



Fairfax Pets On Wheels Winter Update

January 2012



FPOW is pleased to announce our first dogs to earn their AKC Therapy Dog titles! Let's have a big round of applause for:

- Lori Caplan's Yorkshire Terrier, Lizzie
- Liz Breyer's Golden Retriever, Quincy
- Jeanine Goldberg's yellow Labrador Retriever, Rusty
- Cheryl Pendell's Miniature Poodle, Evette



Penryn Tracy and Che with Santa at Iliff Nursing and Rehab Center

Volunteer Spotlight: Nikki DiPalma

The volunteer spotlight this quarter is on Nikki DiPalma and her Yorkshire Terriers, Gia and Sophie. Nikki has been volunteering at Mount Vernon Nursing Center with FPOW since 2008.

Nikki is currently serving on the Board of Directors as a Member-at-Large and in that capacity was the chairman of the committee that put on the fabulous volunteer luncheon in 2010 that was held at Maggiano's Little Italy.

She also serves on the Speakers' Bureau—talking up our program to interested groups—and is involved in Temperament Testing and new-volunteer orientation meetings.

Before joining FPOW, she was involved in POW of Prince George's County. She knows that FPOW brings joy not only to

[Continued on Page 2](#)

Santa Visits Iliff Nursing and Rehab Center

Santa with his reindogs once again visited the residents of Iliff Nursing and Rehab Center.

For the last 15 years, Santa has delivered bags of candy and holiday cards to the residents and staff at Iliff.

Since he was accompanied by his posse of reindogs, tailwagging and holiday kisses were also given in abundance, much to the delight of everyone.

In This Issue

- 2 Trimming Your Dog's Nails
- 4 Cameron Glen Celebrations
- 4 FPOW Is Expanding
- 6 Donation Dawg Hosts
- 7 *Saturday Evening Post* Article Spotlights Therapy Dogs
- 9 FPOW Merchandise For Sale

Santa would like to thank the following for making his visit a success: Bob and Ruth Benker and Teddy, Dave Martin and Boo, Dave Rybak, Jody Schiliro and Tye, Rosemary Snow and Rusty, Margo Thorning and Abigail, and Penryn Tracy and Che.

the residents and staff where she visits but also to herself and her pets. It combines two of her passions—love for animals and care for the elderly.

Nikki is native to the D.C. region and works for the Consumer Financial Protection Bureau; which was recently created under the auspices of the Treasury Department and is now under the Federal Reserve Board of Governors.



She is the Benefits and Retirement Program Manager, the Bureau has both Federal and non-federal retirement and benefit programs. Since the Bureau is getting established in its mission, Nikki is working long hours.

Nikki's Yorkies are four-year-old, four-pound Gia, who is "the Perfect G"—Nikki thinks everything Gia does is perfect—and three-year-old, three-pound Sophie, who is the boss of everyone. They clearly love the attention they receive from the residents and staff of the facility.

One of Nikki's favorite residents loves to pet Sophie while calling her such a pretty sweet little "kitty." Sophie just rolls with being called a kitty; you can call her anything as long as you continue to pet her.

Nikki believes that FPOW is extremely well-organized and that the Board of Directors is one of the most dedicated group of people she has had the pleasure to serve alongside. She wants to contribute as much as she can to ensure the continued success of FPOW.

Submitted by Madelynn Arnold



The "T" Word

Admit it. You are afraid of your dog's toenails.

You know you should trim the toenails, but it is so scary! Just getting all the equipment together is intimidating. And what if you hit the quick and the dog bleeds? It can

be an overwhelming situation for even the best, most attentive owner.

So you chicken out and take the dog to the vet or the groomer to have the toenails clipped (expensive), or you just ignore them (bad plan).

Toenail trimming is an important part of your dog's basic hygiene regimen—as important as a bath or combing and brushing its coat. Toenails that are too long can split and break or be torn off—all painful for the dog. And too-long toenails are a risk to the residents we visit. An accidental brush with an untrimmed toenail can easily injure an elderly person's fragile skin. In a perfect world, you should trim your dog's nails every week or two.

So you need to learn how to trim your dog's nails. Thankfully it's not nearly as difficult or scary as you think.

The first thing you need to do is prepare. Get all your equipment together (what you use will depend on which method you choose—see below). Don't forget some styptic powder (to stop any bleeding) and some wonderful goodies to reward your dog. No—not regular dog biscuits. This is the time to pull out the cheese, or the hot dog, or the chicken, or whatever your dog adores.

You want your dog to associate toenail trimming with a great party, so you need to make the process as happy as possible. It is also useful to have an assistant. Your assistant will hold your dog's head, whisper sweet nothings in its ear, give it the goodies you have prepared, and generally distract it from its toes while you are working.

Now it's time to get to work. You have a couple of options.

Toenail clippers. These are readily available and inexpensive. Start by holding the dog's paw and clipping just the tip of the toenail. Good dog! Reward with a treat! Move on to the next toenail and repeat. Don't take a big clip; you want to avoid hitting the quick, a vein that runs up the middle of the nail. The goal is to get the dog used to the process and happy about it (remember all those great treats?).

If you do hit the quick (and it can be hard to see in dark toenails), it will bleed, and you will feel terrible about that.

Thanks for the Memory

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

■ In memory of Sandy, who was a Pets on Wheels visitor for 7-1/2 years at Commonwealth Care. From Charlie Viall and Bella.

■ In memory of Hunter, who was the beloved pet of Carol Chapin. Hunter's dignity and regal bearing made him a hit with residents and staff alike at Sleepy Hollow Nursing Home. He will be greatly missed. From Nancy McKay and Kacee and Pat Dutton and Annie.

■ In memory of Gilbert C. Royston with acknowledgment sent to Bob and Jeanie Coleman. From William and Inger Royston, Capitol Heights, MD.

■ In honor and memory of Debbie Parnell's dear Rusty. From the Stovers, Alexandria, VA.

■ In memory of Liby, beloved Yellow Lab of Jon and Mary Lou Puritz and Rita of Daleville, VA. She will be greatly missed. From Linda Ridley.

Use the styptic powder to stop the bleeding, give the dog some extra treats, and take a break. But don't quit altogether! Go back and try again later. Over time, and with repeat trimming, the quick will recede, minimizing the risk of hitting it, and your dog will learn to associate nail trimming with great treats.

Over time, your dog will get used to the noise and vibration and you will be able to increase the time you work on each nail. Some dogs react to the noise of the grinder from the start. In that case, before you start using it to trim nails, just hold the grinder near the dog, turn it on, and treat. Good dog! Then turn the grinder off, and repeat.

This process gets your dog used to the noise of the grinder in a positive way. Once your dog is used to the grinder, you can start actually trimming nails.

Nail files. You can file your dog's nails, just like you file your own. You can use a file designed for pet nails, or you can use a coarse file designed for people. Filing works especially well for toy dogs, which have tiny toenails. Don't forget to reward and treat when your dog is good.



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Toenail grinders. These are essentially rotating sanding bands. There are a variety of brands of grinder (Dremel and Oster are two examples). Some grinders are designated specifically for pet toenails, but the standard ones, available online and in hardware stores, work equally well.

I prefer the cordless, rechargeable models, because I don't have to worry about the cord getting in the way. The advantage to using a grinder is that there is much less risk of bleeding. The dog will react as you get close to the quick, so you know when to stop, and if you do accidentally hit the quick, the heat from the grinder will cauterize it. To use the grinder, start as above. Hold the paw firmly (the grinder creates a lot of vibration) and take one or two quick passes across the end of the nail. Good dog! Treat!

There are lots of choices in nail care equipment, so you may want to experiment to see what works best for you and for your dog. In this area you can try Weber's Pet Supermarket, PetSmart, and PetCo, and there are many good online vendors (petedge.com, cherrybrook.com, and jbpets.com are just a few) that supply a wide variety of good equipment options.

With a little patience and a little practice, nail care will become a basic part of your dog's regular at-home grooming routine. And—who knows!—if you get really good at it, you may even wind up experimenting with French manicures!

Submitted by Liz Breyer,
Director of Volunteer Education



Festivities at Cameron Glen

Happy Howl-oween

Many of the FPOW canine volunteers gamely participated with their human partners in the annual Howl-oween Parade at Cameron Glen. The residents and staff laughed and clapped as the dogs paraded for them. All canine participants were rewarded afterward with Frosty Paws ice cream! This is always a fun event for all!



Spreading Christmas Joy

Cameron Glen FPOW volunteers spent a Saturday afternoon helping their pets pose with residents for a holiday photo. Each resident was later given a copy of his or her photo with the volunteers. This has been an annual event for several years. It is always a favorite of the residents and staff.



Gail Saour, Sunrise Activities/Volunteer Coordinator, with Kathi Baker and Abby

Thanksgiving Parade!

Thanksgiving Parade photo—FPOW volunteers at Cameron Glen joined the CG staff in a Macy's-style Thanksgiving Parade for their residents. The canine volunteers showed off their favorite balloon characters as they paraded through the halls of Cameron Glen.



FPOW Is Expanding!

New this fall—FPOW volunteers began visiting Sunrise Assisted Living in Reston. The Sunrise brand of facilities began in Northern Virginia and has been taking care of seniors for 30 years. The facility in Reston includes an Assisted Living and Memory Care unit. Although Sunrise has an in-house dog and cat, they have been waiting for years to welcome FPOW. As FPOW begins visits at Sunrise, we look forward to getting to know their residents and working with their staff. For more information or if you would like to join the volunteer ranks at this new facility, please contact FPOW at (703)324-5406.

Submitted by Kathi Baker



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Paws Applause

Thank you to the following businesses who have hosted FPOW's "Donation Dawg" in 2011!

Austin Veterinary Clinic
7323 Little River Turnpike
Annandale, VA 22003-3372

Blue Cross Animal Hospital
8429 Lee Hwy
Fairfax, VA 22031-2212



Envy Nails
6960-10B Braddock Road
Annandale, VA 22003

Fairfax Glass Company
7728 Lee Highway
Falls Church, VA 22042

Great Falls Animal Hospital
10125 Colvin Run Road
Great Falls, VA 22066



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

Jerry's Barber Shop
7112 Old Keene Mill Road
Springfield, VA 22150-3437

Kilroy's
5250-A Port Royal Rd.
Springfield, VA 22151



Nathan McMichael at Great Falls Animal Hospital

Old Dominion Animal Health Center
6719 Lowell Avenue
McLean, VA 22101

The Original Pancake House
7395 Lee Highway
Falls Church, VA 22042

Pacers
1301 King Street
Alexandria, VA 22314

Terrace Café
3040 Williams Drive
Fairfax, VA 22031

Weber's Pet Supermarket
11021 Lee Highway
Fairfax, VA 22030

Shear Strands The Salon
10655 Fairfax Blvd
Fairfax, VA 22030



Dates to Remember

BOD Meeting at City of Fairfax, City Council building: March 5, 2012, 7:00 pm.

Newsletter Deadline: March 30, 2012

BOD Meeting at City of Fairfax, City Council building: June 4, 2012, 7:00 pm.

Newsletter Deadline: June 30, 2012

Volunteer Appreciation Picnic & 25th Anniversary Celebration, Frying Pan Park Pavilion, Herndon, VA: Sunday, June 3, 2012 Noon – 3:00 pm.

The Saturday Evening Post Spotlights Therapy Dogs

In a wonderful article titled “Therapy Dogs and Healing,” Ellen Michaud chronicles the joy and wonders of the power of therapy dogs.

Visit www.tiny.cc/therapydog To read this uplifting and important article.



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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.



Fairfax Pets on Wheels - Merchandise For Sale

To order Fairfax Pets on Wheels merchandise, please fill out the form below, making sure to include your mailing address and phone number. **Include a check payable to Fairfax Pets on Wheels, Inc.** If you would like your items mailed to you, add the appropriate postage* to your check. Please mail your order to FPOW c/o Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035. If you have any questions, please send an email to fpowstore@gmail.com.

Date:

Name:		Address:			
City & State:		Phone Number & Email:			
Merchandise	Price	Size (circle)	Color	Quantity	Total
Bandana	\$5	S OR L (circle size)	Blue, Red & Pink		
Lanyard	\$5	N/A	Blue		
Xmas Tree Ball (no mail)	\$10	Ball	White w/Blue Lettering		
Coffee Cup (no mail)	\$10	16 oz.	Navy w/White Lettering		
Backpack	\$10	N/A	Black		
License Plate Frame	\$2 for 5	6 3/8" x 12 1/4"	Blue w/White Lettering		
Note Cards (8/pkg.)	\$5	N/A	2 ea 4 different designs		
Water Bottle	\$3	Regular	Blue w/FPOW logo		
Lead	\$12 \$15	1'x5/8", 2'x1/2" 2'x3/4"	Leather		
Leash -Embossed w/FPOW	\$10	Thin or Wide	Leather (6' w/ring to make 4')		
Sweatshirt	\$15	S, M, L, XL	Burgundy, Hunter Green		
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V-neck Short-sleeve T-shirt (Ladies)	\$14	S, M, L	Caribbean Blue		
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Short-sleeve T-shirt	\$10/\$14	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 Lettering		
Short-sleeve T-shirt	\$10	S, M, L, XL	White w/Black Lettering		
Short-sleeve T-shirt	\$10	S, M, L, XL	Gray w/Black Lettering		
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 (Light Brown)		
Short-sleeve T-shirt	\$10	S, M, L, XL	Teal		
Short-sleeve T-shirt	\$10	S, M, L, XL	Light Green w/Dark Green Lettering		
Short-sleeve T-shirt	\$10	S, M, L	Spruce Green		
Polo Shirt (men/ladies)	\$20	M, L, XL	White or Blue (please circle)		
Denim Shirt (men or ladies) (please circle)	\$35	S, M, L	SLEEVE LENGTH SHORT or LONG (please circle)		
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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 an FPOW volunteer or 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, 2012

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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:

Fairfax Area Agency on Aging

Attention: FPOW Newsletter

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