

# Health Directed Riding



DECEMBER 2016

[www.healthdirectedriding.org](http://www.healthdirectedriding.org)

*Where Rehab Reins*

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## RHONDA'S RAMBLINGS

What a year this has been, the riding season came and went too quickly. It was a new season in so many ways for us, no longer at Pat's and for the first time holding riding sessions at two separate locations. It was so fun to see how God would work in this, so I repeat, what a year this has been. It is with a grateful heart I say thank you to Jean Jenner and Monty & Naomi Twingstrom for allowing us to move in and take over your places on days when riders were scheduled to ride.

*Thanks be to God for His indescribable gift! 2 Corinthians 9:15*

Our riders provide us with the reason we keep doing this, the pride they take in their accomplishments and seeing the joy on their faces week after week no matter how hard they work, however none of this would be possible without our wonderful volunteers. Health Directed Riding is blessed to have volunteers who give so much of themselves week after week and year after year. I am reminded how awesome the change of seasons can be as well as the importance of spending time with friends whether we see them daily or just once a year. After attending the PATH International conference in Williamsburg, VA with some of the other wonderful programs from Minnesota, it is such a blessing to have the opportunity to be a part of this wonderful group of people. I look forward to us all getting together again for the 2017 riding season

God bless you during the wonderful Christmas season.

*For unto you is born this day in the city of David a Saviour, which is Christ the Lord.  
Luke 2:11*

Rhonda

*Wishing you blessings  
this Christmas and  
throughout the coming  
year. From all of us at  
Health Directed Riding.*



## LA CRECHE CHILDCARE CENTER VISIT

This fall, once again, Health Directed Riding staff and volunteers welcomed children from La Creche Childcare Center of North Minneapolis. The enthusiastic children were able to participate in a variety of activities, led by our volunteers. After a day on the farm, which included lunch, our new friends headed home. A comment made by La Creche staff was, “the children came back exhausted but so full of excitement.” A huge thank you to all our volunteers who helped make this day so special for our guests. We hope to see you again next year!



{ “If you want to touch the past, touch a rock. If you want to touch the present, touch a flower. If you want to touch the future, touch a life.” - Author Unknown }

## 2016 FALL FEST REVIEW By Lindsey Lahtonen, HDR Jr. Board Member

Health Directed Riding’s 2016 Fall Festival was a blast! I had lots of fun getting to know some of the other kids and doing activities with them. One of the first activities I saw was pumpkin coloring. All of the kids, and myself included, loved creating our own colorful pumpkins. The second thing I found exciting was drawing out the winning raffle tickets with some of the other riders and their siblings. It couldn’t have been a better warm day for everyone to go outside and watch the kids enjoy the new play set. Not only was it a great afternoon for the kids, but the adults enjoyed the table full of yummy food, dessert, and talking with other parents. I had lots of fun at this year’s Fall Fest and hope you can join us next year!



The lucky winners of this year’s raffle drawing held at the Fall Fest were: 1st Prize—Framed Print: Les O.; 2nd and 3rd Prizes—1/2 Hog including processing: Hailey P. and Matt N.; 4th, 5th & 6th Prizes—\$25 VISA gift cards: Nancy B., Barb G., and Sharon M. Congratulations everyone!



## THANK YOU VOLUNTEERS



It seems like such a small sentence, thank you, but it can have such a powerful impact on someone. This year brought many changes to the Health Directed Riding program. With Pat's retirement, we quickly searched to find locations where we could continue to offer quality therapy sessions for the riders in our program. Thank you to Jean Jenner and Monty & Naomi Twingstrom for offering the use of your homes for this huge commitment. We'd like to thank everyone who helped pack and move equipment and furnishings from Pine Song Farms to our new locations in the Isanti and the Princeton areas. Thank you also to our families and volunteers for your patience and understanding as we worked through smoothing out minor riding session details. Thank you to all of our returning and new volunteers, it was amazing to see the support of family, friends, neighbors, and everyone who contributed in any way to our program throughout the year. We sometimes forget to say thank you, but without our volunteers, we wouldn't have a program. So during this Christmas season we want to again say a special "thank you" for your commitment to the Health Directed Riding Program.



*Trail rides are an amazing way to spend the day at Wild River State Park.*



## 19TH ANNUAL RIDE-A-THON

This year's Ride-a-Thon was held June 18, 2016 at Wild River State Park. We had a very small group who attended this event but those who did participate collected pledges for this fundraiser. The winner of this year's grand prize, a Fitbit, went to Kelly V. Watch for more details and information on next year's Ride-a-Thon in our spring newsletter or on our website. The 2017 Ride-a-Thon will again be held in June at Wild River State Park!



*Geocaching on the state park trails..*

## WINTER HOLIDAY PET POISON TIPS

The holidays are stressful enough without having to worry about a potentially poisoned pet. Below is a list of holiday-related decorations, plants and food items that the veterinarians at Pet Poison Helpline, Bloomington, MN recommend keeping away from pets.

### Holiday Ornaments:

When decorating for the season, consider your pets. Holiday decorations such as snow globes or bubble lights may contain poisonous chemicals. If your pet chews on them, the liquid inside could be dangerous to their health. Methylene chloride, the chemical in bubble lights, can result in depression, aspiration pneumonia and irritation to the eyes, skin and gastrointestinal tract.



**Tinsel:** If you own a cat, forgo the tinsel. What looks like a shiny toy to your cat can prove deadly if ingested. Tinsel does not pose a poisoning risk but can cause severe damage to a cat's intestinal tract if swallowed. Ultimately, cats run the risk of severe injury to, or rupture of their intestines and treatment involves expensive abdominal surgery.

**Plants:** Though they have a bad rap, poinsettia plants are only mildly toxic. Far more worrisome are holiday bouquets containing lilies, holly or mistletoe. "lilies, including tiger, Asiatic, stargazer, Easter and day lilies, are the most dangerous plants for cats," said Dr. Ahna Brutlag, assistant director of Pet Poison Helpline. "The ingestion of one to two leaves or flower petals is enough to cause kidney failure in cats." Other yuletide plants such as holly berries and mistletoe can also be toxic to pets and can cause gastrointestinal upset and even heart arrhythmias if ingested.

**Alcohol:** Because alcohol is rapidly absorbed into the bloodstream, it affects pets quickly. Ingestion of alcohol can cause dangerous drops in blood sugar, blood pressure and body temperature. Intoxicated animals can experience seizures and respiratory failure. Additionally, foods such as desserts containing alcohol and unbaked dough that contains yeast should be kept away from pets as they may result in alcohol toxicity, vomiting, disorientation and stomach bloat.

**Holiday Foods:** With the holiday season comes a delightful variety of baked goods, chocolate confections and other rich, fattening foods. However, it is not wise (and in some cases is quite dangerous) to share these treats with your pets. Keep your pet on his or her regular diet over the holidays and do not let family and friends sneak in treats. Foods that can present problems:

- Foods containing grapes, raisins and currants (such as fruitcakes) can result in kidney failure in dogs.
- Chocolate and cocoa contain theobromine, a chemical highly toxic to dogs and cats. Ingestion in small amounts can cause vomiting and diarrhea but large amounts can cause seizures and heart arrhythmias.
- Many sugarless gums and candies contain xylitol, a sweetener which is toxic to dogs. It causes a life-threatening drop in blood sugar and liver failure.
- Leftover, fatty meat scraps can produce severe inflammation of the pancreas (pancreatitis) leading to abdominal pain, vomiting and bloody diarrhea.

**Imported Snow Globes:** Recently, imported snow globes were found to contain antifreeze (ethylene glycol.) As little as one teaspoon of antifreeze when ingested by a cat or a tablespoon or two for a dog (depending on their size), can be fatal. Signs of early poisoning include acting drunk or uncoordinated, excessive thirst, and lethargy. While signs may seem to improve after eight to twelve hours, internal damage is actually worsening, and crystals develop in the kidneys resulting in acute kidney failure. Immediate treatment with an antidote is vital.

**Liquid Potpourri:** Filling your house with the smell of nutmeg or pine for the holidays may seem inviting-but if you're partial to heating your scented oils in a simmer pot, know that they can cause serious harm to your cat; even a few licks can result in severe chemical burns to the mouth, fever, difficulty breathing, and tremors. Dogs aren't as sensitive, but it's still better to be safe than sorry-so scent your home with a non-toxic candle kept safely out of kitty's reach.

When it comes to the holidays, the best thing a pet owner can do is get educated on common household toxins and pet-proof your home accordingly. If you think your pet has been poisoned, contact your veterinarian or Pet Poison Helpline at 1-800-213-6680 with any questions or concerns.



## WELCOME LITTLE ONE



Kelvin Rubert Orvis was born November 16, 2016. Kelvin's proud parents are Randy and Nicole. Grandmother, Roxanne is a board member with Health Directed Riding.

*The littlest feet make the biggest footprints in our hearts.*

*~ Unknown ~*

## CONGRATULATIONS TO BRANDON BURNS 2016 GRADUATE



Yet, O Lord, You are our Father; We are the clay, and You are our potter, we are all the work of your hand. Isaiah 64:8



## WEDDING WISHES

Congratulations to Makayla Hoover and Jeremy Podvin on their recent wedding. Makayla is the daughter of Bob Hoover who has been a volunteer with Health Directed Riding for many years. Makayla also volunteered with us many years ago.



## IN REMEMBRANCE

*We wish to offer our deepest sympathy to the families of the following people:*

*Marjorie Hoover, Helen Latvala, and Maynard Twingstrom*

*Our thoughts and prayers are with you during this difficult time.*



## ENJOY A SPECIAL RECIPE FROM OUR KITCHEN TO YOURS: SNICKERS SALAD

### Ingredients:

- 1-1/2 cups milk
- 1 (3.4 oz.) package instant vanilla pudding
- 1 carton (8 oz.) frozen whipped topping, thawed
- 4-6 large apples (green or red), chopped (about 6 cups)
- 4 Snickers candy bars (2.07 oz. each) cut into 1/2 inch pieces

### Directions:

In a large bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until soft-set. Fold in whipped topping. Fold in apples and candy bars. Refrigerate until serving. **Yield:** 12 servings (3/4 cup each).



## MERCHANDISE AVAILABLE FOR PURCHASE

### 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

Key chains .....\$ 3.00

Coffee Mugs .....\$15.00

8x10 Prints .....\$ 5.00

When you purchase Health Directed Riding merchandise, you are helping support and promote a great program. Check out our website at [www.healthdirectedriding.org](http://www.healthdirectedriding.org) to see items available for sale.

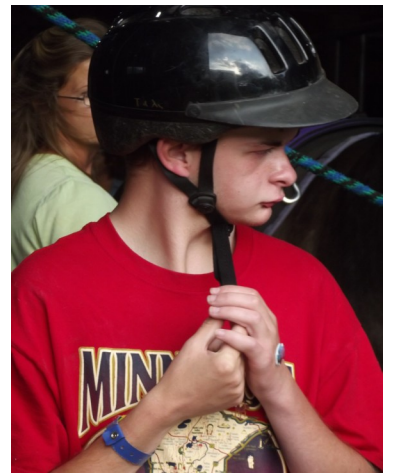
To purchase merchandise contact Cindy at 763-213-5860. Items may be picked up or shipped to your address. Shipping fees will be applied to your order if not picked up.



"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 ~









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



## THE HOLIDAY GIFT OF GIVING

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Thank you for your donation! 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 donations to: Health Directed Riding, Inc., P.O. Box 335, Grandy, MN 55029-0335**

