

Triangle TR News

SPRING 2015

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Conor's Success Story

Conor started with TTR in 2009. As soon as his feet touched the stone parking lot he sat down and started to cry. His mom, Tracey, picked him up and carried him because the sensation of the stones under his feet was too overwhelming. Upon seeing the horses up close, he turned his face away. Putting a helmet on was going to be out of the question. So, we sent a helmet home and Tracey's homework for the next week was to get Conor to tolerate wearing it. During his first ride he was silent for about a minute and then he turned onto to his stomach, yelling and crying. We all paused for a moment, and his mom said, "See, I told you he was stubborn and won't like new things. Maybe we should just give this up." But she didn't know that the TTR staff just doesn't give up. After another minute on his belly, he was quiet so we tried a few steps of walking. He was riding Misty, who is about as comfy as any sofa. Conor re-

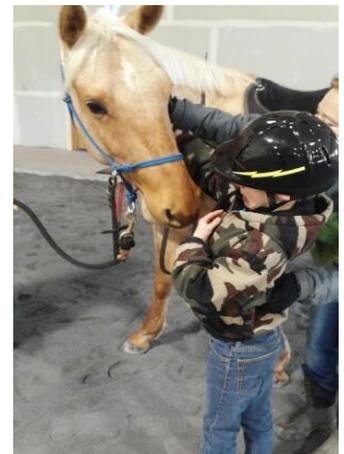
mained quiet and seemed to take in the new sensory experience, but only for a short time. After the lesson, Tracey and Laura talked about the possibility of Conor having Sensory Processing issues. The barn experience was clearly going to have to be broken up in short time periods so that Conor would not get overwhelmed and shut down.

It took about 8 weeks for Conor to sit up while riding instead of laying down. We also discovered that the lesson plans needed to incorporate singing his favorite songs and putting the commands to a music melody. There were several times that Conor was smiling and laughing, while participating, only to be followed by yelling and holding his head. One day Conor was dismounted and he refused to walk. He wanted to be carried. Tracey's eyes filled with tears and she explained that it was so hard to watch her child trying to learn to cope with new experiences. It would be easier to just pick him up and carry him instead of having him walk, even



though he was getting bigger and could walk himself.

Today, six years later Conor walks on stones and sand, he holds reins and steers, trots in two point, says all of the commands to his horse and is able to look at and pet his horse. Conor has taught the staff a multitude of songs. Conor competed in his first horse show in the fall of 2014 and received won several ribbons that he proudly displaying in the photo. We did not give up, and that has made all the difference.



Triangle's Veterans Rock!

If you happened to be in the lobby and heard loud music emanating from the indoor arena, you may have thought that you were outside a night club. However this winter, TTR completed our second eight-week Veterans program. Thanks to the Christmas present from our staff and volunteers, TTR now has a sound system. The Veterans practice mounted drill team routines in style. With people and horse heads bobbing to the beat, it's rewarding to see everyone is having a great time.

Due to generous support from the Reinholds VFW and TTR, the Veterans learn how their behavior influences horse behavior, both mounted and unmounted. By learning horsemanship while working together as a team, the participants learn more about themselves and social relationships. We all look forward to working with future groups.



Many thanks to the Reinholds VFW for co-sponsoring this program with Triangle Therapeutic Riding. We also would like to thank the Lebanon VA Hospital staff and our many volunteers for their time!



Pictured are Nathan on Aspen, Darrel on Cody, and Jessica on Takoda.

VOLUNTEER SPOTLIGHT

ON MAUREEN VAN DYKE



Maurine has been volunteering at TTR for six years. During those six years, she has helped out with everything from getting mud caked ponies clean enough for lessons, preparing food for event, creating beautiful wall hanging quilts for a fund raiser, leading for lessons, and just about anything in between. Every Monday and Thursday we can always count on Maurine. During some weeks, even more days than that!

Don't let the color of her hair fool you, she usually outlasts our teenagers when it comes to putting in a full day or evening. Over the years the ongoing joke has been "just think how good we will look for bathing suit season," or "Who needs to pay for a gym membership, when you can get a work out helping with lessons."

After this April, Maureen will be semi-retiring to just volunteering on Mondays. It is those same Monday riders that she has been a part of since her first days at our program. As any of our riders, volunteers, and staff will tell you, the bonds of friendship that we experience together over the years make us feel more like family than simply a lesson program. It is true that like family we all have our good days and bad days, but we learn, and we grow together. At the end of the night, we know we are all here with the common goal to make a positive change in the lives of our riders.

Thank you Miss Maurine for all the riders you have helped, including me. -Laura

*"Volunteers aren't paid because they are worthless,
but because volunteers are priceless."*

Upcoming Events

April 14th—Reflections Restaurant—5-9—fundraiser for TTR—10% of all food sales goes to TTR. Please tell everyone to come out to support TTR by having dinner. Bring your family & friends to have a fun time!! **Patrons must have a TTR flyer & tell their servers to add their meal to the fundraiser tally.

April 25th—Edge of Autism Walk, Lancaster - 10:00 am

April 28th—Volunteer Training—MANDATORY FOR ALL VOLUNTEERS— begins at 6:00 pm

May 2nd—Derby Day—Lititz Women's Club

May 9th—Premier Jewelry Party @ Stony Run Fields—1:30 40% of the proceeds benefits Triangle. Catalogs will be available in the Lobby at Stony Run Fields for ordering before this event. Please help us by taking outside orders! More details to follow in the Lobby.

May 19th—Concerts by the Creek—Ephrata Park—TTR will have a stand selling ice cream & talking about our program. Come out to listen to the live bands & socialize with other TTR members.

June 13th—Chicken BBQ @ Stauffer's in Lititz—more details to follow

June 23rd—Concerts by the Creek—Ephrata Park—TTR will have a stand selling ice cream & talking about our program. Come out to listen to the live bands & socialize with other TTR members.

July 11th—Art and A Bottle in Lititz—2:00-4:00 Cost \$40.00/person—A paint class painting sunflowers (your painting comes home with you). There will be a silent auction during the class. Appetizers & drinks will be served.

July 18th—Lancaster Pub Crawl—2:00-6:00 from The Brickyard to The Federal Tap House.

July 21st—Concerts by the Creek—Ephrata Park—TTR will have a stand selling ice cream & talking about our program. Come out to listen to the live bands & socialize with other TTR members.

August 22nd—TTR Horseshow

August 26th—Concerts by the Creek—Ephrata Park—TTR will have a stand selling ice cream & talking about our program. Come out to listen to the live bands & socialize with other TTR members.

September—Berks City Autism Walk—Date TBA

September 19th—Boots. Band. BBQ at Reinholds VFW 6:00—10:00 pm—Come enjoy DJ music, BBQ buffet, silent auction & horse pie bingo! Lots of fun for everyone!

October—Polo in Rothsville—Date TBA

November—BINGO fundraiser Date TBA OR Bowl-A-Thon—Date TBA

December—TTR Christmas Party—Date TBA

In order to keep lessons costs from rising, TTR is asking parents to please pick two events throughout the year that they are able to help with. Please contact one of the following person & let them know which events you can help with. Karen Fogarty—(484) 433-7895; Lynn Martin—(717) 940-2599; Terri Patterson—(717) 278-4985