



The Mounted Eagles' Mane Tales



Therapeutic Horsemanship

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The Path to Becoming a PATH Certified Instructor

By Lise Lunde



The Mounted Eagles Therapeutic Riding program is certified under the standards of PATH International (Professional Association of Therapeutic Horsemanship). PATH is an international organization that set standards for certification of therapeutic horsemanship programs and instructors. Two years ago, I began my journey down the path to become a certified instructor after volunteering for Mounted Eagles for the previous 5 years.

The process of becoming a certified instructor takes 12 to 18 months and includes two phases. The initial requirements include becoming a member of PATH International and becoming certified in CPR and First Aid. The next requirement is to demonstrate skills and knowledge related to general horsemanship. Once this has been completed, there are two on-line exams. The first is related to the PATH Standards and Accreditation process. The second exam is designed to help you assess your strengths and weaknesses related to therapeutic riding. Once you have passed both of these exams you can then move onto hands-on training called Phase Two.

In Phase Two, I spent time with Susie Bailiff as my mentor and taught 25 sessions of riding lessons at Spirit Horse Center. Susie was a mentor who encouraged me to expand my skills and independence during this time. Once this was completed, I then attended a 3-day workshop and certification. This was a wonderful opportunity to learn more about teaching therapeutic riding lessons. I also had the opportunity to meet a number of other students and some staff from the PATH office.

My path to certification had its challenges. It required ongoing commitment and determination to complete all the requirements. I learned a lot about therapeutic horsemanship and a lot about my own strengths and weaknesses as an instructor. I can honestly say that the day I received an email letting me know that I was certified brought a big smile to my face and a true sense of accomplishment. I now hope that I can share that sense of accomplishment with the riders in Mounted Eagles as they move along their individual paths of therapeutic riding.

11th Annual Walk-N-Roll *So they can ride*

The 11th annual Mounted Eagles Walk N Roll, So They Can Ride was held on September 7. We had beautiful weather and nearly reached our fundraising goal. The day Walk/Roll began in Pequot Lakes at 3 pm with area royalty there to get us started. Thank you to Bailey Wachholz, Miss Brainerd Lakes and Maria West, Miss Brainerd Lakes Outstanding Teen for coming to meet and greet our participants. Our grand marshals, Rocky Hart, Isaac Stange and Isaiah Stange got things rolling on the trail. We had 30 Walkers/Bikers/Runners/ Strollers. Richard Langer raised the most pledges with Cindy Rader in second place. Youth pledge results were Rachel Triplett in first and Cody Vleck in second. The team with the most members was the Langer Team and the team with the most participants was a tie for the Langer and Triplett team. In total, pledges collected were \$4,027. Thank you for all your hard work collecting pledges. Thank you to our major sponsors: T-shirt sponsors: Spirit Horse Center, Grattan Health Care, Crow Wing Recycling, Grand Casino Mille Lacs, Garrison VFW, Baxter Lions, NorthStar Kigers, Brainerd Lakes Surgery Center and Nisswa Square. Starting Line Sponsor: Pequot Lakes Physical Therapy, Finish Line Sponsor: Kris and Norm Olson, Entertainment Sponsor: Lakeland Agency, Water/Support Vehicle Sponsor: Pequot Lakes Legion, Awards Sponsor: Colleen & Irwin Langren. Thank you also to our many mile marker, logistics and in-kind sponsors. Participation for the event was down quite a bit this year, so please plan to attend next year the Saturday after Labor Day, September 6, 2014. Mark your calendar now!



Grand Marshals Isaac Stange, Rocky Hart and Isaiah Stange

Rider of the Quarter - Jessica Lund

Jessica Lund has been riding with the Mounted Eagles program since 2009 and has become a very accomplished rider. Her current riding partner is Lily, who Jessie says "sometimes has a mind of her own." Even when Lily wants to do things her way, Jessie has the riding experience to work with Lily and get her to complete what she is asked to do. "Lily knows me and is a pretty good listener, so we can get things done during our lessons" says Jessie with a big smile. Jessie always has a positive attitude and is willing to try new things during her riding lessons. Jessie is very talkative and keeps up on everything that is happening around her. She says that riding at Mounted Eagles has helped her to concentrate and follow through on directions. She also finds riding very relaxing and of course lots of fun!

Jessie comes to the barn with her friends Erica, Colleen and Natasha who also ride in the Mounted Eagles program. Jessie encourages her friends during their lessons and wants to make sure they are having fun. Along with riding, Jessie also enjoys grooming Lily "to make her look really nice." Lily likes the attention during the grooming sessions and just seems to know when she looks nice! When Jessie is not riding, she likes hanging out with her housemates and playing with the housecat "Dolly" who is a rescue cat. Jessie loves to plan parties and along with her friends, have created what they call "Series Sundays." Jessie explains that all you do is pick a series show to watch, invite your friends and have snacks ready. Sounds

like fun! Jessie did mention that one of her favorite series to watch is Lincoln Heights. Between the party planning and working five days a week, Jessie loves to read on her Kindle. Nicholas Sparks is one of her favorite authors. When asked, Jessie admitted that she is not all that interested in cooking, but she does love to eat, especially pasta and pizza.

Jessie loves to help her Dad out on the farm in Baudette. On the farm they have a dog named "Jack" and a barn cat named "Baby." She has a brother who lives in Deer River and a sister in Bemidji. Jessie is very proud to say that her brother Jared is a doctor, her sister Janet is a nurse and that she is very excited to be an Aunt! Jessie, we are certain that you will be a wonderful Aunt!

Congratulations on being selected as the Rider of the Quarter.



Mounted Eagles is a 501(c) non-profit group.

Our Mission Statement: Mounted Eagles enhances the lives of program participants, volunteers and the community by providing a safe and enjoyable environment where individuals with special needs benefit from therapeutic, developmental and educational equine-assisted activities.

From our Executive Director Lynn Fairbanks

During a Mounted Eagles Board of Directors meeting, we were reminded of how each of our riders is very unique. They all have their very own diverse abilities. Education and awareness around each individual rider will help us to teach, encourage and support our riders as they grow their riding skills.

Courtesy of the Epilepsy Foundation we would like to share information to help spread awareness about this neurological condition. You can find additional information at: www.epilepsyfoundation.org

What is epilepsy?

Epilepsy is a neurological condition that from time to time produces brief disturbances in the normal electrical functions of the brain. Normal brain function is made possible by millions of tiny electrical charges passing between nerve cells in the brain and to all parts of the body. When someone has epilepsy, this normal pattern may be interrupted by intermittent bursts of electrical energy that are much more intense than usual. They may affect a person's consciousness, bodily movements or sensations for a short time. These physical changes are called epileptic seizures. That is why epilepsy is sometimes called a seizure disorder. The unusual bursts of energy may occur in just one area of the brain (partial seizures), or may affect nerve cells throughout the brain (generalized seizures). Normal brain function cannot return until the electrical bursts subside. When seizures continue to occur for unknown reasons or because of an underlying problem that cannot be corrected, the condition is known as epilepsy. Epilepsy affects people of all ages, all nations, and all races. Epilepsy can also occur in animals, including dogs, cats, rabbits, and mice.

What is the difference between seizures and epilepsy?

Seizures are a symptom of epilepsy. Epilepsy is the underlying tendency of the brain to produce sudden bursts of electrical energy that disrupt other brain functions. Having a single seizure does not necessarily mean a person has epilepsy. High fever, severe head injury, lack of oxygen -- a number of factors can affect the brain enough to cause a single seizure. Epilepsy, on the other hand, is an underlying condition (or permanent brain injury) that affects the delicate systems which govern how electrical energy behaves in the brain, making it susceptible to recurring seizures.

Which doctors treat epilepsy?

Neurologists, pediatric neurologists, pediatricians, neurosurgeons, internists and family physicians all provide treatment for epilepsy. Specialized care for people whose seizures are difficult to control is available in large medical centers, neurological clinics at university and other hospitals, and from neurological specialists in private practice.

Is epilepsy ever contagious?

No, epilepsy is never contagious. You cannot catch epilepsy from someone else and nobody can catch it from you.

What causes epilepsy?

In about seven out of ten people with epilepsy, no cause can be found. Among the rest, the cause may be any one of a number of things that can make a difference in the way the brain works. For example, head injuries or lack of oxygen during birth may damage the delicate electrical system in the brain. Other causes include brain tumors, genetic conditions (such as tuberous sclerosis), lead poisoning, problems in development of the brain before birth, and infections like meningitis or encephalitis. Epilepsy is often thought of as a condition of childhood, but it can develop at any time of life. About 30 percent of the 200,000 new cases every year begin in childhood, particularly in early childhood and around the time of adolescence. Another period of relatively high incidence is in people over the age of 65.

How is epilepsy treated?

Epilepsy may be treated with drugs, surgery, a special diet, or an implanted device programmed to stimulate the vagus nerve (VNS therapy). Of these treatments, drug therapy is by far the most common, and is usually the first to be tried. A number of medications are currently used in the treatment of epilepsy. These medications control different types of seizures. People who have more than one type of seizure may have to take more than one kind of drug, although doctors try to control seizures with one drug if possible. A seizure-preventing drug (also known as an antiepileptic or anticonvulsant drug) won't work properly until it reaches a certain level in the body, and that level has to be maintained. It is important to follow the doctor's instructions very carefully as to when and how much medication should be taken. The goal is to keep the blood level high enough to prevent seizures, but not so high that it causes excessive sleepiness or other unpleasant side effects.



Welcome

Kristina Beckman,
Equine/Instructor Assistant

Our new horse, Pookie

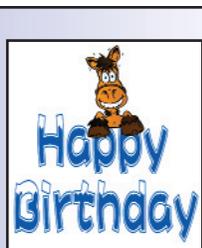
Look for more information
in our next issue.

Mounted Eagles
Holiday Celebration
Cookbook
Great Stocking Stuffer! Unique gift idea!
2 for \$20
Available in the Barn Office

2014 Calendar of Events

Jan 7,8,9	Riding resumes for 2014
Jan 25	Brainerd Jaycees Ice Fishing Extravaganza
Feb 18	Volunteer Training
Apr 17	Volunteer Training
Apr TBD	A Night With the Stars
Sept 6	Walk N Roll

Watch www.mountedeagles.org for updated calendar.



Cindy R	Sharon L	Meghan K
Linda S	Kelsey W	Victoria L
Erin S	Bill S	Ezra B
Rebekah H	Erica B	Debra S
Jean C	Jessica M	Debra G
Sandy Z	Sheri L	Kristi D
Tate B	Aggie S	Sherry S
Jessica L	Brittney S	Marcia G
Cody V	Alicea K	Kris O

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