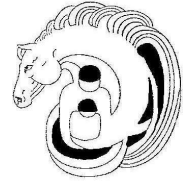


Health Directed Riding



DECEMBER 2019

www.healthdirectedriding.org

Where Rehab Reins

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



It seems that the riding season always goes to fast and this year is no exception, the weather had us ending all too soon. Thanksgiving came and went all too quickly along with an early snowfall ensuring that we will enjoy a white Christmas. As I think back over the past season the few days we were able to enjoy were full of fun, laughter and friendship which is always the best part of the riding season and keeps us going through the winter months as we look forward to the next year. Health Directed Riding couldn't do what we do without the blessing of such wonderful volunteers. *"Give thanks to the Lord, for he is good; his love endures forever." 1 Chronicles 16:34*. At the end of the season, I headed to Denver CO 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. I am already looking forward to us all getting together again for the 2020 riding season.

I plan to enjoy these changing seasons, the beauty of the snow covered ground, knowing soon the days will be getting longer and remembering that each day we have is a gift to treasure with friends and family. May God bless you during the wonderful change of seasons. *"And now these three remain: faith, hope, and love. But the greatest of these is love"* Corinthians 13:13

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

LA CRECHE CHILDCARE CENTER VISIT

On October 14, fifteen children and three staff from LaCreche Childcare Center braved the cold to spend a day with us at Jean Jenner's farm. Trying to find some nice weather we decided to have them come out in the middle of October this year and although we couldn't avoid the cold we were able to enjoy the sunshine. Along with the experience of riding a horse the kids and staff also colored pumpkins, played some basketball and had a fun day "up north" before grabbing lunch and heading back to North Minneapolis. Thank you to Jean, Ida, Stephanie 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:

Victoria Price — Past rider

Judy Sanford—Cousin of Rhonda Mostrom

Dale Glass— Grandfather of rider Lindsey Lahtonen

James Brustad—Brother of long time volunteer Mary Gustufson

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



Victoria in your short life you touched so many lives, we are so thankful that we could share in even a small part. You will forever be in our hearts and memories.



"If there ever comes a day when we can't be together, keep me in your heart, I'll stay there forever."
Winnie the Pooh

2019 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 26. 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) Barbara G.; 2nd and 3rd Prizes (variety Meat Pack) - Mark and Stacy M. and Leslie S.; 4th Prize (\$75 VISA gift card) - Jean J.



CONGRATULATIONS CLASS OF 2019



This year we celebrate two of our riders who have graduated from high school. It has been such a joy



to watch these two beautiful ladies through the years and to have them in our lives.



Tiffany Burns,
Class of 2019;
North Branch
High School

Tiffany loves horses and her joy of riding can brighten anyone's day



Lindsey Lahtonen,
Class of 2019; Cambridge Isanti High School

Lindsey was one of our youngest beginning riders coming out for her first ride when she was just 2 years old, she has come a long way and is now helping to mentor other riders.

HEALTH DIRECTED RIDING RIDE-A-THON

The 23d Annual Health Directed Riding Ride-A-Thon was held on Sunday June 2nd at Wild River State Park. It was great seeing new and returning participants spending time together enjoying a beautiful day, friendship and good food.



Thank you 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 Fitbit Versa. The winner of the Fitbit Versa was Kelly V. Watch for details of next year's Ride-A-Thon in the spring newsletter, on Facebook, or at www.healthdirectedriding.org.

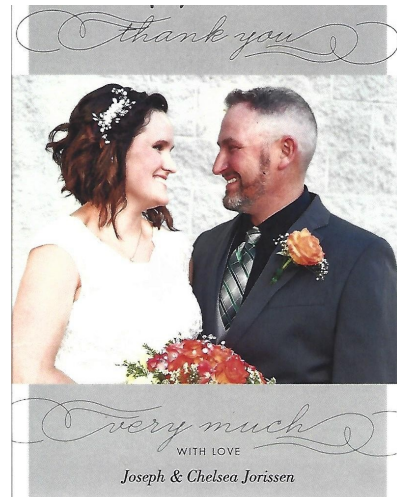


WEDDING WISHES

Congratulation to Chelsea and Joseph Jorissen on their recent wedding. Chelsea's mom Cindy is a board member and volunteer with Health Directed Riding

"Family: where life begins and love never ends"

~Unknown~



WELCOME LITTLE ONE

Congratulations Makayla and Ray and welcome RaeLynn who is the granddaughter of Bob Hoover, who is a current volunteer with Health Directed Riding



FROM OUR KITCHEN TO YOURS: BUFFALO CHICKEN DIP

Great for parties or anytime

Ingredients

- 1 Large can of chicken
- 1 brick of cream cheese
- 2 cups shredded mozzarella cheese
- Small bottle of ranch dressing
- Frank Red Hot Sauce (add to your liking)

Instructions

1. In a large Crockpot combine chicken, cream cheese, shredded cheese, ranch dressing and Franks Red Hot Sauce
 2. Place lid on an set to LOW heat for 3-4 hours or HIGH heat for 1-2 hours. Stirring every 30 minutes.
 3. The dip is ready when the cheese is fully melted and you no longer see chunks of cream cheese
 4. If desired you can sprinkle shredded cheddar, feta or blue cheese over the top and place the lid back on, letting the dip continue to cook until the cheese on top is melted.
- Serve with chips, crackers, or veggies..



**BUFFALO CHICKEN DIP
IN A CROCK POT**

CARROT OAT APPLESAUCE TREATS DOGS AND HORSES

A simple and easy way to show your pets you care this Christmas!

Ingredients

- 1/2 cup oats (quick for dogs, quick, steel cut or old fashion for horses)
- 1/2 cup unsweetened applesauce
- 1/2 cup (about 1 large) carrot—finely grated
- 1/2 cup all-purpose flour

Instructions

Preheat your oven to 350°F and line a baking sheet with parchment paper or silicone baking mat.

In a medium bowl, mix all ingredients together

Roll dough out to 1/4-inch thick and cut out shapes, gathering dough and re-rolling as necessary or drop by tablespoon if you don't want to shape.

Bake for 15-20 minutes until treats are set and allow cookies to cool on the baking sheet.



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

Squishy Horses\$ 5.00

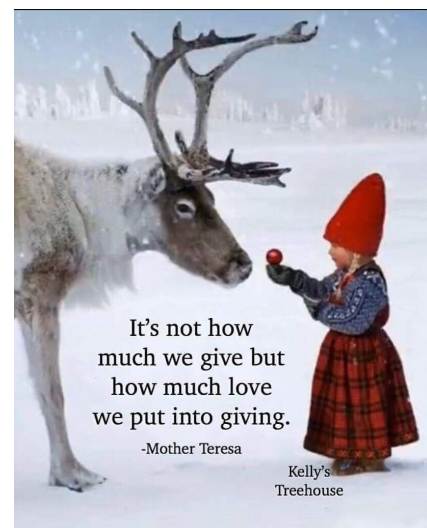
Coffee Mugs\$15.00

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 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.



"There is no doubt that it is around the family and the home that all the greatest virtues, the most dominating virtues of human, are created, strengthened and maintained."

~Winston S. Churchill~



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



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**

