



2008 Annual Report

THE MISSION of Jamestown New Horizons is to promote the health and quality of life for people with disabilities through equine-assisted therapy.

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ACCOUNTING FIRM

Nichols, Ziemann, Ahmed & Co.

WEB & E-MAIL ADDRESSES:

website: www.jnh-goneriding.org
e-mail: jnhgoneriding@charter.net

PLB Partially funded by the
Productive Living Board

Jamestown New Horizons, a special combination of disabled riders, dedicated volunteers, experienced instructors and gentle horses, was founded in 1985 for the sole purpose of providing therapeutic/recreational horseback riding lessons for children and adults with intellectual, physical and emotional disabilities. From the first of March to the end of November the riders gather four days a week on 20 acres of rolling hills in North County for riding lessons designed to help them “sit up tall.”

During 2008, Jamestown New Horizons, a not-for-profit corporation, provided 1,087 hours of therapy to 75 people with disabilities throughout the St. Louis metropolitan area. Major arteries (i.e., Hwy. 270, 170, 367 and 67) provide easy access to Jamestown New Horizons. The program was made available to persons without regard to sex, race, color, creed or national origin. The students at Jamestown New Horizons come from a variety of backgrounds. Some were born with disabilities. Others became disabled through an unfortunate accident or illness.

The Jamestown New Horizons therapeutic riding program enables people with disabilities to acquire and/or maintain residential living skills that support them in their home and community.

While riding in different positions (sitting or lying forwards, backwards or sideways), students are taken through a complex series of movements that consciously and unconsciously uses all the body’s muscles, stimulating cardiovascular conditioning. The horse’s movement, combined with exercises, promotes body awareness and vestibular stimulation, while affecting balance, strength and postural control. Stronger arms and legs, improved balance and greater physical endurance positively affect a person’s general ability to get out of the bathtub or car, perform household chores, avoid falls and be less dependent on others. Lesson activities foster increased socialization skills and the development of the person’s self-responsibility, initiative-taking and making choices. Evaluation measures included: balance, coordination, postural control,

muscle strength, flexibility, then further evaluation noting social and learned behaviors such as interaction with riders/instructors, instruction/repetition, vocabulary, comprehension, discipline and responsibility.

Jamestown New Horizons is primarily a volunteer organization, allowing the program to provide quality services while maximizing use of funds. Individualized service is provided by the five JNH riding instructors (who have been with the program since inception), an occupational therapist and 50 volunteers – nurses, teachers, businesspersons and St. Louis University students majoring in physical therapy and occupational therapy. During 2008, the JNH volunteers worked 3,261 hours, serving as horse leaders and side-walkers to ensure safety and convey the instructors’ directions.

All of the members of the Jamestown New Horizons Board of Directors actively participate in JNH’s fund raising events. In addition, some of them work directly with the students during lessons 9 months of the year. Three members have worked directly with the students since 1985.

JNH has continued to receive funding from the Missouri Foundation for Health. Jamestown New Horizons has received partial funding from the Productive Living Board of St. Louis County for 23 years. JNH has continued to fulfill the requirements of the Productive Living Board’s Quality Enhancement program for health and safety protocols, staff competencies, skill assessment, consumer satisfaction and financial viability. Jamestown New Horizons is committed to providing quality services for the JNH riders to promote health and quality of life. ☺

2009 BOARD MEETINGS

Jamestown New Horizons, 15350 Old Jamestown Rd., Florissant, MO 63034

February 10, 2009 - 7:00 p.m. - 9:00 p.m.

May 12, 2009 - 7:00 p.m. - 9:00 p.m.

August 11, 2009 - 7:00 p.m. - 9:00 p.m.

November 13, 2009 - 7:00 p.m. - 9:00 p.m.



“The Sidewalks End”

When students arrive at the valley of Jamestown New Horizons, a whole world of nature opens to them – the rolling hills, the ponds, the Canada geese, the deer, the foxes and even coyote, in addition to the horses and ponies. It’s quite a different world from special schools, clinical therapy, sheltered workshops, asphalt playgrounds and concrete sidewalks. At Jamestown New Horizons, “the sidewalks end.” As the father of one of the JNH riders says, “When we come here, it’s like we’ve entered a different world.” Another parent said, “There’s an attitude of serenity at Jamestown New Horizons, a feeling of acceptance hard to find elsewhere. It’s a place where no one looks at anyone funny, and everyone is encouraged to be the best they can be.”

With classical music playing in the background, Jamestown New Horizons provides children with disabilities the opportunity to develop potential and strengthen a wide range of physical, mental, emotional and social abilities. The JNH riders quickly come to appreciate the physical and mental liberation they experience through their partnership with the loving, non-judgemental horses and ponies. This is a special relationship that would be difficult to duplicate in other settings.

It’s all about the Walk

The Greek soldier and historian Xenophon wrote in 400 BC that “the outside of a horse is good for the inside of man.” This is especially true when one rides the horse at a walk.

It takes the JNH horse Trystan about 150 strides to walk one time around the Jamestown New Horizons indoor riding arena. When the JNH rider ten-year-old Brittany rides him around the arena just one time, 150 rotational movements, created by Trystan’s action, have gone through Brittany’s body. During each lesson, Trystan walks around the arena about 10 times, causing Brittany’s pelvis and spine to experience about 1,500 rotational movements.

Even though riding Trystan at the walk provides a tremendous workout for Brittany’s muscles, the best part of all is that it doesn’t seem like a therapy session to Brittany. She’s just riding Trystan, playing games, talking with her friends and having great fun. Amazingly, every step that Trystan takes challenges Brittany’s balance and posture with *infinite variation*. Like snowflakes, each movement is unique because Trystan’s strides vary with the surface of the ground and the length of his stride. This infinite variation of movement simply cannot be duplicated by machines or other therapeutic equipment.

STATEMENTS OF FINANCIAL POSITION – December 31, 2008 and 2007

| | ASSETS | |
|---|-------------|-------------|
| | 2008 | 2007 |
| Current Assets | | |
| Cash | \$ 122,737 | \$ 119,308 |
| Accounts receivable | 928 | – |
| Unconditional promise to give | 52,563 | – |
| Inventories | 1,917 | 1,799 |
| Prepaid expenses | 3,276 | 3,346 |
| | <hr/> | <hr/> |
| Total current assets | 181,421 | 124,453 |
| | | |
| Property and Equipment | 156,208 | 169,400 |
| | <hr/> | <hr/> |
| Other Assets | | |
| Intangible asset | 560 | 587 |
| Long-term unconditional promise to give | 4,200 | – |
| | <hr/> | <hr/> |
| Total other assets | 4,760 | 587 |
| | <hr/> | <hr/> |
| Total assets | \$ 342,389 | \$ 294,440 |
| | <hr/> <hr/> | <hr/> <hr/> |

LIABILITIES AND NET ASSETS

| | | |
|---------------------------------------|-------------|-------------|
| Current Liabilities | | |
| Accounts payable and accrued expenses | \$ 4,647 | \$ 2,129 |
| | <hr/> | <hr/> |
| Total current liabilities | 4,647 | 2,129 |
| | <hr/> | <hr/> |
| Net Assets | | |
| Unrestricted | 280,979 | 292,311 |
| Temporarily restricted | 56,763 | – |
| | <hr/> | <hr/> |
| Total net assets | 337,742 | 292,311 |
| | <hr/> | <hr/> |
| Total liabilities and net assets | \$ 342,389 | \$ 294,440 |
| | <hr/> <hr/> | <hr/> <hr/> |

STATEMENTS OF ACTIVITIES – For the Years Ended December 31, 2008 and 2007

| | 2008 | | | 2007 | | |
|--|--------------|------------------------|------------|--------------|------------------------|-------------|
| | Unrestricted | Temporarily Restricted | Total | Unrestricted | Temporarily Restricted | Total |
| Support | | | | | | |
| Grants | \$ 30,439 | \$ 84,000 | \$ 114,439 | \$ 33,144 | \$ | \$ 33,144 |
| Contributions | 54,149 | – | 54,149 | 56,046 | – | 56,046 |
| Total Support | 84,588 | 84,000 | 168,588 | 89,190 | – | 89,190 |
| Revenues | | | | | | |
| Tuition and fees | 21,641 | – | 21,641 | 19,985 | – | 19,985 |
| Special events | 26,236 | – | 26,236 | 24,649 | – | 24,649 |
| Interest | 2,963 | – | 2,963 | 355 | – | 355 |
| Miscellaneous | 530 | – | 530 | 445 | – | 445 |
| Total revenues | 51,370 | – | 51,370 | 45,434 | – | 45,434 |
| Net Assets Released From Restrictions | 27,237 | (27,237) | – | 31,223 | (31,223) | – |
| Total public support and revenues | 163,195 | 56,763 | 219,958 | 165,847 | (31,223) | 134,624 |
| Expenses | | | | | | |
| Program services | 154,148 | – | 154,148 | 145,360 | – | 145,360 |
| Management and general | 16,772 | – | 16,772 | 17,221 | – | 17,221 |
| Fund raising | 3,607 | – | 3,607 | 2,841 | – | 2,841 |
| Total expenses | 174,527 | – | 174,527 | 165,422 | – | 165,422 |
| Changes in Net Assets | \$ (11,332) | \$ 56,763 | \$ 45,431 | \$ 425 | \$ (31,223) | \$ (30,798) |
| Net Assets - Beginning of Year | 292,311 | – | 292,311 | 291,886 | 31,223 | 323,109 |
| Net Assets - End of Year | \$ 280,979 | \$ 56,763 | \$ 337,742 | \$ 292,311 | \$ – | \$ 292,311 |

STATEMENTS OF CASH FLOWS – For The Years Ended December 31, 2008 and 2007

| | <u>2008</u> | <u>2007</u> |
|---|-------------------|-------------------|
| Cash Flows from Operating Activities | | |
| Change in Net Assets | \$ 45,431 | \$ (30,798) |
| Adjustments to reconcile changes in net assets to net cash provided (used) by operating activities: | | |
| Depreciation | 15,466 | 16,437 |
| Non-cash donations included in support | (1,500) | (4,500) |
| (Increase) decrease in accounts receivable | (928) | – |
| (Increase) decrease in inventories | (118) | 222 |
| (Increase) decrease in prepaids | 70 | (252) |
| (Increase) decrease in promises to give | (56,763) | 31,223 |
| (Decrease) increase in accounts payable | 2,518 | (15) |
| | <u>4,176</u> | <u>12,317</u> |
| Net cash provided by operating activities | 4,176 | 12,317 |
| Cash Flows from Investing Activities | | |
| Purchase of equipment | <u>(747)</u> | <u>(1,212)</u> |
| Net cash used by investing activities | <u>(747)</u> | <u>(1,212)</u> |
| Net increase (decrease) in cash | <u>\$ 3,429</u> | <u>\$ 11,105</u> |
| Cash and Cash Equivalents - Beginning of Year | <u>119,308</u> | <u>108,203</u> |
| Cash and Cash Equivalents - End of Year | <u>\$ 122,737</u> | <u>\$ 119,308</u> |
| Non Cash investing activities | | |
| Contribution of equipment | <u>\$ 1,500</u> | <u>\$ 4,500</u> |

STATEMENTS OF FUNCTIONAL EXPENSES – Year ended December 31, 2008

| | Program Services | Supporting Services | | Total |
|---------------------------------------|------------------------------------|------------------------------|-----------------|-------------------|
| | Therapeutic Horseback Riding | Management and General | Fund Raising | |
| Salaries, Payroll Taxes, and Benefits | \$ 33,078 | \$ 10,707 | \$ – | \$ 43,785 |
| Payroll taxes | 2,531 | 792 | – | 3,323 |
| Health Insurance | 708 | – | – | 708 |
| Total | <u>36,317</u> | <u>11,499</u> | <u>–</u> | <u>47,816</u> |
| Lesson expense | 76,514 | – | – | 76,514 |
| Depreciation and amortization | 14,045 | 1,412 | 9 | 15,466 |
| Outside services | 11,000 | – | – | 11,000 |
| Professional services | 6,450 | 2,330 | – | 8,780 |
| Insurance | 4,944 | – | – | 4,944 |
| Supplies | 1,463 | 662 | 662 | 2,787 |
| Promotional | – | – | 1,672 | 1,672 |
| Telephone | 720 | – | 719 | 1,439 |
| Training | 1,412 | – | – | 1,412 |
| Postage | 431 | 58 | 447 | 936 |
| Utilities | 832 | – | – | 832 |
| Repairs and maintenance | – | 501 | – | 501 |
| Miscellaneous | – | 310 | 98 | 408 |
| Dues and licenses | 20 | – | – | 20 |
| | <u>\$ 154,148</u> | <u>\$ 16,772</u> | <u>\$ 3,607</u> | <u>\$ 174,527</u> |

STATEMENTS OF FUNCTIONAL EXPENSES – Year ended December 31, 2007

| | Program Services | Supporting Services | | Total |
|---------------------------------------|------------------------------------|------------------------------|-----------------|-------------------|
| | Therapeutic Horseback Riding | Management and General | Fund Raising | |
| Salaries, Payroll Taxes, and Benefits | \$ 33,079 | \$ 10,436 | \$ – | \$ 43,515 |
| Payroll taxes | 2,530 | 768 | – | 3,298 |
| Health Insurance | – | – | – | – |
| Total | <u>35,609</u> | <u>11,204</u> | <u>–</u> | <u>46,813</u> |
| Lesson expense | 73,557 | – | – | 73,557 |
| Depreciation and amortization | 13,903 | 2,217 | 317 | 16,437 |
| Outside services | 6,800 | – | – | 6,800 |
| Professional services | 4,170 | 2,290 | – | 6,460 |
| Insurance | 4,864 | – | – | 4,864 |
| Supplies | 2,030 | 759 | 758 | 3,547 |
| Training | 2,007 | – | – | 2,007 |
| Telephone | 680 | – | 681 | 1,361 |
| Repairs and maintenance | 650 | 448 | – | 1,098 |
| Utilities | 775 | – | – | 775 |
| Promotional | – | – | 703 | 703 |
| Miscellaneous | – | 303 | 122 | 425 |
| Postage | 199 | – | 199 | 398 |
| Dues and licenses | 55 | – | – | 55 |
| Printing | 61 | – | 61 | 122 |
| | <u>\$ 145,360</u> | <u>\$ 17,221</u> | <u>\$ 2,841</u> | <u>\$ 165,422</u> |