



I N S T R I D E
Q U A R T E R L Y N E W S L E T T E R

2ND QUARTER

APRIL 2011



**WE HOPE THAT EVERYONE HAS A
HAPPY EASTER AND/OR PASSOVER**



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APRIL-AUTISM AWARENESS MONTH

As you may know, April is Autism Awareness Month. To help raise awareness - following you will find a brief article from Easter Seals titled “Understanding Autism”. (Submitted by Katy Leidel)

- Autism is a developmental disability that typically appears and is diagnosed during the first 3 years of life. A result of a neurological disorder that affects the functioning of the brain, autism impacts the normal development of the brain, especially in the areas related to social interaction and communications skills.
- The condition is part of a set of five closely related conditions which all share symptoms and fall under the broad diagnostic umbrella of “Pervasive Developmental Disorders.” They each share three primary symptoms of impaired social interaction, impaired communication, and characteristic behavior patterns.
- Approximately 40% of individuals with autism do not speak. Others have echolalia, a parrot-like repeating of what has been said to them. Persons with autism often have difficulty understanding the non-verbal aspect of language such as social cues, body language and vocal qualities (pitch, tone and volume.)
- Individuals with autism typically have difficulty relating to objects and events and a great need for “sameness” which makes them upset if objects in their environment or time schedules change. Children with autism may not “play” with toys in the same manner as their peers and may become fixated to specific objects.
- Persons with autism may greatly overreact to sensory stimuli that they see, hear, touch, feel or taste. They may also not react at all to various stimuli from the environment.
- Children with autism often have a different rate of development especially in the areas of communication, social and cognitive skills. In contrast, motor development may occur at a typical rate. Sometimes skills will appear in children with autism at the expected rate or time and then disappear.
- If you would like more information please visit www.easterseals.com

BARN CLEANING



We want to thank everyone that puts in their time keeping the barn and stalls clean each week. Without your help we just could not keep up. We do have one note that we would like to mention. For those who run the blower to clean the walkways, many are blowing the dirt down the hallway between the clinic and the bathrooms. This is leaving a pile of sand by the clinic where everyone walks to get to the bathrooms and is a safety risk of someone falling. We ask that you please blow the dirt off the patio or grab a broom and sweep it off.

Side-walkers—If you have some time where we don't have any riders or you are looking for something to do, following is a To Do List just for you:

- Make sure the ramp is swept clean (not when the horses are in the arena though)
- Make sure the dirt is out away from the sprinkler heads in the arena
- Sweep out the therapy clinic
- Sweep out the bathrooms
- Wipe down the tables and chairs
- Wipe out helmets

Again, thank you for all that you do for our riders, our horses and our facility!

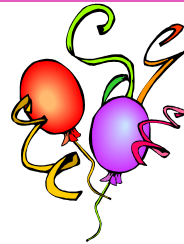
BIRTHDAYS

April Client Birthdays: Matthew Baker, Olivia DiPierro, William Klick, Mason Kramer, Alexis Reynolds. **Volunteer April Birthdays:** Breanna Cole, Lindsay Cosby, Crystal Cosby, Barbara O'Neil.

May Client Birthdays: Antonio Juarez-Delgado, Guillermo Garcia, Taylor Precht. **Volunteer May Birthdays:** Carol Adams, Mary DiLallo, Heiley Hanrahan, Helen Joduin, Kim Ramey, Rebecca Rinell, Jeannine Royer,.

June Client Birthdays: Connor Griffith, Geneva Klee, Jake Logan, Seth Morano, David Navarro.

June Volunteer/Staff Birthdays: Mike Benesch, Donna Blem, Veronica Bradly, Connie Hilwig, Katy Leidel, Jim Mansfield, Bonnie Rossi, Jamie Rossi, Lori Shapiro.



CAR SHOW

The Gulf Coast Corvette Club has decided to give the proceeds from their car show to InStride again this year! The show this year will be at Cox Chevrolet in Bradenton and will be on Sunday, May 1st from roughly 11:00 to 2:00. We are in need of a couple of volunteers and rider families to attend the show. The duties are basically giving a face to InStride and all that we do here. All materials and information will be given to which ever volunteers step up to the "curb" to help us out. Last year they raised \$1000.00 for our scholarship fund.

We are encouraging everyone that can, to go out to the car show and give your support for this great Corvette Club!



CASINO NIGHT



Mattison's in Sarasota is sponsoring a "Casino Night" to benefit InStride on Wednesday, April 27th. The cost is \$100.00 per person, with \$25.00 going towards your dinner at Mattison's and you will receive \$1000.00 in casino chips. Dinner is from 5:30 to 7:30 with the gaming going on from 6:30 to 9:30. The more chips you earn the better chance you have of winning a prize at the end of the evening.

If you aren't sure how it works, you play the casino games and hopefully win more chips. At the end of the evening you can "purchase" prize tickets with your chips and then drawings are held for the different prizes. (If you are on a losing streak though, you can purchase additional chips.)

So grab some friends and come on out to Mattison's for an evening of fun. Tickets can be purchased in the office from Cindy or Mike.

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CELEBRITY BAR TENDING

This last Thursday evening, April 14th, Janet McIntyre headed up some celebrity bar tenders at the Polo Bar and Grill in Bradenton. We would like to thank these ladies for their time and dedication to InStride. They were able to raise \$665.00 for our scholarship fund! Way to go ladies!



We also want to thank everyone that went and had a drink in order to support us!

PLANET DAY

This coming Friday, April 22nd, ArtisTree Landscape Design has chosen InStride as their non-profit to help this year. They are donating plants, man-power and the tools needed to beautify our facility. We are asking for your help to get all of it done. We need at least 10 more volunteers than what we currently have. Please let Cindy know if you would love to bring a couple of friends and help us out. We will begin at 9:00, break for lunch at 12:00 and finish up by 2:00. We are truly hoping that with enough help we can have this knocked out by lunch time!

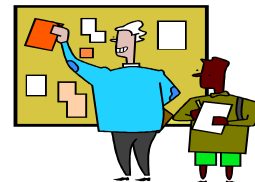
We would also like some of our families to come out so that others can see who they are helping.

If a youth is coming with you they must be 14 and we have a media release from ArtisTree that must be signed along with InStride's volunteer releases. These can be e-mailed if you would like. Hope to see you Friday!



FAMILY INFORMATION CENTER

We receive many different forms of informational materials for families with special needs children. We are working to get this information so that it is available to you without inundating you with e-mails, etc. The solution we have come up with is an informational board that will be set up on the South Patio by the water fountains. We encourage you to check the board when you are here to see what new things may be going on at InStride and in the community for your children. If anyone has something they would like posted please bring it to Cindy and we will look it over and then post it for you. **For example we have a local organization that provides different activities for children with autism free of charge. You will find this type of information on our board.**



GULF COAST GIVES

The Gulf Coast Community Foundation of Venice has a new web-site that benefits non-profit organizations. It is www.gulfcoastgives.org. You can go to this web-site and click on the different projects that non-profits have posted and choose one or more to donate to. Each project is only up for 45 days and each non-profit hopes to reach their goal within that time period. InStride has a project up currently in order to raise funds for more soft helmets which we are in need of. If you know of anyone that would like to donate to InStride and want to know where their money is going this might be a good fit. We encourage you to check it out!



JENNIFER BIGNER

As many of you may have heard Jennifer has received a position as an "Elephant Keeper" at the Knoxville Zoo in Tennessee. We are so excited for Jennifer as this is the field that she went to college for and she is pursuing her dream now. Her last day with us was Friday, April 8th and she began her new job on Wednesday, April 13th. If you would like an update on Jennifer you can always check with Mike and we are sure he would be happy to fill you in



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Tonka—one of the elephants Jennifer cares for



MARYANN ROBINS

We would like to introduce you to MaryAnn Robins. MaryAnn has been a volunteer at InStride since 2004, is a retired pre-school teacher owns her own horses, shows them regularly and is a level 2 Parelli student.

MaryAnn is taking over Jennifer's position as volunteer coordinator. She will be working Monday's from 8:00 to 1:00 and Wednesday's from 12:30 to 5:00. If you will be out or have any volunteer concerns she is the go to lady. In order to contact her by e-mail she can be reached at Volunteers@Instridetherapy.org.

WELCOME MARYANN!



NATURAL HIGHS



1. Road trips with friends
2. Swinging on swings.
3. Making eye contact with a cute stranger.
4. Making chocolate chip cookies.
5. Having your friends send you homemade cookies.
6. Holding hands with someone you care about.
7. Running into an old friend and realizing that some things (good or bad) never change.
8. Watching the expression on someone's face as they open a much desired present from you.
9. Watching the sunrise.
10. Getting out of bed every morning and being grateful for another beautiful day.
11. Knowing that somebody misses you.
12. Getting a hug from someone you care about deeply.
13. Knowing you've done the right thing, no matter what other people think.

SUNNY

An active partner with InStride for over 12 years, she was a perfect therapy horse. So gentle and calm. Always our go to horse for new riders. Over the last year we have seen her health deteriorate. She continued to lose weight and her back right leg was causing her a lot of pain. Upon the vets recommendation we made the difficult decision to lay her to rest.

Thank you Sunny for all your gifts to InStride over the years. You will be greatly missed.



VOLUNTEER NAME TAGS/SIGN IN

This is a friendly reminder that everyone **MUST** wear their name badge. You may know who everyone is during your shift, but it is important for the rider families and new volunteers to know who you are. We are also working on a system to show the different levels so the therapists know at a glance who can side-walk, etc or who can do what chores in the barn. Also, please leave your name badges in the boxes provided that are kept in the office.



We need you to please sign into the volunteer book each time you are here. You may be registered in the barn book or the regular book, but you **MUST SIGN IN!** The regular volunteer book does need to remain on the back patio. We have this area set up with an informational board just for you. Many of our grants are based on your volunteer hours. If you are not signing in we do not have all the information we need in order to fill out the paperwork properly.



