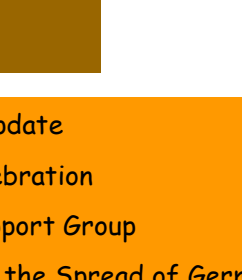
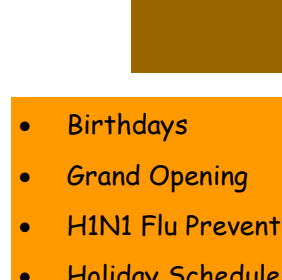


# INSTRIDE NEWSLETTER UPDATE

**Publication 18**

**October/November 2009**



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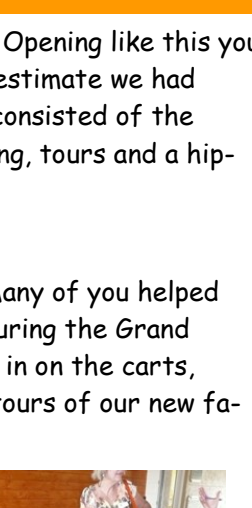
## BIRTHDAYS

**October Client Birthdays:** Andrew Hand, Hallie Kurtz, Brandon Maas, Ysaac Sanchez.

**October Volunteer Birthdays:** John Grantham, Kathy Westhoff, Nora Pendergrass, Lena Castoro, Mo Hindmarsch.

**November Client Birthdays:** Hayden Haston, Gustavo Rodriguez, Tara Shattuck.

**November Volunteer Birthdays:** Nancy Stormer, Angie Koehler, Ed Shortt, Cheryl Sayre,



## GRAND OPENING

What an awesome Grand Opening! Generally when you have a Grand Opening like this you manage to get around 50 people to come to the event. At our best estimate we had around 150 people attend! That is simply AMAZING! The program consisted of the blessing of our facility, several key note speakers, the ribbon cutting, tours and a hip-therapy demonstration.

We also want to thank all of our fabulous volunteers that helped. Many of you helped clean and prepare the facility ahead of time while others worked during the Grand Opening. Many of the jobs done were: parking cars, bringing guests in on the carts, checking guests in, guiding the media, helping with food and giving tours of our new facility.

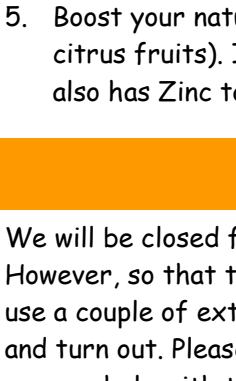


Dear InStride Amazing Staff, Volunteers and Families,

Thank you for all of your assistance with our new facility and our Grand Opening Celebration. What a perfect day! And a personal thank you for your perfect gift of the weather vane—this is something I so wanted for the new facility, but just one of the many items that had to be put on hold. I think it gives so much character to the entire center.

Donna

## H1N1 FLU PREVENTION TIPS



The only portals of entry are the nostrils and mouth/throat. While you are still healthy and not showing any symptoms of H1N1, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, can be practiced.

1. Frequent hand-washing.
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of the face (unless you want to eat, bathe or sleep).
3. Gargle twice a day with warm salt water (use Listerine if you don't trust salt). H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.
4. Similar to 3 above, clean your nostrils at least once every day with warm salt water. Blowing the nose hard once a day and swabbing both nostrils with cotton buds dipped in warm salt water is very effective in bringing down viral population.
5. Boost your natural immunity with foods that are rich in Vitamin C (Amla and other citrus fruits). If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.

## HOLIDAY SCHEDULE

We will be closed from November 26th through November 29th. However, so that the horses can have their holiday meal we could use a couple of extra hands to help with feeding, cleaning the stalls and turn out. Please look for a sign up sheet in the volunteer book if you can help with this. The office will be closed during this time.

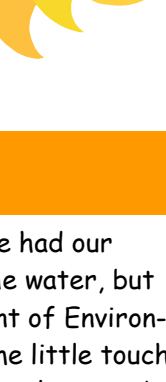


We are also going to be closed from December 21st through January 3rd. During this time Sue will be taking a week's vacation and we will need someone to again come feed, clean stalls and turn out. Please check your calendar's and check the sign up sheet in the volunteer book. Note that the office will be open every week day but Christmas Eve, Christmas, New Year's Eve and New Year's.

## HOLIDAY SHOPPING

It's that time of year again to start thinking about what you're going to get for everyone on your gift list. One of our client's parents has a solution for you and it benefits InStride!

Start your holiday shopping early at "Julie and Wendy's Second Holiday 'Fundraiser and Gift Show' to benefit InStride."



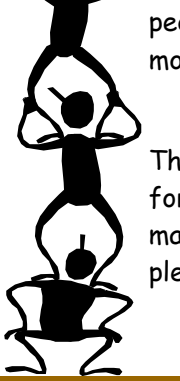
When: Saturday, December 5th from 10:00 am to 3:00 pm

Where: Sam Snead's Tavern, Southside Village (corner of Hillview and Osprey)

This year they have even gathered more local artisans and friends with home based businesses to sell their products at their holiday gift show. Some of the items include: handbags, jewelry, table linens, earth friendly products, silk flower arrangements, Christmas ornaments and more. There will be a raffle and giveaways! Sam Snead's Tavern will be offering special treats also. A percentage of the proceeds from the sales will be donated to InStride for riding scholarships. So stop on by for this fun event!

For more information, call Julie Klick at 780-6601 or email her at [jlclick@comcast.net](mailto:jlclick@comcast.net).

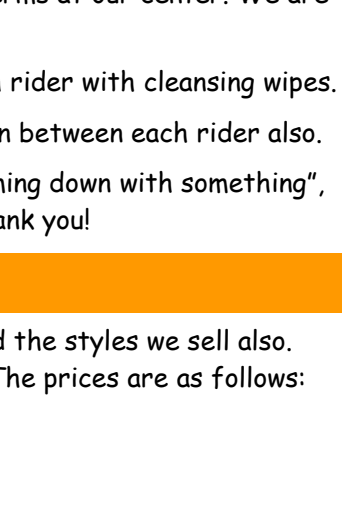
## NAME TAGS



We have worked at updating name tags for everyone. Each session there should be a box come out with the volunteer name tags in it for that time period. Please wear your name tag and then place it back in the box before you leave that day. This helps new volunteers, clients and staff remember who everyone is. Thank You!

## NATURAL HIGHS

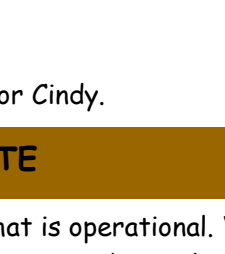
1. Chocolate milkshake (vanilla or strawberry).
2. A bubble bath.
3. Giggling.
4. A good conversation.
5. The beach.
6. Finding a 20 dollar bill in your coat from last winter.
7. Laughing at yourself.
8. Looking into their eyes and knowing they love you.
9. Midnight phone calls that last for hours.
10. Running through sprinklers.



## OPENING UPDATE

When are we going to open? That is the general question now that we have had our "Grand Opening". It is a truly great question. We again were held up by the water, but have recently received our okay from Sarasota County and the Department of Environmental Protection. So....there are final inspections to be done yet and some little touch ups before we can move into the new facility. And, no we have no idea when that may be.

We keep telling people that when you see our first gate closed, then drive on down to the next! Won't that be a nice surprise?

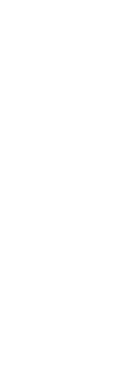


## PERELLI CELEBRATION/TRAINING

The beginning of October was a large natural horsemanship show in Lakeland put on by the Parelli's. This show was three days long and people of every level of horsemanship were there watching and participating in the show. Even if you knew nothing about horses you came away with a deeper love and appreciation for them.

With the Parelli shows you do not compete against each other, but rather yourself. You go out and do the best that you and your horse can do and show the connection that the two of you have.

One of the participants in this show was our very own, Donna Blem, executive director of InStride. Donna was one of the last participants to ride due to the high level that she has achieved in her natural horsemanship. Needless to say she wowed us all and received a level 5 ribbon with a score of 93.7. Way to go Donna!



Right now Donna is in her second week of training at the Parelli Center in Ocala, FL. As some of you may not be aware, Donna is training to become a Parelli Instructor. Being an instructor will bring more knowledge and financial opportunities to InStride. We wish Donna the best of luck! This will also give her time to recoup after leading our construction team these past two years.

## PARENT SUPPORT GROUP



One of our parents would like to start a parent support group for the parents of clients of InStride. At this moment we are trying to see how many people would be interested in this endeavor. She is looking at only once a month, one hour long and babysitting would be provided for younger children.

There would be theme for each month and the time would be strictly enforced. She is looking to keep the time precise because everyone has so many things on their plates. If this is something that you are interested in please email Cindy at [Cindy@instridetherapy.org](mailto:Cindy@instridetherapy.org).

## PREVENTING THE SPREAD OF GERMS



With the cold season being here plus the H1N1 all around we are asking for your help in preventing the spread of germs at our center. We are asking that you observe the following rules:

1. Wipe the helmets down in between each rider with cleansing wipes.
2. Use the hand sanitizer by the helmets in between each rider also.
3. If you are sick or think that "you're coming down with something", please don't come in that day. Thank you!

## T-SHIRTS

We have gotten a new batch of t-shirts in and have expanded the styles we sell also. There are also some new colors and new color combinations. The prices are as follows:



Ribbed and regular tanks: \$17.00

3/4 sleeve shirts: \$17.00

All t-shirts: 1 for \$15.00 or 2 for \$25.00

Polo shirts: \$25.00

Sweatshirts: \$20.00

Baseball cap or visor: \$15.00

Omar's Special! Hat and t-shirt: \$25.00



If you are interested in a shirt please see Mike or Cindy.

## WEB-SITE

After much work InStride now has a web-site that is operational. We are continually working to improve it and are working on having an up to date calendar on there also. There is a lot of information about InStride on it and as mentioned is a work in progress. We hope that you check it out and you never know....you might see yourself.



If you have any comments or questions about this newsletter please direct them to [Cindy@instridetherapy.org](mailto:Cindy@instridetherapy.org).