



Fairfax Pets On Wheels, Inc

Fairfax Pets On Wheels Fall Update

October 2008



Paws for a Cause 2008

October 5, 2008 was as close to perfect as any day could be. Beautiful blue skies greeted the more than 200 enthusiastic volunteers and supporters of FPOW who came out for the 13th Annual Paws for a Cause 3K walk.

With grins and smiles on the two and four- legged participants, the crowd strolled through the tree-lined streets of Fairfax City. Paws for a Cause, our largest fundraiser of the year, raised close to \$9,000 for the program.

Huge thanks to sponsors Deb and Roger Clark of Weber's Pet Supermarket and to Madelynn Arnold, the event chairman, and to all of those who participated in the planning.

Our event's success is made possible due to our many generous sponsors who are listed on page 10.

By: Debby Weinstein

Dates to remember

BOD Meeting at Leewood: December 8, 7:00 pm

Newsletter Submission Deadline: December 31

State of FPOW 2007 – 2008

Fairfax Pets on Wheels, Inc.(FPOW) saw another successful year during Program Year 2007 – 2008. With 2007 marking FPOW's 20th Anniversary of caring and sharing in our community, a year-long celebration of our volunteers' contributions to the community once again provided us with an abundance of opportunities and events of which we can be most proud. To demonstrate, I highlight the following:

1. FPOW has provided more than 8,000 hours of tail wagging and unconditional love by over 300 volunteer teams to 12 long term care facilities having over 1,500 beds.
2. Our United Way application was accepted for inclusion in the United Way of the National Capital Area campaign (remember to designate 8907 when pledging).
3. We were included in the Combined Federal Campaign (designate 51148 when pledging).
4. FPOW was included in the Harmon Family Foundation's Catalogue for Philanthropy for 2007-2008 as one of the finest small charities in the Capital Area and will be relisted in their 2008-2009 catalogue.

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5. FPOW had 20th Anniversary celebration parties at the four remaining facilities at which the 20th Anniversary banner, specially designed for us by the family member of one of our participating residents, hung proudly in the celebrating facility of the month. Members of the Fairfax County Board of Supervisors, facility administrators and staff and residents and their family members made these events most special occasions!

6. The culmination of our 20th Anniversary year was the Gala held at the Fair Lakes Hyatt on December 12. Ms. Loretta Swit, Actor, Activist and Artist, and Kim Wilkerson, our founding member, were the most gracious and entertaining honorary co-chairs for this extraordinary event. We had the opportunity to formally say thank you and best wishes to Pam Graff, who retired after 13 years as the volunteer coordinator at the Fairfax Area Agency on Aging. We got to show off our four-legged partners - a first for the Hyatt to allow pets -- and, due to their comportment and temperaments, so impressed the Hyatt hotel staff and guests that they are invited back any time. We made presentations to volunteers who have marked 10, 15 and 20 years with FPOW! For those of us who attended, Kim's remarks and candle ceremony as the Founding Member of FPOW will not be forgotten -- even, Ms. Loretta didn't want to follow Kim's performance, and yet, she too managed to add her inspirational touch to our special evening.

7. FPOW produced a poster -- "The Pets of Fairfax Pets on Wheels" and a car magnet, both debuted at the 20th Anniversary Gala and which are available to give to volunteers, animal hos-

pitals and pet stores as marketing tools.

8. The announcement at the 20th Anniversary Gala of the establishment of the Founder's Award, a scholarship to be awarded annually to a vet tech or vet pursuing education in honor of Kim Wilkerson, to recognize and thank her formally for having the initiative, leadership and vision to found FPOW. The first awardee of this scholarship was announced and introduced to the BOD at the annual meeting on 9/8.

9. Ms. Loretta Swit filmed a one minute, 30 second and 15 second public service announcement (PSA) for us. We are currently awaiting the finishing touches for the PSA which we hope will air on a number of local and cable channels.

10. Loretta Swit and Ruth Benker were interviewed on AARP's Primetime Radio show highlighting FPOW.

11. In January, Fairfax County's Communications Production Division filmed FPOW volunteers, pets and humans, visiting with residents at Iliff Nursing and Rehabilitation Center for a segment they were doing on the Fairfax Area Agency on Aging's Volunteer Solutions unit. The footage, shown in May, proved to be so exceptional that they also included FPOW in their County Magazine program for the entire month of April.

12. In April, three volunteers, Jill Davidson, Debby Weinstein and Ruth Benker were recognized by Volunteer Fairfax for their outstanding contributions at a special breakfast at the McLean Hilton. (See page 4 for information on Ruth Benker's Service Award)

13. FPOW spoke at numerous United Way fund raising events and had information booths at Reston Pet Fiesta, Caring Hands Animal Hospital, and National Capitol Cat Show and provided a special seminar at DogGone Fun Camp to raise

awareness of our program.

14. FPOW had our 12th Annual 3k Paws for a Cause Walk in October, 2007 and our 13th Annual 3K Paws For A Cause on Sunday, October 5.

15. In June, FPOW had our Annual Volunteer Recognition Picnic at Lake Accotink for our volunteers -- 110 humans, 65 pets -- dogs and cats - in attendance. We had a record number of nominees and awardees for the Latshaw Award. The Shauna Award and the "Hours" pins were also given out. In spite of the unusually oppressive heat of the day, pictures for the ever popular pet trading cards were taken and boat rides on the lake provided some relief from the heat.

16. The Temperament Testing Committee is working on strengthening its policies and procedures.

17. We conducted monthly FPOW orientation sessions and temperament tests for new volunteers.

18. We sponsored our 2nd Annual Pet Photo Contest -- winners' pictures are proudly displayed on our website. Winners of the 3rd Annual Pet Photo Contest were announced at the annual meeting 9/8.

19. The Historian produced a timeline going back to 1987 covering the significant events of the last 20 years of our existence as an organization providing services to the residents of long term care facilities in Fairfax County. This timeline was incorporated into the 20th Anniversary Gala's program brochure. Everyone who has seen it has been very impressed not only with the details but also the design.

20. We recruited and trained additional volunteers for the FPOW Speakers' Bureau -- the group of qualified volunteers who speak with a united voice to represent the program and respond to a growing need of speakers for our program.

21. FPOW has produced a program budget that not only addresses

Thanks for the Memory

- In memory of Danny Beach who loved visiting and playing with FPOW dogs that visited at Powhatan. From Jay and Melaney Brockman, Shelbyville, Indiana.
- In memory of Jenny, the most sensational, devoted, and loving Doberman Pincher we have ever met. Jenny was adopted at 9 months and lived 14 extraordinary years with “my sister” Pam Brodine. She is now reunited with her “cousins” Max and Lady at the “Rainbow Bridge.” She will forever be remembered by those who loved her. From Brenda, Russell, Sissy, and Zoey Pitts.
- In memory of Shadow, a very special Black Lab, who was Cathy Haffner’s loyal and loving friend. Shadow will always be loved and missed. From Brenda Pitts.
- In memory of Petey, Cairn Terrier, who belonged to my friend and supervisor, Sherry Kaschak.
- Petey made his home with Sherry and her two daughters, Amanda and Caroline, who are now in college. Sherry will be lost without Petey. From Susan Kantrowitz.
- In memory of Smokey, an amazing kitty who was our fur-baby, very best friend, and great “big brother” to Baby Kevin. You’ve left your pawprints forever on our hearts. We miss you and love you. Patty and Nat Hall, Centreville, VA.
- In memory of Stephanie Jean Fiorino, beloved daughter of Sue Ellen Wells of Arlington, VA. From Jackie and Stu Porter, Springfield, VA.
- In loving memory of Stephanie Jean Fiorino, daughter of Sue Ellen Wells, Arlington, VA. From Betty and Bob Moss, Springfield, VA.
- In memory of Donald R. Beach, Jr. who passed away on June 8, 2008. From VA Department of Transportation - Leesburg.

the year’s needs but also long-term strategic needs.

22. FPOW has begun, in conjunction with the FAAA Volunteer Solutions Unit, to review and evaluate the efficiency of current business processes. Ultimately, we want to be sure that our volunteers and potential volunteers are processed as quickly as possible through the combined efforts of FPOW volunteers and Volunteer Solutions staff.

23. Northern Virginian Magazine featured FPOW in their October issue.

24. We produced a new program brochure – the updated, colorful brochure is both eye-catching and informative.

25. We regularly produce a first class newsletter.

Program year 2007-2008 has been my 4th and final year as the President of the Board of Directors of this amazing organization. The amount of pride and pleasure I have taken in this role is hard to describe.

While we are an all-volunteer organization, the responsibilities that come with running this organization are similar to those of a corporation with paid staff -- Budgets, strategic planning, workload balancing, liabilities, risk management and personnel issues. I continue to marvel at the caliber and commitment of volunteers that we attract.

From 20 volunteers and their pets to a United Way agency recognized by the Harman Family Foundation as one of the finest small charities in the Washington metropolitan area, our partnership with the Area Agency on Aging continues to serve as a model for volunteer community-based organizations.

At the risk of repeating myself, I, as well as all of you, owe a tremendous “thank you” to Kim Wilkerson, currently the Director of Communications, but first and foremost, the founding member of this wonderful program. Her accomplishments are being honored by the “Founder’s Award” scholarship which is a mere token of the program’s appreciation for all she has done. I have nominated Kim for WJLA’s “Tribute to Working Women” and The Washingtonian’s “Washingtonian of the Year 2008”. Additionally, I have nominated the program for the Winchester Homes 2008 Community Service Award and Acacia’s Federal Savings Bank “Nice Guys Award”.

Program Year 2008 – 2009 brings a new leadership team to FPOW. My “lessons learned” are simple:

- Be realistic about the expectations for the amount of work the program can accomplish
- Focus on what is best for the program – not for individuals

- Remember our mission and guiding values
 - Take pride in being affiliated with this program
- as Ms. Loretta Swit told us, “we’re doing God’s work.”

To my fellow Board members, your commitment and capabilities are exemplary. Your leadership sustains our wonderful program. Serving with you has been an honor and a privilege.

To my fellow Executive Committee members, thank you for giving me and the program your best --your guidance, insights and humor have kept me on track as we fulfilled our legal, financial and program responsibilities.

To all the volunteers who serve on committees, (Merchandise, Office, Speakers’ Bureau, Paws for a Cause, Picnic, Temperament Testing, Nominating, to name a few) we are blessed that you have stepped up to the plate and are grateful for all you do. Thank you.

To our Temperament Testing committee, a special thank you for tackling the critical issue of our program – ensuring that only those pets with the appropriate temperament are selected for consideration as volunteers. Your specialized expertise carries pressure that we may not always appreciate, but know that I am keenly aware that if we did not have you, with your sense of dedication and commitment to our program, we would indeed be vulnerable to less-than-suitable potential volunteers. Focusing on quality rather than quantity of volunteers has been your hallmark and the program thanks you for that.

To all the facility liaisons and alternate facility liaisons, as the crucial link to the program, our facilities, our volunteers, the Board of Directors and the Fairfax Area Agency on Aging, without you we would not be in 12 facilities. Complementing the Temperament Testers, you are expected to ensure that potential volunteers are suitable in our facility settings. We expect you to wear many hats with a bag of tricks to handle every kind of situation and volunteer, human and four-legged. You do so, ultimately doing us proud.

To all the FPOW visiting teams, human and most especially our furry friends, whether you give one hour or 10 hours a month, never underestimate the impact of your presence in the lives of the residents of the long-term care facilities. You have made someone’s day brighter, have been the highlight of their week, and made them realize they are not forgotten. The good our furry friends do can not be measured in dollars and cents.

Your caring presence is the reason we have a waiting list of facilities wanting our wonderful program.

To the staff in the Area Agency on Aging Volunteer Solutions Unit and the Ombudsman program, our 21 year partnership with you as you provide services to the residents of Fairfax County serves as a tremendous point of pride - that, as citizens of this community, we can share in the responsibility of helping those who are less fortunate than we, who find themselves without the comfort and love that a wagging tail can produce. Your professionalism and dedication to public service and volunteers are vital to our success.

In closing, never forget what we are about – in the famous words of Eleanor, my resident extraordinaire, “Remember that I love you very much. Almost as much as I love KC.” And so, from the bottom of my heart, thank you for the honor of serving you.

Submitted on Sept. 8, 2008, by Ruth A. Benker, President, Board of Directors, Fairfax Pets on Wheels, Inc.

Benker Receives Award

Ruth A. Benker, our President from Oct. 2004 to Sept. 2008, was honored by receiving the 2008 Fairfax County Volunteer Service Award in the category of Animals/Environment/Recreation/Arts. This award is given to an individual who contributed significant volunteer time and talents, and who demonstrated outstanding commitment in the community. We all know about the tremendous work Ruth devoted to the program as our President, and we thank her for vision, leadership and friendship. Below is an excerpt from the nomination submitted on Ruth’s behalf:



“When I think of all that Ruth has accomplished for this program and the people we serve, I think about her gifts, her passion, devotion and commitment. She has brought a new level of public awareness to the program and service in the community. And on an intimate human level, I think of the great love and compassion she and her dog, KC, share with some very special people in their lives, the residents. She considers many as family, caring deeply about their physical and emotional needs; several of whom had simply given up prior to Ruth and KC’s presence in their life. This is what Ruth Benker and Fairfax Pets on Wheels is all about.”

By Jill Davidson

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Scholarship Winner Announced

The FPOW Kim Wilkerson Founder's Award Scholarship Committee is pleased to announce the recipient of the 2008 scholarship, Lloyd Moore.

Lloyd has been working in the veterinary medical field since 1998. He currently works at Greenbriar Animal Hospital and attends Northern Virginia Community College seeking his Associate of Science degree in Veterinary Technology. Lloyd will be graduating in May, 2009 and will be sitting for Veterinary Technician National Exam (VTNE) "licensing boards" soon afterwards.

Lloyd is a Virginia native. He was born in Alexandria, where he currently resides, and grew up in Dale City. Lloyd is married to Jennifer (Neeper) Moore and they have two cats, Ray (who is sight impaired) and Professor Snugglepuss, and their lives are enriched with an African Fat Tailed Gecko lizard by the name of Ralph.

Lloyd attended and spoke briefly at the FPOW annual meeting; his gracious remarks were touching. Lloyd was very grateful and explained that this is the first scholarship opportunity that he has qualified for, since most scholarships require pursuit of a bachelor's degree.

"Barking Up the Long Tree"

Until now, I've always been skeptical of people who claimed that their pets had taught them valuable life lessons. You know the folks who say; "I've learned to love unconditionally because my dog was the only one who could stand me through my 1) transcendental meditation, 2) macrobiotic diet, 3) unfortunate, unexplained b.o. for months phase"...pick one.

Or, "My cat expects nothing from me but food, water and the occasional kitty litter change. I've learned from Muffin that when you have the basics in life, you're pretty much set!"

I don't begrudge them their happiness, nor do I question the wisdom of interpreting basic, "well-cared-for" domestic animal behavior as saintly. On most days, if I'm fed, petted and have access to a bathroom at regular intervals, I'm a happy camper, too.

But recently, my dog D.C. has begun to teach me not to accept myself or appreciate the little things in life. Recently, D.C. has started to teach me to....well....to quiet down already.

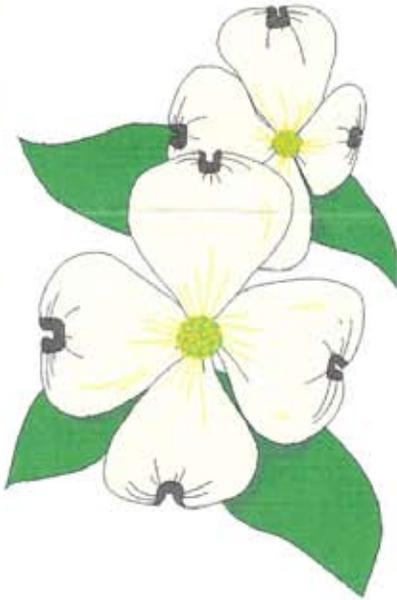
My son Sam turned 16 in October. He's a typical teenager who thinks the world revolves around him and the sooner his mother learns to accept that gospel truth, the sooner life in the Long household would be downright rosy. Needless to say, the Long household doesn't smell too rosy lately, because I refuse to come on board the Selfish Teenager Choo-Choo. My husband is the passive parent...I tend to shriek while Mike attempts to soothe. He's often caught in the middle of the Julia/Sam ker-fluffles.

Words have passed. Words have been tersely muttered. Words have been hurled, flung and beat to smithereens. And finally, words have been yelled. Sad to admit but there you have it. The Mom and the son; they have quarreled of late.

Few surprises here. No parent actually makes it to their kid's 18th birthday without a couple of arguments worthy of a Dr. Phil intervention. But it never dawned on me that our words were doing any harm to anyone other than the humans involved until the other night when Sam and I were, once again, "forcefully" discussing something. I happened to look down only to see just the tip of a small, white tail peeking out from under the couch. D.C. had retreated there, attempting to escape

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the thunderstorm that had nothing whatsoever to do with the weather.

I quieted down and so did Sam. Nothing unites us more than our mutual love for one small beagle. We immediately set about comforting D.C.; coaxing her out from under the couch with offers of Milk Bones, walkies, filet mignon...we were desperate to make amends.

She did eventually come out. My son and I were sufficiently chastised. And I could've sworn I saw that dog WINK at my husband.

So maybe D.C. isn't going to magically teach me to look past the extra poundage of a "past 40" Mom of three to see only the sparkling personality within. And maybe I'll never learn that life on a deserted island would be okay even without TiVo, but my dog has certainly taught me about patience, acceptance and oh yes...the folly of yelling unless the house is actually on fire.

Because at the end of the day, when we've all calmed down, D.C.'s on my lap and in my heart. Sam's tender care for her gives me hope that eventually, he'll move past this beastly stage and become a fine man. Sadly, D.C. probably won't be around to see that. But I will.

And I will quietly remember.

By Julia Long



Volunteer Profile: Diane Frey

As Rusty the cat holds court on his favorite couch at the Virginian, his human companion, Diane Frey, is his faithful attendant. Rusty doesn't much like being carried from room to room, so on Wednesday nights, he and Diane bring smiles to resident faces...and luckily, the colors of the couch "match quite well" with that of the Ragdoll cat. Ragdolls are a breed "known for their large size and sweet dispositions," adds Diane, who should know. "I have had 15 cats over the past 30 years and I currently have six."

"There are usually a group of people waiting in the lobby for the FPOW volunteers to arrive. Rusty will lie on his couch for an hour and just let people come and pet him. Most times, he takes a little nap," says Diane.

Diane, who also brings her cat Riley to visit, has been a FPOW volunteer since March of 2006. She saw an ad in the Connection newspaper and knew that Rusty was outgoing and friendly to visitors to her home. "Then I got Riley from the same breeder as Rusty with the hope that he would also be a good volunteer and he's made me very proud," she says, although Riley is more of a wanderer than his older housemate, wanting to explore more than sit still.



Diane, Rusty, & Mary Birdsall.

Rusty may be content to nap but Diane has been busy not only visiting the nursing home, but also spending time trying to recruit other "cat people" into the organization. Far more dog owners belong to FPOW than cat companions. At the recent National Capital Cat Show at the Dulles Expo Convention Center, Diane worked to change that.

Diane says, "The best part of volunteering is meeting very nice and interesting people, both the residents and the other volunteers. The appreciation shown by the residents for the time we spend with them is so rewarding."

Currently, Rusty and Riley are the only cat visitors at the Virginian. "Rusty doesn't like dogs, but Riley loves them," Diane says. "Annie the collie loves Riley and she even lets him wash her ears!"

Of her volunteering experiences, Diane says seeing the smiles on the faces of the residents is what's most important to her. And "knowing we've made their day a little brighter."

For Rusty and Riley, visiting the Virginian is also undoubtedly rewarding. Just don't wake Rusty up to tell him.

By Julia Long

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Winner 2008



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3rd Place: Liz & Steeley White



2nd Place: Liz & Steeley White



4th Place: Liz & Steeley White

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The Virginian
Powhatan Nursing Home

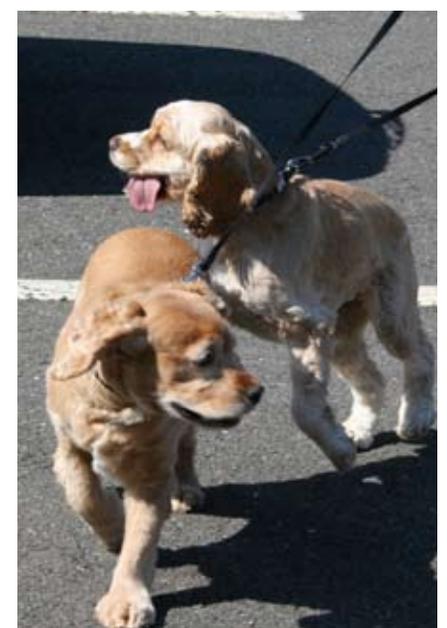


Gold

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Silver

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Virginia Hospital Center Psychiatric & Addiction Services
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Eastern Veterinary Blood Bank
Great Falls Animal Hospital
Arden Courts – Annandale
Hasty Paws
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Inova Commonwealth Care Center Resident Council



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Name:		Address:			
City & State:		Phone Number:			
Merchandise	Price	Size	Color	Quantity	Total
Bandana	\$5	S, L L only	Blue, Red, and Burgundy, Red w/Black Paws		
Lanyards	\$5	N/A	Blue		
Backpacks	\$10	N/A	Black		
Xmas Tree Ornament	\$10	Ball	Blue w/White Lettering		
License Plate Frame	\$5	6 3/8 x 12 1/4	Blue w/White Lettering		
Note Cards (8/pkg.)	\$5	N/A	2 ea 4 different designs		
Tote Bags	\$5	N/A	Blue w/White		
Leashes-Embossed w/FPOW	\$10	Thin & Wide	Leather (6' w/ring to make 4')		
Embroidered 3/4 Length Sleeve T-Shirt (Ladies Shirts)	\$30	XS, S, M, L, XL 2xl \$2 more 3XL \$4 more	White, Black, Red, Navy, Lt. Pink, Lt. Blue, Faded Blue, Lilac, Turquoise, & Banana		
Sweatshirts	\$10	L	Bright Green		
Sweatshirts	\$15	S, M, L, XL	Burgundy, Hunter Green		
Long Sleeve T-shirt	\$14	S, M, L, XL	Blue		
Long Sleeve T-shirt	\$14	S, M, L, XL	Red		
Long Sleeve T-shirt	\$14	S, M, L, XL	Washed Denim		
Long Sleeve T-shirt	\$14	S, M, L	Crimson		
V-Neck Short Sleeve T-Shirt (Ladies Sizes)	\$14	S, M, L, XL 2XL \$2; 3XL \$4	Caribbean Blue, White, Black, Key Lime		
Short Sleeve T-shirt	\$10	S, M, L, XL	Blue		
Short Sleeve T-shirt	\$10	S, M, L, XL	Red		
Short Sleeve T-shirt	\$10	S, M, L, XL	Black		
Short Sleeve T-shirt	\$10	XL	Light Gray w/White letters		
Short Sleeve T-shirt	\$10	S, M, L, XL	White w/Black letters		
Short Sleeve T-shirt	\$10	S, M, L, XL	Blue Spruce		
Short Sleeve T-shirt	\$10	S, M, L, XL	Gray w/Black letters		
Short Sleeve T-shirt	\$10	S, M, L, XL	Indigo Blue		
Short Sleeve T-shirt	\$10	S, M, L, XL	Burgundy		
Short Sleeve T-shirt	\$10	S, M, L	Chestnut		
Short Sleeve T-shirt	\$10	S, M, L, XL	Teal		
Short Sleeve T-shirt	\$10	M, L	Serene Green		
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<u>Polo Shirt</u> Men's Ladies	\$20	S, M, L, XL	White or Blueberry		
<u>*Denim Shirt</u> Men's Ladies Short or Long Sleeve	\$35	S, M, L, XL 2XL (\$4 extra) 3XL (\$5 extra)	American Flag on Left Sleeve Yes No		
POSTAGE					\$5.00
TOTAL ORDER AMOUNT					
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Fairfax Area Agency On Aging
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Fairfax Pets
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Fairfax Pets On Wheels, Inc. is a volunteer program working with the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104. FPOW Volunteer Hotline: (703) 324-5424. Visit: www.fpow.org
Please use the FPOW Hotline number for non-emergency calls if you are a FPOW volunteer or one who is currently in the pipeline. Someone will either act upon your message or return your call if more information is required.

DEADLINE FOR THE NEXT FPOW NEWSLETTER: December 31, 2008

FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

The Executive Committee:

President – Tracy Van Duston

Vice President – Sabine Arndt

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Director of Facilities Relations – Madelynn Arnold

Director of Volunteer Development – Patty Kwapniewski

Director of Communications – Kim Wilkerson

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Director of Fund Development – vacant

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Director At Large – Kelly Collins

Director At Large – Colleen Nassetta

The Newsletter Committee Chairman: Kim Wilkerson

Editor: Denise Elliott

EDITORIAL POLICY

This is your newsletter. Fairfax Pets On Wheels, Inc. volunteers may contribute articles for publication. Articles will be reviewed by the editors. We reserve the right to edit any item submitted for publication. We cannot guarantee the return of documents or photos (if used). Because Fairfax Pets On Wheels, Inc., is under the sponsorship of the Fairfax Area Agency on Aging, the FPOW Newsletter must be approved by the FAAA prior to publication. In addition, Letters to the Editor are welcome and encouraged. Letters must be signed but, if requested, your name will be withheld.

All correspondence should be directed to:

Fairfax Area Agency on Aging

ATTN: Fairfax Pets On Wheels Newsletter

12011 Government Center Parkway, Suite 708

Fairfax, VA 22035-1104

(703) 324-5411

Email:

fpow_office_volunteer@fpow.org



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