

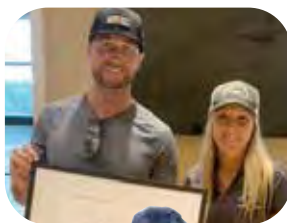


Naples Therapeutic

 Riding Center

Scene + Herd

OCTOBER 2022 NEWSLETTER



Executive Director Letter



MARTIN DE ST. PIERRE

As a Naples resident for over forty years, I recall driving past the red barn off Goodlette Road countless times. Over the last 25 years, I watched as the Naples Equestrian Challenge grew from a few loaned horses and some volunteers into what we are today.

Now known as Naples Therapeutic Riding Center, today we have grown exponentially and have nearly 10 acres with 11 buildings that support 8 unique programs, 14 therapy horses, 17 staff members and an army of nearly 400 volunteers – all dedicated to providing the highest level of therapeutic riding to children and adults with physical, social and mental health concerns. With the acquisition of the property at 170 Ridge Drive, NTRC has the opportunity to continue to grow with our goal of becoming a nationally recognized therapeutic riding center with no waiting list.

In August, I had the privilege of joining NTRC as your new Executive Director, and everything I thought I knew about this place was quickly validated. NTRC is a place of dedication, compassion, love and yes, a little magic. I believe my 30 years of local wealth management, business development, non-profit leadership and fundraising combined with your generous support, will help NTRC achieve our goals to expand to meet the demand for equine healing.

Along with our new Program Director, Lilian Mendez, I am anxious to continue to meet all of our wonderful rider families, volunteers and donors who are rejoining us for a new season of giving and riding. We have already made some significant programmatic changes that eliminated the current waiting list and accommodated more than 60 new riders – some who had been waiting for well over a year.

There are many people (and horses) to thank for their support over the last 25 years – especially those who helped secure our horses and property during Hurricane Ian. I am so impressed by the steadfast support of so many whose donations have spanned NTRC's rich history of equine healing – some who you will hear about in this newsletter.

As we turn our focus to the future, I looking forward to making our Barn Dance Appeal a huge success and being part of a team that will make the next 25 years even more amazing!

Donor Dollars at Work

CAMPUS IMPROVEMENTS AND EXPANSION MADE POSSIBLE DUE TO DONOR INVESTMENTS

This summer, we invested in several projects around our campus that are improving the care of our horses, volunteers and riders. These improvements are made possible through the generosity of two major grants, a \$75,000 grant from The Clarke Foundation and a \$150,000 grant from the Clare Foundation.

On the newly acquired property we completed two projects that propelled us forward in our plans to expand. We cleared the land in preparation for six new paddocks for our horses to enjoy a much-needed respite and downtime while not in sessions with riders. We also completed renovations to the new staff residence on the property where two of our barn staff now reside so they can provide 24-hour care of our horses.

On our main campus, we installed three wash stalls to be better able to clean our horses as safely and comfortable as possible. The stalls have better drainage, non-slip mats and storage. Special thanks to Tom Lawrence Enterprises who completed the work swiftly and with the same level of personal attention and care we apply to our horses. A special shout out to Mulletts Aluminum who donated the boxes. Like many of the things we do every day at NTRC, this was a true team effort that combined financial and in-kind donations as well as sweat equity.

Another major project that was completed to protect our riders, volunteers and staff from the elements, was the installation of a new canopy over the ramp at the main arena. Given the SWFL heat and rain, this was a much-needed investment in our people. We are grateful for these improvements and even more so for the donors who made it happen.



Donor Spotlight

PROCTORS MAKE SUPPORTING NTRC A FAMILY AFFAIR

Since 2001, we have been volunteering and supporting NTRC. We've made it a family affair. As high school sweethearts who have been married for 64 years, we enjoy doing things together. Having grown up around horses living on a farm and raising our kids to love horses too, NTRC seemed like the perfect place to invest our time after we retired to Naples seasonally. Supporting NTRC was something we became very passionate about.

Over the last 20 years, we enjoyed our time investing in the care of the wonderful therapy horses and riders who benefit from their healing. As volunteers, we helped out in any way we could in lessons as a sidewalker and leader, around the campus, on committees and our daughter served on the board. Spending time at NTRC, showed us so much more about horses than owning and riding them ever did. There is much more to them than we thought. They are the kindest animals in the world.

As donors, we support the Barn Dance and the Hoof and Hike. The events are a great place for us to bring our friends to introduce them to the mission and encourage their support. As sponsors, we wanted our funds to support the growth and expansion of their programs. At last year's Barn Dance, we, along with our guests, raised our paddles and purchased two stalls in the new barn to be built as part of the expansion effort. We hope our money can help eliminate the waiting list so they can keep up with the growing demand for their programs.

NTRC is like a wonderful, happy family to us. We made many friends. A core group of us kept coming back. We love the camaraderie, how dedicated the volunteers and staff are and what they do for children and adults in their programs. We are grateful for our time at NTRC and look forward to being a part of their continued success and growth.



"We are grateful for our time at NTRC and look forward to being a part of their continued success and growth.

As Barn Dance sponsors, we want our funds to support the growth and expansion of their programs."

– Dick & Wilma Proctor

SPECIAL EVENTS



Bootstrap Boogie Barn Dance – Now an Online Appeal



Due to the challenges brought on by Hurricane Ian, we feel strongly that our community needs time to recover. To honor that need, our signature fundraiser, the 17th Annual Bootstrap Boogie Barn Dance, held in memory of longtime supporter and volunteer,

Nancy Wyckoff, has been converted to an online appeal.

Revenue from the Barn Dance, our largest annual fundraiser, supports the annual operating costs to care for our horses and provide rider scholarships which requests for have increased in the last year. The appeal includes a variety of opportunities to sponsor a rider, sponsor a horse and provide funds towards hay, feed, farrier costs at varying donation levels.



Donate Here:



SPECIAL THANKS TO OUR BARN DANCE DONORS

*Reserve Champion Sponsor
Dick & Wilma Proctor*

*Trail Blazer Sponsors
Steven & Shelley Einhorn
Creative Wealth Financial Group Inc.
Health Care Logistics, Inc.*

*Media Sponsors
Naples Illustrated*

*Bull Riding Underwriters
Kermit & Jenny Sutton*

*VIP Sponsor Party
Kermit & Jenny Sutton*

Hoof & Hike Poker Run

January 15, 2023 | 10:00 am | Picayune
Strand State Forest - Belle Meade Tract

Event chair Lea Haven and her committee are devoted to our horses even after they retire. Whether you plan to hoof, hike or double down, there are plenty of ways to help raise funds at our annual Hoof & Hike Poker Run. Funds raised benefit the dozens of dedicated horses who served thousands of participants through our equine therapeutic activities. All proceeds fund the extraordinary care of NTRC's retired therapy horses just like Bear and Bella who retired this year to and are now living out their life in green pastures thanks to your generosity. Tickets are \$50 per person. Come hoof it or hike it!



Kentucky Derby Party

May 6, 2023 | 4:00 pm | NTRC

Save-the-date for a day at the races with NTRC at the annual Kentucky Derby Party. Guests can bid on your winning horse and enjoy hors d'oeuvres, one complimentary specialty drink and a cash bar. A 50/50 purse will go to the winner. Prizes will be awarded for Best Hat for the ladies and Crazy Pants for our gents. Proceeds from the Derby Party help on-board new horses enabling riders to get the best care possible – something we need now more than ever as we retire our aging horses and expand our programs. The cost is \$200 per person. Let's get down and Derby!



**TO REGISTER OR LEARN MORE ABOUT NTRC EVENTS, FOLLOW US ON FACEBOOK AND INSTAGRAM,
VISIT NAPLESTHERAPEUTICRIDINGCENTER.ORG OR CALL 239-596-2988.**

The Scene at NTRC



Welcome New Program Director



Lillian Mendez

Give a hearty NTRC welcome to seasoned non-profit administrator, Lillian Mendez, as its new Program Director who joined us this Summer.

Lillian has more than 20 years of experience in the local non-profit sector most recently serving for more than 10 years as the Associate Director of Programs for Youth Haven. Prior to that, she was the Shelter Manager for the Shelter for Abused Women and Children for ten years. Both organizations are community partners of NTRC where their residents participate in equine groups.

Lillian also has more than eight years of experience providing animal assisted therapy. She is a handler to American Kennel Club (AKC) certified therapy dog, Houston. Houston worked alongside her at Youth Haven bringing pet therapy services to their residents – a service she also plans to bring to NTRC.

In her spare time, Lillian volunteers for the Big Cypress German Shephard Rescue.

Meet a Rider

SUMMER CAMP HELPS TEEN MANAGE ANXIETY AND BUILD CONFIDENCE

I've always loved horses. I went to a summer camp that offered horseback riding in Iowa when I was younger and loved it, but there weren't many other opportunities to ride there. When we moved to Florida, I was able to do the NTRC summer camp this summer.

Horses are better than people. They don't judge you. They are in tune with your feelings. Sometimes I am anxious and it's hard for me to focus. I can be very jumpy, but I am not like that with horses. Riding helps me get grounded, relax and be more mindful.

I really enjoyed my summer camp experience and showing off my new skills at the horse show on the last day. I learned how to do vaulting. It tested my limits and I learned how comfortable I was on the horse. Art is another one of my hobbies. During the camp, we got to paint the horses and that was fun too.

Everyone at NTRC is very accepting. I loved all the horses especially Red, Itty Bitty and Raisin, and the people are great! It was nice to make new friends too.

The summer camp helped build my confidence on the horse. I am very thankful for the opportunity to grow and expand my horseback riding skills at NTRC. I am now learning more about riding and testing my abilities by taking riding lessons twice a week at a riding center. I am hooked!



“Summer camp helped build my confidence on the horse. I am very thankful for the opportunity to grow and expand my horseriding skills at NTRC.”

– Rylie Oliver

Program News

MINIATURE HORSES IMPROVE WELLBEING OF THOSE IN MENTAL HEALTH AND ADDICTION TREATMENT AT DAVID LAWRENCE CENTERS

David Lawrence Centers (DLC) provides life-saving, life-changing behavioral health care to children, adults and families through education, prevention, intervention, and treatment. They first partnered with NTRC to bring equine-facilitated psychotherapy therapy to adults in their Crossroads addiction recovery program in 2012. And now, with the launch of our minis outreach program.

Every week, Raisin and Itty Bitty visit DLC to spend time with children who are struggling with depression, anxiety and suicidal thoughts in the partial hospitalization program as well as adults in the Crossroads recovery program. The participants are able to take a break from other structured therapy activities and spend time with the minis. They interact with the minis through activities such as grooming, petting and painting them as well as walking them through obstacle courses and jogging with them. The horses come inside buildings and visit outside the buildings for fresh air. This time gives the clients a chance to forget about their stressors or anything else going on during the day-to-day therapy program. “When the minis come in, everybody has a smile on their face,” said Dinah, a Crossroads client. “It felt very comforting, very calm and peaceful. It almost felt like the horse could understand what I was going through or saying and was listening to me.”

“Besides the emotional benefits, equine therapy also helps people open up,” said Nancy Dauphinais, DLC Chief Operating Officer and a proud horse owner. “Those who are hesitant to express themselves in traditional talk therapy or who may be nonverbal, will connect with an animal and really start sharing.” Additional benefits of being around the minis include lowering anxiety, calming breathing, and decreasing blood pressure.

Rachel Vaa, NTRC Equine Resource Manager and Horse Trainer, adds, “Anytime someone is feeling down or angry, the minis pick up on that and will do whatever it takes to make sure that you leave with a better day, and a smile on your face.”



“The mini visits offer a unique opportunity for our clients to participate in something new and explore their reactions and responses. Those that are hesitant to be really talkative in therapy or who may be nonverbal, often will connect with an animal and really open up.”

– Nancy Dauphinais,
DLC Chief
Operating Officer



NONPROFIT ORG
US POSTAGE
PAID
PERMIT #215
NAPLES, FL

Naples Therapeutic Riding Center
206 Ridge Drive, Naples FL 34108

NAPLESTHERAPEUTICRIDINGCENTER.ORG
info@ntrc.org (239) 596-2988

**PLEASE SUPPORT OUR MISSION
OF PROVIDING THERAPEUTIC
RIDING AND EQUINE-ASSISTED
PROGRAMS TO THOSE IN NEED.**

Donate Today



Board of Directors

Brian McNamara – *President*
Lee Pinto – *Past President*
Caroline Ridgway – *Vice President*
Jeff Fortier – *Treasurer*
Sara White – *Secretary*

Kristin Carolan, Elise Coutre,
Adrienne Doane, Joe Logrippo,
Connie Sharpe, Mario Valle

ABOUT NTRC

NTRC improves the lives of children and adults with physical, social and mental health needs through therapeutic riding and equine-assisted programs. Volunteers and donors make it possible for NTRC to serve 800 participants each year. NTRC is funded by Naples Children & Education Foundation, The Virginia B. Toulmin Foundation, Clare Family Foundation, Clark Family Foundation, and private donations. NTRC is a Professional Association of Therapeutic Horsemanship Premier Accredited Center (PATH Intl).

Volunteer Spotlight

VOLUNTEERING GIVES OPPORTUNITIES TO GIVE BACK

I understand the challenges our riders face. I had concussions in high school and suffered a traumatic brain injury several years ago from an accident at work. I was in bed for two years. I fought to build up my strength by working out and riding my bike. When I was strong enough to get back to work, I knew I wanted to give back and help others find their strength too.



Dan Thiewes

I stumbled on NTRC by driving by and inquiring about the programs. I learned how the horses help people with disabilities. There was an Operations Strides session going on and I know many veterans struggle with traumatic brain injuries like myself, so I became very interested in learning how I could help. I have a lot of respect for horses and other service animals having worked with them in the past. Learning the horses at NTRC are getting a second change motivated me to sign up to volunteer as well.

I volunteer two to four days a week. I started out in the barn and around the property wherever I was needed. As I got more comfortable around the horses, I worked my way into lessons as a sidewalker.

My favorite part about volunteering is seeing how everything clicks. The smiles on the riders' faces are so rewarding. Seeing them do things they couldn't like walking without a walker is so inspiring. NTRC also helps the parents by giving them a break. They are so appreciative of the time to take their mind off of the challenges of caregiving a special needs child.