

HOOFPRINTS

Therapeutic Riding of Tucson

Fall 2021

A Letter from the Executive Director

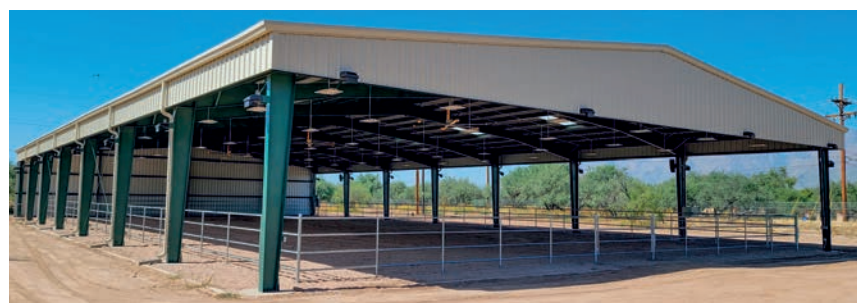
Where to begin, where to begin. Since arriving at TROT in January of 2021, it's been a whirlwind adventure.

An awesome adventure! TROT is simply a magical place.

Since the last HoofPrints, TROT has been in a flurry of activities, but I will try to give everyone a glimpse into our whirlwind summer. Let's start with our covered arena. Undoubtedly, you know we are in the midst of building our 15,300 square foot covered arena on the north end of our property.

We are in the end run, and I am hoping by the time you read this, the arena will be officially done. As with any large-scale construction project, every day was filled with challenges and surprises. "Welcome to construction" was a phrase often spoken during the last few months. However, this project went so well. After the deep holes were dug for the concrete foundations without a hitch, we became suspicious of our luck. Turns out, it wasn't luck. The arena construction went so well because we have the best of the best working on it:

Project Manager, Rob Skinner; Llyod Construction Superintendent, Jesse Mazon; Lloyd Construction as a whole; Parsons Steel; Aardvark Electric--the list goes on and on. We could not have asked for a better team to get the arena built. We send a thousand thanks to all who have had a hand in making TROT *Shine in the Shade*, as well as a very special thank you to all our donors who made this longtime TROT dream even a possibility! Thank You!!



The covered arena is the crown jewel of TROT,
but so much more is afoot or a hoof.. 😊

Sierra Ohrel, TROT's Mental Health Professional, is now with us full-time, allowing us to help so many more people. Our adaptive riding program is also growing significantly. We've added extra classes this semester, hired a new part-time PATH Certified

Therapeutic Riding Instructor, and we are in the process of training more instructors. With more participants and more classes, TROT also must expand the herd of horses. Come by and say hi to our newest equine companions: BeeBee and Furs.

Finally, I want to give special thanks to the TROT Board of Directors for their vision and support. I also want to give many thanks to all of our participants, volunteers, supporters, and friends, for being part of the happily growing TROT family.

With gratitude,

Jeff Copfer, TROT Executive Director

PS- I HOPE TO SEE YOU ALL AT HORSEIN' AROUND IN MARCH! IT WILL BE HELD ON TROT PROPERTY FOR THE FIRST TIME EVER!!

TROT Mission

To enrich the lives of people with special needs using equine-assisted activities to improve physical, mental, social, and emotional well-being.

Changing lives, One stride at a time!

HEROES, Hearts & Horses

Presented by:

DONEGAN BURNS
FOUNDATION

The Hearts & Horses Gala is TROT's major fundraising event of the year and is always a fabulous night. This year's *HEROES, Hearts and Horses* was no exception--raising more than \$180,000 to support TROT's life changing programs. Results like this can only happen with the generous support of sponsors, auction donors, dedicated attendees, and a hard-working group of staff and volunteers.

Some highlights of the evening included: the presentation of the colors by the Davis-Monthan Air Force Base Honor Guard; a live sung national anthem; an honoring and acknowledgment of all heroes in attendance; a high-spirited live auction; and dancing to music from *After 7 Tucson*.



CALENDAR OF EVENTS

Covered Arena Ribbon Cutting

TBD 2021 | TROT Property



Horsin' Around

March 26, 2022 | TROT Property!



Golf Tournament

May 14, 2022 | Arizona National



2022 Hearts & Horses Gala

October 24, 2022 | Savoy Opera House



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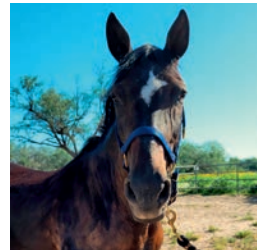
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Laura Bissing	Tara Leingang
Dora Kafkaridou Brown	Carolyn Ohrel
Nik Busarow	Sierra Ohrel
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Margaux DeConcini	

Hear Ye, Hear Ye, the barn has some great news to share!



We are so excited to introduce the newest members of the TROT herd, *Ms. Beebee* and *Furs*. *Beebee* is a dark bay American Quarter Horse cross mare with the cutest dapples anywhere to be found. *Beebee* has already begun her work in our EFP program, and we can't wait for her to join our adaptive riding program, as well. *Furs*, a sorrel gelding with a white blaze, was a ranch horse in a past life who is better suited for his new job at TROT. With his willing nature and good looks, he is on the right path to being a favorite of our TROT participants!



Beebee



Furs

With two new riding classes every week and many new EFP clients, we sure have been busy, but we wouldn't want it any other way. *Raven* has even started in some classes this semester and is doing fabulously with some of our independent riders, as well as riders who need the full support of their team around them.



TROT's seasoned equine partners, *Ringo*, *Dixie* and *Carmela* are doing a wonderful job introducing TROT's program to our new riders. Likewise, *Rune*, *Skittles*, and *Sir Lawrence* are taking on that role in our Heroes on Horses program. We just couldn't be more proud of our herd! The humans are also doing a great job – complementing each other's strengths to meet the need of our community.

Don't forget to subscribe to TROT's monthly e-newsletter for all the juicy barn news!
Text TROTNEWS to 22828!

Rider Spotlights



MW has made extraordinary progress in recent semesters at TROT. Her objective is to ride independently, and she has made great strides towards reaching that goal! She has been riding off-lead with just a spotter and works diligently to improve her riding skills. MW has also been working on self-confidence and has become an excellent role model in class demonstrating various riding skills. She has really stepped up as a leader in class, and this has been a huge accomplishment!

KD has recently become an independent rider! He is working on getting on the correct diagonal and maintaining a consistent pace at the trot. KD has become a good partner with *Carmela*, and together they are an excellent team. As he continues to excel, KD is also working towards improving his skills by riding different horses. And it's not just riding skills that are improving, you can see KD's self-confidence absolutely blossoming even in the course of one lesson!



WELCOME, Tara Leingang, TROT's Newest PATH Certified Therapeutic Riding Instructor!

Tara began volunteering at TROT in 2019 as a side walker and a horse handler and has assisted with ground schooling, and under-saddle schooling. Her experiences as a volunteer sparked her interest in becoming a PATH Certified Therapeutic Riding Instructor (CTRI). While continuing to volunteer in the program, Tara went through TROT's instructor-training program and taught in a variety of classes under the supervision of a certified instructor. Having been in both an instructor and volunteer position, gave her a unique opportunity to take what she learned from each role and adapt her teaching to best support our students.

With a veterinarian as a father, horses and many other animals have always been a part of Tara's life. TROT gives her the opportunity to serve her community while filling her soul with "outside time" with TROT horses, participants, volunteers, and staff. Tara's background with horses and her dedication to our students makes her a huge asset to our program!

Be sure to say Hi to Tara the next time you're out at TROT!



Find a New Beginning at TROT



Have you met Sierra yet? Sierra has a long 20+ year history at TROT, wearing many different hats along the way. Sierra is TROT's licensed Mental Health Professional, and thanks to a COVID Relief Grant by *Arizona Together*, she is now full time and able to help more individuals in our community!

Sierra has been in the presence of horses all of her life and knows from experience their healing powers. She has a Master's Degree in Counseling Psychology with an emphasis in Equine Assisted Mental Health. She is an Advanced Therapeutic Riding Instructor and Equine Specialist through the Professional Association of Therapeutic Horsemanship (PATH). In addition, Sierra is trained in Eye Movement and Reprocessing (EMDR).

Equine Facilitated Psychotherapy (EFP) is experiential in nature. Given that horses are sentient beings, they provide a sense of depth beyond talk therapy. Horses are barometers that provide feedback to allow humans to explore the mind, body, spirit and emotions. Co-regulation occurs through the breath, presence, movement, and feedback from horses who communicate with their eyes, ears, mouth, tail, and body movements. Frequently, it becomes a moving meditation--an ever changing flow. One's senses come alive when walking with a horse or connecting from his back.

There is a simplicity in horses' non-verbal communication. It is our job as humans to pay attention. The bond between horses and humans provides an opportunity for self-awareness and healing--creating a sense of safety, calmness, and compassion. It is through the partnership with horses that Sierra is able to guide people on their journey. A horse can change the way you see the world.

Fillable Applications for TROT programs can be found on our website:

www.trotarizona.org/what-we-do

Or contact us directly:

Dora Kafkaridou Brown
Program Director
520-749-2360 x608

dkafkaridou@trotarizona.org

Sierra Ohrel, LPC
Therapist
520-749-2360 x605

sierra@trotarizona.org

Adaptive Riding

Therapeutic horseback riding and horsemanship lessons adapted to meet the unique needs of individuals of all ages affected by disabilities.

Back In The Saddle (BITS)

Promotes independence and confidence to get you back in the saddle. This program is for those who want to re-establish their connection with horses after a traumatic experience associated with horses.

Creating Connection from the Ground Up

This group is designed to help teens build self-esteem and overcome whatever challenges they may be facing. Teens engage in activities that create connection with their equine companion and themselves.

Equine Assisted Learning (EAL)

Participants learn relationship skills to promote human growth and development in a context that includes various activities with equines.

Equine Facilitated Psychotherapy (EFP)

One on one or group sessions are facilitated by Sierra and accompanied by equine companions.

HEROES on Horses

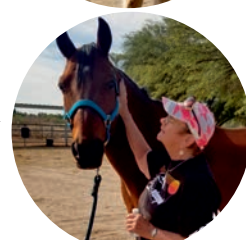
This program is designed to meet the multifaceted needs of past and present members of the military and first responders in our community. To honor those who have served or currently serve, TROT offers this program at no cost.

Rider's Up!

This program is for individuals 55 years and older. It was designed to exercise both mind and body through structured riding lessons.

Women and Horses: A Circle of Support

This group gathers together to facilitate transformation and wholeness by focusing on the horses and their keen awareness of the environment around them.



Volunteer Corner:

A Message from John & Melissa Saturday Team Captains and Volunteers Extraordinaire

"If you listen, fate will sometimes call and lead you to a magical place. A place where experiences happen that fill the soul. That is what we've found at TROT.

We were both retired in 2017 and had discussed volunteering to get out of the house and fill some days of the week. We were looking to work in an outdoor setting. One day, I was walking through our living room, and my ear caught the word volunteers. I stopped to listen, and two ladies from TROT were on a local midday talk show explaining what TROT does, what volunteers do, and the final outcome they work towards. It sounded like what we were looking for. I called and gave the volunteer coordinator our names for the next training class. We were on our way.



We started out as Side Walkers on Saturday mornings. It was a lot of fun, and then as fate would have it, due to physical limitations, we became Saturday Team Captains. That has been so fun too because we get to interact with everyone. The atmosphere is so calming for us, and all the people we work with are wonderful. Everyone enjoys what they do, and we were blessed to have found our place at TROT. It has been an enlightening experience and just being around those beautiful horses and children is almost more than you could ask for.

Once you experience the miraculous changes in the children through their interaction with their horses over the course of the semester, you've experienced the magic of TROT."

WITH GRATITUDE TO OUR DONORS & SUPPORTERS

July 2020 through June 2021

TROT appreciates the hundreds of generous individuals, businesses, foundations, and community groups who make TROT possible through their financial and in-kind donations. Your name is most likely among them, and we thank you.

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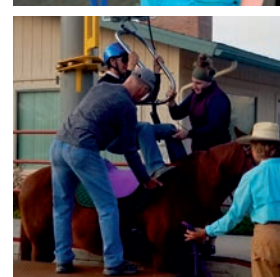
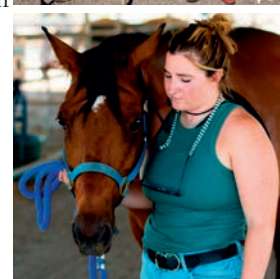
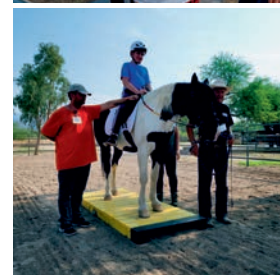
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Therapeutic Riding of Tucson

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One stride at a time!

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- 2) Make your gift anytime before April 15, 2022. Call TROT at (520) 749-2360 or visit www.trotarizona.org/how-you-can-help to donate by credit card. Or send a check payable to TROT to the address below.
- 3) Claim the credit when you file your 2021 Arizona tax return. You do not have to itemize your deductions in order to claim this credit. It's that simple!

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