



# Fairfax Pets On Wheels Summer Update

August 2009



Kelly Collins & Family

## Collins Pays It Forward

FPOW volunteer Kelly Collins considers her visits to the Powhatan Nursing Center to be her form of “paying it forward.” Kelly explains, “There have always been people around to support my family and me when we’ve gone through tough times. I often wondered how I could adequately thank those people for their acts of kindness. I realized that the best possible thing I could do was to pay it forward...and I think volunteering with FPOW allows me to do that.”

Kelly and her chocolate lab mixed breed, Shergar, try to visit Powhatan at least once per week. But Kelly is a new Mom (to one year-old Jack), so trying to find time to volunteer can be a challenge. “Even on nights when I’m tired and think of not going, I still go. And on every single night that happens, I drive home after our visit with a smile on my face. And I’m thankful I decided to go.”

Often times, Kelly finds herself on the phone with her Mom

## President’s Message

What a great spring and beginning of summer FPOW has had! We have picked up some great new active volunteers; our volunteer appreciation picnic was a huge success. In addition, Kim Wilkerson was featured by ABC affiliate WJLA because she was chosen as one of the 2008 Toyota Tribute to Working Woman awardees for her work with FPOW!

What a difference a year makes! What great weather we had compared to last year! Our annual Volunteer Appreciation picnic was a resounding success! Hat tip to Michi Vangellow for organizing the festivities! Lake Accotink has been a fantastic venue, easy for all to get to and what great accommodations!

The Purple Onion, once again, provided great food and Michael Galvin was our DJ extraordinaire! Thanks to all who donated our fabulous door prizes! What would one of our picnics be without Robin Burkett and Paw Prints Photography?! I received my trading cards last week and I’m thrilled! You can bet I will be placing my order for photo note pads. !

### In This Issue

- 2 Latshaw Award Winners
- 3 Thanks for the Memory
- 3 Corporate Latshaw Winners
- 4 Shauna Award Winners
- 5 Barking Up the Long Tree
- 6 Reston Pet Fiesta
- 6 A Special Thanks
- 6 Paws for a Cause
- 7 Pet Photo Contest
- 8-9 Special Photo Collage

A special thank you to all who received hours awards. Without you, FPOW would not be the success it is. You are appreciated!

We celebrated our wonderful 2009 Mary Latshaw and Shauna Award winners. Please see the article in this issue for a full list.

The Board of Directors has been busy finalizing our Policies and Procedures Manual. We are almost finished with this huge project. The board has been tireless in their efforts. A personal thank you to all of you for your work, it has been anything but easy!

As a result of policy review the Board of Directors decided to end visiting with two pets and one handler. Anyone currently visiting and handling two pets is grandfathered in under the previous policy and may continue to visit with their current two-pet team. This was a decision that was not made lightly. The BOD feels strongly that it is the right decision for the safety of residents, volunteers, and our special pets. Should anyone have any questions, I ask you to contact me directly.

Are you on Facebook? So is FPOW! Become a fan of FPOW on Facebook and help us spread the word!!! We have fans from all over the United States and the world!

It is my wish that everyone has a great rest of the summer. Don't forget our annual meeting is September 14, 2009, 8:00 p.m. at Leewood. We invite all members to attend!



Best, Tracy Van Duston

## Continued from page 1

in the car after her visits, "telling her about an especially rewarding experience or conversation I had. The residents who remind me of my Grandma have a particularly special effect on me."

Kelly was very close to her Grandmother, who died at the age of 91, and "considered her a friend. So part of my desire to volunteer was selfish because I wanted to spend time with people who could make me smile, lend their wisdom and share their experiences."



*Kelly & Shergar*

"I also knew of the benefits of pet therapy, especially as related to people with Alzheimer's. I knew Shergar had a great temperament and loved being loved, so I figured the pairing with the nursing home would be a perfect match."

Kelly has volunteered since 2006 and has served on the Speaker's Bureau as well as the FPOW Board.

"When I first started visiting, I wondered if it would last. Shergar was a bit scared and seemed to enjoy visit-

ing the other dogs more than visiting with the residents. But after one extended period when we couldn't visit, Shergar whined in the car as soon as she figured out we were going back to Powhatan. She couldn't wait to get out of the car and into the activities room to visit the residents...and no doubt to look for dinner leftovers on the floor. That was a wonderful turning point."

Kelly says, "The best part of volunteering is, hands down, the look on the residents' faces when they realize it's Tuesday night and 'the dogs are here!' I love fulfilling their requests when they ask me to send in certain dogs to see them. To know that we've brightened their day is priceless."

By Julia Long

## 2009 Latshaw Winners:

### Pete Barnes

Pete Barnes has been visiting with his dog, Murfy, since 2005. In the past year he has logged more than 188 volunteer hours and visits both The Virginian and Cameron Glen. "It's obvious that during and after their visits, the residents think a little less about what ails them and more about the positive aspects of their lives" – Debby Weinstein, Facility Liaison at The Virginian. "Residents and Staff always mention when Murfy has come to visit" – Kathi Baker, Facility Liaison at Cameron Glen. At The Virginian Pete makes special visits to the rehabilitation department "Pete and Murfy exude a sense of calming peace" – Jennifer Cooper, Occupational Therapist, The Virginian. In addition to

## Thanks for the Memory

■ In memory of Kathie Schleede who was always cheerful, always helpful, and always a friend and cheerleader of the Fairfax Pets on Wheels, Inc. program. Even in retirement, Kathie still worked to make FPOW a premier pet visiting organization that serves hundreds of residents living in long term care facilities in the Fairfax area. She will be missed by all who were fortunate enough to know her. From Susie and Bob Duvall.

■ In memory of Lucky, 15 year old Birman cat and best friend of and loved by Jennifer Stinson, Woodbridge, VA. From The Wilkerson Family.

■ In memory of Nicholas, best friend of Jill Davidson and Theodore. From The Wilkerson Family.

■ In memory of Nicholas, beloved feline companion of Jill Davidson. From Martha Van Landingham.

■ In memory of Monty, Burnese Mountain Dog loved by Janet, Otto and Joan Wolf, Newport, NJ.

From The Wilkerson Family.

■ In memory of Flapjack, an exceptionally soft Rex rabbit owned and loved by Julia Long and adored by Kim Wilkerson. Flapjack was Kim's FPOW visiting partner at Sleepy Hollow Nursing Home. Flapjack will be missed by Julia, the Long Family, Kim, and all of his friends at Sleepy Hollow. From Kim Wilkerson.

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.

visiting he serves on the Speaker's Bureau and the Temperament Testing committee.

## Bonnie Burnham

Bonnie has been visiting Cameron Glen for 6 years with her dog, Cindy. Bonnie goes beyond the basic visit as she has developed her own special style of interaction. "She meets them for lunch, sends cards, calls them directly while keeping up with all their personal news" – Bobbie Cippel, fellow Cameron Glen Volunteer. "Besides visiting and talking, she frequently will help them (residents) with a project they are working on" – Kathi Baker, Facility Liaison Cameron



*Bonnie & Cindy Burnham*

Glen. She also contributes her time to serving on the Speaker's Bureau and the New Volunteer Orientation committee.

## 2009 Corporate Latshaw Winners:

### Kiplinger Foundation

Since 2005, the Kiplinger Foundation has given several grants to FPOW for special projects such as updates to our web site, the production and design of new brochures, and new business cards. Without this grant money, we would not have such professionally designed mar-

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keting materials. Special thanks to Denise Elliott for applying on behalf of FPOW. More information about Kiplinger can be found [www.kiplinger.com](http://www.kiplinger.com).

## Pender Pet Caring Foundation

Pender Pet Caring Foundation has made repeated unsolicited donations to FPOW in recent years. In these difficult economic times when charitable donations are hard to come by their support has been a real blessing to our program. This foundation included an article about FPOW in their 2006-2007 edition of their newsletter. You can learn more about this organization at [www.penderpetcaring.org](http://www.penderpetcaring.org).

## 2009 Shauna Award Winners:

### Cindy Burnham

Cindy is a miniature poodle who works with teammate Bonnie Burnham. Cindy works her magic at Cameron Glen. Cindy loves to visit, and is often so excited that she stands on her two back legs and dances through doorways. She appears to “wave” to staff and residents with her front legs attracting much attention. Cindy is often found on a resident’s lap or bed

appearing to grin from ear to ear.

## Murfy Barnes

This gentle giant is a 3yr old St. Bernard who visits with her teammate Pete Barnes at both The Virginian and Cameron Glen. She is one very big dog and, it turns out, the perfect size for the residents who are in wheelchairs to reach and enjoy. Staff and residents alike are in awe



*Pete & Murfy Barnes*

of the fact that such a large animal can be so well behaved. Murf always gets and gives big smiles. She has a heart that matches her large girl size.

## “Barking Up the Long Tree”

I asked for a crock pot for my birthday.

I got a puppy.

Indeed, we are now a two-dog household and I couldn't be happier. I had wanted another dog for quite awhile but DH (“dear hubby”) wasn't too keen on the idea. He instead lobbied for a fourth child. I politely but firmly told him that while he was welcome to have as many kids with his second wife as his heart desired, his first wife (that would be me) was DONE.

And so to the additional dog tail/tale. Our first dog... well....Best. Dog. Ever. D.C. is loving and loyal, frisky but fat. Not the sharpest knife in the drawer, she can nevertheless catch a tossed biscuit from ten feet out. We got her from some good 'ole boy in West Virginia because he didn't think she had the “heart” to hunt. (Agreed. To this day, if a squirrel dropped dead of natural causes at her feet, D.C. would probably howl “Taps” and lick its face as it entered the rodent hereafter.) She's a constant companion and is treated like one of the kids. Probably better at times, truth be told. Because unlike my kids, she never complains. Howls, yes (she's a beagle – it's a requirement). Complains...no.

On my birthday last May, I had opened a few presents with the family and DH and I were preparing to go out for dinner. I saw an SUV coming down the driveway; similar to the car a friend of mine has. I thought it was her, dropping off a nice card or perhaps a cash donation.

Within moments, it was clear that something was up. Standing at the front door, my twins began that shrieking that only 12-year old girls can do; that low to high-pitched sound that starts at a decibel or two and ends up with me begging, “Stop! All the glass in the house is going to break!” I honestly thought for a minute that they had won some sort of

contest and that at least two of the three Jonas Brothers were on my steps. What else could cause that kind of hoopla?

Not a pop star on my porch but a puppy. Three pounds of whimpering, wriggling, licking goodness and I was smitten. My husband insisted that his one concession to having another furry baby instead of the human variety was the privilege of naming him. Thus, Nashville joined our home and now everyone thinks we are weird and name dogs after major cities. Not true. D.C. stands for Darn Cute. Nashville stands for...well...yeah. That city in Tennessee where we resided for some ten years. But he's Nash for short because calling him Nashville would be...uh...weird?

Nash is a pocket beagle – he won't get much bigger than 8-10 pounds. He has one adorable, speckled ear and that helps considerably when he poops on the floor for the fourth time in six hours. We've all adjusted quite nicely, even though D.C. occasionally gives me that, “Seriously? This little rat? What were you even thinking?!” look, when Nash has tugged on her collar (his favorite “pay attention to me!” move) one time too many.

My life now revolves around three kids, two dogs, two part-time jobs, one husband and a partridge in a pear tree. Busy, busy, busy. Happy, happy, happy.

And, oh. I also got a crock pot

By Julia Long



## Meet Samantha...

To you, she may look like the ordinary pooch next door.

**To us, she is a LIFE SAVER!**

*Samantha is a volunteer canine blood donor. She's saving lives across the country.*

*Samantha volunteers to donate every 7-8 weeks. This helps to eliminate the need for dogs having to live their lives in cages for the sole purpose of donating blood.*

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## FPOW Booth at Reston Pet Fiesta

On Saturday, May 2, members of the FPOW Speakers' Bureau and volunteers from Cameron Glen staffed the FPOW Booth at Reston Pet Fiesta. A special thanks to Kathi Baker & Abby, Bonnie Burham & Cindy, John Byrum, Pete Barnes & Murfy, Joan Violante, Candia Hudson & Nikita, Jan Hogle, and Bobbie Cippel & Tucker.

From 8:30 AM till 3:30 PM FPOW volunteers met and greeted hundreds of pet lovers, explaining what FPOW is all about and encouraging them to join our ranks. These events are important not only for recruitment purposes but for public relations.

Thank you for representing FPOW in the community!

## A Special Thanks

I would like to take this time to thank the FPOW for selecting me as the first recipient of the Kim Wilkerson Founder's Scholarship, it was truly an honor.

I was very touched, and have made significant progress since receiving the award. I graduated from Northern Virginia Community College in May with associates' degree in applied science with a major in Veterinary Technology.



Lloyd N. Moore

I took the national veterinary technician exam in June, and await the exam results. Directly, the award was used to pay for my text books for my final semester, which was a huge help!

I am currently working full time at an animal ICU facility in Maryland. I am faced with new challenges daily and love the impact I am making on the animal care here.

I would encourage the FPOW to continue this award scholarship which is promoting this profession that I love, and thank them for their support; encouraging the efforts of desperately needed up and coming animal health technicians.

Sincerely,

Lloyd N. Moore R-LAT  
A.A.S. Veterinary Technology

## 14th Annual PAWS For A Cause and Blessing of the Animals

On Sunday, October 4 at noon, FPOW will be having its 14th Annual PAWS for a Cause 3K Walk, starting at Weber's Pet Supermarket.

This is a great time to meet with fellow volunteers and other pet lovers in the community for a leisurely stroll through the neighborhoods in Fairfax. Two pit stops along the way provide goodies and treats for both the two- and four-legged walkers. Michael, our DJ, keeps the beat going at the home base where exhibitors and door prizes abound.

This year, at the end of the walk, a special Blessing of the Animals will be available for those wishing to participate. Bill Moberly, FPOW Volunteer at Iliff Nursing and Rehabilitation Center, along with Maggie, his Labrador, has offered to provide this special event.

A chaplain and coordinator of chaplain activities at a government agency, Bill, along with several other chaplains, will provide a brief non-denominational service and individual prayers representing the faith traditions of many beliefs in order to provide blessings for all who wish to have their animals individually blessed.

This blessing will honor the magnificent creation of our animal friends and will celebrate the joyful human - animal bond that has been made possible by our Creator. It promises to be a fun and meaningful service

## 4th Annual PET PHOTO CONTEST

Photo Contest Theme:

PETS ENJOYING THE DOG DAYS OF SUMMER

Share with us how your pet enjoys Summertime

Four gift certificate prize levels and four honorable mentions. Send your digital Pet Photos to (Note: One E Mail per photo entry please) fpowphotocontest@cox.net before 9/18/09.

No professional photography please.

Entries MUST include:

1-your name  
2-pet's name  
3-phone number  
In your E mail entry.

Enter as many different photos as you like but please send each entry in a separate E Mail.

Winners will be announced at Paws For A Cause 10/4/09 & showcased on our FPOW web site ([www.fpov.org](http://www.fpov.org)).

## Dates to remember

**BOD Meeting at Leewood: Sept. 14, 7:00 pm**

**FPOW Annual Meeting: Sept. 14, 8:00 pm**

**Newsletter Submission Deadline: Sept. 30**

**Paws for a Cause 3K Dog Walk: Oct. 4, 12:00 Noon. Stick around after The Walk for a special "Blessing of the Animals."**

**Pat Miller Educational Seminar: Dec. 5**

**BOD Meeting at Leewood: Dec. 7, 7:00 pm**

**Newsletter Submission Deadline: Dec. 30**

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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 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: September 30, 2009

### FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

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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

ATTN: Fairfax Pets On Wheels Newsletter

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