



HOOFPRINTS

A Publication of

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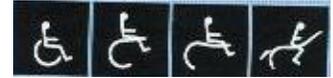
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INSPIRING UPDATE ON SOLDIER JASON EHRHART



Soldier Jason Ehrhart's mother Pam Estes writes an inspiring letter to Dr. Sherri Braxton and Dr. Helen Tuel on his remarkable progress with Therapeutic Riding

"I am forwarding a couple of recent photos of Jason riding along with some updates. This picture was taken during one of his first para-dressage tests. It was more of a schooling event in that he was provided feedback from judges but it didn't officially count. He has been rated as a classification I and the classifier was truly amazed at his ability given the extent of his disabilities.

We attribute many of his advancements physically and cognitively to the horseback riding. Physical because of strengthening his core and cognitively because of the requirement to remember commands. As you know, when Jason started at TRRC, he resembled a blob on horseback--very little balance and was challenged to sit up straight. Over the years, Jason has progressed to

riding in a saddle with stirrups, independently riding with the side walker standing in the middle of the ring and dismounting the horse with the aid of only one person. He has also been walking out of the ring (with the aid of a person on each side holding him) to his wheelchair after riding. Recently, Jason's lessons have included him assisting with saddling his horse. Jason's trainer has also been surprised with his ability to remember the dressage courses given his short term memory challenges.

- Jason now has a service dog named Freedom. Again, no one expected it, but Jason remembers all of the necessary commands, takes responsibility of her and passes the required Public Access Tests.
- In May, Jason was invited to participate in riding in a modified Indy 500 race car. The speeds during these laps can top out at 180 mph. Of course he loved it.
- This summer we also did some additional filming for the Wounded Warrior Project. I believe the new commercials come out around the holidays.
- We truly believe that the horseback riding has been instrumental in Jason's recovery. His doctors really did not expect this type of progress and have told us to keep him engaged in activities that interest him. His case has proven that brain injuries continue to heal over extended periods of time. Most of all, Jason is very proud of his accomplishments."

FROM IT EXPERT STEVE TOWNE

"We need to strengthen the availability of the Internet in the Bank Barn to support groups that want to come to TRRC for various seminars and other activities. Volunteers are ready to do the work, but we need to purchase approximately \$300.00 in materials. Please consider a donation if possible this holiday season to make this project a reality."

WHO WE ARE AND WHAT WE DO:

We are your neighbor where you live, work and play! We are farmers. We grow healthy children! Equine-Assisted therapy in a natural setting. TRRC is developing a mental health component with a psychologist on staff who is also a certified riding instructor with an equine mental health and learning certificate. A **Parent Support Group** whose members meet monthly in the bank barn to teach arts & crafts, cooking and social skills.

Special Olympics Equestrian Team, 23 members, and growing, in consideration to host the state summer equestrian games in 2020. **Scouts**: boys and girls for eagle and gold award projects, **interns** from surrounding colleges to observe and learn where community health begins and its impact. **Military families: veterans** and their children, **Garden Group** where children and adults learn to select seeds, plant, weed, harvest, market, and make healthy food choices.

Staff: 15% have special needs; we are their first job, first paycheck, they learn banking skills, **Rainbow Camp**: for inner city youth from Baltimore city, trails, gardens, playground under construction: **new indoor sensory arena for children and adults with sensory challenges**. Monthly **educational seminars** planned by retired **FBI agent**: stop the bleed, first-aid, and training, opioid overdose prevention, fire prevention training and fire extinguishers and safe evacuations.

TRRC hosts numerous educational **clinics, religious ceremonies, retirements** and **birthdays**. A highly educated professional certified teaching staff; safe, trained equines. accommodating 200 families/week year-long, **Howard County conservancy partners** with Howard County Public School system for outdoor education of stream science. Students come to TRRC to study its Cattail Creek stream, its health and clarity and calculate the abundance of stream creatures and vegetation. Working with **Artstream Company** to bring services to TRRC for art improvisation classes, public speaking, self-advocacy, and self-expression through art forms.

THANKS TO: The Monet Lewis family for its continued snack table donations for our very hungry riders! Delaney Lane for a bucket full of Halloween candies; Daphne and Braydon Harrington and Denny Trager, our donut ambassadors every Saturday morning, when delicious donut snacks magically appear for all the rider families to enjoy, staff and volunteers, too.

COAST GUARD COMMEMORATIVE AMERICAN FLAG FOR A FALLEN HERO DISPLAYED AT BANK BARN



TRRC hosted a **military memorial service for Ricky Flynn** with a gathering first at the flag court (with beautiful preparation of this garden space and planting of colorful pansies for a burst of color by **Steve Novick**) with uplifting speeches and **John Tuel** singing the National Anthem. **Jeff Allison**, retired FBI, presented a commemorative coin from law enforcement, which often partners with the military when needed. The attendees moved to the Bank Barn for a lovely lunch with **Sharron Snapp** providing the gorgeous table floral arrangement, and to view photos of this young hero from years past. Our greatest respect to **Ricky Flynn** for service to his country.

A NEW EIGHT-STALL BARN TO LEASE



To Established business. Eight (8) 14x14 matted stalls w/additional six (6) if needed in an additional barn, with tack room, wash stall, attached to indoor arena, which is heated with huge wall mirrors and sprinkler system for dust control, large pastures w/heated auto waterers, caretaker on-site, security cameras 24/7, heated indoor arena w/sprinkler system and gigantic wall mirrors, lighted, shadow-free outdoor, new state-of-the-art lightfoot footing, plenty of trailer parking, trails, centrally-located **Glenwood** (western Howard Co.). References required, non-smoker, shown by appointment only. \$2,500 plus utilities. **Dr. Helen Tuel**, www.trrcmd.org Email inquiries: trrc01@aol.com **Individual boarders welcome, too, for self-care: \$385.** Numerous amenities; **email for more details.**

Eagle Scout Project of the Year: Robert Schantz, Troop 874



Robert's **Eagle Scout Project** was to transform an old barn for TRRC in Glenwood, MD, into a usable, wheelchair accessible space for therapeutic horse riders. The barn now has multiple uses and includes a place for riders and parents to wait for their turn to ride, a learning room for inclusive camps, a place for parents to meet, and a viewing patio for parents/caregivers of the riders. The barn also has interactive stations created by TRRC therapists to engage riders in sensory integration/horse knowledge activities.

VOLUNTEER GROUPS MAKE THE DIFFERENCE!

By Lynn Moorhead

The farm grounds have been really spruced up in the past two weeks by three different volunteer groups that have been on the premises. **Fannie Mae**, the **CSC**, co-



The large group of Fannie Mae volunteers

workers of one of our own instructors from **UMBC**, and **Scout Troop #2303 of Clarksville, MD** worked very diligently to paint fences, enhance our Bank Barn garden, repair fence posts, groom the playground, rid the field of burr-laden bushes, and distribute mulch near the gelding barn! We are so grateful for all the many hands that made hard work in to fun days! Thank you to each and every one!!



#1 holiday hack:

When you shop at smile.amazon.com, Amazon donates.



