WHAT IS THERAPEUTIC RIDING?

According to the Professional Association of Therapeutic Horsemanship International...

Therapeutic riding is an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Therapeutic riding provides benefits in the areas of health, education, sport and recreation & leisure. Throughout the world, there are thousands of individuals with special needs who experience the rewarding benefits of horseback riding. A disability does not have to limit a person from riding horses. In fact, experiencing the motion of a horse can be very therapeutic. Because horseback riding rhythmically moves the rider’s body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength. In addition to the therapeutic benefits, horseback riding also provides recreational opportunities for individuals with disabilities to enjoy the outdoors.

This segment was taken from the PATH International website. For more information about therapeutic horsemanship, visit www.pathintl.org.
VOLUNTEER OF THE MONTH:
ALLIE GLEATON

According to the staff at ATRC, Allie is an “awesome, well rounded person. She takes so much initiative in helping out at the farm and we can always count on Allie to help out at lessons.” To get to know Allie a little better, we asked her a few questions:

Why do you volunteer at the ATRC?
I’ve always loved animals and helping people so ATRC was a perfect fit! Being part of such a positive experience for the students always makes my week. Forming new friendships with the other volunteers has been an added bonus.

When you’re not at the ATRC, what do you like to do?
Practice playing my bass or go hiking. I love exploring new trails and doing anything outdoors.

What do you look forward to doing in the summertime?
Going to the beach, kayaking, or paddleboarding. I grew up on the coast, so I've always enjoyed being out on the water.

If you could meet your hero, who would it be and why?
Probably Reese Witherspoon. Legally Blonde was my favorite movie growing up and now I love her work with the Children's Defense Fund and Save the Children. She also owns a production company and I think she’s a great role model for young women.

What is your favorite part about volunteering with the ATRC?
I love working with the students. There’s nothing like seeing their excitement when they arrive at the barn or master something new. And I get to hang out with the horses, so what’s not to love?

MEET THE STAFF:

Niina is a recent graduate of Maria College with a Bachelor’s of Science in Psychology and has experience in both therapeutic riding and equine showmanship: mini equine halter, showmanship, and jumping. and is working towards becoming certified riding and driving instructor. Showmanship, and jumping.

When you come out to the farm, you might find Niina in any number of places, from forging new trails on the lawnmower, to assisting with lessons to giving the horses fancy new hairstyles.

ANNOUNCEMENTS

Clothing orders are in! Make sure to wear your ATRC gear to your lessons and around the farm!

ATRC Has been gifted a grant from The Community Foundation of the Greater Capital Region to purchase a portable wheelchair ramp by June 2020!

We have an Amazon Charity Wish List! Please visit https://smile.amazon.com/hz/charitylist/ls/2JOWj2SZMRC9N/ref=semi_ext_lnk_lcl_lcl to view and support!

Paige Casey and family sponsored Montana again for the month of July for our Adopt-A-Horse program! Reach out to Miss Taylor if you would like to participate!
FAREWELL BECCA!

July marked a monumental month for our volunteer coordinator Becca Smith. She packed her bags and moved to Hershey, Pennsylvania, where she will be attending medical school for the next four years! The hard work and passion she demonstrated while volunteering at the ATRC are any indicator, we know she is more than capable of rising to any challenge medical school can throw at her. She hopes to practice family medicine. Although we are excited to see Becca embark on the next chapter in her life, we will greatly miss her presence at the farm as a member of the Board of Directors and our Volunteer Coordinator, and thankful for all of the wonderful work she has done for the ATRC. As Becca was our resident cat-whisperer at the farm, she will be sorely missed by the entire farm cat posse, especially Big Brown (pictured right). best of luck on your adventures Becca!

Capturing the Moment

Paige riding her "adopted" horse, Montana

Jenna and Elsa learning the body parts of a horse!

Kayla and Montana strutting their stuff!
In Loving Memory

MR. TEE & TEDDY

It's been a difficult month for us at ATRC as we said goodbye to two members of our beloved farm family. We lost Mr. Tee to renal failure caused by old age, and less than a week later had to say our goodbyes to his stall-mate Teddy after he sustained an injury. Both old boys were in or nearing their thirties, a ripe old age for horses. We will remember them for their goofy antics, unique personalities, and above all, the friendship, companionship, and love that they shared with everyone they encountered.

In honor of Teddy and Tee, we held a Memorial Garden event on Sunday, July 7th. Thanks to all who came out to share memories and commemorate our fuzzy friends by planting a memorial garden and contributing to the Teddy and Tee Memorial Fund. When you visit the farm, be sure to check out the Mr. Tee memorial garden by the barn and enjoy the shade at Teddy's Table!

If you are interested in making a contribution to Mr. Tee and Teddy's Memorial Fund, please visit GoFundMe.com. (put actual URL here)