



# ATRC OF THE MONTH:

A NEWSLETTER FOR THE FAMILIES, FOLLOWERS, AND SUPPORTERS OF ALBANY THERAPEUTIC RIDING CENTER.



## EVERY DAY CAN BE A NEW BEGINNING!

[HTTPS://HOWTOTHINKPOSITIVE.NET/](https://howtotothinkpositive.net/)

"...EVERY ENDING IS ALWAYS A NEW BEGINNING...AND EACH NEW BEGINNING IS ALWAYS A NEW OPPORTUNITY...IF YOU LOOK AT YOUR PAST, EVERYTHING THAT HAS ENDED HAS ALLOWED YOU TO BE WHERE YOU ARE NOW...BUT HOW CAN WE SEE AN END AS A NEW BEGINNING? HOW CAN WE SEE AN OPPORTUNITY IN THE MIDST OF SO MUCH PAIN, FRUSTRATION AND UNCERTAINTY? THE ANSWER IS: LIVING IN THE PRESENT...THE PAST IS GONE, AND THE FUTURE HAS NOT ARRIVED YET. THE ONLY PLACE WHERE WE CAN REALLY LIVE IS IN THE PRESENT. THEREFORE, WE MUST FOCUS ALL OUR ENERGIES ON TRYING NOT CHANGE OUR PAST, BUT...ON LIVING OUR PRESENT."

"WE CAN NOT CHANGE WHAT HAS HAPPENED, BUT WE CAN CHANGE THE WAY WE EXPERIENCE WHAT IS HAPPENING IN OUR PRESENT...WE CAN SEE THE OPPORTUNITIES THAT WE ARE MISSING BY BEING FOCUSED ON WHAT ALREADY BELONGS TO A PAST...WE MUST FOCUS NOT ON THE PREVIOUS CHAPTER, WHICH HAS ALREADY BEEN WRITTEN, AND WE CAN NOT CHANGE, BUT WE MUST FOCUS ON...THIS NEW CHAPTER, THIS BLANK PAGE, IS A NEW OPPORTUNITY, AND WE CAN CREATE ANYTHING WE WANT. WE ARE THE CREATORS OF OUR OWN DESTINY."

"AN END IS ALWAYS A NEW BEGINNING. THEREFORE, WE HAVE THE OPPORTUNITY TO START OVER. WE MUST LET GO WHAT IS NO LONGER THERE, TO GIVE PLACE IN OUR LIVES TO WHAT IS WAITING FOR US. LIFE CHANGES CONSTANTLY...YOU CAN CHOOSE FROM TWO OPTIONS: YOU CAN DECIDE TO LIVE TIED TO AN END, LIVING IN THE PAST WITH SUFFERING AND PAIN, OR YOU CAN DECIDE TO LET GO OF THAT WHICH NO LONGER EXISTS, REMOVING ROOTS AND START A NEW LIFE. YOU CAN CHOOSE TO LIVE IN THE PRESENT, AND USE IT AS A CANVAS TO CREATE THE LIFE THAT WILL BRING YOU HAPPINESS AND JOY. WRITE A NEW STORY, AND CHANGE YOUR LIFE."



New Year  
New  
Beginnings!

JANUARY  
AT THE FARM:



- 1-NEW BEGINNINGS
- 2-VOLUNTEER OF THE MONTH
- 2-VOLUNTEER OF THE YEAR
- 2-FUNDRAISER FACTS
- 3-MEET MISS STEPH
- 4-PENSIVE PONIES
- 5-YOU'RE THE ONE THAT I WANT!
- 6-SWEETHEART OF THE YEAR
- 7-QUITTER'S DAY
- 8-SHOUT OUTS



## VOLUNTEER OF THE MONTH:

**MOLLY ZAHNLEUTER**

Molly started coming to the barn over the summer with her sister, Heidi, who is also a volunteer with ATRC. She said, "Heidi brought me last year because I was having a really tough time with adjusting and figuring out college during covid, and I know it helped me a lot just to have something to look forward to." While at the farm, Molly helps us out both in the barn and with lessons. Molly is a sophomore at Vassar College majoring in pre-med and biochemistry. We are so grateful to have her enthusiasm and dedication at the farm!

*To get to know Molly a little better,  
we asked her a few questions...*

**1. What is your favorite part about volunteering at ATRC?**

I love walking alongside someone riding and seeing them smile and laugh. The joy that these horses bring to me and everyone who comes to ATRC is unlike anything I've seen before, and it makes my heart melt every time! Each horse (and goat, pig, and donkey!) has made an impact on someone's life, and in return I try to give them as much love as possible!

**2. When you're not at ATRC what do you like to do?**

I like to go on runs in new places, ice skate, play field hockey, and recently I've taken up watercolor painting. I like anything that is fun and relaxing!

**3. If you won a million dollars, what would you do with it?**

First I would buy all the carrots and apples that the horses could ever want! Then, I would love to support groups that help get medical services to people who live in rural areas, especially for women and young children, so they can have better access to practical health related education and care. And of course, I would love to do a little bit of traveling, like going to see the ice skating paths in Canada, waterfalls around the world, and the pink beaches in Bermuda.

**4. If you could meet your hero, who would it be and why?**

I would love to meet Rosalind Franklin. She was the scientist who took x-ray pictures of strands of DNA and played an important role in learning about DNA structure. She was talented at her work and made really valuable contributions to science. Her legacy was overshadowed a bit by the men who she worked with, so to talk to her and get the real story of what happened would be really cool!

**5. Why do you volunteer at ATRC?**

I have to credit my sister, Heidi, for having me tag along with her! It started with some frigid morning chores a year ago, and since then I've been able to sidewalk and continue to help out around the barn. I love that everyone is so passionate about the benefits of spending time with horses, including helping the riders overcome challenges or work to meet a goal, but also caring for some really amazing horses.

*Don't be afraid  
of new beginnings,  
new people, new energy,  
new surroundings,  
new challenges.  
Embrace new chances  
at happiness.*

- UNKNOWN -

THANK YOU FOR ALL YOU DO!

### End Of The Year Match Campaign.



Woohoooo!!!

Thanks to all of you we raised **\$18,311!!!**

That means we met our \$15,000 goal and then some,  
for a total of **\$33,311** donated to the program!

We appreciate your support and generosity more than you know.

ATRC is kicking off 2022 with an awesome start!!!

**THANK YOU!**

### Congratulations, Miss Jenn!



2021  
Volunteer  
of the  
Year!

Miss Jenn started as a volunteer and is now one of our Instructors In Training. She was named 2021 Volunteer of the Year because she is super engaged and always looking for new opportunities to contribute to our organization!



## Meet Miss Steph, Our New Instructor In Training!



**Stephanie grew up in Rotterdam, NY and rode horses for several years as a child/teen.**

**She earned her BA in Psychology from Colgate University in 2005, and her Masters in Mental Health Counseling from SUNY Albany in 2010. After graduating, she began pursuing her license as a mental health counselor, but switched gears after a year to pursue an opportunity in the financial services field, where she has worked for most of the last decade. She took some time off to raise her young boys, but since she has always been drawn to social work and mental health issues, she has been contemplating a return to the social services field for some time. She ultimately decided that she wanted to pursue her Certified Therapeutic Riding Instructor certification through Path Intl. with the help of ATRC.**

**Stephanie has been a firm supporter of ATRC's mission from the onset. She officially started volunteering at ATRC in September 2021. Over the last few months, she has been increasing her involvement by volunteering at various events, and joining our Fundraising Committee. She is excited to be able to work with horses to help others achieve their physical, social, emotional and/or cognitive goals! When she's not at the barn, Stephanie enjoys spending time with her family, especially her husband and two sons. She also loves the beach, spending time with friends, and enjoys cake decorating.**





## Pensive Ponies



"You're only here for a short visit. Don't hurry. Don't worry. And be sure to smell the flowers along the way."

~Walter Hagen~



Sometimes,  
the grass  
is greener  
on the other side  
of the fence!

~Dusty~



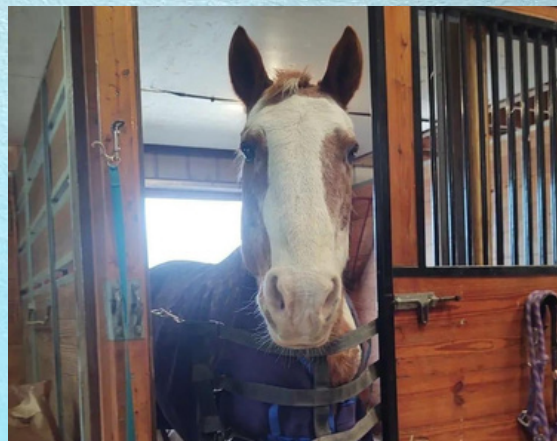
"When one door closes,  
another door opens,  
but we so often look  
so long and so regretfully  
upon the closed door,  
that we do not see the  
ones which open for us."

~Alexander Graham Bell~



"If you can't fly then run,  
if you can't run then walk,  
if you can't walk then crawl,  
but whatever you do  
you have to keep  
moving forward."

~Martin Luther King, Jr.~



"You are never too old  
to set another goal  
or to dream a new dream."

~C.S. Lewis~



"Finish each day and be  
done with it. You have  
done what you could. Some  
blunders and absurdities no  
doubt crept in; forget them  
as soon as you can.  
Tomorrow is a new day..."

~Ralph Waldo Emerson~





Photo Booth

1950's Retro  
Ice Cream Social & Sock Hop

Dear Friends, Families, and Followers:



We will be hosting an ELECTRIFYING fundraising event to help defray the cost of installing MORE electric fencing in order to contain ALL of the horses. Unfortunately, Elsa and Dusty are not the only horses that now know how to BREAK OUT of their paddocks!

Last weekend, Tanner broke through the front paddock fencing. He and Apollo proceeded to go on a joy run through the NEIGHBORHOOD. Miss Lauren and Miss Jenn frantically chased after them in what was a real feel temperature of -5 degrees. After about 20 minutes, they could be heard saying, "I got chills they're multiplyong and I'm losing control" as they trudged through the snow in hot pursuit. After what seemed like an eternity, they finally caught up with the rebels in the yard across the street. As Miss Lauren and Miss Jenn quickly slipped the halters over the escapee's heads, they proceeded to reprimand the boys, telling them, "You better shape up, You better understand. To my heart I must be true. Nothin' left, nothin' left for me to do" as they escorted them back and locked them in their stalls. Tanner tried to not so remorsefully tell them he would NEVER do that again. As he looked at the ground with his head hanging low, he begrudgingly said, I know "I better shape up, If I'm gonna prove..." at which point Miss Lauren interrupted his insincere attempt at an apology and told Tanner in no uncertain terms, that if we eventually do decide to return you to the paddock, "You better prove that my faith is justified. Are you sure?" Tanner replied emphatically, "Yes, I'm sure down deep inside" but Miss Lauren and Miss Jenn REALLY didn't believe him and they doubt he won't ever try to break out again.

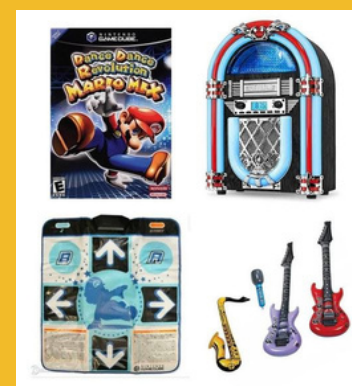
So, that brings us back to our electrifying fundraiser. We will be hosting a 1950's Valentine's Day Ice Cream Social and Sock Hop on Saturday, February 12th from 3:00-6:00 PM. The event will be free and open to the public with donations graciously accepted.

There will be music, games, prizes, and dancing in the large indoor arena. In the main barn, there will be a jukebox playing music from the Grease soundtrack and a karaoke microphone and inflatable instruments for those so inclined to sing along. There will also be a Dance Dance Revolution Mario Mix Dance Mat where you can practice your dance moves. Upstairs in the volunteer lounge will be a 50's themed photo booth and a soda fountain and sundae bar in our ATRC Diner. In an effort to control the number of people in the barn and upstairs diner at any one time, we ask that you place a "To Go" order from our remote ice cream truck location.

Simply send a screenshot of your order along with your contact information to the diner and we will notify you when your order is ready and you can head over to the barn to pick it up and visit the photo booth.

"You're The One That I Want" at our electrifying fundraiser! Hope to see you there!

RSVP: Volunteer@albanytherapeuticridingcenter.com



Use your phone's camera to scan the QR code below. Tap the yellow youtube image on your screen to listen to  
John Travolta  
&  
Olivia Newton John  
"You're The One That I Want"  
Lyrics from *Grease*







Apollo



## Sweetheart Of The Year

Does one of our horses make your heart gallop?  
Send your equine "sweetheart" a valentine!



Jane



Dusty



### How it works:

Buy your horse a valentine!

For a \$10 donation each, you can "purchase" a valentine to send to your favorite horse (or a staff member, volunteer, or rider!)

### Option #1

Pay in person. Stop by the barn before or after your lesson to personalize your own valentine and deliver your creation to your favorite horse's stall or hang it up on our heartstring in the barn.

### Option #2

Pay Online via our PayPal link: [paypal.me/albanyTRC](https://paypal.me/albanyTRC)  
In the comments section in PayPal (or by sending us an email or note in the mail) tell us what you want to say on your valentine and we will design one for you and hang it up in the barn for all to see!

### Option #3

Send your payment along with your valentine message to 6640 Fuller Station Road, Altamont, NY 12009 and we will design and hang your valentine up in the barn for you.

The horse with the most valentines on February 15th will be crowned ATRC's 2022 Sweetheart of the Year! We will keep an updated tally of the number of valentines each horse receives on our Facebook page so you can follow your favorite horse's progress!



Luke



Elsa



Tanner

Let the competition BEGIN!!



Resolutions  
this year

## Quitter's Day

Don't  
QUIT

New Year  
New Me!

According to the January 19th, 2022 article, "Why Your New Year's Resolution Already Failed", by Logan Mahan, located on the website *insidehook.com*, "January 19th is the day most New Year's resolutions will be abandoned...the 19th of January is 'Quitter's Day'. Even if you can make it to the end of January, other data has shown approximately 80 percent of New Year's resolutions fail by mid-February. Meanwhile, in a new survey of 2,000 Americans...the average respondent said they expect to give up on most of their 2022 goals entirely on February 4th."

"While it may seem to be the culprit, lack of willpower is not the reason why you abandon your resolution each year. Making one grand sweeping goal is simply unrealistic, and can even be harmful to your overall wellbeing says Katarena Arger, a Marriage and Family Therapist at Alter Health Group. Making a New Year's resolution that you are destined to not keep may not be the wisest decision for your mental health for obvious reasons. Not many people relish the idea of failure, and it can even have a deleterious effect on your mood, self-esteem, performance and personal relationships."

"...So how can we accomplish our goals for the New Year when the odds are stacked against us?"

"Resolutions aren't the problem; it's how most of us go about setting them that inevitably lead us to failure. For example, the top resolutions Americans planned to make in 2022 from the Economist/YouGov study were 'live healthier' (23 percent), 'personal improvement or happiness' (21 percent) and 'losing weight' (20 percent), which Arger refers to as 'lofty goals'."

"Herein lies the problem. These are broad, unspecified and undefinable aspirations and it is no wonder individuals slack off or give up after a week or so. Without a specific, measurable, attainable, realistic and time-limited aka 'SMART' resolution for the new year, you may be setting yourself up for failure'."

"So instead, scale back and focus on one target or goal that's realistically achievable."

"Don't go overboard. Make a plan ahead of time that's measurable, actionable, and specific', says Dr. Caroline Fenkel, a psychotherapist and co-founder of Charlie Health, a virtual mental health clinic for young adults and teens. Small, actionable goals are always better than intimidating, abstract ones. They also make it easier to track your progress and reward yourself, which helps you stay motivated."

"If you are a person who can't help but make grand sweeping resolutions like eating healthy, exercising more or spending less, maybe you can think of these desired changes as lifelong objectives rather than just a short-term goal for 2022', offers Arger."

"If you would like to build more sustainable habits for the rest of the year and beyond, it may be helpful to reframe the intended aims in a more positive light to increase motivation', says Arger. 'Think in terms of progressive improvement and don't let a simple misstep lead you totally off-track'."

"That last bit of advice from Arger is really the most important nugget of wisdom you should keep in mind as you tackle your aspirations this year. Just because you falter on your resolution, it doesn't mean you've failed completely and it's time to give up. Unless you really want to give up, then that's completely valid, too."

"Remember to give yourself a pass if it doesn't go 100 percent according to plan', echoes Fenkel. 'So many of us are exhausted, burnt out and stressed. Almost all research over the past two years has found that rates of anxiety and depression are skyrocketing. Go easy on yourself'."





Send a 'Shout Out' to someone special!

For a \$10 donation your message and photo will appear in our monthly newsletter!

For more information or to submit an entry contact Miss Taylor.



## Celebrating January!

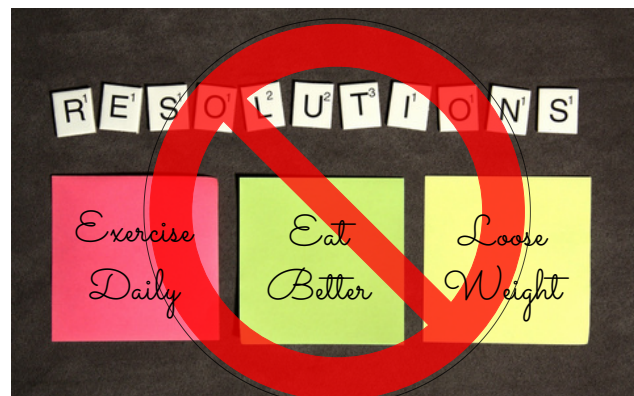


January 1st  
New Year's Day



January 15th  
Martin Luther King, Jr.'s  
Birthday

*what's your*  
**RESOLUTION?**



January 19th  
Quitter's Day

