

# Life Style

SOUTHERN LAKES NEWSPAPERS

## Just for Grins

### I left my keys in San Francisco

**D**oes anyone remember when hotel rooms had keys? Although the modern magnetic key lock systems are superior in terms of security, they aren't superior in terms of getting into your hotel room. In fact they can be extremely effective at keeping you out.

My husband is what you might call a techno-avoider. He kept a rotary dial phone in his office until one day last year when his co-worker went to use his phone and the dialer cracked in two. It was then that he was forced to purchase a push button phone. It took months for him to accept that he had to push a button to talk after lifting the telephone receiver. To this day when he answers the cordless phone at home, he studies the buttons intently before tentatively pushing the talk button. Often, by that time, the caller has hung up.

So, you can imagine our plight when hotels began switching to key cards over a decade ago. Every hotel door is approached with a combination of fear and disdain, as there is generally a 50-50 chance that the keyless lock will let us in on the first try. If it does not open immediately upon the first swipe, the cursing will begin. The cursing, combined with several more swipes of the card at varying speeds, is usually enough to gain entry.

If you travel at all, it's pretty much a given that sooner or later you will get locked out of your hotel room, especially since the advent of magnetized key cards. The best you can hope for is to not get locked out while naked, inebriated, or, horror of all horrors, in your workout clothes, like I did recently.

There's a reason hotels put the fitness center in the basement and locate it just across from the elevator. They don't want middle-aged people like myself fraipsing through the hotel lobby in unflattering stretch pants. But, be advised, if you are going to get locked out of your room at any point during your stay, it will more than likely be when you're discreetly making your way to the fitness center and you realize you've forgotten your head phones and you double-back to your room only to find yourself orphaned in the hallway in your most unflattering outfit.

D'oh!

Well, it could have been worse - I could have been dripping with sweat, too, when I recently showed up at the front desk of the swank Intercontinental Mark Hopkins Hotel in San Francisco in my gym clothes to report that my key wasn't working.

"Are you keeping it next to your cell phone?" the young clerk inquired.

"I'm keeping it in the pocket next to the pocket where I keep my cell phone in," I replied.

"You can't keep your cell phone and your key card together. It will demagnetize," he scolded.

I nodded.

"What color were the lights when you tried to get into the room - red with yellow in the middle, or green with red?" he questioned.

"I'm not sure," I said apologetically. "I didn't know there was going to be a quiz, or I

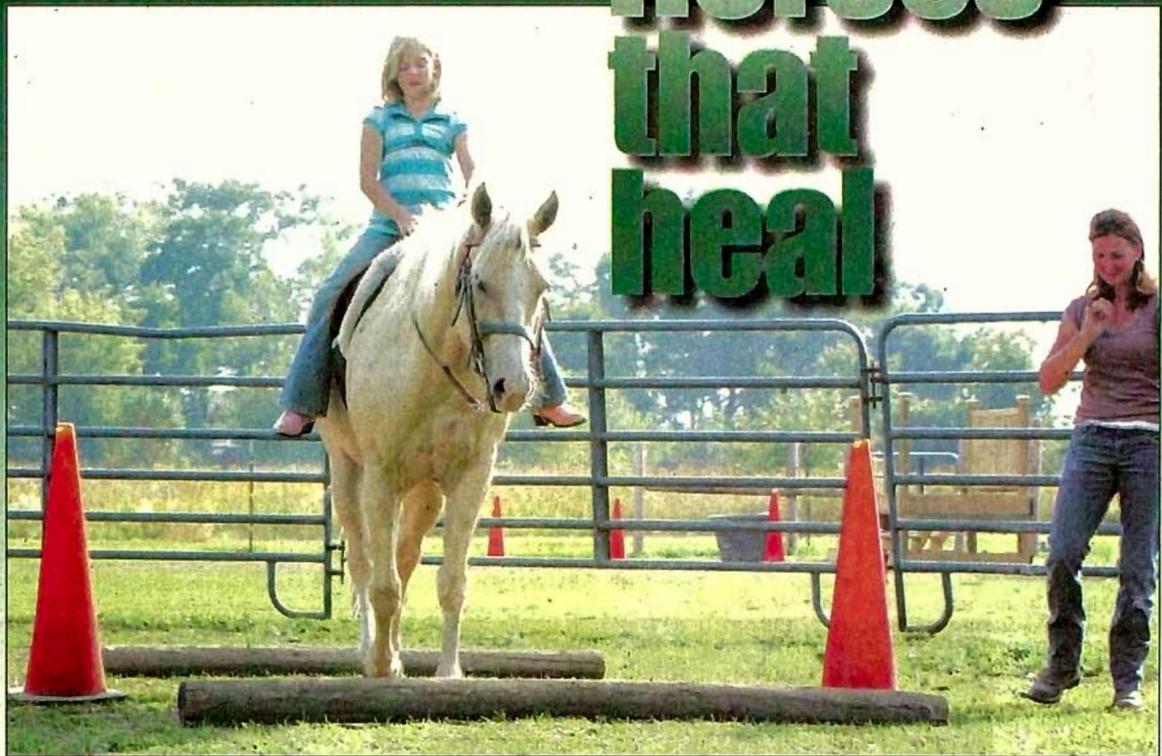
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### Take in these area events this weekend:

(check the area calendar for details)

- Rochester Historical Society bake/rummage sale.
- Historical reenactment, Union Grove.
- TLC craft fair, Burlington.
- Jerry Woulfe benefit, Waterford

## Horses that heal



With her mother, Jennifer Pape, looking on Kirsten Pape, 9, takes a horse through a course designed to enhance the skills of those with physical and developmental disabilities.

MARK DUDZIK Lifestyle

## Rochester woman touts the power of equine therapy for people with disabilities

By Mark Dudzik  
STAFF WRITER

**H**orses have been part of our culture for centuries now, being used for a myriad of purposes from wars to recreational betting.

But the use that a Rochester woman is putting the animal to may truly be its most fitting and finest calling.

For it can only be the docile, patient and understanding nature of an animal that could bring forth speech from a child that hasn't said a word since his birth five years earlier.

That real-life example of the effect and impact equine therapy can have on an individual is one of the main reasons why Jennifer Pape decided to enter the field recently.

Her facility - Willow Creek Ranch Therapeutic Riding Center - debuted to the public last month.

More than two years in the making, the center uses therapeutic riding techniques that are aimed at improving the lives of both children and adults with either physical or cognitive disabilities.

Among those served by sessions atop a horse are people with autism, attention deficit disorder, spinal cord injuries, Down syndrome, learning disabilities and brain injuries.

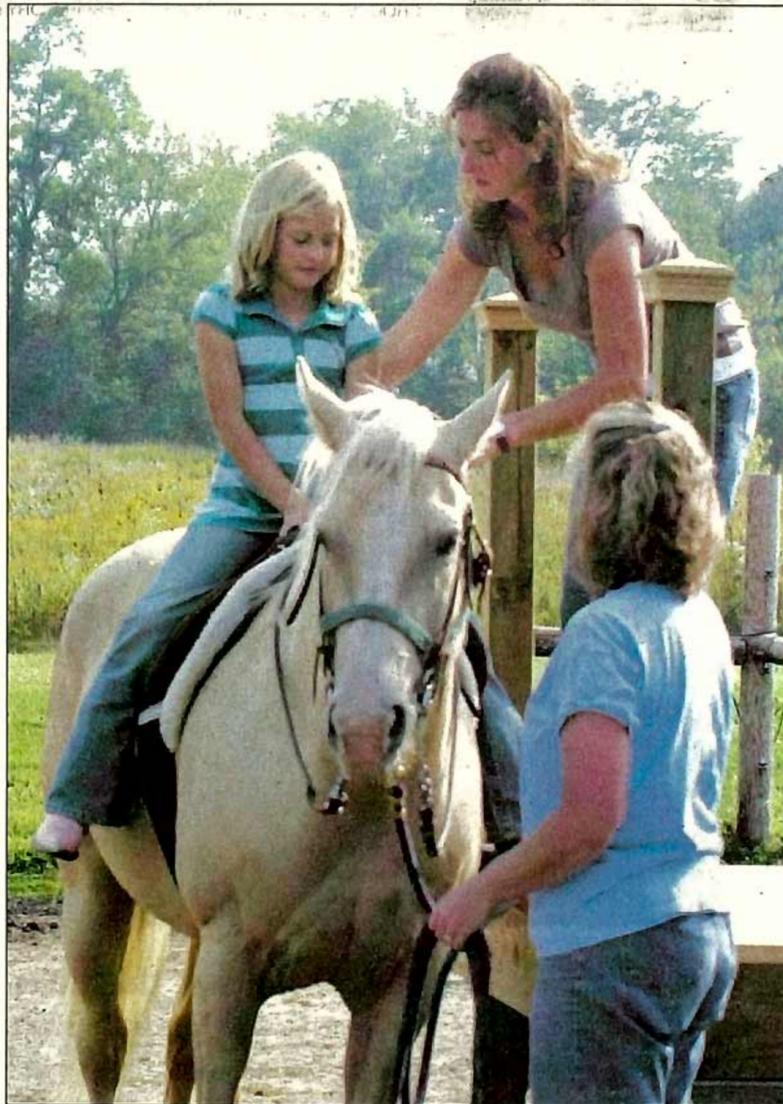
While Pape has been around horses for much of her life, it wasn't until she saw the work a family friend was doing in the area of equine therapy that she realized the effect the animal can have on improving the quality of life for those with disabilities.

For it was during that time that Pape witnessed firsthand the power the therapy has to transform a child's life.

"I have seen a non-verbal, 5-year-old autistic boy do therapeutic riding for six months, leave after a session and (start) talking," she said. "That made me cry."

Using her experience as an outpatient coordinator for physical, occupational and speech therapy at Lakeview Specialty Hospital and Rehabilitation Center in Waterford as the springboard, Pape set about learning everything she could about equine therapy and the means by which it can be employed to treat patients.

There's a world of difference that's proven especially rewarding, Pape said, between her role as an administrator at Lakeview merely witnessing therapy and the positive effects it can have on patients to taking a much more hands-on approach as executive director of the ranch.



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Willow Creek Ranch  
Therapeutic Riding  
Center

MARK DUDZIK Lifestyle  
Kirsten Pape gets help mounting Callbur - one of several horses used for equine therapy at Willow Creek Ranch - from her mother, Jennifer and the center's operations director, Denise Murphy.

"I do the pre-certifications and authorizations with the insurance companies (at Lakeview), so I've always seen the therapists working with the patients, but never had any hands-on experience with that," she said. "But seeing someone progress from the evaluation to the time of discharge was always very interesting to me."

Her work in equine therapy now allows her to experience that impact firsthand and is one of the reasons Pape has found the field so rewarding.

"To be able to offer a service to the community and just see the smiles on other people's faces just makes me happy," she said.

Getting the facility, which is far from a typical business venture, up and running was no small

undertaking.

In addition to the prerequisite number of governmental approvals needed for the business, Pape spent 18 months both studying and performing internships that allowed the facility to become a member of the North American Riding for the Handicapped Association.

In addition, the past six months alone have been dedicated to getting Pape's stable of five horses conditioned for the patients that will be riding them.

"It's having the right type of horses and having the right fit and right type of personality," Pape said.

Given the special needs of those riders, Pape said much effort was dedicated to getting the horses accustomed to the differences between a regular rider and one with

a disability.

"They definitely know the difference between an able-bodied rider and a disabled rider," she said. "They almost overcompensate sometimes when they feel someone's weight shifting."

Not unlike a police dog that can serve as an officer's family pet while off duty but then snap into a work mode and transform into something much more, the horses in her stable have a similar ability to recognize when they're being asked to work and know exactly what they need to do in that role, Operations Director Denise Murphy said.

"They know when they need to work," she said. "It's like they can turn it on and off."

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