



# Fairfax Pets On Wheels Spring Update

April 2013



Liz Breyer welcomes FPOW volunteer Jeanine Goldberg and Silver at the 2011 picnic.

## Jeanine Goldberg Volunteers x 3

The spotlight is on three rescued Labrador retrievers who are giving back and the lady who rescued them, Jeanine Goldberg.

Jeanine has been involved in Fairfax Pets On Wheels since 2008 with her first rescued yellow lab, Rudy. She serves FPOW as a pet behavior evaluator helping new pet applicants adjust to their new roles and making sure they are suitable for therapy work. She also serves as the liaison at Burke HealthCare Center.

When Jeanine's mother was in the hospital she would talk about all of the therapy dogs that people brought into the hospital and how it was the highlight of her day. Jeanine became involved in the program after her mom passed away. FPOW lets her share her dogs with those who cannot have dogs or see their dogs due to the lifestyle limitations in nursing homes or long-term care facilities.

*(Continued on Page 2)*

## Volunteer Appreciation Picnic

When: Sunday, June 1, 2013  
Noon – 3:00pm

Where: Frying Pan Park Pavilion

**RSVP by May 23, 2013, by visiting [www.tiny.cc/picnic2013](http://www.tiny.cc/picnic2013)**

On the program:

- Latshaw & Shauna Awards
- Hours of Service Awards
- Canine activities (See Rally, Page 3)

Guests welcome but only FPOW-approved pets, please.

Don't forget to bring your appetite and dress your pets in FPOW-approved attire (i.e., no flexi leads, chain leashes, etc.).



Happy picnicgoers 2012

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Jeanine realized that a short hour out of her week is so special to the residents and really does make a difference in their lives.

Jeanine currently has three rescued labs in the program. The oldest is Polly and she is showing her age. At nearly 13, she is slowing down and long visits are hard on her feet. Polly has definitely put her time and love into the program as not only a therapy girl but also as a neutral dog during the temperament tests.

Rusty, although 11 1/2 years old, is still a lab “puppy.” Rusty loves all the attention he receives at the visits, but the secret is really in Jeanine’s pocket. Like the rest of us, Rusty doesn’t work for free, but his pay is nibbles of treats.

Silver Puppy is Jeanine’s three-year-old lab who while quite rambunctious also has a certain knack for understanding the concept of visiting nursing homes. He is 26 inches the shoulders and is the perfect height – his back is even with the bed. Learning from his mentor, Rusty, he too enjoys the attention from people but works for cookies. When visiting at Burke HealthCare, Jeanine always tries to have her dog dressed up in a “costume” – a bandanna or other item. It gives the pet a signal that he is working in his therapy dog capacity and also is a conversation starter for the visits.

Jeanine is also actively involved in numerous dog sports, including obedience, rally, flyball, agility, and nosework – an activity that lets the dog find a scent hidden in cars or rooms that is similar to very basic bomb sniffing and narcotics detection work – in addition to her therapy work.

She lives with her husband, Jeff, and her wonderful pets in Burke. She is employed at the United States Patent and Trademark Office as a biotech primary patent examiner.

A goal she has set for herself is helping FPOW with retaining the new volunteer teams that come into the program. FPOW puts so much time and energy into getting new teams approved and started but

often finds the volunteers have not made a personal commitment to the program.

Once a team gets into a nursing home, the volunteer is uncomfortable or feels that there isn’t enough time to volunteer. It can be frustrating to the seasoned volunteers who give of their time to attempt to get new teams into the program and help them through their initial discomfort.

Jeanine wants to continue to introduce new pet teams to FPOW and ensure safe interactions between the residents and dogs and cats. She enjoys working with new pet teams to teach them about giving joy to those living away from home or who are away from their own pets. Jeanine says simply a friendly smile or a change of scenery can make such a difference to a resident.

FPOW appreciates the time that Jeanine and her three rescue Labrador retrievers have given to the program over the years. Jeanine and her dogs clearly have commitment to the program and give so much to people who can’t have pets any longer or just enjoy time spent with a friendly face and a wag of the tail.

Submitted by Madelynn Arnold



*Polly, Silver, Rusty, from left to right*

## Sweet Oreo Visits!

Participants at the Annandale Adult Day Health Care Center were pleasantly surprised when volunteer Carla Graham and her cat, Oreo, paid a visit. The team started visiting twice a month last fall. All of the participants interacted with Oreo and

# Thanks for the Memory

Visit [www.fpow.org/tribute](http://www.fpow.org/tribute) to make an online memorial or tribute donation.

■ In memory of Van Gogh, a beautiful and much loved Birman cat, who was lucky to find a wonderful home with Pat Day. Van Gogh was a rescue whose adoption was challenging and would involve a lot of patience. Pat, who is a special lady, took on Van Gogh and dealt with all his special needs. Under her care, Van Gogh developed into a wonderful cat who was representative of his breed, and he treated Pat to many years of love and devotion. From Kim and Mark Wilkerson

■ In memory of Gracie, who was the cherished chocolate Labrador retriever of Glenn Daniels. Gracie was 10 years old when she went to the Rainbow Bridge

– much too early. She will be missed not only by Glenn but also by her best buddy, Chelsea. From Susie and Bob Duvall

■ In memory of Mrs. Kazue Crothamel, beloved mother of Michiyo Vangellow. She will be greatly missed. Michiyo is a long-standing FPOW Volunteer. From Dot Skrincosky

■ In honor of the beloved pets, Adrian, Lulu, and Remo, of James and Gina Ash, and in honor of Fairfax Pets on Wheels' work with residents of nursing homes. From the Ash Family, Gainesville, VA.

most held him. Carla said that “visiting with Oreo really brightened their day, and Oreo enjoyed it also.”



Submitted by Michelle Miller

## Rally at the Picnic!

We had so much fun on the Rally course at the picnic last year that we're bringing it back.



*Two volunteers enjoying their “Rally” at the 2012 picnic*

Haven't done Rally? Rally is a fun activity for handlers and dogs. On a Rally course the team moves from station to station. At each station there is a sign telling them what to do. It might be a sit. Or a down. Or a circle left or right.

You can find descriptions of all of the Rally signs at [www.akc.org/pdfs/events/rally/signs\\_2012.pdf](http://www.akc.org/pdfs/events/rally/signs_2012.pdf). (Note: We will be using only the novice level signs – plus a jump. The novice signs have an “N” at the upper-right corner.)

All dogs attempting the course will get a prize at the end. So warm up your dog, practice those sits/stays, and we'll see you in June!



Submitted by Liz Breyer

## Needed – Daytime Volunteers

FPOW is looking for some experienced volunteers who are available during the weekday for some regular visits to senior day care centers.

Are you and your pet available during the day and able to visit on a consistent basis at a prearranged time? If you are interested in learning more, please



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Submitted by Kim Wilkerson

## Visiting Wounded Warriors at Walter Reed National Military Medical Center

As an experienced animal therapy volunteer, you and your dog or cat have undoubtedly spent countless hours walking the halls of the various facilities throughout Fairfax County bringing smiles to the faces of the residents, staff, and visitors.

Whether the residents are elderly, recovering from surgery, or facing other kinds of health challenges,

a cold nose, prickly whiskers, or a sloppy wet kiss from a lovable dog or cat might be just the thing to ease their pain and make their day.

During these visits – which are sometimes high energy and other times calm and subdued – you have seen the joy that dogs, cats, and other furry creatures bring to the old and young alike. Whether it's a pat on a head or the shake of a paw, we know that the unconditional love and interest provided by a therapy animal are hard to beat.

This is also true for the men and women of our armed forces who have served in battle and are now recovering or receiving treatment at Walter Reed National Military Medical Center (WRNMMC) in Bethesda, MD.

Just across the Potomac River from Fairfax County, this facility welcomes experienced therapy dogs (no cats or rabbits) and their handlers as part of the American Red Cross volunteer program. Like FPOW, they're always looking for new volunteers. If you have time available, are interested in

expanding your therapy work, and don't mind the drive from Virginia into Maryland, here's what you need to know to apply:

- Be forewarned that the application process is long and rigorous. In addition to being a hospital environment with stricter medical requirements for the handlers than most FPOW facilities, WRNMMC is located on an ac-



*Siobhan McConnell pets Rear Adm. Laura Lee while waiting to visit her son, Army Pfc. Derek McConnell, at Walter Reed National Military Medical Center. Laura Lee is one of three therapy dogs at the hospital who spend their days working and visiting with patients, families, and staff. (U.S. Navy Photo by Mass Communication Specialist 1st Class Peggy Trujillo/Released)*



*Maj. Timmy, a therapy dog, greets service members at the grand opening of the new Bagram Eastside USO facility at Bagram Air Field, Parwan province, Afghanistan, Feb. 5, 2012. (U.S. Army photo by Sgt. William Begley/Released)*

tive, secure, military base, which necessitates special security precautions and background checks.

- Because the program is administered by American Red Cross, you must also fulfill the requirements of becoming an ARC volunteer, details at: [www.redcross.org/dc/washington/volunteer](http://www.redcross.org/dc/washington/volunteer), which include that you must be at least 18 years old and complete an orientation program.

- Therapy dogs and their handlers working at WRNMMC must have at least 50 therapy visits prior to being considered for Walter Reed. This facility is not designed to train animals to offer therapy. FPOW can certify your visits for American Red Cross.

- Dogs must be in good standing with and have earned the American Kennel Club Canine

Good Citizen Program Certificate and/or the American Kennel Club Therapy Dog Title and/or the Therapy Dogs International (TDI) Certification.

- Dogs must be at least one year old and in excellent health. Male dogs must be neutered; female dogs must be spayed.
- All volunteers and dogs must accompany the program chair for at least three visits (considered probationary status) before final acceptance as a volunteer team member.
- Therapy visits are conducted during the weekdays – generally every other Tuesday afternoon from 2 to 4 pm. Volunteers must always visit in teams of at least two or more volunteers with their therapy animals. In other words, volunteers and their dogs cannot visit alone.

Once you verify that you have met these initial requirements, you can start the application process. Visit <http://tiny.cc/rcva> for the volunteer application for American Red Cross.

- After your application has been received, you will be contacted via email by the assistant station manager of the American Red Cross at Walter



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Reed. (If you don't receive an email, you may call the Red Cross office at Walter Reed at (301)295-1538 to follow up.)

- The email will provide you a step-by-step guide for completing the requirements to be accepted into the therapy animal program.
- When you receive it, **READ THE VOLUNTEER CANDIDATE PROCESS GUIDE CAREFULLY** to ensure that you're still interested. You will need to make several trips to the base for undergoing medical tests (yes, they draw blood), receiving medical counseling (they must go over your medical test results with you in person), completing security clearance paperwork, processing your ID, attending orientation, etc.

Once you've completed all the requirements — as well as your three probationary visits — you will thoroughly enjoy sharing your therapy dog with the dedicated military men, women, and families who receive medical treatment at Walter Reed. Nothing could be more rewarding.

For more information, contact Angela Corio, Assistant Station Manager, American Red Cross, [Angela.Corio@redcross.org](mailto:Angela.Corio@redcross.org) or Bear (aka Darrell) Hummer, Chair, American Red Cross Therapy Animal Program, Walter Reed National Military Medical Center, [charter10@comcast.net](mailto:charter10@comcast.net), (410)442-8266.

Submitted by Sheila Consaul,  
FPOW Board Member and  
WRNMMC Volunteer



## AKC Awards Therapy Dog Titles



FPOW is pleased to announce these dogs have earned their AKC Therapy Dog titles! Let's have a big thumbs-up for:

Al Doehring – Mia Amica, Old English sheepdog

Linda Martin – Lulu, Schoodle

## Important Reminders

- Volunteers need to fill out a new time sheet each month. Please include your travel time. Time sheets are submitted to the office every month and hours are entered into the volunteer database. **PLEASE** be sure you write legibly and include your full name; otherwise, the office staff cannot record your hours.
- FPOW volunteers are expected to volunteer a minimum of one hour a month – after all, it's hard to establish relationships with the residents otherwise. If volunteers have not volunteered in a 12-month period, they will have to get reauthorized; in other words, a new temperament test and an on-site orientation at their facility will need to be done, in addition to having an up-to-date health certificate on file.
- Health certificates must be updated annually on the FPOW database. Health certificates rely on two dates to be considered up to date: the date of the rabies shot and the date of the health exam. The expiration date of the health certificate is tied to the month and day of the rabies shot. So, if the first health certificate submitted for your pet had a rabies date of 4/1/12 and the date of the health exam was 7/8/12, the next health certificate will be due on 4/1/13.

Volunteers are not allowed to visit as an FPOW volunteer with their pet after their pet's health certificate has expired. If it expired on 4/1 and you didn't get to the vet until 4/12 for the exam, then your pet is not allowed to visit from 4/2 until the health certificate from the 4/12 exam is submitted to the office. The certificate can be mailed, faxed, or emailed to the office.

- FPOW volunteers should wear their FPOW name tag when visiting in the facility. Our participating facilities depend on the name tag to identify our trained, temperament-tested, and health-certified pet teams.
- The FPOW office is staffed an average of 18 hours a week and not on a set schedule. Please be patient.

- Most information and documents are available on the FPOW website – [www.fpow.org](http://www.fpow.org). Health certificates, behavior assessments and more can be found there.

- If you have a Facebook page or use other social media, you cannot use pictures of the residents in our participating facilities.

- We analyzed our website traffic and learned that visitors from LinkedIn spend the most time on our site. Help spread the word about FPOW by adding your FPOW volunteer work on your LinkedIn profile and add a link to our website [www.fpow.org](http://www.fpow.org).

- Do you tweet? Be sure to follow @fpoworg and retweet often to spread the word of our good work.

Submitted by Ruth Benker



## SIT/STAY

The following article appeared in Citizen Canine, the blog of the American Kennel Club's Canine Good Citizen program, <http://caninegoodcitizen.wordpress.com/>. It is reprinted with permission.

### Starting a Fitness Program for Your Dog by Canine Good Citizen

So, you've decided to get started with a fitness plan for your dog, and hopefully yourself. If there have been far too many treats and nights sitting on the couch watching television, your pup may have a few pounds to lose. To start a fitness plan for Fido, follow the same commonsense steps that are recom-

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mended for humans who have been inactive.

1. Get a health check. Your veterinarian can check your dog and give advice about an appropriate exercise regimen with respect to the dog's age, physical issues (e.g., hips), heart, and breed or type.

2. Set goals. Remember the behavioral principle of shaping. You might begin with a walk to the mailbox on Day 1, Day 2 walk part of the way down the street, Day 3 walk around the block, etc.

3. Choose exercise that is appropriate for your breed or breed type. If you decide to start jogging and your dog is a 12-year-old basset, find a human friend to run with you. This activity is not a good match for your dog.

If you have a young Labrador retriever that you can't keep up with, walking may not provide enough exercise for this fit, active canine. In this case, having your dog fetch a ball might be a good idea.

4. Watch for any signs of overexertion. Know the signs and symptoms of overexercising and don't overdo it.

## Dates to Remember

**Volunteer Appreciation Picnic: Saturday, June 1, 2013, Noon – Frying Pan Park Pavilion, Herndon, VA**

**BOD Meeting: June 3, 2013, 7:00 pm – Meeting Room at George Mason Regional Library (7001 Little River Turnpike, Annandale, VA)**

**Newsletter Deadline: June 30, 2013**

**FPOW Founder Scholarship Application Deadline: July 31, 2013. For more information, visit [www.fpow.org/scholarship](http://www.fpow.org/scholarship).**

**BOD Meeting: September 9, 2013, 7:00 pm – Location to be determined.**

**Annual Meeting: September 9, 2013, 8:00pm – Location to be determined.**

**Save the Date! Paws for a Cause 3K Walk: Sunday, October 6, 2013, Noon – Weber's Pet Supermarket, Fairfax, VA**

**Newsletter Deadline: September 30, 2013**



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## Paws for a Cause 3K Walk

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Register  
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or visit  
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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](http://www.fpow.org)  
Please use the FPOW Hotline number for nonemergency calls if you are an FPOW volunteer or currently in the pipeline. Someone will either act on your message or return your call if more information is required.

## DEADLINE FOR THE NEXT FPOW NEWSLETTER: June 30, 2013

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### 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. 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:

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Attention: FPOW Newsletter

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