

HOOFPRINTS



Therapeutic Riding of Tucson

Fall 2020

Letter from the **EXECUTIVE DIRECTOR**

It is a great honor to be selected as Executive Director of the TROT organization. I am excited about the opportunity to work alongside the passionate, professional staff, board of directors and team of volunteers to fulfill TROT's Mission. The temperature is heating up right now and so is our TROT team.

With this pandemic continuing to spread in the community, the staff at TROT is taking precautions and making strides to re-open in the safest manner possible. Please understand that we are continually researching the CDC and Health Department

Guidelines and making changes to our protocols to meet the best practices to protect our community of volunteers, staff and participants. Social distancing is tricky for Sidewalkers and Horse Handlers. Therefore, it is important to use a mask and regularly sanitize your hands. The staff has established protocols for sanitizing surfaces, saddles, equipment, and tools before and after each class. Protocols for the new normal are being implemented and revisited constantly in order that we safely protect our participants, volunteers, staff, and visitors to our facility.

Joining the TROT organization has brought back positive memories and emotions that I experienced when I was principal at Flowing Wells Junior High School. The students in the Independent Life Skills program were enrolled at TROT and came out weekly for adaptive riding. I saw firsthand how much my students and their paraprofessionals benefited from TROT programs. It brings a smile to my face remembering the confidence and social/emotional skills the students brought back to our campus. After attending sessions at TROT, one student in particular with limited verbal skills and many off-task aggressive behaviors at school was visibly more focused and more expressive with his peers.

As my tenure at TROT gets underway, I look forward to building upon my relationships with public and private schools in the Tucson area in order to spread the message about how our PATH International Premier Accredited programs can benefit students with physical, social, and emotional disabilities. Our instructors are certified professionals who are passionate about serving those in need. They have maintained a program of vigorous exercise and training of the TROT horses during this COVID down time. Currently, instructors and volunteers are gearing up the horses with ground schooling in preparation for our Fall Semester. Dora and Sophie have been in close contact with our participants during the quarantine. Most of TROT's students are eager to return to classes which are slated to begin the week of September 28th.

My vision for TROT is to continually honor the past and grow our programs in the post pandemic environment. Businesses across the state and country are required to re-imagine how to best serve their customers and clients as services resume. That is no different here at TROT. We will continue to meet the needs of our vulnerable participants through cooperation, kindness, and teamwork. The horses at TROT are incredible partners for providing high quality therapy. We are truly in this together. I know that in my short time at TROT, personally I am thinking more clearly and feeling more centered. Interacting with horses, passionate staff and volunteers is magical and mood altering!

I look forward to welcoming you all back in phases as we get back to changing lives, one stride at a time!

TROT Mission

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

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Development Director

Laura Bissing,
Volunteer Coordinator

Carolyn Ohrel,
Administrative Assistant

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Program Director

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Lead Instructor

Denice Angerhofer,
Instructor

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Licensed Mental Health
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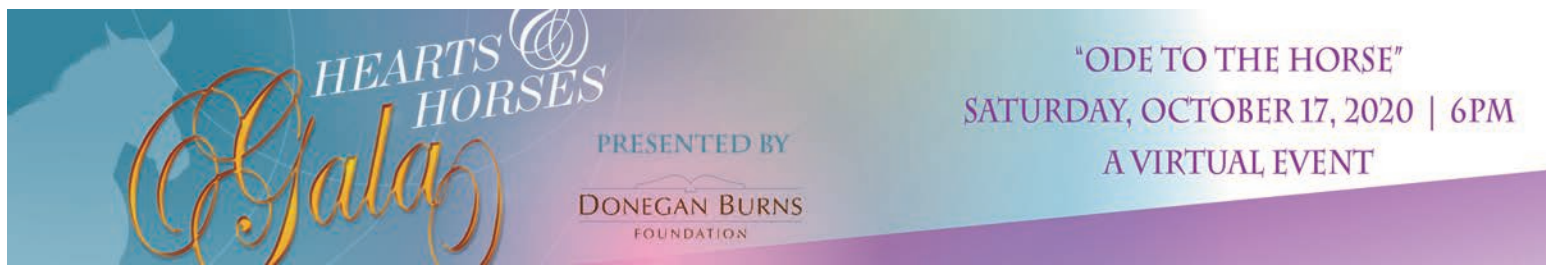
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HEARTS & HORSES VIRUTAL UN-GALA



Due to the COVID-19 global pandemic, many of TROT's events have been cancelled. This includes our annual fundraising gala which normally provides a significant portion of our annual income. Consequently, TROT has decided to move our 22nd Hearts & Horses Gala to a virtual platform that everyone can enjoy!

Save the expense of the suit and little black dress and instead **TROT in PLACE** on Saturday, October 17th! Spend the entire evening however you choose. Enjoy an overdue night in with friends; make dinner at home with the family; have a date night with your significant other; or a virtual company party with your colleagues. TROT is throwing a #TROTINPLACE house party!

To make this virtual event possible, TROT is utilizing OneCause, an easy to use online platform that will make fundraising easy for everyone! Closer to the event, a link will be provided with a step-by-step guide which will allow you to view and bid on silent auction items from your computer or mobile device. With your help, TROT can reach our fundraising goal of \$100,000.

Mark your calendar to begin viewing the silent auction on Wednesday October 14th. This year, TROT's silent auction items have a collective value of \$250,000. This includes trips (local and far away), fine art, and spectacular jewelry. Your chance to bid on your favorite items starts at 6pm on Friday October 16th and will end Sunday October 18th at 6pm.

DON'T MISS OUT! TROT will be sharing testimonials, photos, sponsor appreciation and more through social media platforms such as Facebook, Instagram, Twitter, and LinkedIn. Be sure to enroll in our email newsletter for registration links and how-to help!

Thank you to our generous supporters!



What is it about a horse...

By Moira R., Veteran

What is it about watching or grooming or riding a horse that calms me so? The sense of well-being that flows through me as I move the brush along Fiesta's flanks. The sense of hope I feel when Sir Lawrence responds to my leg or voice. The sense of success I feel in my volunteer role when my rider with autism can perform a task that last week was impossible.
What is it about a horse...



NEIGH-BORHOOD NEWS!

Herd Update

By Dora Kafkaridou Brown, Program Director

We know that during these uncertain times with COVID-19 restrictions, it has been very difficult to isolate from the things we love, so we wanted to send you some updates on our beloved TROT herd. As you know, ensuring that all 11 horses have every physical and mental need met to the highest of our industry standards is no small task. Like many organizations in our community, our TROT staff family has really pulled together to meet this challenge! Six days a week, our Program Director and Lead Instructor spend anywhere from three to four hours each morning ensuring that our horses are exercised, whether it be: ground schooled, lunged, or schooled under saddle. Additionally, we are so fortunate to have non-program staff with equine experience and the passion to volunteer for TROT. Because of these joint efforts, we are happy to share some of the many accomplishments our horses have had during this time. All of the horses are looking forward to beginning their class work and even incorporating some new things into their ground schooling sessions!



Skittles has been working hard to get back his summer physique. He is now forward moving both in hand and under saddle and has even been re-introduced to long lining. As his exercise regiment continues to increase, he is becoming strong and more fit.



Tonka has made an amazing transformation and gets compliments from our veterinary team. He is also a very talented guy. He excels at trotting pole work, is easy going in hand, and loves human attention. He will become an amazing horse, especially for our Veterans and independent riders.



Fish is ready to shine as our fall semester approaches. His ability to connect with his handler and respond to the gentlest cues is a beautiful experience. He will be such an amazing model for our horse handler trainings.



Sir Lawrence is learning to shift his weight to his hind end and properly activate his muscles. He has gone from being a horse that struggled when free lunged in the round pen, to being at ease on a lunge line and side reins! He has also been introduced to trotting pole work, fascia release exercises, and ground stretches.



Volunteer Update

By Laura Bissing, Volunteer Coordinator

TROT volunteers have always stood out as a group of hard-working, exceptional, and kind-hearted individuals. But it was not ever as clear as it is now that our volunteer team is absolutely unstoppable! This is a group that does not mind a bit of elbow grease. They think working in 100-degree heat is just your average Tuesday morning. They put in three-hour days working in the sun, picking up mesquite beans to ensure our horses are not tempted. They are ready to return to help with classes—to sidewalk, to horse handle, to team captain. They come wearing smiles and masks asking how they can help amidst a global pandemic. We are truly fortunate to attract such a wonderful group, and we are ever thankful for their commitment to TROT and those we serve. As we approach the fall semester, we are eager to continue bringing back our volunteer force, creating more volunteer opportunities, catching up with old friends, and reaching out with socially distanced fist bumps and high fives.

STORIES FROM THE SADDLE



Since joining TROT over a year ago, MM has made tremendous strides in not only his personal goals but also in his horsemanship and riding skills. MM and his equine companion, *Carmela*, have worked to increase his balance and coordination, as well as improve his use and understanding of social cues in different settings. Now, when MM has questions, he asks for clarification and initiates conversation with his peers, volunteers and instructors. MM's riding skills have shown incredible improvement over the last year as a result of his improved coordination and core strength, understanding of sequencing and following multi-step directions. He is able to effectively communicate with his horse without assistance from volunteers. MM's confidence when riding is remarkable and watching him advance in the program has been a joy to see.

AR has been riding in TROT's adult adaptive riding program for three years. AR is diagnosed with a rare syndrome that affects the symmetry of her body, her behavior, and her cognitive abilities. AR works hard with her equine companion, *Carmela*. Together they have been able to meet AR's goals of increasing strength on the left side of her body, problem solving, and social skills. Over time, AR has learned and excelled in many riding skills including: direct reining, halting, two-point, and sitting the trot. AR has also shown improvements in her ability to manage change and process different situations throughout her session. She problem solves her tasks at hand and appropriately expresses her wants and feelings. AR is always willing to be a supportive voice for her peers and TROT.



BC has been riding at TROT for only a short time but has made overwhelming progress towards his goals. With his equine companion, *Fiesta*, BC works on improving fine motor control, communication skills and following directions with minimal prompting. In the beginning of the semester, BC's excitement for riding impacted his ability to stay focused and attentive to his environment and routine. At the end of the semester, BC was able to focus and safely complete his routine of checking in with the instructor and his volunteers, putting on his helmet, and waiting his turn to mount his horse without any prompts.

BC's instructors have also seen great improvement in his communication skills, patience level and his ability to follow multi-step directions. As a result, BC has also experienced an increase in confidence, attention and memory.

Social Benefits

- Improved social skills
- Development of respect for animals & nature
- Healthy relationship building

Physical Benefits

- Improved balance, strength, range of motion
- Improved coordination, motor skills & faster reflexes
- Improved respiration & circulation
- Sensory integration

Psychological Benefits

- Sense of well-being
- Greater self-confidence
- Improved risk-management abilities
- Emotional control and self-discipline

Cognitive Benefits

- Improved listening skills & focus
- Improved sequencing, patterning, motor planning skills
- Increased visual & spatial perception

As a recognized Premiere Accredited Center through the Professional Association of Therapeutic Horsemanship (PATH) International, TROT is held to the highest standards. Every year, the TROT staff reviews over three hundred standards to verify that we are meeting all the criteria to maintain our status. As a PATH Premiere Accredited Center, the entire operation (programs, property and administration) undergoes a thorough audit every five years to ensure that all of the required standards are met. Additionally, TROT's instructors are certified through PATH and are required to complete a minimum of twenty continuing education hours annually on a variety of topics including: disability and mental health education, equine welfare, and advanced horsemanship training.



WITH GRATITUDE TO OUR DONORS

July 2018 through June 2020

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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TROT recognizes and honors those who have chosen to support our programs and services through their wills, estate plans or life-income agreements.

These individuals have designated TROT as a beneficiary in their will or other estate planning documents:

The Trust Estate of A. Neil & Patricia DeAtley

The Trust Estate of Dave and Mary Ann Elwood

The Estate of Carole E. Kellogg

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The ongoing support of monthly donors gives TROT the financial security to continue providing life-changing services for children, adults, and military veterans.

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IBM Employee Contribution

Donate

Therapeutic Riding of Tucson is almost entirely funded with private contributions and does not rely on government funding. When you donate to TROT you can receive an **Arizona Qualifying Charitable Organization Tax Credit** of up to \$400 if filing as a single individual and up to \$800 if filing a joint return.

Volunteer

Therapeutic Riding of Tucson engages more than 170 volunteers each year through a wide array of individual and group opportunities. Help is always needed for program assistance, barn and property maintenance, and fundraising. Contact the Laura Bissing at 520-749-2360 x612 or email volunteer@trotarizona.org for more information.

Collect and Donate In-Kind Supplies

More than 300 people a week are in and out of the TROT property, so we always need everyday items! Generous volunteers and donors think of TROT and toss an extra item in their shopping baskets - and you can believe it helps us a lot! Gifts of this kind allow us to use donated funds for program needs instead of purchasing everyday items.

Support TROT on Social Media

Social media is a great way for you to stay updated with all things TROT and is also a great opportunity for you to pass along the Power of TROT! Follow us on all social media platforms @TROTArizona!

Consider a Planned Gift

You can help ensure that TROT is able to provide services in the future by including TROT in your will or estate plans or through current income investments such as a charitable gift annuity.



Therapeutic Riding of Tucson

8920 E Woodland Road
Tucson, AZ 85749
(520) 749-2360

Non-Profit Org.
US Postage
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Tucson, AZ
Permit No. 1295

Visit us on the web
www.trotarizona.org

Yes! I Would Like to Make a Difference!



Therapeutic Riding of Tucson

Giving Options:

I would like my gift to be used:

- ☐ Wherever needed most
- ☐ For TROT programs:
 - ☐ Heroes on Horses
 - ☐ Equine Facilitated Psychotherapy (EFP)
 - ☐ Therapeutic Riding for Children
 - ☐ Therapeutic Riding for Adults
- ☐ Horse Support
- ☐ TROT General Scholarship Fund
- ☐ TROT Designated Scholarship for a specific student

To give online, visit: trotarizona.org/donate

Payment Options:

Enclosed is my gift of:

- ☐ \$15 ☐ \$50 ☐ \$150 ☐ Other \$ _____
- ☐ I have enclosed my check payable to
Therapeutic Riding of Tucson.
- ☐ Please charge my credit card.
 - ☐ Visa ☐ MC ☐ AmEx ☐ Discover
- ☐ A monthly gift of \$ _____
on the ☐ 1st or ☐ 15th of each month.

Name _____

Address _____

Card Number _____

Exp. Date _____

CVV _____

Signature _____