

HOOFPRINTS



Therapeutic Riding of Tucson

Fall 2017

FROM THE EXECUTIVE DIRECTOR SANDI MOOMEY

The strength and success of TROT comes from passionate and dedicated individuals – the TROT board, staff, volunteers, and our supporters – those who share their expertise and resources to meet the challenges. At the same time, they share the goodwill and excitement of making a difference in the lives of people. Together, we are on a path that ensures a bright future for TROT.

TROT is pleased to welcome **Sandy Webster** to the TROT team as **Program Director**. Sandy is an internationally-recognized leader in the field of Equine-Assisted Activities and Therapies (EAAT). For more than 20 years, Sandy has helped many individuals achieve their goals, and has worked tirelessly to expand opportunities for people with disabilities and special needs. Read the full story, including other staff appointments in this issue.

On Sunday, October 29, 4 p.m., treat yourself to a little Horsin' Around! Relax and make new friends while you enjoy a mouth-watering BBQ, along with live country music and dancing as the sun sets on the Tanque Verde Guest Ranch. Be there! Your presence will benefit TROT students.

We are grateful for your support. Together, we are changing lives one stride at a time.

PLEASE JOIN US AT
HORSIN' AROUND
TO BENEFIT THERAPEUTIC RIDING OF TUCSON

SUNDAY, OCTOBER 29, 2017 ★ 4PM-8PM RAIN OR SHINE

COTTONWOOD GROVE ★ TANQUE VERDE GUEST RANCH ★ 14301 E. SPEEDWAY

TUBS GALORE SILENT AUCTION ★
LIVE AUCTION ★
WESTERN BBQ DINNER ★
DANCING TO THE CLEAR COUNTRY BAND ★

ADULTS: \$85
CHILDREN AGES 4-11: \$30

PLEASE PURCHASE TICKETS BY OCTOBER 25

Dress is Arizona Casual 🤠 Boots & hats always welcomed

Tickets: Call TROT at (520)749-2380, x800
Online: www.trotarizona.org/events
Sponsorships available - see web page for details



SAVE THE DATES

**TACK
SALE**

SATURDAY, NOVEMBER 18
GATES OPEN AT 8AM
NO EARLY SALES
TROT - 8920 E. Woodland Rd.

2018 Hearts & Horses Gala

SATURDAY, APRIL 7, 2018
LOEWS VENTANA CANYON RESORT

TROT MISSION



To enrich the lives of people with special needs using equine-assisted activities and therapies to improve physical, mental, social and emotional well-being.

2017 HEARTS & HORSES GALA

PRESENTING SPONSOR **DONAGAN BURNS FOUNDATION**

The Hearts & Horses Gala is our major fundraising event of the year and is always a fabulous night for TROT. This year was no exception, raising more than \$158,000 to support life-changing programs. Results like this can only happen with the generous support of sponsors, auction donors, dedicated attendees, and a hard-working group of staff and volunteers. Testimonials from two participating families were the highlights of the evening. **Sebastian Gutierrez** and his mother **Brie Seward** expressed how exciting it is for Sebastian to be excelling at TROT, reaching goals much faster than thought possible. Sebastian rides Sparky and has made impressive strides in conquering his posting trot.

Sergiel Badilla is in the TROT hippotherapy program. He and Physical Therapist **Kristen Revis** spoke about his much-improved balance on crutches and greater independence in gross motor skills. Sergiel held everyone's attention as he eloquently spoke about his experiences at TROT.

Each of the testimonials was accompanied by a video detailing the scope of their individual lessons at TROT. The crowd was visibly moved, and the spirit of hope and celebration permeated the event.



TROT is profoundly grateful to Presenting Sponsor **Donegan Burns Foundation**, whose impact is far-reaching and inspiring. The Foundation's extraordinary support motivated record giving at the gala. From left to right: **Jennifer Woodard**, Director and Secretary, **Dan Woodard**, Legal Counsel, **Bettye Geurin-Burns**, President/ Executive Director, **Liz Vasek-Kane**, Director.



Event Co-Chair Vicky Zoerb; Auction Co-Chairs Deb Haddock and Cheryl Morton



Event Co-Chairs Steve Hester and Patty Carnovale



Rider Sergiel Badilla and TROT's Physical Therapist Kristen Revis



Brie Seward with son Sebastian Gutierrez and Patty Carnovale



Pat Goehrig, Bob and Marilyn Klepinger



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Event Sponsor Farhang & Medcoff & Guests



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Laurel and Frank Brown



Ralph Houkom and Marla Skinner

STAFF APPOINTMENTS

TROT is pleased to welcome **Sandy Webster** to the TROT team as Program Director. Sandy is an internationally-recognized leader in the field of Equine-Assisted Activities and Therapies (EAAT). For more than 20 years, Sandy has helped many achieve their goals, and has worked tirelessly to expand opportunities for people with disabilities.



Sandy has a diverse background in many disciplines related to training horses, including racing, 3-day eventing, dressage, carriage driving and therapeutic riding. For 19 years, Sandy was the program director and executive director of The Community Association for Riders with Disabilities (CARD), Toronto.

Spearheading the provincial, national and international competitions for riders with disabilities, she took the first Canadian team to the World Championships and Paralympics, where they finished with silver and bronze medals. She was also Canada's first female jockey.

Sandy Webster was the 2012 Winner of the PATH James Brady Lifetime Achievement Award. She is a PATH International Master Instructor, CanTRA Coach, and a Canadian Equestrian Federation Level 2 Eventing and Dressage Coach. As Lead Course Conductor for PATH International, she certifies riding instructors at the Registered, Advanced and Master levels. She is a PATH Accreditation Site visitor, Mentor Trainer, and member of the Interactive Vaulting faculty.



Sandy has spent the past 9 years as a program consultant while developing and fostering EAAT programs and staff, coast-to-coast in the United States, Canada, Singapore, South Korea, New Zealand, Trinidad and most recently Hawaii. She assumes her new role at TROT November 1.

On August 1, **Rebecca G. Noel** assumed the position of Volunteer Coordinator. Becky brings to TROT more than 20 years' leadership experience, working with the Tucson Police Department and other organizations to advance community safety. She relocated to Tucson from El Paso, Texas, in 1996. In 2000, the Tucson Police Department named her Civilian of the Year. She has been an active member of the board of TMM Family Services (formerly



known as Tucson Metropolitan Ministries) since 2008, where she has also served as executive board chair. She holds a B.S. degree in Criminal Justice from the University of Texas.

Becky's knowledge and appreciation of TROT have been acquired through firsthand experience. For more than four years, she has enjoyed volunteering at TROT both as a side walker and horse handler.

BARN BUZZ

Welcoming a new horse to the TROT herd is always exciting to the staff. We have a diverse group of equine coworkers who all bring valuable assets to our team. Accepting a new horse is not an effortless task, however. There is a rigorous selection process for choosing the appropriate horse, and it takes a special equine to accommodate the tasks we ask of them. So, often, we are asked "What makes a TROT horse?" and the answer is: it's complicated. In short, the biggest component is attitude. All TROT horses share a calm demeanor and are eager to please and learn. That mindset sets our horses apart, and is often the determining factor for accepting horses.



As TROT begins its fall semester, we are happy to announce that we have found a horse that meets our requirements. Ringo is happily accepting his new role as a TROT horse. Ringo is a 15 year old grey quarter horse, who stands at 14.2 hands. He is eager to please the staff and handlers, and loves human interaction, qualities that are crucial to our horses' success here at TROT.

Additions to TROT are always welcomed eagerly, but as is part of the cycle, occasionally we have to mourn a loss. This summer we were saddened to lose our mustang mare, Nutella. Nutella was patient and welcomed any rider, and provided students with a quality lesson and affection. Nutella touched countless lives here at TROT, and we will miss her dearly.

We all sometimes experience emotions that make us feel drained and depleted, such as anger, frustration or anxiety. When you feel negative emotions, the rhythm of your heart is irregular and jerky. Focus on your heart and take a few deep, slow breaths and the rhythm becomes more organized and regular; your heart rate starts increasing and decreasing in time with your breathing. This is called coherence.

Scientific research shows that your heart rhythm affects your brain's electrical rhythm. As the heart beat changes, so does the electrical activity of cells in key centers of the brain that control emotions and higher thought processes.

Chaotic heart rhythms inhibit your brain function, whereas ordered heart rhythms make you feel calm, less stressed and anxious and able to find better solutions to your problems. Creating a regular rhythm in your heart by focusing on your heart, breathing more deeply and slowly (about 5 seconds in and 5 seconds out) and feeling appreciation for someone, something or some place in



your life will make you more equipped to deal with life's difficult situations. This is called Quick Coherence®. Although you can practice this exercise anywhere, the best situation is when you are with horses.

Horses, being prey animals, have developed survival skills, including an innate ability to remain vigilant to what is going on in the wider world as they graze. Broad attention takes in a great deal of environmental information, including the body language of other animals and people surrounding them. If you breathe deeply and slowly when you are standing near a horse, and send a sincere feeling of appreciation to that horse, see what happens! Very often the horse will suddenly lift up his head, move his ears around, look at you and even walk towards you. He knows that you are in a coherent state and that you are safe and good to be around. Try it next time you are at TROT!

Dr. Baldwin is a Professor of Physiology at the University of Arizona, and Director of Mind-Body-Science.

To learn more about ways to tune into your heart and some simple devices to help you do this, contact Dr. Ann Baldwin at abaldwin@mind-body-science.com or 520-795-4048.

PARTNERS FOR PROGRESS

TROT acknowledges the generosity of **Sue Seger**, who recently presented TROT with a major gift. Sue and her sister, **Dr. Martha Seger**, both longtime benefactors of TROT, have fond memories of their nephew, **Brad Seger**, a TROT rider who enjoyed many rewarding hours on horseback. The Seger family's enduring commitment provides untold opportunities and inexpressible hope for families with special needs.



HEROES ON HORSES

Therapeutic Riding Of Tucson (TROT) has given me a sense of hope when I felt all was lost. After trying and falling short with conventional treatment methods for Post Traumatic Stress Disorder (PTSD), I desperately searched for alternative treatment options and found TROT.

Going into therapy I had no expectations, but quickly realized the power that this therapy can possess. I was able to let my guard down and open up to connect with the horses in a way that I have never experienced in any other therapy setting.

The friendly volunteers, staff, and therapist of TROT take pride in the work that they do, and I am glad they are here to assist me in my recovery.



U.S. Army Combat Veteran
October 2017

WITH GRATITUDE TO OUR DONORS

July 2016 through June 2017

TROT appreciates the hundreds of generous individuals, businesses, foundations, and community groups who make TROT possible through their financial and in-kind donations. Your name is most likely among them, and we thank you.

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