



PARDS
THERAPEUTIC CENTRE

News From the
"Neigh"bourhood

March

Important Dates

No lessons April 7 - 13
Office Closed for Good Friday, April 10

~Equine Partner Spotlight~



**2020 Sweethearts
of the Year**

IT'S A TIE !

**Thank you to everyone who showed
the love by purchasing a Valequine
for their favourite PARDS horse!**

Above and beyond their cuteness and friendly natures that stole the hearts of everyone who supported our Valequine fundraiser, these two PARDS ponies play an important role in PARDS Programs.

Chevy is a 6 year old black and white miniature pony. Chevy comes to PARDS through the generosity of

Kathy McNally who has been leasing Chevy to PARDS since 2017. She has been part of the Little Pony Motricity and our cart driving programs which makes her a very versatile partner to our riders/drivers. She is a step up from our smaller minis in height, standing at 9.3 HH, is more narrow and simulates a larger horse's movement. She is a great confidence builder because of her quiet and forgiving nature. Chevy doesn't feed off of nervous energy, making her a happy quiet pony for any rider/driver and why she was voted one of the Sweethearts of the Year!

Buttercup is a 14 yr old welsh cross pony who has been with PARDS since the fall of 2019 thanks to a lease from Laurie Prichuk. She stands at 12.2 HH high which makes her the perfect pony for our smaller riders both new and experienced as she works well both on a lead line and independently. She is narrow which make riding more comfortable for anyone with tight abductors, such as some riders with Cerebral Palsy. Her choppy pony walk and narrow back challenges a rider's balance, is good for children with speech delays as it helps open their diaphragm and for riders with shorter attention spans (ADD/ADHD) as when a horse moves quicker/choppier the rider has to focus more to stay balanced than if they were on a slower horse. Buttercup has recently started in our public rider program as well for some of the smaller independent riders and has been doing fantastic. She will be a great walk, trot, and canter pony for our smaller riders. Her personality is very calm and sweet making it very easy for newer riders to feel more at ease and fall in love with and why she was chosen as one of the Sweetheart's of the year.

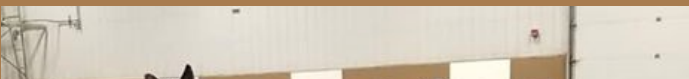
~Volunteer Spotlight~

Kim Hansen

Kim heard about PARDS from a friend whose daughter rides at PARDS and has been with us for 2 months. Kim is a stay at home mother of teenagers and has found volunteering a great opportunity to spend time with horses while her children are in school. After registering as a volunteer she started watching the cancellation page and offered to help out for her very first week at PARDS in the coldest week of January where temperatures dropped to almost -40! PARDS is one of only three full time, year round Therapeutic Riding Centres in Canada and, with our harsh Grande Prairie winters, it can be challenging to find volunteers willing and able to brave the temperatures to support our riders. We are fortunate that Kim is just such a committed volunteer. Kim is a quick learner and her positive attitude and willingness make her a great addition to the team. She is willing to help out wherever needed, stepping into any lesson when asked whether sidewalking, leading, or driving a pony cart for the first time.

Kim has found PARDS a great way to spend her time, while learning new skills and being helpful in a community organization. She finds the environment at PARDS to be positive and the instructors patient and encouraging while she learns and gains confidence in how to safely handle the horses in lessons. After her first very cold week, and completing the Volunteer Orientation, Kim signed up for two days of volunteer time each week assisting eight of our riders in their lessons. Kim continues to watch the volunteer message page for cancellations and jumps in where and when there is a need.

Kim loves to interact with the riders of any age, watching the growth and their enjoyment during their time at PARDS. A big PARDS welcome to Kim and thank you for making the experience for our riders and everyone at PARDS so positive!





COMMUNITY CHAMPIONS

Thank you so much to **RB Oilfield Hauling Inc.** for delivering 5 new shelters for our horses. We thank you and our horses thank you for always answering our calls and helping wherever you can.



PARDS JACKETS AVAILABLE





MAXSON SOFTSHELL JACKET

Men's 19534 (S - 5XL)

Women's 99534 (XS - 3XL)

Tall 19534T (L - 5XL*)

Youth 59534 (JRXS - JRXL*)

Fleece lined for added warmth. Wind resistant and waterproof for extra protection against the elements. Designed for a fit that gives you maximum mobility. 100% Polyester mechanical stretch woven bonded to 100% Polyester anti-pill microfleece.

Decoration options: HXD, Embroidery, Applique, Laser, Deboss, True Edge™

Decorated as low as **\$56.50** [C] | Min Qty 12



All sizes available in any colour offered

PARDS logo left chest (logo white and beige)

Optional name right chest

\$90.00 w/o name

\$98.40 w/ name

Sample jackets available for sizing.
Please visit the PARDS office
or
contact for more information
at
780-538-3211

Rider Spotlight

Joanne Barber

Joanne is 56 years old and in the therapeutic riding program, beginning her third 10 week session the beginning of March.

Joanne experiences mobility challenges due to significant weakness in her muscles in her lower extremities. She also experiences low energy and poor balance. Joanne uses a walker and wheelchair for her mobility, which can make accessing appropriate transportation to the facility a challenge. Joanne utilizes the PARDS bus when she does not have her own transportation to get to her lessons and was very happy to hear about this service so she is able to be consistent in attending

her lessons.

For every new rider, at the initial assessment, questions are asked, medicals are reviewed and mounting on PARDS mechanical horse, Pinocchio is done to make appropriate program and volunteer support





decisions for lessons. Then personal goals are discussed and incorporated into the lesson plan. Joanne expressed that her goals for her therapeutic riding program were to ride independently, to have a better understanding of horses and to strengthen and build stamina in her core. Programs are developed for each rider based on the interests, needs and goals of the rider and session and lesson plans are based on these for each rider. The initial goals are the *long term* goals, with the session and lesson plans then broken down into *short term* goals using the S.M.A.R.T. Goal plan.

S - Specific, **M** - Measurable, **A** - Achievable, **R** - Realistic, **T** - Timely

Joanne's short term goals were created; strengthening her core being first. Activities utilizing warm up stretches, walk/halt transitions and while riding Joanne is asked to steer while keeping reins up off her horse's neck for comfortable periods of time. All these activities engage the body core, developing its strength all while learning the basics in riding skills.

Joanne would like to ride Holly who she bonded with immediately, but Holly is too broad a horse for Joanne to ride with comfort at this time; knowing that this is a goal of Joanne's, activities and exercises to help Joanne increase range of motion and flexibility in her legs have been added. While Joanne continues to build core strength and balance she has the support of a leader and 2 sidewalkers to ensure a safe riding experience. The proper horse was selected and currently Joanne is riding Peppermint with a surcingles because she is small and narrow, which allows Joanne to ride with more comfort and Peppermint's height allows sidewalkers to give more support than a wider, taller horse. The surcingles was utilized at first to give Joanne more support in her upper body and, with no stirrups, it helped stretch out her legs. Joanne will continue riding Peppermint until she is able to stretch enough to ride a wider horse. Joanne felt the benefits and enjoyment of therapeutic riding so much that she increased her ride time from 30 minutes to 45 minutes each week. During her time riding, she has built up her ability to balance on her horse more, and is now riding in a bareback pad with stirrups. She is now able to ride longer and confidently utilizes verbal and physical cues with her horse.

Joanne is very social in the barn, she talks to the other riders and visits with volunteers, instructors and all the barn animals; even the ducks get a hello. One day Joanne would like to ride Holly but for now they will visit and continue to build that social bond. For Joanne, PARDS has been a good way to bring back childhood memories of riding and to learn new things.

We Are Making PARDS More Accessible

Thanks to grants from Canadian Tire Jumpstart and the Government of Canada Accessibility Fund we have completed the installation of our lift! The next stage of the project is to enclose the mezzanine to allow for safe and comfortable viewing of lessons, space to host PARDS events and a fully accessible space for outside groups to rent. Thank you for your patience at this time. There are viewing areas in the main office as well as in the arena. Please speak to one of the PARDS staff for more information.

Canada

Funded in part by the Government of Canada's Enabling Accessibility Fund



Construction of the mezzanine enclosure is underway! Until completion, the mezzanine viewing area will be closed. Please view lessons from the main reception area viewing windows or seated in the arena (etiquette rules for arena viewing must be followed). Thank you for your patience as we complete this important project. Please speak to one of the PARDS staff for more information.

FUND Ride Packages are Now Available!

35th Annual FUND Ride!

Saturday, June 6

**Pledge packages are now available
at the PARDS office**



**Ride Horseback
Walk, ride a bike or be pushed!**

Summer Camp Dates

ONLINE REGISTRATIONS ARE NOW OPEN
DON'T MISS OUT



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



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

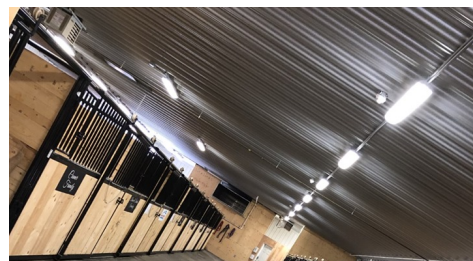
[PARDS SUMMER PROGRAMS](#)

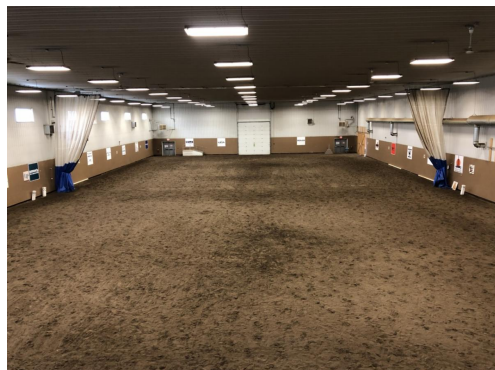
PARDS Boarding

PARDS Boarding Available

PARDS offers a variety of boarding options and year round access to indoor and outdoor arenas and trails. 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 programs and to
register, please click on
Program Information

[Program Information](#)

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[Contact Us](#)

