

# UNBRIDLED

## NEWSLETTER

# UPDATE

FEB 2024

### THOR UPDATE

Many of you know Thor has had a rough 7 months. After a long surgery recovery from the summer, Thor was just starting to do lessons again. Unfortunately, he impaled with a hook in late December and will be working on healing from his wound. Thor's medical bills have certainly been piling up... stay tuned for ways to help subsidize Thor's medical costs.

### FUNDRAISING EVENTS

Unbridled is a 501(C)(3) nonprofit and if you would like to make a donation Venmo: Unbridled Horse Therapy @Unbridled-H-T1100  
If you would like to donate for a new shade cover for the ring, write in "shade cover."

### VOLUNTEER OPPORTUNITIES

Looking for service hours? Unbridled is always in need of volunteers. From cleaning stalls, outdoor projects to helping with office paperwork - there is a need for all skills at Unbridled. To volunteer, please contact our volunteer coordinator :  
Tonya Henderson 817-845-1294



### VOLUNTEER OF THE QUARTER

#### MAUREEN TIGNOR

Maureen grew up in the Dallas area and has been a resident of Flower Mound for the past 25 years. A mom of three adult children ages 26, 24 and 21, she became involved with horse therapy when her daughter was born with Down Syndrome. Kendall is an avid rider at Unbridled and has been riding here since we opened.

Maureen has had multiple roles at Unbridled as a parent of a rider, volunteer, volunteer coordinator and instructor. She has loved each of these roles. As an instructor, she has watched her riders grow in skill and confidence. As the volunteer coordinator, she has reaped the rewards of how each volunteer helps the operations run smoothly.

cont'd page 3

### NOTE FROM SHELLY

Hello Unbridled Friends and Family!

Exciting things are in store this Spring at Unbridled Horse Therapy - beginning with our inaugural newsletter! A big thank you to Christine Enslin for volunteering her time to make this happen.

If you have noticed lots of video taking, pictures and the occasional drone flying by this is in part to an ...

[Read More - Page 4](#)

### NAME THAT HORSE

weighing 1,200 lbs  
16.1 hands for sizing  
AQHA Quarter Horse/ Thoroughbred  
18 years old

Can you guess which horse this is?

[Read More - Page 4](#)

[www.unbridledhorsetherapy.com](http://www.unbridledhorsetherapy.com)



Featured Horse



**IMPORTANT DATES TO REMEMBER**

FEBRUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**FEEL THE LOVE**

**FEBRUARY IS A COLD MONTH FOR OUR FURRY FRIENDS. CONSIDER MAKING A DONATION TO UNBRIDLED. THE COST OF HAY AND ALFALFA HAS INCREASED STEADILY OVER THE LAST FEW YEARS.**



February we celebrate Unbridled's Anniversary  
 March 13-16 ATI Super Conference @Gaylord  
 April 13: 1pm-3pm Cross Timbers Trail Association Obstacle Course Meeting Rain Date April 20 (horse required for participation)  
 TBD Easter at Unbridled



**THERE ARE SO MANY BENEFITS FROM RIDING A HORSE. NOT ONLY DOES IT HELP THE RIDER DEVELOP BALANCE AND COORDINATION, BUT THE RIDER BUILDS CORE MUSCLE DEVELOPMENT AS WELL.**



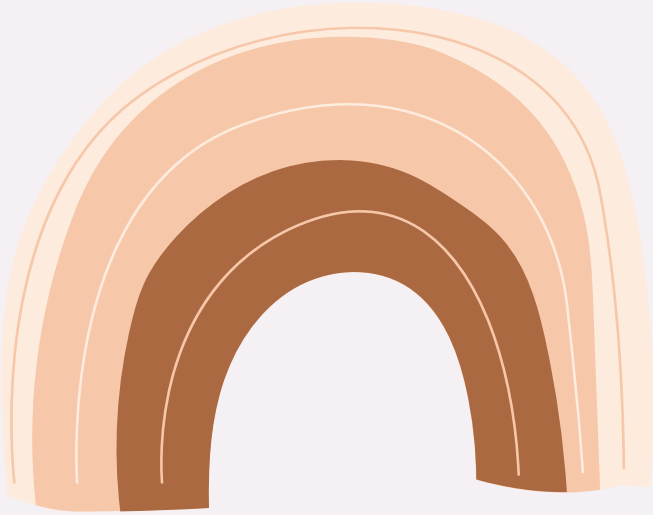
# NUTRITION



Please remember that some of our horses at Unbridled have sensitive tummies and cannot always eat the same treats as other horses. Always ask your instructor if you can provide your horse with a treat.

Do you know why we use a bowl to feed the horses? Using a bowl keeps the horse from thinking those long fingers are part of the treat.

Have you watched a horse drink from the water trough? Next time you are at a lesson, watch the horse drink. The horses sip the water as if they were using a big dinking straw.



**WHAT IS EQUINE THERAPY?**  
HERE AT UNBRIDLED WE PROVIDE THERAPEUTIC HORSE RIDING LESSONS. THESE ARE LESSONS ADAPTED TO INDIVIDUALS WITH DISABILITIES. NOT EVERY HORSE CAN BE A THERAPY HORSE AND HERE AT UNBRIDLED WE TAKE CARE OF MAKING SURE THAT OUR HORSES ARE GENTLE AND CAN ADAPT TO DIFFERENT NEEDS OF THE RIDERS.

## cont'd from page 1

Maureen's advice to volunteers:

Volunteers are an integral part of Unbridled. As a volunteer, your time and effort are critical to Unbridled and the riders' experience. Volunteers are needed to assist with lessons, cleaning, feeding, filing and keeping the operations at Unbridled going.

As an instructor, there are so many favorite moments and can be hard to pick just one. When a new rider picks up a new skill, it is a thrilling moment. Watching a child grow from their terrified initial ride or being away from their parents is gratifying. A few lessons in, their love of riding begins to bloom. Watching a rider connect with their horse on an emotional level. Watching the confidence of a rider controlling a 1,000 pound animal without a lead rope. Her advice to parents is know that a child's safety is always the number one priority. She encourages parents to take time to relax and enjoy the scenery at Unbridled. Unbridled believes progress may be slow - but they will always meet a child at their level.

Maureen has cut-back on some of her hours at Unbridled to work as an Integrative Nutrition Health Coach, teaching people how to achieve better health naturally. Launching a cooking class to teach young adults with development disabilities. Encouraging healthy eating habits and teaching independent living skills while socializing with other adults is the focus of the cooking class.

*Maureen : thank you for all you do at Unbridled. Your love of teaching continues with your cooking classes. You truly are a shining star.*



**Study: Horseback Riding Helps Kids With Autism, ADHD**

First-of-its kind research shows how brain-building exercises and therapeutic horseback riding improve the motor skills of young people with neurodevelopmental disorders.

The Horse / Jan 31, 2020

**NOTE FROM SHELLY**

amazing opportunity for Unbridled. Unbridled has been chosen as the non-profit recipient for ATI SuperConference taking place at the Gaylord Texan March 13-16, 2024. ATI (Automotive Training Institute), has chosen Unbridled as the designated charity for the conference. Unbridled will have a presence at opening night at the Chicken and Pickle. The morning session will feature a 4 minute video of Unbridled. In addition Unbridled will have a booth at the convention and take part in the fun-run. At the end of the event, Unbridled will be issued a check from all donations received during the event. We are beyond blessed to be nominated as this year’s charitable organization for the ATI conference.

This newsletter coincides with our 8th anniversary of Unbridled. Unbridled could not have gotten here without the support of you. Our riders, our volunteers, our donors who keep the horses galloping - you are all what makes up Unbridled. I do not take for granted your commitment of coming out here week-after-week, you are appreciated and am happy to have you as part of our community at Unbridled. You are a family that I am blessed to embrace and will continue to grow for years to come.

Don’t forget to give the Unbridled heard some extra Valentines Day love this month. Midnight, Cooper, Oceana, Thor, Jewel, Dandy Bar and Zoe love their jobs and their riders, and earning their halos!

Much Love,  
Shelly Turner  
President / Co-Founder

**A NOTE FROM THOR’S OWNER:  
JILIEN HARVEY**

Thor is the first horse Jilien has ever owned. Jilien started her love of horses when introduced to riding at the age of 5. An opportunity arose to purchase Thor, and she was thrilled to have him as her own personal horse and share him with the riders at Unbridled Therapy. The past six months have ben rough on Thor and on Jilien’s pocket book. However, she is happy to fulfill her lifelong dream of having her own horse.

Many may not know is Jilien was one of our instructors at Unbridled. While she loved being an instructor, her dream job being a PGA Event Planner presented itself. As an instructor, she loved teaching how to bond and love on the horse. Through grooming, hugs, treats and talking to the horse, a bond develops. Bonding with the horse establishes trust between rider and horse.

**Fun Fact**

If you recently saw the new painted ramps, she and her crew at the PGA came and volunteered their time to paint.



**Name that  
Horse: Answer  
Thor**



**To learn more about ATI**

click on the link or go to  
<https://autotraining.net/about-ati/>