

The Hoofbeat

THE LATEST NEWS FROM STONY LAKE THERAPEUTIC RIDING CENTER

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Off Days

April 25-30
May 28-June 3
July 4-9

Stony Lake Therapeutic Riding Center

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Current Happenings

It's Spring! Time for our busy season of fun activities, fundraisers, and some new faces too! As Stony Lake Stables starts their busy season as well, please remember to stay on the outside of the fences where horses will be tied if you wander that way.

Thank you for all your patience as we have been remodeling the entry/waiting area of the arena! It's a big project and it will be done soon. A big thanks to our awesome volunteers who have made that happen - Bob M, Ron, Doug, and Bob A especially!

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

We have **new inventory** for shirts - short sleeves, long sleeves, and hoodies for kids and adults! Check it out!

Sibling Camp is coming up! Four mornings of games, horseback riding, art, and new friends who "get" being a sibling! June 14-17 and June 21-24 will be the dates. Please reach out to Aubrey for more information.

Our **Second Annual Golf Scramble** is on June 25! Golf, food, and prizes! More details coming soon.

Without fundraising, our program can't exist. While grants do provide funding for big projects and some Student Scholarships, more than half our funding comes from businesses and individual donors like you. We always have projects to fund, equipment to buy, and Student Scholarships to fulfill! **If you can support us** in this way, please let us know or send your gift through our website as a **tax-deductible donation.**

Volunteer Spotlight

This month, we're highlighting **Natalie Adams** and **Kaylee Herrygers**! **Natalie** has only been with us for a few months, but has already made an impact on our program! She is cheerful, hard-working, and our students love her calm, silly and smiling demeanor. We are so glad to have her on the team! (leading Honey in picture)

Kaylee has been volunteering weekly (sometimes twice weekly) for almost two years! She's been faithful, fun, ready to serve, and smiling every time she's walked in our door. She's the real deal and we are so thankful for her! (sidewalking in picture)

Thank you both for being versatile, loving volunteers!!





FREE VETERAN PROGRAMMING

Our Veteran programming begins in March. There will be three different programs offered this year, starting with an EAP-PTS(D) 8-week course and a riding program. Details on each program below!

- All programs are FREE for Veterans
- There is programming for everyone, whether you have goals to improve your physical, mental, emotional, or cognitive health.
- We are certified therapists. Our Program Director, Aubrey Boerema, has 8 years of schooling in therapy and six years of experience in physical, cognitive, and mental health as well as six years of experience in equine assisted therapy.
- Please reach out to Aubrey at 231-670-1721 or aubrey@stonylakestables.com for more information or to sign up!

Riding for Veterans

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.

Therapy for PTS(D) Mental Health

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. **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.

Following the PTS(D) course, 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.**



New Intern!

We're so looking forward to having Hallie with us for the months of May through August! She's a Recreational Therapy student at Grand Valley State University and will be completing her internship with us full time.

Here's a little bit from Hallie:

Hi! My name is Hallie and I'm getting my Bachelors in Recreational Therapy at Grand Valley! I am super excited to be working with you all this summer! A little about me: I have two dogs, my favorite color is blue (like Caribbean water), and I am a certified diver! I am really excited to get to meet everyone!

Welcome to the team, Hallie!

School Programs

In the last two months, we've hosted both Whitehall District Schools and Muskegon Career Tech Center students, totalling 45 students! Our visiting schools participate in Equine Assisted Learning, which can cover anything from job skills, positive character traits, equine education, or disability education, and everything in between.

We're so excited to be starting this journey of providing educational opportunities for area schools and look forward to many more visits!

A HUGE thank you our amazing volunteers who provide a safe and fun learning environment each time!

