

The Whinny

Lothlorien TRC

Lothlorien Therapeutic Riding Center Newsletter

716-655-1335 • lothlorientrc.org • 15 Reiter Road, East Aurora, NY 14052



LOTHLORIEN THERAPEUTIC RIDING CENTER BOOTS AND Bling BARN DANCE

Friday, August 23, 2019

AT LOTHLORIEN, 5:30PM

RAIN OR SHINE.

ALL PROCEEDS DIRECTLY BENEFIT LTRC!

Bring out your best Boots & Bling for a night of great entertainment, food and fun, all to benefit Lothlorien! Live music from The Boys of Summer, delicious food from Fat Bob's Smokehouse, seasonal beer provided by Certo Brothers, plus wine & soda, basket raffles, auction, meet the horses and more! All proceeds go directly to LTRC's programs for therapeutic/ adaptive riding, veteran's, at-risk youth, Hospice Essential Care patients, first responders, trauma victims and more! About as far from a black tie event as you can get, it's a great time to come see what LTRC is all about, tour the facility, visit the horses, bid on auction items, maybe win a raffle basket or two... or three, eat, drink and celebrate Lothlorien! Dress is barn dance "bling" casual.

TICKETS ON SALE!

Online: lothlorientrc.org

Call: 716-655-1335

ADULTS \$50 • KIDS 12 & UNDER \$25

DONATE OR BE AN EVENT SPONSOR!

A great way to highlight your business, give individually or ask a friend, colleague or family member to donate! We accept all donations (there is no theme), big, small and in between. To donate, call 716-655-1335 or visit www.lothlorientrc.org.



Thank you Boots & Bling Sponsors

*as of print date

Belmont Stakes Sponsors:

Center for Hospice & Palliative Care, Delaware North, Tom & Maryann Ernst, Reger Holdings, S.B. Whistler & Sons

Bits & Bridles Sponsors:

American Legion Post 567, Cheektowaga Veterinary Hospital, Children's Hospital of Buffalo Foundation, Cy's Elma Pharmacy, Industrial Support, Inc., Louise & Mary Knotts, Lou & Liza Licata, Mader Construction, Orchard Park American Legion, Pinnacle Orthopedic & Spine Specialists, Nancy & Marc Tetro

Strawberry Banks Farm is proud to be a sponsor in appreciation of LTRC volunteer Stacy Wielgosz for all the work, love and care she gives to the horses at Strawberry Banks!



LOTHLORIEN TRC



@LOTHLORIEN TRC

Owen Guise

Say hello to Owen Guise. Owen is a character and we challenge you not to smile when you hear this guy giggle on his horse! Mom, Heather, tells us about Owen.

Owen is a sweet little boy with numerous medical conditions. He has cerebral palsy, is severely delayed and doesn't walk. In the fall of 2018, Owen started at Lothlorien. He was 3 and started riding Acorn. I remember his first session. He wasn't afraid, but he could barely hold his head up and didn't ride for the whole hour. Owen has extremely low muscle tone and riding the horse is a lot of hard work for him. The staff assured us that he would improve over time and not to get discouraged. He didn't give up and as time went on, Owen was able to increase his core strength, hold his head up and complete an entire lesson. Since starting riding, Owen has improved globally. Owen talks more and he is more aware of his surroundings. He has taken an interest in toys and is gaining muscle strength.

Lothlorien has an amazing group of volunteers that work with him to achieve these amazing results! His main volunteer team of Tom and Diane do an incredible job with him! He looks forward to riding and loves Tom and Diane! Over the winter break, we talked about riding to keep him interested and aware that he would be riding Acorn again.

In the Spring of 2019, we started riding lessons again. Owen was excited to see his friends and Acorn, but things would soon change. One day at home after the first week back to riding, Owen rolled over from his stomach to his back which he had **NEVER** done before! We went back to riding the following week and Owen was put on Mac, a much larger horse. Owen has adjusted very well, is sitting up on his own and doesn't need any assistive equipment to help him sit up! Owen makes progress every week and looks forward to riding! I think LTRC is more than therapeutic riding - they are family and make you feel welcome and loved and always have the rider's best interest in mind! - Heather, mom

OWEN'S PROGRESS



Owen's first session on Acorn with adaptive equipment to help him sit upright.



Owen with volunteer Diane Krantz. Owen was sitting up and able to ride longer!



Owen moving on up! Bigger horse, bigger progress! Owen riding Mac with only a gait belt and sidewalker support!



Owen's Crew: left to right - Diane Krantz, Owen on Mac, Paula Mercurio & Tom D'Amore

Ethan Ringer

With Ethan's disability, it has been a challenge to find a physical activity that he enjoys and is able to do. Lothlorien has been the answer we were looking for! Each week, the volunteers greet him with energy and excitement when they see him. His sidewalkers are amazing and always listen with patience as he talks about all the things he loves as he works hard riding. One of his



favorite things is getting to care for the horses after riding. Every week the volunteers allow Ethan to go back to the barn to help care for the horse he rode. I know this takes the volunteer a lot more time than if they did it themselves, which is what makes it especially meaningful. This place has been such a blessing, and it is a delight to see Ethan feel at home somewhere in a world where he often feels out of place. - Bethany, mom

Irie Russell-Fry

Lothlorien is a wonderful place! When Irie started riding I saw an immediate improvement in her posture responses. After only 2 sessions, I have seen an increase in her vocalizations, her recognition of horses and their sounds and, most significantly, her ability to hold onto objects when her arms are in an out-stretched position. Overall, the experience is engaging and helps



assist her in relaxing her muscles, while increasing her awareness. I couldn't be happier. - Heather, mom

LTRC riders, caregivers, volunteers & horses are amazing!

LTRC hosts Hospice Essential Care for a Day of Fun!

LTRC welcomed the amazing Hospice Essential Care group on a beautiful July Sunday afternoon. There was riding, visiting the horses, food and fun! It was an honor to host such incredible friends!



At left, Lucero says hello to Evelyn, who will turn one on July 28. She was born with VACTERL, which stands for vertebral defects, anal atresia, cardiac defects, tracheo-esophageal fistula, renal anomalies, and limb abnormalities. People diagnosed with VACTERL typically have at least three of these characteristic features. Evelyn has had 11 surgeries and 6 blood transfusions. Lucero just loved this sweet, beautiful girl!



Welcome Yaeger!

Say hello to new program horse Yaeger! His full name is Grinder Comanche Cutter and he is owned by Shannon Swatland. A 21-year-old Quarter Horse gelding, he is a friendly, gentle and kind horse that has been happy to work with riders from the very start.



Workshops at Wisdom Farm Continue Positive Impact

LTRC Equine Facilitated Learning (EFL) Workshops continue to have a positive and far reaching impact. The workshops, facilitated in conjunction with Nancy Proulx of Equine Essence, take place at Wisdom Farm in Clarence Center. Owned and operated by Karen Arrison, the mission of the farm is to rescue and rehabilitate horses, who then go on to work with participants. The workshops follow an interactive and integrative wellness module, hosting veterans, first responders, nursing and Hospice clinical staff, crisis management staff, and young people who need extra help with reading. A recent workshop welcomed staff from Journey's End Refugee Services and they learned mindfulness, personal empowerment, relationship and leadership skills. Participants left with tools to help them approach work, family and relationships in a new way. Call 716-655-1335 to register your business, school, civic organization, family or friends today! No horse experience necessary. Participants interact with the horses in a safe setting with trained facilitators.



Thank You to...



- Mike Farrell and the National Fuel employees! They came to LTRC after Mike nominated LTRC for National Fuel's volunteer initiative. A fabulous group of National Fuel employees from all over the region rebuilt flower beds, planted, painted,

replaced footing in the stalls and more!

- Eagle Scout Travis Bebee (Alexander Troop 650), his troop members and the Bebee Family for building new flower boxes in front of the barn and powerwashing and painting sections of the barn!

- Students from Trocaire College and D'Youville College who chose to do their fieldwork and community service hours at LTRC. Every season, these students bring their expertise and enthusiasm to the program and we are very proud to host the students and many continue to volunteer after their hours are completed! We look forward to more successful seasons with these programs!



Special thank you to Pizza Del Aureo's, located at 615 Oakwood Avenue in East Aurora. A constant LTRC supporter, Pizza Del Aureo's has collected over \$3000 in donations over the last three years in the donation jar they have placed on their counter! Thank you Pizza Del Aureo's and their generous patrons and to Tom Cotton for distributing and collecting the donation jars around town!

VOLUNTEER VOICES

We have the most AMAZING volunteers! The success of LTRC programs is because of the dedication of our volunteers' to our clients and horses! Let's meet some of these incredible people!

Tom D'Amore

I've been volunteering at LTRC for just over a year. I'm a leader, sidewalker and the guy who helps anytime I can. I originally came to LTRC to support my daughter who needed hours for National Honor Society. The program keeps me coming back. It's so rewarding. At times, I volunteer up to 16 hours a week. My favorite times at LTRC are any time I am walking with rider Owen. I have made many friends with volunteers and riders. Diane (Krantz) and I are quite the pair on Wednesdays, walking with Owen and his mighty steed Mac! This program has been a blessing to me. After having broken my neck for a second time, I thought I'd be shelved from activities. Volunteering at LTRC helps me as much as it helps the riders. I look forward to my days volunteering, knowing no matter what, I will always have a good time.



Left to right: Diane Krantz, Owen Guise, Mac the Horse, Paula Mercurio, Tom D'Amore

Diane Krantz

Hi! I'm a retired teacher, and I've been a volunteer at LTRC for 10+ years. One cold day in February, I saw a LTRC poster in the post office and I decided to take a chance and try something new. My passions are helping children and adults in need of support and I have a love of horses. After a very short time, I knew LTRC was a wonderful asset to the community and a great fit for me. The riders who participate in lessons come to LTRC with a variety of physical and emotional needs. Riders want to try something new or learn a new skill while riding. The instructors, volunteers and I are committed to making a positive difference for every rider and their caregivers. We all care for each other! I'm so happy to be a part of LTRC! Volunteering to help children and adults in need of support and to give the horses the love and care they need was a great decision I made in my life. I thank you all! I plan on hanging around for many years to come. We are always looking for volunteers... hope to see you at the barn!

Over 200 amazing volunteers donate their time to LTRC every year!

Lore Meiler

I have been volunteering at Lothlorien for 24 years and I can't get enough of the place! The reward I get at the end of lessons is the smiles of the riders, who come here to forget their troubles. I have owned, worked with and been around horses all my life and volunteering gives me the chance to work with horses every day. The riders are the reason I come back every year! My fondest memory is of a rider that was terrified to get on her horse. I asked her if she would like to lead the horse with me. We did this for two lessons and, by the third week, she got on! By the end of the session, I got my biggest reward... she could not express herself verbally, but she gave me a high five with a gleam in her eyes and a big smile. Over the years, I have developed a closeness with many riders, volunteers and staff, and this is the reason I come back every year.



Lore helping Stoney give a rider a kiss!

WANT TO VOLUNTEER?

We are always looking for volunteers! Meet new people, work with the horses, enjoy the outdoors. Minimum age is 14 years old. No experience necessary. Training provided. Call 716-655-1335.

BOARD OF DIRECTORS

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