

Riverwood Rider

January 2018

Volume No. 50

6825 Rolling View Drive Tobaccolville, North Carolina 27050 www.riverwoodtrc.org (336) 922-6426

Letter from the Director

Dear Friends,

As I write this letter, it is obvious that winter is fully upon us with temperatures in the single digits and icy frost each morning. The horses are snug in their blankets with plenty of hay and heated water troughs. The chickens are fluffed up and finding sunny spots and the barn cats are meowing to get into the warmth of the tack room. Students arrive with gloves and hats and glowing faces. Warmth is the theme around Riverwood, even on the coldest days. The warmth of a smile from a student who anticipates their horse walking into the arena; the warmth of a hug shared between a volunteer and student at the end of a lesson; the warmth of a horse's neck as small arms try to wrap all the way around; the warmth of welcoming people to a natural world that embraces the diversity of life.

Warmth leads to gratitude, and I am so grateful for all of our families, volunteers, and supporters who help Riverwood reach our community in so many ways. The 2017 year was one of awesome growth, and we were able to serve hundreds of students! Our school programs requested more opportunities for riding sessions, and we embraced new individuals who attended our grief workshops. We added a new instructor and a volunteer coordinator to our staff and hosted a PATH, Intl. Advanced Instructor Certification with two Riverwood instructors passing at the advanced level. We have a sweet new pony who is the delight of everyone she meets, and our retired horses have volunteers dedicated to giving them the royal treatment several times a week!

The 2018 year will bring new faces to the farm each week through school programs, the community based learning program, field trips for exceptional children and upcoming summer programs. We will be out and about in the community with mobile outreach visits to the downtown community, the Dixie Classic Fair, the Deacon Dash for Down Syndrome, and more. I invite you to be a part of everything Riverwood is doing. If you haven't been to the farm, or if it has been a while, come visit! If you are at an event and see us in the community, say hello.

Thank you for being an important part of the year-round warmth found at Riverwood.

Happy New Year,



Laura Pallavicini



Community Based Learning Program

What better way to kick off 2018 at Riverwood than with a new Community Based Learning program?

From January 22 -February 12, instructors will incorporate farm and equine skills to help students develop and practice job skills that are needed in retail settings, farm care, animal care, and interacting with the public. Although they will not be riding, students will have weekly sessions with the miniature horses to work on teambuilding, leadership, and communication.

Are you or your child interested in Community Based Learning? This is an ideal opportunity for teenagers (age 14 and up) and young adults with special needs who will be seeking employment or higher education in the future. The program is open to new students, as well as students who have completed Riverwood's previous CBL Program. To accommodate the busy schedules of families, we will be running the program in 4-week sessions that will take place on Mondays from 2:30- 4:00pm. Students may register for any or all of the following sessions: 3/5-3/26, 4/9-4/30, and 5/7-5/28. We will also be holding two 8-week CBL programs during our summer session. Spots are filled on a first come, first serve basis, so be sure to contact the Riverwood office at info@riverwoodtrc.org or (336) 922-6426 as soon as possible if you are interested in registering for any of these sessions!



Calendar of Events & Special Programs 2018

January 22: Community Based Learning Program begins
January 29: Deadline to order Souper Bowl Chili (by 5:00pm), Benefitting Riverwood
February 3: Souper Bowl Chili Fundraiser Pick-up (9:00am-4:00pm) at Salem Kitchen
February 22: Hearts and Hooves Giving Society Appreciation Dinner
March 3: Volunteer Orientation 9:00-11:30am
March 24: MEO to Deacon Dash for Down Syndrome
April 2-6: Spring Break: No classes
April 14: MEO to Bookmarks Story Time
April 28: Parkinson's Foundation Moving Day at Bailey Park
May 3: Community Care Luncheon Fundraiser, Benefitting Riverwood
May 5: Volunteer Orientation 9:00-11:30am
May 12: Annual Spring Fling Horse Show (Rain date: May 19)
June 2: Volunteer Orientation 9:00-11:30am
June 11: Summer Riding Session Begins (ends August 3)
July 21: Modern Classic Muscle Car Show Fundraiser, benefitting Riverwood
August 6-9: Summer Intensive Program - Session I (Elementary Age Students)
August 13-16: Summer Intensive Program - Session II (Middle and High School Age)
October 6: Volunteer Orientation 9:00-11:30am
October 20-21: Therapeutic Riding Association of Virginia (TRAV) Horse Show
Fall TBA: MEO to Dixie Classic Fair Special Needs Day
Fall TBA: Boots and Brews Fundraiser, Benefitting Riverwood
December 8: Volunteer Orientation 9:00-11:30am
December 10-14: Volunteer Appreciation Week



Volunteers Needed!

If you are looking for a rewarding and purposeful way to give your time, Riverwood is the place for you! Our dedicated volunteers assist in Riverwood's therapeutic riding lessons alongside our students and horses. Classes at the farm take place in the arena and on our beautiful wooded trails. We serve over 120 students each week, and volunteers play a crucial role in Riverwood's continued success. We ask that our volunteers are 14 years of age or older, and that they attend a required orientation. The next orientation will take place on March 3, from 9:00-11:30am. Prior horse experience is welcomed, but is not required, as everything you need to learn is taught at the orientation. Since it is important to provide our riders with consistency, we ask that volunteers commit to at least a 1 hour class for a minimum of 8 weeks. Classes are held Monday-Friday. If you have questions or would like to register for the orientation, please contact the office. We appreciate your interest and look forward to you becoming a part of the Riverwood family!

Summer Horsemanship and Riding Fun



It may be chilly, but it's not too early to start thinking about spring and summer riding opportunities at Riverwood! On Saturday, May 12, we will be hosting our Annual Spring Fling Horse show. Riders of all ages and abilities from Riverwood and Bright Star Stables will compete in judged classes in Equitation, Pole bending, and Obstacle Course, and enjoy a picnic lunch at the farm.

Riverwood's ever-popular 8-week summer session will take place from June 11-August 3 and will include a variety of exciting programs. Students will be placed in groups based on age, ability, and riding experience. Beginner through intermediate riders will enjoy the well planned, fun, and interactive lessons that are offered Monday through Friday. Children as young as 3 as well as adults are welcome to enroll. This program is open to both exceptional and typically developing individuals and is a perfect opportunity for families to ride together. Riverwood will also offer two "intensive" summer sessions in August; these are 4-day programs in which riders are on the farm for several hours and immersed in lots of learning and riding. In addition, we will be instructing two 8-week Community Based Learning groups this summer. This program allows students to learn from the miniature horses and the new Coop building to help teens and adults learn basic social, behavioral and on-the-job skills to help prepare them for higher education or future job placements. Registration for all summer programs will become available via the Riverwood website during the second week of February. Spots are first come, first serve and require a deposit. Our summer sessions always fill quickly, so be sure to reserve your spot early! For more information, please call or email the office.

Riverwood's Wish List

Horse Blanket Waterproofing Spray
New Helmets (please call the Riverwood office for details regarding size and style if you are interested in donating)
Children's Stirrup Leathers
Volunteer Orientation Supplies - bottled water, granola bars and nab crackers
Forever Stamps
Paper Towels, Kleenex
Office Supply, SAMS Club Gift Cards
Printer/Copier Paper
Legends CarbCare and Cargill Proelite Senior Horse Feed
Cargill UPC Feed Labels
Acti-Flex 4000 joint supplement
Equi-min mineral block

Student Spotlight on Donna Jo



For most of us, finding our soul horse is the ultimate dream; bonding with another living creature in a way that few can say they've achieved in a lifetime. For 20-year-old Donna Jo, this is a way of life, as she has managed to find not one, but three such horses over her ten year riding career. One of those horses is Riverwood's very own, Dante. After meeting Dante when she first came to Riverwood two years ago, the pair became inseparable and can often be seen in the arena whispering to one another. Needless to say, Donna Jo tells us that Dante is her favorite horse and that she loves trotting him as often as she can. She aims to increase her independence more and more as she continues to master her trotting skills. When not on the farm, Donna Jo says that she enjoys drawing, shopping, and watching her favorite TV show, Family Feud with Steve Harvey! When Dante is unable to accompany her, she is never alone, as she is often with "her guys," which her dad explained, are her dolls that are mostly hand made by himself to replicate Donna Jo's favorite characters, such as Kip from Napoleon Dynamite. As for all of us on the farm, we love seeing her magical bond with her soul horse, Dante, and are grateful we get to witness it first-hand each week!

Riverwood Board of Directors 2018

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New Volunteers - Welcome to the Herd!

Tiffany Gaither
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Kelli Harris
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McKenna Haynes
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Vada Hobson
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Rebecca Steintrager
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Sharon Sullivan
Suzanna Tomaszewski
Ina Tuscano
Kaye Watts
Ellie White
Melissa Wilson
Sarah Woolard

Community Outreach in 2017

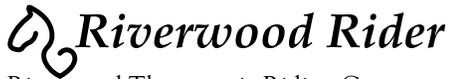
The Mobile Education and Outreach trailer (MEO) has become an essential element of Riverwood's community outreach. The MEO allows us to provide therapeutic experiences and learning opportunities to those who are unable to visit our farm. It serves as a unique source of information and education about the benefits of equine-assisted programs. 2017 proved to be another successful year of adventures with the MEO and our Equine Ambassadors (miniature horses, Midnight and Candyman); we reached many different groups across the Triad, from at-risk youth at Central Davie Academy to children experiencing grief and loss at Hospice and Palliative Care Center's Camp Carousel. In addition to touching the lives of thousands of children and adults with special needs and their families, Riverwood and the trailer gained exposure through more than 44,300 views. We look forward to the new experiences 2018 will bring and are always looking for new opportunities to be active in the community. If you would like to have the MEO provide a program to your group or organization, please contact the Riverwood office. We sincerely thank our MEO sponsors who provide very generous support for our programs - The Law Offices of Timothy Welborn, Modern Toyota of Boone, Salem Neurological Center, Specialized Mobile Exhibits, Sharpe Co., Hanesbrands, Piedmont Natural Gas, Star H Equine Insurance, Salem Kitchen, Greystone Veterinary Services, and Kelly Office Solutions.



STAY CONNECTED

Stay connected with Riverwood 24/7 through Riverwood's Facebook page. Don't forget to sign up for our monthly e-newsletters to stay up to date on pertinent information about happenings around the farm - simply email info@riverwoodtrc.org and tell us you would like to receive e-news.





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SOUPER BOWL CHILI FUNDRAISER

We are grateful to partner with Salem Kitchen for the 15th Annual Souper Bowl Chili Fundraiser on Saturday, February 3rd! Salem Kitchen generously donates hundreds of quarts of chili so that proceeds raised through this event will benefit Riverwood's programs. You can support Riverwood by purchasing savory vegetarian, classic beef or white chicken chili for \$11/quart. Place your order online by visiting the chili page on our website (<http://riverwoodtrc.org/riverwood-events/souper-bowl/>) or scan the QR code below. You can also send a check made out to Riverwood directly to the farm with your completed chili order form. All



chili must be pre-ordered by Monday, January 29th and picked up from Salem Kitchen on Saturday, February 3rd between 9am-4pm. Thank you for sharing this opportunity to support Riverwood with family, friends and co-workers just in time for Super Bowl parties. We give our sincerest thanks the Salem Kitchen staff for their generous donation, hard work and continued partnership as well as our supporters who help to make Riverwood's Souper Bowl a success!

