org](http://www.naturesedgetherapycenter.org).

 We are very excited to announce the long-awaited opening of "Diane's House," our beautiful new on-site facility for family-focused therapy (see story inside). Please join us for an Open House from 1 – 3 pm on July 8, take a tour of Diane's House, and enjoy some delicious free frozen custard, courtesy of Culver's of Rice Lake.

 Based on last summer's highly successful pilot group therapy sessions, we are offering several therapy groups for children ages 4-12 this summer. Areas covered include fine motor skills, gross motor skills, sensory issues, exploring foods, visual motor and cognition, and safety and social skills. There will also be a group, "Taking Care of the Caregiver," designed especially for parents and caregivers of children with special needs.

 Our annual "Youth of Promise" program for youth (ages 12-18) who need additional enrichment opportunities will run from June 11 to August 13 this year.

 Thanks to the Helen Bader Foundation, we are once again offering our "Reminiscing on the Farm"

program for seniors. We will be hosting groups from several local assisted living facilities and senior programs.

 We are hosting a workshop for healthcare professionals on Animal Assisted Therapy on August 3rd. This is a highly interactive course, engaging students in hands-on exercises. Students will learn AAT techniques and receive a student guide for later reference, as well as certification by Delta Society to utilize AAT in their practice. The course fee is \$150 by July 10, and \$175 if registering later. Class size is limited, and more information can be found on our website.

 Our annual Trail Ride/ Hay Wagon Ride Sponsored by Gilberts of Sand Creek will be Saturday, September 22 (rain date September 23). Events will include the trail ride, hay wagon and horse drawn carriage rides, horse rides in our arena, and of course good food. We hope you will join us.

 Believe it or not, we are already starting to plan for our Winter Gala, to be held on Friday, January 18, 2013, at the Rice Lake Elks Club. Please save the date and we will pass along all of the details in our December newsletter.

As you can see, it's shaping up to be another busy summer. I encourage you to come join us and to pass along word of our many summer programs ... there's something for everyone at Nature's Edge!

~ Becky Lundeen-Payne, Director

# “Diane’s House” Opens!

It has long been a goal of our board and staff to build an on-site facility offering intensive family-focused therapy for children with disabilities and their caregivers in a home-like setting. We are delighted to announce that our goal has finally been reached with the opening of “Diane’s House” in June.

Designed for families with children ages two and older with disabilities such as autism, traumatic brain injury, and cerebral palsy, Diane’s House is a “home away from home” where the entire family can comfortably stay while working as a team toward positive outcomes in a week-long intensive therapy program.

“We want to empower families to learn about and play a ‘hands-on’ role in the rehabilitation of their loved one,” says Becky Lundeen-Payne, Director of Nature’s Edge. “Diane’s House seeks to fulfill that goal by enabling families to stay together during the time of intensive therapy and carry over to their own homes the important programs initiated by our therapists.”

Diane’s House is a fully accessible, furnished single-level duplex. Families live in one side of the house and participate in treatment sessions on the other side and elsewhere on the 65-acre Nature’s Edge ranch. The residence side of the house has a full kitchen/dining area, bathroom/laundry, and living/sleeping area with capacity for up to six family members.

A doctor’s prescription for speech, occupational, and/or physical therapy is required. Initially, patients are given in-depth evaluations by Nature’s Edge’s licensed speech, occupational, and/or physical therapists, and individualized treatment plans are formulated.

Throughout the following week, the patient undergoes several individual treatment sessions with the therapists, and family therapy sessions help the family



We’ve expanded our services to make intensive therapy feel as comfortable as being in your own home. *Diane’s House* is our new on-site facility where patients and their families can stay while engaging in week-long immersion in innovative speech, occupational and physical therapies.

members learn how to continue to implement the treatment plans once they return home. Sessions include Caregiver Education and Training, Meal Planning/Preparation/Dining, Music Therapy, Focus on Art, and Hippotherapy (using horses in therapy), and may incorporate some of the other 27 therapy animals at Nature’s Edge. The week concludes with a Social/Dining Outing at a nearby restaurant.

“Every activity is structured to enable the patient to succeed and to foster continued growth and improvement with his or her therapy goals,” says Lundeen-Payne. “Teaching families to take home and continually reinforce the therapy strategies learned at Diane’s House will reduce the patient’s need for ongoing outpatient therapy, resulting in long-term savings of the money caregivers spend on therapy or lose due to time off from work. This is another very positive outcome of this unique approach to therapy.”

Please help us celebrate the opening of Diane’s House with an Open House on Sunday, July 8, from 1-3 pm!

## 2012 Gala

2012 has brought us many exciting fundraising events; the success of these events is vital for us to continue our mission, and we cannot overstate how much the support of everyone means! Our GALA on January 20 at the Rice Lake Elks Club was a big success. We had several live, silent and dessert auction sponsors. We also had dancing with the incredible Dean’s List Orchestra, Photography by Jane photos on site, and an outstanding meal. Special thanks to the sponsors, as well as bidders and our awesome donors!!



# Nature's Edge Promotes Continuing Education

Nature's Edge strives to offer continuing education opportunities for staff, other practitioners, and young people considering a career in therapy.

For practitioners we recently provided two on-site courses: Animal-Assisted Therapy Applications through the Delta Society and Level 1 Equine Skills and Treatment Applications through the American Hippotherapy Association. Through these classes we were able to meet some wonderful new practitioners from all over the United States.

*"I recently attended the AHA Equine Skills and Treatment Principles I course at NETC. NETC was the perfect setting for this course with its beautiful facility, landscape and the genuine hospitality of Becky and her team. The course was top notch combining the many years of experience of Becky and Terry Barnes. It was presented in a way that was extremely comprehensive giving a solid framework in which hippotherapy can be applied as a valuable treatment tool. And yet it seemed easy to absorb the information in this environment. NETC is both professional and friendly, comprehensive yet casual creating an atmosphere in which everyone believes that they can succeed. Thank you NETC for giving me the motivation and confidence to be able to provide hippotherapy services!!!"*

*--Cindy Schick*

*"It is always a pleasure to be visiting teaching faculty at Nature's Edge. I have an opportunity to see hippotherapy programs throughout the United States and around the world. Rarely do I find one that compares to quality that I see at Nature's Edge. The animals are so well taken care of and the staff is friendly, caring and continually seeking learning opportunities. Really great therapy should look*

*effortless and fun - and that's what I see here as I observe the therapists. What a great job Nature's Edge!"*

*--Terri Barnes PT, HPCS*

Our staff keeps up with continuing their education too! All of our therapists, Ann (PT), Becky (SLP) and Heidi Jo (OT) have successfully taken and passed (recently or in the past) the American Hippotherapy Association (AHA) Level I Course. Becky and Heidi Jo are planning to attend AHA-Level II course in August (Albuquerque, MN). Becky is highly specialized in the field of hippotherapy already--she has obtained the highest level, the HPCS (Hippotherapy Clinical Specialist) designation, and also is a national Associate Faculty member, which means that she is so skilled, she teaches this information to others!  
<http://www.americanhippotherapyassociation.org>



Heidi Jo has just returned from specialized training in the area of Neuro-sensory-motor Reflex Integration. She has successfully completed the course titled "MNRI Dynamic and Postural Reflex Pattern Integration" offered May 17-20 in Eagan, MN. To learn more about this therapeutic intervention, please go to <http://masgutovamethod.com>.

[Svetlana Masgutova Educational Institute](#)

Nature's Edge Therapy Center also encourages opportunities for learning through multiple therapy internships and high school students working with us. We are also thankful for the Barron High School students who participated with our environmental day.

# Eau Claire Fundraiser

This spring, we held a fundraiser in Eau Claire for the first time, on May 12 at the VFW on Folsom Street, featuring music by the very talented Modena Junction Band, grilled chicken dinners, baked sale, plant sale, paddle drawings, and a raffle. Our sincere thanks go to everyone who helped make this event a huge success! Whether you helped with organizing, sold and/or bought raffle tickets, or just came to enjoy some great music and delicious food, your support means more than we can say.



Very special thanks to Amy Gibson and all the employees of Erv Smith Services, Inc. for spearheading this effort; The Modena Junction Band for donating their awesome talent and precious time; The VFW Post 7232 & Deb Monson for allowing us to hold our event at their facility. Also, special thanks to the following for generous donations of time and/or supplies: Jeanette Schermann; Shorty Mueller; DJ's Mart Augusta – Carol Mayer; Bush's Beans; Gordy's County Market; Festival Foods; Hood's Goods; Gold 'N Plump; and Park Ridge - Budweiser.



And last, but not least, Congratulations to our lucky raffle winners!!

- 1st Place - Colt Light Rifle .270 bolt with \$300 Cabela's card – Tom Hall
- 2nd Place - S&W 30-06 bolt with \$200 Cabela's card – Robert Knutson, Eau Claire
- 3rd Place - \$300 Cabela's card – Brad Jones, Beloit
- 4th Place - \$200 Cabela's card – Scott Gibson, Fall Creek
- 5th Place – \$100 Menard's card – Missy Christianson, Eleva
- 6th Place - \$100 Menard's card – Kathern Johnson, Eau Claire
- 7th Place - \$100 Menard's card – Randy Sluga, Eleva
- 8th Place - \$100 Menard's card – Holly A. Smith, Menomonie
- 9th Place - \$100 Menard's card – Bob Sloan, Fall Creek
- 10th Place - \$100 Menard's card – Ron Gibis

*Thanks again to everyone for their support!*

## What It's All About: Our Mission

*My 13-year old son Antony (or "Tony") has cerebral palsy and is almost totally non-verbal. He has advanced developmental delays but has made great strides through his lifetime with the help of various therapy programs. I chose Nature's Edge Therapy Center for my son after working closely with Becky Lundeen as Tony's speech therapist over the past school-year. Becky was, hands down, the best speech therapist Tony's ever had... and his progress with her has been phenomenal. I wanted my son to continue working with Becky and I had heard great things about the Nature's Edge Therapy Center. After seeing the therapy center on our first visit I was amazed at how beautiful and inspiring an environment it would be for my son. I enrolled Tony in both the Youth of Promise day program as well as speech, physical and occupational therapies. I'm particularly impressed and encouraged to see how Tony progresses with the center's horse-assisted therapy program (hippotherapy). He had one session of hippotherapy and had very promising results just from that one session. I've always sought out the best therapies I could find for my son~ Nature's Edge has been one of the more exciting and rewarding programs I've ever found and I expect my son to have a fun and productive summer!*

*- Jessica Dow, Tony's mother*



# Insights from our Therapists:

## Why we LOVE what we do at Nature's Edge!

As an occupational therapist at Nature's Edge Therapy Center, I can attest, without a doubt, that the patient/client is given the very best OT service that our center can provide. Occupational therapy is a specialized therapy that works closely in conjunction with physical and speech therapy. Together we make a very strong team of rehabilitation professionals, covering the client with multiple areas of potential improvement in function.

Occupational Therapy (OT) works on the identified problem areas which affect the "occupations" that matter the most to each individual. Those might be caring for self, caring for others, or even performing work, play or leisure tasks. OT looks at the bio-physical, neuro, social and psychological components which affect the client's function. We assess for specific limiting factors and work to rehabilitate, habilitate, prevent or teach ways to maintain function. Specifically, OT's may work on bathing/dressing tasks (such as buttoning, zipping, donning clothes), toileting and hygiene, writing and coordination skills, sensory impairments/hypersensitivities and primary reflex integration.



At Nature's Edge, OT practitioners have the wonderful option of working "outside the box", or outside the traditional clinical setting. The use of nature, a natural home setting, equine and animal-facilitated therapy and horticulture engagement are just a few of the wonderful treatment facilitation options our site can provide.

Not only is NETC a wonderful atmosphere for treatment, but the therapists are highly compassionate and skilled as well. The client's family is placed at the forefront of our treatment experience and engaging the family in the treatment session not only provides an in-depth understanding of what treatment is occurring, but treatment purposes are explained and a home program is provided with gentle teaching techniques and guidance to help the parent/caregiver be able to feel competent in delivering the exercise at home to the client.

I encourage you or your loved one to try OT at our center, you'll see that the effects of "out of the box" therapy can be life changing.

- Heidi Jo Sovacool, Occupational Therapist, Registered (OTR)



Providing physical therapy services at NETC provides for me, as the physical therapist, a much more realistic and varied environment when compared to working in the clinical setting. At NETC we use the outdoor environment that is so much more stimulating and also challenging for our patients. This allows us a better picture of real life and what obstacles the family and patients are experiencing. The setting provides us with uneven surfaces, hills, wind, outdoor stairs, and ramps that are hard to mimic in the clinical setting and allow us to tailor each session for each patient and family's needs.

Use of the horse's 3 planed movement is one of the most unique tools that we offer at NETC. This allows the patient's body to experience movement either in a way that they have lost due to injury or maybe have never experienced before. We can then take that experience the horse has helped them achieve and help the patient with a functional skill, trying to isolate and repeat a new pattern of movement with them. This should then carry over into the home setting where family members and caregivers can provide the feedback they need until they are more independent with the task.

-Ann Davis, Physical Therapist

Nature's Edge's mission of "facilitate(ing) our patients' independence and integration into family, school and society" coincides perfectly with my personal career goal of providing exceptional occupational therapy services to promote maximum health, learning, and independence in my clients. I have experienced first-hand the effect of the human-horse bond and the impact it can have on a child's rehabilitation program and I look forward to being able to continue using animals during therapy to enhance the therapy services provided.



- Carla Johnson, Occupational Therapist, Registered (OTR)



Speech Therapy in a natural setting is one of the most incredible rewards of being a therapist. I can incorporate functional communication opportunities which the families and caregivers can easily replicate. This includes articulation (speech sounds), feeding/swallowing, the ability to remember and follow directions and even social skills. Our setting allows for a multitude of 'props' that any of our patients can engage and elicit progress.

- Becky Lundeen-Payne, MATCCC/SLP/HPCS-Director

And last, but not least, here we have Bandit, the newest member of our therapy team! Bandit was given to Nature's Edge by the Washburn County Area Humane Society. The animals at Nature's Edge play a big role in the therapy we provide. The natural setting and unconditional love of our animals, along with the knowledge and skill of our therapists, creates a setting that allows patients to receive top level therapy in a unique and enjoyable setting, taking a little of the "work" and a lot of the intimidation out of learning, or re-learning life skills. Our sincere thanks to Washburn County Area Humane Society; Bandit is an invaluable new addition to our therapy team!



### Additional Members of Our Awesome Staff . . .

Sherry Borstad, Office Manager

Samantha Zimmer, Youth Director

Katherine Carlson, Grant Writer

Lane Paulson, Barn Manager

Courtney Lundeen, Barn Assistant/Youth Assistant

### Thank You For Supporting Our Mission . . . .

The mission of Nature's Edge is largely dependent on the generosity of donors whose hearts are touched by the way that therapy at Nature's Edge changes lives. To find out more about us, please browse our website; we have many testimonials and much more information there, and we try to include a good overview of our efforts in the limited space of this newsletter. We encourage you to find out all you can about Nature's Edge and our mission: you can call and set up a visit, visit our website, or attend one of our events. If you're unable to help financially, please speak to us about other ways you can help. Your donation to our general fund helps us continue our mission by helping defray our expenses. Donations by check or money order can be sent to:

Nature's Edge Therapy Center  
2523 14 3/4 Ave.  
Rice Lake, WI 54868

Credit card donations can be accepted through PayPal. Simply click on the link on our website to donate quickly and easily. A receipt will be sent immediately to your email account. (Click on "Site Map" at the very bottom of our web page if you have any difficulty finding what you're looking for!)

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It is through the continued support of our donors and sponsors that we can achieve our rehabilitation goals and mission. Please acknowledge their contributions throughout the year with your gratitude and patronage. Thank you!

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*[www.NaturesEdgeTherapyCenter.org](http://www.NaturesEdgeTherapyCenter.org)*

*Taking therapy beyond the clinic*

## **Mark your calendars for upcoming events at NETC!**

### ***Diane's House, Open House***

Sunday, July 8, from 1:00 am - 3:00 pm

### ***Youth of Promise Plant Sale***

Friday, June 29, from 10:00 am - 3:00 pm

### ***Animal-Assisted Therapy for Healthcare Professionals Workshop***

August 3, 2012

### ***10th Annual Hay Wagon and Trail Ride***

Saturday, September 22, 2012 (Rain Date September 23)

### ***2013 Gala***

January - more info in our next newsletter!

