



Miracles in Motion

THERAPEUTIC EQUESTRIAN CENTER

February 2024

Emma Freerks' Miracles Moment



I originally came to Miracles during my senior year in high school while I was working on getting my silver cord. However, I continued to come out even after I graduated. I loved working with the horses and watching the students grow throughout the classes. Unfortunately, part way through college, I had to stop coming, and then the pandemic completely pulled me away for a couple of years. Though once I graduated, I knew I had to come back, and I am so happy I did.

Now more experienced and wiser, I brought in my knowledge of struggling with my own disability to help work with these students. I worked with a young boy who struggled a lot with hyperactivity and even wanting to be on a horse. Working with him I took my struggles with ADHD and realized he needed a lot of sensory input. For the rest of the classes, I would just nonstop talk and engage with him. We would often just list off fun facts for an entire class. Even as a first-time rider he became very capable in controlling his horse and would be excited to come to class. His mom was so appreciative of this she would come to me after class and thank me.

Make Miracles in 2024—Volunteer with Us!

It's time to train for a new year of classes! This year new volunteers must train on side walking and participate in at least six classes before training in our other class roles.

Our first two training sessions are on March 16 and 23.

Side walker training for new and returning volunteers will be from 9-11 am and our returning volunteer horse leading and barn assistant training will be from 12-3 pm.

Classes begin April 1—please try to attend the session March 16 or 23 so you are ready to go!

Feel free to sign up on Volgistics or email Megan at volunteermiraclesinmotion@gmail.com to get scheduled!

Here are all of our 2024 training dates: March 16; March 23; April 20; May 18; June 22; July 20; August 17; September 21.

Class Registration Coming Soon

The 2024 program season starts April 1. Applications expected to be available March 1 on our website, miraclesinmotion.com. Each year a new medical form will need to be completed for each student.

From the Director's Desk

What a challenge the weather has been. We are so grateful to our Property Manager, Nick, who handled the herd when the winds and heavy snow—20+ inches of it—made it impossible for any of us to get out to Miracles safely. Thank you to Miracles' neighbor, Andy Tomas, who came once the winds died down to open up the driveway up to the arena. Prior to and after the snowstorm, volunteers layered up and braved the wind chilling temperatures to do chores and give Nick a much needed break. Through all of this, the herd did well.

The herd teaches us all so much. Huddled together, the strong or the leader makes the paths to the food or shelter, doesn't face the storm head on, and makes sure everyone is safe. Horses, being a prey animal, show emotion directly, for example, by paying attention to you. When you give love and affection to your horses,

they will offer love and affection back to you. Horses show their sense of humor by wiggling their ears. "No" from a horse is a tail swish and hind foot stomp. Just like people, no two horses will answer you in the same way. Sometimes you need to pause, to give the horse time to think.

From the horse you can learn much that translates in life with a friend, partner, or a team. This has so many benefits for building relationships and bonding with each other. As we know, a team encourages creativity and increases accountability and productivity. If you have the desire to work with horses, head to the Miracles in Motion website: miraclesinmotion.com and sign up under Volunteers. We and the herd will look forward to having you as part of the team!

--Deb Leichsenring



Farmers State Bank Sponsors Website and Newsletter

Many thanks to Farmers State Bank for renewing their sponsorship of Miracles for 2024! FSB is sponsoring our website and newsletter—allowing us to continue providing vital information, updates and transparency about our nonprofit organization and programming to our community.

As a locally owned community bank, FSB takes pride in giving back to the community in which they live and work. FSB supports a variety of local community enrichment programs, donor-dependent charitable organizations, and numerous informational and educational programs—donations totaling more than \$200,000 each year!

In addition to their financial commitment, FSB employees volunteer more than 5,000 hours of their time each year in numerous ways to many organizations, with the purpose of improving the quality of life in our communities. FSB has offices in Marion, Cedar Rapids, Hiawatha, Tiffin, and Alburnett.

Miracles in Motion is pleased to be a part of Farmers State Bank's tradition of community investment and improvement again this year. Thank you FSB!



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Farmers State Bank Sponsors the Miracles in Motion website and newsletter for 2024