



PARDS
THERAPEUTIC CENTRE



Annual Report

For the year ending December 31, 2020

Guiding Principles

~ Our Mission ~

Peace Area Riding for the Disabled Society is committed to providing high quality Equine Assisted Therapy to Peace Country residents

~ Our Vision ~

To support individuals of all ages and abilities to maximize their growth and potential physically, cognitively, behaviourally and socially, through equine assisted programs and activities

~ Belief Statement ~

We believe in the inherent worth of all people

We believe in the dignity & healing power of horses

We believe all individuals have the right to independence, self-confidence, community presence & involvement

We believe all individuals have the right to access quality supports and services to assist them to achieve independence, self-confidence, community presence & involvement

We believe the community as a whole is strengthened by developing and providing services that enhance quality of life for individuals of all abilities

We believe the development and support for services for individuals with disabilities increases their opportunity to become equal, engaged and contributing members of the community

We believe the community as a whole has a responsibility to support social programs which are able to demonstrate benefits to society

~ Our Aim ~

We strive to develop a client-centered organization with skills, knowledge and resources that are in keeping with current and innovative therapeutic riding approaches

We are committed to working in partnership with our community to meet these goals



Messages From the Leadership

2020 Was an unprecedented year with the spread of Covid19 and the uncertainty of what kind and how long health restrictions would remain in place.

On behalf of the board I would like to thank Jennifer Douglas & her team for how well they have navigated though the operational challenges posed by the pandemic; ensuring that the riders are provided with a safe environment while receiving the same level of therapeutic benefit that they are accustomed to.

Over the course of the past year the board has moved to conducting our board meetings and committee meetings virtually in order to maintain the momentum that we had gained from the previous year. Although we miss the comradery and engagement inherent with in person meeting, we have adapted and taken ongoing changes in stride. The virtual meeting format has resulted in our meetings being more time efficient and we continue to develop new strategies to keep the meetings engaging and interactive.

I would also like to thank Fletcher Bootle for his support as an advisor to the board. He has volunteered his time to assist with board development, policy development and effective committees of the board. We appreciate his wealth of knowledge, commitment to exploring how best to implement procedures that work for our organization and the opportunity to benefit from his vast experience in the area of Policy Governance.

As we head into 2021, we will continue to diversify and grow our fund raising streams and will have a strong focus on board and committee recruitment & development.

~Christina Balcom, Board Chairperson

Connectedness. Since the onset and throughout the pandemic, this word has become better understood and the importance of it better recognized. For me, the most challenging part of 2020 was not in figuring out where funding was going to come from without the ability to host our fundraising events or even how we were going to make sure we could keep our staff earning and feeling secure in their employment, even if they didn't feel secure in so many other parts of their life. Those issues were definitely challenges and certainly priorities, but neither is the one that stands out to me the most as I reflect on the year. No, for me, the biggest challenge was how we could possibly continue being a positive presence in the lives of our riders even when we weren't able to provide programs. I am so proud of everyone here at PARDS, from staff members to volunteers, for also seeing that issue as our priority area of focus and for stepping up to help make sure we maintained that connection. We posted a series of videos on our Facebook page on lots of different topics, and even one just following the ducks (Johnnie & June) around the property with Tiny Tim's "Tiptoe Through the Tulips" providing the musical score. Newsletters and updates on social media continued to be delivered and the focus of these communications was our riders, volunteers and anything of a positive nature that we could share. So, why did we decide this was our priority? Simply put, our riders experienced the same challenges as everyone else but also had some additional ones that many people didn't experience or at least not to the same extent. For example, many of our adult riders live in group homes and many of these homes made the decision to suspend all activities in order to protect their clients. So, even though we worked diligently to develop protocols and receive permissions to remain open through much of the pandemic, many of our riders were unable to return. Not just PARDS, but all of the activities they enjoyed were suspended and along with them, their opportunity to socialize and connect with others and, for many of our riders, the capacity to understand why their routines were upset so drastically was beyond them. Although I know we were not able to connect with everyone for a variety of reasons, I am comfortable in knowing we did our best to keep our riders as our focus even when they were not physically present.

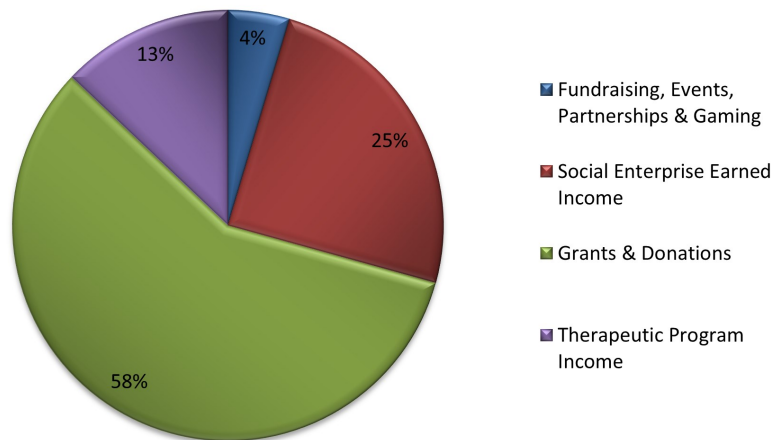
We were able to access some funding from the Government of Canada Emergency Wage Subsidy (CEWS) and the Government of Alberta Small and Medium Enterprise Relaunch Grants which relieved some anxiety regarding the uncertainty of, pretty much, everything. But what truly filled my soul was seeing how the community came forward to support us in so many ways. Within the following pages you will read about our riders and the programs that enhance their lives and impact their quality of life. You will also find MANY pages of recognition for the truly generous individuals, families and businesses that, in many cases, really thought outside the box to offer their support even if financial support was not viable for them. Our Need for Feed Campaign was a great success, many of our annual fundraising event attendees reached out to us to offer donations because there were no PARDS events to attend and they still wanted to offer their support. RB Oilfield Hauling staff spent months with us, filling their days until work picked up with their employer's full support and encouragement. Those are only a few examples of all of the heroes you will read about throughout this report. With so much that occurred in 2020 being a cautionary tale and an incentive to plan for even the most seemingly unlikely event there are also so many positive things we will be able to look back on when things get back to normal.



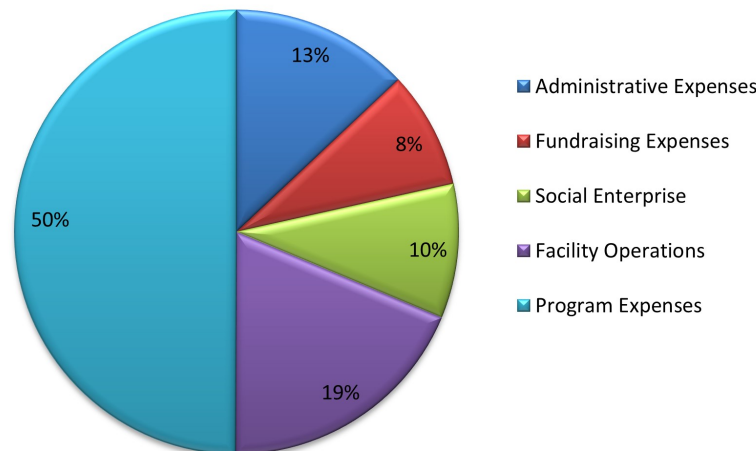
~Jennifer Douglas, Executive Director

Treasurer's Report

Where Do the Funds Come From?



Where Do the Funds Go?



In 2020 the impact of the COVID pandemic reinforced what we already knew about the community we serve, it is full of conscientious, empathetic and generous individuals and companies that truly value the programs and support that PARDS offers to those of all abilities. This is shown through the significant year over year increase of 39% in our grants and donations, specifically the Need for Feed and Family Fund Drive Programs, as well as the 2020 Kickboard Campaign to name just a few. The continuation of developing a strong long-term donor program remains a key part of our diversified revenue stream.

Facility expenses were seven percent (7%) higher in 2020 as compared to 2019. This increase was due to capital projects; the mezzanine level was renovated and is now a fully functional space for lesson viewing as well as small event rental; the parking lot on the west and north sides was paved resulting in safer access to facilities for clientele; the installation of our septic field which mitigates the risks associated with a pump out system as we had before.

~ Stacey Longson, Treasurer

Governance Committee Report

The Governance committee continues to follow its schedule of policy review at each Board meeting. This provides an opportunity for all board members to provide input if changes are needed and identify if there are additional areas we should consider to fill gaps in our policy portfolio. We have incorporated hypothetical yet realistic scenarios as part of the policy review which has resulted in an increased understanding of what each policy addresses and how it applies. We continue to build upon our resources, knowledge and fine tuning of how we connect, work together and accomplish our goals as Directors of the Board. Covid has added some additional challenges this past year but we have continued to adapt and maintain rhythm to keep things moving forward for the betterment of PARDS as an organization.

~ Tyla Savard, Vice Chair/Governance Committee Chair

Gone but never forgotten...

In loving memory



"Smiles all around!" Melvin and Encana enjoying their arena time with Sheri Young, Jessica Newman and Janet Key

Melvin was a long time rider at PARDS and he left a smile on the face of everyone lucky enough to know him. He loved all of our Fjord's, but his very favourite was Holly. Melvin would spend a great part of his lesson kissing Holly's velvety nose and revelling in the tactile sensation of her bristly mane, always accompanied by his soft, soothing voice "squish, squish" or "clip clop" as he heard her approaching him down the barn alleyway.

Melvin collected pennies, but he didn't just want to find them or have them given to him, he wanted to trade for them. It was always amazing to see what Melvin could dig up out of his pockets to trade you for pennies. One day it might be buttons or beads, another could be an "inferior" American penny (he only liked the Canadian ones), yet another day he would pull out a snow globe or Christmas ornament. We learned from his personal care aide that they would always have to go through his pockets at night to recover bric-a-brac and other items he decided would make a good trade, they even started checking his pockets before he made it out the door.

In the arena, Melvin would softly sing to Holly as they rode around the arena and simply enjoyed their time together. A few years ago, Melvin was no longer able to ride as his condition deteriorated but he continued coming out each week to groom, sing to and feed Holly her carrots.

We will miss your kind, gentle nature, Melvin and I know Holly will never forget you.

A loving and lasting legacy

Thank you to all the family and friends who chose to remember their loved one through a gift to our special riders

~Tom Brown~ ~Ruth Peters~ ~Kyler Commandeur~
~Bill Grassick~ ~Wendy Boggs~

A Message to Our Supporters

Thank you to all of our generous volunteers, donors and sponsors for your continued support. It is thanks to community minded businesses and individuals like you that PARDS Therapeutic Centre's high quality animal assisted therapeutic programs remain accessible to Peace Country residents.

Our Riders are the heartbeat of our organization. They are our reason for being and their progress is the single most important thing that happens within our walls and fences.

Our Volunteers are the backbone of PARDS. It is upon the foundation they provide that our organization is able to flourish and grow and our riders are able to experience transformational change and inspirational success.

The PARDS staff, human and horse, breathes life into everything that occurs on these grounds. The enthusiasm of our instructors is the essence that brings our programs to life. The support of the barn and administrative staff strengthens the impact of our programs by organizing and building on all the small pieces that fit together to make the whole. The herd gives everything of themselves to support and challenge our riders to leave behind their perceived limitations and embrace the opportunities available to them.

Our donors and sponsors are the lifeblood of every facet of who and what we are. Their investment nourishes our efforts to create positive change in the lives of those living with disabilities or other challenges. Their generosity opens up the realm of possibility for our riders and encourages them to step outside their comfort zone and be exceptional.



Facility Accessibility Project

About the Accessibility Project...

With the major construction of our indoor arena, 45 stall barn, rider lounge, office space including boardroom, therapy room, full kitchen, viewing area, classroom and offices as well as a mezzanine being completed in 2017 we began to operate lessons and began boarding opportunities.

2019 saw us add a passenger lift making the facility fully accessible for all users of all abilities.

In 2020 we took on some major projects as a result of the hard work of a dedicated group of Family Fund Drive Committee members and the amazing generosity of families and businesses in our community. As a result, we were able to enclose the mezzanine, pave the parking lot and install a septic field. We still have one project outstanding which is installing covers to the entryways to ensure the comfort and safety of our riders. Thank you so much to the Family Fund Drive Committee and all of the truly amazing donors for your belief in the benefits of Equine Assisted Therapies and desire to support the hardworking staff and volunteers to continue their good works in a fully functional facility.



About the Family Fund Drive...

PARDS is all about championing people of all ages and abilities to be the best version of themselves, supporting them to challenge themselves in an effort to reach their personal goals. Our volunteer committee reached out to families within the community seeking funds to finish up the incredible facility PARDS and the Grande Prairie and surrounding communities have built. Why families? Because our committee felt that strong family values are very much in line with PARDS core values of Learning, Caring, Competence, Responsibility and Integrity.

The committee was successful in raising \$45,378.65 in 2020 which was added to the \$105,000 that was raised in 2019.

Thank you to the following supporters for their Family Fund Drive Campaign donation

~ Frank J. Flaman Foundation ~
~ Windsor Ford ~

2020

~ Keddie's Tack and Western Wear ~
~ The Dodd Family ~

~ The Bowes Family ~
~ The Cramer Family ~
~ The Keddie Family ~
~ The Truhn Family ~

2019

~ Roy and Allana Carter & Family ~
~ The McLeod Family ~
~ Wayne & Paulette Patterson ~
~ Barry & Patsy Smith ~

~ Dwayne & Sandra van Schaick ~
~ Dr. Edward Welsh ~

~ The Jones Family—Keith, Annette, Brennan,
Lori, Bree, Rod ~

~ Dennis & Tina Dale—In Memory of Kathy Donis ~
~ Dianne Delaney ~
~ G & M Plumbing & Heating Ltd. ~
~ The Radbourne Family—Darrell, Joan, Cole & Janelle ~

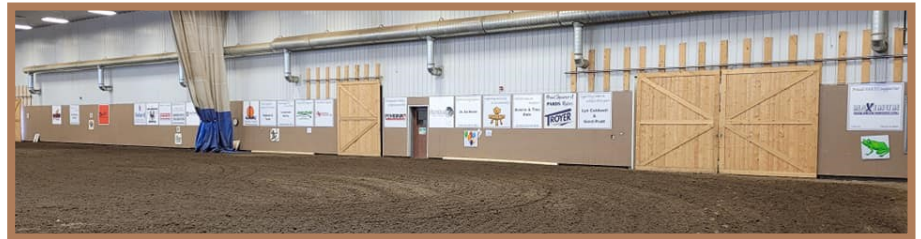
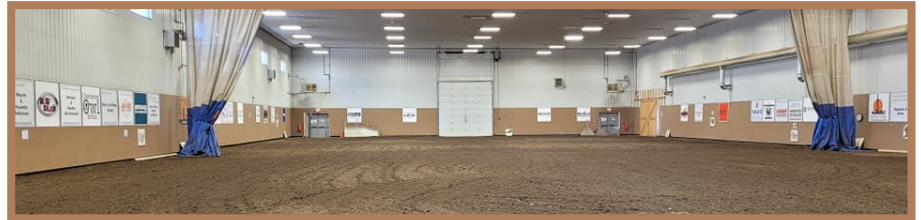
Family Fund Drive Committee:

*Lorne & Ann McLeod ~ Wayne Patterson ~ Glenn Keddie
Charles Longmate*

Kickboard Sponsors

Twisted Spoon Design
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 Bear Creek Animal Clinic
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 Lyn Caldwell & Gord Pratt
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 Mayne Transport & Recovery Services
 Kaileah & Zane
 Maximum Tank Truck Services Ltd.
 RB Oilfield Hauling Inc.
 Prairie Disposal Ltd.
 First Alert Locating Ltd.
 Swift Oilfield Supply Inc.
 First Choice Seals Ltd.

*Kickboard signs are part of additional sponsorship recognition. Those sponsors are recognized under their sponsorship area.



Thank you to all Kickboard Sponsors whose generous donations support PARDS Therapeutic Programs

Slim Allen Award of Excellence

The Slim Allen Award of Excellence is presented each year by Slim's family in conjunction with our Annual Fund Ride. Slim was one of the founding members of PARDS and stayed connected with us in some form throughout our history. Before Slim passed away, he reached out to PARDS with the idea of the award which he wanted to be presented to someone that made an exceptional contribution to PARDS in any capacity. Over the years, we have had the honour of presenting the award to riders, volunteers, long-time advocates and even staff members. Slim's life and legacy reflects his belief that horses are healing and that everyone deserves an opportunity to be active and engaged in whatever they are passionate about. PARDS was so fortunate to have had Slim as a foundational member of our organization.



Due to the COVID-19 outbreak in March of 2020 we were unable to hold our Annual Fund Ride. We look forward to announcing both the 2020 and 2021 recipients at our next Fund Ride.



Rider Spotlights

Therapeutic Riding

Trudy and her husband, Ron came out one day to visit 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 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 ensure

understanding and retention from the lesson before. 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 and her infectious laugh that 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.

McKayla van Nieuwkerk ~ Instructor



Rider Program Spotlights

Therapeutic Riding



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 in PARDS therapeutic program since March of 2019 and experiences a 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 is also 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 the 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 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!

Abelone Petersen ~ Instructor



PARDS Accessible Bus



In 2020 the City of Grande Prairie donated a beautiful 2013 Handi-Bus to PARDS. With the generous support from the County of Grande Prairie, New Horizon Co-op, 911 Industrial Response and Commandeur Mechanical we are able to ensure all

Riders can continue to access our Programs regardless of access to transportation issues and limitations.

Thank you to Impact Print & Promo for helping us with the logoing and a big thank you must also go to our volunteer bus drivers Bob Dressler, Ernie Pigeau and Glen Mayer who give so generously of their time.

Therapeutic Cart Driving



Matthew is 22 years old and has been driving with PARDS for 2 years. Michelle, his mother, says that PARDS has a calming effect for Matthew; he seems to be less agitated when he knows he is coming to drive, she shared.

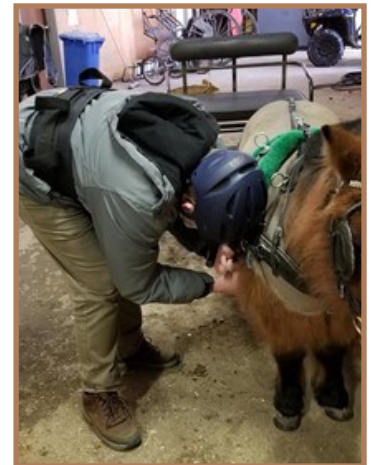
Matthew's diagnosis of Attention Deficit Hyperactivity Disorder (ADHD) and Obsessive Compulsive Disorder (OCD) in association with Tourette's Syndrome can result in Matthew becoming easily distracted. One of his personal goals is to improve his receptive communication skills. Matthew's lessons have repetitive components such as the steps required when tacking up his horse to the cart. Repetitive activities allow for expectation of events and this in turn can reduce anxiety created by the

unknown, minimizing behaviours associated with ADHD and OCD.

Another personal goal for Matthew is to become more independent with less supervision from his aide. Matthew's driving goal is to use his reins in steering. Once again the lesson instructions remain consistent each week. Once a level of confidence and ability is attained another driving goal can be added. Through activities that build his confidence and lessen behaviours, Matthew has progressed to being able to tack for his driving lesson independently as well as drive without his aide being with him at all times. His aide remains close however, in the event Matthew needs assistance.

Matthew thinks that driving is a "cool skill to learn". Hot Wheels is his favorite pony to drive because he is always friendly and calm. Before and after driving Matthew loves to give the cats a cuddle so the instructors give him a moment to say hello and goodbye, keeping as much routine to his time at PARDS as possible.

Outside of lessons Matthew enjoys swimming, gymnastics, camping and video games. Matthew never misses a chance to tell you about video games, especially the Avengers! Matthew is a fun talkative student who always tries his best. We look forward to continuing to support Matthew each step of the way to help him reach his goals through our driving program.



Abelone Petersen ~ Instructor

Program Sponsors



MOUNTED THERAPEUTIC

YOUTH LEADERSHIP



LITTLE PONY MOTRICITY



CRITTER CONNECTIONS

Youth Leadership Program

Youth leadership is all about learning and developing life skills in a fun, safe and supportive environment often without even realizing you are learning.

Lessons are based on the client goals and planned for the participants. Many of the activities we complete involve working on cooperation, relationship building, self-esteem and leadership; it all depends on the goals of our participants. The youth participate in this ground work based program under the guidance of an instructor/facilitator, their equine partner, a volunteer mentor and sometimes our other critters such as the goats to complete specifically chosen tasks which correlate to daily life.

One of the activities that really seems to demonstrate an overall growth in the participants is the “Brain Game”.

Exercise: Have three participants and give them a task such as brushing a horse. They must hook arms and the person in the middle is the “brain”, the person on the left is the “left arm”, and the person on the right is the “right arm”. Only the brain can talk, and the arms cannot do anything until the brain tells them to. They can’t let go of each other through the whole exercise.

The activity starts with the horse in the stall and the group is to halter the horse. Leaving the halter hanging on the stall the group must figure out where to get it from. Once haltered, they will lead the horse over to the tie area and clip it up and it is their job to brush the horse completely; the mane and tail as well but no hooves. If the “arms” try to do anything without the brain telling them, or if the “arms” talk or if anyone tries to point to clarify, a clothes pin or piece of tape is attached to their shoulder.

As the exercise plays out, the participants may get frustrated, but that is okay. Part of this exercise is for them to learn to work through the frustration. If anyone becomes overly frustrated, we take a short break to regroup and then continue. The mentors are there to observe and encourage and, if necessary, offer little hints to alleviate extreme frustration and complete the exercise on a positive note.

The goal of the exercise is for the person who is the “brain” to become comfortable and confident enough to direct the “arms” to complete the task. This encourages relationship building, clarity in communication and leadership skills. Once the task is completed the outcome is that the youth feels a sense of accomplishment and self confidence to bring into their daily life experiences. With this task we have seen it can be the beginning of friendships being made. There is a learning, a new understanding, that may not have been there before of different styles of communication needed between the “left arm” and the “right arm”, showing that we may have to alter the way we speak or show understanding with the different personalities that we may encounter in a day.

Jessica Cann ~ Instructor



Program funding provided in part by:

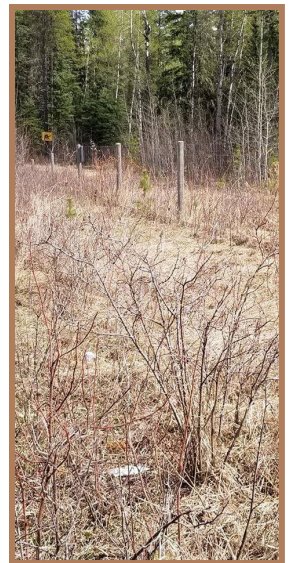


Community Champion

What do you do when a global pandemic hits, health restrictions are implemented, but you want to keep your people employed, busy and limit the anxiety and uncertainty they may be feeling? Well, if you're Rene Blais, owner of RB Oilfield Hauling, you reach out to an organization you have supported for years and offer to send some guys over to get some projects done!

Spoiler alert... PARDS was the organization Rene reached out to and, wow, did his guys ever get a lot done. These truly hardworking gentlemen pulled up their sleeves and attacked every project we put forward to them; moving shelters, clearing and grooming our trails, mending fences, spring cleaning the paddocks and the list goes on. There was literally nothing they wouldn't take on, especially if it involved running the equipment. Not only were they up to any task, we all really enjoyed getting to know them and work with them.

We are very thankful for the help and, as some of the guys shared, they couldn't think of a better way to spend the day "working"! There are not enough words to reflect the colossal appreciation we have for Caleb, Bradon, Nigel, Brandon, other Brandon, Paul, Eddy, Henry and, of course, Rene. Thank you so much from all of the staff, horses, volunteers and especially our riders who were absolutely thrilled with the trails.



 **RB OILFIELD
HAULING INC.**



From Our Riders & Their Families

Abelone is an excellent instructor. Her voice and mannerisms are most professional and compassionate; top shelf! A+

She is always excited to attend her lessons! I am always confident that she is safe and will have fun. I feel her confidence and riding skills have improved significantly!

I have greatly appreciated the PARDS program and especially during this covid year. I believe my daughter has developed a true sense of belonging in the PARDS Community. I feel she has developed skills and confidence in herself.

My client says he really enjoys coming to PARDS and learning new skills. He always enjoys talking to the staff and talking about his day.

She loves her horse lessons. We are grateful for the program. We also appreciate the communication when changes have happened.

We are very happy with the Little Pony Motricity program, our son really loves it!

Abelone is a great fit for our daughter. She has helped her to feel comfortable and confident in the saddle.

I was thankful that PARDS was able to remain open for most of the past year as it is my only place to go and be able to interact and ride the horses.

My daughter truly enjoys her lessons. She is always looking forward to them and spending additional time in the stables volunteering.

Lessons have been a great experience for my daughter & I. Kacie is awesome and you can see she loves to teach people to ride.

She has lots to talk about after riding. The time she rides, she enjoys. When she rides all stress and anxiety is gone. Her love for horses and the way she can interact is incredible.

The instructor works very well with the client. Lessons are adapted to client's challenges and behaviours. Client is very happy to come to PARDS. The care worker is included and shadows for structure and assistance if needed.

PARDS Therapeutic Programs

At PARDS, everyone belongs. We employ animal assisted therapy to help people feel healthy and strong. We have a wide range of programs that seek to impact lives in many positive ways. It's not just about riding horses, (though that is an important part of what we do). We have several programs that bring people in close contact with horses and other animals but don't include sitting in a saddle. All of our equestrians are special, unique individuals and we work carefully to find the best way to make a significant difference and positive impact in their lives.

PARDS offers a variety of programs but ultimately seeks to accommodate. At PARDS we don't try to fit our participants into a program. Instead, we adapt the program to them. It might be a combination of programs, a modification or a brand-new program altogether. We have several key programs regularly offered.

Therapeutic Riding (clinical diagnosis is required for participation)

Our therapeutic client base encompasses a wide spectrum of disabilities classified under the scope of Physical (includes riders with limited mobility, delayed fine and gross motor skills, low trunk control/core strength, undeveloped balance, etc.), Developmental (includes riders with limited cognitive capacity, autism spectrum disorders, traumatic brain injury, etc.), Sensory (includes riders with visual, auditory or speech impairment) and Nonvisible (includes riders with learning disability, epilepsy/seizure disorder, ADD/ADHD, anxiety, a variety of psychological disorders, etc.). The program is available to riders from the ages of 3 and up.



Therapeutic Cart Driving (clinical diagnosis is required for participation)

Cart driving is an excellent way to access the benefits of equine therapy. Learning to work with and control a horse as the driver of a cart brings many therapeutic benefits, similar to the ones for therapeutic riding. Cart driving is where a horse or pony is hitched to a wheeled cart and is driven around an arena, an obstacle course, or out on a trail. Driving is a fabulous opportunity to make new friends, gain a sense of independence, be out in the open air (weather permitting) and have fun! Cart driving can range from a relaxing ride around our indoor arena or out on our specially designated cart trail, to thrilling competitions run by Equine Canada.



Therapeutic Grooming and Ground Driving (clinical diagnosis is required for participation)

We offer several programs to clients who cannot take part in horseback riding due to a disability that has a contraindication to riding or presents a safety issue. They are also offered to clients who are looking for a different or additional challenge. Grooming and ground driving both offer participants the chance to develop a relationship with a horse, learn horse care skills and benefit physically, psychologically and educationally. Many of the benefits are actually quite similar to those of therapeutic riding.



Youth Leadership (open to youth of all abilities)

Youth Leadership is a ground work experiential learning program focusing on cooperation, relationship building, self-esteem and more. It's learning, without realizing you're learning. Participants work directly with a horse partner and a volunteer mentor under the guidance of the program facilitator and a horse co-facilitator. Lessons involve a variety of activities with horse partners as well as engaging with other participants which builds communication, relationship building and cooperative skills. As co-facilitators, the horses guide and support. It's all about choices. That's our ultimate goal; having participants make the choices and evaluate those choices in the end.



Adult Therapeutic Equestrian Skills Development Camp (clinical diagnosis is required for participation)

PARDS Therapeutic Adult Camp, is a Skills Development Program. Focus for participants is on advancing riding and/or cart driving skills with development of independent reining and control. Participants also work on grooming and tacking skills and trail etiquette. As with all of our therapeutic programs, all Riders have their riding/driving component individualized to meet their individual needs and goals. There is also a group craft/activity portion of their day to foster social interactions and connections.



MOUNTED THERAPEUTIC



YOUTH LEADERSHIP



PARDS Inclusive Programs

Little Pony Motricity

Little Pony Motricity is designed for ages 3 to 7 (maximum 48" tall and 65 lbs). The program is set up with fun activities that incorporate fundamental skills in early stages of development while working with assisted learning through our equine partners. Little Pony Motricity is both a ground work and riding program. Lessons run in 10 week sessions, once per week for 30 minutes each week. Riders will work in pairs of two and a pony to challenge obstacle courses designed to create self learning and independence through play. The Activities are proven to develop: self-confidence, enhanced fine and gross motor ability, enhanced communication, improved concentration and attention span, understanding and application of instructions, discovery and development of body, space and time, respect for others and animals and enhanced imagination. Benefits of this program are regardless of learning abilities in children.



Critter Connections

Critter Connections provides children and youth connection with a fun, compassionate and non-judgmental animal while they develop and strengthen their fundamental literacy skills. They are given the opportunity to build their reading skills by reading to their chosen animal partner whether it be pony, horse, duck, goat or sheep. The program helps build their confidence in reading. They will also play fun literacy developing games with their trusty animal partners. These games focus on letters, sounds, sight words, writing, combination sounds and much more! The participants will also write a story about their animal partner throughout their session which they will take home at the end of their program.



Inclusive Youth Day Camp

Inclusive Youth Day Camp is open to children between the ages of 6 (as of January 1 of camp year) and 14, of all abilities. Campers spend each day practicing and learning the basics of horse care and horsemanship through activities, lessons and hands-on learning. It's a fantastic way to learn the basics of horse care, riding, horsemanship, cart driving and much more. Youth Leadership activities are also incorporated into the daily camp schedule along with games, group activities and crafts. PARDS summer camps provide an inclusive environment where children and youth of all abilities are encouraged and supported to identify and build on their own strengths as well as recognize and appreciate the strengths of others.



PARDS Public Programs

P'tit Trot

P'tit Trot is an exciting program for children ages 5 years old and up, who love horses and want to learn more about the equestrian world. The P'tit Trot program is devoted solely to the initiation of equitation and general horsemanship, allowing children to discover the pleasures of English & Western disciplines as well as an introduction to developing proper knowledge on how to care for the horse. The P'tit Trot sessions are divided into 4 levels – Bronze, Silver, Gold, and Platinum with each chapter building on the previous skill set. This program is a fantastic stepping stone to beginner riding lessons.



Public Riding Lessons

Our Public Riding Lessons are for anyone aged 7 and older. The lessons are geared toward many skill levels, from riders with little or no experience with horses to more advanced novice riders. Lessons are facilitated by qualified instructors, and are designed to help riders become comfortable with riding basics enabling progress to an intermediate novice riding level. We run 3 – 10 week Public Riding Sessions that mirror the traditional school year. The programs are personalized to each rider's abilities, giving you the choice of participating in any or all of the three, 10-week sessions. Throughout your session, our goal is to help you progress, perfect your techniques and most importantly, have fun!



2020 Horse of the Year



Ace has been a PARDS Equine team member working in the program since 2016. Ace is an 18 year old quarter horse and was kindly donated by Daylce Sather McNabb.

Ace is a nice solid quarter horse with three even gaits, the perfect amount of belly swing to mimic the human walk and a great height for side walkers to comfortably support their riders. He is sweet, has exceptional ground manners and kind eyes; all qualities required to make it onto the team. But he was nervous when he first arrived at PARDS....

To be honest, in the beginning we were not entirely sure Ace was going to be a good fit in the program, but there was something special about him so we decided to give him some extra time. Fast forward to today and Ace has won over the hearts of so many riders, volunteers and staff. He's our go to guy for everyone from riders with leaders and side-walkers, to beginner independent riders, to the

more advanced looking to really challenge their riding abilities or taking part in the Para Equestrian Video Competitions series.

He takes care of all his riders that he carries in the arena or on the trails. He plants those hooves and doesn't budge while riders take the time they need to mount and dismount. He'll walk slow and steady while his rider warms up, stretching their muscles and then march on gently, moving to engage the riders hips to the utmost to build overall strength. His trot will bounce the younger rider around for fun and joy and challenge others to learn rhythm, balance and leg strength. His canter, well... just remember heels down, half halt and hang on!

Ace has more than earned the PARDS Horse of the Year award!

Robyn Boudreau ~ Instructor

Care & Feed Sponsors



Jennifer Howard



Dwain McGovern



Kevin Bjornson



Sean Sargent



M. Elwani Professional



Northstar Hydrouac Inc.



Ken Sargent



Evelyn Vicens-Dobish



Equine Canada Para-Equestrian Video Competition

The Para-Dressage Video Competition Series provides riders of all levels and abilities with the opportunity to compete. Participants are judged by EC certified para-dressage judges against similar riders across Canada, and are eligible to place and win great prizes.

Video competitions encourage riders to develop effective riding skills, and are a fantastic way to ensure that all riders nationwide have the chance to compete. Competition is an integral part of athlete development and offers a sense of empowerment and accomplishment to all those that participate.

Congratulations to all our riders!

PARDS had fabulous results in 2020 under the direction of
Robyn Boudreau - CanTRA II / Equine Canada Instructor

Due to the first wave of Covid-19 the 2020 Video Competitions were suspended at the end of March. Although our riders were unable to continue to compete, their PARDS Therapeutic lessons continued and kept everyone ready for when competitions resume.

2020 Equine Canada Video Competition PARDS Rider Standings

February

Class #3 (Para-Dressage Level 1/2 - Introduction to Dressage – Walk/Trot)

1st/**Jennah Coffman**/Becky/PARDS/AB/69.375%

3rd/**Kianna Parker**/Tim-BR/PARDS/AB/67.813%

Class #4 (Para-Dressage Level 3 - Introduction to Dressage – Walk/Trot)

3rd/**Hana Dachuk**/Ace/PARDS/AB/65.500%

Class #5 (Para-Dressage Level 1/2 - Introduction to Dressage – Walk/Trot/Canter)

2nd/**Justeen C Schneider**/Cowboy/PARDS/SK/64.286%

Class #9 (FEI Para-Dressage Individual/Team/Freestyle Test of Choice)

1st/**Aly Keay**/Zolman Mv/PARDS/AB/74.821%

March

Class #1 (Para-Dressage Level 1/2 - Introduction to Dressage – Walk Only)

3rd / **Reeghan Funk** / Polly / PARDS / AB / 64.231%

4th / **Emma Holton** / Timber / PARDS / AB / 63.846%

Class #4 (Para-Dressage Level 3 - Introduction to Dressage – Walk/Trot)

2nd / **Hana Dachuk** / Ace / PARDS / AB / 71.50%

Class #5 (Para-Dressage Level 1/2 - Introduction to Dressage – Walk/Trot/Canter)

2nd / **Justeen C Schneider** / Cowboy / PARDS / SK / 64.318%



PARDS Summer Programs

With the sunny days and limited summer programming options due to COVID restrictions, PARDS was pleased that we were able to work within the guidelines and offer a full selection of summer programs.

Youth Day Camp is an inclusive program for children between the ages of 6 and 14 of all abilities. Campers spend each day practicing and learning the basics of horse care and horsemanship through activities, lessons and hands-on learning. Youth Leadership activities are also incorporated into the daily camp schedule along with games, group activities and crafts. PARDS summer camps provide an inclusive environment where children and youth of all abilities are encouraged and supported to identify and build on their own strengths as well as recognize and appreciate the strengths of others.



Little Pony Motricity Half Day Camp was very well attended with so many preschool children getting their head start on developing their love for horses and horsemanship. Camp is set up with fun activities that incorporate fundamental skills in early stages of development while working with our miniature ponies. Riding, groundwork and horse care skills are learned in an interactive and engaging environment.



5 days of Adult Therapeutic Equestrian Skills Development Camp were filled with fun and learning for campers aged 15+ with a clinical diagnosis. Campers experienced the social, recreational and physical benefits that come with daily immersion in PARDS' therapeutic programs. PARDS provides an instructor, a horse and all the necessary tack and riding/driving equipment. During their day at camp, participants enjoy activities including riding lessons, cart driving lessons and stable management.

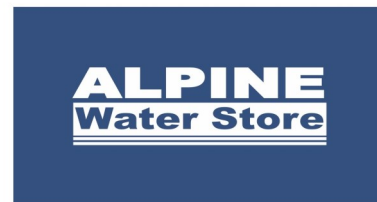


All programs offered diverse opportunities working both on the ground and mounted, incorporating other PARDS programs such as Youth Leadership and Critter Connections Literacy, PARDS newest program. Campers also learned about barn maintenance, horse care, built friendships and had fun!



Facility Sponsors

Thank you to the many generous Gift in Kind sponsors that help us to manage our costs, freeing up resources to further support our riders!



Need For Feed Campaign Donors

Thank you to all the following for keeping our fabulous herd healthy and well fed through your contributions of



Krista & Ken Schuett
Shelley & Doug Lacoursiere
JDA Oilfield Hauling & Transport
Cinch Oilfield Hauling
Regulators Oilfield Hauling

Lead Wellsite Management Inc.
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Gina Hommy Holdings Ltd.
Linda Side
Tanglewood Ranch
RyTy Developments Ltd.
Ritchie Bros Auctioneers (Canada) Ltd
353951 Alberta Ltd.

A special thank you to Al, Kathy and Stacey Longson for driving the 2020 Need for Feed Campaign, sharing your expertise and your connections to make the campaign a great success!

Celebrating Our Volunteers!

PARDS Volunteer of the Year: Kelvin Stamp



It is said that “many hands makes light work”, but what if those many hands come in one person?

Kelvin Stamp began volunteering in January of 2019 when he retired from his career in telecommunications and found he had some time on his hands. He was raised in the Wembley area and always felt it important to give back to his community. He has been an active volunteer at his church and we feel extremely fortunate that he also chose PARDS to give of his time. Kelvin finds volunteering at PARDS quiet and relaxing and we are so pleased and thankful that he chooses to share his many talents and vast knowledge with us.

Kelvin's values and joy in volunteering are something that he shares with others. Both his daughters, Natasha and Nikita have been volunteers as well as his wife, Maureen. Natasha volunteers in lessons when her job allows, filling in when needed, which is a huge help. Nikita, a teacher, volunteered her time in summer camp helping with our younger riders, helping to ensure they had a positive and memorable camp experience. Maureen volunteered at our Winterval event and we can't thank her enough for her support of Kelvin's hours of volunteering as he spends many hours at PARDS.

Kelvin is willing to help out wherever needed whether it be fixing waterers, scraping pens, moving manure piles or clearing snow which all utilize his love of, as he affectionately calls them, “man toys”. Kelvin had experience handling horses and was comfortable bringing in horses, grooming and tacking in preparation for lessons from day one. He appreciated learning more about therapeutic riding and it is in the therapeutic lessons that we see another side of Kelvin where he comes to be with our riders as a leader or a side walker. Kelvin has been a part of many rider lessons and has learned when and how to help our riders to best support them in their development and goals. He has a gentle



nature, a great sense of humour and is a fabulous mentor when assistance is needed. Kelvin has learned when and where to utilize these skills under the direction of the instructor.



Kelvin has captured the hearts of many, developed friendships with other volunteers and the staff and we all appreciate him greatly. Our riders' days are made when they come to PARDS and Kelvin is in their lesson. He will sometimes teach them to whistle or he tells a joke, always showing them that they matter in his day. These are riders like Alex who has flourished and noticeably advanced in his program since Kelvin has been his volunteer partner. When Alex first started at PARDS, he came because his roommate Anthony had

been a rider at PARDS for years. Alex was quiet, barely spoke and was anxious in new surroundings, let alone around the horses. His instructor and Kelvin allowed Alex to set his own pace but Kelvin's empathetic nature enabled him to recognize Alex's comfort levels and see when he just needed that little bit of a push to keep going. At times Alex was wanting to dismount early but, with reassurance from Kelvin (along with Kelvin's strategic encouragement of the inherent rivalry and friendly competition between the roommates), Alex is riding his full lesson and not wanting to stop. He has become quite talkative and the laughs and cheers of the boys can be heard from the barn when they ride. We know that this is in no small part a result of the relationship Kelvin has built with Alex. He develops a connection here at PARDS with everyone he meets!



Jennifer Wolf ~ Volunteer Coordinator



2020 Campaigns and Community Events

~ RONA Grande Prairie—Lowe's Canada Heroes Campaign ~

We were so excited to have been chosen as the charity partner for Grande Prairie RONA's Lowe's Canada Heroes Campaign!

The management and staff of RONA came up with so many ways to help support PARDS throughout the month of September. They had silent auction items in store, collected donations at the till, they even held an in house raffle for a day off with pay! PARDS horse trailer was there for the month collecting recyclables and on September 19th RONA held a massive garage sale in the RONA parking lot with PARDS staff and our small animal therapy partners who visited with members of the community



~ Dime at a Time Bottle Donations ~



Thank you to the Sawmill Prime Rib & Steakhouse for choosing to give PARDS their recyclables and to all community members for your donations throughout the year.

Thank you also goes to volunteer Wade Mayer for making sure the bottles were picked up and taken to the depot

In August, PARDS was a partner group with the **Grande Sunset Theatre**. Our volunteers had fun reliving the Drive In experience along with the attendees



~ Dream Home ~

Thank you to all of our volunteers for your help and to the Rotary Club of Grande Prairie for choosing PARDS as a lottery partner

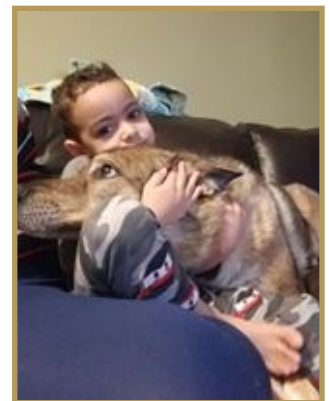


~ Chalice for Charity ~

Thank you to everyone who enjoyed a pint of Stella Lager in support of the Den's Chalice for Charity where \$2.00 from every beer sold was donated to PARDS

~Show Your Love~

This charming photo of David and his dog Bentley was submitted by PARDS Board member Adrea Simmons and won \$500 for PARDS, her chosen charity, in the Aquatera "Show Your Love" campaign



~ Cars For Christmas ~

Thank you to all of our volunteers for your help and to the Swan City Rotary Club for choosing PARDS as a lottery partner



~ Christmas Blue Bow ~

Thank you to everyone who donated through the Blue Bow campaign and answered the wish list letters of our horses



2020 Donors

Throughout 2020 PARDS has been the recipient of the incredible generosity of both individuals and companies. Many of these, in a normal year, would have attended and supported a PARDS Fundraising Event and chose to continue their support through a donation from their hearts because, as one donor said, "I really believe what you do matters."

We are all so thankful for the support shown by all our donors

| | | |
|----------------------------------|--|---------------------------------------|
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OUR CORE VALUES

INTEGRITY

Definition: Maintaining congruity between one's values and actions.

What this means to us: Being honest and doing what we know is right even when it's difficult. If you do for one, you do for all.

RESPONSIBILITY

Definition: Being accountable for results.

What this means to us: We take ownership of our roles and tasks regardless of situation and associated outcomes, without excuse; being accountable to the team – subordinates, superiors, clients, stakeholders.

COMPETENCE

Definition: Possessing the ability and capacity to do something well.

What this means to us: Doing your job to the best of your ability, always; upholding organization standards and contributing to the creation of a safe, stable and supportive environment.

CARING

Definition: Feeling and exhibiting concern and empathy for others.

What this means to us: Considerate of others' feelings, perspectives, and beliefs.

LEARNING

Definition: Committing to growth, development, and gaining understanding.

What this means to us: We embrace change and the opportunities it creates, encourage innovative thinking and seek to improve. We encourage continued learning in a way that is mutually beneficial to the individual and the organization.

Peace Area Riding for the Disabled Society

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Vice Chairperson
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Volunteer Instructor
Nik Diesel
Barn Support
Kayla Euchner
Weekend Staff
Justeen Schneider
Weekend Staff

Thank you to these wonderful individuals who were a valuable part of PARDS in 2020 Wishing you all the best in your future endeavors.

*Sarah Gunter
Eve van de Beek
Pamela Esau
Kayleigh McInnes
Hannah Needles*

2020 EQUINE STAFF

Encana, Norwegian Fjord
Holly, Belgian Fjord
Finale, Welsh Pony X
Montney, Quarter Horse
Tim-Br, Percheron X
Risley, Morgan/Quarter Horse
Molson, Canadian
Chance, Quarter Horse
Buttercup, Welsh Pony
Peppermint, Paint/Quarter Horse X

Alberez, Quarter Horse
Brandt, Quarter Horse
Windsor, Anglo Arabian
Becky, Quarter Horse
Chance, Quarter Horse
Freckles, Appaloosa Paint X
Ace, Quarter Horse
Northstar, Shetland Pony X
Chip, Appaloosa
Cowboy, Quarter Horse

Petunia, Miniature
Tory, Miniature
Hot Wheels, Miniature
Chevy, Miniature
Swancy, Miniature
Frodo, Miniature

Our Canine Partner

Jade

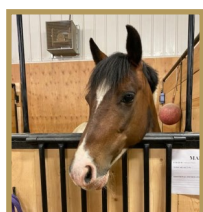
Our Resident Mousers

Grey Cat, Sim & Smokie

And Our Critter Connection Crew

Ducks ~ Johnnie & June
Goats ~ Pebbles, BamBam & Fred
Sheep ~ Leo & Luna
Guinea Pigs ~ Milk & Butter
Donkeys ~ Ruskin & Harker
Llama ~ Ralph

PARDS WELCOMED IN 2020...



MAISY



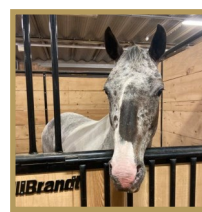
GEORGE



NORTHSTAR THE 2ND



SNOWFLAKE



BRANDT THE 2ND

Thank you to all of our generous supporters who have sponsored, donated or leased their equine friends. These amazing animals have impacted and enriched our programs and touched so many lives.



PARDS
THERAPEUTIC CENTRE



P: 780-538-3211 | E: INFO@PARDS.CA | W: PARDS.CA | A: 710009 RGE RD 55
COUNTY of GRANDE PRAIRIE #1, AB T8W 5A7

