



**PARDS**  
THERAPEUTIC CENTRE

**January**

**News From the  
"Neigh"bourhood**

## Important Dates

January 31, Blue Bow Hair Cutting Event 4:30 p.m.  
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 3

## ~PARDS Blue Bow Campaign~

**Thank you!**

### Look at our Blue Bow Tree!

What a giving community we live in!  
Thank you to everyone who donated to the **Blue Bow Campaign**.

The horses received gifts from their Christmas Wish Lists as well as monetary donations (and a few carrots and apples)  
All monetary donations go directly to purchasing needs from the wish lists as well to enhance PARDS programs.

Thank you again to everyone who made this campaign a huge success raising in gifts and money a total of

**\$8852.02**





PARDS can't thank these 2 competitive guys enough for taking on a challenge with each other all in support of PARDS Riders.

Watch the video below to see how Chris and Kevin came together and in the end, PARDS riders are the big winners!; and to see how Chris "really" won!

[Blue Bow Haircut Challenge](#)

Thank you Chris Thiessen and Kevin Bjornson!

**Come out and see Kevin lose his locks of golden hair!**  
**Friday, January 31 4:30 p.m.**  
**PARDS Therapeutic Centre ~ NE of Evergreen Park**  
**Light snacks and great fun!**

## ~Volunteer Spotlight~

### Sandy Willier

Sandy has been volunteering with PARDS since September of 2019 and has been a great help in lessons as a leader, side walker and rider support in the barn! She has experience with horses of her own and previous volunteering at another riding centre. PARDS is a great way for Sandy to fill her love for horses.





Sandy enjoys working with the riders and getting to know everyone at PARDS. Sandy has learned that there is a lot to do at PARDS which allowed her to help outside of the barn and lessons as well. Using her artistic talents, she made a beautiful donation to the PARDS annual Dine and Dance. Recently, Sandy has had to take a break from lessons but offered her office skills in any way she can to keep active in her volunteer role. There are so many ways to volunteer at PARDS and Sandy is a great addition to the team!

Sandy is happy to see riders benefiting from the program; the smiles on rider's faces and the riders interaction with staff, horses and volunteers. Sandy's day at PARDS is a busy one which gives her the opportunity to get to know other volunteers both in lessons or while sharing stories during the lunch break.

Sandy shared that one of the best highlights during lessons was when Rachelle (PARDS rider) said to Kelvin (volunteer), *"Kelvin, you're gorgeous!"*

It is fantastic to see relationships develop among horses, riders, instructors and volunteers like Sandy and we are fortunate to have Sandy at PARDS!



## Lesson & Barn Orientation

**Wednesday, February 19**

**6:00 to 8:00 p.m.**

**PARDS Facility (NE of Evergreen Park)**

[Volunteer Orientation Registration](#)

## ~New PARDS Program~

### Little Pony Literacy

Have you ever thought of what it would be like learning to read with the help of a miniature horse, a cat, a dog or maybe even ducks?

Literacy is a vital component of learning and is a valuable life skill. Many children struggle to grasp the complex symbolism of reading and ultimately find reading a stressful experience.

This program allows children the important connection with a fun, compassionate and non-judgmental animal. They will have the opportunity to build their reading skills by reading

to their reading 'buddy' every session with the guidance of wonderful volunteer mentors to help build their confidence in reading. They will also play fun literacy developing games along side their trusty reading partners. These games will have focus on letters, sounds, sight words, writing, combination sounds and





much more! Our goal is to create an environment where reading and writing is fun!

Program Launch Date: to be announced. Watch PARDS website and Face Book Page for updates.

## Rider Spotlight



### Levi Kelly

Meet Levi, an 11-year-old with the desire to succeed! He is a polite young man, full of questions and a huge smile every time he comes into the PARDS barn to meet his horse 'Alby'. Levi has been riding at PARDS since March of 2019 and came to PARDS therapeutic program as a result of his learning disability. He began riding with the assistance of a side walker to help him develop his balance and a leader to help him build his confidence while he learned the basic skills of riding.

Levi attends his lessons each week with the goal of gaining coping skills and a sense of control over situations that make him nervous or instill fear. Developing resiliency is an important life skill that will help Levi in all aspects of his day to day life. Levi's family felt PARDS would be a great step toward building these skills as one of his fears is being around large animals. As he gains the confidence in his riding to concentrate fully on following the direction of his instructor, he will also be developing sequencing skills (first A, then B, then C, etc.) which will help relieve his anxiety by being prepared for what comes next in both familiar and new situations. While this progress is made, as Levi's instructor, I will be helping him focus on all his achievements, cheering him on and identifying new goals with him as he masters those he originally came with. With this support and encouragement from his instructor and his volunteers, Levi was riding independently by his third lesson! We continually reassess his short-term goals as his ability and confidence grows. He is now learning to care for the needs and well being of his horse by coming to his lesson and grooming and tacking Alby. Levi picks his hooves and even cleans up the alley way when needed (even the 'gross' stuff!!!!).

PARDS lessons are developed for each individual rider incorporating riding goals as well as physical, cognitive, social or emotional well-being goals. At PARDS the lessons fit the rider, not the rider to the lessons. Levi has set himself some personal riding goals like learning to jump and perhaps "owning a miniature horse and driving a chariot". We will be sure to introduce him to PARDS cart program in the

future so we can continue to be a resource for him to accomplish any goal he sets for himself.

Levi was very shy when he started, but his comfort level is increasing week by week both in lessons and with the people involved in his lesson. One of the things he likes to do is tell Knock Knock jokes, especially incorporating his horse's name. "Knock, knock. Who's there? Alby. Alby who? Alby be back!" Levi has created a great bond with his equine partner Alby, saying "I love my lessons with Alby, especially trotting and feeding him treats".

Levi is highly inquisitive and enjoys learning about things using the internet. He was excited to learn that PARDS has a website with pictures, information on upcoming lessons, events and newsletter articles. He is looking forward to searching on his computer to find and read his own story there!

## Equine Partner Spotlight

### Polly

Polly is a 20 year old brown bay quarter horse mare and is 15.1hh. Polly has been with PARDS for a total of 3 years working in both our therapeutic and public lessons. Polly began at PARDS as a leased horse and after seeing her excel in our programs, she was graciously donated to us in September 2018 by her previous owner Joan Thors. Polly has a very quiet and calm demeanor so she is excellent for riders who are riding or meeting a horse for the first time and may be nervous. She is also a great horse for some of our riders who are transitioning into independent riding as she is understanding of mistakes and is very patient. Polly has a wide and smooth gait; this is ideal for riders who have Multiple Sclerosis or Parkinson's disease as balancing is less of a challenge but still allows them to build core strength and improve their balance. Her smooth gait also allows riders who experience Sensory Processing Disorder from over stimulation to relax.



## Summer Camp Dates







## PARDS SUMMER PROGRAMS

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

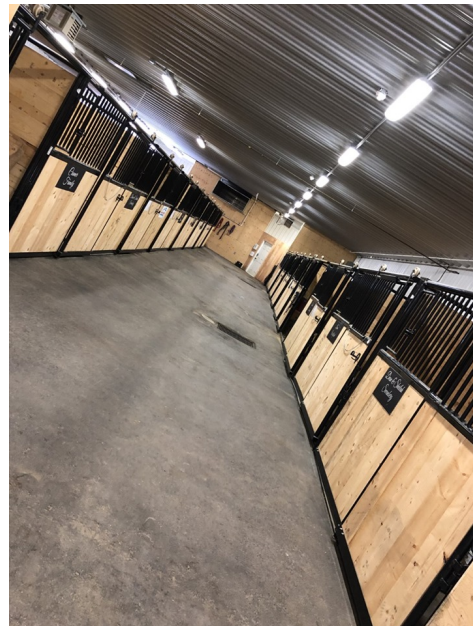
[PARDS SUMMER PROGRAMS](#)

## 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](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](#)

