

A Letter from the Executive Director



I was driving to work the other day hoping for some inspiration as to what to write about in this edition of Hoofprints because so much has happened since the last newsletter. Certainly, Margaux peeking in my office wondering if I was done with my article created some urgency for my inspiration. I always joke that we have a difficult time keeping up with the pace we set for ourselves at TROT. Therefore, there is never any shortage of new developments or achievements to talk about. However, as I was driving, I wondered how the many, many people who came before us moved TROT forward.

Then it dawned on me...we are always looking forward, always. Why not take a minute to look back to honor and give thanks for all who have come before us, including all the volunteers, donors, staff, board members, friends, ambassadors, supporters, and equine heroes of the past!

Inspiration complete!

When you depart from Tucson International Airport on that big jet plane, do you ever wonder who built the runway that the plane just took off from? Who decided how thick the seat cushion should be? Or which committee decided the size of the tray table on the plane?

TROT is like that jet plane taking off. We are only able to fly because of the many who have toiled before us to ensure we have a solid foundation to take off from, a safe plane, and clear weather ahead. As we move forward at breakneck speed, attended to by a great crew both in the air and on the ground, we must give thanks to all who have helped TROT soar.

TROT was founded in 1974, and in just a year and a half, we will be celebrating our 50th anniversary. Incredible!

Let us take a moment to thank all those who have spent the last 48+ years making TROT what it is today. Whether you were a past staff member, an instructor, a volunteer who pulled weeds or mucked stalls, or a donor who gave \$1 or \$100,000--it all mattered and YOU made a difference. YOU HELPED MAKE TROT! So, on behalf of all of us on this awesome big jet named TROT, thank you, thank you, thank you!

Now flip through this edition of Hoofprints to catch up on all the happenings at TROT. Don't forget to subscribe to our online newsletter and visit our webpage for new videos, photos, and an updated events calendar.

Stronger together,

Jeff Copfer, TROT Executive Director

*We need You!
Become a TROT volunteer!*

Connect with TROT



www.trotarizona.org
[@TROTArizona](https://www.instagram.com/TROTArizona)

TROT Mission:

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

*.....
Changing lives, One stride at a time!*

TROT EVENTS

It was a dream come true to host Horsin' Around on TROT's property this year! TROT was the perfect location for a little "Horsin' Around" and we sure got the job done!

The western-themed silent auction was very successful; horse puck bingo brought excitement; guests enjoyed testing their knowledge at TROT Jeopardy; and had a blast down at the barn playing games. On top of all that, six TROT participants got to show off their skills in the brand-new covered arena! Everyone had a great time dancing to the music of Flipside, a local country band.

Thank you to our event sponsors who helped us raise \$95,000+ to support the TROT programs for children, adults, veterans and First Responders affected by disabilities. For those of you who missed the fun, you'll get your chance to Horse Around with TROT next year! Looking forward to seeing you there!



During dinner at Horsin' Around, Jeff, TROT's Executive Director, expressed our need for a dump trailer. Within ten minutes flat, our generous TROT Family helped us raise the money! And wasted no time in getting our dream dump trailer from Tucson Trailer Company. This thing has all of the important bells and whistles to complete every project on the property.

THANK YOU!



Top photo: Covered Arena lit up at night. Bottom photo: Ribbon Cutting Ceremony (left to right) Barbara Rector, Nancy McGibbon, Lori Medcoff, Laurel Brown, Steve Hester.

Ribbon Cutting Ceremony

Scheduling the Covered Arena Ribbon Cutting proved to be a tough one--between COVID restrictions, weather, installation of the donor recognition wall, and other events happening on TROT property. But in the end, February 25, 2022, was the perfect day to share the achievement of a long-time dream. TROT's brand-new covered arena offers a safe and comfortable protection from the Arizona heat for our participants, volunteers, staff, and horses.

TROT gives a BIG thank you to The Connie Hillman Family Foundation, Bill & Nancy McGibbon, SBK Stearns Family Foundation, Bonnie Kay, Ruth McCormick Tankersley Charitable Trust, Gary & Colleen Reeve, and Frank & Laurel Brown who, along with other generous supporters, made the Covered Arena a reality!

PRESENTED BY:

DONEGAN BURNS
FOUNDATION

7:00a - Registration

8:00a - Tournament begins

1p - Lunch and Awards

Grab your team and lets

change lives, one swing at a time!



Welcome to the TROT Family!

Jennifer Greer
Barn & Facilities Manager



Jen has been a horse enthusiast for over 40 years and holds a Bachelor of Science degree from William Woods College in Fulton, Missouri. Jen has a very diverse background including: horseback riding instructor; wrangler at dude ranches; convenience store owner; Activities Director at a senior care facility; Behavioral Health

Technician in an integrated care setting for mental, medical and substance abuse services; tack store manager; and owner of a residential and commercial cleaning business. Jen is adept at tackling all kinds of challenges and has a passion for horses and helping people.

Melissa Radtke
Part Time CTRI

Melissa, a native Tucsonan, has always been an avid animal lover. She grew up caring for family pets, participating in 4-H clubs, and riding neighbors' horses. After graduating from the University of Arizona with a degree in music performance, Melissa began volunteering at TROT. She started as a horse handler and side walker, and soon added the roles of team captain and schooling rider.



Melissa is a Certified Therapeutic Riding Instructor through PATH Intl and enjoys teaching classes at TROT. Her previous experience as a piano instructor gave her teaching skills that she uses every day, whether she is instructing participants or training volunteers. Her love of teaching and passion for animals are combined in her work as a therapeutic riding instructor.



TROT continues to be a leader in innovative equine-assisted activities by maintaining the distinguished title of a Premier Accredited Center by PATH, International. This distinction is highly respected, as only 15% of PATH's 850+ accredited centers globally have achieved this level of accreditation.

TROT is proud to be the only Premier Accredited Center in the Greater Tucson area.

Wrangler was a roping horse before arriving here at TROT and has quickly won over the hearts of everyone he meets. He enjoys the slower paced lifestyle of a TROT horse and has integrated into the herd, making many friends along the way. Wrangler is a sweet chestnut gelding that will be able to meet the needs of both our child and adult riders when his training by our program staff is complete.

Wrangler



Shadow



Shadow is a beautiful palomino gelding and the newest edition to the TROT herd. He is being introduced to his teammates within our herd, and he enjoys his time out in the pastures with them. Shadow is a beautiful mover, and his large stature will be a perfect fit for both our adult and veteran riders.



Your Tack Gives Back!
CLEAN OUT YOUR TACK ROOM

TROT accepts all tack and barn items such as:

- Riding Clothes + Shoes
- Buckets/Barrels/Feeders
- Grooming Supplies
- Saddles + Pads
- Bridles/Halters/Lead Ropes
- and other horse related items!



Therapeutic Riding of Tucson

DONATE NOW

All donations may be dropped off or call TROT at 520-749-2360 to schedule a pick up. Therapeutic Riding of Tucson is a 501c3 nonprofit organization. All donations are tax deductible

2021 Program Highlights

Participants Served in 2021

Adaptive Riding Participants.....	172
Back in the saddle participants.....	4
Rider's Up!.....	3
Equine-Assisted Learning.....	7
Equine-Assisted Counseling.....	39
Heroes on Horses.....	9
Creating Connection from the Ground Up.....	6
Community Partner Groups.....	60+
Total Individuals Served.....	300+

Therapeutic Hours by Program

Adaptive Riding.....	1,830
TROT Summer Camp.....	20
Back in the Saddle.....	120
Rider's Up!.....	90
Equine-Assisted Learning.....	210
Equine-Assisted Counseling.....	312
Heroes on Horses.....	270
Total Therapeutic Hours.....	2,852

Demographics & More

Average age (Oldest 76; Youngest 4).....	19
Total % of adults in all programs.....	37%
Total % of children in all programs.....	63%
Ethnicity:	
Caucasian 64%; Hispanic 26%; Asian 1%;	
African American 1%; Native American 1%;	
Middle Eastern 1%; Other 2%	

Program Facts:

- TROT served individuals with 43+ different diagnoses
- TROT served participants from 29+ area codes
- 24% of all TROT participants received a scholarship
- 86% of all participants accomplished their goals
- 56% of all program costs are underwritten by TROT to keep costs low.



Student Spotlight

AR has been riding in TROT's adult adaptive riding program for four years. AR is diagnosed with a rare syndrome that affects the symmetry of her body, her mood, and her cognitive abilities. AR works hard with her equine companion, Carmela. Together they have been able to meet AR's goals of increasing strength on the left side of AR's body, problem solving, and developing social skills. Over time, AR has learned and excelled in many riding skills including direct reining, halting, two-point, and sitting the trot. AR has also shown improvements in her ability to manage change, and process different situations throughout her lesson. She problem solves her tasks at hand and appropriately expresses her wants and feelings. AR is always willing to be a supportive voice for her peers and TROT.



THERAPEUTIC RIDING OF TUCSON received a full tuition grant to attend the fourth annual National Snaffle Bit Association Coaches Summit that was held in Murfreesboro, Tennessee on February 21-23, 2022. Dora and Sophie were invited as guests of the National Snaffle Bit Association for their leadership role in their community and the advancement of their local therapeutic riding program.

Presented as a special project of the NSBA Foundation, the three-day workshop included instruction in the classroom and on-site at Ryan Cottingham Show Horses, in Shelbyville, TN. Twenty-eight attendees represented ten states during the three-day event.

The Coaches Summit is designed as a professional development workshop for equine industry professionals, therapeutic riding center coaches, staff, volunteers or any interested stakeholder to explore opportunities for engagement and expansion of current or new riding programs.

Instruction revolved around the inclusion competition for Equestrians with Disabilities or Veterans using horses as a form of therapeutic riding but also included grant writing, fundraising, strategies for building industry networks and open discussion panels for each. Certified Professionals received continuing education credits for attending the Coaches Summit as outlined in their certification requirements.



TROT's Program team in the Veteran Recognition Parade

Property Improvements and Plans

The Courage Course: *Bringing Courage to TROT*

The Courage Course, located in the southwest corner of the TROT property, is the latest addition to TROT's sensory trail. This winter, TROT supporters raised the funds to build the **Courage Course**. **And thanks to Team Rubicon, the course came to life!** Within three short months, the Courage Course was built and operational. TROT is extremely grateful to the men and women of Team Rubicon who volunteered their time and energy to turn an idea on paper into a Courage Course with 16 tangible obstacles, each with its own therapeutic component.

The Courage Course promotes agility of both body and mind for both participants and their equine companions. The partnership with horses can help participants navigate challenges and create new pathways in the brain. Participants are encouraged to get out of their comfort zone and learn how to confront challenges through problem solving and compassion. The idea is to have fun, embrace creativity, and try something new with your equine partners.



More Horses, More Pastures

The title says it all. As TROT's programs continue to grow, the herd needs to grow as well. As you all know, the health and wellness of our horses is our top priority. It's a fact that if we did not have our horses, we would not have a program! With that said, their mental health is just as important as ours, especially in the roles they are in. All of TROT's horses get turned out every day in one of our five grass pastures.

TROT is incredibly grateful for the loyal support of the *Larry M. Levey Foundation* who made the pasture six project possible, including the irrigation expansion. The addition of a sixth pasture not only supports the health and well-being of our precious herd, but also directly impacts those that TROT serves.

Additional thanks to: *Antech Corporation*, *H&M Professional Services*, and the many *TROT volunteers* who helped move debris, prep the ground, and dig the trenches for the expanded irrigation system.



NEXT UP!

Concrete Sidewalks
to the Covered Arena

Solar Installation

Water Harvesting System
for the Covered Arena

Re-gravel Sensory Course Trails

Covered Round Pen

Separate building for
Mental Health Services

Tuff Shed Tack Shoppe

Portable Bathrooms
at the Covered Arena

If you know a guy, who has a guy, that might be able to help, contact Jeff Copfer at jcopfer@trotarizona.org

Just what is it that TROT volunteers do?

In a word, EVERYTHING! As with most volunteer efforts, the great thing about volunteering at TROT is that your gift never stops giving. Participants utilize the skills they learn at TROT and put them to use in their everyday life. This phenomenon is evident in every aspect of volunteering at TROT.

For most of our volunteer force, entry to TROT is through an adaptive riding class where our volunteers work directly with our participants during weekly classes helping to make the impossible possible. Sometimes this comes in the shape of our side walkers offering physical support in the form of ankle holds or even trunk support. This helps our participants sit tall and proud in the saddle. Sometimes it involves physical or verbal cueing, since side walkers act as the supportive and directive extension of our riding instructors. This keeps our participants focused on the task at hand, properly timing their riding cues to their horse and their team and practicing important skills like sequencing and communication.



Volunteers also spend hours and hours trimming trees, weeding our sensory course, laying rock, hauling away debris, installing pathways, putting up fences, building obstacles for our courage course, etc. Their gift becomes the platform for our participants to take a rest in the shade underneath a healthy mesquite tree or experience the freedom of riding on our sensory course beyond our arena fences. Similarly, our horses, who we could not do without, benefit from their giving--having ample rest and relaxation in big grassy pastures, free to stretch their legs and graze for hours during the day. Of course, who could forget the dedicated volunteers who assist in getting our horses from their stalls out to our beautiful pastures. This ensures that our herd can be focused during class time and offer our participants the best riding experience possible!



Then there are volunteers who assist in our fundraising efforts, whether that be organizing silent auction items; picking up donations; making phone calls; running a booth at Horsin' Around; managing a busy silent auction check out; directing the parking of over 200 cars; organizing tack donations, etc. Their efforts create the environment for our generous donors and supporters to fall in love with the spirit of TROT and fund our mission.



It is a fortunate organization that attracts volunteers who work hard to leave a positive mark. The great thing about TROT is that we don't just have one or two. We have an entire volunteer force, made up of hundreds of wonderful people who make their mark each and every day they spend with us! Thank you to each of you...we couldn't do what we do without you!

Have you thought about volunteering but haven't been ready to make the leap? Are you a current volunteer who might have friends who would want to join the fun at TROT? If so, we are looking for more volunteers to help in classes, care for horses, and keep the facilities looking great! Go to www.trotarizona.org/volunteer to learn more and get started!

**JOIN OUR
VOLUNTEER
TEAM!**

HELP ENRICH THE LIVES OF
OTHERS BY VOLUNTEERING
AT TROT.

8920 E WOODLAND RD
TUCSON, AZ 85749



**CREATING CONNECTION
FROM THE GROUND UP**



**JUNE 27 - 30
5PM - 6:30PM**

REGISTER NOW!



A program focused on building the self-esteem and self-image of teens experiencing challenges in their lives. This camp will create connection from the ground up for teens experiencing grief, loss, anxiety, depression, and/or body image issues.

Creating Connection from the Ground up is facilitated by TROT's Licensed Mental Health Professional. This camp will be offered June 27 through June 30 from 5pm to 6:30pm at TROT.

To register, go to www.trotarizona.org/events or contact Sierra at Sierra@trotarizona.org.

Taste of TROT - Summer Camp!

We are hosting *Taste of TROT* summer camps! This year, we are expanding our summer programs to offer three *Taste of TROT* camps catering to riders ages 8-17. Each week is filled with horsemanship, riding, and equestrian crafts. Our camps are all inclusive for TROT riders, volunteers and their families.

Session I: July 5-8

Children of Veterans and First Responders

Session II: July 11-15

Session III: July 18-22

Space is limited. These camps are only open to families who are not currently participating at TROT.

To register, go to www.trotarizona.org/events.

VOLUNTEER OPPORTUNITIES:

- SIDE WALKERS: HELP OUR PARTICIPANTS SUCCEED
- HORSE HANDLERS: SPEND HANDS ON TIME WITH OUR HERD
- PROPERTY & BARN: KEEP OUR FACILITY IN TIP TOP SHAPE
- EVENTS & ADMIN WORK

**CALL OR EMAIL OUR
VOLUNTEER COORDINATOR
TO GET STARTED!**

Laura Bissing
volunteer@trotarizona.org
(520)-749-2360 ext 612

Visit trotarizona.org for more info!

Volunteer Highlights

of active weekly program volunteers.....143
of service groups.....120
Total # of volunteers.....210
Total # of hours donated.....7,555





**Therapeutic
Riding of Tucson**
8920 E Woodland Road
Tucson, AZ 85749
(520) 749-2360

YES! I Would Like To Make A Difference!



**Therapeutic
Riding of Tucson**

Giving Options:

I would like my gift to be used:

- Wherever needed most
- For TROT Programs:
 - Heroes on Horses**
 - Equine Equine-Assisted Counseling (EAC)**
 - Adaptive Riding for Children & Adults**
- Arizona Tax Credit
- Horse Support
- TROT General Scholarship Fund
- TROT Designated Scholarship for a specific student

To give online, visit: trotarizona.org/donate

Payment Options:

Enclosed is my gift of:

- \$15 \$50 \$150 Other \$ _____
- I have enclosed my check payable to
Therapeutic Riding of Tucson (TROT)
- Please charge my credit card
 - Visa MC AmEx Discover
- A monthly gift of \$ _____
on the 1st or 15th of each month

Name

Address

Email

Card Number

Exp. Date CVV Signature