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## Jamestown New Horizons

# Has it All!



*Jill holds her star high during a class at Jamestown New Horizons.*

### Reaching the stars!

**Located in Florissant, Mo.** (a suburb of St. Louis, Mo.), Jamestown New Horizons is a not-for-profit organization founded in 1985 that provides therapeutic/recreational horseback riding experiences for people with disabilities in the St. Louis metropolitan area.

- One of the finest therapeutic horseback riding programs in the country
- Gentle, well-trained, happy horses and ponies
- Enthusiastic volunteers, many with 30+ years of experience at JNH
- Knowledgeable occupational and physical therapists
- Experienced instructors, all 30+-year veterans teaching children with disabilities
- Safety equipment, educational games and sensory equipment for the riders
- A hard-working, dedicated board of directors
- Great location in St. Louis County, easily accessible by major highways
- A video to show to business and civic organizations
- The Freedom Arena, a safe indoor environment for classes



*Volunteer sidewalkers and leaders listen while rider Maddie gets safety drill instructions from the program director.*

**The Mission of JNH:** To promote the health and quality of life for people with disabilities through therapeutic horseback riding.





# JNH Students

**Jamestown New Horizons** provides therapeutic horsemanship training to students with autism, mental retardation, learning disabilities, epilepsy and cerebral palsy.

Students are taught to work as partners with their mounts. They are instructed in all aspects of horsemanship, from proper care and grooming, to understanding the nature of the horse, as well as learning to be a considerate rider.

Through the JNH program, students build a positive self-image, sense of responsibility and develop self-confidence – qualities that serve them well as they meet their challenges in life.

**1.** The riding lesson begins with fitting a safety helmet and belt. Riders are encouraged to do as much for themselves as possible, with volunteers helping as needed.

*Marge helps Maddie with the snap on her chin strap.*



**2.** Students warm up on the Equicizer, a wooden practice horse, which offers opportunities to practice riding techniques and challenges muscles before mounting a real horse.

*Megan sits in the forward position to move her mount back and forth, while her father and volunteer Ryan assist.*



**3.** Getting to know the pony is part of the routine for each lesson.

*Volunteer Paula holds 'Merrywood' as Marilyn helps Molly approach to do some grooming.*



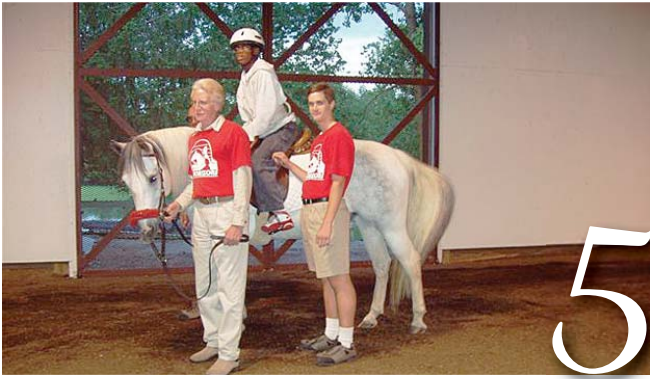
**4.** Riders mount from a sturdy platform. The viewing room in the background provides a safe spot for parents/guardians to watch the activities.

*Adam mounts 'Sophie' while instructor Oliver and volunteer Dan help*





# JNH Volunteers



**5.** Horses and ponies of various sizes provide just the right mounts for riders.

*Robbie started out on the pony 'Merrywood', but moved up to 'Braveheart' as he grew taller. Volunteers Ken and Justin are leader and sidewalker.*



**6.** Students progress in riding as much as their abilities allow.

*Emma learns the proper hand position on the reins from program director/instructor Bonnie.*



**7.** Riders work with the same leaders and sidewalkers throughout a twelve-week session.

*Alex "goes large" on 'Sophie', with instructor Oliver leading and volunteer Jenny sidewalking.*

**8.** Occupational therapist Sue McGhee visits classes regularly to check on riders' progress.

*Sue observes Emma run up her stirrups after a lesson. Bonnie holds 'Merrywood's' lead line while the pony eats carrots from his treat bowl.*



**Volunteers come from all walks of life.** Many are school teachers, therapists, nurses, or college students.

Effort is made to combine compatible volunteers, instructors and horses in order to work with the riders in the most pleasurable and productive ways.

More than half of the JNH volunteers have been with the program since its inception in 1985.

JNH provides 16 hours of volunteer training throughout the year.

Downloadable volunteer forms available at [www.jnh-goneriding.org](http://www.jnh-goneriding.org).





*A peaceful setting...*



*Rolling hills, trees, pastures and riding rings provide a peaceful setting for the Jamestown New Horizons program.*

## *P* JNH Program

**1.** Therapeutic equipment enhances riders' strength and balance.

*A foam block covered with a big smiley face helps Clare to sit tall on 'Merrywood'.*

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**2.** A former stall in the stable serves as an office where volunteers check and record progress on student charts.

*Volunteers Jamie, Ryan, Oliver, Barb, Lynn, Jan and Chris chat during a break between classes.*

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**3.** The JNH riders work over little jumps. Jade, riding "Jubilee" over the cavaletti, is assisted by volunteers Pat, Chris and Julia.

**4.** Cabinets are placed to provide easy access to safety equipment so that students may function independently. Nick rolls his safety belt before putting it away after his lesson.

**5.** A spacious indoor arena provides a safe and sheltered place for riding lessons. Max leads 'Trystan' to the mounting platform, with volunteers Jan and Chris alongside.



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Save this Date!

Annual Fundraiser

## Swing Fore the Kids Golf Tournament

Saturday, September 23, 2017

Emerald Greens Golf Course

12385 Larimore Road

St. Louis, MO 63138

Jamestown New Horizons puts on an annual “Last Roundup” party in December at the end of Riding Session III. JNH riders and their brothers and sisters have an afternoon of fun, food and Santa inside the “Freedom Arena.” After a rousing chorus of *Jingle Bells*, Santa hands out presents to each child. The roundup feast follows, with hot dogs, brats, and veggie burgers, and side dishes and desserts provided by parents and volunteers.



**1.** JNH provides recreational opportunities for riders and their families at the annual “Last Roundup” party. Hannah meets a “special guest.”



**2.** JNH used an egg hunt as an opportunity to engage riders in stretching activities. Carter, on ‘Merrywood’, holds his basket of eggs while volunteers Fran, Linda and Pat help scout out the hiding places.



**3.** Hardworking supporters put on a golf tournament to benefit JNH. Bill Reichhardt (holding flag) headed a team for his Missouri Beverage Company at the “Good Luck” Golf Classic. Mark Mullen and Mike Clark (not shown) were the co-chairmen of the event.



**4.** Dedicated instructors and trained volunteers ensure safety, fun, and a unique learning experience according to each rider’s abilities. Derek rides ‘Trystan’ with volunteer Dorothy sidewalking. Dorothy has worked with riders at JNH since the inception of the program in 1985.



**5.** JNH horses are well-trained and gentle. Josh learned to tack, groom and ride independently with his horse, ‘Dolly’, and his instructor, Oliver.

## JNH Benefits

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## The Benefits of Therapeutic Horseback Riding

**Jamestown New Horizons' program of therapeutic horsemanship** takes disabled riders through a complex series of movements which consciously and unconsciously use all of the body's muscles. It is a program that exercises and strengthens weak muscles, relaxes and stretches spastic ones, assists in the development of coordination and balance, calms emotions and tremendously boosts the morale of children and adults.

How? The horse rhythmically and naturally moves the rider's body in a manner similar to the human gait, improving posture, balance and muscle control. To a person who can't walk, riding feels like walking. Joints are exercised, stiffness is decreased and coordination improves gradually as the rider progresses in skill. Exercising the spirit is as important as exercising the body, and riding provides an enormous boost for people with physical and/or mental disabilities. Riding enables students to improve their self-esteem and motivation as they experience a sense of independence and freedom.

## Quality Enhancement Program

### The Productive Living Board

Jamestown New Horizons continues to fulfill the requirements of the Productive Living Board (PLB) of St. Louis County for health and safety protocols, staff competencies, skill assessment, consumer satisfaction and financial viability. PLB support has helped to provide financial stability to JNH since 1986.

### Missouri Foundation for Health

Jamestown New Horizons, which serves non-insured or under-insured children with special needs, has received grants from the Missouri Foundation for Health (MFH) to strengthen the core of the JNH program since 2003.

6. Students learn the joy that comes from forming a friendship with a horse.  
*Best friends: Alex and the Shetland pony 'Jubilee'*



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7. Caring for a large animal gives riders a sense of confidence.  
*Brian worked with the Thoroughbred 'Grasshopper' for several years, and formed a close bond with this horse.*

### Video Available Online!

[www.jnh-goneriding.org](http://www.jnh-goneriding.org)

The ten-minute video features the JNH riders in action on their horses and ponies in the "Freedom Arena", assisted by their volunteers, therapists and instructors.

Jamestown New Horizons is also happy to show its video to business, church and civic organizations.

Phone: 314/741-5816

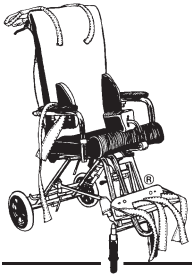
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*“Gone Riding”*®



**Sponsor A Horse!**

A contribution of \$120 a year (or \$10 per month) can help support the horse or pony of your choice – Bacharach, Braveheart, Jubilee, Happy, Miss Ebony, River Dancer, Saxon, or Sophie.

### Jamestown New Horizons

I would like to make a special gift to help meet the needs of children with disabilities.

Please accept my gift of:

\$25  \$50  \$100  \$200  \$500

\$1,000  Other \_\_\_\_\_

Donor Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone (        ) \_\_\_\_\_

*Thank You!*

Please mail to:

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Jamestown New Horizons is a not-for-profit organization with a 501(c)(3) Federal Tax Status