



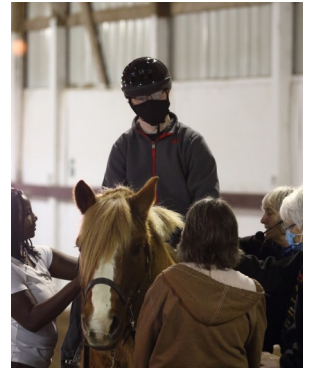
# Miracles in Motion

THERAPEUTIC EQUESTRIAN CENTER

April 2022

From the desk of Deb Leichsenring

For the past three decades children and adults with differing needs have been coming to Miracles In Motion for equine therapy. The types of needs served include but are not limited to physical, mental, learning, hearing and possibly visual impaired. Ages range from 4 years old through adult. Therapeutic horseback riding is to develop attainable goals achieved through learning to ride a horse. Some of the benefits obtained from riding are improved self-confidence, enhanced muscle tone, improvement of balance and coordination. The changes that are seen are amazing.



April 4<sup>th</sup> another season started at Miracles. You know it is Spring when you see the vehicles come down the driveway and the students arrive! The excitement of students and the joy when they see their horses in the arena waiting for them is exhilarating! We are grateful to the instructors, staff, volunteers, donors and of course our fabulous therapy herd that make this happen. We are having classes 5 days a week.

If you want any information on Miracles program head to our website: <https://miraclesinmotion.com/>

## Miranda Schene's Miracle Moment

I first started volunteering with a therapeutic riding center in my hometown of Colorado Springs when I was in college. At the time I was considering going into medicine, and volunteering with adaptive riding gave me a chance to interact with people with a wide variety of physical and mental disabilities, which



helped shape my decision. I also loved spending time outdoors and working with the horses. It was by far my favorite volunteering experience in college, and I was surprised by how much I enjoyed working with the riders during classes. I started in an MD/PhD program at the University of Iowa a couple of years ago, and I was very excited to find out that there was a therapeutic riding center in Iowa too! Unfortunately, due to a busy class schedule and then the COVID-19 pandemic, I was not able to start volunteering at Miracles until very recently. But since I started, it has been a thoroughly excellent experience! The volunteers and staff are wonderful to work with, and I look forward to every shift I have. Coming to the farm every week feels like a mini vacation, and working with the horses is a constant source of joy. I'm very excited to continue working at Miracles and to meet all the wonderful students here!

## Farmers State Bank continues their support

We are so grateful to Farmers State Bank for continuing to support Miracles in Motion. They have generously donated to help us build a shelter for our horses. We need to control access to our lush spring grass to avoid problems with some of our horses. Each area we fence off needs a shelter. Farmers State Bank support along with support from the Greater Cedar Rapids Housing & Building Association will allow us to construct 2 shelters this spring. If you are interested in helping with the construction of these shelters, please call the office at 319-867-4141.



Left to right in photo: Kent Neighbor, Lois James, Lauren Crippes, Deb Leichsenring, Gene Neighor



## Adaptive Horsemanship

Do you want to learn how to work safely around horses? Understand what they are listening to? Know when a horse is relaxed? Describe a horse's color and markings and know the parts of a horse? Consider signing up for Adaptive Horsemanship. This program teaches those with challenges about horses from the ground. Beyond just the joy of being able to be close to our therapy horses, students learn about grooming, leading, horse care, parts of the horse and being safe around horses. Our next adaptive horsemanship classes start May 18<sup>th</sup> and will run for 5 weeks.

## Our volunteers are nothing if not resilient!

For our first training of the year, they braved very cold temperatures and an arena that quickly filled with dust! (It was too cold to turn on the sprinklers that help us keep the dust to a minimum.) Luckily conditions are a bit better now and we look forward to additional trainings 4/23, 5/21, 6/25, 7/30, 8/27 and 9/24.



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## Thank you Johnson County 4-H Horse and Pony Club

For several years we have been fortunate to have the Johnson County 4-H Horse and Pony Club help us get ready for classes. In the words of our director "I cannot tell you how much was done today! This group is AMAZING!!! I told them I would take them back anytime!" They did yardwork, painted the arena, and cleaned tack, food bowls and water buckets. Our sincere thanks to these hard-working young people.

