

Health Directed Riding



“WHERE REHAB REINS”

www.healthdirectedriding.org

April 2016



Rhonda's Ramblings

Just as the seasons change, sometimes quickly while other times slow, this year promises to bring new things to Health Directed Riding. I am excited to see what the Lord has in store for us this year, knowing that even as I write this not everything is in place. *“The Lord watches over those who follow Him” Psalm 97:10, ICB.*

Apparently the groundhog was right and we are in for an early spring, but then I am reminded that we live in Minnesota and that means nothing is for sure where the weather is concerned. I am now eagerly watching and waiting for the tulips to start blooming and trees to start to bud. *“Behold I make all things new” Revelation 21:5, KJV.*

In preparation of this upcoming riding season, I attended the PATH Region 6 conference. It's always a wonderful time to talk with several other programs from our region and participate in some great educational classes. As always, I am looking forward to the upcoming riding season and the chance to yet again spend time with all of our riders and volunteers. A new adventure and season is just a head of us. *“We rejoice in the hope of the glory of the Lord” Romans 5:2, NIV.*

Rhonda

Ride-a-Thon Date Has Changed!

The 19th Annual Health Directed Riding Walk/Roll and Ride-a-Thon will be held on **Saturday, June 18, 2016**, at Wild River State Park. Registration begins at 9:30 a.m. at the Trail Center, lunch will be served and door prize drawings will take place after lunch. Registration fee is \$10. Collect \$350 in pledges for a chance to win a Fitbit. **Note: If you collect \$75 in pledges, your registration fee is waived.**

Participants can hit the dusty trails on horse, ride your bicycle for a leisurely jaunt on paved trails, head out on foot to enjoy nature's beauty, or try your skills at geocaching for a morning of fun. GPS units are available for free for your use, stop by the Park Office to pick yours up. For further details contact Wendy at 320-629-3734 or Rhonda at 612-247-9582. Pledge form is included in this newsletter, or download additional copies at www.healthdirectedriding.org. See you this summer!

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Health Directed Riding



“WE CANNOT ALWAYS BUILD THE FUTURE FOR OUR YOUTH, BUT WE CAN BUILD OUR YOUTH FOR THE FUTURE.” ~ FRANKLIN D. ROOSEVELT



Riding Session Location has Changed

The riding session location has changed. You now have the opportunity to ride at one of two riding locations with Health Directed Riding. Monday riding sessions will be held at Jean Jenner’s in Isanti and Tuesday riding sessions will be held at Monty & Naomi Twingstrom’s near Princeton. Maps will be sent to those currently involved with our program.

The riding season start dates are as follows: Spring riding sessions are tentatively scheduled to begin Monday, May 9, summer riding sessions are scheduled to start again on July 11, and the fall riding sessions will start September 12.

Contact our Instructor Rhonda Mostrom at 612-247-9582 if you or someone you know could benefit from our riding program. Let’s hope for another great riding season!

Note: Weather can have an impact on our riding seasons. In case of inclement weather, we will notify you if a riding session is cancelled.

Spring Clean-up and Moving Day

Join us on Saturday, April 30 at 10:00 a.m. for **Spring Clean Up Day!** Bring a friend or two (or maybe three) to help during the day. This year will be a little bit different from previous years, come help us clean toys AND help us pack up items and assist in the move. Meet us at Pat’s place (Pinesong Farm) in Grandy and help clean and pack our program items for the move to our new riding locations. Jean Jenner and Monty & Naomi Twingstrom are anxious to get the riding season started at their homes. Lots of hands will make light work. This is a great way to see where the new riding sessions will be held this year and plan for the upcoming year.



Hope to see you there!

Our Mission

The mission of Health Directed Riding, Inc. is to enhance the well-being of persons with disabilities through horseback riding and other equine related activities within a safe, enjoyable and familiar atmosphere, designed by professionals and implemented primarily by volunteers, while working to promote, develop and strengthen relationships with their peers and family.

Fun Shows by Lindsey Lahtonen

Fun shows are my favorite because I get to do what I love and be with friends and family. What is a fun show? It's where people go and ride horse in their favorite events and possibly win a ribbon if they place. All I do is pay a small fee and pick the events/patterns I want to do. Then I wait for my number to be called then to go and ride; while I'm waiting I watch others ride in their events. Some of the events are called barrels, keyhole, and poles. My favorite is barrel racing, which includes 3 barrels I must circle around as fast as I can. Fun shows are great entertainment for the family and friends because even when I'm not riding I'm having so much fun watching the others ride.



“MY HORSE’S
FEET ARE AS
SWIFT AS
ROLLING
THUNDER, HE
CARRIES ME
AWAY FROM ALL
MY FEARS, AND
WHEN THE
WORLD
THREATENS TO
FALL ASUNDER,
HIS MANE IS
THERE TO WIPE
AWAY MY TEARS
~ BONNIE LEWIS

Become a Volunteer

Volunteering is a great way to get involved with our program. There are many ways you can help during the year. For general volunteer information, visit our website at www.healthdirectedriding.org or contact Instructor Rhonda Mostrom at 612-247-9582 for detailed information. Volunteer training will be offered this spring, check out our Facebook Page or our website often for updates on volunteer training dates and times.

Welcome New Board Members

We'd like to welcome our new Health Directed Riding Board Members: Steve Knutsen, Monty Twingstrom and Junior Board Member Lindsey Lahtonen. Thank you for your willingness to serve as part of the governing body of the Health Directed Riding, Inc. program.



Health Directed Riding



Thank you Pat

As we prepare for our move to the new Health Directed Riding locations, from Pat's Pinesong Farm, we would like to extend a HUGE thank you to Pat for letting Health Directed Riding be at her farm for the past 18 years. Pat worked countless hours cleaning and preparing the barn before the kids came to ride and then assisted with side walking and leading horses for all these years. Through the loss of family, special horses, and friends, Pat continued to provide for Health Directed Riding board members, volunteers and riders with many of those riders touching her heart. Pat is now starting new adventures with her artistic skills; we wish her the best of everything!



"Horses and children, I often think, have a lot of the good sense there is in the world."

~ Josephine
Demott Robinson

Show Your Support by Purchasing Merchandise

T-Shirts:

Youth\$10.00

Adult\$15.00

Sweatshirts:

Youth\$15.00

Adult\$25.00

Denim Shirts\$35.00

Hoodies\$35.00

Hats\$10.00

Lunch cooler\$5.00

Coffee Mugs.....\$15.00

8 x 10 Prints.....\$5.00

(these are smaller versions of our grand prize framed art-work created by local artist)

When you buy Health Directed Riding merchandise, you are supporting *and* promoting this amazing program.

To purchase Health Directed Riding merchandise contact Cindy at 763-213-5860.

Items may be picked up or shipped to your address. Shipping fees will be applied to your order.



Health Directed Riding Coffee Mugs available for purchase

Where's Rhonda?

Rhonda will be at a numerous local events this summer and fall. Some of the places you will see her at are: Isanti Fireman's Rodeo, Saturday, July 9th; Isanti County Fair on Friday, July 22nd; Braham Pie Day on Friday, August 5th; and the Pine City PRCA Championship Rodeo on Saturday, September 3rd and Sunday, September 4th, and North Branch Fall Fest on Saturday, September 24th. As we've done in the past, we'd like to see how many of you read our newsletter. If you go to any of these listed events this summer/fall all you need to do is go up to Rhonda and say, "Rehab Reins!" You will get a very cool Health Directed Riding gift just for stopping by to show your support for Rhonda and our program. Hope to see you soon!



Fall Festival—Saturday, October 22nd

Join us on Saturday, October 22, 2016 starting at 11:30 a.m. for our annual Health Directed Riding Fall Festival. This is an opportunity for family and friends to get together and celebrate the riding season. We'll meet at the Grandy Community Center for a time of fellowship and potluck lunch.

We'll hold our raffle ticket drawing after lunch and see who wins one of our many fantastic prizes! See you this fall!

Raffle Tickets Available for Sale in May

Stop by one of our two riding locations and pick up raffle tickets. Friends, families, co-workers, and neighbors are just a few people you can sell tickets to. Everyone will have a chance to win some fabulous prize. Raffle drawing will be held on at the Fall Festival on Saturday, October 22. Please help support our program by selling raffle tickets, this is one of our major fundraisers during the year. Watch Facebook and/or our website for a list of prizes.



Enjoy Two Special Recipes from Our Kitchen to Yours: 7 Layer Salad

1 Head Chopped Lettuce	Chopped Onion
Chopped Celery	Chopped Black Olives (optional)
Chopped Green Peppers (optional)	1 Package Frozen Peas
1 Cup Miracle Whip	2 Tablespoons Sugar
8 oz. Shredded Cheddar Cheese	Crumbled Bacon or Bacon Bits

Spread chopped lettuce in a 13x9 pan, sprinkle onion and celery over lettuce, add chopped black olives and green peppers if using. Mix frozen peas, Miracle Whip and sugar together in separate bowl, spread in pan over previous ingredients. Sprinkle cheddar cheese over the Miracle Whip mixture, sprinkle bacon bits over cheese. Refrigerate at least 2 hours or overnight.

Tri-Color Pasta Salad

Ingredients

1 package (16 ounces) tricolor spiral pasta
1 package (16 ounces) frozen California-blend vegetables (broccoli, cauliflower and carrots)
1 can (2-1/4 ounces) sliced ripe olives, drained
½ cup each chopped onions and chopped green peppers, optional
1 to 1-1/3 cups Italian salad dressing
1/4 to 1/2 teaspoon garlic salt, optional

Directions

Cook the pasta according to package directions. Meanwhile, place vegetables in a microwave-safe dish. Cover and microwave at 50% power for 5-1/2 to 6-1/2 minutes or until thawed; drain. Drain pasta and rinse in cold water. In a bowl, combine the pasta, vegetables and olives. Combine salad dressing and garlic salt if desired; pour over salad and toss to coat. Refrigerate until serving. **Yield:** 6-8 servings.

“Accept the children the way we accept trees—with gratitude, because they are a blessing—but do not have expectations or desires. You don’t expect trees to change, you love them as they are.”

~Isabel Allende



Mark your calendars to come and join us for
Health Directed Riding, Inc.'s
19th Annual Walk/Roll and Ride-A-Thon

Saturday, June 18, 2016
 Wild River State Park

Registration begins at 9:30AM with lunch and door prizes after the ride/walk.

Name	Address and Phone	Amount

****A Fitbit will be awarded after lunch for pledges collected; collect a minimum of \$350 of pledges for a chance at the Fitbit and additional chances with each \$100 over the initial amount. (Example \$450 = 2 chances or \$550 = 3 chances)** NOTE: \$50 pledge minimum for entry into door prize drawing. Collect \$75 in pledges and the registration fee is waived.**

Name _____ Age (if under 18) _____
 Address _____ City _____ State _____ Zip _____
 Email: _____ Phone _____
 Signature _____ Parent/Guardian (if under 18) _____

I am registering to:
 Walk/Roll the 3.0 Interpretive Center Trail Horseback Ride the 7.0 Deer Loop Trail
 I have enclosed my registration fee of \$10.00 Registration fee waived, donations over \$75

Note: State of Minnesota requires all riders to have trail pass visible while riding

Mail to: Health Directed Riding, PO Box 335, Grandy, MN 55029; Phone: 612-247-9582

WAIVER: In consideration of the Walk, Roll and Ride-a-thon Committee's permission to participate in this special event, I hereby waive and release any and all rights and claims for damages which I may have against Health Directed Riding Inc., the location at which the event will take place, as well as any other person connected with the event, their heirs, executors, successors, administrators and assigns for any and all injuries, personal, or property damage or losses, which I may suffer for taking part in the event or loss thereof.



5 Steps to Sun Safety for Kids from Parents.com

In summer—or any season—protecting kids from the sun’s harmful rays is a must. Here’s what every parent should know.

The Skin Cancer Foundation estimates that 80% of lifetime sun exposure occurs during childhood—and that just one blistering sunburn can double the risk of getting melanoma later in life. Protect your children by following these tips from the American Academy of Dermatology and the American Academy of Pediatrics:

1. Limit outdoor playtime between 10 a.m. and 4 p.m. Avoid unnecessary exposure when the sun’s rays are at their strongest. Even on cloudy or cooler days, ultraviolet (UV) rays remain strong. Shady spots can be just as tricky because of reflected light. If your child is playing outdoors during these hours, make sure to apply sufficient sunscreen.
2. Apply sunscreen properly. Generously apply sunscreen 30 minutes before your child goes out in the sun. Choose a sunscreen with SPF (Sun Protection Factor) 15 or higher. Scented and colorful sunscreens appeal to some kids and make it easier to see which areas have been covered well. Don’t forget nose, ears, hands, feet, shoulders, and behind the neck; lips can also burn, so apply a lip balm with SPF protection. Reapply sunscreen every 2 to 3 hours, or after sweating or swimming.
3. Cover up. Wearing protective clothing and hats is one of the most important ways of warding off UV damage. When wet, light-colored clothing transmits just as much sunlight as bare skin. Keep your kids covered with dark colors, long sleeves, and pants whenever possible. And don’t forget the accessories: sunglasses with UV protection to guard against burned corneas, and hats to prevent sunburned scalps and faces. Protective clothing, hats with brims, and sunglasses are just as important for babies. At the beach, bring along a large umbrella.
4. Keep watch on medications. Some medications increase the skin’s sensitivity to the sun, so make sure to ask your doctor whether your child may be at risk. Prescription antibiotics and acne medications are the most notorious culprits, but when in doubt, ask.
5. Set a good example for your kids. If your child sees you following sun-safety rules, he’ll take them for granted and follow suit. Skin protection is important for every member of the family, so team up with your children to stay protected when venturing out in the sun.



“WHILE WE TRY
TO TEACH OUR
CHILDREN ALL
ABOUT LIFE, OUR
CHILDREN TEACH
US WHAT LIFE IS
ALL ABOUT.”
~ ANGELA
SCHWINDT

Health Directed Riding Website

The Health Directed Riding website recently underwent a much needed face lift. Check out www.healthdirectedriding.org often for new and updated information. You’ll find great links for volunteers and riders, merchandise available for sale and much more. If you’d like to receive newsletters electronically, let us know by emailing us at healthdirectedriding@gmail.com.





“The essential joy of being with horses is that it brings us in contact with the rare elements of grace, beauty, spirit, and fire.”
~Sharon Ralls
Lemon

Health Directed Riding

Mama Jean’s Golf Tournament

Join Jean Jenner on Friday, July 9, 2016 at the Sanbrook Golf Course in Isanti, MN for a day full of good fun and good friends, both old and new. Tee off time is at noon. The profits from this event are donated to both Health Directed Riding and Freedom Farm which is also a therapeutic riding program. The cost is \$50, which includes the use of a cart, lunch and prizes. This is a 9-hole golf event and you don’t need to be a pro to participate. Contact Jean Jenner at 612-940-4233 for further details.

40th Annual Isanti County Fireman’s PRCA Professional Rodeo

The 40th Annual Isanti County Fireman’s PRCA Professional Rodeo will be held July 8th, 9th and 10th. Pre-rodeo activities begin at 6:00 PM with the PRCA Rodeo Performance beginning at 6:30 PM each night. Tickets are Adults \$13 advance, \$15 at the gate; Children (4-13) \$8 advance, \$10 at the gate; 3 and under admission is free. For more information regarding the rodeo, log onto www.isantifiredistrict.org.



Pine City PRCA Championship Rodeo



The Pine City PRCA Championship Rodeo is hosted by Heidelberger's Farm Equipment on Saturday, September 3rd and Sunday, September 4th. Rodeo performance at 6:00 PM on Saturday and Sunday evenings include the following events: bull riding, bareback riding, saddle bronc, team roping, barrel racing, steer wrestling, tie down roping and more! A dance follows the rodeo each night that includes live music. Tickets are Adults \$11 advance, \$15 at the gate; Children (4-12) \$6 advance, \$7 at the gate; 3 & under admission is free. Heidelberger's Arena is located at 3923 State Hwy 70, Pine City, MN 55063. For more information call 320-629-1122 or visit www.pinecityrodeo.com.

11th Annual North Country Hillbillies Car & Truck Show



NCH Car & Truck Show will be held Saturday, September 10, 2016 from 11:00 a.m. to 4:00 p.m. at the Braham Covenant Church. Featuring live gospel/praise music, Kids’ Tent, Muffler Rap Contest, Slow Race, Valve Cover Racing, food/beverages available. Dash plaques given to first 100 entries. No entry fee however, please bring a non-perishable food item that will be given to our local food shelf. Plan to attend this family friendly event...and remember to “Bring a Kid to a Car Show!” Visit our website at www.theNCH.com for more information.



Health Directed Riding
P.O. Box 335
Grandy, MN 55029-0335
www.healthdirectedriding.org



Your Gift of Giving

Thank you for your gift of \$ _____

Your Name: _____

Address: _____

This gift is in honor of: _____

Special occasion: _____

To donate towards a rider scholarship or to donate to a specific rider, please specify here: _____

\$800 Platinum Donor

\$500 Gold Donor

\$250 Silver Donor

\$100 Bronze Donor

Thank you for donating! Your gift of money creates scholarships for riders, helps care for horses, allows us to purchase equipment and helps defray the costs connected with the riding program. Health Directed Riding is a non-profit, 501c3, organization. All donations are tax deductible.

**Please send contributions to: Health Directed Riding, Inc.,
P.O. Box 335, Grandy, MN 55029-0335**