



**PARDS**  
THERAPEUTIC CENTRE

News From the  
"Neigh"bourhood

May

## IMPORTANT DATES

### JUNE

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

### JULY

Canada Day Office Closed  
July 1  
Little Pony Motricity Summer Camp  
July 2 - 5  
Camp Tamarack  
July 8 - 12  
Inclusive Summer Youth Camp  
July 15 - 19  
July 22 - 26  
July 29 - August 2

### AUGUST

Heritage Day Office Closed  
August 5  
Adult Therapeutic Camp  
August 6 - 9  
Camp Tamarack  
August 12 - 16  
Inclusive Summer Youth Camp  
August 19 - 23  
Little Pony Motricity Summer Camp  
August 26 - 29

## 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** **CO-OP** New Horizon **COMMUNITY CARNIVAL** **AQUATERA**  
WATER. EARTH. INNOVATION.

**CALL 780.538.3211 FOR MORE INFORMATION**

Get your tickets for PARDS 50/50 Raffle  
with a possible payout of \$4500!  
All proceeds go to support PARDS Therapeutic programs.

Draw Date: Saturday, June 15th, 2019

**PARDS**  
**50/50**  
**RAFFLE**  
 PINK TICKETS  
 \$5.00 EACH  
 GREEN TICKETS  
 5 FOR \$20.00

DRAW DATE JUNE 15, 2019  
 AT PARDS THERAPEUTIC CENTRE

PARDS  
 THERAPEUTIC CENTRE  
 LICENCE # 527640

Licence # 527640

**Purchase tickets**

## Volunteer Spotlight



Grace and Christine are a daughter and mother team who started volunteering at PARDS together in April of this year. Both of them have volunteered for organizations such as YMCA and the Canadian Ski Patrol. With their volunteer experience and horse knowledge they make excellent help in either the barn or lessons, ready to pop in wherever they are needed. The lessons they help in have reminded them how much of an impact horses have on people and how giving support leading/side walking in a lesson makes a huge difference for the riders.

Grace loves spending time in the barn, brushing horses is one of her favorite parts of being at PARDS. She has especially bonded with Finale and was very interested in learning about Finale's shoulder and how we care for her after she foundered. In the arena Grace has the role of a leader or a sidewalker in a few lessons she is always ready to help out. One special moment Christine had was in a youth leadership lesson where the kids had to work together to complete a goal. This had such a big impact because there are so many children who are always working to compete against each other, to be better than the other, now they had to work together to help everyone to reach the same goal. "Something touches me every night," said Christine. She loves to see riders become so excited about riding and watching them bond. If Christine isn't leading horses in lessons she is mucking out stalls! These hard working volunteers have changed a very busy, sometimes hectic evening, to one that feels more relaxed. They have enjoyed volunteering here so much that they hope to continue helping out through summer camps and return to lessons in September. We hope to see them and all the rest of our hard working volunteers through the summer and next year!

### VOLUNTEER ORIENTATION

Are you interested in helping in summer camps, leading on trail rides or getting a head start to be ready to help in lessons/barn in the fall? Then this orientation is for you!

**TUESDAY, JUNE 11**  
**6:00 p.m.**

Please R.S.V.P to the PARDS office at 780-538-3211 or [lessons@pards.ca](mailto:lessons@pards.ca)

### Are you coming to my event?

**DATE AND TIME**

06/11/19 6:00pm-06/11/19 8:00pm

I  
w  
b  
th

**Interested**



## JUNE IS PARDS MONTH

Each month, a non-profit organization within Aquatera's service region is selected as the recipient of their BOTTLE DONATION PROGRAM and receives a donation totaling the amount in the donation bin. PARDS has been fortunate in past years to be chosen and thankful to be chosen again for the month of June. Aquatera has partnered with [Recycle Plus](#) to accept bottles and cans specifically for the purpose of giving back to our community. Items can be donated at the Eco Centre, the Aquatera Landfill, or at either of the Recycle Plus and Recycle Plus II bottle depots.

It's so easy, you don't even have to wait in line! You can just drop your items in the Aquatera Bottle Donation Bin and be on your way, knowing that your quick trip has made a wonderful impact for the riders of PARDS! Thank you AQUATERA!

## Meet April Parker



### April Parker

Please welcome April Parker to the PARDS Team as our Community Engagement Coordinator. She brings a wealth of marketing and community involvement in charity work to the organization. We hope everyone gets a chance to meet her out in the community at a community or PARDS event.

"I joined the PARDS team in May 2019 to continue my desire to live a life full of community support. I have always had a passion for helping others and doing what I can to make the biggest impact on those around me! I enjoy spending time with my teenagers and keeping busy around my home and yard. I love meeting new people and I am excited to share my passion of PARDS in the entire community!"

April

Parker

## Community Champions

When Kristy Dryden, owner of Kristy Klean came out to volunteer in lessons she saw what a busy place PARDS was. She approached PARDS and offered one of her teams to come out once a week to clean the office areas and kitchen to help keep up. Here is what she had to say about volunteering at PARDS.

"Non profit organisations with sick or disabled children/adults will always hit me in the feeler. It takes a community to help support our local organisations to ensure they are there for those that need them. I have high stress levels and anxiety. 2 years ago I was the one jumping fences to get away from a horse. Not once did I sit there and think a 1200 lbs animal would have any therapeutic qualities to them. Then I got to have 2 horses in my care for a few months on my property; that's when I learned there is a lot more to a horse than what meets the eye. My stress level and anxiety would drop in a dramatic way after spending time with them.

I got to know PARDS when my youngest daughter took a summer camp there. I started learning more about the organisation and what they do for our disabled society. I knew right away I wanted to be part of everything they do with what little I have to offer. I absolutely love to start my Mondays off with 2 beautiful ladies and do my best





as a side walker or horse lead. After the first few Monday's I wanted to do more, so if there is one thing I know really well it's cleaning. I made an offer to help assist in some extra cleaning once a week and PARDS accepted."

Thank you Kristy, we can't thank you enough for all you do!

## Rider Spotlight



### Stacy Longson

Stacy has been riding at PARDS for one year. She comes twice a week, once privately and once in a group lesson. Tracy is a vibrant, outgoing woman who always has a friendly hello when she comes to PARDS. Stacy has been diagnosed with Fibromyalgia and Graft-versus-host disease (GVHD) which Stacy acquired after a bone marrow transplant.

"Graft-versus-host disease (GVHD) is an immune condition that occurs in a patient after transplantation when immune cells present in donor tissue (the graft) attack the host's own tissues. GVHD is a complication after bone marrow transplantation (stem cell transplants) from both related and unrelated donors." ([https://www.medicinenet.com/graft\\_vs\\_host\\_disease\\_gvhd/article.htm](https://www.medicinenet.com/graft_vs_host_disease_gvhd/article.htm))

Stacy suffers with daily pain and looked for methods to help her cope. Stacy owns a horse, and wanted to continue to learn to care for and ride. Therapeutic riding she says helps her build muscle, improves her core strength, helps with balance and coordination which gives her a physical and mental outlet in her day.

PARDS is helping Stacy reach her goals by allowing her to tack up, care for and learning new riding skills. She now feels more comfortable, relaxed and confident where she used to be nervous. She says taking lessons has helped her replace some bad habits with good ones!

Riding a horse gently stretches Stacey's "tethered tendons" and exercises them in a way that can't be done from walking or other traditional exercises. The GVHD Flareups happen sporadically and seem to be more frequent, which makes things tighten up. The horse's movements "unlock it" and she really feels the difference if she misses a week of riding.

TimBr has helped Stacey develop a new appreciation for mares since she is so gentle, steady and classy. In her past experience Stacey was a little more hesitant riding mares because of some of their potential temperaments in comparison to geldings, but TimBr has won over Stacy's confidence and heart. Stacy's favourite horse breed is the Canadian Horse and she did enjoy riding PARDS handsome boy Molson, but it took too much leg strength to ride him so she began riding TimBr to help meet Stacey's therapeutic needs and goals. Just like PARDS does not fit a rider to a program, a program is fitted to the rider, horses are chosen for very specific rider needs as well.

We look forward to assisting Stacy in all her riding and therapeutic needs and goals in the coming lessons!

### FALL REGISTRATION

Registration for all PARDS programs is now

available online at [www.pards.ca](http://www.pards.ca)

For a list and overview of all our programs and registration, please click on

Program Information

Program Information

# PARDS Therapeutic Centre

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Contact Us

