



New Programming Coming Soon!

Greystone Manor Therapeutic Riding Center (GMTRC) is pleased to announce the addition of two new programs: Heroes and Horses and Unmounted Weekend Workshops.

HEROES AND HORSES

There is a mental health crisis facing medical professionals and frontline workers since the onset of the COVID-19 pandemic. Studies show that professionals in these fields have reported the following mental health challenges associated with traumatic pandemic-related experiences: 36.1% have been diagnosed with Post-Traumatic Stress Disorder (PTSD); 34% have been diagnosed with insomnia; 15.6% reported thoughts of suicide; 40% have considered leaving their careers; 14% report trouble completing work; and 72% have been diagnosed with generalized anxiety disorders.

Our team looks forward to welcoming frontline workers and first responders for 90-minute group sessions over the course of 8 weeks at our barn on Hartman Station Road. Registration

will be open for up to 10 participants per group with the first group(s) projected to start later this year.

Underwriting for this pilot program was made possible through a grant from a Harrisburg-based Foundation,

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ANNOUNCING GMTRC'S 2023 HORSE SHOW

GMTRC is planning our Annual Horse Show to be held on **Saturday, September 23rd** from 9 a.m. until mid-afternoon. This event is a major fundraiser for GMTRC through Horse Show program ad sales. And we need **YOUR** help!

Watch your emails and follow us on Facebook to learn more details. Advertising forms will be available for class sponsorships, full page ads, half page ads, and business card size ads.

Contact **Sandi Keim** at **717-844-1798** or email at **general.info.gmtrc@gmail.com** to have a form emailed to you or your business.

Don't forget to mark your calendars for this memorable event. We look forward to seeing you there!

Stephanie Fleck,
Program Director



Volunteer Spotlight

Terrific Teens!

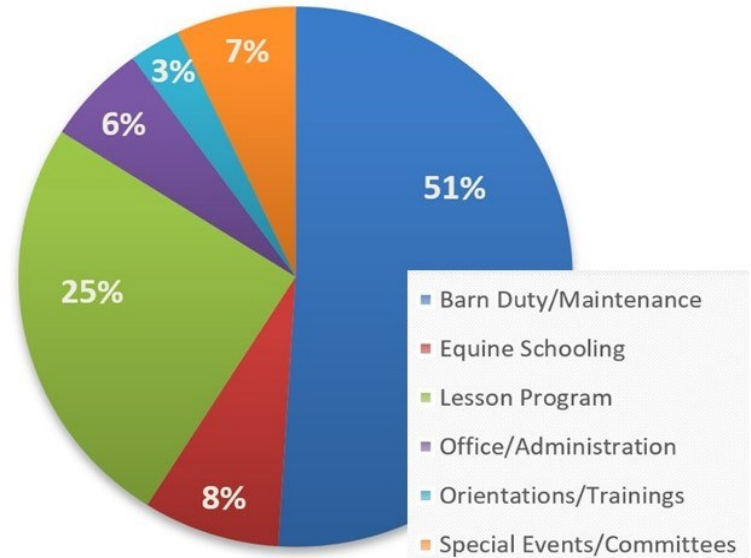
Volunteers are the hearts and hands of Greystone Manor TRC (GMTRC). They are involved in every aspect of the program from assisting with lessons to barn duty to facility maintenance.

GMTRC welcomes volunteers as young as 14 to help in carry out our mission. While some organizations limit teen activities, GMTRC allows teen volunteers to be directly involved with the program participants and the therapeutic horses.

GMTRC volunteer hours are great for community service projects, independent study projects, and mandatory community volunteer hours for graduation.

There's room for you too! If you love horses and helping people with special needs, or you are just looking for a new hobby where you can create amazing friendships, visit our website at www.greystonemanortrc.org/volunteers or call us at 717-203-7388 to get started!

2022 Volunteer Activity Breakdown



In 2022, 149 total volunteers gave over 10,500 hours of service, making our service to the community possible.

Alivia G., Age 18

Q: How did you learn about GMTRC's teen volunteer program?

A: I had heard of GMTRC before through friends, but saw their volunteer need listing on United Ways website.

Q: Why did you decide to become a volunteer?

A: I grew up around horses and love them, but hadn't been riding or involved as much as I'd like recently. I also wanted a way to give back, and spend time on others instead of myself. This was a perfect combination of both!

Q: What activities have you been involved in at the barn?

A: So far I've done barn duty, and this week and next I'll be side walking for lessons!

Q: What has been your favorite experience?

A: My favorite experience has just been meeting new people and interacting with other volunteers, as well as meeting all the horses!

Q: What advice would you give to someone who is considering volunteering?

A: My advice would be to give it a go! Putting yourself into a new place where you maybe don't know people, or don't know what you're doing can be scary, but it's so worth it, and everyone at GMTRC is amazing and will help you along the way as you learn the ropes.



Caralina C., Age 16

Q: How did you learn about GMTRC's teen volunteer program?

A: I learned about GMTRC through the internet ironically enough and just fell in love with the program!

Q: Why did you decide to become a volunteer?

A: I love helping kids and helping animals and giving back to my community so what better way to do that than become a volunteer!

Q: What activities have you been involved in at the barn?

A: I have learned to love barn duty and being a sidewalker!!

Q: What has been your favorite experience?

A: A meaningful experience for me is being able to help the beautiful horses and amazing kids!

Q: What advice would you give to someone who is considering volunteering?

A: Don't be afraid to try new things! Do good without expecting good back! Nothing is better about showing your appreciation than giving back to people who are in need first!



Good for Us! Good for You!

The United Way studied teenage volunteers and identified five common characteristics among teens who donated their time and talents to local non-profits.



Increase Your Self-Esteem

Acts of philanthropy can lead to a greater feeling of self-worth because helping others is fun and can help a teen reflect on what they have and enhance their sense of purpose.



Gain More Empathy

Volunteering helps teens see that not everyone's life is like theirs. Helping people who have different life circumstances can help teens become more empathetic to everyone in their lives.



Build Up on your Job or College Applications

Having volunteer experience can be a great addition to a teen's college application or resume. Colleges often look for well-rounded applicants and employers are more likely to hire people who are volunteers.



Build Long-Term Generosity

Getting involved in philanthropic causes early in life can set up a teen for a life of generosity. People who volunteer when they are young are more likely to volunteer and donate to nonprofits and causes when they are older.



Earn Better Grades!

Volunteering can also help teens academically. There is a positive correlation between students who earn good grades and those who are involved in community service.

Ciara L., Age 17

Q: How did you learn about GMTRC's teen volunteer program?

A: I learned about GMTRC's teen volunteer program from my sister, Dakota Lewis, who actually volunteers as well.

Q: Why did you decide to become a volunteer?

A: I thought that it would be good for me to get out of the house and my sister seemed to love it. I love horses, so I went and I instantly fell in love with it. There are really no words for how much I love it.

Q: What activities have you been involved in at the barn?

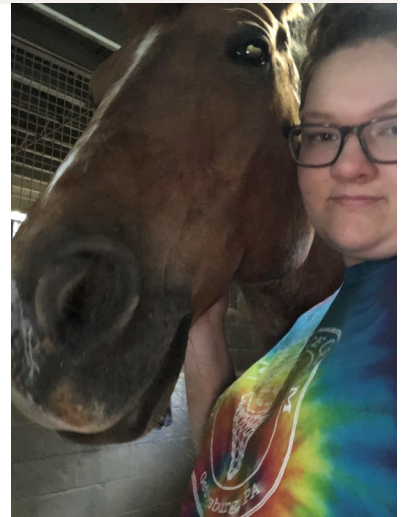
A: I think I've done just about every activity at GMTRC. I've done Silver Saddles, Aaron's Acres, and the Horse Show. I've done public events outside of the barn I do barn duty, lesson prep, and lessons.

Q: What has been your favorite experience?

A: Honestly, I don't think I could pick a favorite. If I had to say something, I think that it would be that I love that everyone is so nice there and will give you a hand without you even asking.

Q: What advice would you give to someone who is considering volunteering?

A: DO IT. You have so much fun there; it's always laughs and giggles and always surprises coming your way. It's never the same everyday. It's such a wonderful place and I'm glad to be a part of it!



Lauren H., Age 18

Q: How did you learn about GMTRC's teen volunteer program?

A: I learned about GMTRC's teen volunteer program through my mom, who's been a volunteer for 3 years and because my sister used to be a part of the GMTRC's program.

Q: Why did you decide to become a volunteer?

A: I decided to become a volunteer because my mom was a volunteer and I saw some the amazing volunteers working with my sister while she was going through the program.

Q: What activities have you been involved in at the barn?

A: I originally became involved with Greystone Manor because we were boarding our horse, Lacey there. My sister went through GMTRC's riding program and I was involved in an experimental program that they were trying out at the time for siblings. I don't think they made the program a reality but it was fun being a part of it. I currently do night check on Saturday nights and unfortunately due to my busy schedule I am unable to volunteer more.

Q: What has been your favorite experience?

A: I think my favorite experience has been GMTRC's horse show. I remember going to that event to watch my sister ride in it when I was younger and seeing all of the horses looking

amazing, all the volunteers helping out, and all the people milling around. It's always a fun and lively event that has a lot of activities going on.

Q: What advice would you give to someone who is considering volunteering?

A: I would say that this program is amazing from everything I've seen so far. If you're interested try to get involved in any way possible. They always need volunteers and even if you can only help out a little it makes a big difference in the long run.



Elena A., Age 19:

Q: How did you learn about GMTRC's teen volunteer program?

A: Initially, I saw a flyer for Greystone years ago, on a bulletin board at the Hempfield Rec. Greystone has always been on my radar, but it wasn't until a few years ago that I actually signed up to volunteer.

Q: Why did you decide to become a volunteer?

A: First, I needed to complete volunteer hours for my membership in the National Honors Society during high school. Aside from that, I've always loved horses, and love helping people, so Greystone seemed like the perfect option. Now, I volunteer solely because I want to: I no longer have to worry about completing volunteer hours, and I now treasure the barn, its users, the organization, and the horses that allow the barn to be full of life.

Q: What activities have you been involved in at the barn?

A: I have helped as a horse leader and sidewalker during lessons in the past, but now, I only help with Saturday afternoon barn duty (thanks to my school schedule). I also help with the annual Field Day and Aaron's Acres events, as well.

Q: What has been your favorite experience?

A: My favorite experience has been just spending time with the horses—I love working with them, learning about each of their unique quirks and tendencies, and simply being around them. Aside from that, I love helping in lessons—specifically, seeing a rider finish a lesson with a smile, whether that's a subtle grin or a beaming smile you can see from the other end of the arena.

Q: What advice would you give to someone who is considering volunteering?

A: Do it. You learn so much by volunteering: you learn about horses, about how you interact with those around you (be they human or equine), and about other people. Most importantly, you learn about yourself. Quite frankly, I usually don't like being around other people: I tend to feel drained after any social interaction, which has led me to adopt an isolated and closed-off way of life—an unhealthy byproduct of my introverted nature. Yet I sincerely enjoy being at Greystone: even when I'm working with multiple people there, I don't feel stressed or exhausted, despite all the energy coursing around me. In my opinion, two of the best things about volunteering at Greystone would be (1) working with the horses, and (2) seeing how so many of the riders enjoy being there. There's something truly magical about seeing a rider reluctant to dismount after a lesson, then lovingly bid farewell to their mount. Several times, I have witnessed riders leave the barn, beaming because they enjoyed the lesson, and their excitement, contentment, and pure joy is practically tangible. Not all riders are super enthusiastic about riding when they arrive at the barn—you can tell that they aren't in the best of moods, or that they don't really want to be there. Yet by the end of the lesson, they have often forgotten their initial less-than-ideal mood, and instead seem to be happier and more comfortable (even if they try to hide it). Actually, I wrote a research paper (23 pages in total) last semester about therapeutic horseback riding's benefits for both clients and volunteers. THR brings immense benefits to both clients and volunteers, and deciding to volunteer at Greystone was one of the best decisions of my life thus far. Volunteering has become a regular part of my life, and I am truly glad to be one of Greystone's volunteers. Of the few years I've been volunteering at GMTRC, I have yet to regret a single moment I have spent at Greystone.



Marlo H., Age 17:

Q: How did you learn about GMTRC's teen volunteer program?

A: I had a family friend who volunteered there and I also live pretty close to it so I've driven past the facility quite a bit.

Q: Why did you decide to become a volunteer?

A: I have ridden horses for 8 years but have had to take time away from it but I still wanted to be connected to horses in some aspect and so I thought that this would be a good opportunity.

Q: What activities have you been involved in at the barn?

A: So far, I have helped with barn duty and the horse show.

Q: What has been your favorite experience?

A: I just love working with the horses and being around them. It has been a great experience to be able to continue to work with them.

Q: What advice would you give to someone who is considering volunteering?

A: Do it! You will learn everything you need to from the volunteers and it's an excellent experience.



allowing us to provide this service at no cost for a limited number of participants. GMTRC will also be partnering with Millersville University on this project as we strive to provide continued support to the frontline workers and first responders in our community. If you are interested in learning more or would like to be notified about future enrollment opportunities, please contact Jenn at jrummel@greystonemanortrc.org to be added to the contact list.

UNMOUNTED WEEKEND WORKSHIPS

For the first time since the onset of the COVID-19 pandemic, GMTRC is happy to announce the return of unmounted workshops on select Saturday mornings and afternoons to current and former GMTRC program participants.

Participants will pay a fee to participate in group programming that will include unmounted equine-assisted therapeutic activities, focused on the development of their horsemanship knowledge and skills. Interested parties should contact the program phone at 717-615-9222 or email Steph at sfleck@greystonemanortrc.org. GMTRC will publish more information on social media and its website as it becomes available.

SILVER SADDLES RETURNS

Silver Saddles is a 4-week program designed to allow participants to experience the incredible bond between humans and horses. The group caters specifically to individuals age 55+ looking to enhance physical, intellectual, and personal growth, as well as facilitate positive community connections. GMTRC is currently accepting applications for Silver Saddles 1.0 and Silver Saddles 2.0. Cost is \$200 per participant. Interested parties should contact GMTRC at pvassistant.gmtrc@gmail.com or call the program phone at 717-615-9222.



Photo courtesy of Pathways Institute



Upon retiring from GMTRC, Lucy moved to Paard Hill Farm in Manheim to enjoy her retirement under the care of horse lover, Dee Osborne. Lucy loved her new environment from day one! After about a month, she let Dee know she wanted more time outside. Dee moved her to the big mare field where Lucy was in her glory as "Boss Mare," loving life just being a horse in a very natural environment with lots of friends. Lucy also had a very special human friend at Paard Hill who lost her horse a year ago. This gal came three times or more per week to groom and visit with Lucy. They had a wonderful relationship!

Dee had zero concerns about Lucy's health until one morning on January 5th, when she approached the field and Lucy did not come to the gate for a hello. She walked out to find Lucy standing alone looking unwell. Kopec Vet Clinic was called and Dr. Jess came immediately; she felt that Lucy had experienced a health crisis and was ready to be free. It was her time. She was humanely and safely euthanized with Dee by her side.

Lucy will live on in the hearts of all of the people who loved her, especially her owner Teddy, her friends from Killdeer Farm, and all of GMTRC's staff, volunteers, participants.



Horses Wanted!

- Must be sound at the walk/trot/canter
- 14 years-of-age or younger
- Excellent temperament
- Must enjoy working in a busy environment
- Horse and pony of all sizes needed (with immediate need for 15-16 hh draft cross)

**PLEASE SEND REFERRALS TO STEPH AT
SFLECK@GREYSTONEMANORTRC.ORG**

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Please send newsletter comments to:
general.info.gmtrc@gmail.com

Greystone Manor Therapeutic Riding Center is a non-profit organization with 501(c)(3) status.

Our mission is to enhance the lives of individuals with special needs through equine-assisted activities.



Follow us on Facebook to keep up-to-date on happenings at the barn!

Executive Director's Note: Jenn

Dear Friends:

Spring is here, baseball is back, and we are blooming inside and out! After a brief hiatus, we are excited to bring back weekend workshops. To learn more about weekend clinics, contact our program phone at 717-615-9222.

We are thrilled to finally be able to share our Heroes and Horses program with all of you! This program is the result of a collaboration with psychology department at Millersville University. We are honored to be able to give back to forty medical professionals and first responders who carried us through the toughest days of the COVID-19 pandemic.

In January, the Board of Directors voted to add two new members: Judy Davis and Erin Dragann. I have included brief profiles on our new board members below.

With your support, we hope to continue to grow to serve more deserving people in Lancaster County.

With Gratitude,

Jenn



I'm a Phillies fan for life!



Attorney Erin Dragann is a Vice President and Senior Counsel at Fulton Bank, N.A. She is a native of Lancaster County and is an avid volunteer with various animal-related organizations. She is very passionate around the vital impact human-animal interactions can have on health and wellbeing. Erin has an undergraduate degree in Psychology and a background working in mental health. Her career as an attorney has provided her with extensive litigation and risk management experience.

Judy Davis is a retired critical care nurse with a rich background of volunteerism. As someone who loves people, animals, and the environment, she found new purpose and joy as a GMTRC volunteer. Judy is committed to nurturing the uniquely therapeutic human-animal bond through her volunteer service in barn duty, lesson prep, lesson delivery, and board leadership.



From the Barn Aisle: Weekday Morning Volunteers Needed!

Join our weekday barn duty team!

**NO EXPERIENCE
NECESSARY!**

- ☒ Meet new friends!
- ☒ Learn new skills!
- ☒ Engage with horses!
- ☒ Enjoy a FUN physical activity!



GMTRC is seeking volunteers to help with barn duty on weekday mornings starting at 6 AM. Barn duty volunteers are a vital part of our volunteer team. They work directly with barn staff to assist in the care of the equines. Responsibilities may include feeding, turn out, mucking stalls, cleaning, and a variety of other barn chores. While this is not always glamorous, it is very important for the health and safety of our herd and the operation of our programs. Previous experience with horses is helpful, but not required. Skills can be obtained through volunteer trainings and/or mentorship.

Does this sound like the right opportunity for you? New volunteers can start their volunteer applications at www.greystonemanortrc.org/volunteers. Current volunteers can learn more by calling 717-203-7388, emailing volunteer@greystonemanortrc.org, or speaking to a staff member.