

# Bright Horizons: Therapeutic riding helps develop skills

Article and photos by Andy Taylor

When you think about physical, social and emotional health, do you ever consider equestrian therapy? Bright Horizons Therapeutic Riding Center in Siletz does just that.

Since there isn't just one kind of disability, Bright Horizons staff doesn't just help one type of person with a particular need.

Special needs and disabilities aren't as simple as it sounds, they're all different and they have different severities. A veteran battling PTSD has different needs from someone who is wheelchair bound and a person struggling with anxiety/depression won't require the same considerations as another with a sensory disorder.

Bright Horizons staff members are certified and continually search for new ways to help anyone with a need. At-risk youth and people with attention deficit

disorder, autism, developmental/cognitive delays, Down syndrome, hearing/visual impairments and those with spinal and muscular needs are served.

Bright Horizons received \$2,500 in 2018 from the Siletz Tribal Charitable Contribution Fund for scholarships for people with special needs to participate in equine-assisted activities and therapies. The organization received \$5,000 in 2017 for the same program. Overall, Bright Horizons has received \$37,990 from the charitable fund since 2007.

The instructors and volunteers at Bright Horizons not only work by their mission statement, they live to fulfill it.

Mission statement: Bright Horizons Therapeutic Riding Center exists to improve the physical and emotional well-being of individuals and their families through therapeutic equestrian activities built on professionalism and trust with a focus on community education, communication and teamwork.

Marla Bowman is the program director and head instructor for Bright Horizons. She explained how the program greatly impacts the participants and how much of that change is credited to the horses.

"At the moment we have about 50 participants," she said, adding that the activities they participate in range from groundwork/team building to riding therapy and interactive vaulting.

Amy Cline, executive director for Bright Horizons, says what is needed most to help the kids are volunteers and donations.

"Some riders thrive here and we try to accommodate as much as we can. What helps them the most is donations," she said. "We have two main fundraisers. They include the golf tournament in September and the Hearts for Horses in January. We do this every year on top of applying for charitable funds through the Siletz Tribe."

Sequoia (photo, below right) is a rider at Bright Horizons who said, "Drifter is my favorite horse."

She thinks he is the cutest horse at the center and likes to take care of him. Sequoia mentioned her favorite part of caring for Drifter was brushing him so he is soft.

Grace (photo, below left), another rider at Bright Horizons, enjoys coming back because she likes the friendly instructors. Her eyes light up when she talks about her favorite horse, "Frisco is the best here because he is so tall and really nice!"

Grace likes to brush out her best buddy regularly. She takes her time and makes sure that all the horses she rides are well cared for.

With all the help they need, why wouldn't you sign up to help? You can volunteer for something at the farm or simply donate money to help provide a partial scholarship to someone in need.

For more information, reach Cline or Bowman using the contact information provided on Facebook or at [brighthorizonsriding.org](http://brighthorizonsriding.org).



### Need Rental Housing?

The Siletz Tribal Housing Department encourages you to apply for the Low-Income Rental Program waiting list in Siletz (1-4 bedrooms) and Lincoln City (2-3 bedrooms – Neachesna Village). Applications can be obtained at any Tribal area office (Eugene, Salem, Portland, Siletz) or online from the Tribal website – [ctsi.nsn.us](http://ctsi.nsn.us); follow links – Tribal Services-Housing-Low Rent Apartments & Home Ownership. Questions? Call 800-922-1399, ext. 1322, or 541-444-8322; fax: 541-444- 8313



## Siletz Community Health Clinic

### PATIENT PORTAL Self-Enrollment

- 1 From your phone, tablet, or computer's web browser go to [www.ctsi.nsn.us](http://www.ctsi.nsn.us)
- 2 Click on **Tribal Services**
- 3 Click on **Healthcare**
- 4 Click on **Patient Portal**

In the section "**Don't have an Account? Fill Out the Fields Below**" fill in your information, skip the insurance section, then complete the enrollment. Once your request is reviewed we'll send a verification email and you'll be ready to log on.

 **"IS MY ENROLLMENT INFORMATION SAFE?" YES! YOUR PORTAL SELF-ENROLLMENT INFORMATION IS VERIFIED AGAINST OUR PATIENT DATABASE. IF IT DOES NOT MATCH WE WILL CALL YOU USING THE PHONE# ON RECORD. Note: changes to email and other personal information must be made in person at the clinic, or through your portal account once the enrollment is complete.**

**Welcome to the Portal! Marci Muschamp, Health Director**

Sign up at Noel's Market or the Siletz Valley Grange

**MEETING – May 11 @ 3 p.m.**

**Siletz Valley Grange Hall**



**Free Well Water Testing**  
Presentation about wells and drinking water  
By Chrissy Lucas, OSU Extension Service

Arrange to get your water tested at the May 11, 2019, meeting or

Contact: Amy Chapman  
Lincoln County Environmental Health  
541-265-0431 or [achapman@co.lincoln.or.us](mailto:achapman@co.lincoln.or.us)

Lincoln County Environmental Health will host a presentation about wells and drinking water at the Siletz Valley Grange Hall

**May 11, 2019, @ 3 p.m.**

**This meeting is for people who would like to have their water tested, learn about safe drinking water and how to maintain wells.**

**Land owners – sign up to have your water tested for free.**

Coming to the meeting?  
Please sign up at Noel's Market or the Siletz Valley Grange Hall.