

# Ride With Pride

Summer 2023  
Volume 18, Issue 2



## Horse Show Scheduled

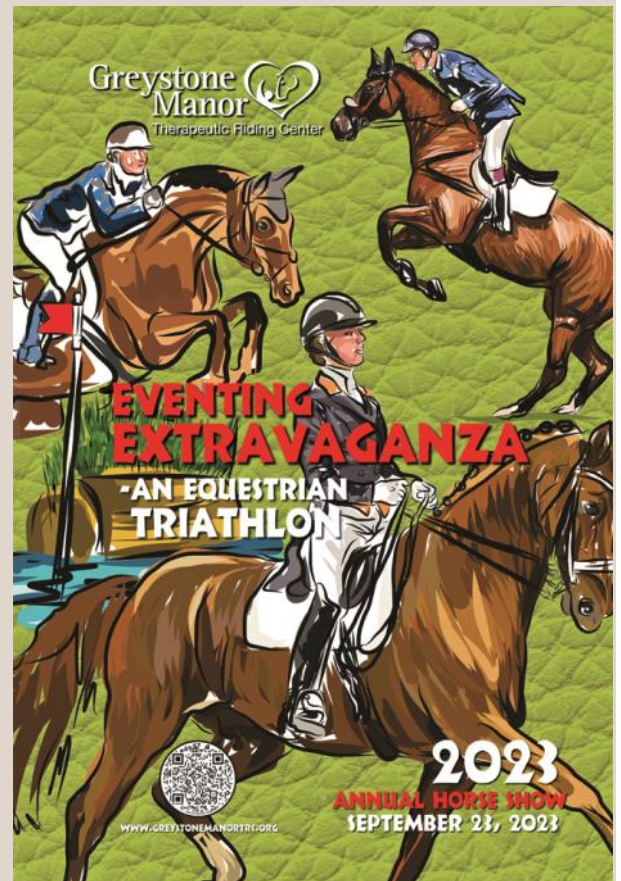
SAVE THE DATE! On Saturday, September 23<sup>rd</sup>, Greystone Manor Therapeutic Riding Center (GMTRC) will hold its annual horse show at the facilities at 1063 Hartman Station Road in Lancaster.

Always free and open to the public, guests are welcome to watch as the featured participants demonstrate their achievements in equitation over the year. Each participant will guide their horse through the equestrian triathlon-themed obstacle course.

The event will also feature a live lunchtime demonstration of skilled horsemanship that will be both entertaining and exciting for all! Attendees will find GMTRC logowear available for purchase and a food tent with hot dogs, pizza, cookies, drinks, and more all available by donation.

### GET INVOLVED!

1. **Be a Sponsor or Advertiser:** Advertising starts at just \$50. Class Sponsorships are \$300. Contact Sandi at 717-844-1798.
2. **Volunteer:** We need help in every aspect of planning the event - from designing to dining, we need you! Contact Steph and Kristina at 717-203-7388 to learn more about volunteering at this event and other volunteer opportunities at GMTRC.
3. **Spread the Word:** Share this newsletter, a social media post, or an email about the event with your family, friends, and coworkers. We love to see the community come together to celebrate our incredible participants!



## HEROES & HORSES

As GMTRC grows, our board of directors continues to assess ongoing needs in the community. We saw a need for a new program that provides no-cost group intervention to medical and emergency professionals. Thanks to several grants from a Harrisburg-based Foundation, the Fulton Family Foundation, and the Arconic Foundation, and a partnership with the Psychology Department at Millersville University, this program is now coming to fruition.



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- From the Barn: Weekday Morning Volunteers Needed
- Welcome Cherie!



## Event Recap: Celebrate 2023

The GMTRC staff presents awards to both volunteers and program participants every year at "Celebrate!" The following awards were handed out on Saturday, May 6, 2023 at the barn for activities and service completed during the 2022 calendar year. Thank you to the event committee for putting together a great event! Thank you to *Primitives by Kathy* for providing a delicious catered meal from *Mission BBQ*!

### "CELEBRATE!" 2023 – PARTICIPANT AWARDS

**Ken Menne Rider Award** (for the most conscientious participant) – Winner: **Penelope Wheeler**

**Janelle Conley Award** (for having best attitude and a willingness to try with a smile) – Winner: **Sierra Holliday**

**Goal Getters Award** (for excellence in lessons) – Winner: **Addy Hays**

**Rising Star Award** (for outstanding new participant) – Winner: **Heri Banza**

**Guts n' Grit** (for courage in taking on new challenges) – Winner: **Zoey Adair**

**Thoroughbred Award** (most energetic) - Winner: **Sonny Osborn**

**Horse Whisperer Award** (for excellence in bonding with a horse) – Winners: **Emily Hoy** (for her bond with Bailey) and **Jen Sahd** (for her bond with Opi)

**Horsie Hoedown Award** (for outstanding group lesson teamwork) – Winners: **Andrew Swarr, Anne Wissinger, and Connerly Pham**

### "CELEBRATE!" 2023 – VOLUNTEER AWARDS

**Ken Menne Volunteer Award** – (for the most conscientious volunteer) – Winner: **Lois Gerlach**

**Fitbit Award** (for trotting over 10,000 steps) – Winner: **Diane Garrett**

**Professional Sidewalker Award** (for keeping our riders safe!) – Winner: **Phyllis Spotts**

**Cookie Award** (for demonstrating excellence in fundraising) – Winner: **Kathy Phillips**

**Teddy Award** (for the best all-around volunteer) – Winner: **Judy Davis**

**Rising Star Award Winner** (for showing great progress since starting as a volunteer at GMTRC) – Winner: **Alivia Groff**

**Preppy Award** (for making our lesson horses shine!) – Winner: **Patti Phelan**

**Mr. & Mrs. Congeniality Award** (for willingness to help out in a variety of ways!) – Winners: **Steve & Teddi Book**

**Spur of the Moment Award** (for willing to substitute at the last minute) – Winner: **Peri Niskey**

**Muckateer Award** (excellence in barn duty) – Winner: **Suzanne Horton**

**Legendary Award** (for outstanding long-term volunteers) – Winner: **Ellen Barnes**

**Guts n' Grit Award** (for courage in taking on new challenges) – Winner: **Gail Gracey**

**Fan Club Award** (for excellence in bonding with a horse) – Winners: **Brian Schulz** for his bond with Makeda and **Victoria Maiers** (for her bond with Lil' Lacey)



*Instructors Deb Jeffrey, Linda Leiden, & Ellen Barnes*



*Program Dir., Steph Fleck & Deb Jeffrey*



*Winner, Patti Phelan w/Linda Leiden*



*Photo credit: Dan Armstrong*

*Congratulations to all of the 2023 Celebrate Award Winners*

# Volunteer Spotlight—Judy Davis

As Baby Boomers continue to retire and look for community activities, we want to invite them to learn more about our welcoming organization. Judy Davis, R.N. is a GMTRC volunteer, donor, and board member. She shares her experience in this interview:

Q: How did you learn about GMTRC and why did you become a volunteer?

A: I drove by the facility and saw the horses in the pasture and the organization's sign. Then I went on the internet and looked up "Greystone." Having spent most of my life wishing I had a horse, volunteering there seemed perfect...I wanted to briefly muck stalls and check "volunteering with horses" off my bucket list. Little did I realize that learning how to care for these amazingly gentle horses would have such an effect on me. The instruction from the staff made this new experience a WONDERFUL journey. I completed the Bucket List, yes, and I'm here to stay at Greystone!

Q: When did you begin volunteering at GMTRC?

A: August 2021

Q: What activities do you perform at GMTRC?

A: I perform barn duty weekday afternoons—including bringing the horses in, feeding them, grooming them for lessons, and replenishing the water troughs outside. I also do sidewalking with our students. During morning barn duty, I feed them and turn them out for the day. I also muck stalls, replenish their stall water, and resupply their hay.

Q: What parts of this experience have been rewarding for you?

A: The rewards are ENDLESS! I found joy in working with my peers, learning to know the many personalities of our herd, helping the students, both young and old, and empowering them through therapeutic riding. Witnessing parents who see their children progressing and happy...it's priceless!

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

A: Greystone is a perfect place for us Baby Boomers. Our children are grown. It's a place to make a difference in these special children's lives. The funny thing though, it has given me so much more in return!



## HEROES AND HORSES CONTINUED

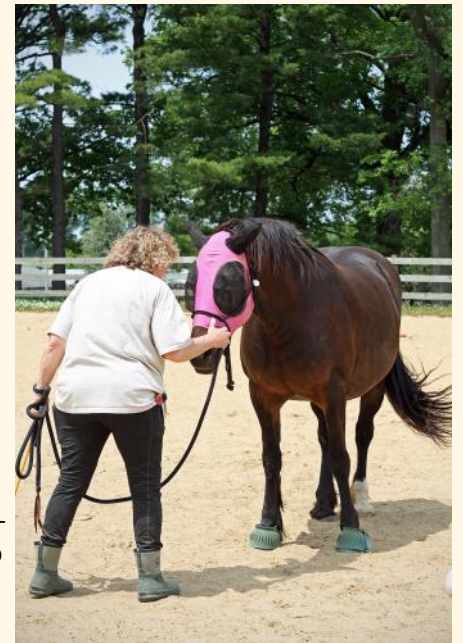
The pandemic created a mental health crisis for medical and emergency professionals. Prolonged exposure to COVID-19, combined with staffing shortages, limited and broken supply chains, longer work hours, limited interactions with their families, and overwhelmed professional support systems created a mental health crisis for first responders and medical professionals. *Psychosociological Issues in Human Resource Management* reports that 36.1% have been diagnosed with 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.

To compound the issue, the United States is approaching a critical shortage of medical professionals in the next decade. According to *Forbes*, "47% of US healthcare workers plan to leave their current role" by 2025 due to "wave after wave of challenges and feelings of burnout" following the COVID-19 pandemic.

Our board of directors continues to assess ongoing needs in the community. After a year of seeking financial support, GMTRC received its first grant for the program in March 2023. GMTRC, together with Millersville University, plans to study the impact of therapeutic equine-assisted activities in a group setting to a total of 70 emergency and medical professionals who live in Central Pennsylvania within the next two years. Additional funding is pending which could potentially open the program to more participants. Each participant will receive 720 minutes of free, unmounted, equine-assisted mental health intervention delivered by GMTRC's certified therapeutic riding instructors and monitored by master and doctorate-level psychologists.

Based on the success of similar programs around the country that served veterans and children with trauma, GMTRC expects the program will provide the following results: improved mindfulness strategies, improved emotional coping strategies, and improved self-awareness in the majority of participants. Studies show that individuals with anxiety-related mental health diagnoses who engage in equine-assisted therapeutic activities experience less severe emotional responses to trauma, less generalized anxiety, fewer symptoms of depression, and decreased alcohol usage.

If you or someone you know could benefit from this program, contact us at 717-615-9222 to learn more. You can also join the waitlist by completing the interest survey at [bit.ly/GMTRCheroes](https://bit.ly/GMTRCheroes) or requesting a paper copy of the interest survey by emailing Steph at [sfleck@greystonemanortrc.org](mailto:sfleck@greystonemanortrc.org). If you are interested in sponsoring this program, contact Jenn at 717-844-3941 or [jrummel@greystonemanortrc.org](mailto:jrummel@greystonemanortrc.org).



Participants can look forward to taking part in a variety of unmounted activities with the assistance of our amazing horses.

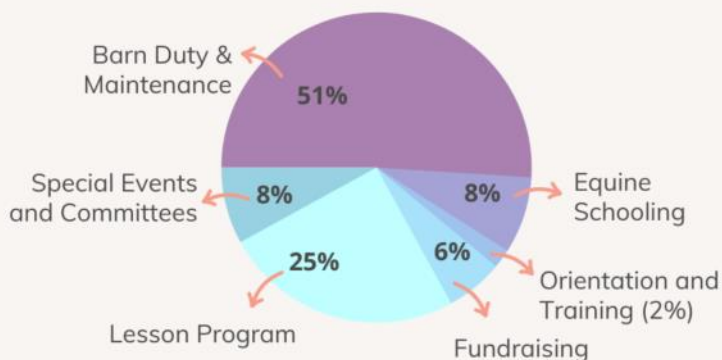


# The Winners' Circle Presented by Lancaster Toyota

In 2022, 147 volunteers donated 10,980 hours of service to our organization. GMTRC's staff and board hold a party at the barn every spring called "the Carol Henkel Memorial Winners' Circle Celebration" to honor a special group of volunteers: individuals who donated more than 100 hours in the previous calendar year.

This year's celebration was held on Sunday, June 3, 2023 and celebrated 36 incredible volunteers who donated a total of 6,458 hours in 2022! This year's event was presented by Lancaster Toyota. Each honoree received a beautiful gift bag donated by Gold Sponsor Primitives by Kathy.

## In 2022, GMTRC's Volunteers Donated 10,980 Hours



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## CAROL HENKEL MEMORIAL "WINNERS' CIRCLE" CELEBRATION

Presented by



**LANCASTER TOYOTA**

Also sponsored by Primitives by Kathy, the Walz Group, Fulton Bank, Robertson Insurance & Risk Management, and McConkey Insurance & Benefits

### CONGRATULATIONS TO THIS YEAR'S HONOREES, WHO EACH DONATED OVER 100 HOURS OF SERVICE IN 2022!

Terri K., Dorothy T., Sandi K., Diane G., Bobbi S., Phyllis S., Adam B., Megan V., Deb J., Dakota L., Vicki F., Judy D., Troy H., Victoria M., Suzanne H., Ellen B., Kristin G., Hannah Z., Rita A., Bob H., Patty P., Joe C., Linda L., Logan H., Anne H., Ciara L., Natalie M., Steve B., Donna S., Gail G., Emily D., Teddi B., Shauna M., Catherine S., Emily Z., and Peri N.



Winners' Circle honorees celebrate at the barn with their loved ones.

### Thank you to our Event Sponsors:

#### Presenting Sponsor

Lancaster Toyota

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## Participant Spotlight: Connery Pham

**Connery Pham will be the featured participant and event ambassador at the 2023 “Mane” Event scheduled at Bent Creek Country Club on Saturday, October 21, 2023. Her mother, Kara, shares their experience with GMTRC.**

**Q:** When did Connery start riding at GMTRC?

**A:** Connery started lessons in July 2019. I researched GMTRC knowing that equine-assisted activities has such great benefits.

**Q:** What do you most like about the organization?

**A:** I like the organization because of the excellent care it provides to people and horses. It encompasses physical work but there are emotional and interpersonal components. I love to see the incredibly deep connection between [Connery] and her horse. Communication without words and unconditional love. The horse doesn't care what people look like or how they speak. They see what's inside. GMTRC is filled with people like Connery, so it's a community. She should feel loved and accepted everywhere, but the world is not there yet.

**Q:** How has Connery benefitted from therapeutic riding lessons at GMTRC?

**A:** Confidence. Communication. Friendship. I could make a list!

Buy a ticket or a table and join Kara and Connery at the 2023 “Mane” Event *presented by Garman Builders* on Saturday, October 21, 2023 at Bent Creek. Contact Jenn at 717-844-3941 for more information.



Connery rides Neptune in the 2021 Horse Show (above). Connery rides Geym during a lesson in the fall of 2022 (left). Photos courtesy of Dan Armstrong and Christine Jiblian.



**“The horses don’t care how people look or how they speak. They see what’s inside” -Kara Donatucci Pham, Connery’s mother**

A poster for 'The Mane Event' featuring a decorative oval logo with the text 'THE Mane EVENT'. Below the logo, it says 'Boots &amp; Blues' in a large, bold font, followed by 'dinner and auction' in a script font. At the bottom, it says 'PRESENTED BY GARMAN BUILDERS' and provides the event details: 'Bent Creek Country Club, Saturday, October 21, 2023, Sponsorship and tickets available, Contact Jenn at 717-844-3941'. The background is a dark blue pattern with white stars and a rope border.



## BOARD OF DIRECTORS

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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.**



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

## Executive Director's Note: Jenn

Dear Friends:

There's a place for everyone at GMTRC and that's something I say proudly. Whether you've spent your whole life around horses or you've never set foot in a barn, we have a place for you. Whether you can hold a 50-pound hay bale or a two-ounce pen, we have a place for you. Whether you're in marathon-running shape or you need a little help getting around, we have a place for you. We have created an environment that is welcoming of everyone—especially people with unique abilities and their loved ones.

As we continue to grow and offer new services, we hope you will continue to share our mission with your friends, family, coworkers, and community. We are in need of continued financial and in-kind support as well as the time and talents of dedicated volunteers. To that end, we ask that you please share this newsletter with at least one person.

Fondly,

Jennifer T. Rummel, Executive Director



*Call or text me:  
117-844-3941*

### WELCOME NEW BOARD MEMBER

## Cherie Brubaker, MS

GMTRC is proud to announce the addition of our newest board member: Cherie Brubaker! Cherie is a Senior Probation Officer for the County of Lancaster. She is a seasoned GMTRC volunteer, assisting with barn duty, night check, and other areas of program delivery since 2004. Please join us in welcoming Cherie to the GMTRC Board of Directors!



## From The Barn: Terri, Lisa, and Troy

During the summer, the main focuses of the barn duty crew are fly control, keeping the water troughs clean and full, and keeping the herd hydrated.

We continue to seek assistance for weekday morning barn duty. You don't need any experience to join us! Weekday morning barn duty shifts start at 6 AM. Come see the beautiful sunrises at the barn and get your exercise for the day while helping our beloved organization. Responsibilities may include feeding, turn out, mucking stalls, cleaning, and a variety of other barn chores. Volunteers as young as 14 are welcome.

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

# RISE AND SHINE WITH US!

**Weekday morning barn  
duty volunteers needed!**

**No experience  
necessary!**