



PARDS
THERAPEUTIC CENTRE

News From the
"Neigh"bourhood

April

Dates to Remember

May

May 20
Victoria Day - Office Closed
No lessons

May 27
ANNUAL GENERAL MEETING
7 p.m.

June

June 15
**PARDS FUND RIDE &
COMMUNITY CARNIVAL**

July

July 1
Canada Day Office Closed

July 2 - 5
LPM Summer Camp

July 8 - 12
Camp Tamarack



All PARDS Day Camps are inclusive,
everyone is welcome!

To register go to:
<https://www.pards.ca/programs/>

SUMMER CAMP DATES!

Little Pony Motricity	Week 1	July 2 - 5
Little Pony Motricity	Week 2	Aug 26 - 29
Inclusive Youth Camp	Week 1	July 15 - 19
Inclusive Youth Camp	Week 2	July 22 - 26
Inclusive Youth Camp	Week 3	July 29 - Aug 2
Inclusive Youth Camp	Week 4	Aug 19 - 24
Therapeutic Adult Camp		Aug 6 - 9

Stay In Touch



www.pards.ca



PARDS Annual General Meeting

Monday, May 27, 2018 at 7:00pm

710009 RR55 (East of Evergreen Park)

Everyone is welcome to attend
Light refreshments will be served

Learn, share and be an important part of the decision making process. Our riders are counting on you!

If you have any questions or would like more information, please contact us at 780-538-3211 or email info@pards.ca

All Individual, Corporate and Board members of PARDS are eligible to vote at this meeting. 2019 memberships will be available to purchase at the meeting. \$25 Individual Member or \$100 Corporate Membership.

Therapeutic Registration



Therapeutic Riding



Little Pony Motricity



Therapeutic Cart Driving

Registrations for all PARDS 2019/2020 programs are now online. Please go to the PARDS website at www.pards.ca and click on "PROGRAMS" for a description and links to register.

ATTENTION NEW RIDERS - new riders registering for Therapeutic Riding or Cart Driving programs must have a completed Physician Release form which can be found under "FORMS" and clicking on "MEDICAL" on our website. Following receipt of registrations and all associated forms, PARDS will contact you to schedule an assessment.

Rider Spotlight



Todd Perks

Todd is currently our longest running client; he started riding with PARDS in 1988 and is still with us over 30 years later! During his time here, he has progressed from a therapeutic rider with a leader and a side walker, to having just a leader in 2010, to becoming a therapeutic cart driver in 2014!

Todd is 51 years old and has been diagnosed with Cerebral Palsy and Diabetes. Cerebral Palsy is a condition that results from irregular brain development or central nervous system (brain, spinal cord and nerves) damage caused before or during birth. Symptoms affect each individual differently and to different

degrees. The symptoms often affect muscle coordination, muscle function and muscle tone, movement, balance and can cause hearing and vision impairments.

Todd has noticed his condition impacts the coordination and function of the right side of his body more than his left. His condition has also impacted his speech. He has also noted that since he started as a participant of PARDS he is more relaxed, has increased coordination and flexibility and riding and cart driving have helped him improve his balance.

Todd's motivations for attending PARDS are that it provides a safe and enjoyable sport and recreational opportunity. It also allows him a great space to share his passion for horses and ponies.

Todd now drives the cart independently, loves learning all the brushes for grooming, and learning all the parts of the cart and harness. Todd loves to challenge himself and enjoys the independence the cart program offers him.

Along with cart driving, Todd also stays active within our organization as a volunteer board member. Our board members play a vital role within our organization, dedicating many hours to policy and governance. Todd brings valuable insight to our board as he provides a voice for our program participants, ensuring that they have strong representation regarding policies that effect them. He also supports the organization as a representative at many events and fundraising activities.



Todd engagement with so many aspects of PARDS is a testament to his loyalty, dedication and belief in the benefits of equine assisted therapy. Make sure you look for his friendly, smiling face at a PARDS event and stop for a chat, Todd is always up for a visit. PARDS is blessed to have Todd as a part of our organization.

~ Kataryna Hagglund, PARDS Program Coordinator/ instructor

To learn more about the cart program and additional equine assisted program opportunities, visit www.pards.ca

Upcoming Events



PARDS
THERAPEUTIC CENTRE



34TH ANNUAL FUND RIDE & COMMUNITY CARNIVAL



SATURDAY • JUNE 15, 2019 • PARDS FACILITY

**RIDE, BIKE OR HIKE
COLLECT PLEDGES TO WIN PRIZES**

Pick up your pledge sheets at Keddie's Tack & Western Wear or at the PARDS office

Don't want to ride, no problem! Join us for the Community Carnival.

**PONY RIDES • GAMES • PRIZES • ARCHERY
FACE PAINTING • GLITTER TATTOOS • AND MORE!**

Fund Ride:

Registration at 10am | Enjoy a donut and drink before the ride
Appreciation supper and prizes 5pm

Carnival & BBQ:

Open to the public 12pm - 4pm | Suitable for all ages

THANK YOU TO OUR SPONSORS

**FUND
RIDE**



New Horizon

**COMMUNITY
CARNIVAL**



CALL 780.538.3211 FOR MORE INFORMATION

Volunteer Spotlight



KELVIN STAMP

Kelvin is one of PARDS newest volunteers. He started in January but has quickly become a regular face around our facility. On any given day you may see Kelvin cleaning stalls, leading a horse during a lesson, helping repair equipment, bringing horses back to their pens, bringing laughs in the lunch room, sweeping the barn, or any other task that we may ask him to help us with or he takes upon himself to do. He has even started a project to help modify our tractor so that we can clear snow easier. He is willing to volunteer long days, often multiple days a week, to help cover for other volunteers who are away.

Kelvin was born and raised in the Wembley area on the same land that his mom was raised on and where he still lives today. Kelvin is now retired from his career in telecommunications and his role as a part time farmer. His 3 daughters are now grown and since retiring, he found himself with more time to spend with his wife. Together they have spent some of this excess time travelling, but Kelvin also wanted to give back to the community he loves through volunteering. He is an active volunteer with his church and we are so fortunate he chooses to share his time and talents with us here at PARDS as well. Kelvin also makes sure to spend lots of his time in the great outdoors; quadding, dirt biking, camping, sledding, skiing and playing hockey and slow-pitch are some of the activities that he enjoys.

While Kelvin enjoys supporting his community, he also recognizes and appreciates the benefits that he receives from the experience; he enjoys the feeling of sharing his valuable skills, and he finds it quiet and relaxing. He is ready, willing and able to do any job that's required; from picking stalls to operating power tools to sidewalking in lessons, Kelvin can and does do it all! He follows direction well, has machine operation experience and has a flexible schedule to allow him to fill in when needed.

Kelvin says that the biggest reason that he feels comfortable and confident as a volunteer is the confidence the staff instills. While he did have some past horse experience, the staff were willing to teach him important horse safety and knowledge of tack that he otherwise would not have known. With this knowledge and confidence from the instructors, Kelvin felt he had the competence and comfort to assist in all aspects of lessons. His greatest motivation for volunteering with PARDS is seeing the genuine and heartfelt thrill and excitement that the riders have shown him during their lessons.

Kelvin goes above and beyond what we ever expect from our volunteers. Kelvin even shared his enjoyment with his daughter Natasha who now also volunteers with us! Our facility has felt warmer and more welcoming with Kelvin around and we thank him for his hard and dedicated work every day!

Volunteer Opportunities

Would you like to become a PARDS lesson or barn volunteer?

Registration is online at www.pards.ca

PARDS Board Member Spotlight



Christina Balcom

Christina has served on the PARDS' Board since 2008. In her time with PARDS, she has filled all roles on the executive and currently serves as our Board Chairperson. Christina brings a wealth of experience in business management and a passion for inciting positive change within the community. Outside of work and her volunteer commitments, Christina enjoys spending time with her husband and daughters as well as honing her skills on the golf course.

"PARDS is about helping each rider to achieve their individual goals and celebrate their abilities and triumphs. Our greatest achievement is helping others succeed and grow and I am honoured to be a part of that."

Meet Our Equine Partners

Moonbeam

Moonbeam is a 17 year old black and white paint. She has been with PARDS since May 2018. Moonbeam works in both our therapeutic riding and our public riding lessons. She is a very patient horse and is good for many of our active therapeutic riders. Moonbeam's quiet and calm personality makes her a great fit for some of our riders who are working on their confidence and comfort around horses. Moonbeam is 15.1hh which means her gait provides a similar length and rate to the human walk. Moonbeam has a narrow and smooth gait which is ideal for riders with Cerebral Palsy, who may have tight adductor muscles, as it reduces stretching in the leg and makes it less difficult to balance. Her rhythmic gait also helps some riders with Autism Spectrum Disorder find the rhythm for trotting.



Just Horsin' Around

