



HOOFPRINTS

A Publication of

The Therapeutic and Recreational Riding Center, Inc.

410-489-5100

trrc01@aol.com

www.trrcmd.org

3750 Shady Lane, Glenwood, Maryland 21738

Volume 17, Issue 7

SPRING TWO 2020

Editor-in-Chief: **Dr. Helen Tuel** (trrc01@aol.com)

Managing Editor: **Katie Helene** (khelene@umd.edu)



goodness you and others can offer through friendship and understanding.”

Drum Roll Please.



To: **John Tuel, DuBois Murphy, and CPA Mark Rodriguez** for hours and hours working on grants and loans, following every lead, leaving no stone unturned for the past two weeks through online investigations and virtual contact, along with **Amy Donovan**, KD's donor, who provided handmade masks to the staff here and to the community at-large, as well. Bravo to the **feeding staff**, too, for its diligence to every feeding detail. A tip of the hat to **Lynn Moorhead, Dave Furman, and Jeff Allison** for their work “behind the lines” to keep the Center running smoothly: constant cleaning, moving stall mats about, and moving hay to strategic locations, along with **Jeff's son Ryan** and friend.

THE BOY, THE MOLE, THE FOX AND THE HORSE

by Charlie Mackesy

According to the book review by **Laura Lemon**, “the book unites all ages with simple, but poignant exchanges among four friends: the mole loves cake; the fox is quiet, learning to trust after painful memories, the horse is large, but wise and gentle, like a grandfather, about the

8-STALL BARN FOR LEASE-HOWARD COUNTY



A gorgeous barn is available in Glenwood! You better hurry over to see it! It won't last! To Established Business. 8 14x14 matted stalls, large pastures w/heated auto waterers, caretaker on-site, security cameras 24/7, heated indoor w/sprinkler system & gigantic wall mirrors, lighted, shadow-free outdoor, state-of-the-art Lightfoot footing, plenty of trailer parking, trails, centrally-located Glenwood (western Howard Co.), references req'd, non-smoker, shown by appt only. Lease incl. snow-plowing, trash & organic matter removal Dr. Helen Tuel, TRRC. Will consider self care stall boarders \$385/stall, numerous amenities. Barn could also be used for classes (art/photography etc) or other activities. Heated office, BA, secure storage. www.trrcmd.org Email inquiries: trrc01@aol.com.

TRRC TESTIMONIALS!

Dear Helen, John, and the TRRC Family,
When I came to you, over 10 years ago now, I was simply put, a physical, emotional, and spiritual wreck. I never dreamed it would be a horse center that would turn that around for me, but, in fact, it has been. You put me back in touch with my childhood love of horses, during the lowest point of my life. You and the horses saw the love in me and elicited my natural self, the one that had lost so much trust in mankind. In those early days of leading, sidewalking, grooming, and mucking, I did a lot of my own personal whispering to the horses ... and surely, they heard me. Slowly, ever so slowly, I began to come out of my shell, and began to make friends with the TRRC Family. Even when I had my accident and couldn't reach out for help when I needed to, and, instead, handled it so poorly ... you gave me a second chance ... and have since helped me to stand back up on my feet again, literally and figuratively !!!! It is I, who owe you both, and the TRRC Family, a debt of gratitude. It is an honor and a privilege to work for both of you, feeling safe and secure, an experience that had alluded me professionally and personally for most of my life. You have always been there with an open door, an empathic ear, and wise word to offer. And when I was aimless, you opened your heart, and invited me into your Church. There are no words to describe my feelings of gratitude and it is with great pleasure that I share God's Blessings to me, with

you and the TRRC Family. Thank you from the bottom of my heart!!!

Helen:

Your generosity of heart and spirit is amazing. I am so grateful that Tom had the opportunity in his life to meet and spend time with someone like you. Our whole family has been touched by you and your life's work. Thank you to you, your husband and family, to all the staff past present and future and certainly a huge thanks to all the volunteers who have ever helped out at TRRC. Best wishes to TRRC for now and forever!

The Family of Tom Beiter

Dear Helen: Please Re-open!

I just had a wonderful phone call with my instructor Lisa and I expressed how sad I am that TRRC is closed due to COVID 19. TRRC has impacted my life in significant ways. For example, when I first arrived at TRRC I was physically and emotionally "broken" due to my diagnosis of Ovarian Cancer. However the loving support of Lisa, and my relationship with Agua, helped me to heal. I'm happy to report that I am on my way towards remission and I want to stay healthy. To this end, i would like TRRC to reopen. In my opinion, TRRC offers an essential service both to me, and to all the special individuals who ride at TRRC. Thank you for reading this letter and I will help TRRC in any way I can.

NOAH'S RULE: "PREDICTING RAIN DOESN'T COUNT; BUILDING ARKS DOES."

TRRC'S MT. AIRY BANK GOES THE EXTRA MILE!

The Center's Mt. Airy Bank, ACNB BANK, Twin Arch Shopping Center, whose employees went the extra mile to accommodate last minute wire transfers



and sending a cashier check, with very little notice. When John and I could not go personally to this bank to sign some important documents, guess what, are you ready for this, Dear Readers, the bank employee came to us, working through the car window for signatures! The new normal, but all transactions were accomplished. The last visit, we met in the parking lot of the bank and exchanged documents there, adorned with masks, of course, again through the auto window! Brick and mortar buildings are over-rated!



Mental Wellness Survival Guide for May 2020

By: Lisa Sowers, Barbara Malavite and Adan Sowers

Many families are looking for ways to make the time they spend at home more fun, interesting, and productive. Here are some suggestions on how to feel good and enjoy life during this time of "social distancing." The following ideas are based on the *Seligman's Theory of Positive Psychology* (Seligman, 2018).

1. **Positive Emotion:** Experiencing feelings like joy, excitement, gratitude and courage will help to improve your mental wellness and may help raise your immunity to illnesses such as the common cold (Cohen, 2003). Start a new hobby that you can continue to enjoy indoors or outdoors. If you like, share it with family and friends. (Loria 2018)

suggests that when people spend time in natural environments doing activities like walking, hiking, swimming or just spending time in a local park, they often benefit from improved physical and mental health.

2. **Engagement:** Try a random act of kindness like giving someone a compliment. (Andy Shallal 2020), CEO and founder of Busboys and Poets has enlisted his organization of local artists in Washington, DC to paint murals on restaurant windows that are usually bright with customers enjoying their meals. He states that the messages



such as "Spread (love) and Not Fear" show that "art is the connective tissue of humanity and we need that connection more than ever today" (Shallal, 2020).

3. **Relationships:** Is there a friend, family member, or a mentor that you have been meaning to call? Try doing so or connecting with them via a Zoom/FaceTime chat. Perhaps you can express thanks for a time when you appreciated their help.
4. **Meaning:** Notice the pleasure that may be present in your daily activities such as eating lunch or stroking your pets. Allow your mind to focus on the activity and how you feel. Notice and let go of other distracting thoughts. You might find it helpful to share the good moments of your day with a friend or family member.
5. **Achievement:** Learn about an interest, further a career goal, or build on a skill that you would have otherwise not been able to do during your busy schedule. While working or studying take breaks to relax and do your favorite activity.
6. **Vitality:** If it is one of your goals, you can improve your diet by introducing a healthy meal or exercise that you can continue as a daily habit. Above all, relax and take good care of yourself!

References

- Cohen, S. (2003). Emotional style and susceptibility to the common cold. *Psychomatic Medicine*. 65(4):652-7. Retrieved from: <https://www.ncbi.nlm.nih.gov/pubmed/12883117>.

Soria, K (2018). Being Outside Can Improve Memory, Fight Depression, and Lower Blood Pressure – Here are 12 science-based reasons to spend more time outside. *Business Insider*. Retrieved from: <https://www.businessinsider.com/why-spending-more-time-outside-is-healthy-2017-7>

Shallal, A. (2020). #Painting The Storefronts. Looking for the Helpers, WETA, 4/17/20. Retrieved from: <https://watch.weta.org/video/paintthestorefronts-pcuz95/>

Seligman, M., Rashid, T., Parks, A. (2006). Positive Psychology. *American Psychologist*. Retrieved from: <https://ppc.sas.upenn.edu/sites/default/files/positivepsychotherapyarticle.pdf>.

TRRC.EAP@gmail.com or call 410.489.5100
Psychotherapist Barbara Malavite, M.A., LCPC,
LPCC-S and Equine Specialist Lisa Henderson
Sowers, M.S.,M.A./AGS, NCSP, ESMHL, CRI

FARMERS FEEDING THE HUNGRY COMMUNITY GARDEN



TRRC received these lovely **blue bird** houses a farmer made in exchange for our “garden gold” manure which goes to enrich neighboring community gardens. **The manure goes** to various community gardens in the area, i.e. **Farmers Feeding the Hungry** and **Shrine of St. Anthony’s**, where the community garden is maintained by volunteers and the Shrine invites the public to harvest

what it needs to maintain food security. What a kind and loving gesture for the surrounding community.

A THANK YOU TO:

Grounds maintenance by mowers **John Tuel** and **DuBois Murphy**, and weed-whacker extraordinaire **Steve Novick**, when TRRC is allowed to reopen, the farm will be a well-groomed, welcoming sight! Thanks to everyone working behind the scenes. Visitors are appearing daily to watch the equines from their autos, windows down to enjoy all the farm aromas, walk the trails, frequent the playground and join Mother Nature’s rhythms and enjoy!

The Veterinary Office of Erskine and Associates makes a donation to **THE FOUNDATION FOR THE HORSE** in memory of an equine who has departed from us. Thank you to all the veterinarians in this practice for such a loving gesture of kindness.

*“Farming looks mighty easy when
your plow is a pencil, and
you’re a thousand miles from the corn
field.”*

*Delivered 63 years ago by President
Dwight D. Eisenhower, a memorable
speech in Peoria, Illinois*

*“The storm starts, when the drops
start dropping. When the drops stop
dropping then the storm starts
stopping.”
(Dr. Seuss)*

*“It is best to read the weather
forecast before praying for rain.”
(Mark Twain)*