



ATRC OF THE MONTH:

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



CAPITAL CAMPAIGN

Finding & Funding Our Forever Home

ATRC IS OFFICIALLY LAUNCHING OUR "FOREVER HOME" CAPITAL CAMPAIGN! STARTING NOW, AND OVER THE NEXT FIVE YEARS, ATRC MUST RAISE \$500,000+ TO HELP SECURE OUR FOREVER HOME!

JOIN US ON THIS JOURNEY TO HELP OUR COMMUNITY PLANT ROOTS FOR YEARS TO COME. ANY AND ALL GIFTS ARE APPRECIATED! TOGETHER WE WILL FUND A FACILITY TO MEET OUR PROGRAMMING AND GROWTH NEEDS TO CONTINUE STRIVING TO BRING OUR MISSION TO THOSE IN THE CAPITAL REGION.

FOR CAPITAL CAMPAIGN MATERIALS AS WELL AS PROPERTY NAMING OPPORTUNITIES PLEASE REACH OUT TO TAYLOR AT ALBANYTHERAPEUTICRIDINGCENTER@GMAIL.COM



Did You Know?



IT COSTS ATRC \$5,000 A YEAR TO TAKE CARE OF EACH OF OUR PROGRAM HORSES! THAT'S \$30,000 TOTAL!

A GREAT WAY TO DONATE IS TO "ADOPT" A HORSE. HORSES ARE THE FOUNDATION OF OUR CENTER AND YOUR SUPPORT OF THEM IS IMPORTANT! YOUR DONATION WILL HELP TO COVER MONTHLY FEED COSTS, VETERINARY CARE, FARRIER APPOINTMENTS, HAY COSTS, AND SUPPLEMENT PURCHASES FOR THE HORSE YOU HAVE "ADOPTED."

"ADOPTING" A LESSON HORSE TO SPONSOR IS \$50/ MONTH AT THE MINIMUM. YOU CAN CHOOSE TO SPONSOR IN ONE OF THREE WAYS:

-MONTHLY FOR \$50/MONTH

6 MONTH SPONSORSHIP FOR A ONE TIME SPONSORSHIP FEE OF \$250

12 MONTH SPONSORSHIP FOR A ONE TIME SPONSORSHIP FEE OF \$500

EMAIL ALBANYTHERAPEUTICRIDINGCENTER@GMAIL.COM IF YOU ARE INTERESTED IN CONTRIBUTING TO OUR ADOPT-A-HORSE SPONSORSHIP PROGRAM!



MARCH AT THE FARM:



- 1-CAPITAL CAMPAIGN
- 1-SPONSORSHIP PROGRAM
- 2-VOLUNTEER OF THE MONTH
- 2-FUNDRAISER FACTS
- 3-COMING SOON
- 4-SHOUT OUT



VOLUNTEER OF THE MONTH:



Samir El-Sawaf



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

Without a doubt it is interacting with the riders and other volunteers! ATRC is a place where everyone can come to have fun and learn. I think I learn just as much as the riders do every time I come to the farm, and sometimes I think I have even more fun. 😊

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

I love to sing, go for long walks, try out new coffee shops for studying (when it's not COVID), and work out at Orange Theory!

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

First I'd build a sensory trail for therapeutic trail riding at ATRC! Then, I'd probably pay off some of my large amount of student debt. With whatever is left I would have a pretty epic vacation: Thailand, Dubai, China, South Africa, and more!

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

I would LOVE to meet Michelle Obama. She's a fierce advocate for children, for wellness in its many forms, and I could really use some workout tips from her. Plus, I'm a big fan of her podcast.

5. Why do you volunteer at ATRC?

It is always the highlight of my week! I love getting to become more comfortable around the horses, hanging out with people who are passionate about service, and spending some time in the outdoors! Plus I get a lot of steps when I'm at the farm—so that helps me with my apple watch fitness goals. Just a bonus.

**We're So Lucky
To Have You!**

**A good volunteer
is like a
four leaf clover:
hard to find
&
lucky to have!**

Thanks for all you do!



Save the Date



Join us **April 17th** from **6pm-9pm** for our first ever **Casino Night!**

This event will be held at **The Barn at Powers, Clifton Park.**

We have already sold HALF of our available tickets to this event!

If you are interested in attending and haven't purchased tickets yet please reach out to **albanytherapeuticridingcenter@gmail.com**

or **fundraising@albanytherapeuticridingcenter.com**

We have a feeling the second half of these tickets will go QUICKLY!

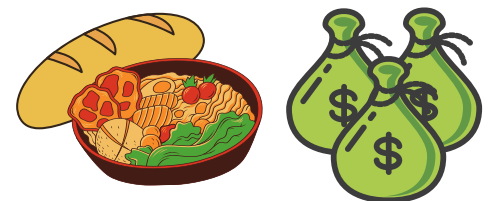
Excited to see you there!!

Dine to Donate!



Our March 20th fundraiser held at **Panera Bread, Wolf Road in Colonie** was a success!

Thanks to everyone's support we raised \$68.75!





COMING SOON!



MENTAL HEALTH FOCUS GROUPS

Are you struggling with anxiety, depression, addiction, or trauma?



Our horses can help!

Contact Lauren Longtoe

Certified Equine Specialist in Mental Health & Learning

Albany Therapeutic Riding Center 518-898-0742

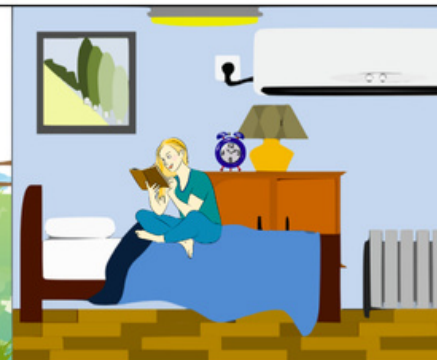
LongtoeL@AlbanyTherapeuticRidingCenter.com



READING PROGRAM



Albany Therapeutic Riding Center
PASTURE-BEDTIME
STORIES



For more information about our reading program

Contact Lauren Longtoe

(518) 898-0742

LongtoeL@albanytherapeuticridingcenter.com

DOMESTIC VIOLENCE PROGRAM

Have you been traumatized by domestic violence?

We are here to help! Reach out today!

For more information contact Lauren Longtoe

Certified Equine Specialist in Mental Health & Learning

Albany Therapeutic Riding Center

LongtoeL@AlbanyTherapeuticRidingCenter.com

(518) 898-0742



VETERAN'S PROGRAM



Freedom Isn't Free!

Calling All Veterans...

Are You Suffering From Anxiety, Depression,
Addiction, PTSD?

We're Here To Help!

Contact Lauren Longtoe,
Certified Equine Specialist
in Mental Health & Learning

LongtoeL@AlbanyTherapeuticRidingCenter.com

(518) 898-0742



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 March Birthdays!



March 25th
Happy 5th Birthday, Roxy!
From: Miss Lauren



March 31st
Happy 25th Birthday, Billy!
From: Miss Lauren



Happy Passover

