

Healing Pet Therapy Services

Winter 2018, Volume 52

PAWSPrints

The Times They Are A Changin'

Life isn't quite the same as it used to be – so many things are changing: the way we communicate with each other, the way we record the present, the way we eat and live and share information.

PAWS tries hard to keep you informed about what's going on inside the organization, about our visiting opportunities, the community events, new certifications and fundraisers. We use the enewsletter and eblasts and emails (notice all the "e's") and the good old newsletter (you're holding one right now) to provide you with news from each staff member, congratulations to new teams, and sad things like the obituary page.

The question is – is this newsletter helpful to you? Do you read it, enjoy it, throw it in the trash (in which case you haven't even read this far)? Maybe this form of communication is still relevant and helpful: and if it is, we will keep on providing news to you in this format.

OR maybe you would rather see a shorter format of a printed version. The content is different from the enews so we want to keep it going somehow.

OR maybe an online version of this newsletter should be created and emailed to you so you can still get the info contained in these pages but it will arrive on your computer or phone instead of by snail mail.

So we're thinking of changing things up a little – we're going to keep the quarterly newsletter with much the same information you have always received, but it will arrive via internet. At this point in our thinking, we're probably going to continue to send an enews as well, but again, that is more event and team praise oriented. How does that sound to you? Does it matter as long as you get the right info?

Think about it a bit, please, then email me directly – <u>lrobinson@pawsforpeople.org</u> – and give me some feedback. We can keep this going, change the format, change the frequency, put in many photos of my puppy (just kidding). We have to have some way to get info to you but maybe it's time for a change - maybe it isn't. Maybe you have some neat ideas on what would be good/better/best for you. We'll let you know what the consensus is as soon as I hear back for you.

In the meantime, have a warm and wonderful New Year and thank your therapy companion for all the hours she/he puts in to make the world a better place.

Lynne Robinson, Executive Director

Healing Walks on Four Legs

The Impact of Pet Therapy

PAWS Winter Conference and Annual Meeting

Saturday, February 24th – Nemours/AI duPont Hospital for Children 8:30 AM – 3:30 PM

Registration includes keynote speaker, 4 workshops, lunch and continental breakfast

Keynote Speaker Presentation

Trauma Dogs: K9 First Responders serving the community and public safety
Brad Cole, Executive Director of K9 First Responders, Inc. in Milford, CT

Brad Cole will discuss the how this trauma response agency and their K9 First Responders serve as an acute intervention tool for mental health professionals and public safety personnel during and after a crisis. He will review deployments to the Las Vegas concert massacre, the Sandy Hook shooting, the Boston Marathon bombings and the Smyrna, Delaware prison take over and death of a prison guard. A documentary about their work will also be presented.



Workshops of Interest to All Pet Lovers will include



- Pet First Aid with Dr. Louis Snijders, Windcrest Animal Hospital
- Fun with Your Pet on Social Media and Facebook with Amy Celona, Webs by Amy
- * The Changing Environment of the Pet Food Industry with Donna Cheetham, Concord Pet
- Body Language with PAWS Executive Director, Lynne Robinson
- Dog Training: Attention & Focus with PAWS Dog trainer, Karen Powell
- The training involved in K9 First Responder work with keynote speaker Brad Cole
- Advanced Dog Training Techniques with PAWS Dog trainer, Karen Powell
- Made in America The Good, The Bad & the (sometimes) Ugly, Donna Cheetham, Concord Pet

For Those Interested in Learning More About Pet Therapy & PAWS for People

- Yes You Can and Your Dog Can, Too (Becoming a PAWS therapy team) with Lynne Robinson
- Maximizing the Potential of Pet Therapy DeStress with Keri Collins-Mooney
- BAWS for Reading Training with PAWS Director of Operations and Programs, Stephanie Barry
- * The impact of pet therapy in a hospice setting with Dr. Dan DePietropaolo and Anne Cecil-Kempski of Compassionate Care Hospice

Special features of the day

The Fun Zone! Pet-focused crafts and activities for all Continental breakfast and lunch buffet for all participants

Raffle and door prizes
PAWS info and PAWSWear available

<u>Cost:</u> PAWS members \$50 early bird, \$55 regular Non-members \$55 early bird, \$60 regular

Early Bird Deadline: February 14th

New Therapy Teams

September 2017 Teams

Paula Bairstow & Piper (Mixed Breed)
Ashton Coffelt & Jax (Standard Poodle)
Tiffany Coffelt & Jax (Standard Poodle)
Ellen Coltellaro & Lola (Lab)
Jessica Ferandez & Tango (Cocker Spaniel)
Sarah Fernandez & Tango (Cocker Spaniel)
Deborah Kelly & Bandit (Australian
Shepherd)
Sharon Luther & Mia (Mini Labradoodle)

Megan McGinness & Jasmine (Collie Mix)
Renee Michelsen & Dotty (Labrador/Golden
Retriever Mix)

Pat Saienni & Abagail (Yorkie) Denise Vincent & Jynx (Domestic Feline)

October 2017 Teams

Bella Bucci & Dakota (Norwegian Elkhound/Akita Mix) Nicole Coady & Riley Mae (Mix Breed) Vickie Fender & Jasper (Rat Terrier) Julie Hess & Sampson (Newfoundland) Jackie Knotts & Bruce (Mix Breed) Victoria Knotts & Buddy (Shih Tzu) Carla Nieser & Chase (Shetland Sheepdog) David Nieser & Chase (Shetland Sheepdog) Stacey Papa & Chase (Shepadoodle) Rachel Price & Xena (Rottweiler) RJ Price & Xena (Rottweiler) Karen Rohrer & Ripken (Cavapoo) Barbara Schivane & George (Hound Mix) Casey Velon & Piper (Miniature Bull Terrier) Sarah Vible & Rosebud (Yellow Lab)

Kimberly Walters & Boomer & Buster

Thomas Walters & Boomer & Buster

Paige Walters & Boomer & Buster (Bernese

(Bernese Mountain Dog)

(Bernese Mountain Dog)

Mountain Dog)

New Pets for Current Teams

Goslar – German Shepherd Dog Becky Cronin

November 2017 Teams

Linda Buchwald & Marley (Labrador)
Jill Harris & Willow (Black Lab Mix)
Chrissy Maas & Little Rascal (Havanese)
Annie Norman & Ace (Great Dane)
Maia Michael & Riley (Labrador Mix)
Allison Keller & Fleetwood (Bernese
Mountain Dog)
Monica Barton & Buddy (Golden Retriever)
Molly Roy & Duck (Labrador Retriever)
Katrina Gibson & B Dawg (Australian
Shepherd)
Michelle Butler & Sprocket (Border
Collie/Springer Spaniel Mix)
Laura Garver & Chasey (Cairn Terrier)
Sarah Fernandez & Tango (Cocker Spaniel)

December 2017 Teams

*junior member

Katharine McDaniel & Timber (Yellow Lab)
Gary Galeucia & Maizy (Labrador)
Michelle Trincia & Bodhi (Golden Retriever)
Maggie Bagnal & Jackson (Shiloh Shepherd)
Barbara Cooper & Bentley (Black Lab Mix)
Jeff Cooper & Bentley (Black Lab Mix)
Amy Herz & Wyatt (Golden Retriever
German Shepherd Mix)
Bryan Herz & Wyatt (Golden Retriever
German Shepherd Mix)
Wendy Lewis and Summer (Golden
Retriever)
Shaun Askin & Bodhi (Golden Retriever)
Morgan Taylor & Vera Rennee (German
Shepherd Dog)

The best way to find yourself is to lose yourself in the service of others.

~ Mahatma Ghandi

In loving memory of...

Michele Shockley joined PAWS in March of 2015 with her Border Collie, Finn, along with her daughter Reilee Shockley and sister Donna Coombs. Michele and Finn enjoyed visiting at the Emeritus/Gardens of White Chapel/Brookdale and once we found out that she was a terrific dog trainer, we asked her to consider managing the dog training side of PAWS. She agreed to that and with Karen Powell grew our dog training programs. Michele was always enthusiastic and caring. Her main love was her dogs and we are so very sad that cancer won the battle she fought so bravely on August 26, 2017.



Meoki Baker

Joining on March 1, 2005, Carolyn Baker, her daughter Courtney and their adorable sweet Pembroke Welsh Corgi, Meoki were PAWS for People's

first team! Together, they visited at Sunrise of Wilmington and was also key in getting the word out about PAWS. Although Carolyn retired Meoki from visiting a few years ago, she remains an active, dedicated member. Carolyn, we thank you for sharing your darling, therapy companion, Meoki and for all of the time you dedicate to PAWS.



Diesel Pickering

This beautiful husky mix and his human, Mary, joined PAWS in September of 2012. Mary chose to volunteer with Diesel because he was very friendly and enjoyed

people and she knew that he would be great at pet therapy. Together they visited at Foulk Manor South, Country House, and Christiana Care Health System. Thank you, Mary, for sharing your handsome and lovable Diesel through PAWS. **Daisy Cura,** (no photo available) a beautiful Chocolate Lab, was rescued by Erica Cura and her family in October of 2016, at the age of five. Previously a PAWS team with her dog, Moose, Erica saw the same compassion in Daisy and brought her to PAWS in January of 2017. As a therapy team, they visited at Sunrise Wilmington and just became a PAWS for Reading Team.



Lady Baca, a beautiful Golden Retriever, joined PAWS with her human, Jo-Ann, in April of 2012. After seeing PAWS teams at work, Jo-Ann knew that her lovely Lady would be the perfect addition to PAWS. This Advanced team visited

at Aquila of Reading team.



Katie Webster

Katie's human joined PAWS with Katie in July of 2017, because she wanted to give back to her community and make others happy through pet therapy. Together, they visited at Manor

House. Katie, a Boxer/Beagle Mix, reportedly enjoyed every minute of her visits.



Stella Parker Stacey Parker and her Catahoula Leopard Dog Mix, Stella, joined PAWS in July of 2013. Because Stella was deaf and visually impaired, she loved to be hugged and touched. Stacey knew that joining PAWS would

give Stella the extra affection she loved. Together, they visited at Somerford House and multiple Community Events. She will be greatly missed.



Nikkie McLaughlin

Megan McLoughlin joined PAWS with her beloved Keeshond, Nikkie, in July of 2016. As an Advanced Team,

Nikkie and Megan visited with Lima Estates, Crozer Keystone Inpatient Hospice, The Court of Delaware County, and several Pennsylvania libraries as a PAWS for Reading Team. They also attended numerous Community Events. Nikkie will be dearly missed by the friends she made through PAWS.

WELCOME TO PAWS

OFFICE ASSISTANT

Welcome to Sue Balascio – our brand new part-time Office Support staff member, hired in early December. Sue comes to us with a multitude of talents and tons of experience. She knows PAWS well already as she and her beagle Shiloh were members in our not too distant past. Staff is looking forward to her joining us in January.



Benefits of Canine Massage

Who doesn't love a massage? Massage benefits us both physically and

physhgologically. The same is true for our pups. Look for the happy doggie (pictured here) throughout this issue to learn of some of the benefits of Canine Massage.

- 1 eases physical stress
- 2 relieves pain

Andréa's Coordinator Catch Up

What a wonderful time to be a part of PAWS! Isn't it always a wonderful time to be a part of PAWS?! We are thrilled to be bringing our teams together through our Team Support Program! Team Support is a wonderful way for our teams to get to know each other and PAWS a little better. As PAWS continues to grow, we hope you will enjoy growing with us and getting to know other PAWS Teams.

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~ Andréa Cox, Volunteer Coordinator

I slept
and dreamt that life was joy:
I awoke
and saw that life was service:
I acted
and behold, service was joy.

Rabindranath Tagore

HappyTails")

I'd like to take a moment to remind everyone that although the PAWS to Consider Newsletter may not be mailed to your homes any longer,



other mailings throughout the year will. If you move to a new home, congratulations – but please help us stay connected. Let us know your new physical address, and we will update our member database accordingly, so you can continue to receive all future mailings. Likewise, if you change your legal name, your home or mobile phone number, or your email address – please pass that new contact information along to the PAWS Office. It's so important for us to remain up to date with our growing membership roster, so you in turn can remain "in the loop" on all those exciting PAWS happenings throughout the upcoming calendar year. I wish you all a wonderful holiday season and a healthy, happy New Year for you, your therapy companion(s), and your loved ones.

~ Laura Garver, Office Manager

PAWS Shining Stars



Look at the face of your therapy companion and picture it in full color hanging in the PAWS' Gallery of Shining Stars in the PAWS office. Any of our therapy companions can be acknowledged on the gallery – no time prerequisite or service requirement. We would love to see every one of our amazing PAWS therapy companions up there – they are ALL stars in our eyes. (Just send us a really good head shot of your buddy and \$25 – we'll do the framing and handing and call you when it's done. Don't wait!

PET CARE CORNER

Alternatives to Commercial Ice Melts

Good news – there are some safe ways to protect your pet from harmful chemicals contained in snow/ice melts. Cleaning paws is one of the most effective things we can do. Use a damp cloth or towel to thoroughly clean off all four feet. Cat litter is often used for traction on sidewalks and steps, although it does nothing to melt ice or snow. Some people prefer sand if they have it to avoid the stickiness of the litter. There are always snow boots.

2 ONLINE COURSES

PAWS University/Programs

PAWS University now offers two distance (online) courses for your convenience. PS (Psychiatric Support) PAWS focuses on identifying common psychiatric challenges people face – and teaches the pet therapy team how they may best work with their therapy companion to support these challenges.

We also are offering Part 1 of our First Visit Assistant Training – for those teams interested in supporting new member's first pet therapy visits. Our 2018 PAWS University schedule is available online – we hope that you consider joining us for a course or two this coming year. Please check our website for full descriptions and upcoming courses. http://www.pawsforpeople.org/classes-for-members

Benefits of Canine Massage



- 3 relaxes your pup
- 4 increases range of motion
- 5 improves mobility
- 6 improves lung condition

TRAINING, TRAINING, TRAINING!

Whether you are just getting started or you need to work on specific behaviors, we have the perfect class for you!

All courses are held at the PAWS for People Office in Newark.

(We would be happy to start training classes in Sussex County if someone knows of a good trainer and a place where we could hold our classes.)

The following courses are held weekly and run for a total of 5 weeks:

Puppy 2 - starts 1/9
Target Training - starts 1/9
Attention & Focus - starts 1/11
Therapy Dog Prep - starts 1/11



The Power of a Pet Visit

What a nice surprise when talking with the patient that she mentioned she is a PAWS member. We had a GREAT conversation about the babies, of course.

Spirit and I just love doing what we are doing. Lynne, I can't tell you the butterflies I get inside when doing this. I feel truly blessed to have a "tool -Spirit" to share and help people feel a little better if only for a short period of time. Having the patients smile when they see Spirit is so phenomenal.

Thanks for sharing the pictures of Spirit and Petey with the PAWS teams.

Christine Lewandowski and Spirit

Unleashing PAWS Magic

PAWS Day-to-Day

I have thoroughly enjoyed working with all of our business partners this year learning about finances, insurance, legalities, etc. PAWS internal systems have been reviewed and updated this year and we are running strong! Looking forward to 2018!

~ Stephanie Barry Director of Operations and Programs

Master's Certification

Congratulations to the following teams for completing all the requirements for our Master's Certification, the highest certification a PAWS member can get. BRAVO to you all!!!

Bob Hairgrove and Holly
Lynn Trouba and Cooper
Anne Webb and Darth
Stephanie Barry and Maggie
Brenda Zappo and Penny





RESEARCH — Human-Animal Interaction

Existing evidence from recent studies clearly points to the potential of interactions with animals, especially one's own pet-dog, to increase oxytocin levels in humans.(that's GOOD.) There is also much evidence on a potential link of HAI effects and the OT system. Both HAI and OT were found to promote social interaction, reduce stress and anxiety, and enhance human health. OT is released in particular via pleasant tactile interactions which play a major role for the OT-mediated decrease of stress levels. Read more about this → (Bales et al., 2007 Frontiers in Psychiatry – National Library of Medicine)

Feedback from a GrandPAWS class member...

The Power of a Pet Visit

Thanks for the feedback today. It's always a work in progress and I appreciate your help.

There was another story that I wanted to share with you: I've seen a woman named Martha in the community room several times but she was always aloof and wasn't interested in meeting Riley Rose. Last week, she was sitting outside and waved me over after a few other residents had petted Riley. We got to talking and it turns out she spent most of her life in New York City and had never petted a dog before. Riley sat for several minutes while Martha stroked her. She thanked me and asked me to stop again.

Tom Ford and Riley Rose

Engaging Experiences

As we begin 2018, I'd like to reflect back on your amazing work last year. In 2017, we participated in 285 community



events (including 73 DeStress events) and 20 fundraisers! Your support of these events has been nothing short of amazing. There were over 2,000 volunteer shifts totaling over 6,000 hours of volunteer time. Most exciting is that these shifts were filled by over 400 different volunteers! What an incredible outpouring of support.

The dedication and passion of PAWS for People volunteers is tremendous. I hope that you will join in the fun at community events in 2018 and continue to share any ideas that you have for new opportunities for PAWS.

Here are a few important events to put on your calendar for early 2018:

Saturday, February 24th 8:30 AM – 3:30 PM PAWS' Conference & Annual Meeting

Nemours/A.I. DuPont Hospital for Children, Wilmington, DE. This year's keynote speaker is Brad Cole, Executive Director of K9 First Responders, Inc. Brad will present: Trauma Dogs: K9 First Responders serving the community and public safety. Registration materials will reach your mailbox and in-box soon!

Sunday, April 15th 1:00 -4:00 PM Spring Fling Luncheon & Silent Auction Hockessin Memorial Hall

I am looking forward to another fabulous year in 2018. Thank you for all that you do to support the important mission of PAWS for People. We truly value all of our 2-legged and 4-legged volunteers!

Happy New Year!

Clarice Ritchie

critchie@pawsforpeople.org 302-351-5622

Benefits of Canine Massage



- 7 lubricates and nourishes joints
- 8 increases circulation and blood flow
- 9 cleanses toxins

Benefits of Canine Massage



- 10 stimulates or soothes sensory nerve endings
- 11 helps/prevents postural deformities, especially in young dogs

Animal Wellness/December 2018

The Power of a Pet Visit

Hi, Rhonda,

As Molly moves up to Pre-k from Preschool 6, I just wanted to take a minute to say thank you for such a wonderful opportunity to spend time with you and Sienna.

Wednesday visits were such a highlight for her. She got so excited whenever she realized it was Wednesday! Molly proudly told us about walking Sienna on multiple occasions.

When she started PS6, she was really scared of animals. Thank you for giving her the opportunity to positively interact with Sienna and spend time with her. Molly has since pet other dogs and cats and wants to play with them. It's made life calmer and happier for us because we walk a lot in Wilmington and see lots of dogs!

Thanks! Emily

Interpreting Dog Barks

Stanley Coren

Dog communication is all about barking – woof, I want to play: woof, woof, woof, someone just walked by the house; growl, bark, growl, growl, bark – I need to protect you and I will.

Barking started, so they think, as an attempt to warm the humans they were living with that something wicked this way comes. Wild canines don't bark much but domestic dogs do. So they do make great defense alarms and were brought inside to increase their success at sounding the alarm.

If you want to figure out what YOUR dog's bark means, check out its duration, frequency, and pitch. Each part signals a different message – and it's good to know what your dog is telling you before you hush him into silence.

A Huge Round of APPLAWS

We have many people & groups to thank for helping us:



- each and every one of you who either attended or helped create a very, very successful Wag n- Walk. We raised over \$50,000.
- wrappers (not rappers) and therapy teams who braved the holiday crowds at Barnes and Nobel to greet and relax the shoppers and their staff
- PAWS staff for giving 120% every day to help you with your questions, train you to do great visits, and listen to your stories



With a Little Help from our Friends...

PAWS for People is filled with gratitude! Working hard to

strengthen our capacity and expand to help more people, PAWS turned to our friends, old and new, to help us in 2017. It is amazing and humbling just how many people truly care about PAWS and want to help us grow!

THANK YOU for the many gifts you continuously give to PAWS. Volunteering your precious time and talents, as a pet therapy team or as an individual, you help bring PAWS to others throughout our communities. Supporting PAWS' mission with your generous donations, you ensure that our programs and pet therapy team visits can continue to change lives. Your gifts bring Joy, Hope, Comfort, Encouragement, and more to so many!

Together with you, our friends, our expansion project is off to a great start and we ask you to please continue to stay with us... sharing your gifts of belief and support to help us continue bringing PAWS' special pet therapy gifts to even more people!

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Warmest wishes for a Joyful 2018! Rosemarie LeNoir, Development Director

The Power of a Pet Visit

I'll bring the "memorial stone" order form with me. As soon as I saw the one in the middle, the "Rosa Flagstone," it spoke "Meoki" to me, even the font style. I'll need your help figuring out which font that is & of course the paw prints cause they go with the Paws logo. :)

This is all so warm & touching & I saw that Delaware Corgi's is walking in her honor. I totally lost it when I read that. I'm going to hug them when I see them!! I just signed-up for the Wag N Walk. I was waiting till the last minute & hoping to bring Meoki. I even purchased an awesome folding wagon that she would ride in. I'll instead be carrying a Life like stuffed corgi that Courtney had given me a couple years ago. She'll be wearing her Tags & PAWS leash:)

Hugs till Friday! Carolyn

Our tax ID # is 76-0780197

DE code is #11602 -- PA is #48807

Cecil County # - write us in, please.

Donations happily accepted.

SECC contribution campaign # 71031



Treats from Training

As we come to the conclusion of 2017, we look back at a year of successful Pet Therapy team certification.

As usual, the training department has offered Orientation, STEX and Training once per month at the office, at Cokesbury Village and Cadia

Silverside and various satellite sites throughout the 4 state region. We are very fortune to have the support of wonderful facilities in the community who permit our teams to certify on their premises. Between January and November, we certified 179 new therapy teams and hopefully by the end of

December we will have welcomed 182 new members to the PAWS for People fold. We are thrilled to have you as part of our PAWS family!

Well done to the ladies in Kent and Sussex Counties who have been working hard on their own, far from the office, with help from Susan Warren, Pat Weinstein, Tina Myers and Trudie Thompson. Thank you, Aileen Murray, for driving up and down the state of DE every couple of days! Janice Baldwin-Hench, you have been a star for going to and from Dover to train in Sussex County! Thank you, Susan Potts, for being the master trainer in Sussex County! You are all doing a sterling job. To all our trainers, TTTs and assistants in New Castle County and PA – we love and appreciate you beyond words!

It is with sadness that we are saying goodbye to our one and only star trainer in NJ, the incomparable Mr. David Rose and his lovely therapy companion Delia. They will be moving to WV soon for an exhilarating new adventure. We trust that David, Zachary, Rose Anne and Delia will experience many enjoyable moments in the mountain state!

Our trainers, trainers-in-progress, assistants and STEX evaluators have been the lead players in assuring a prosperous year. If only I could take everyone on an African Safari to repay you for all you do...!

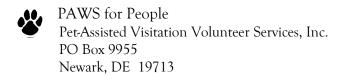
I wish to thank our exceptional Training Coordinator, Moira Stephan, who is absolutely incomparable in her abilities and skills to make "PAWS magic" in scheduling and beyond! Also a huge bear hug for Andrea Cox, my "roomie," who quietly and professionally takes care of STEX and training as needed. Andrea has also shown me that talking to oneself while reading emails is normal.

Thank you to Clarice, Ro, Laura and Stephanie for your unquestioning support and friendship in the office. Lastly, to Lynne Robinson, our Executive Director – thank you for being the glue and the mortar to our paper and bricks! You make it all happen at PAWS.

Wishing you joy and love over the Christmas season.

~ Rachel Snijders, Training Director

HAPPY NEW YEAR EVERYBODY!!!!!!!!



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PAWS for People - Healing Pet Therapy Services

Pet-Assisted Visitation Volunteer Services, Inc.

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Lynne Robinson, Executive Director

A nonprofit, volunteer organization serving DE, MD, PA, and NJ, our mission is to lovingly provide elders, children, and folks with disabilities individualized, therapeutic visits with a gentle, affectionate pet.

PAWS Board of Directors

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Happy Hug your Therapy Pet Pay!