



JANUARY 2021



A LOOK INTO 2021

Greetings!

Every Friday, Loudoun Therapeutic Riding works with a group of young people living at North Spring Behavioral Healthcare. They returned this week—our first riders of 2021! It is heartwarming to watch as they change in response to our horses—gaining self-control, feeling decreasing levels of hopelessness and depression, and learning to manage their stress, anger, and frustration.

A critical ingredient in achieving these amazing changes are the Loudoun Therapeutic Riding volunteers. Every child has their own volunteer who partners with them each week. Here is what one said about her experience:

“The first word that comes to mind when I think of our North Spring kids is “blessed”.

How blessed I am to be an early retiree and able to help others through volunteering.

How blessed I am to have gotten my first “pony” at the age of 55 (still brings tears to my eyes), something I never even dared dream of, and acquire the skills to be trusted as a horse leader at LTR.

How blessed I am to be received into the world of my amazing North Spring guy, and through him sharing his story with me little by little while he's grooming, recognizing the growing strength in him that is nurtured by true horsepower.

How blessed I am to have witnessed his first posting trot and his first glimpse of joy at the realization that he is not a passenger: he is a rider. (And how

blessed I am to be fit enough to trot beside the fabulous Jolie!).

How blessed I am for the guidance, acceptance, and trust of our instructors.

My fondest wish is for all these kids - and everyone who comes to LTR for healing and strength - to keep the blessings of their LTR horse partner and experiences forever in their hearts.” – Kelly Smith Moore

Wishing you a blessed 2021,



Susan Koehler
Executive Director & CEO

PS: Next week is the start of Winter session and this year we have more riders than ever. We are strong as we kick off 2021 thanks to your support and generosity.

This Year Resolve to Join the In Stride Society



To take something in stride is to go on strongly, uninterrupted. As a member of the In Stride Society, you allow Loudoun Therapeutic Riding to go on strongly, uninterrupted, by providing a monthly donation to continuously fund our mission.

Members receive a window cling (left), recognition in our annual report and on our website!

[Join Today!](#)

Run for LTR!

Join the **Shift for Good** virtual 5/10K races benefiting Loudoun Therapeutic Riding on Saturday March 6 - Sunday March 7, 2021.



Marcia Hoffheins, Owner and Creator of ShiftMakers LLC (Make Shift Happen), a wellness and coaching company, and Ally Blaine, owner and operator of For Goodness Sake Natural Foods - both Loudoun County based businesses - are teaming up to bring you a fun and unique 5 and 10K experience.

Their goal is to bring everyone together as a community. [Sign Up!](#)

Give Joy, Donate for the New Year!

Pandemic Charitable Deduction Continues into 2021!

Coronavirus Aid, Relief, and Economic Security Act



The pandemic relief bill signed just recently by President Trump **extends the \$300 universal, above-the-line, deduction for non-itemizers through 2021** and also allows joint filers to deduct **up to \$600**.

This deduction only applies to cash gifts and does *not* apply to cash gifts to donor-advised funds or supporting organizations. The bill **also** extends the temporary increase of the adjusted gross income limits for cash gifts through 2021 (100% of AGI for individuals, 25% for corporations.)

Thank you to our corporate partners!



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