



COURTESY PHOTO

Florida Beaudry is learning about riding horses at Jake E's Riding Round Up. The equine facility is a horse therapy and healing center in Kaufman specializing in improving the lives of individuals with physical disabilities.

Horse therapy is where the healing begins

By Kathi Nailling
STAFF WRITER

Out of a mother's despair for the loss of her child came a place filled with peace and healing.

Jake E's Riding Round Up in Kaufman was established after a 1/2-year-old Jacob drowned on April 24, 2010.

Jacob's mother, Jana Ewing, embarked on a mission to continue Jacob's legacy he left during his short life.

Ewing told the story of her son, and her desire to remember Jacob to members of the Gun Barrel



Ewing

See HEALING, Page 12A

Healing

Continued from 1A

City branch of the Cedar Creek Lake Area Chamber of Commerce during its monthly networking breakfast on Thursday.

Jake E's Riding Round Up is a Christian non-profit healing center. The therapeutic riding center offers opportunities that challenge riders with disabilities to achieve their maximum potential.

The center serves adults and children with disabilities, wounded war veterans, at-risk youth and whomever can benefit from a therapeutic partnership with horses.

Ewing told the group, "Our goal is to help each rider achieve their maximum independence. This approach emphasizes indi-

vidual attention and motivation. For those who have suffered the crisis of illness, the trauma of an accident, or the injustice of abuse, once the riders mount their horses, they are just like every other rider."

At the riding facility each instructor is a skilled equestrian with strong leadership and teaching skills.

"They have been trained to teach riders with disabilities and special needs," said Ewing.

The physical benefits to riding a horse are: improved strength and endurance; increased range of motion; improved coordination; and encouraged good posture.

Ewing said there are also psychological benefits to horse therapy. It promotes independence and self-control, teaches sequential

thinking and spatial awareness; motivates by providing immediate reinforcement for effort; and develops pride in new abilities.

Jake E's also caters to veterans with its Horses for Heroes program. The program was established as an opportunity to reach out to veterans and active-duty military personnel.

The Equine Facilitated Mental Health and Learning program utilizes horses to help clients heal. It is designed to enhance traditional therapy, and give mental health professionals a way to bring healing to their clients through a relationship with a horse.

Ewing said their volunteers go through a 12-week training program.

"We will have a training session starting in February," said Ewing. "Most of the clients at Jake E's are referred to the facil-

ity from advocacy centers, but also from word-of-mouth."

The equestrian center has 21 horses, and is a 501(c)3 non-profit organization. Ewing said they charge \$49 per lesson. Most of the funding for Jake E's is attributed to private donations. Ewing indicated there are plans to start applying for grant money available.

Clients for the center come surrounding counties including Henderson, Kaufman, Van Zandt, Smith and Rockwall.

If you are interested in becoming a volunteer, providing a scholarship for a child, adopting a horse or becoming a contributor contact Ewing at 214-468-9578 or 972-862-2838.

For more information about the facility visit the website at www.JakeEsRR.org.