

Ride With Pride



Spring 2024
Volume 19, Issue 1

Springtime Happenings

Join Greystone Manor Therapeutic Riding Center for three exciting events, all taking place in May!

Annual Open House: Saturday, May 4th: 12PM to 3:30PM at the GMTRC Barn

Join us at the barn for our annual Open House! This family-friendly event is open to the public and will feature tours, family games with prizes, a meet-and-greet with some of our horses, a bake sale, and an opportunity to learn more about joining our organization as a volunteer or program participant.

"Celebrate!" Saturday, May 4th 4:30PM to 7PM at the GMTRC Barn

All program participants, volunteers, board and team, and their families are invited to join us at the barn for our annual "Celebrate!" event, where we come together to celebrate our collective achievements over the year. The event will, once again, feature a catered dinner, games with prizes, an exciting prize raffle, and an awards ceremony. Every student who attends will receive a gift. You will receive an official invitation via email. For more information, please contact Officer Manager, Sandi, at general.info.gmtrc@gmail.com or 717-844-1798. This event is not open to the public.

Heart of Greystone Bingo: Thursday, May 9th 6:00PM to 9:00PM at the Farm & Home Center

We are excited to announce our first annual Heart of Greystone Bingo at the Farm & Home Center on Arcadia Road in Lancaster! Purchase your ticket now by scanning the QR code in the graphic to the right, or visit our social media posts to find a clickable link. The prizes are WINNERS' CHOICE and include restaurant gift cards, local experiences, and more! Delicious food and non-alcoholic drinks will be available for purchase. Doors open at 4PM. If you have questions or would like to donate a prize to our Bingo event, contact Board Vice President and Event Co-Chair, Vicki Fitzgibbons, at vicepresident@greystonemanortrc.org. **NOTE: Current students are free when accompanied by parent/caregiver. The parent must purchase a ticket. Please notify Vicki Fitzgibbons if you are bringing a student.**

GET YOUR TICKET NOW!

50/50
Raffle

Greystone Manor
Therapeutic Riding Center



PRESENTS the 1st Annual

The Heart of Greystone



PRIZES VALUED AT >\$150. WINNERS CHOICE

Thursday, May 9, 6:00-9:00 PM

Doors open at 4:00 PM

Food!

Event held at Farm & Home Center

1383 Arcadia Road, Lancaster, PA 17601

Drinks!



Tickets are \$25 in advance- Early Bird promo ends 04/09
Tickets will be \$30 after 04/09/2024 until the day of the event
All seats must be paid for & Bingo Winners must be 18+

Buy Advanced Tickets:

<https://www.eventbrite.com/e/the-heart-of-greystone-bingo-2024-tickets-802997125017>

All Proceeds Benefit Greystone Manor Therapeutic Riding Center



Prizes include Experiences, Sports, Gift Cards, and so much more.

Follow us on Social Media for updates.



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- Open House & Celebrate
- Barn Upgrades: Electric Upgrade, New Siding, and Charter Homes' Generous Gift
- Participant Feature: Angelica Zander
- Welcome Instructors Beth and Natalie!
- New Board Member: Anthony Essis
- Winners' Circle Honorees Announced

Volunteer Spotlight

2024 Carol Henkel Memorial Winners' Circle Club Announced

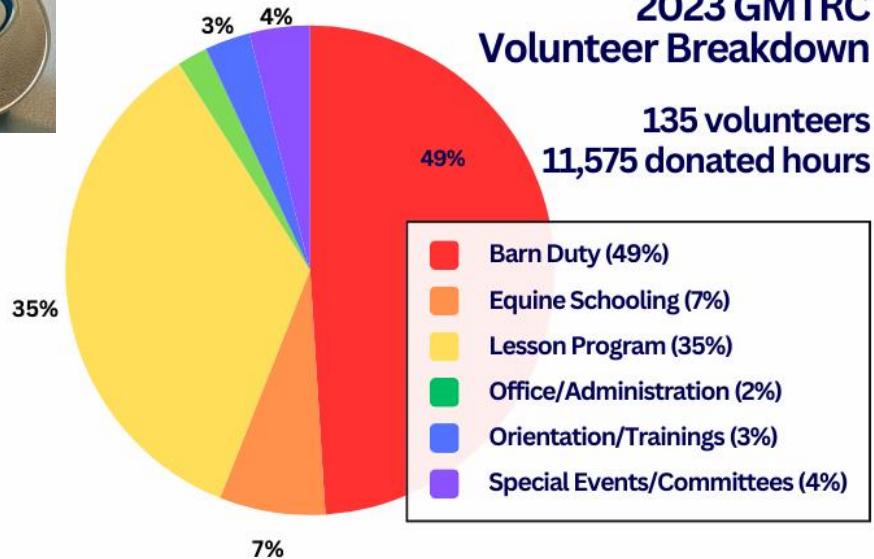
GMTRC established the Carol Henkel Memorial Winners' Circle Celebration in 2020 as a private celebration to honor individuals who donated over 150 hours of service in the previous calendar year. Last year, we updated our honoree criteria to include individuals who donated over 100 hours of service in the previous calendar year. Until now, the Winners' Circle has been a standalone event that was open only to the honorees and their loved ones.

After careful consideration and feedback, we are proud to announce that the Winners' Circle Celebration is now a club, and the honorees will be awarded custom-made pins and receive recognition during the "Celebrate" Event on Saturday, May 4th. Congratulations to the 2024 Carol Henkel Memorial Winners' Circle Club!



2023 GMTRC Volunteer Breakdown

**135 volunteers
11,575 donated hours**



You Belong Here Too!

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 carry out our mission. No experience with horses or people with special needs is necessary.

Volunteer hours for teens are great for community service projects, independent study projects, and mandatory community volunteer hours for graduation. For adults and retirees, volunteer work at GMTRC provides socialization, physical activity, and a chance to leave a lasting impact on our community. 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, email volunteer@greystonemanortrc.org, or call us at 717-203-7388 to get started!

Honoring Carol's Legacy



The Carol Henkel Memorial Winners' Circle Event is named in memory of GMTRC's co-founder, Carol P. Henkel. Carol founded our organization in 1981 with the help of fellow equestrian Mary Ann Ferro, the local chapter of the Easterseals, the Lancaster County 4H Club, and the Schreiber Center for Pediatric Development.

Now, more than 40 years later, GMTRC has grown into a fully-dedicated program of distinction that is valued in our community and beyond.

New to the Board of Directors: Anthony Essis

In December 2023, Anthony Essis joined our board of directors. Anthony is the father of Allegra, a weekly program participant. We are thrilled to have him join our organizational leadership!

Q: How did your family learn about GMTRC?

A: Through family and friends that had children that rode at GMTRC.

Q: Why did you decide GMTRC is right for your child?

A: Like all things with our children, we put a lot of effort into learning as much as we could about the center. With the great reputation, we knew it would be a good fit.

Q: Why did you decide to join the board of directors?

A: I am passionate about helping those around, especially those that give so much to my loved ones and the community.



Above: the Essis Family

We have been truly blessed and it is an opportunity to give back. With my understanding of the center as a parent of someone who receives services, and my business experience, I hope to provide a beneficial perspective and impact.

Q: What are your hopes for GMTRC?

A: Being a non-profit organization is difficult. From what I see, GMTRC has grown to a point where strong leadership skills throughout the organization are

paramount. My hope is that the team and volunteers will grow and work together to support the mission.

Q: What would you like the community to know about this organization?

A: As a parent of child who receives services, I truly believe Greystone Manor has had a significant impact on my daughter both physically and emotionally. Her strength and balance have improved tremendously. She is more confident and has the drive to get better. Equally as important is she's having fun and learning what I learned as child, that riding horses is AWESOME. I cannot think of a better way to positively impact the lives of those with needs and their families.

Q: Tell us about your background or share something interesting about yourself.

A: I am a native of central PA and was born in Harrisburg. I attended Villanova University and earned a BS in business administration/finance. I have been a Certified Financial Planner for almost 26 years. I enjoy all things fitness-related. I love the outdoors, especially skiing. I am passionate about all things automotive. Most importantly, is that I am a life learner in all aspects of my business and hobbies. I focus on constant incremental improvements. Positively impacting the lives of those I love and care for is at the center of who I am.



Featured Rider: Angelica Zander

Angelica's parents, John and Kim, share their daughter's experience participating in lessons at GMTRC.

Q: How did you learn about GMTRC?

A: One of our neighbors volunteered at GMTRC. When Angelica was hospitalized, one of her social workers mentioned equine-assisted therapeutic services would be great for her and led us to GMTRC.

Q: Why did you decide to have Angelica start lessons at GMTRC?

A: After all her treatments she really needs to work on strengthening her core and we understood Riding would be a great way to do that.

Q: How has therapeutic riding benefited Angelica?

A: Every week she still seems to be getting stronger. She likes to interact with the staff and volunteers and it helps her get back to that outgoing personality she had before her illnesses. It has helped her regain some of her self-confidence.

Q: What are your favorite things about GMTRC as parents?

A: The staff and volunteers are very knowledgeable and just as importantly, they are caring and compassionate. We love seeing Angelica continue to get stronger even when therapists at other places thought she had plateaued.

Q: What are Angelica's favorite things about GMTRC as a participant?

A: Angelica loves the challenges presented to her when riding. She has recently started doing a little trotting and loves it when they do that. She also loves Violet, Gemmy, and Tito. No session for her would be complete without her giving a little "poke" to someone on her team.

Q: Why should donors support GMTRC's program?

A: GMTRC helps people with disabilities improve their lives in a variety of ways at a cost that is reasonable for participants but nowhere near the value they receive.

Q: What would you say to someone considering starting their child in our program?

A: JUST DO IT!!!



Above: Angelica participates in the 2023 Horse Show with Violet. With her are Program Director, Steph, and Volunteers, Sam D. and Vicki F.

Charter Homes' Incredible Gift

On Friday, September 15, 2023, Charter Homes deployed more than 100 of its employees to our facility as part of its "Make a Difference Day." The results speak for themselves!



Charter Homes crew gave a much-needed facelift to multiple areas of the barn, including the tack room, the volunteer room, the front garden, the toy room, and the rock retaining wall. Charter Homes' staff also tore down our dilapidated fence and installed a new one and built three sturdy picnic tables for our team, volunteers, and participants to enjoy!



New Barn Siding



Before

After

Greystone Manor Therapeutic Riding Center is now more GRAY than ever! Over the winter, our landlord, installed new siding along the front and side of the building, providing extra protection to our supplies, barn, horses, and people.



A home and neighborhood you truly love.

Because people and the places they live should feel special.



CHARTER Homes & Neighborhoods

charterhomes.com

Up Next: Electric Panel Upgrade!

Technology has come a long way in the last 64 years, but our facility electric system has been left to collect dust—literally! For the first time in barn history, we are having our electric system upgraded and having new wiring placed between the barn and our pastures!

This large project, slated to take place the last week of March, is being made possible due to gifts from the High Foundation, the Clark Associates Charitable Foundation, and the Robert J. Gunterberg Charitable Foundation.

The new electric system and wiring will reduce our chances of having an electric-related fire and protect our team, volunteers, horses, and participants from electric shock.



Welcome Natalie!

Natalie Martin joined GMTRC in 2019 as a volunteer and later as a college intern. She recently became certified as a therapeutic riding instructor with PATH International and joined our team!

Q: Where are you from?

A: I was born and raised in Lancaster County.

Q: What is your background?

A: I have always loved animals. I grew up with cousins who had horses that I would occasionally ride. I started to take consistent riding lessons during college. I have a bachelor's degree in



psychology from Liberty University. Senior year of college I did an internship at GMTRC and fell in love with the therapeutic riding program. I enjoyed seeing the students each week and watching them grow in their riding skills. After my internship, I became an instructor in training at GMTRC. I got certified to teach therapeutic lessons in September 2023 through PATH International and joined the team here at GMTRC in October!

Q: What excites you about working at GMTRC?

A: I enjoy watching my students grow and develop new skills. I love being able to be a part of my student's journey. I also enjoy working beside all of our lovely volunteers. They are always happy to be here and quick to help out.

Q: Tell us more about yourself.

A: In my free time I love to bake. My favorite challenge is to pick a new treat and get it right on the first try. I also enjoy taking riding lessons and going on bareback trail rides. Spending time with horses is always the best feeling.

Welcome Beth!

With a background as an occupational therapy assistant, Beth is the perfect addition to our instructor staff!

Q: Where are you from?

A: I have spent my whole life living in Lititz, PA! (One of the coolest small towns in America in case you haven't heard!)

Q: What is your background?

A: I have always enjoyed working with horses and people! My parents leased a camp horse every winter for many years, so that is where my first horse experience came from. When I was a teenager, I leased a horse at a local barn and did some beginner showing. I went to college at PSU Berks campus and received my Associate of Science Degree in Occupational Therapy in 1994 and began working in my career in Occupational Therapy as a certified and licensed OTA. I have worked in many settings throughout my career and have enjoyed working with the clients in each of those settings (acute care, short-term rehab, long-term care). Most recently, I have been working in school-based OT for the past 7 years. God opened up that opportunity at just the right time. I work with Kindergarten - 12+ grade levels all with varying abilities, strengths, and needs. I was away from the horse world for a long time while I was raising my family but was fortunate to have an opportunity close to home in 2014 with Underhill Stables in East Petersburg where I worked on the weekends doing barn work and began my lesson career. When I started the process of becoming a qualified instructor through CECTH (Council for Education and Certification in Therapeutic Horsemanship), I found Triangle Therapeutic Riding in Reinholds and continued to gain more horse and teaching knowledge. I have attended many continuing education courses, and clinics and have taken lessons myself because learning and growing is a lifelong process.



Q: What excites you about working at GMTRC?

A: I am excited to be a part of the GMTRC team and to be part of teaching lessons and participating in the other programming that is offered. The teaching team and many of the volunteers bring many years of experience working with and caring for horses and I appreciate the opportunity to have those connections. The clients are such a joy to work with as they grow their horsemanship and riding skills and form relationships with their team and equine partners. The

joy they bring to the barn is infectious! I enjoy seeing them learn a new skill, gain more independence, and have fun!

Q: Tell us more about yourself.

A: I am blessed to have both of my parents, 3 adult sons (who all live locally), a daughter-in-law, 3 grandchildren, as well as the newest addition a grand puppy! Family time is very important to me and we try to get together for Sunday dinners when we can. I also love spending time with friends attending live music events, dancing, hiking, kayaking, and trying out new adventures and experiences! One of my favorite places is the beach and someday I hope to be able to check horseback riding on the beach off my bucket list!

FIND YOUR PURPOSE HERE!

Are you a high school student looking to record volunteer hours before graduation? Are you a recent retiree looking for a new project? Are you a horse lover hoping to find a new connection? We have a place for you! Volunteer with us at GMTRC!

Visit greystonemanortrc.org/volunteer or call 717-203-7388 to get started.

BOARD OF DIRECTORS

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Vicki Fitzgibbons, Vice President
Anne Hopkins, Secretary
Drew Hostetter, Treasurer
Randy Metz
Marilu Garofola
Kristin Glass
Marilyn Gehringer
Kathy Phillips
Kathi Markley
Ciara Young
Erin Dragann
Cherie Brubaker
Anthony Essis

MAILING ADDRESS:

PO Box 10724
Lancaster, PA 17605-0724

Ph: (717) 615-9222

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 social media to keep up-to-date on happenings at the barn!

Looking ahead...

Sept. 21, 2024: Annual Horse Show

The Barn & Grounds at Greystone Manor TRC
1063 Hartman Station Road, Lancaster

Oct. 19, 2024: The "Mane" Event

The Clubhouse at Bent Creek Country Club
620 Bent Creek Drive, Lititz

Nov. 22, 2024: The Extra Give

Online at extragive.org

Executive Director's Note

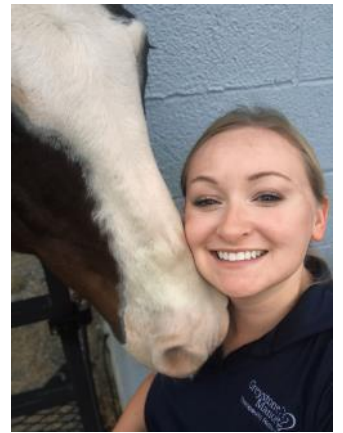
Dear Friends,

In 2019, I decided to leave my career in Reading to join GMTRC because it was important to me to make an impact in my hometown. From the very first day I walked into the barn, it became clear how much this program means not only to the participants, but also to the volunteers and the GMTRC team. All of them had worked hard to build an exceptional program.

As we continue to identify and address new needs in the community, our need for long-term sustainable funding also grows. Program fees only account for about 25% of our operating revenue. The rest is left to fundraising.

We are in the process of building an endowment fund that will ensure our long-term success. Could your legacy include contributing to that fund? Let's have a conversation. Email me at jrummel@greystonemanortrc.org or call/text me at 717-844-3941. I can't wait to see what we will do next—together.

Jenn



My first horse selfie with Cassie (2019)

SILVER SADDLES IS BACK!

Join us for our next 4-week session!

Tuesday, April 2nd

Tuesday, April 9th

Tuesday, April 16th

Tuesday, April 23rd

Lessons run from

12:00 pm to 2:00 pm

Cost: \$200 per participant



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. Participants can expect to learn and experience the basics of horse behavior, care, and handling, all while developing a positive relationship with their horse and fellow group members.

Space is limited. Spots are available on a first-come, first-serve basis as completed paperwork is received.

Email completed forms to:

kweaver@greystonemanortrc.org

Or mail to Greystone Manor TRC

PO Box 10724

Lancaster, PA 17605-0724

Or fax to 717-553-0664

**Please return forms no later than
3/22/24**

Questions?

Contact

Kristina Weaver at

717-615-9222