

## Tell me about ...

## Heroes on Horseback

Majestic Hills Ranch was founded in 1997 and offers a unique, low cost, therapeutic riding program for children and young adults with special needs. In 2010 we started our "MHR Heroes on Horseback" program serving our injured Armed Forces personnel, active and veterans, in the Minneapolis/St. Paul metro area, free of charge. They face challenges such as neuromuscular disorders, brain injuries, post traumatic stress disorder, cognitive limitations, and emotional difficulties. With the horse, exercise becomes a joy rather than a chore. The horse provides riders an overall improvement in their quality of life.

### Heroes On Horseback Program

Our teams of riding instructors, equine specialists, educational specialists, behavioral specialists, counselors / therapists, and volunteers, utilize the horses in equine-assisted activities designed to achieve a variety of therapeutic outcomes.

- Equine Assisted Activities
- Therapeutic Horseback Riding



### What is required to volunteer?

Each veteran can require up to three volunteers to assist them with their riding session. We ask for a 4 hour commitment from our volunteers whether it is once a week or once a month. The program currently runs Tuesday and Thursday afternoons, and evenings along with special Saturdays from May to October. Volunteers new to the ranch are required to complete a two hour training session prior to their first shift.

Majestic Hills also needs volunteers to help with events, ranch projects, and assist with other duties.

### Volunteer Job Description

One of the primary volunteers working with the veterans is a "Leader" who has more experience with horses and is responsible for leading and controlling the



horse during the riding sessions. In addition, they bring the horses in from the pasture and assist the veteran in grooming and tacking the



horse before a session. "Side-walkers" greet the veterans when they arrive, help them get their helmets, relay instructions from the instructor during the session, and assist with the lesson. For safety they brace the veterans in the saddle when necessary; or, for the more advanced, simply be near them.



**Volunteers may also be needed to assist with various ranch chores, such as watering the animals; cleaning equipment & the lounge;**

*If you are interested in volunteering, or have questions or concerns, please call Exec. Director Larry Johnson at 612-669-8846. You can also visit our website to download a volunteer application in .pdf format @ [www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org).*

## How can I get involved?

*Majestic Hills starts recruiting volunteers in March of each year and it is an on-going process. If you would like to volunteer, or know of a veteran who could benefit from the equestrian program, please contact Larry Johnson, HOH Executive Director at 612-669-8846.*

*For more information, please visit our web-site at:*

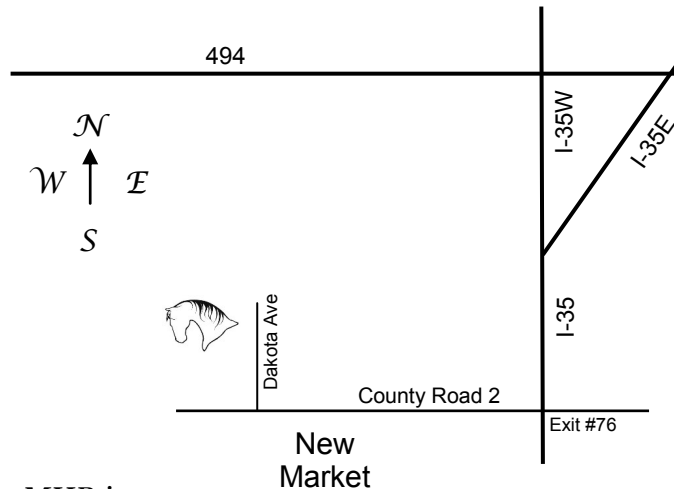
[www.MajesticHillsRanch.org](http://www.MajesticHillsRanch.org)

**Donations are always welcome!**



## Directions to Majestic Hills Ranch

- Go South on I-35W or E past Burnsville and continue on I-35 SOUTH
- Take the Elko/New Market Exit (#76)
  - Turn right onto County Road 2
  - Continue through New Market
  - Turn right onto Dakota Avenue
- Go approximately 1.5 miles. The Ranch is set 1/2 mile off the main road on the left.



MHR is a



### Majestic Hills Ranch

24580 Dakota Avenue  
Lakeville, MN 55044

Phone: 612-669-8846  
Fax: 952-595-5193

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



MAJESTIC HILLS RANCH

## Heroes On Horseback Volunteer Opportunities

### Helping Veterans Heal

**Mission:** To enrich and enhance the lives of injured Armed Forces personnel, whether active duty or Veterans in rehabilitation, by engaging them in a variety of recreational and therapeutic equestrian activities.

**Goal:** Our goal is to engage Armed Forces Veterans in a variety of therapeutic equestrian activities designed to achieve measurable behavioral, cognitive, physical, psychological, and communication goals.



### Majestic Hills Ranch

612-669-8846

Larry Johnson, Exec. Director of HOH