



ATRC OF THE MONTH:

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



HORSES NEED SCHOOLING TOO!

ACCORDING TO THE ARTICLE, "SCHOOLING IN HORSE RIDING AND SHOWS", BY KATHERINE BLOCKSDORF, FOUND ON THE SPRUCE PETS WEBSITE, "TO SCHOOL A HORSE, OR SCHOOLING A HORSE IS TO PRACTICE WHATEVER YOU ARE TRAINING IT TO DO...THE PRACTICE OF SCHOOLING CAN BE DONE WHEREVER YOU NEED TO PRACTICE WITH YOUR HORSE. TYPICALLY IT OCCURS IN A RING BUT CAN ALSO MEAN A TRAIL IF YOU'RE INTERESTED IN TRAIL RIDING...LUNGING OR GROUND DRIVING MAY ALSO BE A TYPE OF SCHOOLING."

"RIDERS TOO CAN BE SCHOOLED, PUT THROUGH EXERCISES THAT MAKE THEM MORE LIMBER, BALANCED, AND SENSITIVE AS THEY RIDE. THIS CAN BE DONE WITH SOMEONE LUNGING THE HORSE, OR WITH THE RIDER RIDING INDEPENDENTLY, USUALLY WITH AN INSTRUCTOR WATCHING AND OFFERING GUIDANCE...SCHOOLING MOVEMENTS MIGHT INCLUDE UPWARD AND DOWNWARD TRANSITIONS (FROM WALK TO TROT AND BACK OR TROT TO CANTER), HALTS, CIRCLES, REIN BACKS AND OTHER MORE ADVANCED EXERCISES...A RIDER MAY PRACTICE TROTting OVER CAVALLETTI OR JUMP PATTERNS...THESE CHANGES OF DIRECTION AND SPEED, STRIDING, AND LATERAL EXERCISES HELP YOUR HORSE LEARN TO BE MORE RESPONSIVE AND BALANCED."

"RE-SCHOOLING A HORSE MEANS TRAINING IT IN A WAY THAT WILL BREAK UNWANTED BEHAVIORS...SCHOOLING CAN BE DONE WITH A HORSE OF ANY AGE AND AT ANY LEVEL OF TRAINING. MANY PEOPLE NEVER REGARD THEIR HORSES AS FULLY TRAINED AND THERE IS ALWAYS SOMETHING NEW TO LEARN OR TO REFINE. PERHAPS RIDERS SHOULD THINK THE SAME WAY OF THEMSELVES!"



SEPTEMBER
AT THE FARM:



- 1-SCHOOLING
- 2-VOLUNTEER OF THE MONTH
- 2-FUNDRAISER FACTS
- 3-PUTTERING AROUND
- 4-SUICIDE PREVENTION MONTH
- 5-OUR MENTAL HEALTH PROGRAMS
- 6-SHOUT OUTS

[HTTPS://WWW.THESPRUCEPETS.COM/](https://www.thesprucepets.com/)



VOLUNTEER OF THE MONTH:



LISA DEL SIGNORE



Lisa started with ATRC in the Spring of 2021. She mostly helps out in the barn doing morning feeding and cleaning. She is super helpful in lessons and even assisted with our summer camp program this year! We feel so lucky to have her enthusiasm and dedication at the farm!

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

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

Being around the horses and the students as they have their lessons and getting to know the folks involved with ATRC.

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

I enjoy traveling, biking, kayaking, golf and gardening.

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

I'd donate some to worthy causes, buy a small RV and take a long trip around the country.

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

I can't really say that I have a hero, but there are many people that I admire and would like to meet.

5. Why do you volunteer at ATRC?

I enjoy spending time around the horses and caring for them and also love seeing how excited the riders are when they arrive for their lessons.

"Nothing teaches hope, kindness, courage, and compassion like helping others!"

THANK YOU FOR ALL YOU DO!



*Thank You,
Nothing Bundt Cakes!*

Thank you for letting us be part of your 4th Birthday Celebration! Because of you, we raised **\$1,000!**



Thank You,

Van Patten Golf Club & Vista Restaurant!

Thanks to all the players, sponsors, volunteers, and fundraising committee members we raised **\$6,100+!**

2nd Annual Day at the Golf Course

SEPTEMBER 19TH, 2021
TEE TIMES 1:00-5:00PM
COCKTAIL HOUR 5PM-6PM
DINNER 6PM
SILENT AUCTION

Van Patten Golf Club
924 Main Street
Clifton Park, NY 12065

FUNDRAISINGATRC@GMAIL.COM
(518) 898-0742

Come Celebrate Our 4th Birthday!

NOTHING bundt CAKES

Community Appreciation Days
We love our community and want to Bring Joy to those who share joy with others. Show us your badge or business card and receive 10% off cake purchases on your designated day!

Monday, September 13	Tuesday, September 14	Wednesday, September 15	Thursday, September 16
Healthcare Workers Day	First Responders Day	City Administration Day	Teachers and School Administration Day

Friday, September 17
Albany Therapeutic Riding Center Benefit Day
20% of sales will be donated to this organization that strives to provide, promote, and encourage the benefits of equine facilitated therapeutics and activities by teaching horsemanship to individuals across multiple populations.

Saturday, September 18
Enjoy a Free Confetti Bundtlet with Purchase
Only valid at the Albany, NY bakery on 9/18/21, while supplies last (up to 300). Only one free Bundtlet per guest. Substitutions are not permitted. Offer valid with in-bakery purchases only.

Plus, enter the eClub sign-up giveaway and Spin the Wheel to win great prizes!
No purchase necessary.

We have safety measures in our bakery to protect our team members and guests. We also encourage social distancing recommendations.

ALBANY
(518) 459-2253 • 110 Wolf Rd, Unit 2 • Albany, NY 12205



Putting Around



Our 2nd Annual Day at the Golf Course on September 19th in Clifton Park was a huge success! Thank you to **Van Patten Golf Club** for being such wonderful hosts and to **The Vista restaurant** for providing awesome food, along with all of the amazing people who donated gifts, prizes, and silent auction items. A fun was had by all! We cannot wait to see you all again next year!



September Is National Suicide Prevention Month

HELP!



Learn The Signs



Save A Life!



Helping Someone Who Is Feeling Suicidal

Don't minimize, invalidate, or brush off their feelings.	Listen - really listen and create a judgment free space.	Be their advocate. Help them get help.
Ask them what they need from you. Do that thing if you can.	Encourage self-care and taking care of basic needs.	Spend time with them and be present. Check up on them.
Let them know you love them & they are not a burden to you.	Point them in the direction of helpful resources.	Help them create a crisis plan for if things get really hard.
*If you believe someone is in imminent danger of hurting themselves, please seek professional help immediately.		

According to the article, "Depression Symptoms and Warning Signs", written by Melinda Smith, M.A., Lawrence Robinson, and Jeanne Segal, Ph.D found on [helpguide.org](https://www.helpguide.org). "Depression is a major risk factor for suicide. Deep despair and hopelessness can make suicide feel like the only way to escape the pain. If you have a loved one with depression, take any suicidal talk or behavior seriously and watch for the warning signs:

- Talking about killing or harming one's self.
- Expressing strong feelings of hopelessness or being trapped.
- An unusual preoccupation with death or dying.
- Acting recklessly, as if they have a death wish (e.g. speeding through red lights).
- Calling or visiting people to say goodbye.
- Getting affairs in order (giving away prized possessions, tying up loose ends).
- Saying things like "Everyone would be better off without me," or "I want out."
- A sudden switch from being extremely down to acting calm and happy..."

"...If you think a friend or family member is considering suicide, express your concern and seek help immediately. Talking openly about suicidal thoughts and feelings can save a life..."

"...If you are feeling suicidal..."

When you're feeling suicidal, your problems don't seem temporary—they seem overwhelming and permanent. But with time, you will feel better, especially if you get help. There are many people who want to support you during this difficult time, so please reach out!

Read Suicide Help, call 1-800-273-TALK in the U.S..."

<https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>
<https://www.blessingmanifesting.com/2016/09/one-conversation-can-save-life-suicide-awareness.html>

HELP!



Let us help lead you



out of the darkness!



*Feeling Down?
Having Trouble Getting Out of Bed?
Our Horses Can Help!*

For more information contact Lauren Longtoe
Certified Equine Specialist in Mental Health & Learning
Albany Therapeutic Riding Center
Volunteer@albanytherapeuticridingcenter.com
(518) 898-0742



**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



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



Feeling Overwhelmed?
When it rains, it pours!

At Albany Therapeutic Riding Center
we can help turn your gray skies into blue!

Contact Lauren Longtoe
Certified Equine Specialist in Mental Health & Learning
Volunteer4ATRC@gmail.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 September!



September 26th
Happy 25th Birthday, Miss Lauren!

Happy Labor Day!
September 6th

Rosh Hashanah
September 6th-8th

Yom Kippur
September 15th



Shanah Tovah

