



2017 Winter Issue

Volume 12, Issue 1

a newsletter for friends of GMTRC

Happy New Year!



We can't wait to "join-up" with you—our riders, caregivers, volunteers, sponsors, donors and friends—in 2017. An amazing year of "enhancing the lives of children and adults with special needs" is developing behind the scenes.

Curious about the benefits of therapeutic riding and horsemanship programs?

One enthusiastic parent recently sent this note to our team:

"Our daughter has been participating (in riding lessons at GMTRC) for some time and has enjoyed the experience a great deal. She has had so many positive displays of the benefits of the riding program. Her posture, core strength, and mobility have all improved. She has even had success in some verbal improvements. I, for one, am so pleased to see her concentration while she is on the horse, her focus on directions, and her desire to succeed. This (horseback riding at GMTRC) is clearly an area where she can fully feel independent and successful."

Well said! Read on to learn how you can join GMTRC's community this year.



In this issue:

- Program News—Karen
- From the Volunteer Coordinator—Sandi
- Nickers from Nando and Neptune (and the Barn)
- Community Outreach—Heather
- From the President of the Board—Tom O'Brien



New Year fun at the barn with Cassie, Ellen, Wiz, Abby, Peppy, Cindy, Katie, and Neptune.

Happy New Year from the barn! We are already working to provide another year of high-quality and interesting therapeutic riding lessons and associated programs for GMTRC riders and participants. We love to provide the kinds of projects that will serve our community best.

It's never too late to register for therapeutic riding lessons. However, the more time we have to make plans, the sooner we can get your rider on our schedule. Send in your completed availability card to get the process started. Then make sure you remember to send the rest of your completed forms so your rider can participate.

What forms are needed, and when?

Medical forms must be renewed once a year. We use the date on your current form to establish when a new form is due. If you are not sure what that date is, contact us either by phone call or text at **717-615-9222** or by emailing **lead.instructor.gmtrc@gmail.com**. You also can check your email for a notice from us that it's time to renew the medical form. It's important to have up-to-date information as we make our lesson plans.

The registration form, waiver of liability and participant release are other important forms to complete and send in as soon as possible. These forms ensure that both you, the guardian/rider, and we, the provider, are up-to-date on any issue that might affect a participant's time at the barn. As always, if you have questions or concerns about anything in the forms, feel free to contact us for clarification.

The other two forms in your rider packet -- the therapist's assessment and the teacher's assessment -- provide more information for our instructors as they plan and implement your rider's lessons. These forms are optional. We like to have as much information as we can gather, but we do not wish to create a hardship for our riders' families. Please have a professional fill out these forms as you are able.

You can update us at any time if the information on the forms changes, such as a guardian's name, contact information or medical condition.



We look forward to seeing everyone at the barn in 2017 – often.

2017 DATES TO REMEMBER

- Session 1** February 6—March 18
- Session 2** March 27—May 6
- Session 3** May 15—June 24
(Make-up for Memorial Day—June 26)
- Session 4** July 10—August 19
- Session 5** September 5—October 14
(Make-up for Labor Day—Oct. 16)
(Make-up for Horse Show—Oct. 21)
- Session 6** October 23—December 2
(Make-up for Thanksgiving—Dec. 7)

Adult Horsemanship Clinics (Ages 16 & up)
Saturdays from 1—3 pm

Mar 11 Apr 8 May 13 Jun 10 Aug 12 Oct 14

Children's Horsemanship Clinics (Up to age 15)
Saturdays from 1—2:30 pm

Apr 15 May 20 Jun 17 Oct 21

Free Horsemanship Clinic—Sat., May 13

Children 9:30—10:30 am
Adults 11:00—12 noon

To inquire about lessons or clinics—please contact Karen



Our Mission, Vision & Core Values

Mission

To enhance the lives of individuals with special needs through equine assisted activities.

Vision

To grow as a diverse equine assisted activities program of distinction that is valued in our community and beyond.

Core Values

Dignity—We treat everyone in our Greystone Manor TRC family with the highest level of dignity and respect everyone's contribution to the program—whether large or small.

Safety—We promise to “do no harm” either therapeutically or environmentally.

Professionalism—We utilize trained instructors and volunteers to ensure program excellence.

Community—We cooperatively work with members of the community to build upon the network of opportunities available for individuals with special needs.

Transparency—We operate in an environment of trust and integrity offering full disclosure of our program.

Health and Happiness—We strive to provide a fun environment for all participants in conjunction with a focus on the health and happiness of our human and equine stakeholders.

Welcome back, GMTRC volunteers! We look forward to seeing all new and returning volunteers at our January volunteer orientations. Come hear what's new at the barn for 2017 and up your rider and horsemanship awareness skills.

Orientations will be held 1 to 3 p.m. Saturday, Jan. 21, or 6 to 8 p.m. Tuesday, Jan. 24. **All volunteers are required to attend one session.**

Our **new orientation format** will welcome new volunteers for the first hour, then focus on awareness for all new and returning volunteers during the second hour. Therefore, new volunteers are asked to attend the entire two-hour orientation. Returning volunteers may arrive at "half-time," which is 2 p.m. Saturday or 7 p.m. Tuesday.

Be sure to download and complete your 2017 volunteer registration form, waiver of liability and availability cards from our **website** and bring these documents with you on the day of your scheduled orientation.

Pennsylvania Criminal and Child Abuse clearances also are required for all volunteers. These instructions and web links can also be found on our **website**. Click the "Get Involved" tab and select the "Volunteer" option.

Please RSVP or direct questions to Sandi Pearsall by email, at vol.coordinator.gmtrc@gmail.com, or text or phone, 717-203-7388.

REMINDER: All new volunteers—attend one 2-hour session

Sat.—Jan. 21, 2017 1 to 3 p.m.

or

Tues.—Jan. 24, 2017 6 to 8 p.m.

Returning volunteers may arrive at "half-time" 2 p.m. Saturday or 7 p.m. Tuesday.

From the Barn—New Year News from Nando and Neptune

Nickers from the barn! Did you enjoy the holiday season?

Our 2017 wish is that we hear your cheerful voices, feel your gentle grooming and see you again very soon. We aren't too lonely, as our barn staff and a few special volunteers come every day to give us food, water and hay, and train, groom and love on us. They cover us in blankets on the coldest days and make sure we get our exercise so we are fit and ready for your return. The GMTRC herd especially likes to run in the chilly winter air before returning to rest in the warm and cozy barn. Here are a few photos of us from our holiday parties.



Terri and barn cat, Lucky, "bling" in the New Year while Sam, Nando, Katie, and Lucy ham it up for the holidays!



Community Outreach Coordinator

Heather Mitterer

This year's **Extraordinary Give** was our most successful to date. We had 124 gifts, totaling \$11,625.

At **Merry Litz Christmas**, we worked alongside other great organizations to serve the community in celebration of the upcoming holiday.

The **Ten Thousand Villages** annual shopping event also was successful. Thank you to everyone who shopped during the hours of our event and spread the word to friends and family.

Our events provide an opportunity not only to fund-raise but to network with other organizations, meet potential riders and new volunteers, and engage with the community.



BOARD OF DIRECTORS

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Lancaster, PA 17605-0724
Ph: (717) 615-9222

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



Our 2016 Gala Ambassador, Susie shown riding Sam during the "Happy Trails" Horse Show.

On behalf of GMTRC's Board of Directors I want to thank you, our program friends, for your continued support in 2016.

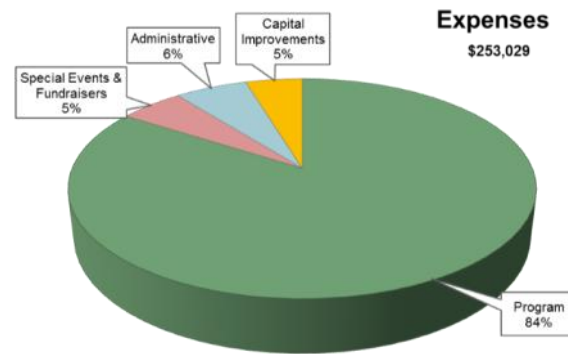
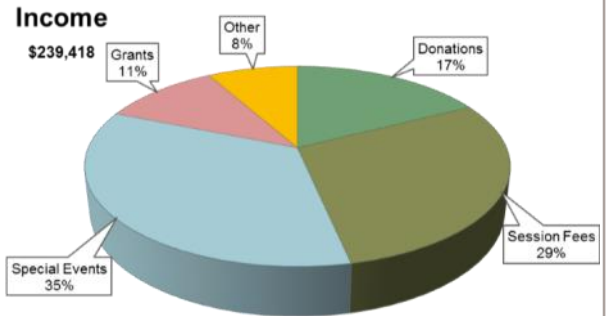
One glance at our financial charts illustrates our tight budget situation in the last year. We are proud of how our GMTRC team continued to provide quality services and thorough care of our equines through fiscal caution and hundreds of volunteer hours.

To remain successful for the future, GMTRC depends on the continued support of our contributors and volunteers, as well as the development of new program friends. Perhaps you can help us reach out to the community in 2017? If you are aware of new funding sources, applicable grants or a donor match program at your place of work, please reach out to our Staff or Board of Directors, or email us at general.info.gmtrc@gmail.com.

We look forward to welcoming you back to the barn in 2017!

Appreciatively, *Tom*

Tom O'Brien, President
GMTRC Board of Directors
Email: president.gmtrc@gmail.com



Emalee and Mark show Ted the ropes at "Celebrate GMTRC", our annual year end party for riders and volunteers.

Have you liked us on Facebook?
Are you following GMTRC on Twitter or Instagram?



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