

Winter 2010



A Letter from the President

There are so many exciting things going on right now at TRI - where shall I begin?

First I must say thank you, thank you, thank you to our riders, volunteers, and donors for your generous support in making our TRI-FECTA 2010 a success. Fable's golden coat is glowing with pride as this year's winner but I have explained to her that she needs to share her trophy with each and every one of you who helped her, and her barn mates, cross the finish line. TRI-FECTA is our annual fundraiser that supports the care of our horses - the core

of our program - for the next year. As we all know, without them we could never bring this amazing experience to the community.

The second big announcement is.... drum roll please....we will be moving soon to our new home.

In our Spring 2010 Newsletter, we announced we were soon to begin construction of our new facility - the **Harold and Kay Peplau Therapeutic Riding Center**. On May 25th, the **Peplaus**, many of our donors, volunteers, friends, and supporters gathered for our



Our new home!

groundbreaking and no sooner had we left than the equipment moved in! Construction has continued at a steady pace and is planned to be complete by the end of November.

The horses are all excited to be putting on their moving blankets soon and checking out their new stalls, arenas, and pastures. We will be posting news and information about the move and Spring 2011 classes on our website at <http://therapeuticridinginc.org>

Speaking of Spring 2011 - Mark your calendars! We will be celebrating the Grand Opening of our wonderful new riding center on March 26th, 2011. We will be inviting the entire TRI Family to come and explore our new home and celebrate the exciting future of the program.

This is an amazing time for TRI. Soon we will be moving into our first permanent facility designed exclusively and specifically to meet the needs of our riders - a pivotal milestone! Thank you for being there for us as we made our way to this goal. We can't wait to share this dream with all of you.

Jody Glancy Scott –
President, Board of Directors



MEET OUR RIDERS *Tim Carpentier*

We want you to meet some of our many riders, to learn what TRI means to them, and to hear how important it is in their lives. Every donation we receive helps to make it possible for us to provide Tim and all our riders with an amazing experience.

In this edition of the newsletter, we'd like to introduce you to one of our adult riders, **Tim Carpentier**. Tim has been riding with us for eleven years and his father **Gene Carpentier** kindly shared this information with us so we could get to know Tim a bit better.



Tim riding B Smiley with his volunteers – Leader Kathy Haraway, Sidewalkers Dave Jessen and Sandy Bryner

Therapeutic Riding Inc. was recommended to Tim by his former hippotherapy instructor and he joined the program in 1999. Tim has Young Onset Parkinson's disease which is a chronic

neurological disorder caused by a lack of the chemical dopamine in the brain, affecting all muscles in the body. Tim's Parkinson's started 22 years ago when he was 31 years old. The cause of Parkinson's is unknown and at this time there is no cure.

A balanced medication program, exercise, and activities contribute to some quality of life for Tim. He requires medications on the hour starting at 5am. The riding program at TRI stimulates his leg muscles and improves posture, plus it provides an "outside the family" interest and builds his self esteem. He always looks forward to the association with the other riders, leaders, and volunteers.

Activities outside of TRI for Tim are very limited; other than church attendance and some dining out, he spends most of his time watching TV, playing CD's and playing his slot machines. The joke around the barn is Tim's early arrival. He has all his gear laid out the night before the class and I think his goal is to beat everybody to the barn in the morning.

Yes, if Tim gets here any earlier, he's going to end up helping **Bill (Boitos)**, our Tack Coordinator) get the horses groomed and tacked! **Jan Vescelius**, Tim's instructor told me that Tim is one of the most hard working, mind-on-his-business riders that she has ever had the pleasure of teaching. He loves to do his exercises, and works hard every minute that he is on his horse. She said that we could all learn from Tim when it

comes to initiative. According to Jan (and his volunteers and fellow riders), “Tim has a kind, gentle spirit and is a lot of fun to be around!” Thanks for being part of our TRI family, Tim.

TRI-FECTA 2010 final standings



We had another very successful TRI-FECTA campaign. TRI-FECTA stands for **T**herapeutic **R**iding **I**nc providing riders with **F**un, **E**xcitement, **C**hallenge and **T**herapeutic **A**dventure and is our annual fall fundraiser to raise money to care for our horses for the coming year. Donors make donations in the form of “bets” on a favorite horse, and the horses move around the track based on the amount of bets they receive. The winning horse will be treated to a day at the spa – at our new facility no less! This year’s race was an exciting one and we are so grateful to all our volunteers, riders, and donors for their generous support. On behalf of our wonderful horses, please accept our sincere thanks.

In the interest of maintaining some suspense, I will list the competitors in reverse order. No fair sneaking a peak at the end.

Robbie came in 10th with \$610 in pledges. He does however offer this challenge (or is it an excuse). He says we should throw some jumps on the race track next time, and then we’ll see who comes in first!! He says running is too easy for him so he got distracted by the pretty weather.

With a respectable showing for her first race, **Maizy** came in 9th with \$1,235. She clearly has the idea now of how things work. Watch for her to break into the top three next year! I think she enjoyed the feeling of her braids blowing in the wind too!

Neck and neck in 8th and 7th places were **Dakota** (\$1,320) and **April** (\$1,375). Dakota made up for his slow start in Week 1 and worked steadily to move up to 8th place. He claims he was being a gentleman and not cutting in front of the ladies – that’s why he wasn’t further ahead! April recovered from her early illness and, with the support from her friend Hannah, she made up some lost ground. We all know how strong willed April can be – perhaps next year she will set her sights on the Winner’s Circle?

In 6th place with \$1,680 was **Sigbjorn**. He says he would have done better but he was busy with Marcia in “makeup” – his trick-or-treating costume this year was a zebra. Not store-bought mind you, but painted on, so that apparently took away from some of his

racing time. I’m not buying that excuse; I think he just didn’t want to get too far away from his sweetheart Maizy!

Right in the middle of the pack in 5th place is **Star** with \$1,871. Star was in the top three for most of the race and gave our winners a real run for their money. She should be very proud of herself – not too many 31 year old ponies are out there running in such competitive races. Just in front of her was **Ella** with \$1,890, good enough for 4th place but not to put her into the Winner’s Circle.

Speaking of which, here are this year’s Winner’s Circle horses.

In third place, or “Show” if you want to use the correct horse racing term, is the winner of our first TRI-FECTA in 2005, **Dobbs**, with \$2,553. He gave it his all and was a strong challenger for the #1 spot throughout the race.



Hey Dobbs

In second place, or "Place", is the winner of our 2008 TRI-FECTA campaign **B Smiley** with \$3,825. B Smiley started out strong and everyone thought he was a shoe-in (horse-shoe-in?) to repeat his victory and take the 2010 crown.



B Smiley

But there is one horse who could beat him, one horse who quietly worked her/his way up through the pack, who put forth that extra effort to cross the finish line ahead of B Smiley...

The Winner of our 2010 TRI-FECTA campaign, with \$3,940 in donations, that horse with a heart of gold, that horse so wonderful we call her Fabulous, this year's winner is



FABLE!

Fable was donated to TRI in 2003 by **Joel Greenisen** in memory of his wife **Carol Greenisen**. Perhaps Carol was up there encouraging her favorite mare on to glory! Fable stayed up with the front runners throughout the entire race but really put on a burst of speed when she saw the finish line ahead. As everyone who works with Fable can attest, she is a sweet, gentle, and understanding horse. Apparently, she also has a touch of competitiveness as well! Congratulations Fable, on a race well run.

Our heartfelt thanks go out to all our riders, volunteers, and families who worked so hard to bring in the donations that will support our horses in the next year. We could not provide this wonderful service without our amazing horses, and we cannot care for them without your financial assistance. Special thanks go

to these riders and volunteers who made it into their own version of the Winner's Circle.

For Total Amount Raised

Riders – Rhys Mitchell, Gary McNally, Joey Omichinski

Volunteers – Sarah Bone, Adrienne Nemura, Carolyn Dekker and Daniel Bahls

For Total Number of Donations Brought In

Riders – Ani Karageozian, Rhys Mitchell, Joey Omichinski

Volunteers – Sarah Bone, Anne Lanier, Adrienne Nemura

If you weren't able to get your donation in before the official end of the race, you can still send it in and it will be put to good use. If you label it "TRI-FECTA" it will be used to pay for the care and feeding of our horses in the year to come. You can mail a donation to us at 4715 E. Joy Road, Ann Arbor, MI 48105, or can donate via our secure online link on our website at

<http://therapeuticridinginc.org>



Welcome Maizy!



We are pleased to welcome a new member of our equine staff. Please join us in welcoming **Maizy** to our barn. Maizy is a 22 year old Haflinger mare who joined us in August of this year. Her gorgeous braids and beautiful dappled coat are definitely getting everyone's attention. But she's not just a pretty face. Maizy is trained to drive and has shown under saddle. Her former owners loved her very much but were getting older and couldn't care for her anymore. They knew she'd be a great therapeutic riding horse so she came to live at our barn. She is turned out with B Smiley and they have become sweethearts. (Sigbjorn's a little jealous as he has a bit of a crush on her too!) In the ring, she is proving to be a delight to handle and to ride. Welcome to TRI, Maizy. We are very happy to have you with us.

TRI Test

(Answers on page 8)

1. What is the size of the new indoor arena?
2. What road is the new facility on?
3. How many bathrooms are there in the new facility?
4. What is the entire name of the new facility?

Summer 2010 VOLUNTEER SPOTLIGHT – Dave Jessen



Dave and rider Nick Lupu on his horse Hey Dobbs! – getting into the Halloween spirit

This newsletter, our Volunteer Spotlight falls on **Dave Jessen**. Dave joined us in the Fall of 1999 as a sidewalker. In the eleven years (!) since then, he has trained to be a mounting assistant, and has gone through

all the levels of horse leader training and is now approved to lead all of our horses. He is also quite the singer, but I'll let him tell you about that.

*In the summer of 1996 my daughter **Lea (Jessen) Donoghue** was in high school and interested in doing some volunteer work. **Doreen**, her Mom, did some research and found an article about this new program called Therapeutic Riding, Inc., that helped people with different abilities and used horses for that purpose. Lea, who absolutely loved horses, was immediately drawn to TRI. At the time, I was very busy at work and felt I could not commit the time. Over the next few years, Lea would always talk about how much fun it was and I realized it really didn't take all that much time out of the week. In 1999 I decided to give TRI a try, and have never looked back. In fact, I've been constantly rewarded by the "miles of smiles" that I get each and every time I'm at the barn/arena.*

After each class the instructor always asks the riders to "pat your horses and thank your volunteers". Those "Thanks" are what keep me coming back year after year. Knowing that giving just a few hours a week makes such a difference in someone's quality of life means the world to me. Sometimes when I'm working with a rider and they either don't know me (because I'm a sub) or they're just having one of those indescribably bad days and need a little cheering up, I may

start singing to them. Nothing elaborate or for that matter even very good, but something to distract them from their worries or pain or stress from daily life. Depending on their age I might sing "Twinkle twinkle little star", "Eency Weency Spider", "Head shoulders knees and toes", or even "Happy Trails". Whatever it is, once I start to sing, the rider, young or old, may giggle, laugh out loud, try to touch my mouth in an effort to feel the sound, and in some cases even sing along. For the moment their troubles are forgotten.

When I'm not volunteering at TRI you might find me doing any number of things. Since retiring four years ago as Network Operations Manager for, (who are they today?) oh that's right, AT&T Wireless, I might be at the dog park walking and playing with my Flat Coat Retriever mix, Belle, or if the weather is good, at the golf course pretending I know what I'm doing, or at home tending my vegetable garden. Doreen and I also like to travel and visit our other daughter Dana and Mike, her husband, in Amsterdam.

Over the years of volunteering at TRI, there have been many wonderful moments and some great stories. But one of the most memorable and gratifying was the time I was side-walking with a Tuesday rider. This rider wasn't verbal, and when he got frustrated he would sometimes bite his own arm. As I mentioned earlier, I sometimes like to sing to riders to break the tension and put them

at ease. I started to sing to him, and the reaction was immediate and wonderful. I was singing the song, "Happy Trails to you, keep smiling on till then..." and his face lit up, his attention turned to me, he stopped biting and he reached out to touch my face. Now whenever I see him, I'll begin to sing and he'll smile and we'll hug. It's a wonderful feeling, volunteering...

It is a pleasure having Dave as a TRI volunteer. He is fun and quick with a joke, but is also incredibly conscientious and focused on his riders. Instructors frequently request Dave for riders that need that extra special care he provides. His fellow volunteers respect him and enjoy working with him. Dave, thank you for all you bring to TRI, and all you do for our riders. We are honored to know you.



Rider Nick Leoni joking around with Dave and leader Carrie Ashton

TRI in the News

TRI Rider **Beau Miller** and Volunteers **Hayley Hoffman, Dave Jessen, and Bob Sasena** were recently featured in an article in the Fall 2010 LSA Magazine titled "Straight from the Horse's Mouth". Reporter **Maryanne George** came out and visited several times to observe classes and interview participants. The theme of this issue was "Happiness" and how helping other people is a good way to bring yourself happiness. I, and I think our volunteers, would definitely agree with this philosophy. But the photo of Beau makes it clear that there is another path to happiness – and it leads right to our barn where he gets to ride a great horse like Fable! If you'd like to read the article, you can go to <http://lsa.umich.edu/alumni/magazine>.

Click on Current Issue Contents and look for our article on p. 43. Our thanks to Maryanne for conceiving of this article and for introducing our program to the LSA Alumni.





Thursday riders, volunteers, and horses getting into the Halloween spirit

Spooky Saddles

If you visit our barn during the last week of Fall session, you might wonder where all the riders and horses have gone. All you'd see would be princesses, witches, clowns, pirates, and is that a dinosaur?

Getting into the spooky spirit, our riders, volunteers, and yes, even the horses, dress up for Halloween and go trick-or-treating in our arena. Our VERY generous parents donate candy and parents, friends, siblings, and family members become "houses", passing out treats as the riders navigate their way around the arena.

Our sincere thanks to **Marcia Mullen, Marina Seeman, and Caroline Dekker** for making sure our horses get into the "spirit" of things too. So convincing was Marcia's paint job on **Sigbjorn** (see below), that our barn manager, **Jeremy**, got a call asking if we were using zebras in our program now! While having fun collecting their treats, our riders also got lots of practice on their steering, "whoa'ing", and of course, good manners – remembering to say "please" and "thank you" were key to getting a yummy goodie. Now, if we could just convince the horses that, even though they're in costume, they can't eat out of the treat bags!

With Our Thanks

We are honored to announce that TRI has been named the recipient of a \$5,000 **MIS Cares/NASCAR Foundation grant**. This grant will be used to adopt one of our horses for the 2011 season. (Perhaps speedy Fable would be a good adoptee for them since she won our TRI-FECTA race this year?) The donation will be presented to TRI at **Michigan International Speedway (MIS)** in Brooklyn, MI during the MIS Annual Community Luncheon on 12/9/10. We are truly grateful to the MIS Cares/NASCAR Foundation for their very generous support. MIS joins Art Van Furniture in adopting one of our TRI horses for a year. If you'd like information about adopting a horse, please contact us at info@therapeuticridinginc.org.



Sigbjorn and Paula Evers, or is it Waldo with his zebra?

Horses for Heroes Begins at TRI

In August 2010, TRI and the VA Ann Arbor Health Systems launched the Horses For Heroes Pilot program. Six OIF (Operation Iraqi Freedom) veterans who have sustained physical injuries or combat trauma (or both) in their service to our country rode, with additional veterans assisting them from the ground as needed. The pilot was a success, and Horses for Heroes has become part of our regular programming, with three vets continuing in the six week winter session.

One of the veterans, **Sgt. Amanda Mikulka (Ret.)**, participated as both a rider and a volunteer, coming in early to groom and tack horses.

It was an amazing experience for both the veterans and the TRI volunteers who came in to assist them. We thank **Jennifer Loar** at the VA for all her help getting this program off and running. It is an honor to be able to welcome these veterans to our barn.



Sgt. Amanda Mikulka (Ret.) and "Ella" working together on an obstacle course.

TRI Test Answers

1. 60'x120'.
2. Morgan Road east of Platt Road
3. Three - Men's, ladies' and staff - and they all FLUSH!
4. The Harold and Kay Peplau Therapeutic Riding Center - Home of Therapeutic Riding, Inc.(whew)





Hannah

**Registered Name:
Tammy's Betsy
1982 - 7/30/10**

On Friday 7/30/2010, our dear Hannah told us it was time for her to say good bye.

Hannah joined TRI on a chilly February 28, 2001, and quickly became known as our Cadillac girl. For the next nine and a half years, if we had a fragile rider, a rider who needed a smooth as silk ride, we knew just which horse to call on - Hannah.

Hannah was donated to TRI by Renee Pat and wasn't just a super smooth horse for our TRI riders. She also had that fire and energy in her that made her a delight for riders learning to jump

or canter. Her delicate hop into her canter, her habit of flicking her hooves as she trotted, all these things made her so much fun to ride and to watch her move. She may have become a therapeutic riding horse but she never lost her competitive nature or zest.

In the last year, Hannah began to have increasing issues with arthritis pain due to her relatively advanced age - 28. We lightened her work load, saving her for the smallest, most fragile of our riders while letting her enjoy her semi-retirement. Then, in late Spring 2010, we decided she should be able to rest on her accomplishments and be fully retired. She enjoyed the rest of Spring and Summer with "her girls", Ella and April, grazing in the paddock all day, and being loved on and groomed by grateful volunteers each evening.

In July 2010, it became apparent that our efforts to keep Hannah's pain manageable were no longer being successful and we had to face the sad reality that we needed to say goodbye and free her from her pain.

As with the equine friends that went before her, Hannah is buried here at TRI. If I know Hannah, she's already caught up with them and is enjoying being able to run and jump without pain anymore. And, knowing her,

she's already bossing them around and taking back her role as alpha mare.

We could always count on you to be a lady and we thank you for taking care of so many riders over the years. Hannah, we miss you.



Wish List

Jan V. here –Just wait until we get into the new facility and watch the Wish List grow! Right now we know that we need TOOLS and boxes to put them in. We have only the most rudimentary tools now so any good quality, basic tools would be appreciated. In a perfect world, we would like one of those stand alone tool boxes and of course, to be able fill it with super tools!

I promise you a bigger list later....it is on my desk now growing.....





Abbey and April



Joe and Dakota



Dakota doing his part to help with moving into the new facility – one cone at a time!



Therapeutic Riding, Inc. 2010 Year End Campaign

4715 East Joy Road, Ann Arbor, MI 48105 - 734-741-9402 - <http://therapeuticridinginc.org>

Yes, I want to support Tim and all the riders at TRI, with my donation of _____

Donor Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone Number: _____ Email Address: _____

Would you like to receive our newsletter via the mail _____ or via our website _____

I wish to remain anonymous Yes _____ No _____

Please make checks payable to "Therapeutic Riding, Inc." or you may charge your gift via our secure website at <http://therapeuticridinginc.org>

One Last Chance

Did you miss the chance to donate to our TRI-FECTA campaign? Don't worry - we have another opportunity for you to support our horses and riders. We know that this is the time of year when you receive many requests for donations in your mailbox. Please consider moving us to the top of your list as you allocate your year-end charitable giving. For every dollar donated to TRI, \$0.80 goes directly into providing programming for our riders and caring for our horses. (The bulk of the remaining 20% goes towards utilities and insurance.) We stretch

every dollar as far as it can possibly go, making sure every donation is spent wisely and carefully. (If you're a numbers person, our 2009 year-end tax returns and financial statements are available on our website.) We don't turn any riders away for financial reasons, providing scholarship

assistance whenever it's needed. You can send in a check using the coupon above or visit our website at <http://therapeuticridinginc.org>

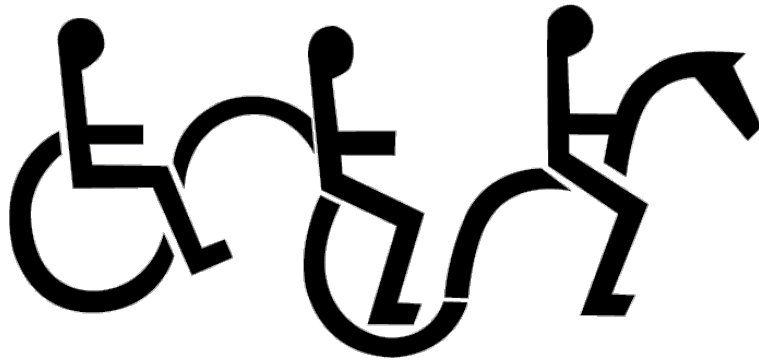
to make a secure online donation using your credit card. Thank you for your support.





Therapeutic Riding Inc.
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Ann Arbor MI 48105

T H E R A P E U T I C R I D I N G I N C .



Winter 2010

