

LifeStriders

AUGUST 15, 2011

Newsletter

Special Points of Interest:

- *LifeStriders has moved and started its programming in the new facility on March 15*
- *New Veterans and Assisted Living programming have started*
- *New Horses to support additional programming have arrived*
- *Many new facility improvements have been added. Call to schedule a tour anytime!*

LIFE STRIDERS HEROES PILOT PROGRAM

On July 15, 2011 LifeStriders Therapeutic Riding Center launched the LifeStriders Heroes Pilot Program for veterans. Veterans and recreational therapist staff from the Zebloki Veteran Administration Medical Center (VAMC) spinal cord injury unit joined forces with LifeStriders therapy staff and their team of volunteers to launch this highly individualized and specialized program for veterans, free of charge.

Horses have a long history of being used in programs aimed at rehabilitating individuals with suffering from emotional, physical and mental health wounds. The benefits of therapeutic riding

and working with horses in a rehabilitative partnership are among the many physical and psychological factors that make this type of therapy so remarkable. Working in partnership with the horses and their respective teams of volunteer side walkers fosters leadership, teamwork, social connections, compassion and understanding of self and others.

While their physical limitations might present a barrier for exploring nature, LifeStriders makes it possible for these vets to experience the joys and relaxation of a trail ride through uneven and rustic terrain. Veterans who participated enjoyed the chal-

lenge and were very grateful for the experience that LifeStriders was able to provide.

LifeStriders' proximity to Milwaukee and well equipped heated indoor arenas, and expansive outdoor facility, make LifeStriders Heroes Program a great fit for many Veterans in the greater Milwaukee and Waukesha areas.

LifeStriders has recently received a grant for a mechanical lift system and is currently seeking additional funding for rider scholarships needed to fund the cost for veteran participants in the years to come.

MERRILL HILLS ASSISTED LIVING AND MEMORY

Merrill Hills originally contacted LifeStriders in May, after hearing about the organization from one of its current employees who also volunteers at LifeStriders.

They recognized an opportunity and benefit for their residents, to receive physi-

cal and cognitive stimulation through specialized therapeutic programming at LifeStriders.

Now, once a month, a large group of older adults come out to watch two to three of their peers ride the horses in therapeutic lessons.

It is a fun filled activity, for riders and onlookers alike, who cheer on their friends, while jamming to "oldies" music playing in the background.

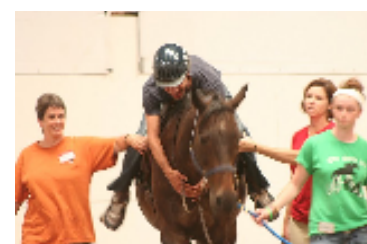
Residents of Merrill Hills, reminisce about their own horse experience and add their own twist to the les-



James measuring the length of his stirrups.



Sue grooming Jesse.



James stretching to give Drake a hug!

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LIFESTRIDERS

MERRILL HILLS ASSISTED LIVING AND MEMORY (CONTINUED)

son. Family members are always welcome and encouraged to come and watch their relative participate in an activity the riders typically have not done in many, many years. As for the therapeutic benefit for the residents –the movement of the horse helps the rider’s entire being. Riders work on balance and memory sequencing which they find challenging. They also work on strength-

ening muscles and becoming flexible. Sometimes when the lesson is over, many of the riders report that they



Enjoying the outdoors with a team of volunteers!

have to wait a few moments to recover their “land legs.” The lesson typically starts out in the indoor arena and progresses outside, where a trail ride, or an obstacle course, can be incorporated into the lesson. The residents who do not ride enjoy walking outdoors, when the weather is nice, and giving treats and scratches to the horses.



Giving love to Splash.



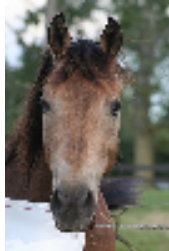
Not everyone wants to ride the real horse.

NEW HORSE ADDITIONS



Do you know someone who would like to board their horse at LifeStriders? Give our staff a call and inquire about LifeStriders boarding services

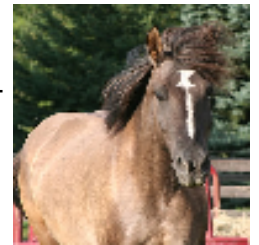
LifeStriders is growing and taking many strides this year. To help with our growth we have had several equine additions.



Tandy Bar is our first mare in a long time. She is the horse of a volunteer and is 22 years young!



Drake is a statuesque thoroughbred who is 18 years old. He came from a hunter background and now is a sweet loving therapy horse in training.



Rudy is our youngest horse. You couldn't tell by his mild manner and sense of calm. He was bought and donated by our own instructor-in-training; Natalie Hays!

GRAND OPENING RECAP - JUNE 3-4 2011

The family and friends of LifeStriders were treated to an exciting blend of perfect weather, overwhelming attendance and support, skillful demonstrations, a heartwarming lesson, and inspiring speakers and authors for its Grand Opening weekend. It was a weekend we will never forget and a weekend that has ushered in a new era of LifeStriders in this beautiful new facility.



Liz and Lori with Presidential Service Award Winners - Nicole Neidinger, Natalie Lirette, and Ruthie Barbour



Omar Benitez, and past and present LifeStriders of the year do the ribbon cutting honors.

"Put simply, LifeStriders is clearly dedicated to retaining its place at the leading edge of therapeutic riding; so for families in need of these services it would be hard to do better."

*- Rupert Isaacson
Author of the Horse Boy*

HORSE BOY DAY

Rupert Isaacson and Iliane Lorenz, of the Horse Boy Method, put on a very thoughtful and polished four and a half hour demo, and took questions during two movie screenings of "A View From the Inside - An Interview with Temple Grandin" and "The Horse Boy", for instructors and parents in WI and 4 surrounding states, who work with, or are interested in working with, children and adults on the autism spectrum.

The Horse Boy Method is based on Rupert's experiences in working with horses, and his own son, who lives with autism, and is the main focus of the Book,

and Movie, The Horse Boy. Rupert, Iliane and Kristen (Rupert's Wife) have been busy sharing their knowledge and experiences in various medias and demonstrations and we were lucky to have Rupert and Iliane here to discuss their successes, and to answer your questions about their methods and experiences as we all work to understand, appreciate, and help those with Autism. Their efforts here, and everywhere, are helping this generation, and many to come, grapple with this pandemic and we all should be very thankful for their work.

The staff, and volunteers at LifeStriders, are looking for-



ward to developing their new skills with "Freddy", and in the Horse Boy Methodology, and we are all looking forward to working with The Horse Boy Method staff again in the near future. It was an excellent learning experience for everyone who attended and we have had nothing but positive feedback since.

A big thank you goes to the Abair family for making their visit possible.

ARIENS COMPANY DONATES A COMMERCIAL TRACTOR



The Ariens Company, in Brillion, WI, supports LifeStriders efforts to provide therapeutic riding lessons to families with special needs. The Ariens Company owns Gravely, and donated a Gravely Pro 260 (see picture below) to LifeStriders for its use in cutting and grooming the new 23 Acre facility in Waukesha. LifeStriders is extremely grateful to Ariens company for the generous donation to

its program and appreciates its support of the LifeStriders mission. Thank you Ariens family.

Tim Moat, of Midwest Power Equipment, in Waukesha, WI has introduced LifeStriders to the Ariens family, and helped facilitate the donation to LifeStriders. Tim understands and appreciates the community of volunteers that are giving back to those with special needs and wanted to be able to join them and give back some of his own good fortune to the community. By facilitating this new relationship between LifeStriders and Ariens company, and this tractor donation, he has done just that. Thank you Tim, for being an advocate for LifeStriders and for delivering this awesome machine to the organization.



Tim Moat Delivers the new Gravely commercial lawn mower.

"I Hope this unit will save you all time and money, so money can be put in places it really needs to go for the program instead of mowing grass. It has been wonderful to work with you and your staff. Thank you! Midwest Power will be there for you."

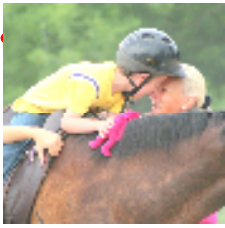
*- Tim Moat
Midwest Power Equipment*

The next time you are in the market for any power equipment, please consider Ariens, Gravely, and Midwest Power Equipment in Waukesha for your needs, in recognition of the very significant donation they have made to LifeStriders. Thank you to everyone who had a hand in making this contribution happen.



*LifeStriders is a PATH
Member Center*





LifeStriders

NEWSLETTER

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Helping Our Community One Stride At A Time



Healing comes in many ways. LifeStriders is 501c3 non-profit organization that provides life-enhancing, physical and psychological experiences and services, to individuals with special needs. Through Equine-Assisted Therapy, children and adults can experience the beneficial physical and mental benefits achieved through the human-horse connection.

Please support LifeStriders today by visiting our website at www.lifestriders.org.

WOMEN OF DISTINCTION LUNCHEON



Seven Waukesha County women were honored for outstanding volunteerism and community leadership by the Women and Girls Fund of Waukesha County during the 27th Annual Women of Distinction Luncheon at the Country Springs Hotel. The event was attended by nearly 500 people.

This year LifeStriders received a grant from the Women and Girls Fund, at the Luncheon, and Nicole Neidinger and Julie Kunath were selected to represent LifeStriders and help receive the grant.

