

LANARK COUNTY

Therapeutic Riding Program

TR Heroes

July 2019

Featuring the People and Horses Who Make a Difference



In the spring of 2009, July's TR Hero Pam Clements had just retired from a government job and was looking for an opportunity to give back to the community. "I saw an ad in the paper about the Lanark County Therapeutic Riding Program (LCTRP), and I thought this is what I should do. I had horses years before and realized that this was a perfect opportunity. I could work with horses again and help people at the same time. I loved it right away"

Pam is a key contributor to the success of the LCTRP. She is a horse handler on Tuesday mornings, has been an exercise rider, hosted a horse over winters and pitches in whenever there is a job that needs to be done. "This program is as therapeutic for me as it is for the riders," Pam says. "Not only have I seen horses do so much good for the riders in the program, I also have a whole new circle of friends that I made while volunteering. Many of them are major parts of my life now."

In addition to her volunteer work with LCTRP, Pam is also a volunteer Board member of the Ottawa Valley Country Music Hall of Fame. She loves to camp at music festivals and enjoy local country and bluegrass artists. Everyone knows that country music and horses go together and now Pam has both.

This month, Sheen, the TR horse with whom Pam has developed a very strong bond, retired from the program. He has a forever home with Pam. Pam has hosted Sheen for the winter for 6 years and has always been assigned to work with him in lessons. "I am a big softie, and I quickly became very attached to him, but people started to notice that the attachment went both ways," says Pam. "He belonged to the program, but people kept telling me that he was mine. Now he really is mine." Pam will continue to volunteer with the therapeutic riding program, but now when she goes home, Sheen will be waiting for her. She says: "Sheen, my dog Shae and I are going to live the high life together."



Would you like to see how horses change lives? Please consider volunteering for the program. We will make sure you have the training you need. We can be found at www.therapeuticriding.ca, on Facebook, and by calling our Program Administrator Amy at 613-257-7121 extension 3238.

For more than 30 years, the Lanark County Therapeutic Riding Program has operated under the umbrella of Lanark Community Programs which is part of Lanark Renfrew Health and Community Services. This valuable program provides a holistic approach to therapy, rehabilitation and recreation by giving individuals the opportunity to experience the freedom of movement astride a horse.