

HOOF PRINTS

THERAPEUTIC RIDING OF TUCSON

From the EXECUTIVE DIRECTOR

What an amazing milestone --TROT has been “changing lives one stride at a time” for 50 years!

Some of us were just knee high to a grasshopper in 1974. Some of you were there when TROT’s humble beginnings took its first strides--born out of two friends’ dedication to each other and their vision of what was possible. I wish I could have seen those first sessions, those first accomplishments and milestones.

Just the other day, I was talking to co-founder, Nancy McGibbon, and asked her if there were any photos of those first moments. She said there were not because they were so focused on the task at hand; no one could have imagined the future TROT would have. Remember, there were no selfies and livestreaming in 1974.

Like a bird learning to fly, Barbara Rector and Nancy McGibbon diligently and carefully nurtured TROT into a thriving organization that 50 years later continues to positively impact lives and create moments made possible by their vision and YOU. Yes, You! Barbara and Nancy will be the first to remind us all that TROT is made possible by the amazing volunteers who have graced TROT with their selflessness and dedication to making a difference in every life they touch.

Throughout the years of TROT, everyone who has been a part of its evolution --volunteers, instructors, therapists, participants, parents, donors, supporters, cheerleaders, helpers, advocates --YOU are TROT; YOU made TROT; You have had a hand in shaping what we are and what we will become!

On behalf of everyone at TROT and our co-founders, Nancy and Barbara, we thank you and hope to celebrate this amazing milestone together as a TROT family. Here’s to another 50 years of

“Changing lives, one stride at a time!”



Stronger Together,

Jeff Copfer, TROT Executive Director



HEARTS & HORSES GALA *The Golden Jubilee*

SEPTEMBER 28, 2024
TUCSON CONVENTION CENTER

Presented by:
DONEGAN BURNS FOUNDATION

*Celebrating 50 years of
Changing lives,
One stride at a time!*



We are honored that Diana Madaras painted *Golden Horse* for Trot’s Gala—a featured item in the live auction.
Framed size- 40X50”

PAR FOR THE HORSE
2024



PRESENTED BY:
DONEGAN BURNS
FOUNDATION

*Golf Tournament Benefiting
Therapeutic Riding of Tucson*

SATURDAY
MAY 4

THE PRESERVE
SADDLEBROOK

66567 E Catalina Hills Dr.
Tucson, Arizona 85739

7am - Registration & Warm Up

8am - Tournament Begins

1pm - Lunch

Bloody Mary Bar & Lunch Included
SHOTGUN START AT 8AM
Four Player Best Ball Scramble

Grab your team and let's
change lives,
one swing at a time!



Scan the QR
code to register!



HORSIN' AROUND

TROT's Horsin Around event was an immense success, marking a milestone celebration of TROT's 50th birthday. The event was a delightful combination of a backyard BBQ, student demonstrations, and a silent auction, creating a vibrant atmosphere filled with joy and camaraderie. Guests were treated to delicious BBQ fare while witnessing impressive demonstrations by TROT's students, showcasing their riding skills and the progress they've made. The silent auction added an element of excitement as attendees bid on an array of unique items generously donated by TROT supporters.

The event not only celebrated TROT's rich history but also highlighted the impactful work being done to improve the lives of individuals through equine-assisted activities. It was a memorable day filled with laughter, good food, and a shared appreciation for the invaluable role TROT plays in the community.



Thank you to our sponsors:
Donegan Burns Foundation,
Acacia IT, Reata, Pima Federal
CU, Cindy Campano, Gust
Rosenfeld, Gary & Colleen Reeve



CELEBRATION OF ACHIEVEMENT

by Dora Brown,
Program Director

On April 6th, we marveled at the talents of our Adaptive Riding participants during our annual Celebration of Achievement! This event provided a special platform for participants to showcase their riding skills and share the joy with their support groups. From mastering two-point positions to confidently trotting and navigating obstacles, each rider had their moment to shine. With over 40 participants and 50 volunteers, Celebration of Achievement 2024 was a resounding success, highlighting TROT's mission of changing lives through equine therapy. Representatives from community organizations also joined us, offering valuable resources to our participants and families. Amidst delicious food from Quesadilla's & More and coffee from Tucson Coffee Cart, the event was a true celebration of perseverance and community. We look forward to welcoming you again next year!



TASTE OF TROT
A SPECIAL CAMP FOR CHILDREN OF
VETERANS & FIRST RESPONDERS

JUNE 10-13 | 07:30-11:00AM
PATH CERTIFIED INSTRUCTORS
HORSEMANSHIP, RIDING, AND EQUESTRIAN CRAFTS

SPACE IS LIMITED - REGISTER TODAY
WWW.TROTARIZONA.ORG/EVENTS
OPEN TO AGES 8-17

AS PART OF THE HEROES & HORSES PROGRAM,
TROT OFFERS THIS SUMMER CAMP AT NO COST TO THE
VETERAN OR FIRST RESPONDER FAMILY.



VOLUNTEER CORNER

by *Laura Bissing*,
Volunteer Coordinator

April is a special time of year for volunteers, as April 21 – 27 is National Volunteer Appreciation Week. While we do our best to thank our volunteers on a daily basis, this marks a special week where we express our gratitude to the over 220 wonderful volunteers who spend their time at TROT.

If you ever needed to be reminded of just how powerfully good human beings can be, spend a morning (or afternoon) at TROT. Spend a few moments sitting on the brick wall just outside our office as participants and families arrive for their weekly lesson at TROT. Sit amongst our side walker volunteers as they greet their participants, help put on helmets, fix ponytails, and hold hands at the mounting block. Or get to know one of our horse handlers. You'll find dressage riders, barrel races, ex horse racing trainers, and trail riders amongst our team. TROT volunteers are from all different equine backgrounds with one commonality—a love of horses and a willingness to embrace the TROT way in order to help our participants succeed.

Our Volunteer Team is goodwill personified, and their positivity and kindness is infectious. Beyond the hours that they spend supporting TROT's mission, they have a shared desire to utilize their skill base to improve the lives of others. To spend an hour volunteering is an admirable thing, but to spend an hour giving of yourself for the well-being of others is an inspiration. At TROT, we are so fortunate to be surrounded by a whole network of absolutely inspiring volunteers!

Most recently, our volunteer team rallied to make the Celebration of Achievement a special experience for TROT participants and their families. Unlike a typical Saturday where TROT requires 4 horse handlers and 12 side walkers, this event required 13 horse handlers and 32 side walkers to step up on a Saturday morning. TROT's amazing volunteer team rallied in full force to ensure that we had all the support needed for this very special day!

Our horse handlers stayed with their assigned horses the entire day, attending to the needs of their horses, facilitating tack swaps, and showing up at the right arena at the right time. Our side walkers kept up with a very busy and detailed schedule of classes, matching up with different participants, and shifting to their participants' unique needs.

Our team captains kept everything running smoothly and kept everyone informed. Our special event volunteers talked TROT with our supporters and made sure everyone had a chance to purchase their favorite horse's team shirt!

To say that it was effortless wouldn't be accurate because many hours of dedicated work by a significant number of volunteers was necessary. But the atmosphere and the culture of our volunteer team makes events like this look effortless. The overwhelming number of volunteers who want to be part of this special day is incredible and the kindness of spirit that surrounds the event is reinforced by the 50+ volunteers helping to make it all happen.

We are so immensely grateful to our volunteer team for their dedication to TROT's mission, and just as we celebrate TROT's volunteer team during National Volunteer Appreciation Week!



TROT STAFF

Jeff Copfer	Kim Kime
Laura Bissing	Tara Leingang
Dora Kafkaridou Brown	Cortney Mangham
Margaux DeConcini	Carolyn Ohrel
Danielle Gimblett	Sierra Ohrel
Coco Hames	Melissa Radtke
Scott Harris	Rachael Radtke

BOARD OF DIRECTORS

Hiram Cruz, President	Elizabeth Jepson
Carrie Gilchrist, Vice President	Kellie Johnson
Peter Collins, Treasurer	Tanya Mitchell
Pi Polletta, Secretary	Kelly Ottaway
Cindy Campano	Gary Reeve
Greg Durnan	Gordon Reynolds
Cindy Hanson	Sarah Santiago
Lori Medcoff, Emeritus	

PROGRAM INFORMATION

Welcome to the herd, Domino!

Domino is a striking black and white paint horse with a heart as vast as his coat. He joined TROT after serving as a ranch horse, and despite his gentle and patient demeanor, he is engaging and a very quick learner.

Charismatic and gentle, Domino is still mastering his new role but shows great promise for healing and companionship. With a calm demeanor and soulful eyes, he provides a comforting presence that puts people at ease.



Featured Riders

Arely and Noemi A.

Arely and Noemi are sisters who came to TROT when they were younger, and are now participants in a group class of their peers.

Arely's goals include: building physical strength and balance which she works on in every class by getting into her two-point position and balancing on her horse. She gives her team high fives, signs her commands to "walk on" and to "whoa", and loves giving hugs to her horse, Dixie! Noemi works hard in class and continues to improve her riding skills with her horse, Carmela. It is so cool to see her communicate with her team with whom she's developed a great relationship. We love seeing her smile when she reaches goals and gets better and stronger with each ride. Noemi's goal is to become an independent rider, and with her hard work and support from her TROT team, she is on her way!

PROPERTY IMPROVEMENTS

As part of an Eagle Scout community service project, funding and construction was completed on an 8x10 storage shed which provides a safer location for all hazardous materials away from combustibles. The shed has lighting and provides storage for flammable liquids, fertilizers, and paints and painting equipment.



TROT rang in the New Year with the help of local Eagle Scouts who replaced and strengthened a new roof on the ramada, cleaned and painted all the planters, repainted the railings, and cleaned and improved the function of the water feature in the backyard! Big thanks to The Home Depot in Marana for donating all of the materials.

All first aid kits were consolidated and updated with replacement and additional items. All emergency equipment which had been in various places in the house was moved to a centrally located cabinet with new signage to assist staff and volunteers in the event of an emergency.



Left: Noemi practicing her two-point on Carmela; Right: Arely smiling with her volunteer team & Dixie

A TRUE HERD HERO! *Liz from Barrio Performance Therapy*

Every Monday, Liz donates her time to provide PEMF therapy and equine massage to our beloved TROT herd. Her expertise and care ensure that our horses stay happy, healthy, and ready to support our riders in their therapeutic journeys. Liz's selfless contribution is truly invaluable, and we are immensely grateful for her commitment to our mission. Thank you, Liz, for your incredibly generosity and dedication to making a difference in the lives of our horses and the individuals they serve!

Learn more about Liz at BarrioPerformanceTherapy.com



SEEN THROUGH HORSES *mental health awareness & fundraising campaign*

You can make a difference!

TROT is excited to announce its participation in the 2024 Seen Through Horses mental health awareness and fundraising campaign.

Why is this campaign important?

Mental health does not discriminate. It touches every person – either personally or through a loved one.

- One in five people in the U.S. will be affected by mental illness in their lifetime.
- Every 40 seconds, someone dies by suicide, and depression is the number one cause of disability worldwide.
- Two-thirds of people with mental illness never seek help, and of those who do, only about 50% find traditional talk therapy successful (NAMI, 2020).

The good news is, we can begin to change. these statistics! Horses are making a profound difference in mental health!

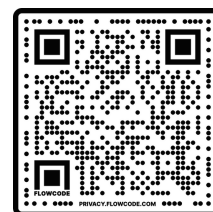
Horses have been incorporated into various human health and wellness services for many years. However, involving horses within the context of mental health is relatively new. Horses can make a big difference in the mental health challenges that so many people face and can help people transform in a safe and powerful way. That's the reason TROT, along with title sponsor, Poets, and executive producer, **Horses for Mental Health**, are thrilled to announce that the **Seen Through Horses** campaign will be returning for a third year.



Seen Through Horses is a peer-to-peer campaign of individuals, nonprofits, mental health professionals, influencers, and businesses to increase awareness, public engagement, and raise funds to improve access to programs which incorporate horses for mental health and personal growth. **Seen Through Horses** aims to convene a community, empower nonprofits, and share stories of transformation to illustrate the positive impact of incorporating horses into mental health services and programs.

We believe these services should be available to everyone to make a much-needed difference for the mental health challenges that so many in our world face.

*Scan the QR code to
donate to the
Seen Through Horses*



Mental Health & Fundraising Campaign

Equine-Assisted Counseling at TROT...

...provides a powerful therapeutic approach that integrates horses into the counseling process. Participants engage in activities such as grooming, feeding, and leading horses under the supervision of a licensed therapist. At TROT, horses play a crucial role in counseling by offering a safe and non-judgmental environment for clients to explore their emotions and challenges. This unique form of therapy helps individuals address emotional and psychological challenges through guided interactions with horses. Through interactions with horses, clients develop valuable life skills such as self-confidence, responsibility, and empathy, making it an effective and transformative therapeutic option.

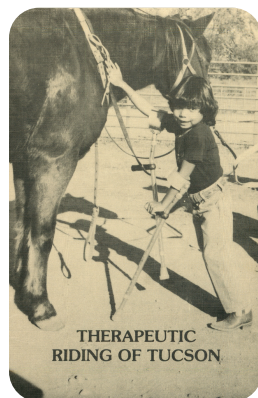
Reach out, we are here to help.



Celebrating 50 Years of THERAPEUTIC RIDING OF TUCSON:

A Legacy of Innovation and Empowerment

In 1974, amidst a landscape where the potential of equine-assisted therapy was still largely untapped, two visionary women, Nancy McGibbon and Barbara Rector, embarked on a journey that would change countless lives in Tucson and beyond. With a shared passion for empowering individuals with disabilities, they founded Therapeutic Riding of Tucson (TROT), laying the foundation for one of the most pioneering therapeutic riding programs in the United States.



From its humble beginnings, TROT emerged as a beacon of innovation, pioneering new approaches to harness the healing power of horses as a treatment modality. In those early years, Nancy and Barbara recognized the profound impact that interactions with horses could have on physical, cognitive, and emotional well-being. With dedication and ingenuity, they began developing programs that would revolutionize the field of equine-assisted therapy.

Over the past five decades, TROT has remained at the forefront of the industry, continuously evolving and expanding its offerings to meet the needs of its participants. From therapeutic riding and hippotherapy to equine-assisted counseling and Veterans and First Responders programs, TROT has become a comprehensive resource for individuals seeking healing and empowerment through interactions with horses.

As we celebrate our 50th anniversary, we reflect on the countless lives that have been transformed through the work of TROT. Each success story is a testament to the dedication and vision of our founders, staff, volunteers, and supporters who have helped shape TROT into the thriving organization it is today.



Looking ahead, we remain committed to our mission of providing high-quality equine-assisted therapy services to individuals of all ages and abilities. With gratitude for the past and excitement for the future, we invite you to join us as we continue our journey of empowering individuals and enriching lives through the power of the human/horse connection.

Here's to 50 years of innovation, empowerment, and endless possibilities. Happy Anniversary, Therapeutic Riding of Tucson!



What is a Certified Therapeutic Riding Instructor (CTRI)?

As a Premier Accredited Center by the Professional Association of Therapeutic Horsemanship (PATH) International, all of our instructors must be certified.

Being a therapeutic riding instructor means embodying a commitment to enhancing the lives of individuals with physical, emotional, and cognitive challenges through equine-assisted activities and therapies. It involves a profound understanding of both horse care and human needs, ensuring safe, effective, and compassionate interactions that empower participants and foster their development. This certification process is designed to prepare instructors to provide supportive, educational, and therapeutic benefits, making a significant difference in the lives of their riders.

It takes great personal commitment, but TROT can mentor a candidate each step of the way. Want to learn more? Reach out to, TROT's Program Director, Dora Kafkaridou Brown, at dkafkaridou@trotarizona.org.



Steps to become a CTRI:

- **Meet the Prerequisites** by being at least 21 years old and having a minimum of 25 hours each in horse handling and assisting in therapeutic riding lessons.
- **Complete Training** at a PATH Intl. approved center to learn lesson planning, adaptive teaching techniques, and understanding disabilities.
- **Pass a comprehensive exam** that includes a riding test, written test, and teaching demonstration.
- **Maintain Certification** and stay up-to-date with the latest therapeutic riding practices.

Hooves of Hope *TROT's monthly giving club!*



Join our membership program and become a vital part of our mission's ongoing success! Your recurring donations empowers us to make a lasting impact. As a valued member, you'll receive regular updates on our work, exclusive insights into our projects, and special invites to events. Together, we can create meaningful change.

Join today and be a catalyst for a better tomorrow! These regular donations help bring stability to current programming and help with planning for the future. We would love to welcome YOU to the club! You can start giving monthly online at www.trotarizona.org/givemonthly.



Represent Your Favorite Team!



Exciting news from TROT! We've just launched our new Team Shirts, each featuring one of our beloved horses. Show your support and pride by wearing your favorite horse's very own shirt. These unique pieces are perfect for any horse lover looking to flaunt their equine enthusiasm. To get yours, simply scan the QR code and place your order online. Don't miss out—represent your favorite TROT horse in style!



Wish List:

- Pool noodles and bean bags
- Paper goods and office supplies
- Graphic Designer for a new brochure
- Golf Cart tires
- Liquid IV or equivalent
- Fly masks
- New dressage whips
- New nylon rainbow reins
- Low carb treats for the horses
- Laundry detergent
- Gift cards to Amazon & Hardware Stores

Mail or drop off to:
Therapeutic Riding of Tucson
 8920 E Woodland Road
 Tucson, AZ 85749

Be a TROT Volunteer

Volunteering at TROT offers a unique opportunity to make a meaningful impact in the lives of individuals with special needs through equine-assisted activities. As a volunteer, you'll assist with riding lessons, help care for the horses, and support the overall operation of the program. This role not only enriches the lives of our participants by enhancing their physical, emotional, and social well-being but also provides volunteers with a deeply rewarding experience. Whether you're leading a horse, side-walking with a rider, or helping behind the scenes, your involvement is a crucial part of our community's success and the joy our riders experience.

Fill out a Volunteer Application today!



**Therapeutic
Riding of Tucson**
8920 E Woodland Road
Tucson, AZ 85749
(520) 749-2360

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



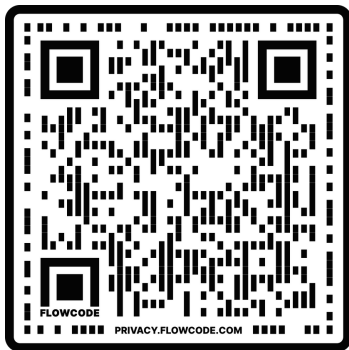
YES! I Would Like To Make A Difference!



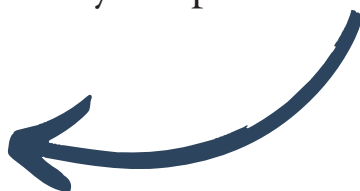
**Therapeutic
Riding of Tucson**

Three ways to donate:

- 1) **Mail:** Send a check or fill in credit card information to the right.
- 2) **Phone:** Call TROT at 520-749-2360.
- 3) **Online:** www.trotarizona.org/donate



or scan the QR code
with your phone.



Payment Options:

Enclosed is my gift of:

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

Name _____

Address _____

Email _____

Card Number _____

Exp. Date _____

CVV _____

Signature _____