

ATRC OF THE MONTH:

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



"WE MAKE OUR OWN LUCK"

BY RUSSELL C. SMITH & MICHAEL FOSTER

[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/REINVENT-YOURSELF/201412/WE-MAKE-OUR-OWN-LUCK](https://www.psychologytoday.com/us/blog/reinvent-yourself/201412/we-make-our-own-luck)



IN THE ARTICLE REFERENCED ABOVE, POSTED ON [PSYCHOLOGY.COM](https://www.psychologytoday.com) DECEMBER 1, 2014, THE AUTHORS WRITE, "WHAT IF LUCK CAN BE CREATED BY EFFORT, AND NOT BY ACCIDENT? THERE ARE THOSE PEOPLE YOU MEET WHO ARE ENGAGED IN LIFE TO SUCH A DEGREE, IT CAN FEEL INSPIRING OR OVERWHELMING. CALL IT CHARISMA, OR PERSONALITY, OR AN ABUNDANCE OF ENERGY. LUCK SHINES OUT OF THEIR EYES. BUT OFTEN, THE TRUTH IS, IT TOOK YEARS OF HARD WORK TO BUILD UP THAT RESERVOIR OF LUCK INSIDE THEMSELVES...LUCKY PEOPLE STAND OUT FROM THE CROWD. WHAT IS IT THAT SETS THESE PEOPLE APART FROM FOLKS ON THE OPPOSITE END OF THE SPECTRUM, THE PEOPLE WHO WATCH LIFE GO BY, AS IF THEY ARE WATCHING THEIR OWN LIVES UNFOLD ON A MOVIE SCREEN? TAKING ACTION, FOR ONE THING. BEING AN ACTIVE PARTICIPANT IN YOUR OWN LIFE IS ONE WAY TO FIND SOME OF THE LUCK LUCKY PEOPLE HAVE...SOONER OR LATER YOU'LL SEE YOU'RE THE ONE CONSTANT FACTOR IN MAKING THE CHANGES YOU WANT TO HAPPEN IN YOUR OWN LIFE...MAKING YOUR OWN LUCK IS CONNECTED TO LOOKING AT YOURSELF FROM A DIFFERENT PERSPECTIVE, STEPPING OUTSIDE YOUR COMFORT ZONE TO TRY NEW THINGS, REINVENTING HOW YOU DO CERTAIN THINGS, AND FINDING THE MENTORS YOU NEED TO GET A MORE FOCUSED LOOK AT WHAT YOUR STRENGTHS ARE. JOIN GROUPS, MEET LIKE-MINDED PEOPLE, GO TO EVENTS AND INTERACT, BE MORE CONNECTED TO DORMANT SIDES OF YOURSELF YOU ARE INTRIGUED BY. START NEW PROJECTS, AND COMPLETE PROJECTS LEFT UNDONE FOR MONTHS OR YEARS. SEEK OUT PEOPLE WHOSE MINDS YOU CAN CHANGE, OR WHO WILL CHANGE YOUR MIND IN A WAY THAT MATTERS...TIMING IS SOMETIMES EVERYTHING, BUT IF YOU'RE NOT PAYING ATTENTION TO YOUR RELATIONSHIP TO TIME, YOU MAY MISS OUT ON WHAT'S SUPPOSED TO HAPPEN."

"THERE IS PURE LUCK, AND THEN THERE IS THE LUCK WE CREATE FOR OURSELVES - BY BEING CLEAR ON WHAT WE WANT, WORKING HARD, STICKING TO IT, HELPING OTHERS - AND MORE!"

[HTTPS://WWW.THECOACHINGTOOLSCOMPANY.COM/12-WAYS-TO-MAKE-YOUR-OWN-LUCK-INFOGRAPHIC/](https://www.thecoachingtoolscompany.com/12-ways-to-make-your-own-luck-infographic/)

12 WAYS TO MAKE YOUR OWN LUCK!

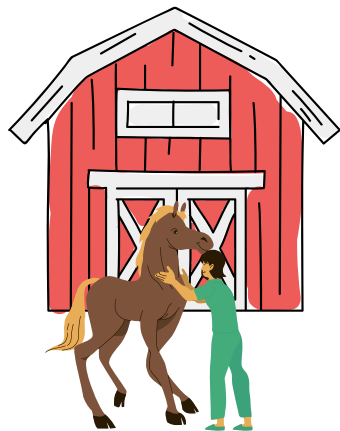


MARCH
AT THE FARM:



1-MAKE YOUR OWN LUCK
2-VOLUNTEER OF THE MONTH
2-SAVE THE DATE
2-SPRING CLEAN-UP
3-WOMEN'S HISTORY MONTH
4-TEMPLE GRANDIN
5-HORSES HELPING HUMANS
6-SHOUT OUTS

VOLUNTEER OF THE MONTH:



AMY JENAL



Amy started volunteering with us in January. She has a lot of experience working with horses, which is super helpful. She is one of our horse leaders and helps out in the barn on Saturday mornings. We feel so lucky to have her on our team!

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

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

My favorite part of volunteering at ATRC is that every Saturday, I see the horses happily respond to riders' needs and abilities. Instructors listen, challenge, support and rejoice as their riders grow.

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

When not at the barn, I enjoy reading, walking and NY history.

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

If I won \$1 million dollars, a portion would go to keep the ATRC horses in good hay and grain, another portion to Focus Food pantry in Albany which promotes food security and supports solidarity in the community. Some \$\$ would be used to travel and see more of this wonderful world.

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

To choose one hero would be too difficult. As often as possible, I try to find heroic qualities in people around me. Horses already exhibit so many of these qualities: understanding, kindness, courage, adaptability...

5. Why do you volunteer at ATRC?

Volunteering at ATRC helps keep horses as active members in our riders' lives. The immediate and lasting benefits for horses, riders, volunteers, trainers are tremendous, and worth promoting. Thank you for the opportunity to be a (small) part of this amazing program.

*Volunteers have
Hearts of gold,
Helping people
Young and old.
Always giving,
Always sharing,
Volunteers...
Are always caring.*

-UNKNOWN-

THANK YOU FOR ALL YOU DO!



Save The Date



This event is free & open to the public
but donations are graciously accepted.
So, hop on over for a day full of fun and games!

Spring Clean-up



Join us on April 9th & 10th from 10A-2P
to help us clean up around the farm.
Bring your friends, rakes, leaf blowers,
weed wackers, and hedge trimmers.
We will feed you!

PRAISE
FOR
WOMEN

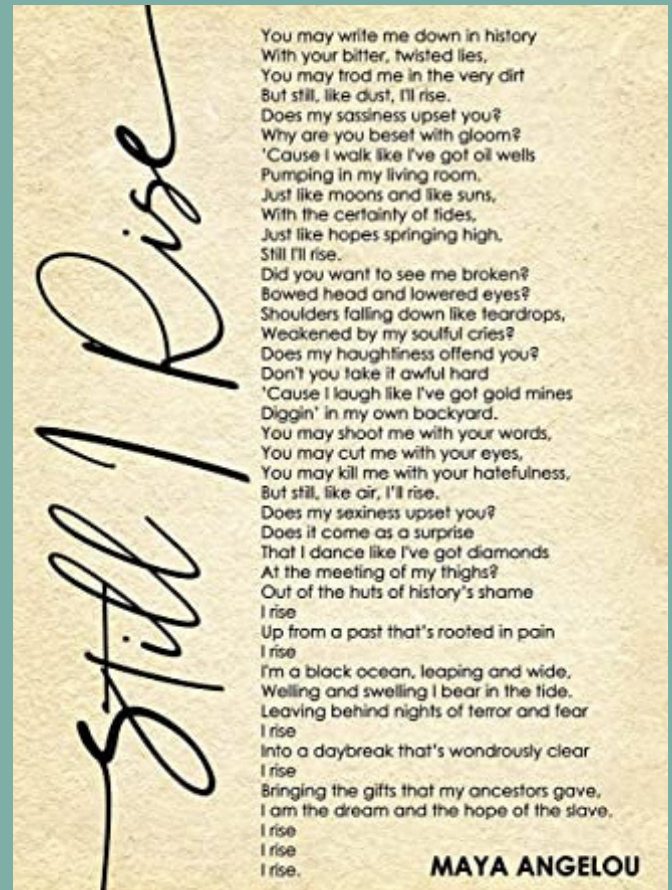


WOMEN'S
History
MONTH



Empowered
Women
Empower
Women

According to *Calendarr.com*, "Women's History Month is celebrated every year during the month of March. Since 1987 the United States dedicates the month of March to celebrate women's achievements and their contributions to culture, society, and history...Women's History Month is also dedicated to celebrating the power and strength of women, in the hopes of inspiring young girls to follow in the footsteps of the trailblazers before them....One of the best ways to observe Women's History Month is by educating yourself on the achievements of different women who have paved the way for future generations in different fields, and to educate other people on their lives and contributions in [order] to give them the recognition they deserve."



"Temple Grandin: A Heroine to the Autism Community, Brings Humanity to Animal Science"

By Delia O'Hara

Posted on aaas.org

05/24/2018



Temple Grandin is world-famous for being a high-functioning person with autism, but there is so much more to her than that. As she puts it, for her, "being a scientist comes before being autistic."

Grandin, a 2017 AAAS [American Association for the Advancement of Science] Fellow, has been a professor of animal sciences at Colorado State University in Fort Collins, Colorado, since 1990. She teaches, mentors students, has authored books on both autism and animal science (Animals in Translation, which merged the two topics, was a 2006 bestseller), has published a dozen research papers in the past year alone, and maintains a prominent profile as a public speaker and consultant to the livestock industry. She was inducted into the National Women's Hall of Fame in 2017, and has been one of Time magazine's "100 Most Influential People."

The most important thing she's done, Grandin said, is the simple scoring system she created for cattle handling in the meat-packing industry: five outcome-based measures that moved the focus away from equipment — and Grandin has designed some of the most-used handling equipment in the industry — to emphasize how the animals are actually treated.

Grandin invented a center track restrainer system that half the cattle slaughtered in the United States and Canada pass through. Her goal was to create a humane system, which she believed was critical to efficiency, because frightened animals do not go calmly to their fate. She accepts that humans eat animals, but she contends that we owe them a decent life and a painless death. "Nature is cruel, but we don't have to be," is one of her best-known aphorisms.

Grandin was born into comfortable circumstances in Boston, Massachusetts. Her mother bucked the erroneous understanding of the time, that autism was caused by an unloving mother, to fight for her daughter to be treated much like any other child. Grandin's path toward a career in the animal sciences began most concretely with a summer she spent as a teenager on a relative's Arizona cattle ranch. She got a bachelor's degree in psychology from Franklin Pierce College (now Franklin Pierce University), in Rindge, New Hampshire, in 1970. Her master's degree in animal sciences is from Arizona State University in Tempe; her PhD is from the University of Illinois in Champaign-Urbana.

Grandin has said she can understand animals' reactions to sensory stimuli because she has had much the same reaction to loud noises and sudden movements herself. "Animals are very aware of small, sensory details in the environment," and so are people on the autism spectrum, she said in a 2014 interview for the Stanford Medicine website.

Grandin gained public attention after the late neurologist Oliver Sacks profiled her in The New Yorker in 1993. The piece also appeared in his 1996 book about people with neurological disorders, An Anthropologist on Mars. The book's title came from Grandin's description of how she told Sacks she felt much of the time in social situations. Grandin was also the subject of a 2010 HBO movie, Temple Grandin, with Claire Danes in the title role. The persistent media attention has given Grandin stature in the autism community, which has allowed her to advocate for high-functioning children with autism — much as her mother advocated for her — to be educated in line with their distinctive ways of learning and operating.

Grandin frets that a 2013 change to the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM5), which folded Asperger's Syndrome into autism, has caused young people who at another time would have seen themselves as fit even for cognitively demanding jobs to slip into "a handicapped mentality."

She said, "Somebody who is really talented is now under the same label as someone who can't dress himself."

It's critical that autistic children get plenty of exposure to the world, Grandin said. "Autistic kids do think differently. We form concepts by putting things into specific categories." But autistic people "need to have a lot of information to put into the database. If you let kids sit in the basement playing video games for hours and hours, they're not going anywhere. You have to get them out doing things."

Grandin characterizes herself as a visual thinker: "All my thoughts are pictures." Visual thinkers don't always do well in school ("Algebra is a total mystery to me," she said), but they often provide a perspective no one else has...

<https://www.aaas.org/membership/member-spotlight/temple-grandin-heroine-autism-community-brings-humanity-animal-science>



"HOW HORSES HELP HUMANS HEAL-AND THRIVE"

(CONTENT FROM ZOETIS POSTED ON WASHINGTONPOST.COM)

A GROWING BODY OF EVIDENCE SUGGESTS THAT THE UNIQUE HUMAN-HORSE CONNECTION IMPROVES THE PHYSICAL AND MENTAL HEALTH OF BOTH SPECIES.



BRONCO IS A 29-YEAR-OLD HORSE WHO WORKS IN EQUINE-ASSISTED SERVICES (EAS) IN NORTH DAKOTA, HELPING PEOPLE OVERCOME PHYSICAL, COGNITIVE AND EMOTIONAL CHALLENGES. HE IS KNOWN FOR HIS GENTLE SPIRIT AND REMARKABLE INTUITION. SO WHEN, ONE DAY, IN THE MIDDLE OF A THERAPY SESSION, BRONCO FROZE AND PURPOSEFULLY REFUSED TO MOVE, THE THERAPIST CONDUCTING THE SESSION WAS PERPLEXED. SECONDS LATER, THE CLIENT BRONCO WAS CARRYING HAD A SEIZURE.

RECOUNTING THE INCIDENT, KATHY ALM, CEO OF THE PROFESSIONAL ASSOCIATION OF THERAPEUTIC HORSEMANSHIP INTERNATIONAL (PATH INTL.), EXPLAINED THAT BECAUSE THIS WASN'T AN ISOLATED INCIDENT OF THIS TYPE IN THE INDUSTRY, BRONCO MIGHT HAVE INTUITED SOMETHING WAS WRONG, AND STOPPED TO KEEP THE CLIENT SAFE. THE HEROIC HORSE WAS LATER NAMED THE PATH INTL. 2021 EQUINE OF THE YEAR.

...AS MOMENTS LIKE THE ONE BETWEEN BRONCO AND HIS RIDER ON THAT DAY SUGGEST, THE BOND BETWEEN THE TWO SPECIES MAY RUN MUCH DEEPER...IN FACT, AN EMERGING BODY OF SCIENTIFIC EVIDENCE INDICATES THAT INTERACTING WITH HORSES IMPROVES HEALTH AND WELL-BEING AND CAN HELP PEOPLE WITH NUMEROUS PHYSICAL AND MENTAL HEALTH CONDITIONS, FROM CHILDREN LIVING WITH MOTOR DISABILITIES TO ADULTS GRAPPLING WITH POST-TRAUMATIC STRESS DISORDER (PTSD).

"THE HORSE IS AN AMAZING ANIMAL, AND THERE'S SO MUCH RESEARCH NOW THAT IS ADVANCING OUR UNDERSTANDING OF HOW HORSE-HUMAN INTERACTIONS IMPACT HEALTH," SAID DR. PEBBLES TURBEVILLE, EXECUTIVE DIRECTOR OF THE NONPROFIT HORSES & HUMANS RESEARCH FOUNDATION, WHICH INVESTS IN STUDIES THAT EXPLORE HOW HORSE-HUMAN INTERACTIONS BENEFIT BOTH SPECIES. THE FOUNDATION HAS FUNDED \$655,000 ACROSS 14 HIGH QUALITY RESEARCH STUDIES ON CEREBRAL PALSY IN PHYSICAL AND OCCUPATIONAL THERAPY, AUTISM AND MILITARY VETERANS...

HORSES HELPING HUMANS

TODAY, THERE ARE NEARLY 8,000 HORSES GLOBALLY WHO ARE WORKING AT PATH INTL. CENTERS, AND EACH OF THEM HELPS HUMANS WITH AN ARRAY OF CHALLENGES. THE MOST COMMON DIAGNOSIS SEEN IN THESE THERAPIES, AS IN THERAPEUTIC RIDING PROGRAMS, IS AUTISM SPECTRUM DISORDER. THE SUPPORT THAT HORSES PROVIDE TO CLIENTS INCLUDES EAS LIKE THERAPEUTIC HORSEMANSHIP AS WELL AS PHYSICAL, OCCUPATIONAL AND SPEECH THERAPY.

ONE AREA GENERATING A LOT OF EXCITEMENT RIGHT NOW IS PHYSICAL OR OCCUPATIONAL THERAPY WHEREIN THERAPISTS INCORPORATE HORSES INTO THEIR TREATMENT PLANS. THIS SHOWS PARTICULAR PROMISE FOR CLIENTS WITH DISABILITIES SUCH AS CEREBRAL PALSY, THE MOST COMMON MOTOR DISABILITY IN CHILDHOOD. PHYSICAL THERAPY THAT TAPS INTO A HORSE'S NATURAL MOVEMENTS, LIKE ITS GAIT AND ITS RHYTHMS, ENCOURAGES CORE STRENGTH, POSTURAL SYMMETRY, IMPROVED MOTOR SKILLS AND MORE.

EAS HAVE ALSO BEEN FOUND TO HELP CHILDREN WITH DEVELOPMENTAL DELAYS IMPROVE THEIR SOCIAL AND EMOTIONAL SKILLS, POTENTIALLY BECAUSE OF THE CRUCIAL ROLES THAT EMPATHY AND TRUST PLAY IN THE UNIQUE RELATIONSHIP BETWEEN PARTICIPANT AND HORSE.

IN ADDITION TO STUDIES, THERAPEUTIC RIDING INSTRUCTORS AND PROFESSIONAL THERAPISTS SHARE COMPELLING ANECDOTAL EVIDENCE. ACCORDING TO DR. TURBEVILLE, WHO IS A CERTIFIED THERAPEUTIC RIDING INSTRUCTOR: "I'VE HAD RIDERS WHO NEEDED TO USE THEIR WALKER TO GET TO THE HORSE. BUT WHEN THEY GOT OFF THE HORSE AFTER A SESSION, THEY WERE ABLE TO WALK BACK TO THEIR WALKER ON THEIR OWN."

ALM SHARED A PERSONAL MEMORY OF AN 8-YEAR-OLD BOY WHO HAD NEVER SPOKEN. AFTER AN INITIAL 20-MINUTE ASSESSMENT ON THE HORSE, HE PUT HIS HAND IN HIS MOTHER'S AND SAID: "ME RIDE HORSEY." IT WAS, ACCORDING TO HIS PARENT, THE FIRST SENTENCE HE'D EVER SAID.

EMERGING RESEARCH ALSO POINTS TO HOW PARTNERING WITH HORSES CAN HELP IMPROVE MENTAL HEALTH CONDITIONS, PARTICULARLY MILITARY VETERANS SUFFERING FROM PTSD. ONE STUDY FOUND THAT AFTER JUST AN EIGHT-WEEK TREATMENT PROGRAM INCORPORATING EQUINES, VETERANS' SYMPTOMS DECREASED SIGNIFICANTLY, AND REMAINED THAT WAY FOR MONTHS.

TO BETTER UNDERSTAND WHY EQUINE-ASSISTED PSYCHOTHERAPY IS EFFECTIVE, AND TO UNDERSTAND ITS IMPACT ON HORSES, RESEARCHERS HAVE ANALYZED HORSES' CORTISOL LEVELS (THE PRIMARY STRESS HORMONE) AND FOUND THEY TEND TO INCREASE WHEN THEY INTERACT WITH VETERANS WITH PTSD. THIS MAY BE A PHYSICAL INDICATION THAT HORSES CAN RECOGNIZE AND MIRROR THE EMOTIONS OF HUMANS.

"WE'VE HEARD FROM SO MANY VETERANS WHO SAY THEY COULDN'T GET OUT OF BED, THEY DIDN'T LEAVE THE HOUSE," ALM SAID. "WHEN THEY FIND THEIR WAY TO A THERAPEUTIC RIDING PROGRAM OR A PSYCHOTHERAPIST WHO INCORPORATES HORSES INTO THEIR TREATMENT PLAN, THEY START TO BOND WITH THEIR HORSE AND TELL THEM THINGS THEY AREN'T READY TO TELL ANYONE ELSE."

ALM ADDED THAT MANY HORSES APPEAR TO ENJOY THE "MENTAL WORKOUT" AND TAKE PRIDE IN CARING FOR THEIR RIDERS AND PARTICIPANTS...

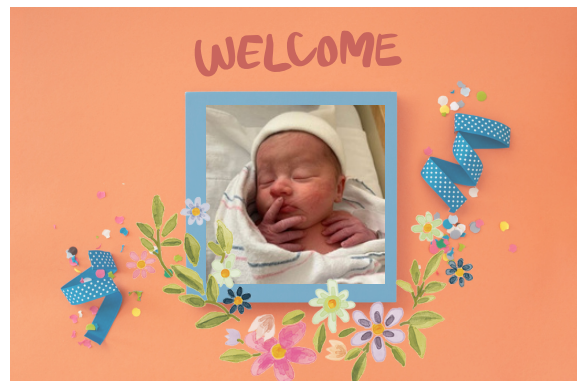


Send a 'Shout Out' to someone special!
For a \$10 donation your message and photo will appear in our monthly newsletter!
For more information or to submit an entry contact Miss Taylor.

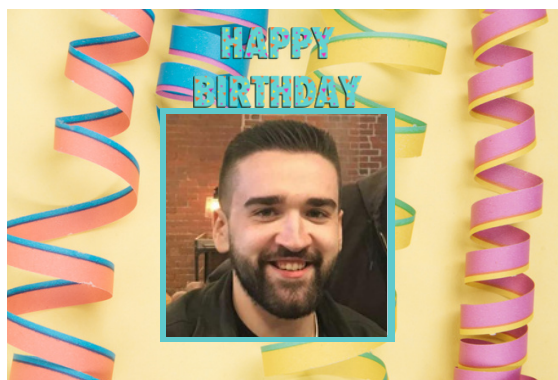
Celebrating March!



March 25th
Happy Barkday, Roxy!



March 25th
Happy Birthday!



March 31st
Happy Birthday, Billy!

