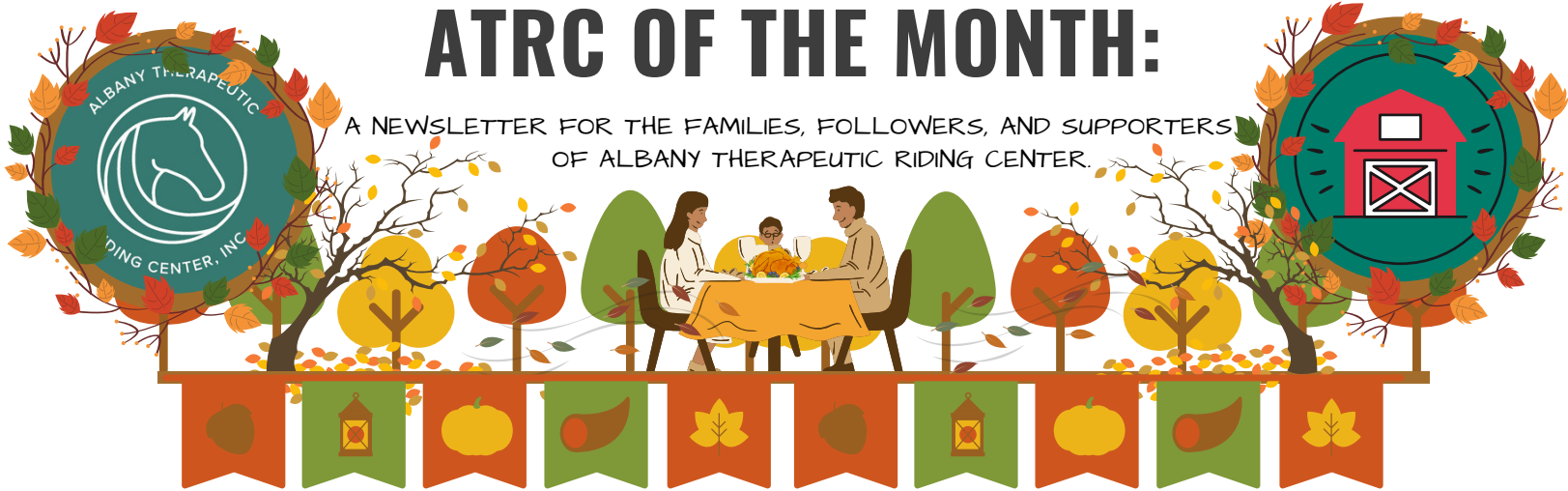


ATRC OF THE MONTH:

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



THANKSGIVING

BY EDGAR ALBERT GUEST

GETTIN' TOGETHER TO SMILE AN' REJOICE,
AN' EATIN' AN' LAUGHIN' WITH FOLKS OF YOUR CHOICE;
AN' KISSIN' THE GIRLS AN' DECLARIN' THAT THEY
ARE GROWIN' MORE BEAUTIFUL DAY AFTER DAY;
CHATTIN' AN' BRAGGIN' A BIT WITH THE MEN,
BUILDIN' THE OLD FAMILY CIRCLE AGAIN;
LIVIN' THE WHOLESOME AN' OLD-FASHIONED CHEER,
JUST FOR AWHILE AT THE END OF THE YEAR.

GREETINGS FLY FAST AS WE CROWD THROUGH THE DOOR
AND UNDER THE OLD ROOF WE GATHER ONCE MORE
JUST AS WE DID WHEN THE YOUNGSTERS WERE SMALL;
MOTHER'S A LITTLE BIT GRAYER, THAT'S ALL.
FATHER'S A LITTLE BIT OLDER, BUT STILL
READY TO ROMP AN' TO LAUGH WITH A WILL.
HERE WE ARE BACK AT THE TABLE AGAIN
TELLIN' OUR STORIES AS WOMEN AN' MEN.

BOWED ARE OUR HEADS FOR A MOMENT IN PRAYER;
OH, BUT WE'RE GRATEFUL AN' GLAD TO BE THERE.
HOME FROM THE EAST LAND AN' HOME FROM THE WEST,
HOME WITH THE FOLKS THAT ARE DEAREST AN' BEST.
OUT OF THE SHAM OF THE CITIES AFAR
WE'VE COME FOR A TIME TO BE JUST WHAT WE ARE.
HERE WE CAN TALK OF OURSELVES AN' BE FRANK,
FORGETTIN' POSITION AN' STATION AN' RANK.

GIVE ME THE END OF THE YEAR AN' ITS FUN
WHEN MOST OF THE PLANNIN' AN' TOILIN' IS DONE;
BRING ALL THE WANDERERS HOME TO THE NEST,
LET ME SIT DOWN WITH THE ONES I LOVE BEST,
HEAR THE OLD VOICES STILL RINGIN' WITH SONG,
SEE THE OLD FACES UNBLEMISHED BY WRONG,
SEE THE OLD TABLE WITH ALL OF ITS CHAIRS
AN' I'LL PUT SOUL IN MY THANKSGIVIN' PRAYERS.

[FROM OUR STABLES & OUR TABLES...HAPPY THANKSGIVING!]

*Thankful
Grateful
Blessed*



NOVEMBER
AT THE FARM:



- 1-THANKSGIVING
- 2-VOLUNTEER OF THE MONTH
- 2-SAVE THE DATE
- 3-PRACTICING GRATITUDE
- 4-WITH GRATITUDE
- 5-LET'S TALK TURKEY
- 6-SEASONAL AFFECTIVE DISORDER
- 7-HONORING OUR VETERANS
- 8-SHOUT OUTS





VOLUNTEER OF THE MONTH:



CAITLIN SAHM



Caitlin started volunteering with ATRC at our Bullock Road location during the summer of 2020. She does barn work and leads for Saturday lessons. She is a college student attending Sage and is currently applying to master's degree programs with the hopes of becoming a genetic counselor. Caitlin is very reliable and is super engaged! We feel so lucky to have her enthusiasm and dedication at the farm!

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

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

I love watching the riders interact with the horses and gain confidence. The first few times a rider trots or canters are always fun. I also love the quirks and shenanigans that come with working with animals. Did you know the pig blows bubbles in his food when he eats? It's very cute.

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

Outside of volunteering I enjoy hiking, reading, and listening to podcasts.

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

Travel the world and then retire to a farm with as many pets as I want.

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

Whoever invented peanut butter cups, so we could eat lots of peanut butter cups together.

5. Why do you volunteer at ATRC?

I've worked with horses since I was a kid, but don't have many opportunities to be around them as an adult. I've also always wanted to volunteer and work in ways that empower others. Volunteering at ATRC perfectly combines those two things.

"We make a living
by what we get,
but we make a life
by what we give."

- WINSTON CHURCHILL -

THANK YOU FOR ALL YOU DO!



Give
Thanks



Save the Date!



ATRC's 2nd Annual Winter Exhibition

Albany Therapeutic Riding Center, Inc. in Guilderland, NY will be hosting our end of the year Horse Show/ Winter Exhibition the first weekend in December, 12/4 and 12/5, where our participants have the opportunity to show off their skills to their family and friends! This is a time to celebrate accomplishments, confidence, and togetherness! Each participant will have a timeslot to show off their skills to their fan club, there will be refreshments, prizes, raffles, and more! Each participant must raise a minimum of \$50 to participate!

If you would like to support our Winter Exhibition, please reach out to us at albanytherapeuticridingcenter@gmail.com



We Are Grateful For You!

"Cultivate the habit of being grateful for every good thing that comes to you, and to give thanks continuously..."



...And because all things have contributed to your advancement, you should include all things in your gratitude."

~Ralph Waldo Emerson~



Practicing Gratitude

How Do I Practice Gratitude?



"Robert Emmons, psychology professor and gratitude researcher at the University of California, Davis, explains that there are two key components of practicing gratitude:"

1. "We affirm the good things we've received"
2. "We acknowledge the role other people play in providing our lives with goodness"



"Most of us know it's important to express thanks to the people who help us, or silently acknowledge the things we are grateful for in life. Research has linked gratitude with a wide range of benefits, including strengthening your immune system and improving sleep patterns, feeling optimistic and experiencing more joy and pleasure, being more helpful and generous, and feeling less lonely and isolated."



Practicing Daily Gratitude

"10 Ways to Practice Daily Gratitude"



"As Jon Kabat-Zinn says, 'The little things? The little moments? They aren't little'. Saying thank you, holding the door for someone, these little moments can change the tone of your whole day."

One of the most powerful ways to rewire your brain for more joy and less stress is to focus on gratitude."

"Here are 10 simple ways to become more grateful:"

1. **"Keep a Gratitude Journal.** Establish a daily practice in which you remind yourself of the gifts, grace, benefits, and good things you enjoy. Recalling moments of gratitude associated with ordinary events, your personal attributes, or valued people in your life gives you the potential to interweave a sustainable theme of gratefulness into your life."
2. **"Remember the Bad.** To be grateful in your current state, it is helpful to remember the hard times that you once experienced. When you remember how difficult life used to be and how far you have come, you set up an explicit contrast in your mind, and this contrast is fertile ground for gratefulness."
3. **"Ask Yourself Three Questions.** Meditate on your relationships with parents, friends, siblings, work associates, children, and partners using these three questions: 'What have I received from __?', 'What have I given to __?', and 'What troubles and difficulty have I caused?'"
4. **"Share Your Gratitude with Others.** Research has found that expressing gratitude can strengthen relationships. So the next time your partner, friend or family member does something you appreciate, be sure to let them know."
5. **"Come to Your Senses.** Through our senses—the ability to touch, see, smell, taste, and hear—we gain an appreciation of what it means to be human and of what an incredible miracle it is to be alive. Seen through the lens of gratitude, the human body is not only a miraculous construction, but also a gift."
6. **"Visual Reminders.** Because the two primary obstacles to gratefulness are forgetfulness and a lack of mindful awareness, visual reminders can serve as cues to trigger thoughts of gratitude. Often times, the best visual reminders are other people."
7. **"Make a Vow to Practice Gratitude.** Research shows that making an oath to perform a behavior increases the likelihood that the action will be executed. Therefore, write your own gratitude vow, which could be as simple as "I vow to count my blessings each day," and post it somewhere where you will be reminded of it every day."
8. **"Watch Your Language.** Grateful people have a particular linguistic style that uses the language of gifts, givers, blessings, blessed, fortune, fortunate, and abundance. In gratitude, you should not focus on how inherently good you are, but rather on the inherently good things that others have done on your behalf."
9. **"Go Through the Motions.** Grateful motions include smiling, saying thank you, and writing letters of gratitude. By "going through grateful motions," you'll trigger the emotion of gratitude more often."
10. **"Think Outside the Box.** If you want to make the most out of opportunities to flex your gratitude muscles, you must look creatively for new situations and circumstances in which to feel grateful. Please share the creative ways you've found to help you practice gratitude."

<https://www.mindful.org/an-introduction-to-mindful-gratitude/>



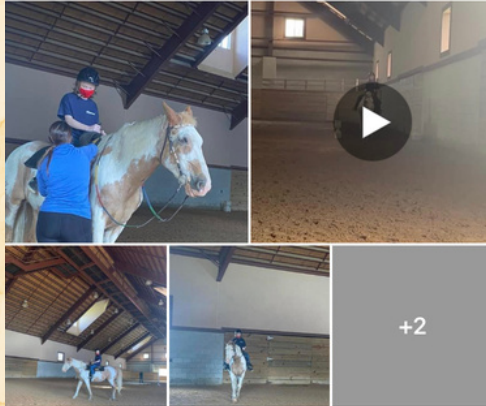
Andrea Abatto Kowaleski is with **Lauren Longtoe** and 2 others at **Albany Therapeutic Riding Center, Inc.**
Dec 6, 2020 · Altamont, NY · 🧑🏻‍🦱

Josie did an AMAZING job at her very first Winter Exhibition! Thank you so much [Lauren Longtoe](#) for everything you've done for Josie! Also a big thank you to Samir for making a special trip to be there for Josie today! What an amazing program ❤️



Anissa Jacox
Oct 7 · 🧑🏻‍🦱

Yesterday it was official that Nolan started riding lessons, and to say he was excited is an understatement. Thank you [Taylor](#) and [Albany Therapeutic Riding Center, Inc.](#) for this great opportunity for him.



Lmj Snowplowing is at **Albany Therapeutic Riding Center, Inc.**
Oct 11 · Altamont · 🌐

The courage Maya has to try new things makes me one proud dad! 🌟

Thank you [Albany Therapeutic Riding Center, Inc.](#) for all that you do! ❤️



Stephanie Feuker
We had such a great time!! Thank you guys for all the hard work! 😊



Being told you're appreciated is one of the simplest and most uplifting things you can hear.

Mike Carroll 🇺🇸 recommends **Albany Therapeutic Riding Center, Inc.**
10 months ago · 🌐

Had the opportunity to see my niece Sophia ride today. Had a proud uncle moment. The people and the facilities are absolutely awesome. Thank you for what you do. 💙



Carolyn Nelson
1d · 🌐

We had a Wonderful time! THANK YOU!!



Andrea Abatto Kowaleski
This was an amazing event! Thank you so much for all of the work that you put into it!



Hello Taylor,
Your newsletter was great. Congratulations on your open house, you guys are amazing. Thank you for all you do.
I am waiting to watch the news clip with Dorian. He really loves Montana, talked about him half way home! And that first article is so right Dorian sits up straighter when he on a horse than anywhere else, truly a beautiful animal.

Thank you
Guinevere

BLAH
BLAH!!
BLAH



Let's Talk Turkey!

If Animals Could Talk...



BLAH
BLAH!!
BLAH



Montana Is Grateful
For Miss Taylor's Love



Tanner Is Thankful
Halloween Is OVER



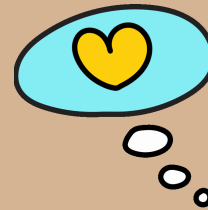
Jane Is Grateful
For Fresh Air & Sunshine



Elsa Is Grateful
For Vinyl Fencing



Luke Is Thankful
For Patient Volunteers



Dusty Is Grateful
For Little Girls



Elvis & Jerry Are Grateful
For Their Friendship



Johnny Is Thankful
For Lots Of Good Food



June Is Grateful
For Sturdy Shelters



SEASONAL AFFECTIVE DISORDER



ACCORDING TO THE MAYO CLINIC, "SEASONAL AFFECTIVE DISORDER (SAD) IS A TYPE OF DEPRESSION THAT'S RELATED TO CHANGES IN SEASONS – SAD BEGINS AND ENDS AT ABOUT THE SAME TIMES EVERY YEAR. IF YOU'RE LIKE MOST PEOPLE WITH SAD, YOUR SYMPTOMS START IN THE FALL AND CONTINUE INTO THE WINTER MONTHS, SAPPING YOUR ENERGY AND MAKING YOU FEEL MOODY. LESS OFTEN, SAD CAUSES DEPRESSION IN THE SPRING OR EARLY SUMMER."

SYMPTOMS

"IN MOST CASES, SEASONAL AFFECTIVE DISORDER SYMPTOMS APPEAR DURING LATE FALL OR EARLY WINTER AND GO AWAY DURING THE SUNNIER DAYS OF SPRING AND SUMMER. LESS COMMONLY, PEOPLE WITH THE OPPOSITE PATTERN HAVE SYMPTOMS THAT BEGIN IN SPRING OR SUMMER. IN EITHER CASE, SYMPTOMS MAY START OUT MILD AND BECOME MORE SEVERE AS THE SEASON PROGRESSES."

SIGNS AND SYMPTOMS OF SAD MAY INCLUDE:



"FEELING DEPRESSED MOST OF THE DAY, NEARLY EVERY DAY
LOSING INTEREST IN ACTIVITIES YOU ONCE ENJOYED
HAVING LOW ENERGY
HAVING PROBLEMS WITH SLEEPING
EXPERIENCING CHANGES IN YOUR APPETITE OR WEIGHT
FEELING SLUGGISH OR AGITATED
HAVING DIFFICULTY CONCENTRATING
FEELING HOPELESS, WORTHLESS OR GUILTY
HAVING FREQUENT THOUGHTS OF DEATH OR SUICIDE"



FALL AND WINTER SAD

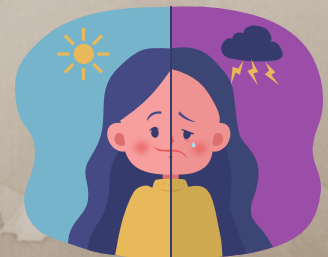
"SYMPTOMS SPECIFIC TO WINTER-ONSET SAD, SOMETIMES CALLED WINTER DEPRESSION, MAY INCLUDE:

OVERSLEEPING
APPETITE CHANGES, ESPECIALLY A CRAVING FOR FOODS HIGH IN CARBOHYDRATES
WEIGHT GAIN
TIREDNESS OR LOW ENERGY

DON'T BRUSH OFF THAT YEARLY FEELING AS SIMPLY A CASE OF THE 'WINTER BLUES' OR A SEASONAL FUNK THAT YOU HAVE TO TOUGH OUT ON YOUR OWN. TAKE STEPS TO KEEP YOUR MOOD AND MOTIVATION STEADY THROUGHOUT THE YEAR."



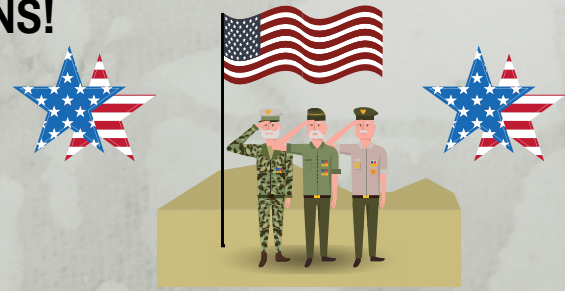
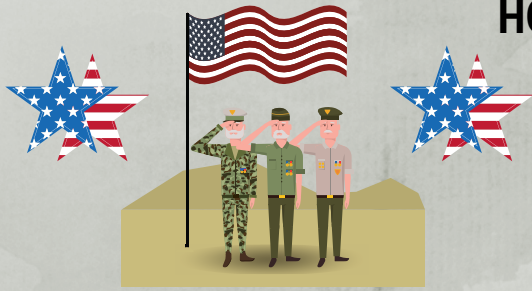
'TIS THE
season



it's okay to feel



HONORING OUR VETERANS!

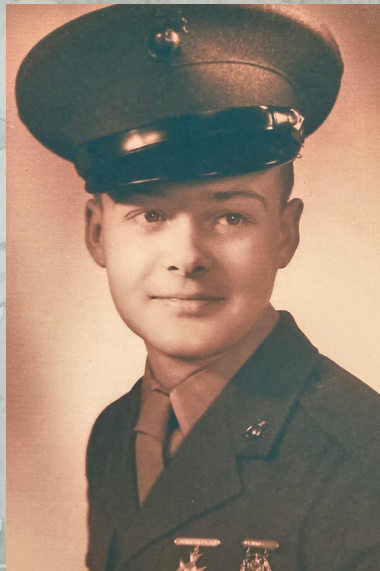


We Salute You!

“Harry S. Truman said in an address to the Armed Forces in 1945, ‘Our debt to the heroic men and valiant women in the service of our country can never be repaid. They have earned our undying gratitude.’”



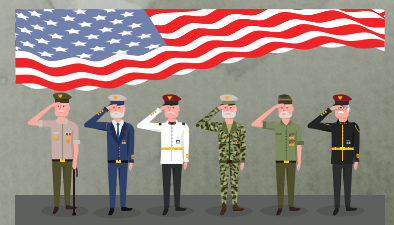
EDWARD J. BRYCE,
(MISS LAUREN'S GREAT-GRANDFATHER)
A DECORATED WAR VETERAN, JOINED
THE MARINES THE DAY AFTER THE U.S.
ENTERED WWI. HE SERVED WITH THE
18TH COMPANY, 5TH REGIMENT,
2ND DIVISION OF THE MARINES AS A
MEMBER OF THE AMERICAN
EXPEDITIONARY FORCES IN FRANCE.
HIS MANY MEDALS INCLUDE, THE SILVER
STAR AND FRENCH CROIX DE GUERRE,
AWARDED FOR GALLANTRY IN ACTION
DURING THE BATTLES OF BELLEAU
WOOD, CHATEAU THIERRY, AND BATTLE
OF SOISSONS, WHERE HE LOST HIS LEG
WHEN HE WAS JUST 21 YEARS OLD.



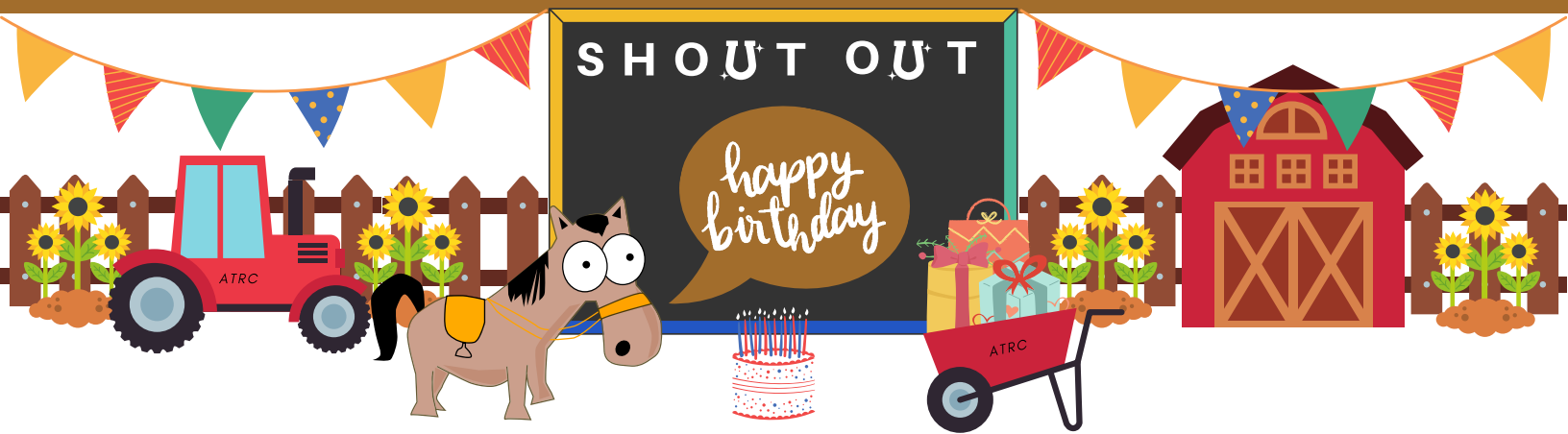
EDWARD J. BRYCE, JR.,
(MISS LAUREN'S GRANDFATHER)
LIKE HIS FATHER BEFORE HIM,
SERVED IN THE MARINES.



DONALD DEMPSEY,
(MISS KATE'S STEP FATHER)
SERVED ALMOST 40 YEARS IN THE
ARMY. HE WAS A LIEUTENANT COLONEL.
HE TOURED IN BOSNIA AND THE MIDDLE
EAST, INCLUDING IRAQ IN 2003
(INITIAL WAVE POST 9/11).
HE PASSED AWAY 12/28/2015.



Thank you for your Service!



Send a 'Shout Out' to someone special!
For a \$5 donation your message and photo will appear in our monthly newsletter!
For more information or to submit an entry contact Miss Taylor.

Celebrating November!



November 4th
Happy Birthday, Maya!



November 15th
Happy Birthday, Lilly!



Autumn
time

Give
Thanks

Gobble
TIL YOU
Wobble

