

# Riverwood Rider

January 2016

Volume No. 48

6825 Rolling View Drive Tobacoville, North Carolina 27050 [www.riverwoodtrc.org](http://www.riverwoodtrc.org) (336) 922-6426

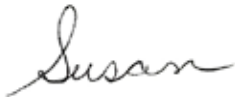
## Letter from the Director

Dear Friends,

Our 20th anniversary year was a wonderful time to reflect on where we began. Many students who started with us in the mid-90's continue to find partnership with the horses, the farm, volunteers and staff therapeutic. The memory wall in the hallway that is lined with portraits of our devoted equine heroes stirs emotions and stories of great love and friendship. Riverwood's current facility reminds me of the investment and trust the community put in our mission as well as the commitment of our board and staff to sustaining our future for the next 20 years.

Riverwood has experienced a steady increase in demand for our services. We currently receive referrals from physicians and therapists who have seen the progress toward goals that takes place with equine assisted activities. Schools and residential facilities have witnessed changes in behavior, progress towards goals and a sense of contentment and well-being. As we continue to grow, I am committed to leading Riverwood into the future with the highest quality programs. In 2016 we will renew our premier accreditation certification, and by the end of the year we will see at least 3 of our instructors trained to the advanced level of certification through PATH, Intl.; a year-long process culminating in a live teaching and riding exam as well as a written exam. A strategic plan will be completed by July, which will give us a road map into the future providing for sustainability and succession planning.

I am so proud that Riverwood is a place where children and adults with special needs can learn and grow by interacting with our equine partners, a loving staff and volunteers. It is a place where diversity is celebrated and those who often feel marginalized fit perfectly!



Susan Hubbard



## Spring and Summer Riding Opportunities

We are already excited for our spring and summer programs at Riverwood. Be sure to mark your calendars for the annual Spring Fling Horse Show which will take place on May 14, 2016. This horse show takes place at Riverwood and is a year-end demonstration of skills learned by our riders throughout the year. This special event is a family favorite and we invite the community to come watch and support Riverwood riders as they compete for ribbons and have fun. Sponsorship opportunities for this show are abundant and a great way to honor any special person.



Another fun filled opportunity is our summer riding program. This popular session is 8 weeks and begins in June. Very beginners to intermediate riders will enjoy the well planned, fun, interactive lessons that are offered daily. Children as young as 3 and adults are welcome to attend. This is open for exceptional and typical individuals; a perfect opportunity for siblings, grandchildren, cousins, parents, or anyone to ride the amazing Riverwood horses. Summer registration will be available via the Riverwood website during the second week of February. Spots are first come, first serve and do require a deposit. Hurry! Our summer session always fills quickly! For more information about any of those opportunities, please call or email the office.



## 2016 Calendar Special Programs and Events

January 16: Volunteer Orientation Part I  
January 18: Goodwill eLink Youth Development Program  
February 6: Salem Kitchen's Souper Bowl Fundraiser, to benefit Riverwood  
February 13: Volunteer Orientation Part II  
February 15: Goodwill eLink Youth Development Program  
February 24: ABC readiness day visit  
February 25: Hearts and Hooves Society appreciation dinner at Milner's  
March 12: Volunteer Orientation Part I  
March 12-13: Advanced Instructor Workshop for PATH instructors (Lorrie Renker)  
March 18: Family Fun Night Easter Egg Hunt  
March 23: ABC readiness day visit  
March 24: Goodwill eLink Youth Development Program  
March 28-April 1: Spring Break  
April 1: Goodwill eLink Youth Development Program  
April 5: Parkinson's Forward Riding Program (4 weeks)  
April 9: Volunteer Orientation Part II  
April 9: Riverwood Benefit 5k Run and Pimento Cheese Tasting at Muddy Creek Café  
April 16: MEO to Old Richmond Spring Fling (Rain Date 4/23)  
April 20: ABC readiness day visit  
April 30: Healing with Arts and Horses intensive program with Sawtooth (1 day)  
May TBA: Volunteer and Family Appreciation Banquet  
May 7: Volunteer Orientation Part I  
May 14: Annual Riverwood Horse Show (Rain Date 5/21)  
May 20: ABC readiness day visit  
May 26: Community Care Luncheon Fundraiser at Highland Presbyterian Church  
June 4: Shredding Event to support TRAV Show students  
June 13: Summer riding session begins (8 weeks)  
June 16: Healing with Arts and Horses program with Sawtooth (6 weeks)  
July TBA: MEO to Camp Hope for children in foster care  
July 12-13: MEO to Hospice and Palliative Care's Camp Carousel  
July 16: MEO to Modern Classic Muscle Car Show, proceeds benefit Riverwood  
August 8: Final day of summer riding program  
August 9-12: Summer intensive riding program (4 days)  
September TBA: ABC of NC Vocational Program  
October TBA: Rural Hall Elementary Exceptional Children's Riding Program (6 weeks)  
October TBA: MEO to Dixie Classic Fair  
October TBA: Boots and Brews Fundraiser at BB&T Ballpark  
October 22-23: Therapeutic Riding Association of Virginia Horse Show

*You can always find the complete and up to date list of MEO programs and awareness events on our website on the MEO page.*

### Stay Connected

Riverwood is available 24/7 by visiting our website at [www.riverwoodtrc.org](http://www.riverwoodtrc.org) and you can "like" us on Facebook. If you still can't get enough, please sign up for our e-news mailing list by sending us an email at [rtrc@windstream.net](mailto:rtrc@windstream.net) or entering your email address in the sign up box at the bottom of Riverwood's website homepage. The e-news arrives once monthly and contains pertinent information about the happenings around the farm that month.



### Student Spotlight: Liz Baldwin



Liz Baldwin has been a staple at Riverwood Therapeutic Riding Center for 11 years. She can be seen hard at work around the farm, cheerfully leading our horses, and inside the barn pouring feed, picking stalls, and greeting volunteers. Liz is 34 years old and her story at Riverwood began as a volunteer in 2005; after working as a leader, she later went on to become a student and iconic member of the barn staff. Her favorite things about Riverwood are riding in the advanced class every Monday and caring for our horses 3 days a week.

Liz has a passion for competition! She and Sir took first place in Equitation at the 27th Annual Therapeutic Riding Association of Virginia Horse Show in October 2015. Outside of Riverwood, Liz enjoys yoga, going to the movies, and spending time with friends. She is quite the social butterfly and delights in sharing her indisputable love for horses with others. Liz is such a beloved member of the Riverwood family, and her enthusiasm brightens up the barn on even the dreariest of days. Walk On, Liz!

### 2016 Board of Directors

Susan Bradford  
Kathy Brookby  
Linda Collins (President)  
Terri Dillon  
Mary Hitchcock  
Greg Holthusen  
Susan Hubbard (Executive Director)  
Hilary Kosloske  
Vickie Newell, DVM  
Susan A. Royster (Secretary)

## New Staff Member, Leigh-Ana

We are excited to introduce our newest staff member, Leigh-Ana Castillejo. A graduate from Wilson College in Chambersburg, Pennsylvania, Leigh-Ana obtained a BS degree in Equine Facilitated Therapeutics and Equine Studies. She is also a PATH certified therapeutic riding instructor and brings 15 years of horse and riding experience to Riverwood.



“Dear Riverwood - Being blessed with the opportunity to assume the positions of instructor and equine manager at Riverwood is a dream come true. Working with our equine partners and those with special needs have long been passions of mine; I could think of no better way to spend my life than being part of a team that whole heartedly dedicates itself to bettering the lives of both. Over the course of the last eight years I have had the privilege of participating in the Riverwood community both as a volunteer and later as an intern. Over the last couple of weeks, I have so enjoyed being able to reconnect with old friends (two-legged and four-legged alike!)

and meeting others for the first time. I am excited to continue meeting each one of you in the coming weeks and am humbled to be able to ride into the new year as part of the Riverwood family.”

- Leigh-Ana

## Letter from Program Director

The past 20 years have been a transformation, not only for Riverwood, but for the field of Equine Assisted Activities and Therapies. When I began working at Riverwood in the summer of 1999, I was amazed at the creativity of lesson plans, therapy goals and experiential learning that took place. Today, I feel just as amazed about what our staff offers riders and students but I am also awed by the amount of growth we have seen in the past two decades.



During 2015, we served 604 individuals through our programs and we had 10 varieties of programming taking place. Those included working with school children, visiting senior citizens, helping at risk youth, developing wellness skills for adults, teaching leadership for all ages, and the list continues. As we approach the 2016 season, we are excited to partner in new ways with community agencies and groups to offer even more chances for people to have opportunities to heal and grow with our horses. We look forward to welcoming new faces off of our ever growing waiting list, adding new school group sessions to the calendar, and designing equine facilitated learning opportunities for those hoping to gain insight that may be found in different ways on the farm.

Heading into a new year is always exciting and 2016 is no different. We are honored and humbled to be a resource for so many people in our area. How many ways can horses help people? The answer is infinite. There is no limit to what we can do with such a great community behind us. Stay tuned for updates as we go through 2016. It's going to be a great one!

Warmly,

A handwritten signature in black ink that reads "Laura A. Pallavicini".

Laura Pallavicini

## Welcome Back, Hilary!

We are delighted to welcome longtime Riverwood supporter and advocate, Hilary Kosloske, back to our Board of Directors! Hilary has been an integral part of Riverwood's ability to make a positive impact in the lives of children and adults with special needs for 10 years. Previously, Hilary served on our Board for 6 years, acting as Riverwood's Board President for 3 of those years. Hilary also currently volunteers on Riverwood's development committee, helping strategize and execute plans to raise the funds necessary to support our equine assisted programs.



Hilary is undoubtedly an all-around Winston-Salem community leader, as well as a Senior Managing Director Financial Advisor at BB&T Scott & Stringfellow. Outside of her career and community service endeavors, she enjoys spending time with her husband, two daughters, and brand new granddaughter. Hilary is an avid horse woman and loves riding her horse, Smoke, especially on trail rides.

## Wish List:

- Riding Helmets (Immediate need for 2 Small and 1 Extra Small)
- Child Size Quick Release Stirrup Irons
- Children's stirrup leathers
- Legends 11 pellets
- Triple Crown Senior Horse Feed
- Acti-Flex 4000 joint supplement
- 50 foot Heavy-Duty Garden Hose
- Forever Stamps
- Paper Towels
- Toilet Tissue
- Liquid Hand Soap
- Printer/Copier Paper
- Office supply store, Walmart gift cards
- Equi-min Mineral Block
- Waterproofing Spray

## Mobile Outreach Adventures

Our miniature equine partners, Midnight and Candyman, are taking Riverwood's services out on the road more than ever with our Mobile Education and Outreach trailer. The MEO mobilizes our programs, in turn making Riverwood's impact in the community virtually limitless. The staff and minis experienced an incredible first full year of programming with the MEO, which traveled 990 miles and was active at 18 equine assisted programs or community events. This resulted in Riverwood and the trailer gaining valuable exposure through an astounding 47,670 views. We served 240 children and adults with special needs through direct programming with the MEO and met several individuals who later went on to become students, volunteers, or financial supporters! Midnight and Candy paid visits to children with autism spectrum disorder at ABC of NC Child Development Center, teenage Girl Scouts in Salisbury, children in foster care at Camp Hope, elderly individuals with various challenges at Salemtowne Retirement Home, and so many more!

With several MEO programs already on the books for 2016, we're looking at another great year. It is our goal to continue to serve those with special needs, as well as educate the general public and raise awareness. There are an abundance of positive opportunities unfolding through the MEO, from bringing moments of joy, pure acceptance, and interactive learning to groups of children experiencing significant loss and grief at Hospice and Palliative Care, to sparking memories, interpersonal interactions, and much desired bonding experiences with elderly residents at Salemtowne Retirement Home. To find our full calendar of events and programs throughout the year, visit the MEO website page or subscribe to our monthly e-newsletters!



## Volunteers Needed

As we enter 2016, we are in need of more volunteers than ever! Riverwood has expanded programming to include several additional school groups, and now serve over 100 individuals each week. Volunteers play a major role in Riverwood's success



because without them, many students would be unable to ride. Riverwood welcomes all interested volunteers who are 14 years of age or older. All are required to attend a volunteer orientation, which is held bi-monthly with the next taking place on Saturday, March 12th from 9:00 to 11:30 AM. Prior horse experience is welcomed but not required, as everything you need to learn will be taught at the orientation. Because it is important to provide our riders with consistency, we ask that volunteers commit to at least a one-hour class once a week, for a minimum of 8 weeks. If you have questions or would like to register for an orientation, please contact the office at (336) 922-6426 or [rtrc@windstream.net](mailto:rtrc@windstream.net).

## Letter from Development Director



In my first year at Riverwood, I have become truly inspired by the courage and beauty found in each and every one of our students and the connection they have built with our horses. The relationships formed between horses, riders, staff, volunteers, and donors are deeply intertwined unlike any other organization. I am thankful for the friendships I have formed with members of the Riverwood family!

I am so proud of all those involved with Riverwood for the amount of love and support you embraced us with throughout our entire 20th anniversary year in 2015. Thanks to so many of you, we are on the path to sustaining a budget to support 6 full-time and 3 part-time employees, who are all vital in our ability to meet the increasing demand for equine assisted services in our community. We also hope to build our reserve to a sustainable level in order to ensure the future needs of our program, equines, and facility will

be met for years to come. Thank you for continuing on this journey with us and making our programs possible.

2016 already seems especially bright! We now serve over 100 students on a weekly basis, and with the MEO we are able to serve hundreds more individuals annually. We hope you will share our excitement and join us for the second annual Boots and Brews fall fundraiser to be held in October at the BB&T Ballpark. This year's event will feature live music, a spacious dance floor, scrumptious dinner and drinks, and much more fun – to be announced soon. There are many other opportunities to look forward to, such as our annual Horse Show at the farm in May, as well as the Community Care Luncheon, family fun nights and the daily opportunity to enrich the lives of all those around us. Walk on, Riverwood!



Erin Smith



## Welcome Dante and Sweetie

The Riverwood herd went flea bitten grey over the summer thanks to our two newest members. Our first new member, Dante, is an 11-year-old Quarter Horse. He was donated by Becca Murray who taught him to be a hunter/jumper and a gentleman. His kind soul and gentle eyes have quickly made him a favorite with our students and volunteers. He has been ridden by some of our most beginner riders, as well as our independent riders and has proven himself to be a great therapeutic riding partner.

Our second new member, Sweetie, is a 17-year-old Welsh pony mare who was donated by Cinda Purrington. Her previous experience as a child's lesson and show pony make her a perfect fit for our program. She has a gentle disposition, soft coat and beautiful brown eyes and has been helping some of our smallest students learn to ride. She is living up to her name as she tends to capture the hearts of everyone she meets. We are thrilled to have her as an equine partner. "Walk on," Dante and Sweetie!

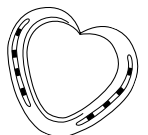


## New Volunteers - Welcome to the Herd!

- |                       |                         |                    |
|-----------------------|-------------------------|--------------------|
| Anders, Desi          | Eggers, Annah           | Mendez, Rosa       |
| Ashby, Liz            | Flaum, Jayla            | Merrell, Kathy     |
| Atwood, Harolene      | George, Maria           | Moore, Jacob       |
| Bachmeyer, Olivia     | Hammes, Marie           | Munley, Cameron    |
| Bachmeyer, Robin      | Hampton, Steve          | Nichols, Emma      |
| Barfield, Carlee      | Hanson, Anne            | Nichols, Morgan    |
| Beaman, Max           | Hawkins, Tamiaka        | Nowak, Deborah     |
| Bentley, James        | Hayworth, Susan         | Pepperworth, Kayla |
| Bey, Eva              | Hugenschmidt, Christina | Pepperworth, Kim   |
| Bost, Julianna        | Hughes, Marcie          | Perucci, Rebecca   |
| Bostian, Philip       | Jackovich, Caroline     | Pitassi, Angela    |
| Boyer, McKenzie       | Johnson, Mary           | Ralph, Sue         |
| Bringolf, Nick        | Johnson, Amy            | Reynolds, Abby     |
| Britnell, Phyllis     | Johnston, Taylor        | Romero, Andrea     |
| Calamusa, Lily Grace  | Kinney, Steve           | Schmitz, Tiffany   |
| Carbone-Wynre, Georgi | Kota, Payton            | Shirlen, Meagan    |
| Carnes, Lindsay       | LeCompte, Michael       | Shoe, Kacey        |
| Carnes, Morgan        | Longworth, Teri         | Stinnett, Amy      |
| Chillemi, Anja        | Machiele, Emily         | Stinnett, Emilea   |
| Clegg, Alexa          | Marshall, Annemarie     | Stone, Caitlin     |
| Combs, Jeannette      | Martin, Billy           | Warren, Olivia     |
| Conrad, Elaine        | McCunniff, Rebecca      | Welch, Carmen      |
| DeHart, Aslyn         |                         | Wernick, Sharyl    |



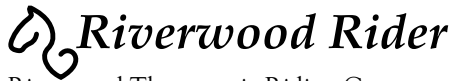
## Sustaining Riverwood: Hearts and Hooves



The new giving group, Hearts and Hooves Society, is a meaningful way to give and help pave the way for Riverwood's future. Hearts and Hooves currently consists of 23 individuals all united for one purpose – moving Riverwood's program toward sustainability and meeting the true need for equine assisted services for individuals with special needs in our community. According to data collected by U.S. school districts, Forsyth County sees 12%-16% more children with severe and profound disabilities compared to surrounding counties. An increase in demand for placement into Riverwood's program is demonstrated through our wait list of more than 30 individuals, as well as the growth in student participation by 60% over the last 3 years. In addition, to make our services available to all those who wish to experience the healing nature of equines and the natural world, Riverwood subsidizes the cost of classes for every student by 66% and provides scholarships beyond this to qualifying students experiencing financial hardship. Thus, we truly believe Riverwood's programs offer a unique benefit to the children and adults with special needs in our community.

Members of Hearts and Hooves share Riverwood's vision for the future, a desire to uphold the core values that make our program successful and the need to establish a long-term fund to support the future needs of our program and facility. In 2015, Hearts and Hooves' founding year, members contributed more than \$50,000 toward Riverwood's operating fund. We are humbled by this incredible outpouring of love and support. Our goal is to work toward raising \$100,000 annually through the Hearts and Hooves Society. We would like to thank all of our donors for enabling us to serve 604 individuals with special needs in 2015. If you are interested in learning more about Hearts and Hooves, please contact the office.

Great thanks to our friends at Sharpe Images who graciously donated the design and printing of this newsletter.



Riverwood Therapeutic Riding Center  
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Tobaccoville, NC 27050

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# SOUPER BOWL CHILI FUNDRAISER

For the 13th year, Riverwood will be partnering with Salem Kitchen for our Annual Souper Bowl Chili sale on February 6. Salem Kitchen graciously donates the chili so all proceeds will benefit Riverwood programs, allowing us to continue to provide the highest quality equine assisted activities to children and adults with special needs. Support Riverwood by purchasing savory vegetarian, classic beef, or white chicken chili for just \$10/quart.



Pre-order your chili online by visiting the chili page on our website ([www.riverwoodtrc.org/Souper-Bowl.aspx](http://www.riverwoodtrc.org/Souper-Bowl.aspx)), send a check (made out to Riverwood TRC) directly to the farm with your printed order form, or scan the QR Code below on any smart phone. Orders must be placed by February 1 and picked up at Salem Kitchen on Saturday, February 6 between 9 am and 4 pm. Share this opportunity to purchase chili and support Riverwood with family, friends and co-workers just in time for their Super Bowl parties. We sincerely thank Salem Kitchen for donating the chili, their staff, and time as well as all of our supporters for helping to make our Souper Bowl a success!

