

Miracles in Motion — Handicapped Horseman, Inc.
Miracles in Motion
P.O. Box 14
Cedar Rapids, IA 52406-0014



NON-PROFIT ORGANIZATION
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Miracles in Motion



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Miracles Newsletter Spring 2005



Program News

Class Registration: Students, if you haven't done so already, please email or call the riding center to register for classes. Classes are filled on a first-come, first-served basis and they fill up quickly. **REMINDER: All students must submit forms annually.** You can access student forms via miraclesinmotion.net. Please print the forms and mail or deliver them to Miracles.

Instructor Certification Workshop

Miracles in Motion is hosting an instructor workshop May 19-22 this year. The workshop is for people who are in their final phase of getting certified as a NARHA instructor. We will need volunteers to help with the workshop—HC & Sidewalkers, hospitality volunteers and students to ride in classes on the final day of the workshop. If you would like to help, please email or call the office.

Special Sessions

We are gearing up for another wonderfully busy year at Miracles in Motion! In keeping with our philosophy—if you schedule it, they will come (students and we hope, volunteers alike!)—we are again offering two special four-week sessions this spring and fall. The **Spring Special Session** will include: Drill Team Independent Riders, Horse Care Class (unmounted) & Drill Team with Helpers.

Property News

Our major property-related goal this year is to build a new outdoor arena and a sensory trail in the flat pasture that is directly west of the house. This new arena and trail will add an exciting element to our program and will enhance the experience for all visitors to the riding center. The sensory trail will consist of a series of stations designed to provide sensory input, i.e., an aroma garden, moguls, a wooden bridge, etc. It will be accessible via horseback, on foot, by wheelchair or in a horse-drawn cart.

The Madison Brigham Memorial Fund, established by Madison's mother, Susan Brigham and Dr. Jim McNutt, is providing partial funding for this project. We still have a ways to go to completely fund this project and we need your help. You can support this project in several ways:

- Make a donation of funds or materials
- Pledge your talents and expertise in building, landscaping, planting, path making, concrete work, etc.
- Solicit help from your community (family members, philanthropic groups, community service groups, etc.)

Please support this project—a project that will enhance our program, provide our students (and all visitors) with an enriched Miracles experience. Call or email Sue Bock for details about how you can help: 319-857-4141 or miracles@mcleodusa.net.

Please send news, testimonials or comments to Ruth Paarmann, Communications Chair, rpaarmann@mchsi.com or call 362-0777.

Mission:

Miracles in Motion provides — through horseback riding — therapeutic, instructional and recreational benefits for persons with disabilities.

Want to donate or volunteer?

Contact us at:

Miracles in Motion
P.O. Box 14
Cedar Rapids, IA 52406-0014
(319) 857-4141

miracles@mcleodusa.net
www.miraclesinmotion.net

Donors are welcome to use the enclosed gift envelope.



Miracles in Motion —
Iowa's First NARHA -
Accredited Facility

Volunteer Corner

Attention, Miracles in Motion Volunteers!! Spring will be here soon and it is time to brush up on our volunteering skills. Returning volunteer training will be held on two different dates — please work one of the days into your schedule. Each year, we need you to go through training, update forms, review what is new at Miracles and sign up for class times.

The first returning volunteer training day is Thursday, March 10 from 6:00-7:30 p.m. at the riding center. The second date for returning volunteer training is March 16 from 6:00-7:30 p.m. Horse committee members should arrive at 6:00 p.m. and sidewalkers at 7:00 p.m. We look forward to seeing everyone there. If you can't make these dates, let Carol Heffernen know and attend a new volunteer training.

New volunteer training is Saturday, April 2 at 9:00 a.m. at the Swisher Bank with hands-on training following at the riding center.

Returning Volunteer Training

(Choose One Session)

6:00-7:30 p.m. at Miracles in Motion

Thursday, March 10

Thursday, March 16

Horse Committee at 6:00 p.m.

Sidewalkers begin at 7:00 p.m.

New Volunteer Training

9:00 a.m. — around Noon

Saturday, April 2

Begins at Swisher Bank.

Hands-on training follows at Miracles.

Please send your friends to download volunteer forms from www.miraclesinmotion.net!

Volunteer Appreciation Time

More than 12,000 volunteer hours were recorded for the year of 2004. Awesome!! On January 25, Kate Hladky hosted the volunteer appreciation party, and the Miracles in Motion Board of Directors supplied delicious food. It was fun to see those friendly volunteer faces.

Special recognition was given to the following volunteers:

Elaine Mayer volunteered the most hours with 345. This is the second year in a row that Elaine has received this award.

Horse committee volunteers with over 200 hours include: Ruth Paarmann (285), Janelle Reske (281), Susan Aukes (227), Rosemary Oliver (227), Kim Perry (226), Joyce Snyder (223) and Coleen Brems (204).

Sidewalkers with over 60 volunteer hours were: Bonnie Mull (80), Luann Williams (73), Jerry Nordquist (72), Carol Nordquist (72), Denise Welsch (67), and Peter Bednar (61).

Great job! Thank you to all of the volunteers for showing you care and volunteering for Miracles!!

Work Day!
March 12

9:00 a.m.-Noon

Get out the elbow grease — Miracles is taking a day to work on property tasks, and you're invited! Come out to Miracles in Motion to get an assignment at 9:00 and stay as long as you can. See you there!

Board News

We would like to say good-bye and thank you to former board members:

- **JP Bickel**, our board president and consensus builder.
- **Susie Moran**, board member and cookie procurer.
- **Hank Schillinger**, board member and engine of the golf committee.
- **Art Schmidt**, treasurer forever, board member and parent.
- **Barb Pooley**, financial advisor and board member.
- **Jennifer Rinden**, legal advisor and board member.

A heartfelt thanks to each of you for your considerable time and expertise.

We would like to welcome three new members to the Board of Directors!

Joel Kasparek is manager of the private client group and a vice president of USBank. He participates in civic affairs and raises five children with his wife Nancy. Joel has been elected as Treasurer of Miracles, a job that will keep him busy! He looks forward to giving of himself to improve the quality of life in our community.

Natasha Wendt has been a volunteer at Miracles, so her face may be familiar. She sells real estate for Lepic Kroeger in Iowa City, where she lives with her husband and their dog and two cats. She is enthusiastic and committed to fundraising and being an ambassador of Miracles.

Dennis Van Auken is president of his own company, Positive Solutions, a wonderful name that speaks to his outlook. He brings considerable fundraising experience and a goal to be passionate, creative and giving for Miracles in Motion.

The Board of Directors meets the second Wednesday of each month. People are welcome to attend. Please check the calendar on our website for location. The other officers include Kate Hladky, President and Elizabeth Hladky, Secretary.

Visit www.miraclesinmotion.net for all the news that didn't fit! You'll find complete calendar dates, volunteer forms, and much more!

Volunteer Spotlight - Laura Minchk

Since junior high, Laura Minchk has made the barn at Miracles in Motion a primary summer destination. She is now an active sophomore in Iowa City, participating in track, basketball, playing alto sax in band and also summer league basketball. Even with all the extracurriculars, Laura still has time to hang out with friends, go swimming and dancing and participate in 4-H. She has an older sister, younger brother and two cats and a dog.

Laura heard about Miracles through a horse-owning friend of her mother, Rita. Laura's love of horses initially drew her to the program, but the people and learning experiences keep her coming back.

"I've made a lot of friends at Miracles and enjoyed hanging out with Americorps," says Laura, who volunteers on Horse Committee. "But I'm also learning a lot that I didn't know over these years about horses and how to work with students."

In the summer, Miracles loves having Laura

spend two or three entire days at the riding center each week. Her mom drops her off at 8 and picks her up at 5, allowing Laura to spend time with the horses and volunteering for Leg Up and hippotherapy classes. Last year, she also helped Americorps volunteers learn the Miracles in Motion way.

She notes that Leg Up is fun to watch because of the progress that each student makes.



"They were tentative about going near a horse, and by the end they're trotting with no leader. They can be independent, but you've done something to help them towards that goal."

Laura also likes the horse show and has earned the privilege of trail riding. She recommends volunteering to other young people, and encourages them to try it for a while. Her advice: "If your heart

truly desires it, go for it!"

Miracles in Motion looks forward to having Laura's valuable assistance whenever she has time this summer!

Volunteer Spotlight - Elaine Mayer

This spring, Elaine Mayer is in our spotlight. Elaine has been the Miracles in Motion volunteer with the most hours for the two years in a row.

Elaine retired from 20 years as a CPR trainer at The University of Iowa Hospitals and Clinics in 1999. She also ran a boarding house in Iowa City/Coralville for several years about 13 years ago. Today, she lives in Hiawatha with her adorable Cockapoo, Sydney. She and her constant companion head to the off-leash dog park in southwest Cedar Rapids nearly every day for fun exercise.

She has two adult children and a granddaughter. Her daughter is a veterinarian in the Chicago area and her son is an electrician's apprentice in North Carolina. Her granddaughter is a dental college sophomore at The University of Iowa.

You might have noticed Elaine at last year's horse show peddling her hobby. She says, "I recycle old jewelry and chains and go to craft and art shows to sell it." Unsuccessfully, she adds with good humor.

"I can't decide whether I'm into collecting beads or making jewelry!"



Miracles was lucky enough to get Elaine through a volunteer listing in the paper shortly after she retired. Around February 2000, she went out to the riding center to talk to Program Director Sue Bock and started helping in the office. She trained as a sidewalker and was also encouraged to train for horse committee the following year.

Having trained 4000 people a year to do CPR for 20 years, Elaine still enjoys

helping people learn as Horse Committee Trainer. "Teaching or mentoring new people goes along with what I did for a living. I like that aspect of Miracles the most now."

Among other things, the Leg Up and hippotherapy classes keep her going. She says, "I do a lot of different things, run errands, etc. I also substitute a lot — I may spend as much time filling in as working a regular class."

Elaine wishes more retirees would join her in helping Miracles in Motion. "The important thing to realize is that MIM is a large organization and there are many chores that don't require a lot of physical effort."

"I'm really happy I discovered a way to be useful in my retirement years," Elaine says. "Everybody out there — the staff, volunteers, students — makes you feel so wanted and useful. When you get older, that's really important."

THANK YOU! Miracles in Motion Supporters

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