

The Hoofbeat

THE LATEST NEWS FROM STONY LAKE THERAPEUTIC RIDING CENTER

ISSUE V JANUARY 2022

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New Hire

Off Days
We'll be off February 19-21
& March 2-5

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Riding Center**

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Current Happenings

Can you believe it's already mid-January? We're back in the full swing of things after the holidays and getting ready to start our first session for veterans! Make sure to check out the **three Veteran programs** we're opening on page 3.

A friendly reminder on our **snow day policy**: we aren't always closed when schools are closed! Often by time lessons start in the afternoon/evening (or weekend), roads are clear. We'll contact you by 11:00am on a weekday or 7:30am on Saturdays if we have a snow-day!

If you're on Facebook or Instagram, check out our page and **please give us a review!** We're working to broaden our social media presence in order to reach more individuals who can benefit from our services.



Fundraising

Everyone has picked up their shirt orders! If you would like to buy a t-shirt, long sleeve, or hoodie, please talk to Aubrey and you can pick out what you'd like from our extra inventory!

We just hired my (Aubrey's) sister Rachel Boerema to be our grant writer! Yahoo! She is extraordinary at connecting communities and providing structure and will be working remotely, as she lives in lovely California. I wrote the very first grant for our program while I was living with her in California, working for the rehabilitation hospital she works at. We've come full circle! Our program is so successful that we need more hands to do this work. Growing our team means growing our programs, becoming more inclusive and accessible to a greater number of individuals in our communities.

Volunteer Spotlight

This month, we're highlighting seven amazing volunteers! There are two families that invest so much into our program: **Kayley, Alyssa, and Hannah Bays, and Lillian, Noah, Timothy, and Naomi Wolff.**

They have been volunteering since we opened the arena (Kayley and Alyssa since 2015 when we first began!). They're fun (and funny), kind, wise, and willing to help wherever needed. They're versatile and can serve as sidewalkers, horse leaders, or "fake students"! We love seeing their smiles and the ways they interact with and love our students. Thank you for investing your time and energy into our program! We love you.





Veteran Programming

Our Veteran programming begins in less than two months. There will be three different programs offered this year, starting with an EAP-PTS(D) 8-week course and a riding program, both starting March 1. We'll explain what these programs look like below!

The **riding program** will simply open up equine assisted therapy classes for Veterans only. Depending on each individual's needs and goals, they will have either a weekly 30-minute individual riding time or a 50-minute shared slot with another Veteran. This program is open to any Veteran who could benefit from riding, and has no end date. Benefits include: increased core strength and balance, motor skills, muscle strength, flexibility, memory, impulse control, concentration, problem-solving skills and more. It also reduces anxiety and depression. This program will most benefit Veterans with traumatic brain injuries and/or other physical injuries and disabilities.

EAP-PTS(D)

We will be running an **Equine Assisted Psychotherapy for Posttraumatic Stress** program that has proven success through Columbia University Irving Medical Center and PATH Intl. This program is eight weeks long, 1.5 hours each week, from March 1-April 19. **We are opening up four spots for this program to Veterans with PTS.**

EAP-PTS(D) is an alternative treatment which does not require an individual to talk about their trauma. It is effective, safe, and well-tolerated, reducing symptoms of PTS(D) and depression. Research findings from this program show measurable changes in brain function and structure in those areas that involve the capacity to seek and experience pleasure.

Mental Health

Following EAP-PTS(D), we will begin a program specifically related to **Veteran's overall mental health**. Serving as a partner program to EAP-PTS(D), it will consist of weekly 1.5 hour group sessions.

These sessions will cover areas such as community and family reintegration, relationship and communication skills, anger and emotion management, coping skills, healthy boundaries, self-esteem, and life balance.

If you are interested in any of these programs, please reach out to **Aubrey** at **231-670-1721** or **aubrey@stonylakestables.com**.