

# Health Directed Riding



DECEMBER 2018

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

*Where Rehab Reins*

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The riding season presented many challenges this year and it went by way to fast. It seems like we just got started but Thanksgiving has come and gone and Christmas is almost here. Looking back over the entire season the few days we were able to enjoy in the spring and fall were fun and thankfully summer turned out to be the best part of the season. Health Directed Riding continues to be blessed with wonderful volunteers. *"Let your lives overflow with thanksgiving for all he has done."* Colossians 2:7. We welcomed to our family a few new riders and their families and also some new volunteers. I look forward to us all getting together again for the 2019 riding season. As we wrapped up the season, I headed to Orlando, FL to attend the PATH International Conference. A time for education, as well as a chance to connect with other programs from our region, what a blessing to have the opportunity to be a part of this wonderful group of people.

As we watch the changing seasons, preparing for the upcoming days when the snow will start falling, may we remember that each day we have is a gift to treasure with friends and family. May God bless you during the wonderful change of seasons. *"Behold what manner of love the Father has bestowed on us."* 1 John 3:1

Thank you for your continued support of Health Directed Riding.  
Rhonda

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



## LA CRECHE CHILDCARE CENTER VISIT

On October 5, fifteen children and four staff from LaCreche Childcare Center braved cold and rainy conditions to spend a day on Jean Jenner's farm. This has been an event that the last couple years has taken place at the end of the month,. Hoping to avoid the cold we moved it earlier, which didn't seem to help because God had other plans. Along with the experience of riding a horse the kids and staff also colored pumpkins and had a fun day "up north". Thank you to Jean, and Monty & Naomi for the use of your horses and thank you to all the volunteers who helped during this fun-filled day!



## IN REMEMBRANCE

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

*Kay Olson long time volunteer and supporter of HDR*

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



“My legacy doesn’t matter. It isn’t important that I be remembered. It’s important that when I stand before the Lord, he says, “ Well done, good and faithful servant” I want to finish strong.” James Dobson

## 2018 FALL FEST REVIEW

Thanks to everyone who attended the Fall Festival, our “end of the riding season” celebration, at the Grandy Community Center on October 20. We had a good turnout, the food was excellent and the kids and the kids at heart were able to create some fabulous decorations on pumpkins with markers. Also, thank you to everyone for purchasing raffle tickets. This effort is one of our main fundraisers during the year. By purchasing tickets, you are helping support the Health Directed Riding program.



The winners of this year’s raffle drawings are: 1st Prize (framed artwork by a local photographer) Jill S.; 2nd and 3rd Prizes ( variety Meat Pack) - Justin G. and Marc C. ; 4th Prize (\$75 VISA gift card) - Austin C.





## A LITTLE ABOUT ME BY LINDSEY LAHTONEN

Hello, my name is Lindsey. I was born with scoliosis and a fatiguing muscle condition (multi-core myopathy). When I was two years old I started riding horse in the HDR program. I am almost eighteen years old and my love for horses keeps me coming back every year. Now that I am a senior in high school, after graduation, I plan on going off to college and becoming a respiratory therapist. Over the years I've been surrounded with amazing family, friends, and doctors who have always helped me along the way. I know that one day, I want to care for others in a similar way that many have cared for me.



## HEALTH DIRECTED RIDING RIDE-A-THON

The 22nd Annual Health Directed Riding Ride-A-Thon was held on June 10th at Wild River State Park this year. This year we got together on a Sunday for our ride. It was great seeing new and returning participants spending time together enjoying a beautiful day, friendship and good food. A huge thank you goes out to everyone who spent the day at the State Park and collected pledges for this fundraiser, money raised helps with program expenses. Those who collected over \$350 in pledges had a chance to win a GoPro. The winner of the GoPro was Lynda S. Watch for details of next year's Ride-A-Thon in the spring newsletter, on Facebook, or at [www.healthdirectedriding.org](http://www.healthdirectedriding.org).



## WEDDING WISHES

Congratulation to Becca and Ryan Orvis on their recent wedding. Becca and her grandfather, Pat, were former volunteers with Health Directed Riding and Ryan's mom, Roxanne, is a past board member with HDR.



We wish both couples the best as you begin your new life together as husband and wife.

Congratulations to Lillian and Brian Heymer on their recent wedding. Lillian is a current volunteer with Health Directed Riding

*"When I count my Blessings,  
I count you twice"*  
~ Irish Proverb ~

## FROM OUR KITCHEN TO YOURS: REINDEER CHOW

Make sure to feed Santa's reindeer with this fun mix of chocolate chips, Chex cereal, peanut butter and pretzels! Reindeer Chow Muddy Buddies are the perfect Christmas treat!

### Ingredients

- 1 box Chex Corn Cereal - 14 ounces
- 1 cup chocolate chips
- 1/2 cup peanut butter
- 1/3 cup butter
- 1 teaspoon vanilla extract
- 2 cups powdered sugar
- 2 cups pretzel pieces
- 2 cups Christmas M&M's

### Instructions

1. Pour Chex cereal into a large bowl and set aside.
  2. In another bowl combine chocolate chips, peanut butter, and butter. Melt in the microwave on high heat for 1 minute. Stir and continue heating for another 30 seconds. Remove from microwave.
  3. Add in the vanilla extract then mix well.
  4. Pour chocolate mixture over the cereal and stir to evenly distribute.
  5. In a gallon-sized ziploc bag pour in 2 cups of powdered sugar. Add the chocolate chex mix, seal and shake well.
- Pour chex mix into a bowl, then add pretzels and m&ms. Mix well and serve.





# EASY HORSE AND DOG GINGERBREAD TREATS

Horse and Dog Gingerbread Treats are a simple and easy way to show your pets you care this Christmas!

## Ingredients

- 1 1/2 cups (180g) all-purpose flour measured correctly
- 1 tablespoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 cup molasses
- 1/4 cup water
- 2 tablespoons vegetable oil

## Instructions

Preheat your oven to 325°F and line a baking sheet with parchment paper or silicone baking mat.

In a medium bowl, whisk together dry ingredients.

In a small bowl, whisk together molasses, water, and oil. Using a wooden spoon, slowly mix liquid ingredients into the flour mixture, stirring until well-combined and mostly uniform in color (some times I work the dough a little by hand to make sure all streaks of flour are mixed in).

Roll dough out to 1/4-inch thick and cut out shapes, gathering dough and re-rolling as necessary. Bake for 20 minutes and allow cookies to cool on the baking sheet.



# MERCHANDISE AVAILABLE FOR

## 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

Squishy Horses ....\$ 5.00

Coffee Mugs .....\$15.00

8x10 Prints .....\$ 7.50

11x17 Prints .....\$15.00

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.



*"Families are the compass that guides us. They are the inspiration to reach great heights, and our comfort when we occasionally falter."*

~Brad Kenry~



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## THE HOLIDAY 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 specific rider, please list here:\_\_\_\_\_

**\$800 Platinum Donor**

**\$500 Gold Donor**

**\$250 Silver Donor**

**\$100 Bronze Donor**

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**

