

HOOFPRINTS

Therapeutic Riding of Tucson

Fall 2023

A Letter from the Executive Director

How time passes--2023 has just flown by!

Can you believe 2024 will be TROT's 50th anniversary--our **Golden Jubilee**! It would be impossible for me to summarize in these short paragraphs the amazing accomplishments, trials and tribulations, stories, and people who have made TROT what it is today.



Suffice it to say, that each little gesture, donation, conversation, human/horse connection, brainstormed idea, have built on one another, step by step, to create what we are today! Nancy and Barbara, we are TROT proud and will always stay true to your vision. Here's is to the next 50 years!

Before we start planning the next 50 years, let's take some time to celebrate the last 50! That's what 2024 will be about! All our events: **Horsin' Around, Par for the Horse Golf Tournament, the Maverick, Volunteer Appreciation, and the Hearts & Horses Gala**, and everything we do will be a chance to raise a glass and cheer for TROT. Margaux and her events' committee are excitedly creating a visual timeline for the last 50 years; **planning special surprises and interactive experiences**; and designing one-of-a-kind memorabilia to celebrate TROT all year long. Trust me when I say, TROT's events will be **THE** place to be in 2024!

For all of you who have made TROT not just a place but a community where people of all abilities can thrive ~ **THANK YOU!**

For all of you who will catapult TROT into the next 50 years ~ **We Welcome you!**

With gratitude,

Jeff Copfer, TROT Executive Director



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.

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Jeff Copfer Kim Kime
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Margaux DeConcini Carolyn Ohrel
Danielle Gimblett Sierra Ohrel
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Changing lives, One stride at a time!

HOOFPRINTS

| Fall 2023 | 1



25TH ANNUAL HEARTS & HORSES GALA THE COPPER HORSE

PRESENTED BY

DONEGAN BURNS
FOUNDATION

THANK YOU SPONSORS!

GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS



We couldn't be more grateful for your support at TROT's Hearts Horses Gala! Thanks to you, the event was a huge success, raising an impressive amount of money for our organization. We hope you had a blast at the Gala and enjoyed all the fun activities we had for our guests. Your contribution helps us continue our mission of providing equine-assisted activities and therapies for individuals with disabilities. Once again, thank you for your generosity and support. We look forward to seeing you at our future events!



UPCOMING EVENTS 2024



TACK SALE

FEB
17

CELEBRATION OF ACHIEVEMENT

Open House & Resource Event!



TROT FOUNDERS DAY!
FEBRUARY 23

Give back and make an impact.
Volunteer with TROT!



PAR FOR THE HORSE
Golf Tournament
MAY 4



HORSIN' AROUND
MARCH 16
TROT'S
50TH BIRTHDAY PARTY!

Hearts & Horses Gala
Golden Jubilee
September 28, 2024



Connect with TROT



www.trotarizona.org
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HOOFPRIINTS

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A New Tack Shed for TROT

Most TROT supporters know that we accept donations of new and gently used tack and equine and equestrian gear. These donations are tax deductible and help both TROT and the equestrian communities in Tucson and the surrounding areas. Our program staff is the first to look through donations in search of items that can be used in TROT programs. The remaining equipment (and there is a lot of it) is offered in the fall and spring at two tack sales a year here on the TROT property. Because the prices are so reasonable, people come to the tack sale from all over the state, including Phoenix, Safford, and even Nogales. On average, the tack sales bring in over \$10,000 which goes directly to TROT programs!

This year, a TROT volunteer encouraged us to participate in a pilot program for plastic recycling in Tucson. She delivers TROT's plastic recycling to Ward 6 where Steve Kozachik, Ward 6 Council Member and Vice Mayor, is heading the project. The program collects all plastics and especially hard-to-recycle plastics that often end up in landfills because they cannot be recycled in your curbside blue recycling bin. ByFusion is a company that takes the recyclable plastics; shreds the materials; and through a process of heat and compression, creates construction-grade blocks called ByBlocks. The blocks are 22 pounds of plastic which yields a 22-pound construction block. The product is all about creating a zero-waste stream.



Now let's get to the good part! TROT is going to be one of the first ByBlock construction sites in Tucson! We are replacing our 40-foot tack trailer with a spacious and purpose-built 20x40 foot building, expertly designed by Architect, Dave Shambach, and meticulously crafted by Kappcon Construction. This space is designed to provide accessible, organized, and community-friendly space for storage of high-quality, gently-used gear and equipment. With well-organized sections for saddles, bridles, riding apparel, all items can be easily accessed and inventoried.

This project is made possible by the financial assistance of the Deeney Sisters Fund which donated \$25,000 to start the project. Subsequently, Ward 6 Council Member and Vice Mayor, Steve Kozachik, Awarded TROT with \$100,000 from the City of Tucson.

This project is way past the first steps, but far from completion. It is now in the hands of the City of Tucson Permit department. **We anticipate and look forward to the construction of the new tack storage building in the Summer of 2024!**

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 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!

FIND ONE OF TROT'S HOLIDAY GIVING TREES IN THESE FEED STORES!

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

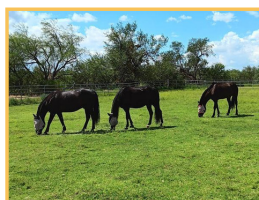
Old Town Horse & Pet
Animal Health Express
West Ajo Feeds

Our Program Director, Dora Kafkaridou Brown, and CTRI, Coco Hames, completed the **Equine Specialist in Mental Health and Learning (ESMHL)** workshop through TROT's governing body, PATH Intl. There are so many new possibilities and ideas that we would love to bring to our Tucson community, as we expand on the human/horse connection through unmounted work.



During **Days of Caring** orchestrated by *United Way*, TROT received lots of help from the U of A Eller Business College and other day volunteers who cleaned up the property and repainted all of our arena props. We can't wait for all of our students to see how bright everything looks in their sessions.

Our pastures have been reseeded in the last month, and we are looking forward to luscious green fields for our herd to enjoy during their daily self-care time. Now we just have to play a little horse Tetris, as we maneuver through our turnouts and wait for the new seeds to sprout!



TROT has welcomed a **new Barn Manager**, *Danielle Gimblett*, who has officially moved into the caretaker's house. She is doing an amazing job taking care of our herd in every possible way. Since Danielle is also a registered nurse practitioner and a lifelong horsewoman, she knows how important it is to focus on each equine's physical, mental, and medical needs.

VOLUNTEER SPOTLIGHT

The Volunteer Team at TROT is truly spectacular! The talent and heart that come to spend their time with our participants and horses is out of this world. To share the expertise, good humor and stories of our volunteer group, TROT recognizes members of its volunteer team through a **Volunteer Spotlight**:



Bruce joined the TROT squad in September of 2019. He had just recently retired and wanted to fill his time doing something he enjoyed for a good cause. He says, "When I discovered TROT, I knew I had found both."

He is among the ranks of volunteers who you could easily assume lives at TROT, as Bruce is on property at least four days a week helping with barn chores. Throughout the years, Bruce has dabbled in many different volunteer roles at TROT, but if you need to find him, odds are he's somewhere between the barn and the pastures with a horse in tow!

The well being of TROT's herd is so crucial to the success of its programs, and the time that the horses spend out on pasture is rejuvenating both physically and mentally for them. Thanks to volunteers like Bruce, this arduous task is doable for TROT's team.

When asked about his favorite part of volunteering, Bruce says:

"Naturally it's the horses but in addition, it's the people. We have a great bunch of dedicated volunteers and staff, and it is my privilege to know and call many of them my friends. I know we are all serving a worthy purpose."

**B
R
O
T
H
E
R**



He is six years old and is one of the youngest horses at TROT. He is very social and curious and loves to interact with people. His sturdy build and winning personality will make him a valuable partner for both the adaptive riding and EAC programs.

**C
H
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E**



Charlie is sensible, calm, and very well educated. Since she is so sweet and easy going, she made friends with the TROT herd immediately. We are so excited to have a new pony in the herd, especially one like as Miss Charlie!

**K
O
D
A**



Koda is a head turner with a playful personality. Nothing seems to bother him; he is so curious about the world around him. Being a Frisian-Quarter horse cross, he has the strength in a compact package that meets the program needs.

PROGRAM HIGHLIGHTS

SM has been riding at TROT since September. Her diagnosis of Primary Progressive MS affects her leg strength. When SM started at TROT in September, we did not know if she would be able to mount without using the wheelchair lift or if she would have the stamina to ride for a full half hour. In her first lesson, SM was able to make adjustments and mount with minimal assistance. Since then, she has been able to ride for the entire thirty minutes almost every time. SM has surprised us with her ability to learn and adapt very quickly. While riding Rune, she has developed the strength and coordination to use her reins and leg aids to ask Rune to walk forward, backwards, and to move laterally without assistance from her team. Riding Rune has given SM a sense of control and freedom of movement which she does not have in her day-to-day life.



**INDIVIDUALS
SERVED** 336

**ACCOMPLISHED
GOALS** 81%

**AVERAGE
AGE** 33

**NEW COMMUNITY
PARTNERS** 18

**DIAGNOSES
SERVED** 43

**AREA CODES
SERVED** 29

TOTAL THERAPEUTIC HOURS
3,000



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 Premier Accreditation really mean?

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.



CHANGE LIVES | BE A TROT VOLUNTEER



Therapeutic Riding
of Tucson

JOIN OUR VOLUNTEER TEAM!

HELP ENRICH THE LIVES OF
OTHERS BY VOLUNTEERING
AT TROT.

8920 E WOODLAND RD
TUCSON, AZ 85749



VOLUNTEER OPPORTUNITIES:

- SIDE WALKERS: HELP OUR PARTICIPANTS SUCCEED
- HORSE HANDLERS: SPEND HANDS ON TIME WITH OUR HERD
- PROPERTY & BARN: KEEP OUR FACILITY IN TIP TOP SHAPE
- EVENTS & ADMIN WORK

CALL OR EMAIL OUR VOLUNTEER COORDINATOR TO GET STARTED!

Laura Bissing
volunteer@trotarizona.org
(520)-749-2360 ext 612

Visit trotarizona.org for
more info!

Volunteer Highlights

of active weekly program volunteers.....143

of service groups.....120

Total # of volunteers.....210

Total # of hours donated.....7,555



WE ASKED:

“WHY IS PARTICIPATING AT TROT IMPORTANT TO YOU?”

“CR’s TROT experience is an irreplaceable part of her life. She looks forward to riding Rune and seeing everyone there. And she counts the days between semesters. She has accomplished many tasks since beginning and reports with pride what she has worked on at each lesson.”



“There have been numerous examples of the major contribution horses have within the special needs community. My daughter has developed a true love for horses. Last year, TROT had a huge impact on her gross and fine motor development, and she is progressing through the program wonderfully.”



“Participating in TROT is important because it has become a very important routine in his life that he looks forward to every week to going. It’s one of the more consistent things he has in his life right now. He looks forward to it every week and is always excited about going. He loves all the people who work there and volunteer their time.”



“My son hopes to become a more skilled rider. It has already helped him to become more focused and centered. It’s helped him to be more patient and take his time with things. Its great exercise and has helped with his core strength. Being outside in the fresh air is also a good thing. My son wants to continue to improve and work with the horses. This program has been a blessing for him.”

Healing Happens Moment by Moment

Every Wednesday, connection is witnessed in the **Heroes & Horses** group. The morning begins with coffee brewing and welcoming smiles for our community's Heroes. For some, it is a visit to check out the program, and for others, it is a familiar mid-week sanctuary. It is a chance to gather while having a cup of coffee and a breakfast treat. The hum of conversation can be heard from the table outwards.

The transition to the barn occurs slowly. There may be stretching, some seated yoga, meditation, a walk in silence and gratitude for a new day--finding compassion for self and bringing that to the horses.

Each Hero is paired with an equine partner. Time is spent greeting their horse with the understanding that how they show up impacts the horse and vice versa. Each person learns how to halter, lead, and groom their horse, building relationship in the process.

It takes courage to show up and be vulnerable. Some of our activities include: a mindful walk with the horses to music; breathing exercises for awareness; herd meditation; connected grooming; imaginary lead line; Masterson Method; cowboy poetry, and a drumming circle. Connections grow, and relationships are built. Compassion for each other flourishes, and TROT continues to be a safe place for people to be their authentic selves.

Heroes & Horses is specifically designed to address the needs of veterans and first responders of all abilities in our community. Our vision is to help them achieve both physical and emotional goals and improve their quality of life through the power of the human horse connection.

To honor and pay special tribute to those who have served, TROT offers this program at no cost to the veteran or first responder.



WITH GRATITUDE TO OUR DONORS & SUPPORTERS

July 2022 through June 2023

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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\$50,000 and Greater

Deeney Sisters Fund

TROT Director's Circle

\$10,000 - \$49,999

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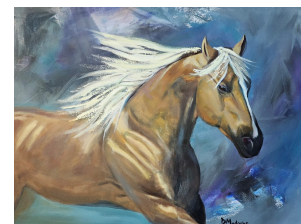
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