

# HOOFPRINTS

## Therapeutic Riding of Tucson

Spring 2021

### Letter from the Executive Director

**Hello everyone! My name is Jeff Copfer and by now many of you know that I am the new Executive Director at TROT.**

Honestly, I still have to do a double take when I write that. What an absolute honor and privilege to be the director of such an amazing organization. So how did I get here? Well, to read a detailed introduction, I would like to refer you to the TROT webpage, but the short version is after many years in the Air Force and even more years at the Pima County Sheriff's Department where I retired as a captain, I was fortunate enough to be selected as TROT's Executive Director. My wife and I have three children, two Arabian horses that live on our property, and a myriad of other animals too numerous to mention. We live close enough to TROT that sometimes I swear I can hear Prince Julian neighing or Steve start up the John Deere.

My official start date at TROT was January 4th, and it has been a whirlwind adventure since then. The staff has just been a dream to work with. They are consummate professionals who dedicate an astronomical amount of time to making sure TROT runs smoothly and that I learn as much as possible as fast as possible. TROT's PATH certification as a Premier Accredited Center plays an integral part in our daily operations. We pride ourselves on this well-earned certification, and it guides us to provide the best therapeutic riding program possible. Thank you to TROT's PATH certified Instructors!



What a time to jump into TROT! We are within reach of building our covered arena; our winter semester is in full swing; growth is on the horizon; and our ever-expanding volunteer crew of over 160 active volunteers help TROT provide amazing services to so many in need.

My days are filled with zoom meeting after zoom meeting and learning the ropes. Sometimes, I just have to step outside to catch my breath and see the sun. That is the moment the magic of TROT becomes indisputably apparent. When a participant yells my name from across the arena; when another runs up to me and gives me the biggest hug ever; when I hear a side walker

proudly proclaim that a participant did a two-point today....those are the moments that define why we are all at TROT. We are here for them! Everything we do at TROT must always be for and about them!

The pandemic, of course, has taken its toll on many, and in order to help a rapidly growing number of adults and children who would benefit from TROT, we are charting a path forward. A path that will include summer programs in the covered arena, additional classes, dedicated veteran and first responder programs, a larger herd of amazing horses, and expanded therapy services. I look forward to collaborating with the Board of Directors,

Staff, and Volunteers to map out the long-term future of TROT in order to effect intelligent and sustainable growth. I thank all of you for your confidence and trust! TROT is a magical place, and we want to share this magic with so many more.

**Whether you are a staff member, a volunteer, supporter, donor, friend, or parent, together we will grow in order to help them, our participants, because they are why we are here. They are why we are TROT!**



Jeff Copfer  
TROT Executive Director



#### TROT Staff

Margaux DeConcini,  
Development Director

Laura Bissing,  
Volunteer Coordinator

Carolyn Ohrel,  
Administrative Assistant

Dora K. Brown,  
Program Director

Sophie Clymer,  
Lead Instructor

Sierra Ohrel,  
Licensed Mental  
Health Professional

Steve Ozee,  
FT Barn & Property  
Manager

Kim Kime,  
PT Barn & Property  
Manager

Nik Busarow,  
Barn Assistant

#### 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.

#### Board of Directors

Lori Medcoff, President

Peter Collins

Hiram-Jesus Felipe Cruz

Cindy Hanson

Courtney Holbrook

Samantha Holbrook

Kellie Johnson

Tanya Elise Mitchell

Deborah Anne Plum

Gary Reeve

David Stone

Deborah Ann Sweezy

Jeanette Wendt

Sarah Wheeler

# HORSIN' AROUND - 2021



PRESENTED BY:

DONEGAN BURNS  
FOUNDATION

ADDITIONAL SPONSORS



Mark your calendar to begin viewing the silent auction on WEDNESDAY APRIL 7. This year, TROT's silent auction items include baskets from your favorite local Tucson businesses, fun grab bags, staycations, and art--there's something for everyone! Bidding on your favorite items starts at 6pm on FRIDAY APRIL 9 and will end SUNDAY APRIL 11 at 9pm.

To make this virtual event possible, TROT is utilizing OneCause, an easy to use online platform that will make fundraising easy for everyone! Closer to the event, a link will be provided with a step-by-step guide which will allow you to view and bid on silent auction items from your computer or mobile device. With your help, TROT can reach its fundraising goal of \$40,000.

## DON'T MISS OUT!

TROT will be sharing testimonials, photos, sponsor appreciation, and more through Facebook, Instagram, Twitter, and LinkedIn. Be sure to sign up for our email newsletter for registration links and how-to help!

To join our email list, text TROTNEWS to 22828

## WANT TO GET INVOLVED? Here's how:

### Donate!

#### Promote Your Business!

- Our suggestion is to assemble a collection or sampling of items that best showcase your local business.
- We ask that you consider a minimum value of fifty dollars (\$50).

### Be a Sponsor!

#### \$1,500 Piece of Pudding Sponsor

- Recognition as a sponsor on all social media, website, and post-event coverage
- Your business's information in every silent auction tub
- Special TROT goodie bag

Have Questions? Contact Margaux DeConcini  
at 520-749-2360 x602 or mdeconcini@trotarizona.org

## HOW TO USE ONECAUSE MOBILE BIDDING

Use your smartphone to start bidding on items now.

### HOW DO I FIND ITEMS?

You can find items by pressing any one of the buttons on the main menu, or by using the search bar to find a specific item or category.

### HOW DO I BID ON AN ITEM?

1) Find the item. 2) Select it. 3) Press Bid.

### WHERE ARE THE ITEMS I BID ON?

Items you have bid on can be found at:  
**Menu > Your Activity**

YOU ARE HIGH BIDDER YOU HAVE BEEN OUTBID ITEM HAS BEEN SOLD

### CAN ONECAUSE AUTOMATICALLY BID FOR ME?

After submitting a bid, you will be prompted to set a Max Bid. When you've been outbid, OneCause will automatically bid on your behalf up to the Max Bid amount you set using the bid increments provided.

### WAS I OUTBID?

You'll receive a text message when you've been outbid. Alternatively, navigate to **Your Activity** to check the status of your bids.

**BID OFTEN  
and HIGH!**

onecause®  
POWERFUL FUNDRAISING SOLUTIONS

ONECAUSE.COM



# SHINE IN THE SHADE!



## Covered Arena Coming Spring 2021

This steel structure will provide a space where riders can build confidence, skills, and trust through equine-assisted activities and therapies with the known benefits of shade.

### **A covered arena will:**

- Allow year-round programming and insure that progress continues during seasonal challenges
- Increase capacity; expanding TROT's programs by a minimum of 800 hours, a 40% increase
- Provide shaded training space for more than 150 TROT volunteers and regional continuing education workshops
- Expand daily riding hours to accommodate busy working families

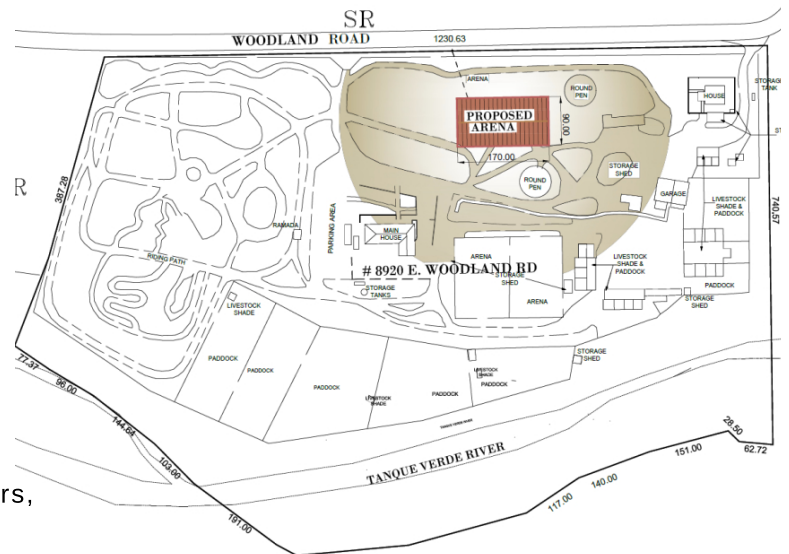
Shade is critical to the health and well-being of all riders, volunteers, staff, and horses.

### **Protection from the intense sun can:**

- Decrease risk of skin cancer, dehydration, and heat exhaustion
- Reduce risk of seizures in fragile children
- Help prevent aggravation of symptoms in adults with multiple sclerosis
- Make riding easier and more enjoyable

### **Arena To Include:**

90' X 170' structure - 15,300 square feet  
Steel Panels  
Roof with skylights  
Three large ventilation fans  
Sprinkler system for dust control  
New concrete walkway  
Bleacher seating  
LED Lighting  
Specialized arena footing  
Audio System  
Permanent donor recognition



### **WE MADE IT!**

*TROT is grateful to its many generous supporters who have enabled us to start construction on this new facility in April. After completion of the covered arena, TROT will be able to operate year round, increasing services by 40% for people affected by disabilities.*

*But our work is not finished.*

*We'll need additional staff, horses, and equipment. You can help! TROT is still accepting gifts for expanded program services in the new arena.*

*Gifts of \$1,000 and greater received by March 19 will receive permanent recognition on site.*

*For more information and to join TROT's dream, visit [www.trotarizona.org/covered-arena](http://www.trotarizona.org/covered-arena)*



# ARE YOU A BEST BUDDY?

Did you know that the care and feeding of the horses at TROT is one of our largest expenses? On average, it costs nearly \$5,000 a year per horse to cover basic needs like hay, grain, vet and farrier visits. Best Buddy Sponsorship helps offset these expenses to allow more funds to be allocated towards all of TROT's therapeutic programs and the participants who benefit.

In 2020, we were successful in securing Best Buddies for all of TROT's horses. When you become a Best Buddy, a plaque with your name is mounted proudly on the outside of your horse's stall. You receive notes and gifts, as well as being the first to know about updates from the barn throughout the year. Lastly, your 100% tax deductible donation of \$1,000 helps provide the best care for your Best Buddy!

## ***Be a Best Buddy! Sponsor a TROT Horse!***



*Carmela*

Bonnie Kay  
Gary & Colleen Reeve  
Beth Kasser -  
in Memory of Kimmi Allen



*Dixie*

Kay Juhan  
Desert Skies United Methodist  
Men's Group  
Jenine Dalrymple



*Fiesta*

Del & Jodi Norton  
Sue & Bodhi Przewlocki  
Jeanette Wendt  
Leo & Christine Rocca



*Fish*

Peter Collins  
Hal & Jeanie Byrd



*Ringo*

John & Bettie Moser  
Iris Houlihan  
Frank & Laurel Brown



*Rune*

Debra Haddock  
Clarence & Cindy Johnson  
Peter Wells -  
In Memory of Luke Wells  
Patricia Jones



*Sir Lawrence*

David Stone  
Walter & Marian Mosher  
Christina Kiefer, PT  
Karen Matson -  
in Memory of Ron & Nancy Matson



*Skittles*

Frank & Laurel Brown  
Ray Poage & Denise Beattie



*Sparky*

Ray Poage & Denise Beattie  
John and Phyllis Capp  
Tim & Diane Meyer



*Tonka*

Sandra Brantley  
Diana Madaras  
Bruce Irby & Cookie Bundy



*Prince Julian*



*Raven*

Liz Gingrich

What do you think of our herd's new head shots? The TROT Team and our equine partners couldn't be happier with the way they turned out. Big shout out to Anouschka Rokebrand, a local Arizona Horse Photographer, for donating her time and services to capturing the best sides of our amazing herd.



ANOUSCHKA  
ROKEBRAND

***For more information on how to be a Best Buddy,  
visit our website: [www.trotarizona.org/our-herd](http://www.trotarizona.org/our-herd)***



# NEIGH-BORHOOD NEWS!

Wow, what a month it has been! Have you been around TROT lately? If not, let me catch you up. Our tack room had a makeover with a fresh coat of paint and new windows from Arizona Window and Door; it's looking fantastic. After our winter break, we helped train over twenty new volunteers, and we made some new friends along the way. We have also started our Winter 2021 semester and



Rune

2021 Herd President

are already in week seven—can you believe it! We have a full program with all horses on deck and have even started a new "Little Sparks" class for our youngest riders, named after our barn veteran *Sparky*. With sixteen adaptive riding and equine-assisted learning classes, every day is a busy one here at TROT. We even had a snow day which was my personal favorite—that snow was delicious! Our ground schoolings have been a lot of fun, getting all the barn mates out together is neigh-tastic, and our newest members have also started joining us. Speaking of which, have you met *Julian* and *Raven* yet? They have been a vital part of our equine psychotherapy program; but you know what, I've noticed that they have been feeling a bit left out since they found out that everyone else has a Best Buddy. If you don't have a Best Buddy yet, maybe you would consider sponsoring *Julian* or *Raven*. I know that they will be so excited.

**That's all for now! But if you want to hear more, join our email list. On the first of every month, I send out an email newsletter sharing the biggest news from behind-the-barn! Join on our website, [www.trotarizona.org](http://www.trotarizona.org) or by texting TROTNEWS to 22828!**



Prince Julian

*Prince Julian* is a very intelligent and expressive Morgan gelding. Since being at TROT, he has made all sorts of friends and gets along with everyone at the barn. *Julian* has been introduced to his new position and has excelled in his training thus far. His favorite pastime is definitely pasture day when he is turned out with *Raven*!



Raven

*Raven* is a well rounded branded Idaho stock Mustang. He is extremely smart and picks up things quickly. In fact, he is already a part of our Equine Facilitated Psychotherapy program! *Raven* gets along with all of his barn mates and enjoys his pasture time.

## Participant Spotlight



Bart was first introduced to TROT over 20 years ago after finding that his true purpose in life was to be a cowboy on a horse. At home, his walls are plastered with horse photos from magazines and calendars. He has a horse bed spread, horses on his shelves, and on every shirt he owns. His mother, Beverly, shared with us that horses are his life, and TROT has been a blessing for Bart's obsession and his life skills. Beverly tells us: "There are a lot of things he can't do, but riding a horse is one thing he can do. I've seen his confidence grow because of TROT. Bart has always been clumsy, but TROT has helped improve his balance and strength. TROT has also helped him be more aware of his surroundings, and his attention and focus has improve."

During this semester, Bart has made great strides in his ability to follow directions and listen to his instructor. He continues to build on his riding skills and his ability to transition from one skill to the other. He has also shown great improvements in his positive social interactions, thanking his team and cracking jokes with them. He makes it easy to laugh along with him, and his team has grown very attached to Bart and his passion for horses.

**"Bart's whole experience with TROT is very positive. It is the bright spot in the week for him."**

One day after class, Bart dismounts and spends a little time with his favorite horse, Calypso (pictured right). On the way home, Bart tells his mother that Calypso told him a secret: "Calypso loves rock n' roll just like I do."



## Volunteer Update By Laura Bissing, Volunteer Coordinator

TROT's 2021 Volunteer Cohort is taking the new year by storm! We are so thankful for our returning volunteers who stuck with us through the many changes and challenges that 2020 posed and who have made it entirely clear that they are here to stay. Between our beloved Catalina's going up in flames and the ever-evolving pandemic raging in our community, our tried and true volunteers have stayed solid in their commitment to TROT, and we are ever grateful. We are also excited and thrilled to continue to attract new faces and skill sets into our Volunteer Team. It never ceases to amaze me just how worldly and skilled TROT Volunteers are. Over the last year, I have had an absolute blast getting to know both new and returning volunteers on a new level. I can't begin to tell you how kind our volunteers are, how dedicated our volunteers are, how laugh-out-loud funny our volunteers are, how our volunteers never stop showing up. It only takes one afternoon at TROT to be inspired by the generosity, good humor and love that make up our Volunteer Community. Hats off to you all for the incredible gifts you give.





# THE ELWOOD LEGACY LIVES ON AT TROT

For retired school teacher, Mary Ann Elwood, it was love at first sight when she arrived at TROT to volunteer as a side walker in 2000. Her background as Director of the Gifted and Talented Program for the Catalina Foothills School District gave her the ability to interact with participants in ways that made them feel special and accomplished.



Mary Ann quickly became a quintessential volunteer, helping in every possible way. Brainstorming in 2001 with then Executive Director, Leslie Esselburn, and renowned Tucson artist and good friend, Diana Madaras, they changed a casual fundraising event into what is now known as the Hearts and Horses Gala, TROT's elegant annual fundraising event.

Not stopping there, Mary Ann chaired the silent auction for more than 15 years making it one of the most extensive and successful silent auctions in Tucson. Over the years Mary Ann served as a board member and assisted in the training of new volunteers. With her quick wit and love of people, she always found a way to make a job fun as she utilized her great sense of humor to inspire others.

Mary Ann's enthusiasm for TROT was shared by her husband, Dave. As a retired environmental engineer and landscape designer, Dave was instrumental in improving TROT's sensory course, including the mini Grand Canyon, TROT Town, and the serpentine trails. Today, TROT riders continue to benefit from Dave's vision and talent.

The Elwoods' also shared a great love of the outdoors and their hiking and camping adventures took them all over the world. Dave's stunning nature photographs were great attractions at TROT's silent auctions.

Dave and Mary Ann Elwood fully embraced TROT's mission and were exemplary volunteers and donors committed to extending their support beyond their lifetimes. Their generous legacy gift to TROT's programs will help improve the lives of children and adults affected by disabilities for years to come. We are honored and grateful to remember Dave and Mary Ann Elwood as part of the TROT family.

## *A Legacy with TROT*

TROT was founded more than 46 years ago and foresees the need to plan for future generations of children and adults affected by disabilities. TROT's mission is never ending. As you plan your own future and legacy, please consider TROT as part of that legacy.

Bonnie Beckmann, who has been volunteering at TROT for over 40 years, has named TROT as a beneficiary in her Will because she respects and admires the work of TROT. Bonnie wants to help sustain TROT's legacy for years to come, and she encourages others to consider naming TROT as a beneficiary when preparing an estate plan which is an easy way to allocate money to an organization you already support.

The next time you update your will, trust, or life insurance policy, consider adding TROT as a beneficiary. Your attorney, estate planner, life insurance agent, or financial advisor can show you how easy it is to make a gift from your estate. If you have already done this, please let us know! Call TROT or email [mdeconcini@trotarizona.org](mailto:mdeconcini@trotarizona.org) to add your name to the Legacy Society. Your gift may remain anonymous, if you prefer.

As you plan your own legacy, know that your vision and generosity can help TROT continue to provide life-changing support for individuals affected by disabilities.



### *Legacy Society*

TROT recognizes and honors those who have chosen to support our programs and services through their wills, estate plans or life-income agreements.

These individuals have designated TROT as a beneficiary in their will or other estate planning documents:

**The Trust Estate of A. Neil & Patricia DeAtley**

**The Trust Estate of Dave and Mary Ann Elwood**

**The Estate of Carole E. Kellogg**

**Bonnie Beckmann**



# THE TROT WAY



Since 1969, the Professional Association for Therapeutic Horsemanship (PATH, Intl), has set the standard around the world for research and evidence-based use of therapeutic riding. Research by PATH shows that therapeutic riding can be beneficial in many ways for individuals with disabilities. Riders can show improvement in flexibility, balance, coordination, muscle strength, motor skills, speech, communication skills, sensory input/integration, confidence and emotional control.

Further research has shown that therapeutic riding produces sensory-related relaxation experiences that allow children to better manage stressful events, utilize pro-social behaviors, and engage in community related activities.

TROT's therapeutic riding program teaches horseback-riding skills while using therapeutic activities tailored to each individual rider's educational, physical, social, and recreational goals. TROT provides a wide range of adaptive and inclusive program services, such as therapeutic riding, equine-facilitated psychotherapy, and volunteer opportunities.



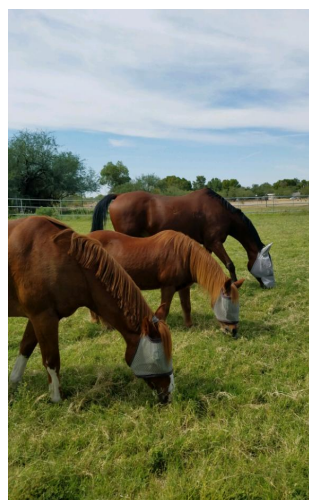
Two-point is a great conditioning exercises for riders. They help strengthen both their legs and core muscles-improving seated posture and confidence. This a good stepping stone for helping riders prepare for more advanced activity in their daily life.



Activities in the arena are designed to help participants with fine and gross motor skills, motor planning, sequencing, multi-step directions, as well as individual goals.



Ground work and grooming enable participants to improve fine and gross motor skills, as well as connecting with and caring for their equine companion.



The mental health of our horses is just as important as our own. All of our horses get to spend time out of their stalls and in wide-open pasture space.



The sensory boxes provide additional input for our participants to explore different textures in an interactive learning environment.



Walk-trot transitions demonstrate a combination of skills our riders have been working on including: body awareness, balance, challenging their core muscles and managing multiple tasks simultaneously.



All of our horses must complete an extensive training program to make sure they are well prepared for our participants. The horses are exposed to many objects and situations that they might encounter in classes.



## Therapeutic Riding of Tucson

8920 E Woodland Road  
Tucson, AZ 85749  
(520) 749-2360

Visit us on the web  
[www.trotarizona.org](http://www.trotarizona.org)

# Yes! I Would Like to Make a Difference!

### Giving Options:

#### I would like my gift to be used:

- ☐ Wherever needed most
- ☐ For TROT programs:
  - ☐ **Heroes on Horses**
  - ☐ **Equine Facilitated Psychotherapy (EFP)**
  - ☐ **Therapeutic 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](http://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.
- ☐ Please charge my credit card.
  - ☐ Visa   ☐ MC   ☐ AmEx   ☐ Discover
- ☐ A monthly gift of \$ \_\_\_\_\_  
on the ☐ 1st or ☐ 15th of each month.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Address

\_\_\_\_\_  
Card Number

\_\_\_\_\_  
Exp. Date

\_\_\_\_\_  
CVV

\_\_\_\_\_  
Signature