

4STEPS MIRROR 2020

Therapy Education Sport and Recreation for Individuals with Disabilities
4STEPS Therapeutic Riding Program 5367 Sixty Foot Rd, Parsonsburg MD 21849
410-835-8814 giddyup4steps@aol.com www.4stepstrp.org
4STEPS Therapeutic Riding Program is a 501c3 charitable organization

From the Heart: How Our Community Helps Special Families

Helping people is the heart of our therapeutic riding program. The benefits to our participants expands to their families and caregivers.

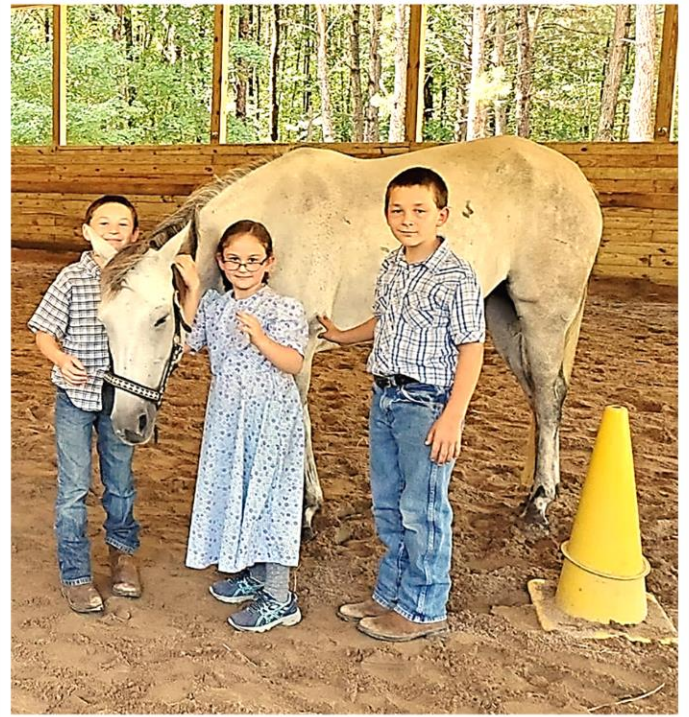
4STEPS is a community meeting place for parents, siblings, friends, caregivers, volunteers, and donors. Parents and caregivers meet folks with similar challenges. Parents may relax while their child participates in equine experiences or sit on the edge of their seat, hoping their child succeeds in the challenges. Assistance goes well beyond the arena and barn. Improved communication and expanded participation in family, school and community are just some of the benefits that the whole family receives.

Our donors and volunteers derive the benefit of improving their community by the time and gifts they share with our participants and families.

Testimonials showcased on our website and Facebook pages are always moving. You can see the sparkle in the eyes of a child who benefits by improvements he or she makes in the arena and on the trail. Parents and caregivers describe how those improvements have made changes in their family life. We know the whole family feels the difference. Many of our families have multiple children participating in the program. The benefit of including siblings strengthens the family.

4STEPS goes to school

The experience of being with 4STEPS ponies is not exclusive to trips to the farm. This year our outreach included field trips to **Cedar Chapel Special School** in Snow Hill. The Pocomoke Elks Club provided funds for 4STEPS to take Whimsey and Tilly to engage with the students and staff. The ponies enjoyed being petted and groomed and some of the children were excited to lead the ponies around the playground. Each week they became more comfortable and confident and we saw changes in the number of students who successfully became involved with the ponies. Parents were delighted to see their children participate and some parents signed up for summer riding at the farm. *We wish to extend a huge 'THANK YOU' to the Pocomoke Elks!*



Thank You to our Equines

Our horses are natural teachers, instinctively nonjudgmental and responsive, and trained to be safe and gentle. Each horse has his or her unique stature and personality and offers a different challenge for each of our students. In meeting these challenges, our students learn how to communicate clearly, act assertively and display tenacity.

Besides being trained on all routine 'good citizen' behaviors, our horses are introduced to wheelchairs, walkers, grooming and handling by all kinds of visitors as well as being trailered for trips to schools, senior centers and community events.

Horsey Hugs for: Whimsey, Zorro, Taffy, Mocha, Belle Starr, Tilly, Diamond, Niki, Chessie and Shep!

Thank You to our Volunteers

For more than 15 years people have been coming to 4STEPS to volunteer their time to support therapeutic horseback riding and equine-assisted activities for our students and their families. They work in lessons encouraging students, they get excited when students succeed. They are effective and safe leaders for our students and they truly make an impact on how we are able to serve our community.

Horsey Hugs to: Katie Bergbower, Kendall & Jordan Folsom, Charlotte Vic, Gina Krall, Betty Pritchard, Sue Foley, Maribeth Kulynycz, Ava Bedsworth, Andy Schultz, Jerry Layton, Dick Warren, Sandy Sorrenti, Jalene Beach, Jan Balddt, Tom Phoebus, Charles Henry, Nadya & Tyler Hryczaniuk, Mileyni Scherif, Maurice Marshall, Michala Brent, Brooke Kelley, Lori Kelley, Sandy Winter, Sonia Turnamian, Carole Haag and Bob Smith

4STEPS Therapeutic Riding Program is a 16 year national non-profit of 100% volunteers.

Thank You to our Donors

4STEPS recognizes and honors those who support our program through their thoughtful and generous donations. Thanks to your support, their own hard work, and the magic of the horse/human bond, our participants can meet their challenges with dignity and courage, and they become the awe-inspiring champions they were born to be. Your donation keeps our riders in the saddle, funds our unmounted programs, and ensures our irreplaceable therapeutic horses stay healthy and content.

Horsey Hugs to: Kevin & Carolayn Cunnion, Robert & Debra Carlisle, Nancy Blank, Beatrice Doherty, Salisbury Sunrise Rotary, Ocean Pines AARP, United Way DE, Don & Sandy Sorrenti, Sandy Winter, Shelley Strauss, Jon & Lisa Conley, Elizabeth Wooten, Richard & Bernadette Sullivan, John & Judy Dzmiera, Carole & Bill Haag, OC Elks Lodge, 1st State Detachment 689, Boggs Disharoon Post 123, Shirley & Richard Records, William & Patricia Haag, Kiwanis Club OP, Eddie & Karen Dennis, Frances Grafton, American Legion Sinepuxent 166, OC Lions Club, Michael McGary, Richard Warren, Lions Club Salisbury, Gary Wong, Anne Ross, Richard Witte, Eastside VFW 2996, Salisbury Elks 817, American Legion 237, Ladies Aux OC Elks 2645, Choptank Electric Trust, CFES, OC Elks 2645, Anne & Robert Schlender, OC Berlin Optimist, Berlin Lioness Club, Delmar Fire Dept, Pocomoke Elks 1624, Maurice Marshall, Jonathan & Verena Chase, Betty & Clark Pritchard, Salisbury Moose, Knights of Columbus OC, Vietnam Veterans OC, Glenda Fishel, Bernard Pemberton, United Way Central MD, Brooke & Lori Kelley, Gary & Debbie Fries, Larry & Mary Jock, Bob Dignan, Joan Kirby, Laura Conner, Lisa & David Vandervossen, Matt & Lindsay Block, Suzanne Foley, Rod & Jennifer Brodie, Mary Spinks, Jenny Warren, Patty Fooks, Josephine Shick, Jerry Layton and Terry Niec

'THANK YOUs' From our President, Nancy Blank

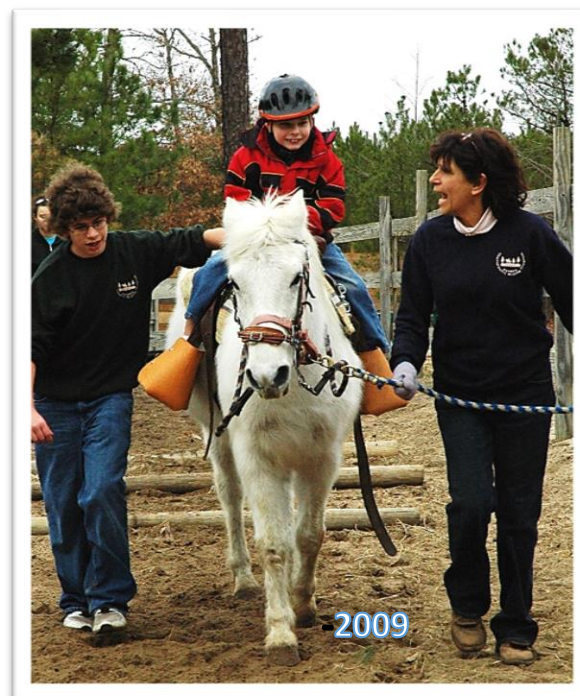


Notes from our Executive Director, Sandy Winter Aging: PATH Intl. Celebrating 50 years



Formed in 1969, PATH Intl. has grown into a globally recognized standard of equine-assisted activities and therapies (EAAT). By setting the benchmark of safety and excellence for center accreditation and instructor certification, pursuing innovative programming and services and enlisting a dedicated crew of community volunteers, the association has enabled the life-changing power of the horse to benefit lives.

Trailblazers, pioneers, founders, innovators...are just a few words that describe the men and women who 50 years ago laid the foundation for PATH Intl. and joined others from around the world in creating the therapeutic horsemanship field of today. It takes vision, heart, drive and a whole lot of hard work to start and build an organization. I think about how 4STEPS came about over 15 years ago. The beginning was exciting, the meeting room was filled with parents, volunteers, and community leaders. Because of the recognition of the need in our community and the vision to fill that need, 4STEPS was organized. Those people in that room saw the positive impact of the human-horse interaction and recognized the need to build a framework for 4STEPS that still strives today. Thank you to those who saw the vision!



Personally, this year I turned 65 years old and proud to say, I received my certification from the association as a registered therapeutic riding instructor in 2002 when I was just a kid at 48 years of age. Over that time, I have had the opportunity to learn the craft, attend and complete a multitude of courses, seminars, webinars, and conferences which has proven invaluable to my personal growth as an instructor. I have mentored others to take their place in the industry and for that I am grateful. I have owned horses for many years, concentrating mainly on trail riding. I have participated in professional horse organizations and continue to pursue certifications in a variety of disciplines in instruction and equestrian competencies. It remains a labor of love.

The challenges of time and health have not gone unnoticed. I do not tolerate the heat of summer like I used to. Believe or not, my step is a *tad* bit slower, I tire more easily, requiring moments of pause as I go forward and of course Zephyr is missed. This does not prevent my continuance, merely highlights my awareness. I find I am more observant and patient. I appreciate interactions and connections more. I have a greater appreciation for the volunteers, many of whom are facing the same challenges of aging and without whom we could not do this job. Well, as the song goes, "the old gray mare ain't what she used to be..." but she's in a new stage of opportunity and strength.

4STEPS Therapeutic Riding Program

5367 Sixty Foot Road, Parsonsburg MD 21849

Enhancing Lives through Equine Activities

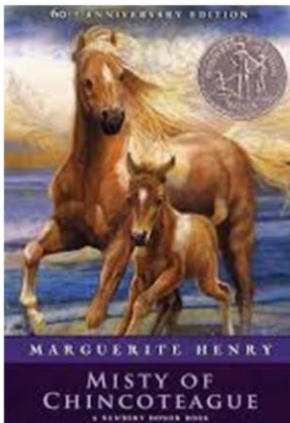
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HORSEPLAY Adaptive Summer Camp – Riding and Reading

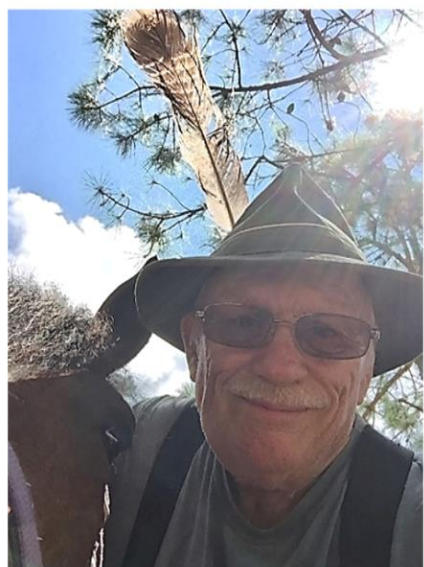
“A wild, ringing neigh shrilled up from the hold of the Spanish galleon. It was not the cry of an animal in hunger. It was a terrifying bugle. An alarm call...”

Participants in 4STEPS HORSEPLAY summer program benefited by practicing their reading and listening skills as they discovered the legend of **Misty of Chincoteague** by Marguerite Henry. During a 2 hour activity, the kids worked with and rode horses. After treating the horses apples and carrots the kids were treated to an ice popsicle and a chapter of Misty. Everyone was welcome to read and do craftwork! This unique program was supported by scholarship funds from the Wicomico Health Department. Parents were very appreciative because it offered summer reading enrichment. Participants also learned about horses and local folklore of Misty and the annual Chincoteague Pony Swim and carnival.



A request from our Treasurer, Dick Warren

The business of love and healing...is still a business.



We recognize and honor those who have chosen to support our program and services and ensure our future through their donations. Donations are necessary to enable us to provide the expertise, education and standards required for safe and meaningful equine-assisted activities to individuals with physical, cognitive, and emotional challenges.

Your gift will be used where it is needed most to fund all the basics to provide for horse and facility care and use, running an office, supplies and postage, maintaining our PATH association, including program insurance and membership dues—all those mundane but critical things which allow us to continue providing our life-changing services.

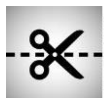
Help with Financial Assistance. Our goal is to keep the cost of participation as low as possible so to keep our services affordable to those who need it the most. Last year we provided 15 scholarships to participant families in need! \$240 will sponsor a rider for 6 weeks. Thank you for whatever amount you can afford.

"Thank you, one and all, for your generous and ongoing support".

Make your gift online, by phone or by mail:

Gifts by mail can be sent to
4STEPS Therapeutic Riding
5367 Sixty Foot Road, Parsonsburg, MD 21849

To make your gift online go to www.4stepstrp.org



THANK YOU FOR YOUR TAX-DEDUCTIBLE GIFT!

NAME _____

Phone _____

Address _____

City _____ State _____ Zip _____

email _____



I would like to support 4STEPS. Enclosed is a check for \$ _____

To pay by paypal or credit card go to www.4stepstrp.org



Spotlight on Laci

Small in stature, large in courage...Laci's size does not interfere with her ability to control her horse. Although Laci weighs less than 50 pounds, at 6 years old, she can guide her horse with instruction through mazes of obstacles and wooded trails...and she has a *need for speed!*

Laci has to work hard, focusing on paying attention. During her weekly riding lesson she loves the time she spends with her horse and our volunteers. Recently Laci had her first lesson in 'posting' to the trot. A posting trot requires strong abdominal muscles, good balance, and confidence. It also requires the rider to be in rhythm with the movement of the horse. All these skills Laci demonstrated with determination and success! Most of all, Laci is having fun during her time in the arena and on the trail and we enjoy the sparkle she brings with her!!!

Community Foundation of the Eastern Shore supports 4STEPS special programs

Kickin' it up a notch - Brooke takes it to the next level

17 year old Brooke Kelley has been a long-time participant in the 4STEPS program. She has been a rider, a volunteer and a camp counselor over a period of 8 years. This spring she received professional training to become an assistant riding instructor through a grant provided by CFES.

Brooke attended a week-long camp at an accredited facility in Pennsylvania. She was given instruction in risk management, teaching techniques, professionalism and herd management. Demonstrating her excellence in safety, instruction and horsemanship, she completed the program and received her certification from the Certified Horsemanship Association (CHA).

Brooke continues to be a valuable asset, working in our program and sharing her passion and experience with our clients.



4STEPS to Employment



The *4STEPS to Employment* program provided vocational training to adults with disabilities in our community. The students were taught job skills. They learned to rake, work in a garden, remove and compost manure, to be around horses safely and to do various farm chores. Resume building was also a critical skill developed. CFES funded this unique program. The goal of the program was to increase a participant's chances of finding gainful employment.



Students who completed the 4-week program had the opportunity to participate in a job internship at local businesses in our community. One student is taking online courses through Wor-Wic Community College to become a veterinary assistant.