



Fairfax Pets On Wheels Winter Update

January 2009



Daniela Onoszko, Favio, Mrs. Flory

President's Message

Welcome 2009 FPOW Friends!!!

As I write this first article for the newsletter as the new President of the Board of Directors many thoughts race through my mind. As I look back over 2008 and FPOW's accomplishments, I feel enormous optimism for FPOW and the residents we serve.

In 2008 FPOW was once again recognized as a leader in community service. Most notably, Kim Wilkerson was recognized by WJLA Channel 7 as one of the Washington Area Toyota Dealers Tribute to Working Women Award winners. FPOW and Kim Wilkerson were recognized by Acacia Federal Bank at their "Good Guys Awards".

Washingtonian magazine recognized us as

one of area's pet therapy organizations. Seen on TV on Thanksgiving Day, Daniela Onoszko and Favio, a Powhatan volunteer team from the past, shared their community service as a FPOW volunteer while being interviewed at the National Dog Show.

My favorite question over the past few decades to myself and others has been, "Alright, what's next?" This is exactly the question you will hear from me over the next year.

Here is the question I can't get out of my mind "How do we encourage the growth of FPOW's giving touch over the next few years"?

This is the question that I intend to ask our membership, the Board of Directors, and the people we serve and our community over the next year. Please share your ideas with me. Send to the attention of Tracy at:



fpow_office_volunteer@fpow.org

Respectfully,

Tracy Van Duston

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In Memory of George P. Kelley



George P. Kelley. Courtesy of Powhatan Nursing Home

Those of us who have participated in Fairfax Pets on Wheels for many years have all met, and sadly, lost many special friends who were residents at the facilities we have visited. Much has been spoken of and written about the benefits that both the residents and we two-legged volunteers derive from these visits.

However, not much has been written or spoken of regarding the benefits and the pleasure that our four-legged volunteers get from these visits. Every now and then, one encounters a special person who just seems to be a “natural” in his or her ability to communicate with and bring many a tail wag to our four-legged friends. Such a man was the late Mr. George P. Kelley, a resident of Powhatan Nursing Home who passed away on November 15, 2008.

From the first time they met Mr. Kelley, my two collies, Annie and Sugar, quickly developed a special bond with him. Small wonder, because Mr. Kelley’s long-time companion at home has been a very handsome 15-year-old Sheltie named Scooby. Mr. Kelley never missed an opportunity to tell Annie and Sugar, (aka “The Girls”), how much they reminded him of Scooby.

Our weekly visits to Mr. Kelley followed a pattern. Immediately following our initial sign-in at Powhatan, “The Girls” would drag me down the hallway toward Mr. Kelley’s room. Mr. Kelley had

given us strict orders to awaken him if he was asleep when we arrived; so Annie usually wasted no time in announcing our arrival. Mr. Kelley would jump out of bed and extend his arms for the double handful of doggie treats. He would then commence feeding the treats to both Annie and Sugar, ensuring that each got her fair share. If he failed to move fast enough, Annie would shove her long, slender nose into his pocket and help herself. Mr. Kelley always got a big kick out of this maneuver and would see to it that Sugar got a couple of extra treats to compensate for the ones that Annie had stolen. Mr. Kelley never allowed us to move on to visit the next resident until the last doggie treat was gone.

During our many visits with Mr. Kelley, he rarely failed to talk about his beloved Scooby and his wonderful friends who took care of Scooby after Mr. Kelley moved into Powhatan. He would also frequently tell us that he was looking forward to the day when he would return to his home in Massachusetts. But that was not to be.

When “The Girls” and I arrived at Powhatan on the evening of November 18th, the receptionist told me that Mr. Kelley had passed away unexpectedly. I was stunned! After getting over the initial shock, Annie and Sugar began to drag me down the hall as usual. As we passed Mr. Kelley’s room, both Annie and Sugar made a quick right turn and pushed open the door, which had been left ajar. They stood at the doorway as though they didn’t understand why their friend’s light was turned off and that he was not getting out of bed to greet them. It was a very emotional experience. Finally, I was able to coax them to continue their journey down the hall. But they kept looking back.



Left: Annie & Right: Sugar. Photo by Eileen Rollyson

Thanks for the Memory

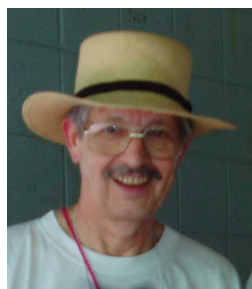
- In memory of Jasmine, beloved pet of Lauren Judge of Tinley Park, IL. From Pat Harvey
- In memory of George P. Kelley, a friend and co-worker who was a resident of Powhatan. From Vincent and Joan Cardella
- In memory of George P. Kelley, a resident of Powhatan. From Katherine Hossofsky
- In memory of George P. Kelley, who enjoyed the FPOW pets and volunteer visits while he was a

resident of Powhatan. From Bob and Tina Mulligan, Wellesley, MA

- In memory of Anthony, a beloved Australian Shepherd-type, who was Kim Wilkerson Mother's, Pat Cash, special buddy and companion. From The Wilkerson Family
- In memory of Riley and Gateway, two wonderful cats whose tragic losses this year have been a real hardship for Beth and Matt Snyder. They will be greatly missed. From Kim Wilkerson

In closing, I would like to say, "Thank you" to Mr. Kelley's family and friends for looking after Mr. Kelley and for taking care of his beloved Scooby. I would also like to thank them for requesting that donations be sent to Fairfax Pets on Wheels in Mr. Kelley's memory.

It will be many months before "The Girls" and I will be able to walk down that first hallway at Powhatan without pausing for awhile to remember George Kelley and the joy that he brought into our lives. All three of us miss him very much.



Rest in peace, my friend.

Dan Rollyson

Feathers Vs. Fur; Dogs Win for FPOW Volunteer

For new FPOW volunteer Liz White, it took her then-boyfriend (now husband) to convince her that she could successfully be a dog owner.

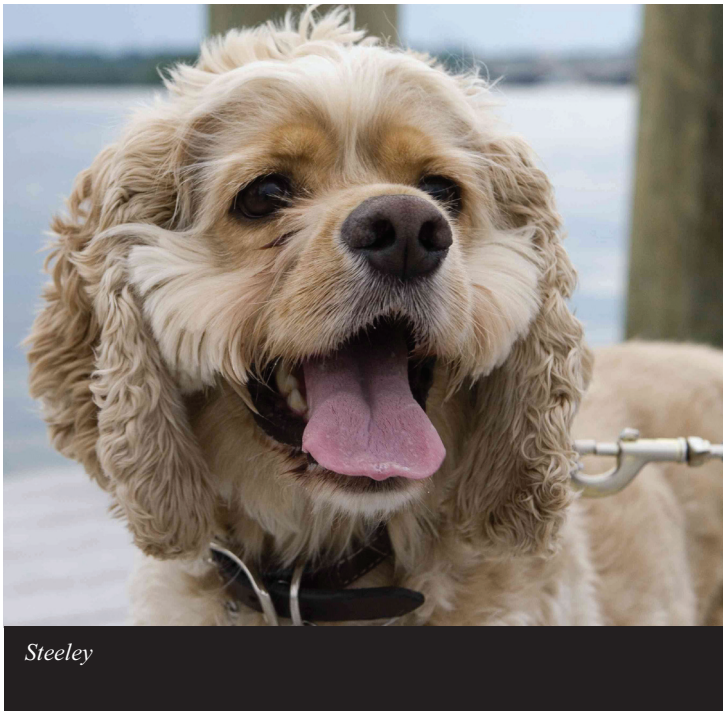
Since her only prior pet experience was with a feathered friend, the transition to fur proved to be an auspicious one.

"I wasn't allowed to have dogs growing up, although I always wanted one. So I had a pet parakeet instead – it's definitely not the same as a dog!" she says.

To make a tax deductible donation to the FPOW Memory Book in someone's memory or honor, please send your check with brief letter to the FPOW address listed on the back of this newsletter (including pet/person's name, to whom you wish acknowledgement mailed, and a brief detail of the occasion). Your memorial will be permanently entered into the FPOW Memory Book, an acknowledgement will be sent, and the announcement will appear in a future edition of our newsletter.



Rhett, Steeley & Liz Butler



Steeley

Liz adopted Steeley (now five years old) from Oldies But Goodies Cocker Spaniel Rescue two years ago. Since then, she has fostered three other cocker spaniels that were all successfully adopted. For now, “Steeley enjoys being an ‘only child’ so it will stay that way for us” Liz says.

Liz volunteers at Iliff Nursing Home and had been attending weekly since the fall of 2007. Even though her impending marriage began to cut down on the frequency of the visits, she and her husband generously donated to FPOW in lieu of favors for their wedding in October of 2008. They even featured several Iliff pet volunteers

on baseball cards with their reception centerpieces. “This was our way of celebrating our special day with Steeley while also raising awareness for FPOW.”

“Steeley has a very happy heart and zest for life that is contagious! His tail is constantly wagging and I normally have to reward him when he sits still for petting.” Liz says.

Small moments are what stand out for Liz when visiting Iliff. “On one recent visit, I was very touched by a resident who didn’t speak but enjoyed just petting him for a few minutes. Little moments like that really warm my heart.”

“I know that we make a huge difference in the lives of the residents we visit – even if only for a brief moment. The smiles that Steeley brings to the residents’ faces on our visits are priceless.”

“I can only hope that if I’m ever a resident someday that someone will visit me with their dog to share their time and love,” she says.

Just as long as no one tries to substitute a parakeet.

By Julia Long

“Barking Up the Long Tree”

Over the holidays, my daughter and I went to see “Marley and Me.” I was fully aware of what happens to poor Marley at the end of the movie, having been warned by everyone who read the book. I didn’t read it because if you return a damaged book to the library, they usually don’t take kindly to it. The book would’ve ended up with major water-damage, of course. Salt water. As in copious amounts of tears. Also some snot.

I’m truly a sucker when it comes to sick, injured, scared or otherwise similarly afflicted dogs. All my dog D.C. has to do to garner my sympathy and a biscuit is give me that vague

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“sad puppy” look and I’m a goner. I will move heaven and earth to make her feel better, even if I’m pretty sure she’s faking it for a Milk Bone.

Interestingly, my children don’t seem to have that same effect on me and I come by that attitude naturally. Growing up, my mother was a nurse. In order to get her attention when either my brother or I complained about some physical ailment, it pretty much had to involve imminent death or at least liver failure. She was (and still is) an attentive, involved mother. She just wasn’t easily impressed until she saw true distress. In my child’s mind, that meant several times a day. My mother has considered my histrionics serious...oh...maybe twice and I’m 43. I might have scored half a point for that emergency appendectomy when I was seven.

I’m the same way with my children. I tend towards the “Here’s a Band-Aid” approach rather than “call 911 for a hangnail”. Not so for my dog. I once took D.C. to the emergency vet on Christmas Eve because she ate two bite-sized Snicker’s. The vet assured me that she’d be fine, even as I protested, “But she ate the wrappers, too!” Nearly six hundred dollar’s worth of “just please shut her up” tests later (shut me up; not the dog), we drove home destitute but calmed. Said wrappers reappeared a day later and D.C. never so much as burped.

Again, conveniently, I blame my mother. Her dog, Abby, is the apple of her eye and Mom has definitely defected to the dark side with that pooch. Recently, Abby tried to get my brother’s dog to play with her...not very subtly ignoring an eighty-pound, eight-year age difference.

“And so Boots snapped at her!” my mother reported indignantly. “Well gosh, Mom. Was there blood?” said the dutiful daughter. My mother slowly replies, “Well... no. But her feelings were hurt.” Okay then!

So you understand about “Marley and Me”? I was a complete wreck at the end of that movie. My daughter thought about summoning help in getting me to the parking lot but I somehow managed to pull myself together enough to drive us home. But as my Mom would say,

“My feelings were hurt.”

By Julia Long



November finds Volunteers Studying Dog Behavior

FPOW volunteers Sabine Arndt, Barbara Harding, and Liz Breyer spent the weekend of November 8-9, 2008 in Woodbridge attending an enlightening seminar by noted animal behaviorist Dr. Patricia McConnell.

Dr. McConnell has made a lifelong commitment to improving the relationship between people and animals. She is known worldwide as an expert on canine



Beau, Dr. McConnell, Tessa & Bicalina

and feline behavior and training, and for her engaging and knowledgeable books, DVDs and seminars. Patricia has seen clients for serious behavioral problems since 1988, and is an Adjunct Associate Professor in Zoology at the University of Wisconsin-Madison, teaching "The Biology and Philosophy of Human/Animal Relationships." She dispenses advice on behavior problems, and information about animal behavior research, on Wisconsin Public Radio's Calling All Pets, which is heard in over 90 cities around the country.

A highly-sought after speaker on dog behavior and training, McConnell has presented seminars all over the United States, and in Canada, Australia and Belgium. She has spoken in Germany and Sweden, as well as in many cities in the United States. Dr. McConnell is also the behavior columnist for the Bark magazine ("the New Yorker of Dog Magazines") and a Consulting Editor for the Journal of Comparative Psychology. She is the author of the much-acclaimed books "The Other End of the Leash", which is now published in 10 languages and "For the Love of A Dog: Understanding Emotions in You and Your Best Friend". Her self-published book and booklets on dog training and dog and cat behavior problems continually receive rave reviews from professional trainers, veterinarians and dog and cat lovers

Dates to remember

BOD Meeting at Leewood: March 2,
7:00 pm

Newsletter Submission Deadline:
March 30

Annual Picnic Lake Accotink: May 17

BOD Meeting at Leewood: June 1,
7:00 pm

Newsletter Submission Deadline:
June 30

from all over the world. More information about Dr McConnell can be found by visiting her web site www.patriciamccconnell.com.

Patricia has three dogs, one confident cat and a very



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spoiled flock of sheep on a small farm in Southwestern Wisconsin. Her two Border Collies, Lassie and Will, keep her outside and active, and her Great Pyrenees, Tulip, keeps her humble. Trisha suffers from Separation Anxiety each time she leaves her dogs at home when she leaves on her numerous speaking engagements around the country.

The first day of the seminar dealt with emotions in dogs. Dr. McConnell discussed the evolution of scientific thinking on emotions in dogs and the biology responsible for emotions, highlighting the differences between canine and human physiology and how they affect the way people and dogs experience emotion. Focusing on the emotions of fear, anger and happiness, she discussed how each of those emotions is generated and how each contributes to the survival of the species. Dr. McConnell discussed how to read emotions in dogs by looking at facial expression and body position and how to use classical counter conditioning and operant conditioning techniques in training.

On the second day of the seminar McConnell focused on the other end of the leash—how people (primates) relate to dogs (canids)—and how the fact that we are of different species affects the way we relate to each other. People, for example, love to hug; it's a hard-wired part of primate behavior. Dogs hate to be hugged; they consider it rude. After discussing the human/canine relationship, Dr. McConnell focused on training and how to use the knowledge of what motivates dogs to improve training techniques. For example, dogs perceive visual cues much more readily than audible cues, so using hand signals is more effective than using verbal com-

mands in many situations.

Throughout the seminar, McConnell used photographs and diagrams to illustrate what she was discussing, brought in the work of other authors to provide background and clarification, and worked with volunteer dogs and handlers to demonstrate techniques.

It was an amazing weekend and we learned a lot about the meaning of the different expressions our dogs display towards us! This lady knows what she is talking about and we highly recommend her books to everyone interested in trying to understand their canine friend. A lot of behavior problems are the result of miscommunication and can be easily fixed.

Recommended Reading:

The Other End Of The Leash; Why We Do What We Do Around Dogs, Patricia B. McConnell, PH.D, 2002

For The Love Of A Dog; Understanding Emotion in You and Your Best Friend, Patricia B. McConnell, PH.D 2005

Submitted by Sabine Arndt



14th Annual Washington Area Toyota Dealers Tribute to Working Women

On Friday, November 7th, Kim Wilkerson, founding member of FPOW and currently Director of Communications was honored at the 14th Annual Washington Area Toyota Dealers Tribute to Working Women Awards luncheon at the National Press Club.



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Her mom, Pat Cash, and I accompanied her to this most special event.

For 14 years, WJLA-TV and the Washington Area Toyota Dealers have been honoring women who are making a difference in the community.

Hundreds of nominations of women who have demonstrated their commitment and dedication to their community are received but only a most select sorority of 7 were feted at this luncheon. And, what an event it was!

Held in a beautiful ballroom at the National Press Club, honorees mingled with past recipients, executives from WJLA and Toyota, family and friends while enjoying a gourmet meal. Alison Starling, ABC 7 News Anchor, was the emcee. Honorees received a plaque, a check, a lead crystal vase, a dozen long stemmed roses, and baskets filled with pampering items. The gift that got the biggest smiles were fancifully decorated bras done to support breast cancer survivors.

Kim was introduced by Colleen Peters, a Toyota executive, who not only spoke to the key elements of Kim's nomination, but had done her homework and inter-

viewed me for additional insights about Kim. Her introduction of and verbal tribute to Kim was truly moving and when Kim had to go to the podium to receive her award, she was nearly speechless.

Kim has often accused me of trying to embarrass her when I speak of her accomplishments as the founding member of our wonderful program.

It has never been my intention to embarrass her -- but to hold her up as a role model for myself and others -- In my 17+ years with FPOW, I have never known Kim to toot her own horn -- and she has plenty to toot about. I can not begin to tell you how thrilled I am that Kim was recognized by this award. Perhaps the only other person who was more thrilled was her mom.

Good job, dear friend. Thanks for all your hard work.

Submitted by:

Ruth Benker





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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: March 30, 2009

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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. 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:

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