

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!"











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VOLUNTEER OF THE MONTH:



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.



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+!**





Puttering Around































September Is National Suicide Prevention Month

















listen - really listen and create a judgment free space.	Be their advocate. Help them get help.
Encourage self-care and taking care f basic needs.	Spend time with them and be present. Check up on them.
Point them in the direction of helpful resources.	Help them create a crisis plan for if things get really hard.
PH	elf-care and taking care f basic needs. Point them in the direction of helpful

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*,. "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

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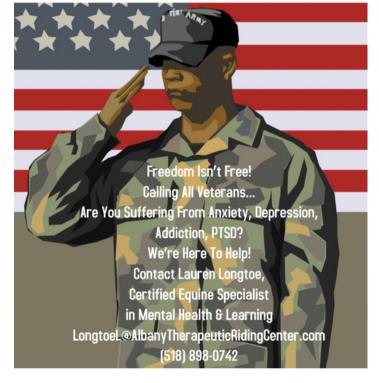


















Send a 'Shout Out' to someone special!

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.









September 26th Happy 25th Birthday, Miss Lauren!

Happy Labor Day! September 6th



Rosh Hashanah September 6th-8th

. Shanah Tovah



Yom Kippur September 15th

