



Fairfax Pets On Wheels Winter Update

January 2013



smiles on the faces of the residents made my day. Volunteering is truly a two-way street. You give as well as receive. Charlie must know that he is going to give a smile. He doesn't move from my arms

Burke Halloween Pet Parade

On October 30, 2012, the Burke Fairfax Pets On Wheels volunteers braved the wet and wind following the Sandy storm to bring the residents of Burke Healthcare a little spooky fun.

We had many special visitors that night including Charlie (our kitty), Tia the angel, Morgan the ballerina, Tailor, Chase with the devil horns, Paige the pink ballerina, Rusty the shark, Sparky the football player, Kiko the mail girl, and Superman Robby.

“It was great to be part of the Burke Halloween Parade. All the dogs looked so cute! Seeing the

the entire hour and enjoys the attention he gets from the patients. Charlie is the best cat I have ever had and the fact that he touches people's lives just makes him more special.” ~ Ileana Arnold and her cat Charlie



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“We had two costume choices for Tia for the event. It was a dilemma: should she be an angel or a witch? All her residents said ‘angel’, and I took that advice. However, during the parade we had trouble with her halo slipping. Costume malfunction or personality statement? For sure, she came face-to-face with the devil, Chase!”
~ Susan Laume and her Vizsla Tia

(Continued on Page 2)

“Morgan was so excited to be there, more excited than usual, maybe because of all the other dogs and kitty, or maybe because she loved being in her little purple tutu ballerina outfit, the dancer/prancer that she is, or maybe because of the tricks or treats that she got. It seemed that many people enjoyed her that night, as well as all the other dogs. There seemed to be more people anxious to greet the dogs than usual. I think the dogs enjoyed it as much as the people did.” ~ Jill Barney and her Golden Retriever Morgan



“The Pet Parade makes it even more fun for the pets because they get to travel all together and become friends. They get more attention. I think Charlie enjoys and loves being a therapy cat. I think he really enjoys the attention from the patients. He just sits in my mom’s arms, and that’s why I think he really enjoys the attention. Looking forward to the next parade. Charlie is ready for the next parade!” ~ Monica about her cat Charlie

Collected and Submitted by Jeanine Goldberg

The Volunteer Spotlight

The Volunteer Spotlight is on Liz Breyer and her dog, Quincy. The team has been visiting at Powhatan Nursing Home in Falls Church for a little over five years. Liz joined FPOW to give to others.

She has connected with so many wonderful people—both other volunteers and, most important, the residents the team visits. Her pet partner, Quincy, is a 7-year-old Golden Retriever. He has been an FPOW volunteer since he was two. Quincy had initially been certified by a national therapy dog certification program. The program sent Liz the name of a facility to visit but didn’t provide any additional

support for getting started as a volunteer. When Liz called the facility to find out about volunteering, she was told that all the volunteer pets were FPOW volunteers. She and Quincy became FPOW volunteers and have been visiting at Powhatan ever since.

In addition to visiting at Powhatan, Quincy competes in Obedience and Rally. He grudgingly shares the house with his brother, Sly, and with Cleo, a cat. When he’s not visiting or training, his favorite thing to do is ... eat! Quincy loves to visit and he gets excited as the team drives into the Powhatan parking lot. And when he sees someone in a wheelchair when they are out somewhere else, he makes a point to go visit them too.

Because he has had a lot of training, Quincy can do all sorts of commands and tricks, such as sit/stays, down/stays, drops, spins, and so on. At times when he gets a little bored, or a little excited, during a visit, Liz can always distract him or get his attention by having him do a little bit of work, and the residents love seeing him work on his many skills.

Liz moved to Northern Virginia after law school. She practiced law for several years and then stayed home to raise her family. Her children are now young adults. Liz became involved with



Thanks for the Memory

Visit www.fpow.org/tribute to make an online memorial or tribute donation.

■ In memory of Luna, a very special tabby cat, who was loved by Susan, Michael, Roslyn, and David. Luna was a beloved Brehl family member for many years. From the Wilkerson Family

■ In memory of Simba, a beautiful, beloved Birman cat, who graced the lives of Cathy and RJ Colleli for over 18 years. Simba was a special cat who shared much joy with all who knew him. From the Wilkerson Family

■ In memory of Taylor (T-Bone) Nilius-Lindquist who was David Folcomer's beloved domestic short hair cat. From Lisa Lindquist

■ In memory of Rosie Richcreek, our much loved Long-Haired Dachshund who lived to be 16 years and 7 months. My wife and I got Rosie when we were first married. Rosie could be "bossy" and when she was, we called her The Diva. We will miss her and her diva ways. From Glenn Richcreek, Fairfax, Virginia

■ In honor of Katie Baker, Abby, and others from Fairfax Pets On Wheels who visit my father, Jack Martin, in Room 207 of Sunrise Living of Reston. From John Martin

■ In honor of Ruth Benker of Fairfax Pets on Wheels in recognition of the holiday. From Allison French

dog training in an act of desperation—the family's first dog was totally out of control—and it became clear to Liz that no one else in the family was going to take care of getting the dog to obedience school.

Liz had so much fun and met so many wonderful people that she was hooked. She spends most of her non-family time in dog activities—training, competing, dog show stewarding, and FPOW.

In addition to visiting, Liz serves as an FPOW temperament tester and she has also served on the Board of Directors, as a Director at Large, and as the Director of Volunteer Education. At the last two FPOW volunteer picnics, Liz has brought a rally course out for the dogs attending to learn some of the various pieces of equipment and use up some energy while at the event.

She also is an AKC Canine Good Citizen (CGC) evaluator and has evaluated FPOW volunteer pets and other interested dogs at FPOW-sponsored CGC evaluation sessions. She is also a member of Mid-Atlantic Stewards Association and stewards at AKC dog shows.

One of the residents the team likes to visit mentioned that she would love to see Quincy working in a trial. Liz's friend Jeanine Goldberg, a fellow tem-

perament tester and the liaison at Burke Healthcare Center, videotaped Quincy doing a Rally course at an AKC trial and uploaded it to YouTube.

Liz brought her iPad to Powhatan and opened the video, and the resident got to see Quincy in action. Not only did the resident get to see Quincy work, but she also saw an iPad for the first time. Liz had a great time that night showing the resident how to play with it and catch up on the latest technology.

Liz feels that she has benefited as much from visiting as the residents. She has been immeasurably enriched by relationships with fellow volunteers and the residents at Powhatan.

One of the things she likes best about FPOW—in addition to the wonderful, committed people and pets—is the mentoring. FPOW doesn't just certify the pet and cut the team loose. There is guidance and support available throughout the process and throughout the team's tenure with FPOW.

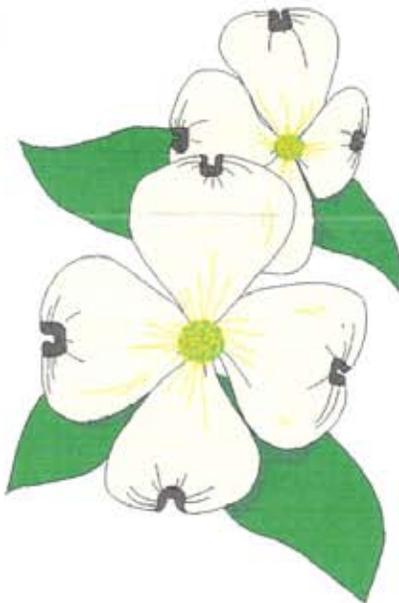
FPOW would like to express many thanks to Liz and Quincy for volunteering in many roles in FPOW.

Submitted by Madelynn Arnold



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Santa Visits Iliff

Once again, Santa and his reindogs and helpers visited Iliff in December, giving out bags of sugar-free candy, holiday cards, and lots of good cheer to residents and staff at Iliff Nursing and Rehab Center.

Santa wants to thank Tracy Welch and Kate, Laura Guay and Jack, Kathi Baker and Abby, and Bob and Ruth Benker and Teddy for their help.

He also wants everyone to know that he appreciates all the efforts to bring the holiday spirit to life, but wants Jack to know that he thinks “someone” may have gone a little too far and thinks Jack should have this picture as a “get out of jail free” card for any future transgressions.

Hoping 2013 is a happy and healthy one for you and yours!

Submitted by Ruth Benker



SIT/STAY

FIVE USEFUL COMMANDS FOR VISITING

When I’m visiting with Quincy I spend a lot of time talking to the residents and their visitors and to the staff at the nursing home. Sometimes, though, I need to talk to Quincy—to tell him what I want him to do, to tell him what I want him not to do, to tell him what a good boy he is. Being able to communicate with your dog can be so useful on a visit.

So, here are five very useful commands and the reasons to use them.

1. Sit/stay
2. Down/stay

You can’t beat sit/stay and down/stay for control. When things get a little chaotic, I use these commands to settle my dog down. I know where he is and that he will stay there until I tell him he can do something else.



3. Walk (or “heel“ or “let’s go”)

When I need to move my dog from place to place, I give him one of these commands. I always tell my dog what we’re going to do before we do it. So, if we are going to move down the hall, “Quincy, walk,” and off we go.

4. Leave it

This command is for safety. I want to be able to prevent my dog from reaching for something he shouldn’t have—for example, some food a resident has dropped in their lap, something a resident is holding, or something on the floor or in a wastebasket.

5. “Close” or “let’s visit”

This is an advanced command that tells the dog to get close to a wheelchair or to a bed so the resident can reach the dog more easily.

It doesn’t matter at all which specific words you use for these commands. I’ve given some options above, but there are lots of different words you can use. The important thing is that your dog understands what you mean. So when you train the dog, make sure that the words you use mean only one thing. That way when you tell your dog what you want, he or she understands.

And never forget—the most important thing you can tell your dog when he’s done a good job—“Good boy!” or “Good girl!”

Submitted by Liz Breyer with special thanks to Jeanine Goldberg for her contributions.



FPOW at Vienna Pet Spaw During Holiday Stroll

Vienna Pet Spaw at 101 Church Street, NW, hosted an FPOW Information Table during the annual Holiday Stroll on historic Church Street on Monday, November 26, 2012, from 6:00 to 9:00pm.



Vienna Pet Spaw owners Carol Fleming and Brian Rayment

FPOW volunteers Sharon Celesnik and Penny, Tracy Van Duston, and Ruth Benker and Teddy greeted strollers as they entered the store, passed out information about the FPOW program, and answered questions.

A special thank-you to owners Carol Fleming and Brian Rayment for inviting FPOW to participate in this special event and for promoting our program.



Submitted by Ruth Benker

Discovery Communications Provides FPOW New Public Service Announcements

In October, FPOW learned that it had been selected as one of the 22 nonprofit organizations nationwide to benefit from the Discovery Communications 3rd Annual Creating Change 12-hour creative marathon and conference. The FPOW application was for a public service announcement (PSA) that could be used for recruitment of new volunteers.

In November, the team from Discovery Communications, producers Rekha Patricio and Greg Siers along with their film crew, David Butler and Lynda Meier, met the FPOW volunteers who



Kay Mena (Discovery), Madelynn Arnold, Ruth Benker, Rekha Patricio (Discovery), Hilarey Kirsner (Discovery), and Greg Stiers (Discovery).

were recruited to participate in this effort at Iliff Nursing and Rehab Center—Madelynn Arnold, President; Tracy Van Duston, Past President with Precious; David Folcomer; Kathi Baker, Director

and Ruth Benker were invited to the Discovery building in Silver Spring to attend the Creating Change conference and to see the final draft of the 60 second public service announcement they had produced from the hours of filming.



Virginia Haley being interviewed

of Volunteer Appreciation and Facility Liaison at Cameron Glen and Sunrise-Reston with Abby; Pat Leader with Lucy; and Ruth Benker, Director of Communications and Facility Liaison at Iliff with Teddy. We were most ably assisted by Emily Atkinson, Director of Activities at Iliff, who recruit-

ed our terrific cast of residents —Angela, Betsy, Ed, Gerry, and Virginia. For several hours, FPOW volunteers and residents were interviewed and filmed, highlighting the wonderful work our pets perform. The following week, Madelynn Arnold and Ruth Benker were invited to the Discovery building in Silver Spring to attend the Creating Change conference and to see the final draft of the 60 second public service announcement they had produced from the hours of filming.

Sitting around a large conference table facing a big screen, Greg started the PSA—60 seconds later, Ruth needed a tissue. The professional caliber of this PSA is beyond what FPOW could ever pay for. To have been selected for this honor was truly a gift.

Discovery wanted to make a few tweaks and also produce a 30-second PSA that we could use. We hope to have local TV stations show it.

A huge “Thank You” to Discovery Communications for selecting us and producing

four-legged, thank you for participating and doing what you do.

To Emily Atkinson, and the staff at Iliff, many thanks, AGAIN, for helping us promote our program—we know it had to be disruptive to have us all running around. And to the residents of Iliff who participated in the filming, Hollywood will be calling!! You all were so gracious and understanding—thank you for being you.

You can watch the PSAs online by visiting www.fpow.org/media

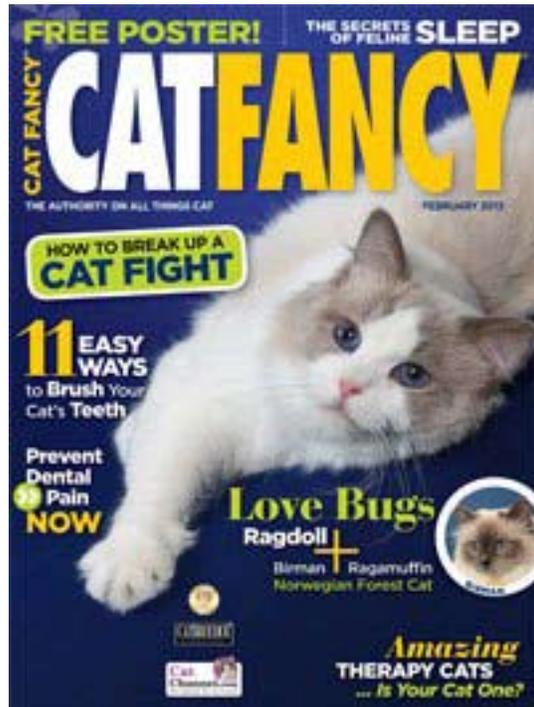


Submitted by Ruth Benker

Fancy That!

CATFANCY Magazine's February issue has an article on Amazing Therapy Cats—our own Carla Graham and Oreo are highlighted in the article. Congrats to Carla and Oreo!

For more information, visit www.catchannel.com/cat-fancy/default.aspx



Dates to Remember

BOD Meeting: March 4, 2013, 7:00pm – Leewood Nursing Home, in the Virginia Room, Annandale

Newsletter Deadline: March 30, 2013

Volunteer Appreciation Picnic: Saturday, June 1, 2013, 12:00/Noon Frying Pan Park Pavilion, Herndon, VA

BOD Meeting: June 3, 2013, 7:00pm – Leewood Nursing Home, in the Virginia Room, Annandale.

Newsletter Deadline: June 30, 2013

Save the Date! Paws for a Cause 3K Walk: Sunday, October 6, 2013, Noon





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Great Falls Animal Hospital
10125 Colvin Run Road
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Town & Country Animal Hospital
9836 Fairfax Boulevard
Fairfax, VA 22030

Columbia Pike Animal Hospital
4205 Evergreen Lane
Annandale, VA 22003



Mary Portelly, Licensed Vet Tech at Great Falls Animal Hospital. Mary is an FPOW volunteer with her St. Bernard mix, AnnieBelle.



Gail & Jon Shortledge, proprietors of Terrace Café

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Upon receipt of application, request for residency will be reviewed and may be recommended for consideration by the Admissions Committee of The Board of Directors.





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Fairfax Area Agency on Aging
12011 Government Center Parkway, #708
Fairfax, VA 22035-1104



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 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: March 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:

Fairfax Area Agency on Aging

Attention: FPOW Newsletter

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