

HOOFPRINTS

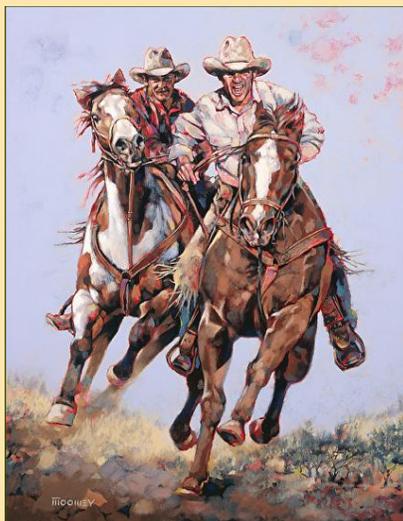


Therapeutic Riding *of* Tucson

Spring 2016



Heather Rowe of KOLD 13 TV will be our Master of Ceremonies. Heather is an Emmy award-winning reporter and news anchor. She is also the recipient of four prestigious Edward R. Murrow awards.



Live Auction Offering
"Dinner Bell" original oil painting
by Bill Moomey.

TROT MISSION

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

YOU ARE CORDIALLY INVITED TO ATTEND THE

2016 Hearts & Horses Gala

TO BENEFIT THERAPEUTIC RIDING OF TUCSON

Saturday ♦ April 9, 2016

Loews Ventana Canyon
7000 N. Resort Dr. ♦ Tucson, AZ

Commencing at 6 p.m., enjoy hosted champagne or specialty cocktails and hors d'oeuvres while making your bids at one of the most exciting silent auctions in town.

Gourmet Dinner & Dancing to East2West

Live Auction Highlights

- ♦ "Dinner Bell" original oil painting (33" x 27") by internationally renowned artist Bill Moomey
- ♦ 18 ct. Yellow gold dark-blue sapphire and diamond bracelet
- ♦ Extraordinary catered four course dinner for 10 with wine pairings
- ♦ Five night stay in well appointed 2 BR, 2 BA condo in beautiful Breckenridge, Colorado

Semi-formal attire requested

\$200 per person (\$115 is tax deductible)
Complimentary Valet Parking

RSVP by April 1, 2016

"Changing Lives, One Stride at a Time"

To Attend: Purchase your ticket today by calling (520) 749-2360, x600.

Payable with: Visa, Mastercard, American Express or by personal check.

Mail to: TROT ♦ 8920 E. Woodland Rd. ♦ Tucson, AZ 85749

Mary Vardi: Friend to People and Horses Will Retire This Year

People who have met **Mary Vardi** remember her. They are immediately drawn to her wholehearted energy, her outgoing friendliness, her quiet strength, and her abiding commitment to serving people with special needs. Mary Vardi is a leader who brings horses and disabled people together



with extraordinary results. For more than 25 years, Mary has worked in the field of therapeutic riding for special-needs children and adults. During the past 11 years, Mary has directed TROT programs providing adaptive riding instruction to adults and children with a wide range of physical and cognitive disabilities. Mary has announced that she will retire in June and move to greener pastures. She will undoubtedly make more time for the things she loves – visiting with her family, playing the Irish drums, and making more time for relaxation.

Career at TROT

In 2006, Mary was instrumental in establishing the **Heroes on Horses** program at TROT, one of the first programs in the United States offering therapeutic riding for disabled Veterans. In 2009, Mary planned and implemented a three-day **National Heroes on Horses Conference** at TROT to help other therapeutic riding centers start their own Veterans program. Building on this success, she continued to offer subsequent national conferences in 2010 and 2011.

Mary also instituted TROT's "**Reading Roundup!**" This end-of-semester activity is centered on reading about special horses from true life and literature, and then using the riding skills students have achieved to re-enact and ride out the story. **Wheelchair Round-Penning** is one of TROT's most inspirational demonstrations to witness. Mary developed this program for TROT, and donated her own well-trained horse for the work. The program enables wheelchair-bound individuals to use hand-signals to direct the free movement of a horse. **Under Western Skies** is another of Mary's programs. Specifically designed for children from Davis-Monthan Air Force Base whose parents are deployed overseas, it offers a fun-filled, western-themed day of riding, games, and ending with a barbeque for all participants.

As a PATH International Certified Therapeutic Riding Instructor, Mary works directly with individuals, encouraging a sense of self-discovery and learning at many different levels. Each week, Mary oversees approximately 100 students and more than 140 volunteers who assist directly in Therapeutic Riding. Mary, along with three other instructors, sets several different goals for each rider including physical goals to improve muscular strength and control, balance, posture, coordination, and language/speech skills. The results can be life changing, not only for the disabled but also for their families.

As a champion of people with special needs, the world could use more people like Mary Vardi. Her servant spirit, compassion, and dedication have made a significant difference in the lives of people with disabilities, and we are better for it. Mary Vardi will retire June 30, 2016.

Executive Director Sandi Moomey recently introduced Mary to a TROT

visitor, and speaking of her impending retirement noted that Mary has unquestionably changed the lives of thousands of people during her career. "No, I think you have that reversed," said Mary with a smile, "Those thousands of people have changed *my* life."

We will miss you, Mary. Happy trails to you.

From the Executive Director Sandi Moomey

Dedication. Devotion. Commitment.

These words come to mind when we think of people who give their time to TROT. Last year, more than 200 volunteers gave more than 9,000 hours in service. In addition, countless hours are given by the members of our Board of Directors, specialists such as veterinarians and others who help care for our horses and property, and people who donate much-needed items and hand-deliver them to TROT. The wide-ranging show of support for TROT is immeasurable.

What do we say when gifted with this outpouring of generosity? We say thank you!

TROT is proud of its well-trained and coordinated network of volunteers who assist in life-changing programs, facility operations and events. Our volunteers — like TROT itself — have staying power. They love what they do, and we are grateful to each one of them for their unwavering loyalty and service.

WINNER'S CIRCLE

OUT-PATIENT CLINIC

Makota (“Koty”) loves riding his horse. His mother, **Kim**, and grandmother, **Sherri**, report that his excitement begins as soon as they start on their way to TROT in the morning. According to Physical Therapist **Kristen Revis**, he may not smile so much during therapy when she helps stretch all of his muscles, but as soon as she puts on his helmet and starts out the door to the arena, his legs start to kick and his body starts to move, and a huge smile comes over his face! Because Koty cannot yet sit independently, he needs a lot of support on the horse. He wears a back brace to help keep him sitting straight, uses a bolster to give him elbow support, a special lightweight helmet so that he doesn’t strain his neck, and a cowboy hat to keep the sun out of his eyes. With this and the help of his sidewalker, **Sandy**, he rides. Koty is now able to reach down and touch Nutella, telling the horse to go. Koty works so hard to keep his head and body up while riding his horse. He laughs with joy when horse handler **Jan** tells Nutella to stop and go, as the physical therapist

challenges his position. Before, Koty could only hold his head up for a few seconds while in his wheelchair. Now, with lots of fun working on horses Newta and Nutella and building strength and control, Koty can keep his head up for minutes at a time and turn and look around while he is doing it! Nice work, Koty!



THERAPEUTIC RIDING PROGRAM

Bentley is a bright eyed, energetic little boy who has been riding at TROT since September 2015. He is seven years old and rode in a Hippotherapy program in Michigan, before moving to Tucson last summer. His mom, **Adrienne**, called TROT to enroll him in the fall therapeutic riding program as soon as they arrived in Arizona.

According to Riding Instructor Mary Vardi, it is a joy to teach Bentley. He has some speech delays and low muscle tone, but he is developing riding skills very quickly. He holds the reins to stop and turn and asks his horse, “Mr. T,” to walk on by



Bentley and sidewalker Sheryl North

briskly tapping his sides. The active movement helps to bring his muscle tone up. This winter he began to ride independently, off lead with just his instructor by his side. Bentley loves to trot, and you can hear his giggles all the way to the barn.

Bentley’s mother tells TROT that the riding program is helping to develop his independence and build his confidence, as the movement of the horse strengthens his body. Adrienne says that each lesson at TROT brings tears to her eyes; she is so proud of her son’s accomplishments. You can also see Bentley’s pride in himself, as he sits up tall on “Mr. T” and takes charge!



HELP TROT WHEN YOU SHOP AMAZON

Do you shop Amazon on a regular basis or at the holidays? With everything you purchase through Amazon Smile, TROT receives a donation of .05%. It may not sound like much, but it adds up! Simply go to [Smile.Amazon.com](https://www.smile.amazon.com) and select Therapeutic Riding of Tucson as your charity of choice.

NEW STAFF APPOINTMENT



Sarah C. White, Grants Officer

TROT is pleased to announce the appointment of **Sarah C. White** to the position of Grants Officer. Sarah brings to TROT more than 13 years' experience with nonprofit organizations, working with state, federal and international agencies to advance health services for underserved peoples of Latin America and communities on the US/Mexico border in Arizona. She relocated to Tucson from Washington D.C. in 2006, where she had worked for the World Health Organization. She holds a B.A. from the University of Idaho and an M.A. from the University of Connecticut.



HORSIN' AROUND 2015



Partygoers at this year's *Horsin' Around* event reveled in a boot-scootin' good time! A beautiful October evening in the cottonwood grove at Tanque Verde Guest Ranch made a spectacular setting for TROT's casual western fall fundraiser. This year, three of TROT's therapy horses, Carmella, Fiesta, and Wally, had a chance to show their artistic talents. They were paired with three talented and generous local artists who have been supporters of TROT for many years. **Barbara Conaway, Diana Madaras, and Chris Bubany** partnered with the horses and created one-of-a-kind works of art for TROT's live auction. Auctioneer **Paul Ramirez** and his team brought the artwork to life for all of the attendees, which led to a successful live auction. Along with another fabulous silent auction of "Tubs Galore," TROT raised more than \$20,000 in support of life-changing therapeutic programs. After a delicious BBQ dinner, everyone danced into the night to the western music of "Clear Country."



Mark your calendar now for this year's
Horsin' Around
Saturday, October 1, 2016!



HAVE YOU HEARD ABOUT EFP?

Equine Facilitated Psychotherapy (EFP) is an interactive process between a client and a licensed mental health professional, a credentialed equine professional, and a well-trained therapy horse. Almost any individual desiring personal growth, who enjoys animals and the outdoors may benefit. No previous horse experience is necessary.

EFP is a treatment approach that provides the client opportunities to enhance self-awareness and re-pattern maladaptive behaviors, feelings and attitudes. EFP may be used for people with mental health needs such as anxiety disorders, addictions, depression, divorce, life transitions, grief, and loss. Horses are living, breathing, thinking, and feeling beings that give instant feedback to humans. Information from the horse helps to read human emotional states. EFP can be a viable option for those who do not do well with talk therapy, and relate more easily to animals. Energy flourishes when walking in the dirt, making connection with the horses, and letting them be the guide or partner. In this process, becoming more grounded and in the present moment is what may arise in an hour.

EFP is mostly done on the ground. However, TROT's counselor may set a goal for the client to eventually ride a horse. It is all about empowerment, listening, and being attuned to non-verbal communication.

Awareness of the environment, breath, and body awareness can be aspects of EFP. Round ring communication exercises, walking meditation, taking responsibility for the energy that is brought to the experience, and being clear with communication may be included in a session along with journaling, taking pictures, or creating art. But being mindful and able to observe what is happening with the horse, the internal and external processes of the human, are the key.



Sierra Ohrel, MA, a Licensed Professional Counselor and a PATH International Advanced Level Instructor, directs TROT's EFP program. She grew up on ranches, and the way of the horse was instilled in her. Sierra is deeply passionate about her work at TROT and has presented nationally and internationally about the subject of Equine Facilitated Psychotherapy and

Learning. For further information, contact Sierra Ohrel at 520-749-2360.

TRANSFORMING TROT

With 18-plus acres to care for it's no small feat maintaining a property of this size. Thanks to scores of hard-working individuals and groups, TROT has been able to not only maintain the property, but also improve it. A steady stream of volunteers, together with TROT's barn staff, shows up Saturday and Sunday mornings to clean stalls and waterers and keep our pastures clean. Students from **In Balance Ranch Academy** in Tombstone, and mothers and daughters from **National Charity League**, have been working consistently on weekends, performing many tasks such as landscaping, painting and setting up for special events. The **Sunkist 4H Riding Club** cleaned the grooming buckets and



spruced up the area around the house. For the third year in a row, volunteers from **IBM** came for Make a Difference Day and weeded the overgrown trails. A group from **Pima Medical Institute** worked hard painting the barn and giving it a much-needed facelift. Our thanks go to local artist and woodworker **Mark Seagraves** for new benches under the ramada. Due to damages caused by high winds, the caretaker's house now has a new roof. **Karen Cromey** and **Ralph Houkom** are regulars on the property, ensuring that landscaping and repairs are top priority. TROT's horse waterers have been overhauled thanks to **Vern Sheehan**; he and **Wayne Monroe**, as well as others, have been mowing to keep the weeds down. Come out some day, and you will likely find volunteers working on our property in some shape or form. If you do, thank them and pull a weed while you're at it!

**You're
Invited**

When: Sunday, May 22, 2016 2 pm to 7 pm
Where: **The Maverick Live Country Club**
6622 E. Tanque Verde Rd., Tucson

Enjoy three live bands for your dancing pleasure with raffles and door prizes for added fun. The cover charge of \$10 per person goes to TROT. Thank you, Maverick, for opening your doors to us!

Visit us on the web
www.trotarizona.org

BARN BUZZ



RAIN



MR. T

TROT is excited to announce that we have two new horses working in our programs. **Trip (aka Mr. T)** is a nine-year-old Appaloosa with no spots. Despite his young age, Mr. T is as calm and mellow as can be. He excels at on-lead and lunge line lessons and is working towards being an independent lesson horse. We're thrilled to have Mr. T as part of our herd. **Rain**, our newest TROT horse, is also an Appaloosa but with tons of spots! Rain is known for his good looks and his gregarious personality. Rain hasn't met a person or horse that he doesn't like. Under-saddle, he is on the fast side and is loved by riders who have a need for speed. We would like to thank the owners of Mr. T and Rain for leasing us their trustworthy horses that are now changing lives and bringing joy to our riders, families, volunteers, and staff.

BUILDING THE TROT HERD *What it takes to be a therapy horse*

At TROT, safety is our number one priority. When choosing a therapy horse, we look for types that are both mentally and physically safe for our riders. Therapy horses have to be calm, level-headed, and not prone to spooking. They also have to be sound and in good physical condition. Some people are under the impression that therapy horses can be very old or slightly lame because the majority of lessons are performed at the walk. The truth is that TROT's horses have a demanding physical job. Many special-needs riders have trouble balancing, which means therapy horses have to be strong and balanced enough to compensate for a rider constantly shifting positions and balance. This is no easy task! In addition to looking for mentally and physically sound horses, we look for horses that are versatile. Our horses need to be able to give round pen, on-lead, lunge-line, and independent riding lessons. Some of our horses even give long-line lessons. Horses that perform a variety of different jobs ensure that students receive the best type of lessons for their riding abilities. Lastly, the herd needs to be varied. We like to have horses with different heights, widths, movement, speeds, and temperaments, so that that we have the right type of horse for each individual rider. TROT is proud of the quality of horses we're able to offer our riders.