



PARDS
THERAPEUTIC CENTRE

News From the
"Neigh"bourhood

February

Important Dates

No lessons February 15 to February 21
PARDS office closed February 17 for Family Day
Public Lessons ~ Session 3 begin February 29
Therapeutic Lessons ~ Session 3 begin March 2

PARDS Sweetheart of the Year

Show your favourite PARDS horse some LOVE.

Donate \$5

to put your name on a Valequine
for your favourite horse.

The horse with the most
Valequines on Valentines Day
will be crowned

PARDS 2020 Sweetheart of the Year!!!

to donate, click on the link below

To choose your Valequine!



~Volunteer Spotlight~

Julie Legare



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This is Julie's first volunteer experience and she has been loving it! She said it was very organized when she first contacted us and thought we did a great job of getting her started. After attending the PARDS volunteer orientation, Julie arrived on her first day of volunteering to muck stalls as she expressed she wanted to help in the barn as her comfort level and knowledge of horses was limited. Little did she know she would be helping in lessons as well! One of our volunteers couldn't make it so, when asked, Julie jumped right in as a sidewalker. Julie started volunteering at PARDS in November, 2019 and ever since her knowledge and comfort has continued to grow. Julie is now a leader in Little Pony Motricity classes every Tuesday evening.

Julie moved to Alberta in 1986 from Quebec to teach French immersion at the elementary school level. She

has also taught grade seven and eight and has recently started teaching grade one. She says teaching the grade one students is a big change for her but has made her a perfect fit with our young riders. When Julie first began volunteering she was a little hesitant at first because of her lack of horse knowledge but Julie has proven to be a very quick learner and is now much more confident and really enjoys leading in her lessons. She is always very eager to learn new things and she loves it when instructors or other volunteers give her more information on the horses or what to do in certain situations in the barn and in lessons.

Julie has a fantastic relationship with the young riders she is working with and does a great job helping them brush and get their pony ready for their lesson. She loves the interaction with the riders, getting to see them have fun and getting to know each one of their personalities. She is also enjoying getting to know all the miniature ponies better, but she does say that Petunia has managed to catch her heart and is her personal favourite so far as Petunia keeps her on her toes with her sassy attitude and energetic trot. Julie is very appreciative of everything we offer to our riders and volunteers as well as everything we have taught her about horses and is very happy to be a part of the program. We appreciate all that Julie has given to our riders and look forward to watching her grow in her knowledge and confidence even more!



Lesson & Barn Orientation

Wednesday, February 19

6:00 to 8:00 p.m.

PARDS Facility (NE of Evergreen Park)

[Volunteer Orientation Registration](#)

Rider Spotlight

Trudy Carlacci



In the summer of 2019, Trudy and her husband Ron came out to visit at PARDS. They had been on holidays and while visiting their friends

at PARDS. They had been on holidays and while visiting their friends, Trudy had developed a very special bond with their donkey. Ron shared that Trudy would go off to spend time with the donkey, often sharing parts of her dinner salad with him. Ron saw the joy she experienced with the donkey so when they returned home, he thought of PARDS as a possible place that Trudy would enjoy. There was also the hope that she would maybe even have the opportunity to recreate the connection she had with the donkey with one of the PARDS horses. Seeing her along side the fence that day, petting a horse, the smile on her face and the laughter he heard, it felt like the right fit and worth a try.



Trudy started riding at PARDS that September for the enjoyment of learning something new and for her love of animals. Trudy has been diagnosed with dementia which has been effecting Trudy's short term memory. The goals for her lessons are to stimulate her short term memory through the repetitive nature of riding but, most importantly, to have fun, make connections with the animals here and develop a bond with her horse that truly brings her joy. Trudy met her horse partner, Cowboy and she began learning about caring for him through grooming and tacking and working on basic riding skills.

Some weeks Ron comes to watch Trudy's lesson (often on the sly) and sees the light in her eyes; he has shared with us that when Trudy gets home, PARDS and riding is all she talks about for days! As a result of her reaction, Ron made the decision to bring Trudy riding twice a week. Trudy has learned to brush her horse, get her horse groomed and tacked up, how to "walk on" and "whoa" with her horse and has begun the basics of steering. Trudy has learned new things with every lesson, but each lesson begins with a review to assure understanding. If you ask her, she may not be able to tell you exactly what she has learned before, but she does very well at accomplishing her tasks during each lesson. For example, once she is mounted on her horse, I will ask her to "walk on" and she will automatically say "walk on" (association memory) and squeeze her legs (muscle memory). With every lesson I get to see something new that Trudy will do without me having to explain to her how to complete the task. If asked how to do something, Trudy will sometimes get confused, the words not readily accessible and she will sometimes get anxious and need help. But if she is asked to do something, she can usually accomplish the task with no help at all. Because of the challenges Trudy faces as part of her dementia symptoms, she does best with familiarity and routine, so we maintain a consistent sequence in the order of tasks within her lesson and the instructor and volunteers involved are kept the same as much as possible. Each lesson, Trudy greets Cowboy, then brushes and tacks him, each step always the same. Once in the arena she warms up with walk/halt transitions and then moves into basic steering with some trotting at the end, which is her favorite part. Trudy always gushes after her lesson about how she loves trotting and wants to go faster!

Trudy is always super excited to come to PARDS and ride. She loves socializing with the instructors, volunteers and other riders, before and after her ride; always sharing her bright smile. Her infectious laugh can be heard throughout the building and none of us can help but smile along with her.

Trudy says she loves having a place like PARDS that is able to help so many different people, in many different ways.





Equine Partner Spotlight

Alberez ~ PARDS 2019 Horse of the Year



The votes were unanimous for the 2019 Horse of the Year! Alberez (Alby) joined the PARDS team in June of 2018 after Kev's Kids generously sponsored his purchase for us. He is an excellent partner for many riders because of his medium build and height. His training and personality make him a great all-around horse as he works in programs right alongside the rest of our fabulous equine members. Alby is one of the few herd members that fully embraces all levels of ability from his riders. He is a steady, quiet lead line mount for inexperienced or very nervous riders, standing quietly waiting while his rider mounts and makes adjustments to get ready to ride. In beginner lessons, his steady rhythm and laid back

attitude helps instill confidence in his rider and allows them to move through and master the basics with ease. For more advanced lessons, like teaching a rider to canter or jump, he more than makes up for the shortness of his legs with his enthusiasm, patience and grace. He is ready for whatever is asked of him on any given day at any given time. He can work with a variety of different riders, all at different riding levels and learning different skills, and he easily adapts and provides his rider with a great lesson experience. All of his handlers, regardless of their experience level, find Alby a joy to work with. We would like to congratulate Alberez on the 2019 Horse of the Year award!

Summer Camp Dates

DON'T MISS OUT!
REGISTRATION OPENS MARCH 1ST



PARDS SUMMER CAMPS

INCLUSIVE SUMMER YOUTH CAMP

July 6 - 10
July 13 - 17
July 27 - 31
August 17 - 21

LITTLE PONY CAMP

August 4 - 7 am or pm
August 24 - 27 am or pm

EQUESTRIAN SKILLS DEVELOPMENT CAMP FOR ADULT THERAPEUTIC RIDERS

July 20 - 24



PARDS SUMMER PROGRAMS

**FOR MORE INFORMATION ABOUT OUR PROGRAMS
PLEASE GO TO OUR WEBSITE BY CLICKING ON THE LINK BELOW**

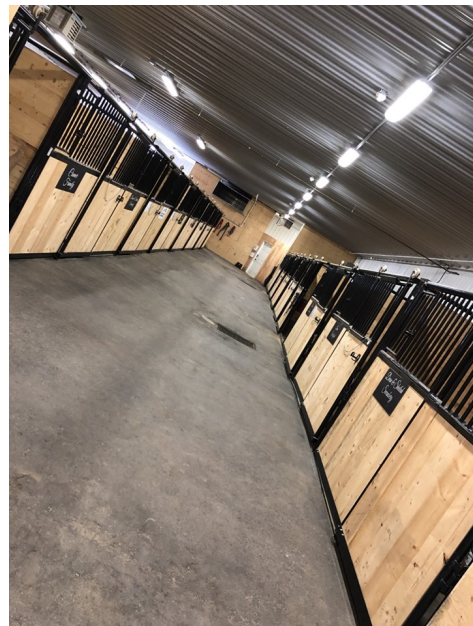
[PARDS SUMMER PROGRAMS](#)

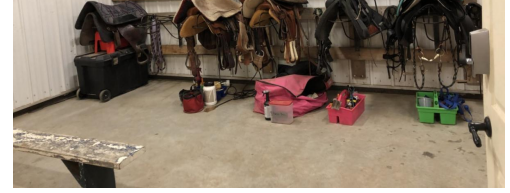
PARDS Boarding

Winter Is Here! PARDS Boarding Available

PARDS offers a variety of boarding options and year round indoor arena use. For more information please go to our website by clicking on the link below

[Boarding Information](#)





REGISTRATION

Registration for all PARDS programs
available online at www.pards.ca
For a list and overview of all our programs and
registration, please click on
Program Information

[Program Information](#)

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