



INSTRIDE QUARTERLY NEWSLETTER



2ND & 3RD QTR

DECEMBER 2011



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BIRTHDAYS



July Birthdays-Clients: Adam Azouz, Alexandra Darbyshire, Christine Lawton, Tianna Rivera, Sage Tallon.

Volunteers: Bobbie Chase, David Holcomb, Tim Rink, Sara Sichling.

August Birthdays-Clients: Nick Dell'Armi, Jason Demidovich, Ana Gonzalez, Navene Shehadeh. **Volunteers:** Virginia Hale, Karen Horowitz, Ed Koehler, Janet McIntyre.

September Birthdays-Clients: Omar Gonzalez, Jason Henley, Victor Kishoiyian, ThanhTam Nguyen, Nick Stratakes, Joshua Sullivan. **Volunteers:** Steve Barry, Carole Boardman, Ingrid Crites, Susan Grater, Deborah Harding, Linda Hewitson, JoAnne Newsome, Chris Romer.

October Birthdays-Clients: Mark Cedillo, Edwin Clapham, Hailee Kurtz, Brandon Maas, Nihad Musallet,. **Volunteers:** LeAnn Ables, Lena Castoro, Camille Clarke, John Grantham, Maureen Hindmarsh, Connie Hilwig, Shelby Marsh,.

November Birthdays-Clients: Devin Avalos, Zeddicus Clapham, Nick Heath, Gustavo Rodriguez, Tara Shattuck. **Volunteers:** Claudia Figari, Angie Koehler, Rachel Warinner.

December Birthdays-Clients: Maria Hernandez, Madison Underwood. **Volunteers:** Shelby Colston, Carol Crane, Ardye McKrell, MaryAnn Robins, Holly Smiley.

CHESTER

Chester—Chester was with InStride for quite a few years and was mainly used for Special Olympics. Since Special Olympics is only 4 1/2 months out of the year Chester was not being used very much and still had quite a few years left to be productive. What to do???? A friend of Donna's has a riding center in New York where they give lots of riding lessons and Donna knew that it would be a perfect match. So, Chester packed his saddlebags and headed off to New York. He had not been there very long and his new owner decided to let her grand-daughter ride Chester in a local horse show. Of all the horses there guess who was awarded Best of Show? You guessed it: CHESTER! Way to go buddy! Keep up the good work.





CHRISTMAS TREE SALES TO BENEFIT INSTRIDE



WATERFRONTOO has selected InStride Therapy as their charity to receive donations from their Holiday Christmas Tree Sale! Buy your tree at **WATERFRONTOO** and you'll also help InStride provide financial needs-based scholarships for our special riders!

Thanks to our friends at **WATERFRONTOO** for helping our special riders to keep moving forward!!! You'll find the BIG WHITE TENT filled with a great selection of holiday trees is next to the **WATERFRONTOO** parking lot at 2205 N. Tamiami Trail - across from RV World of Nokomis and Mama Leone's.

Please visit **WATERFRONTOO** for the finest steaks and seafood - or to have them cater your holiday party! Located at 2205 N. Tamiami Trail Nokomis, FL or at Marker 20 by boat! For more information, call Eric 941-918-4591 or visit their web site at: <http://www.waterfrontoo.com>

www.waterfrontoo.com

DOCTOR/ADDRESS CHANGES

Clients—Have you moved, changed your phone number or changed doctors recently? This is important information that we need to receive in the office. When submitting your claims for insurance we must have all the proper information or your claim may be denied. Please add us to your list of places that need to be updated. THANKS!



GIDDY UP 2011



40 of our special riders lapped the Arena and raised over \$10,000 for our financial needs scholarship fund! A great family fun day with games, refreshments and activities for all ages!

GRAND BBQ! On Sunday we welcomed 400+ new and old friends to an afternoon of terrific BBQ, live music, hay rides, raffles, dessert contest, an auction and a country store! The rain held off for the most part and everyone was in great spirits! Thanks to our sponsors and everyone who helped us make this 2nd Annual GIDDY UP & GRAND BBQ bigger and better for all our special riders! **Mark your calendars - Saturday & Sunday, October 7th & 8th, 2012!** Hope to see you next year!

HOLIDAY BREAK

We will be taking a break and following the school break schedule for the holidays. There will be no therapy from Monday, December 19th through Sunday, December 31st. The office will be open however in case you have any questions or needs. We hope that everyone has a great holiday season and that it is a relaxing and enjoyable time.

The InStride Staff, Board Members and Horses



HOLIDAY GIFT GIVING



With the Holidays fast approaching, please consider a gift to your favorite charity this season...in honor or in memory of someone very special to you! If you choose InStride, you have three separate ways in which you can give.

First, we have a Christmas tree set up with different ornaments on it. Each ornament represents an item that one of our wonderful therapy horses has requested for Christmas. Please see the

First, we have a Christmas tree set up with different ornaments on it. Each ornament represents an item that one of our wonderful therapy horses has requested for Christmas. Please see the instruction sheet by the tree or ask in the office for assistance. **Second**, you might cherish the opportunity to contribute to our scholarship fund so our special riders can continue their therapy! **Third**, you might find one of our therapy horses irresistible - adopt one of them to help many riders during 2012! In the meantime THANK YOU for all the love and support you've shown InStride's special rider families, especially during these tough times!

INSTRIDE QUICK FACTS

Did you know?

InStride serves almost 400 riders annually with varying challenges.

Without our 60-100 active volunteers InStride wouldn't be able to exist.

InStride depends on donors, grants and events for more than 60% of our operating budget.

One of our therapy horses can work as many as 600 therapy sessions annually.



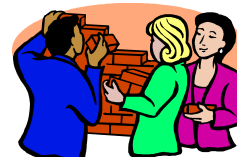
JJ & SUSAN

Two women met here on a Friday morning in February of 2010. They had both been to the same volunteer orientation, but their paths had never crossed before. One had extensive experience with horses and the other had never been around them. Over time they have become close friends and the inexperienced woman is becoming well learned about horses. In fact InStride saw potential in both of these ladies and they have both joined the InStride Staff in the past few months.

Jeanne Jeannotte (JJ) has become the volunteer coordinator. And Susan Thomas has become one of the barn ladies (or goddesses as some like to be called). You will find them here volunteering two days a week on top of the 10 hours a week they each put in as an employee.

JJ is a licensed chiropractor and says that she has found her passion working with our wonderful therapy horses and our clients.

Susan has worked with her husband who is a small animal veterinarian for 35 years. Susan has been around horses most of her life and says: "At InStride I not only help children reach their goals, I get to kiss a lot of noses." Welcome to the team Ladies!



LESSONS LIFE TAUGHT ME



This is from a 90 year old lady by the name of Regina Brett.

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.

NOVEMBER MISSION REPORT

Our first "Mission of the Month" for Gidget's boots was a *GREAT SUCCESS!* Thank you all so much for your interest, support and generous donations. The next "Mission of the Month" will be posted at a later date for January 2012.

Total Donations.....	\$191.00
Cost of Boots.....	<u>\$ 99.00</u>
Balance to Emergency Kitty \$	92.00



SUN FIESTA/HOLIDAY PARADES

Thanks to JJ, Susan Thomas, Carol Falck and Jay Blem, InStride participated in two parades recently. First we were in the Venice Sun Fiesta Parade on Saturday morning, October 15th. We had 7 volunteers show along with one of our great riders, Kevin Smith.

We were now just recently in the Venice Holiday Parade on Saturday evening, November 26th. We had 5 volunteers come along as well as two of our riders; Geneva Klee who brought her family along and the unstoppable Kevin Smith. Everyone had a great time and we want to thank everyone for a job well done.

VOLUNTEER OPPORTUNITY

Are you computer savvy? Are you a good organizer? Do you like garage sales and/or selling and buying on E-bay? If so we have the perfect spot for you! We are looking for someone that can set up, list, sell, ship and track various items that InStride has to sell. This is a position that we need someone that is self motivated, is proficient in all of the above and has the time to take care of it. Please contact JJ if you think you are interested in this job. Volunteers@Instridetherapy.org.

