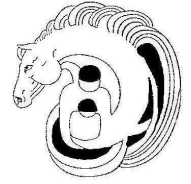


# Health Directed Riding



JANUARY 2022

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

*Where Rehab Reins*

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As I reflect on this past season, I appreciate the days that we were able to enjoy together that were full of fun, laughter, and friendship. This is always the best part of the riding season that keeps me going through the winter months as I look forward to the next year. The riding season always goes to fast, and this past year was no exception, especially after the missed 2020 season because of Covid. The holidays came and went and as I sit to write this, I feel so grateful for those times. Health Directed Riding could not do what we do without the blessing of such wonderful volunteers. *"Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, 'The LORD has done great things for them.'"*

<sup>3</sup>The LORD has done great things for us; we are glad." *Psalms 126:2-3*. At the end of the season, I usually attend the PATH International Conference, however this year just as last year the Conference was cancelled. Typically, it is a time for education and a chance to connect with other programs from our region, I find myself missing the opportunity to get together and network with this wonderful group of people. I am already looking forward to us all getting together again for the 2022 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. *"For the LORD is good; his steadfast love endures forever, and his faithfulness to all generations."* *Psalms 100:5*

Thank you for your continued support of Health Directed Riding.

Rhonda

## LA CRECHE CHILDCARE CENTER VISIT

On October 8th, thirteen children and three staff from LaCreche Childcare Center came out spend a morning with us at Jean Jenner's farm. It was a cloudy but warm day in October and the kids were able to enjoy the day without bundling for winter. Along with the experience of riding a horse the kids and staff also had the opportunity to meet Wayne and TJ from the Isanti County Sheriff's office, color pumpkins, play basketball and have a fun day "up north" before grabbing lunch and heading back to North Minneapolis. Thank you to Jean, Stephanie and Monty & Naomi for the use of your horses and bringing the goat. 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:*

*Callie Cox — Past rider*

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



Callie 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

## 2021 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 23. We had a fun group turnout, the food was excellent and the kids and the kids at heart created some fabulous decorations on pumpkins using 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) David L.; 2nd and 3rd Prizes (variety meat pack) - . Jim R and Dale S. ; 4th Prize (\$75 VISA gift card) - Laura M.





## 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](http://www.healthdirectedriding.org) to see items available for sale.

To purchase merchandise contact Rhonda at 612-247-9582. Items may be picked up or shipped to your address. Shipping fees will be applied to your order if not picked up.



## HEALTH DIRECTED RIDING RIDE-A-THON

The 25th Annual Health Directed Riding Ride-A-Thon was held on Sunday August 29th 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 Sound Bar. The winner of the Sound Bar was Naomi T. 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).



## EASY HORSE AND DOG GINGERBREAD TREATS

A simple and easy way to show your pets you care all year!

### Ingredients

- 1 ½ cups all-purpose flour
- 1 tablespoon ground ginger
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- ¼ cup molasses
- ¼ cup water
- 2 tablespoons vegetable oil

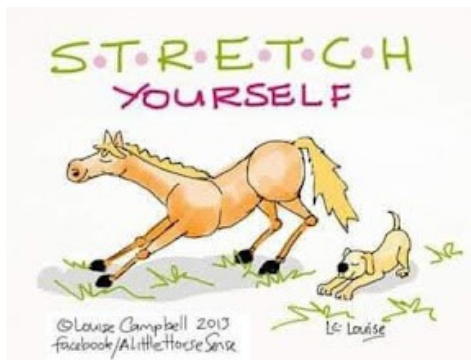
### Instructions

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 uniform in

On an a clean, smooth surface, roll or pat dough to ¼-inch thick and cut out shapes, gathering dough and re-rolling as necessary. Bake for 20 minutes and allow cookies to



## From our kitchen to yours: Chicken Enchiladas with White Sauce

### Ingredients

- 10 soft flour taco shells, medium size
- 1 rotisserie chicken, shredded (about 2 cups)
- 2 cups shredded Mexican cheese blend
- 1 cup chunky salsa (mild)
- 1 can (4 ounces) diced green chilies ½ teaspoon salt
- 3 tablespoons butter
- 2 cups chicken broth
- 3 tablespoons flour
- 1 cup sour cream



### Instructions

1. Preheat oven to 350 degrees F. Prepare pan by lightly spraying with cooking oil. Set aside.
2. In a large bowl, mix together shredded chicken, 1 ½ cups of the cheese, salsa, green chilies, and salt.
3. Spread one large heaping spoonful of the chicken mixture onto the end of a taco shell. Roll up the taco shell, and place it seam down into the prepared pan. Repeat for the remaining shells.
4. In a saucepan over medium heat, melt the butter. Add the flour and whisk constantly for one minute. Add the chicken broth and continue to whisk until smooth. Stir in the sour cream and remove from heat.
5. Pour the sauce evenly over the enchiladas, completely coating in between each enchilada and down the sides. Top with the reserved ½ cup of cheese.
6. Bake for 20 - 23 minutes. Turn the broiler onto high and broil for 2 - 3 minutes, until the cheese is slightly browned and completely melted.
7. Remove from the oven and serve warm.





“Comfort comes from knowing that people have made the same journey. And solace comes from understanding how others have learned to sing again.”

~ Helen Steiner Rice





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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**

