HOOFPRINTSKON

Therapeutic Riding of Tucson

Fall2022



TROT's main fundraising event is embraced by many Tucsonans as "the party of the year!" Please join us this year, as we celebrate TROT's many achievements.

Hosted by: Edmund Marquez

NOVEMBER 12, 2022 | 6:00 PM TUCSON CONVENTION CENTER

Dinner & Cocktails | Silent Auction Live Auction | Testimonial | Dancing

TO PURCHASE TICKETS:

- Text HEARTSANDHORSES2022 to 243725
- Online at www.trotarizona.org
- Use your phone to scan the QR Code below!



TROT's Mission:

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

A Letter from the Executive Director



Today I witnessed something awe inspiring at TROT. As I was walking from the office to my car, I heard the galloping sound of hooves, lots of hooves, determined and strong galloping hooves. However, as I turned my head to look towards the uncovered arena, all I saw was a gigantic cloud of dust. The galloping sounds got even stronger, and

suddenly three of our amazing TROT horses emerged from the cloud, joyfully racing each other. Then I heard people cheering, horses' names being called, and as the dust dissipated, I saw Sierra guiding her group, as they were directing and encouraging the three horses in their playful race.

My heart filled with immense pride and happiness pondering what impact this exercise must have had on the participants. The joy in their voices was unmistakable, the focus, connection, and trust it took to guide this exercise was significant—simply awe inspiring! This is but one of many snapshots in time that helps TROT realize our vison "to use the power of the human/horse connection to heal individuals of all abilities." It affirms that what TROT does makes a difference in people's lives. I witnessed it again this morning, but it happens every single day. None of this, however, is possible without the support of all of our donors.

Each of your donations means the world to us. Not unlike the horses boldly emerging from the cloud of dust, our donors always come through at the perfect time--galloping to our rescue.

YOUR SUPPORT MAKES OUR VISION POSSIBLE!

THANK YOU FROM ALL OF US AT TROT!

Stronger together,

Jeff Copfer, TROT Executive Director

Changing lives, One stride at a time!

NEIGHBORHOOD NEWS

Welcome to the TROT Family!



Rachael Radtke - Certified Therapeutic Riding Instructor

Rachael grew up in the Tucson area and first discovered TROT while in high school. After taking a break to complete a degree in Piano Performance at the University of Arizona and to focus on her career as a piano teacher, she returned to TROT. Rachael began volunteering in August of 2020, allowing her to hone her skills as a horse handler. Then in June 2022, she was able to fulfill her dream of becoming a Certified Therapeutic Riding Instructor through PATH Intl. In her spare time, Rachael enjoys a variety of activities including: gardening, spending time with family, and taking hunter/jumper lessons.

Coco Hames - Certified Therapeutic Riding Instructor

A native of central Florida, Coco Hames grew up around horses, learning to ride in both English and Western disciplines. After more than a decade touring the world as a musician, she rediscovered her passion for horsemanship while volunteering at Southern Reins Center for Equine Therapy in the Memphis, Tennessee area. Upon relocating to Arizona in 2021, Coco started volunteering at TROT and became a Certified Therapeutic Riding Instructor through PATH Intl. in 2022.

A graduate of the University of Florida with a Bachelor of Arts degree in English, Coco has a Montessori teaching certification and has previously worked developing programming for the

Children's Museum of Memphis. She also founded *Tennessee Hollow*, a non-profit animal rescue based in Nashville. Coco lives in Oro Valley with her husband and her Bichon Frise, Jojo, and keeps her registered APHA gelding, Tuco, nearby.

























Have you heard about Prince Julian yet?



Julian is a 12-year-old Morgan cross gelding. When he arrived at TROT, he didn't seem to know why all the humans wanted to be around him so much, but he quickly realized that when he approached all these people, he was loved on, pampered, and taken out to grass fields. From the beginning, Julian excelled at equine-assisted counseling sessions with his partner, Raven. Julian quickly became a program staff favorite. After intensive groundwork, he progressed to the mounted training program and has now made his debut in Adaptive Riding. Julian is managing very well in his new role as an equine partner for therapeutic riding. His smooth walk and trot gaits have been an amazing addition to our program for riders learning to trot or riders that require less input and pelvic movement. His forwardness has also assisted our more independent riders in building core strength, sitting up tall in the saddle, and regulating their posting trot. We are beaming with pride over Julian, and we can't wait to see how his future as a TROT horse evolves over time.

Rider Spotlights



This semester, NE started participating in adaptive riding classes at TROT. After just a few classes, he has shown incredible progress in several riding skills, including mounting and dismounting confidently and increasing his limited vocabulary. One of his big achievements is learning to say the verbal cue "walk-on"! Even though he has only been riding for a few weeks, NE now consistently uses the verbal cue "walk-on" to ask his equine partner, *Carmela*, to walk forward! One of NE's favorite class activities is playing a game of basketball which provides great opportunities for him to work on coordination, sequencing, and showing off his newly learned riding skill--walk-halt-walk transitions! NE shows up for class every week with a smile on his face and is eager to work on riding skills and participate in activities!

When YP first started at TROT, he could not stay on the horse for more than a few minutes before attempting to dismount. He would experience meltdowns, and he often had a hard time completing the lesson. Gradually, he began to be able to ride for longer stretches, getting more comfortable, and self-regulating through the uncomfortable moments with support from his instructor and team. This semester, he is much more comfortable and confident, and just yesterday he had a breakthrough that had us all cheering and him beaming with a big smile on his face. YP was not only able to complete his entire lesson, sit quietly and balanced in his saddle, but also learned a new skill called two-point! He placed his weight in his stirrups, supported himself on his equine partner *Carmela*, and lifted himself out of his saddle.



TROT continues to be a leader in innovative equine-assisted activities by maintaining the distinguished title of Premier Accredited Center by PATH (Professional Association of Therapeutic Horsemanship), International. This distinction is highly respected, as only 15% of PATH's 850+ accredited

centers globally have achieved this level of accreditation.

What does it mean when we say this? It means TROT is held to the highest standards. Every year, TROT reviews over 300 industry standards to verify we are exceeding all criteria needed to maintain our status. These standards include: safety, equine management, mental

health training, adaptability and inclusion for those living with disabilities. The standards ensure that all programs are using current research and evidence-based models. The entire operation (programs, property, and administration) undergoes a thorough audit every five years to ensure that all of the required standards are met. ALL of TROT's instructors are professionally trained and certified through PATH

and are required to complete a minimum of 25 continuing education hours annually on a variety of topics including but not limited to: disability and mental health education, equine welfare, and advanced horsemanship training. The list goes on about what it means to be a PATH Premier Accredited Center.

All of us at TROT are very proud of our status, and we are recognized nationally for our programs.

TROT is proud to be the only PATH Premier Accredited Center in the Greater Tucson area.

Professional Association of Therapeutic

PREMIER ACCREDITED

Volunteer Corner:

The start of new traditions: Volunteer Summer Series

TROT's social calendar is busy during the year, but during the summer, we noticed that things were getting quiet, maybe a little too quiet. So we asked, "Who could we invite over to liven things up a bit?" The answer was, of course, TROT's legendary volunteer community!

This summer, we had the pleasure of hosting Volunteer Socials to engage our volunteers on a different level. We got to enjoy a coffee hour in the back garden. We took cover in the office from a summer monsoon and shared mocktails while playing a rousing game of Pictionary. We finished things off with a good ole fashioned summer BBQ and had a private movie showing in TROT's covered arena. We had such a blast at these events, enjoying some down time and getting to know our volunteers on a new level.

While we try to show our appreciation for our volunteers and all the work they do on a daily basis, these events help us focus our efforts—but none as much as our annual Volunteer Appreciation Event. This event is all about acknowledging the incredible work of our volunteer team. This year, we enjoyed an Italian meal in the covered arena complete with raffle prizes and awards. Many of our volunteers earned their one, five, or ten year service pins to recognize their continued commitment to TROT.

Linda Down received our Bonnie Beckman Legacy award for her outstanding work as a side walker in our adaptive riding classes. Linda has been a part of TROT's volunteer force since 2016, and her impact over the years has made a huge difference in the lives of many of our participants. Jack Huss received our Dick Greiser Make a Difference award for his unstoppable work ethic in our adaptive riding classes, during fundraising events, and on the property. The next time you're out for a walk on the sensory course, there's a good chance you're standing next to something Jack has helped create, build, or spiff up.

TROT's entire volunteer community is made up of hardworking individuals who make such a difference. We are so fortunate to have each and every one of TROT's team of volunteers!











Left photo: Linda D. with Bonnie Beckman Right photo: Jack H. with Jeff Copfer



Over the last two years, we have asked our volunteer team to pool their collective design powers and choose their own volunteer shirt. In 2020, we asked our volunteers to submit their own designs and then had them vote on a winner. We ended up with a beautiful heart and horseshoe-inspired graphic design created by one of our very own volunteers. In 2021, we asked our volunteer team to vote on three very different designs and ended up with a western-themed shirt fit for the most hardworking volunteers around. This year, we had an incredible graphic design to work with from yet another talented member of our volunteer team. Our volunteers weighed in and selected a beautiful, multicolored option that really showcases the spirit of TROT!

Creating Connection

Creating Connection from the Group Up A teen group facilitated by Sierra Ohrel, LPC

As part of TROT's equine-assisted counseling program, a group of teenage girls met for four weeks on Fridays after school for equine-related activities and fun. Since loss of connection has contributed to teen mental health problems, TROT decided to offer a group for teens where they could get to know each other and the TROT horses. The group was named *Creating Connection from the Ground Up*. Some of the areas that were explored included: present-moment awareness, becoming grounded, and being seen and heard. This included activities with some of TROT's

equine partners to help support connection - both internally and externally.

On a rainy September evening, a group of six teenage girls met for the first time in the covered arena at TROT. A circle was formed with barrels and benches to sit on. Group agreements were shared as a foundation of their time together. A safe space to be vulnerable and present was created. The group met the horses by noticing when the horses noticed them. The girls were able to identify when connection was made long before there was physical contact with the horses, as they learned about non-verbal communication both with the horses and with each other.

On the second week, trust was created with a leading exercise and a blind trust walk. Communication and empathy were built upon. Then a partner leading exercise was done with the horses. This utilized the herd philosophy of teens by not having to do something alone. An invisible lead line exercise was done with the horses to show the participants how being the leader and modulating your energy affected the horses.

The last session ended with another rainy night of self-expression – creating small paintings for self and others. There was laughter, kindness, and connection. With the help of the horses, the participants started as a group of strangers and went on to build enduring friendships by the end of their time together at TROT!



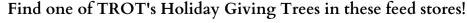


With the holiday season approaching, you will most likely see a number of Angel Trees around town. But did you know that TROT has a Holiday Giving Tree in all twelve feed stores in Tucson?

From December 1st through December 31st, you can find TROT's wishlist items clipped to decorated Christmas trees. These items are much needed supplies for our barn, property, and programs! This is

9000

a great way to support both the local feed stores and TROT at the same time! Plus, your donation from the Holiday Giving Tree is tax deductible!



Holy Cow Tack, Feed & Pet Taylor Tack & Feed O.K. Feed Store Vista Feed (Sahuarita) Ace Hardware (Bear Canyon) Tractor Supply (Oracle)

Tractor Supply (I-10) Tractor Supply (Valencia) Tanque Verde Feed Old Town Horse & Pet Animal Health Express West Ajo Feeds

WITH GRATITUDE TO OUR DONORS & SUPPORTERS

July 2021 through June 2022

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 probably among them, and we thank you!

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Goods & Services

CALENDAR OF UPCOMING EVENTS

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TROT Tack Sale November 5, 2022 | @ TROT Property!

2022 Hearts & Horses Gala November 12, 2022 | @ TCC

Horsin' Around March 4, 2023 | @ TROT Property!

Celebration of Achievement April 8, 2023 | TROT Property!

PAR FOR THE HORSE May 6, 2022 | Del Lago

Connect with TROT & stay up-to-date!



www.trotarizona.org
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Changing lives,
One stride at a time!

You Made This Smile Possible!

Make a charitable gift to TROT and reduce your Arizona income tax, dollar-for-dollar.

Here's how it works:

1) Donate to TROT and receive an Arizona Qualifying Charitable Organizations Tax Credit of up to \$400 filing as a single or up to \$800 if filing a joint return. Help those in need and donate at zero cost to you. You can take advantage of a charitable tax credit and a school tax credit in the same year.

2) Make your gift any time before April 15, 2023. Call TROT at (520) 749-2360 or visit www.trotarizona.org/donate to donate by credit card. Or send a check payable to TROT to the address below.

3) Claim the credit when you file your 2022 Arizona tax return. You do not have to itemize your deductions in order to claim this credit. It's that simple!

Therapeutic Riding of Tucson is a Qualifying Charitable Organization #20696