



*Explore, Experience, Embrace*

Come and discover  
just how therapeutic  
recreation can be!



# The Greenwell Foundation, Inc.

**Vision:** *A healing destination where people of all abilities find opportunities for growth nourished by nature, state-of-the-art programs, history, a sense of peace, and the loving kindness of an evolving community.*

**Mission:** *The mission of the Greenwell Foundation, Inc. is to provide educational, therapeutic, and recreational programs for people with and without disabilities in a natural environment at Greenwell State Park.*

- Established by John Phillip Greenwell, Jr. to create a space for people with disabilities to enjoy the beauty of nature and healing benefits of outdoor recreation
- In 1971, he and his sister donated 167 acres to the state of Maryland for use as a public park. The state later purchased the adjacent 430-acre property and opened Greenwell State Park
- Greenwell Foundation operates as a 501(C)3 nonprofit organization

# Recreational and Therapeutic Offerings

- **Nature Programs:** Hiking, Kayaking, Field Trips, Watershed Heroes
- **Equestrian Programs and Instruction**
  - Recreational riding
  - Adaptive riding
  - Equine Assisted Activities and Therapy (EAAT)
  - Trail Rides
- **Summer Camp** – Fishing, Equestrian, Nature Camps
- **Veterans Programs**
- **NEW FALL 2024:** Recreational Therapeutic Retreats
- **NEW in 2025:** Teen Program *The Fire Within*



# Something for Everyone

	Recreational Therapy	Equine Assisted Activities & Therapy	Environmental Education	General Therapeutic Activities	Outdoor Recreation	Equestrian Programs & Instruction
Able/Disabled Veterans						
Able/Disabled Civilian Adults						
At-risk Youth						
Able/Disabled Children						
Pre-K Children						
General Public						

# Nature Based Programs

- **Watershed Heroes**

- Provides environmental education and outdoor sensory opportunities to adults with intellectual and developmental disabilities. The program is conducted on-site and virtually

- **Field Trips**

- Head Start: Greenwell's staff visit local pre-K centers to introduce students to the joys of nature – learning about trees, birds, bugs, and all the beauty that surrounds them using games and hands-on activities
- Teambuilding: Half-day sessions focused on learning to work together to solve problems and riddles, building trust, understanding how to communicate (using the GWF ponies and goats), and the art of meditation

- **Kayaking**

- All Greenwell instructors hold All American Canoe and Kayaking certification



# Equine Experiences

- **Recreational Horse Riding and Lessons**
  - Trail Rides
- **Therapeutic/Adaptive Riding**
  - Individually tailored lessons designed to build confidence, social and communication skills; and improve balance, reflexes, and flexibility. Our instructors follow the Professional Association of Therapeutic Horsemanship (PATH, Intl) standards
- **Equine Assisted Learning (EAL)**
  - Using horses as guides, participants learn to build communication skills, regulate emotions and develop trust
- **Equine Assisted Activities and Therapy (EAAT)**
  - A team-based, experiential psychotherapy treatment that uses the client's experience with horses to effect change. GWF's equine specialist works closely with a client-provided, licensed mental health practitioner to provide ground-based experience with horse(s). No riding involved

# Recent Program Highlights

## Watershed Heroes

- Center for Life Enrichment (Calvert & St. Mary's Counties): Hosted virtual and onsite programs for 20 participants, 6 staff

## Field Trips

- ARC of SMD – Lucky & Blessed Fishing Trip (20 participants, 8 volunteers)
- Oakville Elementary School Pre-K: hosted two groups of 18 students/2 teachers at the park
- Little Flower School: Grades: 6, 7 & 9 (60 students)

## Equestrian

- Adaptive Riding Lessons: 56
- Conventional Lessons: Averaging 21 hours per week

Making Smiles  
&  
Building  
Confidence

# Day Retreat Program for Veterans, Active Military & First Responders



NATURAL  
EXPANSION OF  
OUR UNIQUE  
PROGRAMS



DAY-LONG  
THERAPEUTIC  
PROGRAMMING  
FOR VETERANS  
AND FIRST  
RESPONDERS



THERAPEUTIC  
COMPONENT LED  
BY A CERTIFIED  
MENTAL HEALTH  
PRACTITIONER



GREENWELL  
PROVIDES  
FACILITY, HORSES,  
EQUIPMENT, AND  
CERTIFIED  
TRAINERS



PROGRAM COSTS  
RAISED THROUGH  
GRANTS &  
SPONSORSHIPS.  
**NO COST TO  
PARTICIPANTS**



INCORPORATES  
YOGA, ART  
THERAPY, AND  
OTHER WELLNESS  
PROGRAMS



# Francis Knott Lodge Project

- Greenwell Foundation's Retreat Center
- Purpose-built by the state of Maryland to offer programs for persons with disabilities with the option for overnight retreats
- Communal kitchen, dining area, great room with fireplace, sunroom and private bedrooms
- Currently used as Greenwell Foundation's primary office
- Updates and interior renovations are underway in anticipation of hosting overnight retreats later this year.



# Professional Affiliations



# A Sampling of our Volunteer Partners and Sponsors

*Helping Our  
Mission Every Day*

## Partners

- St. Mary's County Public Library
- St. Mary's College of Maryland
- St. Mary's County Health Department
- Spring Dell
- Lexington Park Royasry
- Maryland Department of Natural Resources
- St. Mary's County Public School System
- Center for Life Enrichment
- States Attorney's Office Community Service Program

## Sponsors

- ADF Bingo
  - Guy Distributing
  - J.F. Taylor, Inc.
  - SMECO
  - PNC
  - Rotary Club of Lexington Park
  - Optimist Club of Mechanicsville
  - WAWA
  - International Association of Machinists & Aerospace Workers Local #4
  - Network for Good
  - Southern Maryland Recreational Fishing Organizarion
- ...among others

# Our Organization

## • Staff

- Maria McDonald, Executive Director
- Janene Stocking, Deputy Director
- Melissa Kennedy, Equestrian Director
- Ally Rodgers, Camp Director
- Christopher Davies, Advancement Director for Veteran Services
- Connie Sterling, Program Assistant
- Jess Fender, Communications and Volunteer Coordinator
- Tony Newman, Veterans Programs

## • Board of Trustees

- Dennis England, President
- John Tarrant, Vice President
- Jane Tyson, Treasurer
- Frannie Bostich, Secretary
- Joe Anderson
- Teri Branch
- Mark Duval
- Kathryn Kopanke
- Usha Iswara
- Bob Randall
- Cindy Randall

# Come, visit and get grounded at Greenwell!

Visit us:

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