



ATRC: OF THE MONTH

The monthly newsletter for our families, followers, and supporters of the Albany Therapeutic Riding Center.



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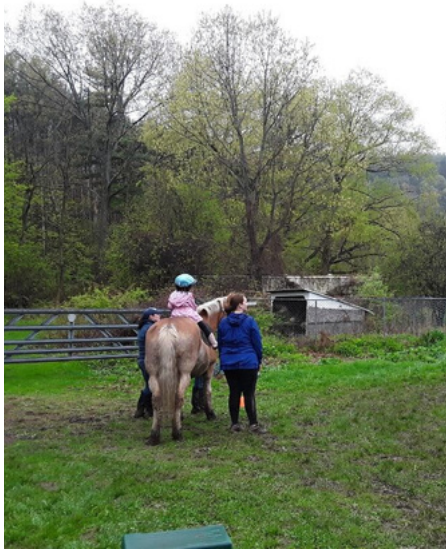


WINTER VACATION

The ponies have been enjoying their winter break! They've been spending the winter months lounging around and eating lots of treats! Thank you to all of Santa's helpers who gave them Christmas presents, we have been loving all of them!



VOLUNTEER OF THE MONTH PART 1: LISA TEIXEIRA



According to the staff at ATRC, Lisa is a "an absolute joy to be around, she always has an upbeat attitude and is willing to help however she can" To get to know Katie a little better, we asked her a few questions:

What is your favorite part about volunteering with ATRC?

My favorite part is seeing the look of joy on the kids faces when they show up for their lessons. Their unbridled excitement (no pun intended) about getting to ride the horses is contagious and it makes me really excited for the rest of their lesson.

When you're not at the ATRC, what do you like to do?

I'm usually at a coffee shop studying, but on the rare occasions I'm not, I like to travel (VT, Montreal, Boston, home to California) or go to the movies.

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

Other than pay off my loans, I could buy a car and road trip to the National Parks.

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

I would love to meet my favorite actor, Michael J. Fox. I grew up on watching on late night reruns and his movies, and to see how he's overcome adversity to help others is truly inspiring.

Why do you volunteer with ATRC?

I love the opportunity to work directly with the horses and the clients. As a medical student, I spend time learning about conditions and treatments from a textbook, but it's incredible to see the therapies available to people outside of a hospital. Having this direct interaction with the clients puts my schooling in perspective, and makes me more aware of the therapies I could suggest for my future patients.



Updates



Be on the lookout for emails from Miss. Taylor regarding the upcoming 2020 riding season!

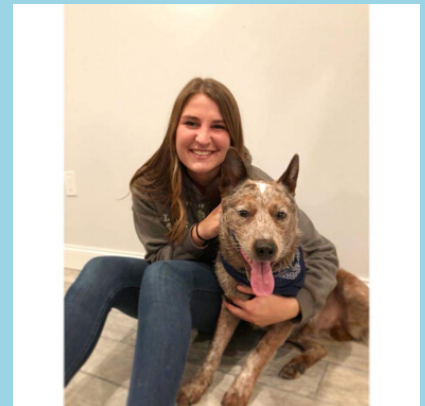
If you are a returning volunteer, please be on the lookout for an email from Miss. Lauren about a refresher training

Upcoming Volunteer Training Dates for New Volunteers:
2/22 or 2/29
2pm-4pm



ATRC would like to give the biggest welcome to the newest member of our team! Meet Allie, our new Stable Hand! Allie is an Albany Area local, and has extensive horse care and equestrian knowledge and experience! Allie has worked with horses for a good majority of her life, working as a Stable Hand at farms growing up, grooming at "A" rated USEF shows, working with Thoroughbred and Standardbred breeding farms, and showing Hunter Jumpers herself

Allie has two horses of her own and two dogs she loves very much at her home farm! Allie began her journey with us in December 2019. Please join me in welcoming Allie to the ATRC Team!



Welcome, Allie!

Volunteer of the Month Part 2:

Nick Lang

Staff at ATRC are thankful to Nick for doing all the barn work that they are too afraid to do themselves. His enthusiasm for doing projects around the barn is unmatched. To get to know Nick better, we asked him a few questions:

1. What is your favorite part about volunteering with ATRC?

Getting to hang out with Taylor and Allie while trying not to freeze in the barn.

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

I visit every coffee shop within a 50 mile radius to try their cappuccinos.

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

I would pay off my immense loans and donate the rest to Albany Therapeutic Riding Center!

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

I want to meet Ruth Bader Ginsburg to ask how she has maintained her motivation and focus over her lengthy career.



5. Why do you volunteer at ATRC?

I love hanging out with all the great staff and seeing the impact the horses have on their riders.

Honest Weight Co-op!

The Honest Weight Food Co-op has a token program to help raise money for local charities, and they have chosen ATRC as one of their recipients this quarter! For every reusable grocery bag you use while shopping at the co-op, you will receive tokens to place in the ATRC donation bucket. Every token is worth 5 cents, and at the end of the quarter the co-op will donate the total money raised via tokens to us. To learn more about the token program visit the link below! Reduce your plastic usage by shopping with reusable bags and support ATRC in the process!

