



# MOBIUS MIRROR

## Rose Wood Stables

Welcome Spring, and welcome the return of horseback riding! This Spring Mobius, Inc. has decided to move its riders to a new stable - Rose Wood Stables located in Alna, Maine. We chose this stable because it was closer than the previous stable, and the owner offered a discounted rate; both important factors in these difficult times.

The riders will be grooming and brushing the horses as well as performing therapeutic exercises while on the horse. Over the years Mobius has assisted consumers to access many types of therapies. Therapeutic Horseback Riding is one mode of therapy that we have found very useful. In this mode of therapy, the physical movement of the horse

and the emotional human-animal bond work together to improve a person's balance, posture, flexibility and muscle tone as well as improving sensory integration, self-confidence, self-esteem and independence. For example, the warmth and motion of the horse's body can significantly reduce spasticity (especially in the adductors of the leg) and enhance coordinated action in other muscle groups. Head and trunk control can be improved as a result of the need for the rider to look up in order to see where he or she is going. And learning to manipulate the reins helps to improve upper extremity and hand control. Self-esteem and self-confidence are influenced because once mounted the handicapped rider is no longer tied to his/her dis-

ability. The rider's view of the world is expanded by a dramatic margin. Furthermore, horseback riding, regardless of the level of expertise, carries with it a sense of power and control which few other activities can claim.

Rosewood Stables is a new stable built by its owner Amanda Gagne. It is located in Alna on That's It Lane - off Route 218. She can be reached at 207-449-8848 or email at [AMANDA.ROSEWOODSTABLES@gmail.com](mailto:AMANDA.ROSEWOODSTABLES@gmail.com). We hope to have many great riding seasons to come!



## Angela's Volunteer Work at Moose Meadow Farm

On Thursdays I work at a farm in Waldoboro. I scoop sawdust into two buckets. I carry them over to the horse stalls and I wait until Robin gets done cleaning the stalls. Then I put lines on the small chalkboard and I do it all over again. Mike dumps the horse manure. When the stalls are done I close the

latch doors. Sometimes I clean the horse's water buckets. I scrub them with a brush and hose. Sometimes I sweep the barn floor. I lead the ponies into the barn. Mike and Robin go get the two horses and bring them in to their stalls in the barn. The

big horse's name is Spike. He is retired from doing horse shows.

I will be in a horse show this summer. I will be showing Ginger Te OR Rhett Butler in a model pony class. This volunteer job helps me lose weight but also I like doing it.

### Special points of interest:

- Rose Wood Stable opens
- Volunteerism
- Bird watching
- News from the Director

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**We're on the Web!  
At [mobiusinc.org](http://mobiusinc.org)**

Darlene has hosted a coupon club this year, she is open to new members.

You can save money too!

Darlene is a bird watcher, and loves plants. She is learning how to care for outdoor birds and plants.

Darlene would like to host monthly meetings, with people who have similar interests.

If interested call Darlene at 882-8385, or 882-7019

Thank you,

Darlene, and Carol Copan DSP/II/Mgr

  
**Mobius, Inc.**

## **FROM THE DIRECTOR'S DESK**

Greetings to our readers. We survived the winter season with all that it threw at us in terms of freezing rain, snow storms, and power outages. We were able to install generator hook-ups in high-risk sites which served us well in those 'tight' spots. Much to our relief, winter did eventually 'go out like a lamb.'

Now it's time for Spring clean-up and projects are getting underway. Our supported housing project sits at the top of that list, and has been moving steadily forward. We bid the project in March and have selected a contractor who will begin work as soon as Mobius closes on loans in May with the Maine State Housing Authority and the US Department of Agriculture-Rural Development. Once the project is completed, tenant subsidies will be provided through the US Department of Housing and Urban Development. We have received significant interest

regarding possible referrals of individuals who might live in the apartments.

We are supporting a number of individuals who are moving into 'less restrictive' homes who require reduced staffing levels to live in their communities. Mobius continues to be committed to teaching necessary skills and encouraging growth opportunities for individuals to live more independently. We also realize that funding limitations require that the most cost-effective, quality support options are developed. In that regard, the agency has more than doubled its shared-living programs over the past year. Shared-living involves families who contract with Mobius to support an individual within an established family home. It is an extension of the foster care model, except that all of the program requirements for services to adults with developmental disabilities are

also in place. The service model is not for everyone but, when thoughtfully developed, the outcomes have been impressive, while keeping costs lower.

The summer looks to be a busy and fulfilling one, considering the construction project, other program development and another Summer Youth Employment program. The agency has been able to reduce expenditures in programs experiencing budget deficits and is financially sound. However, we will closely watch how the economy fares and the impact on State revenues, which are our primary funding source. We more than ever appreciate the supporters, employers, community members and organizations who work with us.

Thanks you all.

David Lawlor