

MAY 2024

UNBRIDLED THERAPY

VOLUNTEER SPOTLIGHT



ATI convention

Unbridled was chosen as the designated charity for ATI's national convention held in Grapevine. Unbridled raised over 70k during the convention. ATI raised money is to be used for a long lasting impact to Unbridled. Money must be used within 12 months. Shelly has a few things in the works... stay tuned for exciting updates.



Name that horse
SOME PEOPLE MAY KNOW ME
AS HANK.

MANY RIDERS HAVE STARTED
OUT THEIR RIDING JOURNEY
ON ME. I AM ALSO 26 YEARS
OLD AND WEIGH BETWEEN
1000-1100 LBS



Volunteers at Unbridled play a huge part in how we operate. This newsletter we focus on Ellen and Katey. These two sisters have been volunteering for the past two years. Ellen is originally from Florida and moved to Texas in 2007. Ellen has served as a paraeducator and caregiver in residential settings for many years. Outside of Unbridled she is a grief recovery group leader at her church.

Katey was born in Russia and grew up in Florida. She moved to Texas in 2020 to be near her sister. I love working with the animals and taking care of them. In my spare time I dog sit and volunteer with the kids at my church.

Q & A

How did you find out about volunteer opportunities at Unbridled?

A recommendation from a friend from church.

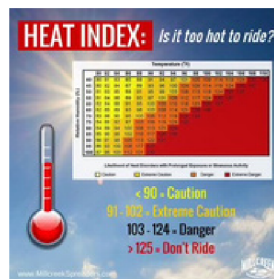
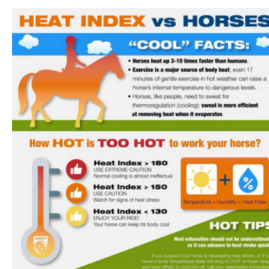
What do you love about Unbridled?

Ellen: I love the sense of welcome and belonging when I am at Unbridled. The horses and people lift my spirits. When my sister found an opportunity to volunteer with Unbridled I was excited to join her. The people here feel like family. Being part of the staff and volunteer program is an amazing part of my life.

Katey: I enjoy spending time at Unbridled. When I am here I like to spend time with the horses and take care of them. I enjoy spending time with the people.

Favorite Unbridled horse?

All the horses are great! Spending time with each of them is a treat. Zoe is the horse that will almost always come to us and want to interact and snuggle. Each of the horses have something that makes each of them special.



SUMMER TIME AT UNBRIDLED

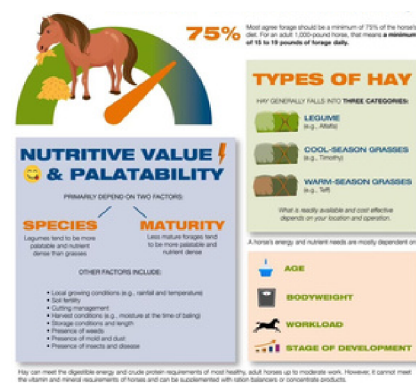
Summer heat brings a new set of challenges to Unbridled. Our number one priority is keeping our heard healthy. Lessons are scheduled when temperatures are cooler. During extreme heat days, we have to cancel lessons. When riding in the summer, it is okay to wear shorts; however if you are sensitive to the stirups it is recommended wearing long pants. Proper shoes must be worn when riding and that means no crocs or sandals. It is important for the horse to do a slow cool down towards the end of the lesson, followed by a nice hose down. The hose down help cool off the horse. After the hose down squeeging off excess water keeps water from getting trapped, which causes the heat to be trapped.

UPDATE

Thor is on his way to recovery. He has been cleared by the vet to start doing some conditioning work.

JUST A NORMAL DAY FOR SHELLEY

A day in the life of Shelly Turner
7 am the alarm goes off. Time for cuddles with Dempsey.
7:30 am coffee
8-9am Check text messages and emails. Today's text messages include broken gate. Reach out to John/volunteer to look at gate. Check today's schedule. Chat with mom. Get ready to head to Unbridled.
9:30am Arrive at Unbridled. Say hello to instructor and check on horses.
Begin feeding horses.
Medication for horses.
Talk to John/ volunteer regarding gate and fence.
Meet with Newsletter volunteer at 10am
Chat with Maureen regarding volunteer training for this summer and scheduling of birthday parties. Carla from Mindful Path stops by. Talked about how they work with clients using ground work.
1-3 Grab lunch work out take quick shower and head back for afternoon lessons.
3:30-6pm Lesssons
6-7pm Feed the horses. Check weather for severe storms; do we need rain coats or place herd in the barn?



Not all hay is created equal.
Not only that, but horses eat a lot. During
summer when people go on vacations,
temperatures get too high, and lessons are
cancelled, and the horses still need to eat.
If you would like to donate to the herds hay
click here or contact Argyle Feed 940-241-
2444 and you can support the Unbridled
Horse Therapy herd.



Parties at Unbridled

Schedule your birthday party or special event at Unbridled. Parties include games, activities and rides for up to 10 kids. A party coordinator and staff will assist your special event.
 contact Maureen 214-505-0795 or Shelly at 817-319-7778



This years camp will be held June 4-7
 from 9am- Noon
 summer camp will include riding,
 horsemanship, activities, craft, snack
 and water. Cost \$350
 Contact Shelly Turner to register
 your child.

CALL for VOLUNTEERS

Volunteer training will be held
 Sunday May 26 2-4pm
 Thursday June 27 9-11am
 Thursday July 25 9-11am

contact
 maureen@unbridledhorsetherapy.com

Mindful Path of DFW

Mindful Path of DFW has partnered
with Unbridled to offer Equine
counseling. Mindful path has trained
counselors to incorporate groundwork
with the horses . If you are interested
in Mindful Path contact them directly
for scheduling and billing
Click here for more info.

Calling all current
 volunteers..need a
 refresher training class?
 See the times listed
 above.
 Consider bringing a friend
 over the summer so they
 can discover the
 Unbridled Family



Did you guess Midnight? Shelly Turner is the proud owner of Midnight.

EASTER EVENT

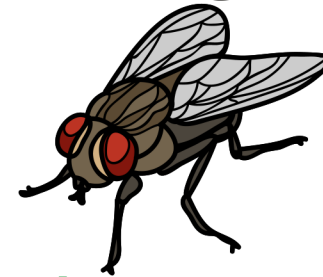
On Sunday April 7 ,Unbridled hosted our annual Easter family event. The weather was perfect and everyone had an amazing time. Shout out to the volunteers who organized and worked the event. You all did an amazing job.



Speed limit while on property is 5 miles an hour



Annual Check up



Fly Season

Spring time means it is time for annual vet check ups. If you have ever owned a pet you know how expensive vet bills can be. The herd just completed teeth cleaning, shots, and annual check ups. Argyle Veterinary Hospital completed the check ups. Argyle Veterinary Hospital comes out when the horses get sick or injured. If you would like to donate to Unbridled Horse Therapy vet bill you can call Argyle Veterinary Hospital 940-464-3231. 😊
<https://www.argylevet.com/site/contact-animal-hospital-denton-county-vet> Give them the name of the account Unbridled Horse Therapy.

If you have been at Unbridled recently, you may have noticed the horses are wearing masks and ankle covers. Unbridled is sensitive to our riders needs, and therefore does not use intalled spray systems. We use natural methods of spray on the horses, but we also use topical spray which is safe for humans. Keeping stalls and pastures clean help,control the flies.

Shout out to Angie Binovi
for keeping our website up to date



**contact your instructor for
summer scheduling**

TIME	SUNDAY	MONDAY
8:00 AM		
9:00 AM		
10:00 AM		
11:00 AM		
12:00 PM		