

## How can I get involved?

*Majestic Hills starts recruiting volunteers in February 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 program, please contact Craig Swanson at (612) 759-1840.*

*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

- Take I-35 SOUTH past Burnsville and continue on I-35 SOUTH
- Take the New Market/Elko 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 ½ mile off the main road on the left.



### Majestic Hills Ranch

24580 Dakota Avenue  
Lakeville, MN 55044

Phone: 952.888.6077

Fax: 952.888.6153

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



MAJESTIC HILLS RANCH

## Heroes On Horseback Volunteer Opportunities

### “Helping Veterans Heal”

#### Mission:

Our mission is to enrich and enhance the lives of Armed Forces Veterans and their families.



#### Goal:

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

**Majestic Hills Ranch**

952.888.6077

Majestic Hills Ranch was founded in 1997 and offers a unique, low cost, therapeutic riding program for children and veterans with special needs. We serve our Armed Forces Veterans in the Minneapolis/St. Paul seven county metro area who face challenges such as neuromuscular disorders, brain injuries, post traumatic stress disorder, cognitive limitations, and emotional difficulties. With the horse, rehabilitation becomes a joy rather than a chore. The horse provides riders an overall improvement in their quality of life.

### Heroes On Horseback Programs

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

- Equine Assisted Therapy
- Therapeutic Horseback Riding
- Carriage Driving
- Horsemanship/Recreational Riding



### What is required to volunteer?

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

Majestic Hills also needs volunteers to help with events, get the newsletter out, and assist with other administrative duties.

### Volunteer Job Description

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



during the therapy sessions. In addition, they bring the horses in from the pasture and assist the veteran in grooming and tacking the horse before a session. "Sidewalkers" greet the veterans when they arrive, help them get their helmets, relay instructions from the instructor during the session, and assist with the therapy. For safety they brace the veterans in the saddle when necessary; or, for the more advanced, simply spot them.

Volunteers must be able to walk in sand for one (1) hour. Sidewalkers must have the body strength to pull a veteran from the horse in case of an emergency.



In between sessions, volunteers assist with various ranch chores, such as watering and feeding the animals; cleaning stalls, equipment and the office; and maintaining the grounds. It is a rain or shine commitment!

*If you are interested in volunteering, or have questions or concerns, please call Craig Swanson at (612) 770-7799. You can also visit our website to download a volunteer application in .pdf format at [www.majestichillsranch.org](http://www.majestichillsranch.org).*