



LifeStriders



Newsletter

Special Points of Interest:

- *LifeStriders Horses for Heroes & Dryhooch*
- *Social Skills Training for kids between 5 - 18 years of age*
- *Parelli Horsemanship methodology practiced at LifeStriders*
- *Meet our Horse Therapists*
- *Indoor Arena Improvements*

LIFESTRIDERS HORSES FOR HEROES & DRYHOOTCH



On September 28, 2012 LifeStriders Therapeutic Riding Center launched another Program for veterans.

Operation Dryhooch is a Veterans' organization which helps veterans adjust to civilian life after returning home from home from duty.

LifeStriders has teamed up with Dryhooch and Veterans from the Zebloki Veteran Administration Medical Center (VAMC) to offer a unique approach to therapy for veterans suffering from Post Traumatic Stress

Disorder (PTSD) and other conditions.

LifeStriders therapy staff and volunteers have developed a highly specialized program for veterans, free of charge. Interaction with horses makes this therapy a remarkable rehabilitative partnership with many physical and psychological benefits.

Horses have a long history of helping in programs aimed at rehabilitating individuals suffering from emotional, physical and mental health wounds. Soldiers face extreme physical and emotional conditions daily during active duty. After returning home, their life changes dramatically which can present difficulty adjusting to experiences.



Therapeutic riding offers opportunities for new physical experiences and a social outlet fostering teamwork with the horses and the LifeStriders team. Teamwork, social connections, compassion and understanding of self and others are just a few of the many benefits this therapy offers to Veterans.

LifeStriders makes it possible for these vets to experience the peacefulness and relaxation of a trail ride through uneven and rustic terrain and can also choose to do other activities such as grooming the horses or get involved in other activities.

LifeStriders Dryhooch Program a great fit for many Veterans in southeastern WI.*

OCTOBER 10, 2012

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Social Skills Groups
Now Enrolling

LifeStriders

www.lifestriders.org

LifeStriders Fall Session of Social Skills Groups has begun! These fun, interactive groups are designed for children ages 5 to 18 years old with challenges that impact their interpersonal relationships and abilities to read social cues. Generally

grouped by age or "best fit", participants meet weekly in small group settings with individual experimental activities. The goals of the group include:

- * Increasing social awareness
- * Building Friendships
- * Maintaining friendships
- * Understanding the mechanics

of social communication.

These groups provide a safe place for kids to discuss topics such as; Bullying, Social Boundaries, Benefits of Rules, Making Amends, and Managing Difficult Feelings. Our hope is to empower these kids by building upon their strengths, redirecting the negative perceptions, and encouraging them to practice the skills needed to effectively relate with others. The groups help kids understand how others perceive them, what their role is

in social situations, and how to better navigate through social situations which may have previously been awkward due to a misunderstanding of social cues. This social understanding fosters a greater ability to build and strengthen connections.

Enrollment is now open. Please go to www.lifestriders.org for an application or email Ann Treleven-Carl at ann@lifestriders.org to enroll or for more information.

LIFESTRIDERS

PARELLI HORSEMANSHIP TRAINING METHOD AT LIFESTRIDERS

In the past year, LifeStriders has begun practicing the Parelli Natural Horsemanship (PNH) communication methodology. The Parelli approach is a relationship-based communication approach for humans and horses. It is based on the premise that horses in the wild are prey animals, and humans are predators. Horses instincts are often to feel threatened by people, especially if a person's body language is fast, in a direct line, or somehow threatening. Because of this dynamic, it is crucial for people to interact in

a manner which fosters trust, communication, and a respectful relationship. People who are unfamiliar with horses may create more stress for a horse due to lack of knowledge. LifeStriders goal is to train all LifeStriders volunteers on the basics of the Parelli method. This will ensure a long, productive, and positive career for our horse therapists.

Parelli methods are based on natural horse behaviors used within a herd. Parelli methods never employ

hitting, whipping, or any aggressive behavior toward the horses. PNH methods build trust and respect because they are mentally, emotionally and physically similar to the ways that horses communicate with one another.

A key goal of the Parelli approach at LifeStriders is understanding horses through subtle cues in their body language. Ear position, ear movement, lip licking, facial expressions, and posture are just some of the ways horses communicate.



Gretchen Arndt shows Cheryl Scaife the correct way to tie the rope halter.



Gretchen Arndt with Jazz.

MEET OUR HORSE THERAPISTS

The LifeStriders horses are the heart of our therapeutic offering. Our family of horses are dedicated to their jobs as therapeutic partners. They exhibit patience and trust each and every day which results in successful and beneficial therapy for our clients.

Many of the LifeStriders clients have a favorite horse which they prefer to ride during lessons. Many of the long-time LifeStriders clients have built a special bond with their favorite horse. For example, one of our young rider's first words was "Cody"! Cody is a favorite with many due to his gentle nature.

All of the horses undergo training to ensure LifeStriders therapy is a good fit for everyone involved. *



Cody

Elliott

Jack

Jesse



Little Elliott

Marky

Radar

Red

Vinur



Ty

Xena



BOARDING

Do you know someone who would like to board their horse at LifeStriders? Give our staff a call to inquire about boarding services. (262) 565-6124

LIFESTRIDERS

(CONTINUED) PARELLI HORSEMANSHIP

Just like humans, horses have very unique personalities. Some human and horse personalities blend better than others. PNH encourages people to consider the horse's characteristics during interaction and teaches people to interact with horses through seven types of interactions that horses have with one another.

Key components in this are attitude, knowledge, tools, techniques, time and imagination.

PNH allows for thresholds, boundaries and fears for both horse and human, and encourages issues to be worked through using mutual communication, leadership, and love.

Gretchen Arndt is a certified PNH instructor who donates one day per month to training LifeStriders volunteers the PNH methodology.

PNH has been welcomed by the many volunteer instructors at LifeStriders. We are grateful for their willingness to learn and practice PNH for the benefits of our horses and clients. LifeStriders recognizes that both the horse and human have partnership responsibilities. This relationship with our horses is critical for our horses who do such important therapeutic work.*



Volunteer Melissa and Red learning Parelli's 7 games.

KENDALL'S SUCCESS STORY

Kendall (a 15 year old autistic child) LOVES horses. I don't think there is anything that makes her happier than to be touching, smelling and riding a horse. The connection these animals have with special needs kids is just amazing. LifeStriders has provided her with Year-Round therapeutic riding, a major goal recently accomplished thanks to the generosity and dedication of many. We are so thankful to have this healing opportunity. It does take a Village.

Thank you,
Kendall's Mom



ARENA IMPROVEMENTS

INDEPENDENT'S SERVICE COMPANY

Above All Advertising, Inc.
Influential Advertising & Signage

MerryTime Play Systems



LifeStriders has been fortunate beneficiaries of the generous support from several companies who have donated labor and materials for improvements to the LifeStriders Indoor arena.

New white vinyl panels have been installed to give the indoor arena a new, bright appearance. The previously exposed walls were a dark brown color, and the vinyl panels have improved the visibility and aesthetics of the arena considerably.

The following companies support LifeStriders in an effort to provide therapeutic riding for families with special needs. Their donations made

our 2012 arena improvements possible.

The vinyl material was donated by **Independent's Service Company** of Hannibal, Missouri. They cut the material to size and sewed the pockets for the conduit.

Todd Ackerson of Above All Outdoor Advertising in Lindenhurst, IL donated the necessary labor for the vinyl panel installation.

On the west wall of the indoor arena, a wood cover on the top of the wall was a donation by **Rick Buss, owner of Merry Time Play Systems**. He provided the design and the labor and ma-

terial to fabricate and install it.

Finally, **Linda Lutes** donated the metal railing cap for the indoor arena. This cap protects the wood from the horses chewing on it.

These LifeStriders supporters understand and appreciate the mission of LifeStriders in helping those in our community with special needs. They have given back in many creative ways.

Thank you Independent's Services Company, Above All Outdoor Advertising, and Merry Time Play Systems for their generous donations and also for being advocates for LifeStriders.*



The horses like to chew on the wood railing while they are waiting for lessons to begin. The new metal cap donated by Linda Lutes will preserve the wood on the fence for years.


PATH
INTERNATIONAL
Professional Association of Therapeutic
Horsemanship International

*LifeStriders is a PATH
Member Center*



LifeStriders

NEWSLETTER

LifeStriders Address
 511 W29667 Summit Avenue (US HWY 18)
 Waukesha, WI 53188
 Phone: 262.565.6124
 Fax: 262.404.3105
www.lifestriders.org

Helping Our Community One Stride At A Time

VOLUNTEER CORNER



Mary Nebdahl has been volunteering at LifeStriders for the past 2 years, providing 15 hours of service per month doing the accounting and bookkeeping for LifeStriders. LifeStriders is grateful to Mary for her dedication to the LifeStriders organization.



Meghan and Anna are students from University Lake School in Delafield who worked at LifeStriders on a service project in August. They helped around the center, cared for the horses, and were side walkers during classes. Thank You Meghan and Anna!

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

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



THANK YOU TO ALL LIFESTRIDERS VOLUNTEERS!

LifeStriders is grateful for the volunteer support which enables safe therapy sessions for the many clients who visit LifeStriders every week.

Volunteers help in many ways:

- Each lesson requires three volunteers per rider in addition to the instructor totaling 12 Volunteers per class.
- Each class typically includes 4-6 riders.
- Approximately 80 riders take lessons weekly.
- LifeStriders is at full capacity, and expanding with the addition of two new horses.
- Side Walking during lessons
- Horse Care
- Facilities & Maintenance
- Facility Improvement Projects
- Donations

Volunteer opportunities currently available include:

