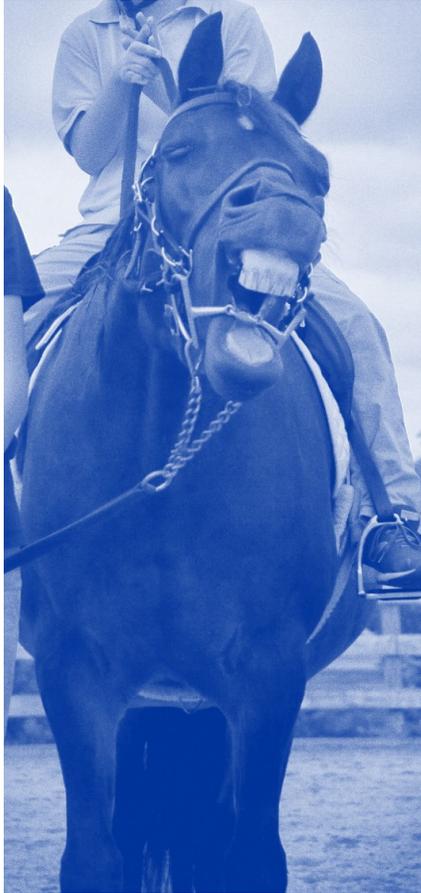


Ride With Pride

Greystone
Manor
Therapeutic Riding Center

Winter 2022 Volume 17, Issue 1

Introducing Our NEW Year-Round Model!



Greystone Manor Therapeutic Riding Center is making some major changes in 2022! We are shifting from a 6-week session model to a year-round model with four designated break weeks. Our vision is to provide quality, consistent service to our participants, and we believe that the change to a year-round model will lead to an increase in participant progress and retention of mastered skills.

Each participant in our GMTRC community comes to us with their own unique set of skills, abilities, and needs. While we encourage all our participants to take advantage of the opportunity to receive services on a year-round basis, we understand that arrangement is not always possible for a variety of reasons. Please know that GMTRC will continue to work with each individual participant and family to meet their scheduling needs throughout the year, as we have always tried to do.

We have four designated “break-weeks” built into the schedule at the end of each

quarter. These are weeks that GMTRC will be closed for programming and are important rest periods for the horses. Holiday closures are also indicated.

2022 Schedule

Break Weeks:

- March 28-April 3
- June 27-July 3
- September 26-October 2
- December 26-January 1

Holidays: New Year’s Day, Memorial Day, July 4th, Labor Day, Thanksgiving Day, Christmas Eve, Christmas Day, and New Year’s Eve.

Thank you for your patience as we adjust to the new model. Please let us know if you have any questions or concerns by calling the program phone at 717-615-9222. The 2022 Registration Forms are available on our website at greystonemanortrc.org. Click on “About Us” then select “Riders & Programs” and scroll to the bottom of the page.

In this issue:

- Our New Year-Round Model
- Join Us for the “Spring Fling!”
- Volunteer Voices with Bobbi— Our Amazing Barn Duty Crew
- Featured Rider—Meet Zoey
- ED Report with Jenn
- Silver Saddles Returns

Enjoy a day of
games, food,
horses, and
our traditional
basket raffle!

“Celebrate!”

Join us

SATURDAY,
APRIL 23RD*
11 AM TO 1:30 PM

open to all GMTRC
volunteers, participants,
and families!

Please RSVP with names of all attendees to Sandi at general.info.gmtrc@gmail.com or 717-844-1798 by April 13, 2022.

*RAIN DATE IS APRIL 30TH

Volunteer Voices - Bobbi

Our Barn Duty Volunteers Keep GMTRC Running All Year Long!

The weather outside is frightful, but the barn is still delightful!

It's 6:00 am. The sun is just peaking over the horizon. Birds are singing. Horses are nickering as they greet you. It's another peaceful day at Greystone.

Over winter break we have had over 60 volunteers donating more than 1,000 hours! Simply being outdoors in a peaceful setting lures our barn duty volunteers to come

back week after week no matter how cold it gets. With 13 horses and 30 acres of land there is no shortage of work to be done.

The volunteers provide basic horse care needs (mucking stalls and paddocks, cleaning water buckets, stocking hay, feeding, turn in and turn out) as well as general farm maintenance (cleaning cobwebs and washing windows). These volunteers play an integral part in keeping our horses happy and healthy and maintaining a clean facility that we can all be proud of.

The staff would like to recognize the behind-the-scene crews!



Monday AM: Robin K. and Suzanne H.



Tuesday AM: Greg H., Joe C., Phyllis S., and Megan V.-G.



Wednesday AM: Suzanne H. and Barbara K.



Monday PM: Linda R., Patty P., Diane G., Julia S., and Catherine S.



Tuesday PM: Diane G., Karen R., Anne H., Dakota L., and Ciara L.



Wednesday PM: Anne H., Judy D., Patty P., and Gail G.

Thank you!

Barn duty volunteers not pictured:

- Sunday AM: Jeremy G., Megan V-G., Dylan H., Joe C;
- Wednesday AM: Adam B., Claire T., Sophie T., Dylan H.
- Wednesday PM: Vicki F.
- Thursday PM: Vicki F.
- Friday PM: Bob H.
- Saturday AM: Kristin G., Linda G., Dylan H., Joe C.
- Saturday PM: Amanda G.
- Night Check: Laura R., Troy H., Chelsea D., Terri K., April H.



**There's room for you too!
Are you interested in barn
duty? Contact Bobbi at
717-203-7388!**



Thursday AM: Adam B., Emily D., and Sue K.



Friday AM: Bob H., Emily D., and Megan V.-G.



Saturday AM: Shauna M., Apryl S., Erika E., Gaby W., Stephanie Z., Jillian G., Joann G., Matt N., Emily Z., Kevin B., Odessa S., Bill D., and Cherie B.



Thursday PM: Gail G., Diane G., Ciara L., and Dakota L.



Friday PM: Sharon H. and Linda B.



Saturday PM: Donna S., Lynn M., Shauna M., and Elena A.



Sunday AM: Sam W., Phyllis S., Adam B., and Beth K. (above)
Sunday PM: Emily O. and Lydia H. (right)




WE WANT TO BE YOUR GUEST SPEAKER!
We would love to share our mission with your club or team.

Contact Heather at community.outreach.gmtrc@gmail.com

Featured Rider - Meet Zoey!

On October 23, 2021, Deanna and Matt Adair stood before 100 guests at GMTRC’s annual “Mane” Event Gala at Bent Creek Country Club and shared their incredible story. Their seven-year-old daughter, Zoey, has a rare genetic condition called Rett Syndrome. The disorder, caused by a single gene mutation has taken away Zoey’s ability to walk, speak, or have full functionality of her hands.

During her speech, Deanna said therapeutic riding at GMTRC has improved Zoey’s core strength, balance, and use of her hands. Zoey has created close bonds with her horse, Lil Lacey, her instructors, and the volunteers at the barn. “I had no idea that Zoey would love it to the extent that she does,” Deanna said. “She smiles at the mere mention of an upcoming lesson, and even when she’s tired after a long day at school, she gets

excited when she’s getting close to the barn.”

Deanna says “my favorite thing about GMTRC is how friendly, caring, and patient the staff members and volunteers are. Every single person I have met there is friendly and willing to help.” Thank you to the Adair family for serving as GMTRC’s ambassador family during the 2021 “Mane” Event Gala and the 2021 Extraordinary Give!



Deanna and Matt Adair with their kids, Zoey and Zayden

BOARD OF DIRECTORS

Thomas G. O'Brien, president
Drew Hostetter, treasurer
Randy Metz
Terri L. Kutz
Marilu Garofola
Kristin Glass
Marilyn Gehringer
Kathi Markley
Kathy Phillips
Carolyn Strohm
Ciara Young, Esquire

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.

Silver Saddles Returns!

Lancaster County is full of baby boomers with fond childhood memories of riding and interacting with horses. GMTRC's Silver Saddles program offers participants an opportunity to create new memories at our barn! Silver Saddles is a 4-week program for mostly able-bodied people, ages 55+, seeking modest exercise, intellectual growth, a community connection, and an opportunity to learn about horses and horsemanship with the guidance of GMTRC's PATH certified instructors.

Each participant is carefully matched with a well-trained horse and receives one-on-one support from GMTRC's professional staff. Each participant has an opportunity to learn and experience the basics of equine sensory attributes, herd behavior and management, grooming, leading, natural horsemanship skills, and more.

GMTRC instructors, Linda and Deb, developed the program along with Barn Assistant, Diane, to create a local opportunity for community members to share the incredible bond between humans and horses. Deb says Silver Saddles is "such a great opportunity for people to experience the profound effect of connecting with a horse. For some it is on their bucket list or a fear they want to overcome; and others have loved horses since childhood and never got to pursue that passion because of the demands of life. We provide a safe and supportive space to learn horsemanship skills and experience the horse-human connection."

The pilot program launched in May 2021 with the generous

Executive Director's Note: Jenn

Dear Friends:

GMTRC is fortunate to have a strong donor base. Our community continues to inspire us by responding to our calls for donations.

Our supporters might be surprised to learn that the out-of-pocket costs our participants pay represents less than one-third of our actual cost to run the program. Our services come at a significant cost, but for our participants and their families, our therapeutic equine-assisted activities are PRICELESS.

Our program continues to grow thanks to your donation of dollars and volunteer time. Please help us to spread the word about our organization by sharing our newsletters, our website, and our social media posts with our community.

Every donor dollar and volunteer hour furthers our vision. With your support, we look forward to another successful year of *enhancing the lives of individuals with special needs through equine-assisted activities.*

Sincerely,

Jenn



The GMTRC team poses with retired pony Wiz at GMTRC's Horse Show in September 2021.



GMTRC's First Silver Saddles class in May 2021. Photo Courtesy of Pathways Institute.

support of Kissel View Farm in Lititz. The first four participants were delighted and astonished at the depth of the curriculum and the relationships they developed with their horses and our human team!

The GMTRC team is gearing up to welcome new Silver Saddles participants in 2022! For those with health concerns, Linda shares "arthritis, a history of knee replacements, or a negative childhood experience with horses have come up. Our program is extremely adaptive to individual needs. We are happy to address any concerns with a simple phone call."

Do you think Silver Saddles might be right for you? Contact our program phone at 717-615-9222 or email Stephanie Fleck at program.director.gmtrc@gmail.com for more information!