



# Fairfax Pets On Wheels Summer Update

July 2013



## Picnic at Frying Pan Farm Park

On Saturday, June 1, 2013, the sky was a beautiful blue, the sun was shining brightly, and the red, white, and blue balloons and tablecloths were swaying gently in the soft, warm breezes when 116 FPOW human volunteers and guests along with 47 excited doggies arrived at Frying Pan Farm Park.

All were greeted by Volunteer Fairfax's Leslie, Maggie, and Michael Dyre and Mary Vogel, who presented them with specially embossed blue FPOW tote bags containing "goodies" for the canine attendees. Also at that time, FPOW members signed up for pet trading card photos that would be taken in an indoor studio throughout the afternoon by Robin Burkett of Paw Prints Photography. They could also proceed to another special table where they could purchase FPOW shirts, cords, and memorabilia then or at any time during the afternoon.

After lots of canine and human socialization and a welcome by FPOW President Madelynn Arnold, everyone (dogs excluded) headed toward the serving tables to partake of the delicious foods prepared by

*(Continued on Page 2)*

## Rabbits Make Wonderful FPOW Volunteers

Barbara Witucki is a longtime FPOW volunteer with over 20 years in the program. She volunteers at Powhatan Nursing Center with her mini-lop rabbit, Pal.

Pal is the color of a Palomino horse, which is how he got his name. He truly is a people rabbit who loves to be petted and rocked and uses his litter box faithfully. Barbara also is a member of FPOW's Speakers Bureau, helping to spread the word about the program and its benefits for not only the residents but the volunteer teams as well.

In addition to being an FPOW volunteer, Barbara spends two afternoons a month at the Animal Welfare League of Arlington in the "rabbit room." Rabbits are the third most often abandoned pet animals, which Barbara says is very sad because

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*Barbara Witucki with her mini-lop rabbit, Pal*

they make wonderful pets. She wants to encourage anyone considering adopting a rabbit.

The residents of Powhatan enjoy petting Pal, and Barbara enjoys sharing him with the seniors who must live without the therapeutic benefit of pets. FPOW provides such a needed service since pets provide such unconditional love and really don't care what type of day you have been having – they're always glad to see you.

One of the highlights of the team's visits was when Barbara was told that a resident smiled only when he was petting Pal. Visiting with certain residents can lead to special bonds being formed between the resident, Barbara, and Pal.

One such resident dearly loved Pal and nicknamed him "Sweet Baby." Mrs. "G" was totally bedridden and yet NEVER complained and always had a smile on her face. They still miss her. Mrs. "G" was a truly inspirational lady. She was one of the first 100 women pilots! Barbara always tries to give every resident she visits a touch; making contact with each person is important since this type of connection is sorely lacking in the lives of the residents.

Barbara has been married for 46 years and has two daughters and three grandchildren. Originally from Wisconsin, her daughters were born in Kenya, East Africa, where they lived for five years. Barbara joined FPOW with her daughters when the girls were in elementary school.

They have had a total of five pets in the program; two dogs and three rabbits. In addition to volunteering with FPOW and at the shelter, Barbara sings in her church choir. Barbara plans to continue her twenty-plus years of volunteering. With FPOW, she knows her visits with Pal share love with the residents and they are spreading the word about rabbits being wonderful pet therapy animals.



Submitted by Madelynn Arnold

## Picnic, Continued...

King Creole of Great Falls. The delectable edibles included fried chicken, barbecued pork, coleslaw, potato salad, macaroni and cheese, cookies, and absolutely scrumptious brownies. (Never to be neglected, the pet volunteers delighted in their own special treats found in dishes on all tables. There were also bowls of water available to these honored tailed-wagging volunteers at all times.)

Throughout the celebration everyone enjoyed the music played by DJ Michael Galvin, who also gets credit for many of our picnic photographs this year.

Throughout the afternoon the dogs had activities planned especially for them. From the picnic pavilion they could be seen as they participated in the rally and agility courses set up and conducted by Patty Kwapniewski and Liz Breyer. There were even some nice shade trees there for them too. Some pooches were also witnessed frolicking happily under the warm summer sun in their own special wading pools.

After the feast of delicious foods, next on the agenda came the recognition of special honors and

# Thanks for the Memory

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

- In honor of my three cats: Carmel, Clyde, and Binx — just because. From Tom Leigensperger, Springfield, VA.
- In memory of Keith Reynolds, the beloved father of Andrew Reynolds of Manassas, VA. From Meredith Jones, Fairfax, VA.
- In memory of Portia, a wonderful Flat Coated Retriever, who volunteered and shared her furry love with the FPOW program as well as servicemen and

servicewomen affiliated with the Wounded Warrior Project. She was loved and adored by Sheila Consaul. From Kim and Mark Wilkerson.

- In memory of Carrie, a terrific English Shepherd, who volunteered and bestowed her love and affection on the many residents of Mount Vernon Nursing & Rehabilitation Center and Burke Health & Rehabilitation Center. She was much loved by Helen and Rob Carroll. From Kim and Mark Wilkerson.

the presentation of awards. Madelynn began by congratulating the AKC Therapy Teams who recently had earned this prestigious title. They are Ruth Benker and Teddy, Rob and Helen Carroll and Carrie, Al Doehring and Mia, Linda Martin and LuLu, Charlie Viall and Bella, and Neely Willett and Luna.

Madelynn continued the honors portions of the program with the presentation of the “Hours of Service Awards.” Each volunteer was recognized individually, and group photos were taken in each hours category.

Those who received the “Bronze Award” certificate for fifty to seventy-four hours of service are Lori Caplan, Carol Chapin, Stephen Flynn, Joan Huppi, Beth Jordan, Susan Laume, David Martin, Shelley Matthews, Laurie Stone, Marina Tignor, and Tracy Van Duston.

Those who received the “Silver Award” certificate for seventy-five to one hundred hours of service are Sabine Arndt, Paula Burger, John Byrum, Alvin Doehring, Jeanine Goldberg, Stecia Lansdell, Pauline Narcavage, and Deborah Zelten.

Those who received the “Gold Award” certificate for 100-plus hours of service are Madelyn Arnold, Kathryn Baker, Ruth Benker, Elizabeth Breyer, Brian Bryson, Bonnie Burnham, Jill Davidson, Carla Graham, Patty Kwapniewski, Patricia Leader, William Mulheron, Terry Patton, Beverly Powell, and Charles Viall.

The President continued the honors with the “Length of Service Awards.” Again each individual was recognized, and group photos followed.

Those who received certificates for five years of service are Elanie Anderson, Lori Caplan, Nikki Di Palma, Alvin Doehring, Jeanine Goldberg, Beth Jordan, Stecia Lansdell, Patricia Leader, Robert Strahan, Allison Skowronski, Barbara Skowronski, Kristen Skowronski, Matt Skowronski, and Joseph Skowronski.

Those who received certificates and pins for ten years of service are Paula Burger, Candia Hudson, and Laurie Stone.

Those who received certificates and pins for fifteen years of service are Sabine Arndt and Pauline Narcavage.



5 Years of Service Award Recipients

Next was the highly anticipated presentation by President Madelynn and Susie Duvall of the coveted Shauna and Latshaw Awards. The Shauna Award, established in 1993 to honor Susie and Rob Duvall's wonderful Irish setter, was given this year

to three special dogs: Abby Baker, Teddy Benker, and Gretel Powell.

The Latshaw Award for Excellence, established in 1990 to honor former FPOW volunteer Mary Latshaw, was given to two outstanding volunteers: Jeanine Goldberg and Carla Graham. Patty Kwapniewski, another outstanding volunteer and a former winner, also received "Honorable Mention" in the latter category.

Madelynn concluded the honors portion of the agenda by informing everyone that FPOW had been nominated for the "First Annual Baker Willoughby Service Award" given by the VA/MD Regional College of Veterinary Medicine at Blacksburg, Virginia. This award recognizes the "intricate and special connection between animals and humans."

After the awards had been presented and honors announced, Ruth Benker spoke about a United Way campaign in which FPOW volunteers could participate on June 6. Ruth also led a short but very cheerful volunteer "greeting" (with the help of vid-



*10 Years of Service Award recipients*



*FPOW volunteers with 100 or more volunteer hours*



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ing again next year.

Submitted by  
Bonnie Mayo  
Burnham



## 2013 Latshaw Award Winners

### Jeanine Goldberg

Jeanine Goldberg, liaison at Burke Health & Rehabilitation Center, has been volunteering there since January of 2008 with her three rescue Labrador Retrievers Silver Puppy (age 3), Rusty (age 11 1/2), and Polly (age 13)

who is also a “neutral dog” at Temperament Testing.

Jeanine herself is a member of the Temperament Testing Team, which gauges the suitability of pets entering the program.

One of her goals is to help new volunteers (pet and human) remain in the program, so



Jeanine Goldberg

she takes special time “above and beyond the call of duty” to work with and encourage them.

Jeanine is involved in many dog activities and sports, including obedience, rally, flyball, agility, and “nosework,” giving her special insight into the ability of dogs for therapy work. Her inspiration

eographer Bruce Arnold) for possible inclusion in a ABC 7’s “Good Morning Washington” segment.

Madelynn then shared with everyone a lovely “thank you” plaque given to FPOW by Mount Vernon Nursing and Rehabilitation Center. She also gave a special thank you to Kathi Baker, who once again had organized this fantastic picnic. Kathi herself thanked “everyone” collectively for making the event possible.

She also wants to thank each individual personally for his/her assistance. They are Madelynn Arnold, Ruth Benker, Liz Breyer, Bonnie Burnham, Andy Burnham, Helen Carroll, Rob Carroll, Jill Davidson, Denise Elliott, David Falcomer, Jeanine Goldberg, Carla Graham, Barbara Harding, Patty Kwapniewski, Pat Leader, Judy Mitnick, Sandra Mueller, Laurie Stone, Kim Wilkerson, Joan Violante, and Tracy Van Duston.

As with all good things, this delightful party and celebration had to come to an end. It will not be forgotten, however, as it will live on in happy memories in many human and canine hearts as everyone looks forward to another special, fun-filled gather-

for her involvement with FPOW was the joy that therapy dogs brought to her mother in the hospital before she died. Now Jeanine selflessly and successfully continues this work because she wants others to also experience this same compassion and love.

## Carla Graham

Carla Graham has been an FPOW volunteer since January of 2006. During that time she has been a visitor first with her dog Val and now with her dog Cheyenne and her cat Oreo, and for seven years she has also been the liaison at Arden Courts in Annandale, where she trains new volunteers and establishes group visits for the facility.



*Carla Graham*

She has been a volunteer at Temperament Testing since 2009. Carla also works in the FPOW office and handles a myriad of administrative tasks.

In 2012, when Volunteer Solutions asked FPOW to pilot visits at the adult day care centers with which it works, Carla volunteered to take on this project. Since then, she has been visiting twice a month at the Annandale Adult Day Care Center.

Thanks to her, this project has been so successful that FPOW is working with Volunteer Solutions to expand into other adult day care centers.

Carla, who has taken on many different tasks and roles and has accomplished so much for FPOW, is indeed a true credit to the organization.

## 2013 Shauna Award Winners

### Abby Baker



Abby Baker, a Shetland Sheepdog and a volunteer with her mom, Kathi, since 2006, visits Cameron Glen and Sunrise of Reston, where her easygoing, tail-wagging demeanor and "smile" draw people to her natu-

rally. She has logged over 1,500 hours in resident visitation and in many other roles, including canine on-site trainer; FPOW "spokes canine" at numerous events including Reston Pet Fiesta, children's day care camps, and presentations in places like Iliff and NVCC; and video star (but never a diva) in "Almost as Much as the Dog," produced by American University and GoodByeFilms, and in a public service announcement by Discovery Communications. Abby, who recently achieved AKC Therapy Dog Status, is a special dog who continues to bring love wherever she goes.

### Gretel Powell

Gretel Powell is a Bichon mix who visits with her mom, Beverly, at Burke Health & Rehabilitation Center. Gretel is an affectionate and cuddly dog who brings joy



to all the residents she visits. Recently she made significant improvement in the quality of life of a woman whom she had visited for a year.

After the resident had been in quarantine with the flu for over two months, she had become unrespon-

sive with people. When Gretel came in to visit, she gave the resident kisses, and in response the lady opened her eyes, smiled, and spontaneously petted Gretel for 10 to 15 minutes.

It is obvious Gretel knows exactly what is required of her in her role as volunteer for FPOW. Such is the power of Gretel's sensitivity and unconditional love to the residents.

## Teddy Benker

Teddy Benker, a Cavalier King Charles Spaniel, was one of the first



dogs to achieve AKC Therapy Dog Status. He visits primarily at Iliff Nursing Home with his mom, Ruth. Many residents there, whom he always greets with delight and acceptance, have a special bond with Teddy, count on his regular visits, and are “transformed” by his love. Teddy also has brought his lightness and joy to many others through FPOW public service announcements produced by GoodByeFilms, American University, Discovery Communications, and others and by volunteering at numerous FPOW events. He even visits the FPOW office, where the reciprocal affection with the office staff is amazing. Without doubt, Teddy's mission is clear: it is to touch lives, to love fully, and to be loved.

## Walking on Sunshine: How to Make Walking Your Dog More Pleasant This Year

Getting fit is one of the most common New Year's resolutions.

Taking a walk with your dog is a great way for you and your pup to get some exercise and bond. However, if your dog pulls the leash or lunges, it can make your leisurely stroll difficult and frustrating. Here are some basic training techniques on teaching your dog how to walk nicely with you.

**Walking your dog on a loose leash:** When walking your dog down the street, there should be slack in the leash. When the leash has slack in it, there should be a “J” shape that begins where the leash snaps to your dog's collar. Your dog should not constantly strain at the leash.

**Teaching heel for control:** Teaching your dog to heel is a good method of control. In the heeling position, the dog is positioned at your side. It's best to begin with your dog sitting at your left side. Step off your left foot as you say “Heel.” Walk forward and praise your dog for being in the heel position. After several steps, take your last step with your right foot and bring your left foot next to it. Repeat the process until your dog will heel nicely in a straight line.

**Using a toy or treat as a reward:** Your dog's favorite toy or treat can act as reinforcement to help teach your dog how to walk nicely. You can start by having your dog at your side and having the toy or treat in your hand (at the center of your waist). Give your dog the toy or treat as a reward for not pulling at the leash. Remember to praise him (“good dog”) with the treat. Eventually, you'll fade out the treats.



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Stop your dog from lunging or pulling: Dogs who are fearful, protective, or playful may lunge at other dogs or people. If your dog starts to lunge or pull on the leash, briskly turn and go in the opposite direction. Your dog will have to follow you and hurry to keep up with you. You can also stop lunging on the

leash by standing still when the dog starts to pull or lunge. The dog soon learns that the walk stops when there is pulling.

For more info on Canine Good Citizen training, see: <http://www.akc.org/events/cgc/index.cfm>. This article appeared on January 21, 2013, in Citizen Canine, the blog of the American Kennel Club's Canine Good Citizen program. <http://caninegood-citizen.wordpress.com>. It is reprinted with permission.



Submitted by Liz Breyer

## Shenandoah University Invites FPOW to Make Presentation

On April 18, I had the pleasure of addressing and educating my daughter's Spirituality in Patient Care class at Shenandoah University in Winchester, where she is completing her Bachelor of Science in Nursing. There were about 30 students, graduate and undergraduate, in different degree programs from nursing and physical therapy to occupational therapy and music.

This class fascinated me. The course is "intended to give the student an overview of spirituality as it relates to healthcare and provide applications in the patient care arena. Students will explore the ever expanding body of knowledge linking spirituality and patient care outcomes. Emphasis will be placed on the knowledge, skills, values, meanings, and experiences of the spiritual experiences of patient, family, and the healthcare team." Wow, you can see how therapy dogs fit into this course description.

Lucy and I arrived early, and Lucy positioned herself at the door to greet all the students as they arrived. All faces lit up when seeing that friendly dog face and the wagging tail, which certainly played into my presentation of demonstrating how the presence of a pet can be an uplifting experience as well as a variation in routine.

## Dates to Remember

### FPOW Founder Scholarship

Application Deadline: July 31, 2013.

For more information, visit [www.fpow.org/scholarship](http://www.fpow.org/scholarship).

Photo Contest submission deadline  
August 30, 2013.

BOD Meeting: September 9, 2013, 7:00 pm – Held at Thomas Jefferson Public Library – 7415 Arlington Blvd, Falls Church, VA 22042.

Annual Meeting: September 9, 2013, 8:00 pm – Held at Thomas Jefferson Public Library – 7415 Arlington Blvd, Falls Church, VA 22042.

Paws for a Cause 3K Walk: Sunday, October 6, 2013, Noon – Weber's Pet Supermarket, Fairfax, VA. Visit [www.tiny.cc/walk2013](http://www.tiny.cc/walk2013) to register.

Newsletter Deadline: September 30, 2013

BOD Meeting: December 2, 2013, 7:00 p.m. – Visit [www.fpow.org](http://www.fpow.org) for location.

Newsletter Deadline: December 30, 2013

Since this group of students was not really aware of the concept of therapy dogs, I began with Lucy's credentials, the difference of a therapy dog vs. a service dog, and a bit of history. Then I described the process of becoming a therapy dog as it relates to Fairfax Pets On Wheels, the benefits of therapy dogs as they relate to patients, healthcare professionals, staff, the dogs, and the volunteers.

When I thought I had totally bored the group, the questions began to pour out of them. Are there particular breeds that seem to be better suited to this type of work? How long do we spend with each patient? How did I learn of the program and why did I get involved? Do facilities have their own in-house dogs and cats? Could dogs be used in physical therapy—could they swim with the patients to encourage those who are doing aquatic physical therapy? Can they walk beside a patient who is rehabbing and learning to walk again, to help reduce their stress?

And of course they wanted to hear stories. I told my funny and touching ones and then the professor asked if there was one that really demonstrated

how much this program may have touched a patient.

I told a story from Ruth Benker as best I could about arriving just before the death of a patient who had become a great friend and was extremely attached to Ruth's dog, KC. Upon the arrival of Ruth and KC, the patient held and snuggled with KC. Upon Ruth's departure, the patient said, "I love you very much, almost as much as I love KC." The patient later passed peacefully.

Not too many dry eyes in the classroom, including mine. I looked at the professor and he could then tell why it's difficult to share these stories—the ones that really demonstrate the reality of how therapy dogs make a huge difference.

Submitted by Patricia Leader



## Sleepy Hollow Golden Living Center Honors Volunteers

Approximately 15 volunteers attended a breakfast put on by the staff at Sleepy Hollow Golden Living Center on Saturday, April 27.

I was the only FPOW volunteer who was able to attend; most of the other volunteers in attendance were from local churches.

The breakfast was organized by Rhonda, Assistant Director of the center. Greeting us was Ramona, the new Activities Director, who moved to Sleepy Hollow from Powhatan a few weeks ago. Also there were Liz, Megan, and Clarence,

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Join us September 7 & 8, 2013 at the Dulles Expo Center in Chantilly, VA.



I am looking for volunteers to work alongside FPOW speaker bureau members for morning and afternoon shifts staffing an informational table for FPOW. Volunteering at our table will allow you FREE admission to the event. Hundreds of beautiful cats, tons of great people and animal shopping, plus you'll get to spend time with other terrific FPOW volunteers and help recruit needed volunteers.

If you can volunteer for shift, please contact: Kim Wilkerson by e-mail [mwilkerson@juno.com](mailto:mwilkerson@juno.com).

other activity staff members whom I have met over the years on my visits with Lulu.

Breakfast was enjoyed by the volunteers while Clarence, who has a great voice, sang. Staff serviced the buffet table, and the volunteers ate at tables.

I was able to speak directly with both Rhonda and Ramona about FPOW. They were both eager to encourage and support FPOW volunteers and hope for more volunteer involvement.

The food was very good, and all the volunteers were given goody bags. All the Sleepy Hollow staff seemed truly grateful for everyone's efforts. My dog Lulu even got a shout-out in one of Clarence's songs!

Submitted by Linda Martin



## 8th Annual Pet Photo Contest

Photo Contest Theme: **"I'd rather be..."** or **"We'd rather be..."**

Share with us your favorite photos featuring your pet. Photo Captions Welcomed!!

Eight gift certificate prize levels. See if YOU can be one of our winners. First through fourth place plus four honorable mentions.

Before 8/30/13 send your digital Pet Photos to: [fpowphotocontest@cox.net](mailto:fpowphotocontest@cox.net).

Your email entry **MUST** include:

- 1-your name
- 2-pet's name
- 3-phone number
- 4-photo caption (optional)

No professional photography. Enter as many different photos as you like but please send each entry in a separate email. Winners will be announced on 9/9/13 at the Annual Meeting and showcased on [www.fpow.org](http://www.fpow.org).

# Please Join us for the 18th Annual Paws for a Cause 3K Walk Sunday, Oct. 6, 2013 at 12:00 noon

## Weber's Pet Supermarket 11021 Lee Hwy, Fairfax

Register  
online at:  
[www.tiny.cc/walk2013](http://www.tiny.cc/walk2013)  
or visit  
[www.fpow.org](http://www.fpow.org)



# More Picnic Fun at Frying Pan Farm Park



Madelynn Arnold, Board President, accepts award for FPOW from Mount Vernon Nursing Center

A big "thank you" to Kathi Baker for all of your hard work organizing such a fun picnic!





## Are A Breed Apart

Fairfax Pets On Wheels, Inc.  
Fairfax Area Agency on Aging  
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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: September 30, 2013

### FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

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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. 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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