

About Beekman Therapeutic Riding Center



The Beekman Therapeutic Riding Center (BTRC) is a 501(c)(3) nonprofit organization, located on the 58-acre school campus of the Marvin E. Beekman Center (a school for the disabled). The program was started in 1979 by a group of 4-H volunteers. By trailering their horses to the center weekly, the volunteers were able to offer the Beekman students an opportunity to ride, thus gaining physical, social and emotional benefit.

BTRC offers equine related classes for everyone, at all ages and for all abilities!

Though our mission is focused on providing therapeutic riding for those with disabilities, classes are offered in riding, driving, and natural horsemanship for children and adults *without* disabilities as well. Students are grouped with others based on their ability and experience level and scheduled for weekly lessons. Scheduled riding sessions typically last 6-8 weeks. Classes take place, year 'round, in our heated indoor arena, while students also get to enjoy some leisure time on our beautiful, wooded trails!

Continuing our Dream

This year our goal is to-

- ✍ Bring awareness to all community members so they can take advantage of our services.
- ✍ Seek and apply for more grants and gain more funding to sponsor our therapeutic services to the Beekman students.
- ✍ Secure funding for needed infrastructure repair, including replacing our fencing.
- ✍ Procure farm equipment to help manage our large herd.
- ✍ Secure funding to build an outdoor "natural play area" for students to learn horse handling skills using obstacles.

Ways You Can Help

Donate to our general sponsorship fund.

Donate items found on our wish list.

Take part in our Banner sponsorship (Different levels from \$500 and up)

United Way (Give in our name)

Enroll in merchant reward programs like Meijer Rewards, Staples, and Ebates (on line).

Refer a friend to our program or enroll in our program yourself!

Volunteer for us, utilizing your skills to help in our program operations.

**Make checks payable to
LEAF/ Beekman Riding**



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517-755-2174
www.beekmanriding.org

Help Us Help Others

Beekman Therapeutic Riding Center provides an opportunity
for people of all abilities



to partner with horses



*to strengthen the body and
human spirit*



In a safe environment

Design and Layout donated by Janet Gross



Support a unique and beneficial community program

We've come to realize that all people have a need for some form of a therapeutic experience to help them heal, mentally, emotionally and even physically, so it has become a priority to put more effort into making others feel welcome and encouraging them to take advantage of this unique recreation, right here within the Lansing city limits!

To reflect our vision, we rewrote our mission as of 2008 in hopes of conveying to all people of the community and surrounding areas, that we are here for everyone, not just those with disabilities.

"Beekman Therapeutic Riding Center provides an opportunity for people of all abilities to partner with horses using natural horsemanship, to strengthen the body and heal the human spirit in a safe environment".

BTRC Therapeutic Services

Therapeutic Riding-

Our primary service is "Therapeutic Riding", which provides therapy to benefit people on an emotional, psychological and physical level, that uses horses as the main tool.

Psychological benefit occurs when the sensory feedback of riding releases endorphins in the rider, enhancing the positive experience and boosting confidence. Sitting high on a large animal can give the student a sense of control and boost their self-esteem. This is very empowering, especially to someone who may be wheel chair bound. We commonly see students gain confidence through their riding experience.

Physical benefits accrue from the rhythmic motion of riding astride the horse. Riding can stimulate many sensory centers in the body and has even been shown to improve metabolic health. The movement of the horse simulates and exaggerates the muscle movements that occur in normal walking: compensating for this motion improves the rider's upper trunk control.

Studies have found that the benefits of horseback riding are remarkable and are very real! Cases have been documented, for example, of autistic students, who began speaking after their experience with horses, even though they had never spoken before. We have seen many positive results at BTRC.

BTRC Open to the Public

Our program proudly opens its doors to the general public. We offer ALL members of the community, starting at age 3, an opportunity to have experience with horses. Classes outside of our therapeutic riding involve the use of natural horsemanship, a unique method that sets us apart from other riding centers.

This method of handling horses differs from traditional forms of horsemanship in the way we interact with the horse on an emotional level. Using natural horsemanship techniques teaches us to communicate with horses by "reading" them and then supporting the horse to set him up for success. This contrasts with some of the traditional methods, which for the most part uses fear and intimidation to get the horse to do things against his will. The process of learning the natural horsemanship techniques, which begins with working with the horse on the ground, causes students to become more self aware and in control of their emotions, making them accountable for their actions. The experience of sorting this out helps build confidence in both the horse and the human. The reward is the true bonding partnership that is achieved with a prey animal. This is a very spiritual



experience for anyone who wants a humane relationship with a wonderful animal.

BTRC Support

In 2005 BTRC nearly came to an abrupt end. In a series of budget cuts, Lansing School District (LSD), made the decision to cut the program after 26 years of existence. We are very fortunate that the LSD entertained our proposal to continue our services while remaining on their property in exchange for continued services to the Beekman School students.

Today we continue to work to rebuild the program both structurally and financially.

Our funding relies on donations, fund raisers, class revenue, and grants.

Since separating from the LSD, BTRC has been under the wing of LEAF (Lansing Educational Advancement Foundation), which acts as its formal Board of Directors, and its fiduciary, and provides status as a 501(C)(3) non-profit organization.

In addition to LEAF, BTRC has a Board of Advisors, which is an informal group of volunteers and staff that has the task of helping to steer the program.

