



2018 Spring Issue

Volume 13, Issue 2

a newsletter for friends of GMTRC

## Spring Snapshots

Picture "therapeutic horseback riding" in your mind. What do you see? Who are the students, horses, volunteers and staff involved in a typical lesson or clinic? What services are offered?

This year, Greystone Manor Therapeutic Riding Center hopes to end the mystery, share some history and educate our growing community of friends through snapshots and stories to bring our programming into clearer focus. Read on to learn more!

*Linda Leiden*  
Instructor/Board Advisor

**Lily loves the  
spring sun!**



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**PATH International** defines "therapeutic riding" as an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Therapeutic riding provides benefits in the areas of health, education, sport, recreation and leisure. A diagnosis or disability does not have to prevent a person from riding horses! Horseback riding rhythmically moves the rider's body in a manner similar to the human gait, enabling development in balance, stability, flexibility and muscle strength.



(top) Bailey was happy to shed his turnout blanket this April!



(right) Lil Lacey keeping an eye on things.



## PROGRAMS: Michelle and Katie

Katie and I, who are both instructors at GMTRC, are very excited to step into our new leadership roles! We look forward to working with staff, volunteers, riders, and of course our equine partners, to further strengthen and expand our programming at GMTRC!

I often get asked, "What does it mean to be a therapeutic riding instructor?" At GMTRC, our instructors are certified through PATH International (The Professional Association of Therapeutic Horsemanship) and/or CECTH (The Council for Education and Certification in Therapeutic Horsemanship). They have a deep understanding of horses, as well as various special needs. Our therapeutic riding instructors and their volunteers work closely with riders ages 4 to senior citizens to ensure safe, goal-oriented riding lessons and unmounted clinics.



New participants ride in a private lesson, assisted by two side-walkers, who walk alongside the horse, as well as a horse leader. Our gentle, trained horses offer incredibly positive emotional and physical benefits for people with a wide variety of challenges. Currently we offer programming through our therapeutic riding lessons and unmounted horsemanship clinics.

**Adult Horsemanship Clinics:** At our clinics, students ages 16 and up learn hands-on horsemanship skills, such as grooming, tacking and leading. Have you ever "dressed"

your horse before a lesson? **Join us for "Horse Tacking 101: Preparing Your Horse for a Lesson," 1 to 3 p.m. Saturday, May 12, at the barn.**

**Please RSVP to Michelle by May 7. Call 717-615-9222 or email: [programs.instruction.gmtrc@gmail.com](mailto:programs.instruction.gmtrc@gmail.com)**

Participants will learn the "who, what, how, when, where and whys" of tacking. Cost is \$50, and full rider documentation is required. Future clinic dates include Saturdays, June 9, Aug. 11 and Oct. 13.

**SESSION 3 RIDING LESSON DATES: May 14 – June 23**



*Sam and friends await their riders*

## COMMUNITY OUTREACH: Heather

**New! Follow our business LinkedIn page—**  
<https://www.linkedin.com/company/15557053/>

Upcoming! Look for the new **FAQs page** being developed for our website, [www.greystonemanortrc.org](http://www.greystonemanortrc.org).

GMTRC offers a special thank you to two great community organizations we connected with this year, **Lititz AMBUCS and Spinnin' Spurs 4H Horse and Pony Club**



Do you belong to a community organization that might like to learn more about GMTRC's programming or offer a day of service to GMTRC? If so, please email:

**[community.outreach.gmtrc@gmail.com](mailto:community.outreach.gmtrc@gmail.com)**

Thank you for spreading the word about our mission and programming in Lancaster County and beyond.



**Receiving Lititz AMBUCS February 2018 donation to Greystone Manor Therapeutic Riding Center**



## VOLUNTEERS: Steph and Bobbi

GMTRC's special morning group clinics need you! Please join us to help with rotating equine learning stations for small groups of students and campers from the following:

**Hempfield School District's Centerville Middle School Autistic Support Classroom: Thursday, May 3 from 10–11:30 a.m.**

**School District of Lancaster Multiple Disabilities Classrooms: 9 a.m. to 1 p.m. Thursday and Friday, May 17 and 18**

**Aaron's Acres campers: 9:15 a.m. to noon Tuesdays, June 19, July 10 and July 24, and Thursdays, June 21, June 28, July 12 and July 19**

We need lots of volunteers for each day! Please talk to Steph or Bobbi about job descriptions and how you can help. Lots of variety! Lots of fun! All hands on deck required!



*Peppy (left) and Lucy (right) keeping a watchful eye on Troy.*

### Volunteer Training Opportunities

#### Wednesday, May 9, Lesson Volunteering:

Review of grooming, tacking and lesson procedures. Great for new volunteers looking to be more involved with prep and gain more working knowledge of horses and riding equipment.

#### Wednesday, June 13, Equine Sensory Input:

A fresh and new discussion of equine behavior and how horses process information and communicate. Discuss horse confidence-building and desensitization techniques.

#### Saturday, July 14, Horsemanship Course:

This is a great opportunity to get hands-on horse time in a safe and controlled environment. Leading techniques, tips and tricks will be discussed. Great session for new and aspiring leaders.

#### Wednesday, August 8, Horse Leading Seminar:

This session is a chance for volunteers to come in with questions about horse handling and discuss solutions with staff. Typical problem areas and "what-if" scenarios also will be discussed.



*(top) Harry and Nando can't wait to greet this summer's Aaron's Acres campers.*

*(right) Handsome Harry enjoying a fresh bale of Gator delivered hay!*

Volunteers  
are the  
heart of  
GMTRC!

Call 717-203-7388  
to learn about  
volunteer  
opportunities at  
GMTRC.





## BOARD OF DIRECTORS

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Please send newsletter comments to:

[general.info.gmtrc@gmail.com](mailto:general.info.gmtrc@gmail.com)

Visit us on our website at:

[www.greystonemanortrc.org](http://www.greystonemanortrc.org)



Barn duty can be dirty work! Just ask Terri and Lisa.

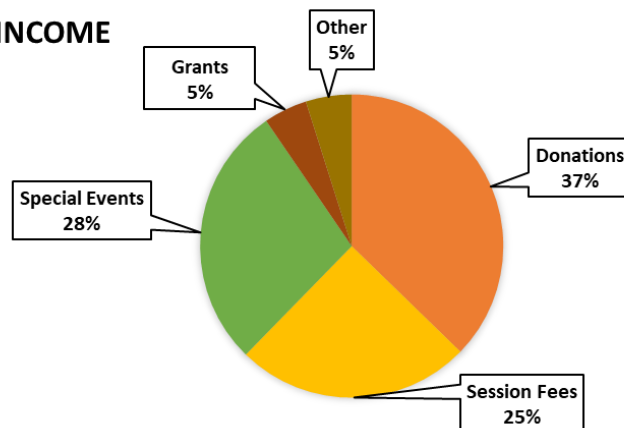
## BOARD OF DIRECTORS: Tom O'Brien, President

Every year Greystone Manor Therapeutic Riding Center is able to serve our riders and maintain facilities and staff with generous support from donors, limited grants and moderate fees.

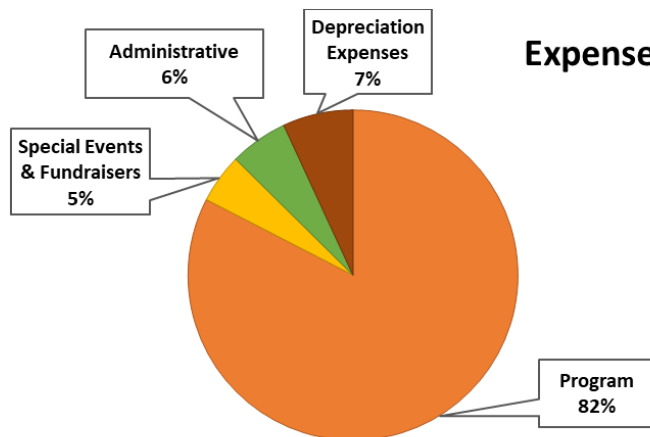
The charts below reflect GMTRC's 2017 income and expenses.

We thank all of you for your volunteer and/or financial support in 2017. Your continued support will allow GMTRC to grow and run a successful program in the future. Thank you, *Tom*

### INCOME



### Expenses



(photo right) Tom, a long-time rider with GMTRC is all smiles on Sampson.

### History note:

GMTRC, a 501(c)(3) nonprofit organization, has provided high-quality equine-assisted activities to children and adults with special needs in Lancaster since 1981. (GMTRC originally operated as LCTR, or Lancaster County Therapeutic Riding.) More than 37 years later, our program continues to grow. We started with only seven riders, and now more than 50 children and adults participate in lessons each week.

