

News From the "Neigh"bourhood

October

Save the Date
Big Stick Rentals and Southwest Design & Construction proudly present...
PARDS 20th Annual Dine & Dance
THIS IS OUR STORY

Saturday, November 4th
Five Mile Hall
5:30pm Champagne Reception
Dinner, auctions & dancing to follow
Tickets ~ \$85
PARDS
THERAPEUTIC CENTRE
For more information & to purchase tickets
call 780-538-3211 or visit www.pards.ca

Come join us Saturday, November 4th for a night of fun, food, dancing, and silent and live auctions.

Have a fun night out with your friends, bring your staff to thank them for a job well done or celebrate your staff Christmas Party with us!

The Dine & Dance is our largest annual fund raiser and helps to support our Therapeutic Programs for Peace Area residents of all abilities.

For tickets and/or if you would like to become a sponsor or donate an auction item, please contact the PARDS office.

~ Dates to Remember ~

November

November 3
No Lessons - Office Closed

November 4
Dine & Dance

December

December 4
Session 2 Therapeutic Lessons begin

December 16
Session 2 Public Lessons begin

December 23 - 31
Christmas break
Office Closed

January

January 1 - 5
No Lessons - Office Closed

January 6
Public Lessons resume

January 8
All lessons resume

~ Stay In Touch ~

www.pards.ca



~ Upcoming Events ~

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Save the Date!

Paying It Forward (GP) Foundation Presents

The Fire & Ice Winterval

Hosted by Friesen Bain Chartered Professional Accountants

Come sun or snow, join us for an afternoon of carnival games, food, hot chocolate and more!

Sunday, December 10, 2017

At the new PARDS Facility located behind Evergreen Park

www.pards.ca

Hours of Event: 2:00 - 6:00 pm

All ages welcome

Admission by Donation

For more information follow us on 

All proceeds supporting PARDS

PARDS

PARDS



~ Rider Spotlight ~



Kianna Parker

Kianna is a 9 year old girl full of life and energy and a “Can-Do” attitude! She has been riding at PARDS for 2 years and attended PARDS Summer camp this year as well. She has ridden a number of horses to allow growth in program goals but is currently partnered with Saphfyre. Kianna was born with Cerebral Palsy.

Kianna’s family was told she may never walk; but she proved them wrong! Kianna requires the use of leg braces and still has balance concerns. Through the body heat of the horse, the muscles can be warmed allowing for the muscles to relax and the rounded belly give the muscles a little bit of a stretch. The movement of the horse mimics a natural, human walking motion which can stimulate muscles and tendons, giving them elasticity and strength. Riding can also increase core body strength and posture which aides in balance.

Kianna’s mother Jennica shared with us:

“Since riding at PARDS, Kianna has more confidence, stronger core strength and better balance. When Kianna started going to PARDS she had little riding experience (only on a horse a couple times). She went from knowing little about horses and riding to being very knowledgeable about horses and is very comfortable riding as well. With this new confidence, Kianna says she may even

like to enter into the next Para Equestrian Video Competition. Kianna really loves her horse, Saphfyre. Kianna is always excited for her riding lessons and enjoys taking care of the horses.”

What is Cerebral Palsy?

Cerebral Palsy (CP) is a term used to describe a group of conditions affecting body movement and muscle coordination. It is not a disease. Medical dictionaries define CP as a “bilateral, symmetrical, non-progressive paralysis resulting from developmental defects in the brain or from trauma at birth.”

CP can be as mild as just a weakness in one hand, ranging to an almost complete lack of movement. Sometimes the movements of people can be unpredictable, muscles can be stiff or tight, and in some cases people may have shaky movements or tremors.

Although a condition does not progress, the brain injury is permanent. While cerebral palsy is not curable, training and therapy can help significantly. Management is a more accurate word than treatment. Management consists of helping a child achieve maximum potential in growth and development.

People with cerebral palsy can go to school, have jobs, get married, raise families and live in their own homes. Most of all, people with cerebral palsy need the opportunity for independence and full inclusion in our society.

Taken from: The Cerebral Palsy Association in Alberta website at <http://www.cpalberta.com/>

Abelone Peterson — PARDS Instructor



~ Volunteer Spotlight ~

Rhonda Schneider



Meet Rhonda!

Rhonda moved to Grande Prairie 10 years ago from Saskatchewan and has been a volunteer with PARDS for about 5 years. She has been involved with horses her whole life and her favorite horse breed is the Arabian. Rhonda is associated with many horse related groups, is a certified curling coach / coach Canada official and also volunteers with her kid's schools and extracurricular activities. She has also been on various boards within the community.

At PARDS, Rhonda volunteers mainly as a horse leader but also sidewalks with clients when required. She helps in the barn grooming and saddling, sells tickets or mans

booths for various fundraisers and just about anything else PARDS needs volunteers for, Rhonda has signed up! She is a reliable volunteer that works really well with the instructors and clients to ensure the riders have a safe and beneficial ride.

Rhonda shared, "I became a volunteer at PARDS because I have a daughter with a learning disability and it's my way of showing how appreciative I am for all PARDS has done for her. My daughter blossomed due to her lessons with PARDS because of the caring and supportive environment. She has not experienced that with previous sports she has tried because they typically expected her to perform the same way as everyone else"

Rhonda is a positive role model to all those around her. She firmly believes that giving back and expecting nothing in return builds character and she has inspired her daughter, Justeen, to volunteer; Justeen volunteers helping with PARDS birthday parties.



Rhonda continues to volunteer at PARDS because she loves being around the horses and people and feels lucky to have such a wonderful facility that offers so many programs that are accessible to everyone .

Her fondest memory was when the clients she works with on a regular basis made her a gift to recognize her help and support and thank her for being part of their team.

Thank you, Rhonda, for being on our volunteer team ... We appreciate you more than words can express!

Robyn Boudreau— PARDS Senior Instructor

~ Community Champion ~



SOUTHWEST
Design & Construction Ltd.

Southwest Design & Construction (SWDC) is an Alberta owned company operating for over 35 years. Specializing in pre-engineered steel buildings, they have 4 divisions in Alberta and 1 in Inuvik with the Grande Prairie branch opening 11 years ago. SWDC became involved with PARDS through our new facility expansion and relocation project. SWDC owners have horses and understand the therapeutic benefits they provide in general and have become very engaged in further understanding the health benefits provided through therapeutic riding. As a result, they have a strong interest in building equine facilities and, in addition to the PARDS facility, have recently completed the Lethbridge Therapeutic Riding Association arena.

SWDC has been donating to PARDS since 2007 when they first arrived in Grande Prairie. Leon, Operations Manager in Grande Prairie, shared that his first memory of PARDS would be when Burt Barry set up a meeting & introduced him to Ann McLeod, PARDS Board Chairperson at the time to discuss the New Facility project. Leon said, "she was optimistic and enthusiastic. She is a very sharp lady and got us more involved". This meeting would lead to a partnership with SWDC constructing and managing the project of PARDS new facility and six years later, May 2013, the most memorable moment of Leon's time with PARDS - when the shovels hit the ground. "That's when it hit home that the dream of a new facility was becoming a reality", continued Leon. Keeping with the high quality SWDC is known for, PARDS new home is Canadian made and has a high insulation value, with R40 walls and an R50 ceiling to reduce operating costs. Over the years, SWDC's involvement with PARDS has grown from building the facility to sponsoring many fundraising events. In the early years of the project, they approached subcontractors on the new building and arranged for many of them to place ads in the Daily Herald Tribune so PARDS would benefit from providing a New Facility update to the community & create awareness for the organization. This lead to PARDS having 6 months of full page updates in the DHT! SWDC is also sponsoring our new Board Room and have been an annual Dine & Dance sponsor since 2010, becoming the event co-sponsor for the past two years. Always looking for more ways to help out, Leon also reached out and invited PARDS to share SWDC's booth at this year's Petroleum Show to sell tickets for PARDS Gator raffle.

Leon knows several families that have been impacted by PARDS programs. What has personally effected him the most is witnessing first hand some of the many benefits riders get from participating in the programs. Working with PARDS on the facility, the staff at SWDC have come to realize the benefits riders receive are much greater than they had originally imagined and love what PARDS brings to the Grande Prairie area. Leon explains, "in the years we have spent working with PARDS, we have come to understand how extensive the programs are and how many people are helped. We feel PARDS is one of the most important services we have in the Peace region and we are proud to offer our support to this worthy cause." Although this donor spotlight is about the many great things SWDC has done for PARDS, in their usual giving nature, they asked the article be closed with; "Southwest Design & Construction, congratulates PARDS and the community on PARDS Therapeutic Centre and the expanded programs the new facility has allowed them to provide to the Peace Area."



~ Program Spotlight ~



Little Pony Motoricity

Little Pony Motoricity has been a fantastic addition to PARDS programs now that our facility allows for the growth of new programs. Working with the minis, we are seeing younger riders develop in confidence, imagination, self-awareness, horse care, horse knowledge and safety.

Chevy and Swancy have been our main two equine team members guiding the learning process as the riders gain knowledge and skills through different games and activities. The games enhance their visual, vocal and physical skills as well as hand eye coordination.

The program adds horsemanship lessons for proper grooming procedures, tacking up and basic riding knowledge. The kids are so engaged, they don't even realize they are learning!



Learning about the different brushes and safety. Grooming supports gross motor skill development and strengthens the bond between horse and rider.

Now that our horses are all shiny, it's on to a game of body parts! This game helps riders build memory skills, supports them in letter recognition and provides opportunity to support speech development (if needed).



Tacking up for a ride. Once the saddle is on, the instructor goes over the parts of the saddle and tack. Helping to tack up gives our little riders the opportunity to develop their fine motor skills, builds sequencing skills and engage with their horse and volunteer.



In this "game", riders learn concentration, hand/eye coordination and the riding skill of always looking where you want your horse to go. As they round a corner, they move their arm as if reigning to turn, but their eyes must follow their hand.

Little Pony Motoricity is a 10 week program designed for ages 4 to 7 of all abilities. For more information and registration forms please visit our website at www.pards.ca under the "Programs" tab.

~ Our Equine Partners ~



Cleatus

Cleatus is a 13 year old 16.1HH (64.4 Inches) Belgian quarter horse cross.

Cleatus joined our therapeutic and public riding programs in Fall of 2016, and he loves his new job! He is owned by Kathy McNally who graciously leases him to us. In February of 2017 even though he was one of the new horses, Cleatus won "Sweet Heart of the Year" in a Valentine's Day contest. It was no surprise as although he is quite big, he is really just a teddy bear on the inside. Since Cleatus is larger in size

it allows us to place our taller/heavier riders on a horse that they will fit properly and comfortably on and really enjoy riding. He has three fantastic gaits that make him a great choice for our therapeutic and public riders and is also very well trained! His big walk is good for stretching and loosening riders muscles. Cleatus is able to neck rein which helps some of our therapeutic riders to ride more independently.



~ Just Horsin' Around ~

Why does a horse not fall down when it sleeps standing up?

Mature horses most frequently rest in a standing position. The 'stay apparatus' of the forelegs and 'check apparatus' (functions of the leg tendons and ligaments) of the hind legs allows them to rest and relax while not falling down. Lying down is actually more stressful for a horse than standing.

Their own weight causes pressure on their internal organs. However, most horses will lie down for a brief rest every day if they have a comfortable place to do so.

Some will become so relaxed that they twitch and snore, just like a dog. That's why it's important to provide a dry, sheltered area or roomy stall, so your horse can stretch out safely.

For more information on the sleeping habits of horses, please go to:
<https://www.thespruce.com/learn-how-all-horses-sleep-1887328>

