

# REINS OF LIFE, INC.

*changing lives one stride at a time*



## IN THIS ISSUE:

- SUPER Students
- Executive Director Message
- Hello NEW FRIENDS!
- Engagement for ALL
- Awards & Recognition
- 2022 Summer Events



K-12 School Program students work on building healthy coping skills, teamwork and so much more while following the "Super Promise".

## SUPER STUDENTS THE K-12 SCHOOL PROGRAM

Knights following "The Code of Chivalry", Superheroes and their "Super Promise" Pledge and "The Code of the West" are just some of the fun themes our school students are engaged in throughout the year. Weekly or monthly visits, with the support from the amazing teaching staff and leadership at our K-12 partnership schools, make the smiles and emotional connections to learning possible.

SEL or Social & Emotional Learning, as defined by CASEL (Collaborative for Academic, Social, and Emotional Learning), is an integral part of education and human development.

Program Supported in part by:

Duneland Health Council, Healthcare Foundation of La Porte, The Pokagon Fund, United Way of Saint Joseph County

SEL is the process through which all young people and adults acquire and apply knowledge, skills and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions (CASEL). At Reins students are working with their equine-partners, not only building horsemanship skills but practical skills for living and leading healthy lives.

Our 2021-2022 Partnership Schools include:

- Michigan City Area Schools
- Career Academy
- Success Academy
- Special Education Cooperative of South La Porte

To learn more about the K-12 School Program at Reins of Life, Inc. visit [www.reinsoflife.org](http://www.reinsoflife.org) or give us a call today!

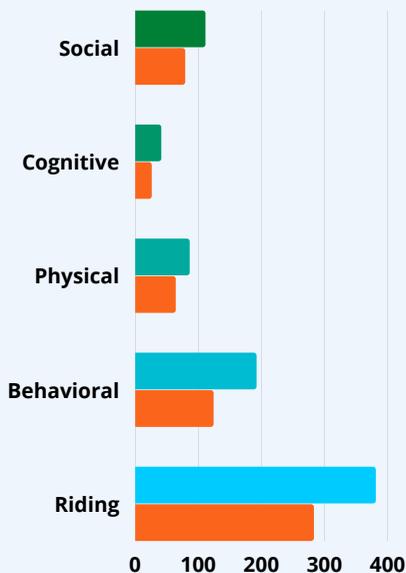
## A MESSAGE FROM THE EXECUTIVE DIRECTOR

### Reaching goals with us = hard work and fun!

**There is one unifying quality across various aspects of our organization - challenges are met with a smile and the determination to succeed.**

Every day at Reins brings an array of new experiences and achievements. Behind all of the successes and milestones are hours of hard work and endless dedication and determination of many contributors. I am sure that many of you have wondered whether we measure progress, collect data, and if so how. Let's take our oldest program Therapeutic Horseback Riding under the microscope. At the initial meeting (New Rider Evaluation) recommendations for prospective rider are made; for appropriate class placement, suitable horse from which rider will derive the most benefits (gaited/not gaited; bouncy/less bouncy, wide/narrow; tall/short; calm/energetic), required assistance (one side-walker or two side-walkers; talkative/quiet), need of special accommodations or specialized adaptive equipment, type of class (group, semi-private or private lessons), type of support (full support, ankle hold or thigh hold). Once an applicant is accepted into the program, goals are set based on the input from parents and/or riders themselves, teachers and medical professionals. Progress is documented in one or all categories: social, cognitive, physical, behavioral and riding. Each rider is then evaluated with a written summary at the conclusion of each session. When needed, goals are adjusted and redefined. In a year we have 5 sessions (Winter, Spring, Summer, Fall and Holiday). Goals are set and evaluated each session. Each session we challenge riders to do more to reach their highest level of independence. Through Progress Notes we can see if the designed approach matches the needs of the rider and decide whether adjustments are needed. Typically, a rider will have 3-4 goals set per session and on average will meet at least 2-3. For us 2021 marked an incredible year (see chart). We set collectively over 800 goals of which 70% were met. Together WE STRIDE!

Dorota Janik, Ph D



**In 2021 Therapeutic Horseback riders worked towards 811 physical, cognitive, behavioral, emotional and riding goals. Riders achieved 70% of their goals and continue to raise the bar!**

## ENGAGEMENT FOR ALL

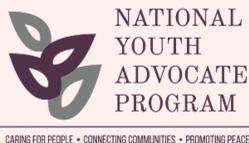
### A BITTERSWEET "LOVE, PEACE AND CHICKEN GREASE"

"It's like baking a made-to-order cake." That's how some, including the Executive Director, describe what we do at Reins of Life. "We have the ingredients of PATH Intl. Certified Instructors, the recipes of different equine-assisted programs, spectacular volunteers and horses; set in an inclusive environment to serve those on their journey towards greater independence."

Our community is only as good as the people in it. We are so grateful to have such impactful programs and organizations throughout Northern Indiana who provide supportive services and programs which make our community that much better. From aiding in promoting hope and healing for Gold Star families, supporting foster families and kiddos to providing jobs, mental health services, addiction treatments and so much more.

Reins of Life, Inc. is here to help our partnership organizations, their clients and our community create those made-to-order programs to engage and support a healthy, more inclusive and independent community.

It's never easy to say goodbye; especially to a great instructor, friend and teammate. In the spirit of continuing to follow our dreams and reaching towards our goals we must wish Holly Byers, Lead Instructor in South Bend, much joy and success in the next step of her career. Holly has accepted a position at Lighthouse Autism Center in Elkhart, IN. This will allow for completion of required clinical hours to become certified BCBS and possibly pursue her ultimate goal of PHD in Autism Studies.



Contact us at **574-232-0853** or email at **staff@reinsoflife.org** to inquire how to enroll in our programs or become a volunteer today!

# HELLO NEW FRIENDS

## WELCOMING NEW TEAM MEMBERS TO THE CENTERS



**Sam Nusbaum**  
Instructor & Interim Equine Manager

Samantha has volunteered at Reins of Life off and on since 2003. When she wasn't volunteering she was in the dressage ring with her horse at the Reins of Life benefit shows. In the past year her volunteering has turned into being at the barn full time and is now the newest member of the ROL Team at the South Bend center as Equine Manager and Therapeutic Riding Instructor



**Lynn Carbone**  
Office Assistant

Lynn has served many years as a Rehabilitation Registered Nurse so serving the riders of ROL felt like an extension of that calling. Transitioning into retirement from a lengthy nursing career, she began assisting Chris in the office with a variety of tasks and has now officially accepted the Office Assistant position. She is amazed at the development of the different programs over the years and loves to hear and see the success stories of our riders!

**WILLOW** is a 5 year old Quarter Horse mare that was purchased locally. While at first we all were a little uncertain about her age wondering if a 4 almost 5 year old would be able to settle into the unique role of a Therapeutic Riding Horse, Willow has surprised us all stepping into the role like a seasoned old soul.



**EEYORE** is a ten-year-old paint mare who joined our herd this spring. We are excited to add this super sweet and calm girl to our programs!



**S'MORE** is the newest member of our herd. He is a younger horse at just 4 years old who is super engaging with people and interested in his environment. This makes him an exceptionally playful pony.



**BONBON** is a gorgeous 7 year old Percheron mare who comes to us with experience in both riding and carriage driving. She also underwent training to participate in interactive vaulting which will make her one of the most versatile horses in our herd.



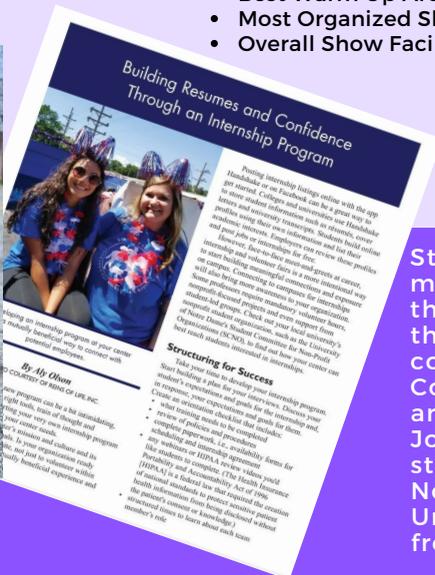
**SULLY** is a 6 year old Percheron / Dutch Harness Horse cross who joined the team at Reins of Life last spring and after training is now at the South Bend Barn. Sully rides, drives and is even in interactive vaulting classes.



The purchase and care of these truly fantastic horses was made possible through the kindness and support of our community, Friends and Family of late LCpl Mary E. McGavin, Vera Z. Dwyer Charitable Trust, Enbridge & Michigan City Community Enrichment Corporation.

## AWARDS & RECOGNITION

- **Castle Subaru of Portage, IN & The Times Media Company's** Charity of Choice Northwest Contest Winner - Reins of Life, Inc. received the top award of \$7,500 from Castle Subaru.
- **Chimacum Tack Indiana Competition** : Women Who Makes an Impact, Nominee & Winner - Dr. Dorota Janik
- **Michiana 2021 Dressage Club Members Choice Awards**:
  - Best Show Arena Footing
  - Best Warm Up Area
  - Most Organized Show
  - Overall Show Facility of the Year



## VOLUNTEER SPOTLIGHT: SISTER THERESA

Sister Theresa has been volunteering with us for over 25 years. She is considered by everyone an integral part of our organization, almost a staff member, and definitely a God send friend. She volunteers in every area of organization: she takes care of farm animals; helps with maintenance tasks; volunteers in lessons, serving as a leader or side-walker; helps with mentoring and training newcomers and re-entry center volunteers. Sister T., as most of us lovingly call her, is relentless in making sure everything works properly, and we all stay informed.

Strides Magazine, the PATH INTL. quarterly publication mailed to over 900 centers and 7000 members around the world, highlighted the ROL Internship Program in their most recent issue. ROL partners with mostly college interns (IUSB, IUPUI, PNW, Purdue, St. Mary's College, St.-Mary-of-the-Woods, IUN, Bethel University and more) but welcomes school projects like Saint Joseph Grade School Summons Projects; along with student groups like Notre Dame Student Consultants for Non-Profit Organizations (SCNO), OTA placement site for University of Southern Indiana and scholarship awardees from Community Foundation of Saint Joseph County.

**Reins of Life, Inc.**

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**PATH**  
INTERNATIONAL

Professional Association of Therapeutic  
Horsemanship International

PREMIER ACCREDITED  
CENTER

**APRIL :  
AUTISM  
AWARENESS  
MONTH**

Thank you to all supporters, donors & volunteers who helped make the 2021 event season a record-setting year to remember. The 2022 event calendar is loaded and ready for your rsvp. See you this summer!

**AUGUST**  
*Annual Golf  
Outing*

FOR A FULL LIST OF EVENTS VISIT  
[WWW.REINSOFLIFE.ORG/EVENTS](http://WWW.REINSOFLIFE.ORG/EVENTS)

**MAY  
21ST-  
22ND**  
4H & OPEN SHOW



**HOOFIN-IT  
5K WALK  
& RUN** SEPT 17TH

[www.reinsoflife.org](http://www.reinsoflife.org)



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**VOLUNTEER &  
COMMUNITY  
APPRECIATION  
DAY**

**BENEFIT  
DRESSAGE  
SHOWS**  
JUNE 18TH-19TH SB  
SEPT 24TH-25TH MC

**JULY 23RD**