



Fairfax Pets On Wheels Summer Update

July 2008



FPOW Annual Picnic a Truly “Hot” Celebration

The annual Fairfax Pets on Wheels picnic was held on Sunday, June 8th at Accotink Park. And despite blazing hot weather, sixty dogs and two cats showed up, bringing with them 125 humans who complained noticeably louder about the heat than their four-legged companions.

A good time was had by all with Robin Burkett once again providing pet photog-



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President’s Message

Summer is upon us – heat, humidity, time to relax a bit – maybe make an extra visit to the nursing home.....

On June 8 we had our 18th Annual Volunteer Appreciation Picnic – what a milestone! What incredible heat!! Our Annual Picnic is a time for us to meet with other volunteers in the program, get our pets’ “trading cards” done, eat some great food, relax with like-minded volunteers....this year, which held such promise at a new location, with a lake and boat rides, was a record breaking heat wave that I personally have put into my memory bank, not to be retrieved for my remaining lifetime.

But, I must say, thank you, to the Picnic Committee for all the work you did, to the attending volunteers – 2 legged and 4 legged, who braved the horrendous heat, to pull it off. I can’t begin to thank all of you for your commitment, dedication and intestinal fortitude to hang in there and pull off another successful annual picnic.

I must say “Thank You and Congratulations” to the Latshaw and Shauna Awardees named at the picnic. Due to the heat, we decided not

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to read each individuals' nominations – instead we would include those in this newsletter.

This past year, in which we celebrated the 20th Anniversary of FPOW, produced a record number of nominations/awardees for the Latshaw and Shauna Awards. I continue to be amazed at how FPOW has the incredible fortune to have such talented volunteers who don't just step up to the plate, but exceed expectations beyond anyone's imagination – you will read about the individuals' accomplishments elsewhere in this newsletter, but I want to say to the following awardees, "Congratulations and Thank You – you represent all that FPOW stands for": Kathi Baker, Tina Bonham, Patty Kwapniewksi, Penny Pickett, Dave Rollyson, Dave Rybak, Loretta Swit and Ellen Warren for the Latshaw Award and Cayenne Peeler for the Shauna Award.

Our Annual Meeting is Monday, September 8 – the ballots will be counted and the resulting new Directors will be announced, as well as, the naming of the first awardee of the FPOW Founder's Award Scholarship, and the 2008 Photo Contest winners – all volunteers are welcome to attend the Annual meeting which begins at 8 PM at the Adult Day Care Center of Leewood Nursing Center.

Our 13th Annual Paws for a Cause 3K Walk is getting geared up – I hope to see all of you on Sunday, October 5 at Weber's Pet Supermarket – we need FPOW volunteers to come out and show off your pets and pride for our program by participating in this annual walk. Be looking for your registration form in the mail or go to our website at www.fpow.org,

In the meantime, keep bringing smiles and comfort to our residents ~ and extra treats for the furry ones!

By Ruth Benker



Picnic Continued from page 1...

raphy for the Fairfax Pets on Wheels trading cards and the Purple Onion providing the excellent food. In addition, pontoon boat rides for both people and pets were offered from the park authority.

The DJ for the picnic, Michael Garvin, was excellent and succeeded in keeping everyone's minds off the heat. Girl Scout troop #450 also helped out with the merchandise table, keeping all the pets and companions organized for the photos and leading everyone to the boat rides. Thank you, Girl Scouts!

President Ruth Benker announced that nominations will be accepted for the Founder's Scholarship Award until August 15th. The recipient of the award will be announced at the September annual meeting.



Tina Bonham, Rob Carroll and Dave Rybak were each presented with 20th Anniversary Gala brochures signed by Loretta Swit in recognition of their contributions to FPOW.

Ruth also announced that our annual Paws for a Cause Walk will be held on Sunday, October 5th.

The picnic was a rousing success and everyone stayed good-natured



despite the temperature. Bill Price, long-time volunteer with golden retrievers Casey and Cody, said of the event, "We're all happy to be here but next year, someone please remember to turn off the furnace!"

A big round of applause goes to the following volunteers who planned this event: Susie Duvall, Picnic Coordinator, and Picnic Committee members Ruth Benker, Jill Davidson, Patty Kwapniewski, Colleen Nassetta, Tracy Van Duston, and Debby Weinstein. Joan Violante provided the wonderful centerpieces including human and pet treats.

Happy tail wags and thanks go to FPOW vol-

Thanks for the Memory

■ In memory of Therese Russell, a resident of Leewood Healthcare who passed away on April 18, 2008. Therese was the sweetest lady I've ever met. I will always treasure our long talks prior to her moving to Leewood. I will miss her dearly, but I'm grateful that I had her in my life. Her words will go with me until the day I die. From Brenda Pitts.

■ In loving memory and honor of Estelle Pohlmann who was adored by her 3 children, 5 grandchildren, and 4 great-grandchildren. Estelle was a woman of great strength and dedication. She loved animals and thanks to the visits from the FPOW volunteers and their pets at The Virginian her days were brighter. We will deeply miss her. From her loving family.

■ In memory of Donald R. Beach, Jr. who grew up in Paeonian Springs, VA, where the Beach family have been residents for over 60 years. Donnie dearly loved a Beagle puppy, named Lucky Pup Pup, who he rescued from heavy traffic on Braddock Road. A picture of Lucky accompanied Donnie in burial. From Cornelius H. Shiflett, Treasurer, Paeonian Springs Council, Inc.

■ In memory of a dear friend, Donald Beach, Jr. From Cheryl Gore, Woodbridge, VA

■ In memory of my Loudoun Valley High School classmate, Donald R. Beach, Jr. From Mrs. Flinton Callahan II (Laurie Lucey), Middleburg, VA

■ In memory of Donald Beach, Jr. From Mr. and Mrs. J.D. Elliott, Falls Church, VA

■ In memory of Donald Beach, Jr. From

Jacqueline Weil, Paeonian Springs, VA

■ In memory of Donald Beach, Jr. From Ellen and James McGovern, Arlington, VA

■ In memory of Donald Beach, Jr. From Mrs. Ethel Byod, Temple Hills, MD

■ In memory of Donald Beach, Jr. From Ms. Anibal Godinho, Herndon, VA.

■ In loving memory of Barbara A. Kummel, DVM, who was both a brilliant Veterinarian and a compassionate human being. From Debby Weinstein and "Max"

■ In memory of Toto, the 12 year old Cocker Spaniel who was dearly loved by Joy, Bobby and "Patch" Burns. From Debby Weinstein

■ In memory of Kaiyuh, the 15-1/2 year old Siberian Husky who was the beloved companion of Dawn Thompson. From Debby Weinstein

■ In memory of Charlie, a very special Pug, who was Pauline & Steve Lowell's loving and loyal friend for the past 19 years. Charlie will always be loved and missed by so very many. From Brenda Pitts

■ In memory of Teemba, beloved cat of Lauria Eytel of Ashburn, Virginia. Teemba was Laurie's best friend and companion and was taken to soon. From Susie and Bob Duvall

■ In memory of Nestle, beloved West Highland Terrier of Marie Lankford. Nestle will always be remembered for her beautiful expressive eyes and friendly nature. From Susie and Bob Duvall

unteers Kathy and Emily Brooks who helped set up and who recruited the Girl Scouts from Troop 450 to help with the coordination of the pet photos and pontoon rides.

Girl Scout volunteers were Asia, Lizzy, Sammi, Aakash, Gabi, Latika, Meghan, Sara, Johnna, Shannon and Kaitlyn. They were chaperoned by Troop Leaders Denise and Sissie.

Read more about the exceptional volunteers who

To make a tax deductible donation to the FPOW Memory Book in memory or honor of 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.

received the Latshaw and Shauna awards starting below.

by Julia Long and Debby Weinstein

2008 Mary Latshaw Award for Excellence Winners

This award was established in 1990 to honor Mrs. Mary Latshaw, who was an active volunteer in the Fairfax Pets on Wheels Program and its forerunner, Northern Virginia Visiting Pets. After moving to Florida in 1989, Mrs. Latshaw was an active volunteer with PUP (Pups Uplifting People) , another pet visitation program, until her death in June 1990

This award honors Fairfax Pets on Wheels volunteers who epitomize the goals of the program by giving of themselves through regularly scheduled pet visitations and other program support activities.

The following are excerpts from the various nominations received for these extraordinary volunteers.

Kathi Baker

Kathi Baker has been a volunteer with the FPOW Cameron Glen Team since March 26, 2003, logging over 635 hours. Kathi visits weekly with her dog Abby. She stepped up to the plate several years ago when an Alternate Liaison was needed and during this program year assumed the role of the Facility Liaison for Cameron Glen at the request of the FPOW Board of Directors. She serves on the FPOW Speakers' Bureau. Her professionalism coupled with her exceptional people skills are her hallmarks. She leads by example, projecting the image of the FPOW volunteer that does our program proud.



For over 5 years, to the volunteers of Cameron Glen,

Kathi is a “tower of strength, is calm and encouraging” and looks after them “like a mother.” She is known for showing great compassion, supporting and comforting other volunteers and residents in times of sorrow and grief. She maintains a collaborative relationship with the staff of Cameron Glen, ensuring that FPOW volunteers are aware of residents who would benefit from pet visits as well as their birthdays.

She has utilized her training as a nurse in orienting new volunteers to the facility –after receiving training from Cameron Glen staff, Kathi volunteered to continue teaching a dementia class with the blessings of the Cameron Glen staff. Cameron Glen started a special study of pet visitation and the impact on the elderly on their Alzheimer wing –Kathi has been active in visiting on that wing and her example has encouraged other volunteers to volunteer on what is perceived as a “difficult” wing.

Kathi has actively supported FPOW through participation in the Reston Pet Fiesta information booth for several years – her welcoming mannerisms draw visitors to the FPOW booth. In addition to the significant program management duties during this past year, she organized the CG 20th Anniversary Celebration. She is known for taking pictures at all their special events and giving them as souvenirs to volunteers, staff and residents.

Tina Bonham

Tina Bonham’s many significant contributions to FPOW set her apart as a uniquely enthusiastic supporter of our program and because of these contributions I am honored to nominate her for the Mary Latshaw Award in the Corporate Category.

I met Tina, pictured left, more than 3 years ago when volunteers at the Virginian began visiting her mother, Mary. Because of Tina’s devotion to her



Mom (she visits her at least 4 times each week) and the regularity of her visits, Wednesday evenings became the time when we would “meet” in Mary’s room to chat with her and Tina. Both are lovers of cats and dogs. Mary loves to cuddle in bed with the cats and small dogs and to pet the larger ones as they come close to her.

Tina’s support of FPOW is infectious and through her we have received more support and interaction from many of the Virginian’s Nurses and Certified Nursing Assistants (CNA’s) as well as other residents and their families.

During the celebration of our program’s 20th Anniversary in 2007, Tina who is a talented graphic artist, donated her talent and time to several projects. She was enthusiastic to help our organization because it was her way to repay the program for the many visits pet visits we have made to her Mom at the Virginian. The results of her creative efforts produced

- 1) The beautifully designed program for the 20th Anniversary Gala
- 2) A car magnet which is a great “car ad” for FPOW
- 3) The invitation to our 20th Anniversary celebration at the Virginian
- 2) Gold stickers for use on invitations and gift bags
- 3) Our 6’ 20th Anniversary Banner
- 4) The design for our 2007 Paws for a Cause walk tee shirt

She spent 71 hours of her time valued at \$1,775 working on these projects and she has already agreed to design our 2008 Paws walk tee shirt. Tina works full-time, is married with one son and also shares the care of her Mother with her brother Jon. Although her free time is limited, she gladly used it to offer her talents to FPOW because of her support for our program and her first-hand knowledge of the benefits of our pet visits. That is her way of giving back to us.

Because of the enormous support and contributions that Tina Bonham has made to FPOW, she is deserving of this significant honor and our deepest gratitude because she is truly a FRIEND of our organization.

Patty Kwapnieski

Patty Kwapniewski and Dolly who visit at Cameron Glen are a wonderful pet visiting team accruing over 90 hours of service since she joined FPOW in August 2005. She has been active in the FPOW Speakers Bureau

and her outstanding contributions make her deserving of the Mary Latshaw Award. Patty has recently represented FPOW at Alkamai Technologies in Reston, Montebello Pet Club, and took the lead to fully organize the full day event of Reston Pet Fiesta.

FPOW has benefited from these fantastic publicity and recruitment opportunities, all because of this special lady’s efforts. Patty also serves as an Alternate Facility Liaison and on the BOD as fresh enthusiastic perspective with excellent new insights and ideas. Patty deserves this Award for all her efforts which have gone above and beyond all for the benefit of FPOW.

See this issue’s Volunteer Profile for information about Patty, page 12



Paleboat Graphics and Ellen Warren

Ellen Warren and her company Paleboat Graphics have provided superior support and service for the FPOW website. Working with the Director of Communication who had no website experience, Ms. Warren and her company, Paleboat Graphics have been patient and most accommodating. She handles the website updates quickly and efficiently and provides this support



to FPOW at a tremendously discounted rate. We would be hard pressed to get this kind of quality web design and service at any price. This exemplary service more than qualifies Paleboat

Graphics and Ellen Warren for the Mary Latshaw Award.

Penny Pickett

Penny is a volunteer who has made significant contributions to Fairfax Pets on Wheels (FPOW) on many levels. Since joining the program in December 2003 she has logged more than 335 hours which include pet visitation, Board and administrative activities.



As a Director-at-Large of the FPOW Board from 2004 to 2006 she was an active participant in board meetings bringing to her board position the experience of her many years of professional involvement on boards in the non-profit community. Past and current FPOW Board members said that Penny did a number of special projects as Director-at Large and that she did of them well. She always offered good and thoughtful advice to the Board. As a member-at-large she conducted a Volunteer Retention Survey. She drafted the survey, collected feedback from the board, sent it out and compiled the results. The survey validated information gathered in an earlier survey by Diane Schnare and concluded that volunteers primarily drop out because they leave the area or their pets die. There were valid suggestions by some respondents which could be implemented and might strengthen our retention of volunteers.

Penny was an active member on the 20th Anniversary Gala Committee doing some of the initial brainstorming and planning - from the slogan for the banner to the

budget to the general outline for the 20th Anniversary year. She provided the research on and introduction to Women in Cable & Television to work on the PSA project. She researched potential locations (including contact information) to have the Gala dinner and designed and provided the board with a spreadsheet to compile information on the 6-8 sites for comparative purposes to get the committee organized, She did a lot of writing and editing of the invitation, letters, press releases and press advisories.

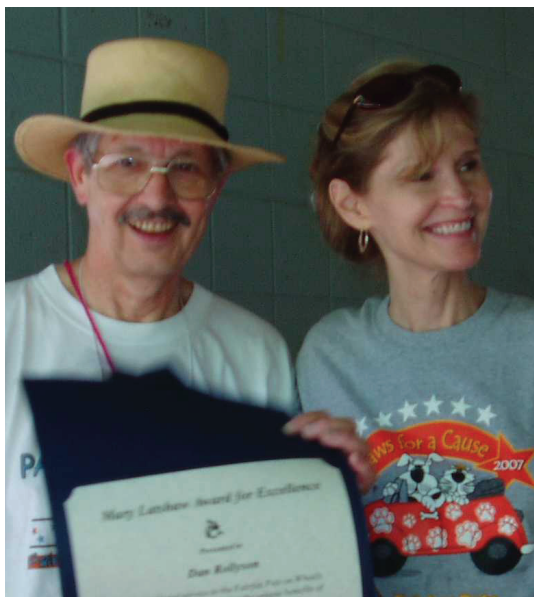
Events were planned at the individual nursing homes visited by FPOW volunteers and Penny showed her support by attending many of these celebrations. FPOW is fortunate that she had contacts at Women in Cable and Television (WICAT) and AARP. WICAT is currently producing the PSA with Ms. Loretta Swit, free of charge. Ms Swit was the co-chair of our Gala celebration. Without Penny's contact, FPOW would not have been able to afford such a project since the cost of this project was estimated to be more than \$15,000. Some in the initial volunteer group of WICAT showed an interest in becoming volunteers with FPOW. In addition, AARP staff members interviewed Ms. Swit and representatives of FPOW on AARP Primetime Radio as a result of Penny's contact with that organization. The radio interview with photos remains on the AARP website as a wonderful publicity piece for our organization.

Penny has an easy-going personality, great warmth and a real talent for putting people at ease, which makes her especially popular with the residents of The Virginian and her fellow volunteers. Penny and her Standard Poodle, Eleanor, participate frequently in our Wednesday evening group visits to The Virginian, as she did with her Standard Poodles, Copper and Onyx, before they passed away. Penny and Eleanor are special favorites of residents who formerly owned poodles, and it is inspiring to see the rapport she establishes with these residents and the great joy they get from visiting with Penny and Eleanor.

Penny is the kind of ideal Pets on Wheels volunteer that we are truly lucky to have in our program, and she is highly deserving of the Mary Latshaw Award.

Dan Rollyson

Dan deserves this special recognition for his exceptional dedication to the residents of the Virginian and their families.



Dan and his Collie mix, Nikki, began visiting on January 2, 1998. When Nikki was retired from the program because of failing health, Dan brought his Collie rescue Annie into the program and a year later added

Sugar, another Collie rescue. He and his pets have logged more than 783 volunteer hours.

Dan would tell you himself that he gets more from his visits than he gives, but I think that he gives much, much more. His caring and compassion are evident in his interaction with the residents and his dry sense of humor gives him an easy ice-breaking edge to begin conversations. He's so personable that he's never at a loss for words.

Other volunteers echo my observations, too. Many of the residents remember his visits with Sugar and Annie. Just last evening, resident Mrs. B told another volunteer all about Dan's visit with her last week. This same volunteer said that "In my experience working with Dan, he is very resident centric in his manner and remembers particular details about residents that make them feel special and important. He has a gentle nature and manner." His visits are memorable because of his genuine interest in these folks he calls friends.

We were all moved by the passion of Dan's speech at our annual volunteer appreciation brunch at the Virginian. This year he mentioned a long list of folks whom he has visited over the years. One was a teacher who taught in the District and who knew many of Dan's teachers. Others were folks that shared their memories with him, and whom he never forgot. His recollections made clear to me that he indeed gets involved in the lives of the residents. He makes them feel important and treats them just like family.

Another volunteer told me that in one of his speeches

Dates to remember

FPOW Photo Contest entry submissions deadline: August 22

BOD Meeting at Leewood: September 8, 7:00 pm

FPOW ANNUAL Meeting at Leewood: September 8, 8:00 pm

Newsletter Submission Deadline: September 30

PawsPrints Photo Fundraiser: Saturday, October 4, contact DebbyWeinstein@yahoo.com for appointment.

PAWS FOR A CAUSE 3K Dog Walk: Sunday October 5; Noon at Weber's Pet Supermarket, Fairfax, VA

BOD Meeting at Leewood: December 8, 7:00 pm

Dan encouraged all of us not to forget to speak to the spouses of the residents who have Alzheimer's or are severely impaired. They, too, are victims of circumstance and need to be remembered and recognized. What an important lesson for all of us who volunteer in nursing homes.

He found a distant cousin of his living at the Virginian. She later moved to the Health Care Center and recently passed away. Although she always told us that she feared dogs, Dan and his pets visited her regularly and his visits appeared to bring her happiness near the end of her life.

Dan's enthusiasm for FPOW has reached into his own family for volunteers. His sister Pat and brother-in-law joined FPOW because of Dan.

The extraordinary compassion he brings to the folks he visits, makes Dan an exemplary volunteer who deserves to be recognized with the Latshaw Award.

Dave Rybak

Dave Rybak has been a volunteer with the FPOW Iliff Team since April 11, 2002. Since then, he and Jasmine (his granddog- a Yellow Labrador Retriever) have logged over 386 hours.



Dave has not only been a consistent and committed volunteer, but a creative one as well. As reported in the article written by him in the Late Winter 2005 FPOW newsletter, Dave had become friends with a resident who was almost blind. Dave offered to read to her. The resident mentioned a specific book and Dave got it at the library and their reading sessions began. The resident's friend and roommate soon moved her wheelchair over for the sessions as well. Dave recalled looking up to find the two ladies so entranced that they would appear asleep, but he discovered that they were very much awake, simply closing their eyes to tune into the visual screen in their minds! During these sessions, Jasmine slept quietly on the floor as their feet.

Dave's consistent visiting has allowed him to observe

residents and their environment. He has advocated for residents, working with the facility staff to remedy situations which were less than ideal for residents. While he is probably most readily described as soft spoken, his impact is anything but—residents open up to him and trust him to act in their best interest. Facility staff respect him for his observations.

Dave is a terrific spokesperson for the FPOW program. In December 2004, Channel 9 did a segment on FPOW during a Santa visit at Iliff Nursing Center. Dave was interviewed by Peggy Fox and spoke extemporaneously and most eloquently about the purpose and effect of FPOW on the residents. His presentation was so professional you might have thought we paid an actor to speak the lines. His presentation was so great that we asked him to be interviewed for the cable show "Capital Pets" with Deanna Lewis. His account of a visit with one of the nursing home residents brought the moderator to tears. Rumor even has it that when he is out walking with Jasmine he talks with other pet owners about FPOW, attempting to recruit innocent passersby to our wonderful program.



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We were pleased when Dave agreed to be a member of our Speakers Bureau—he is always well received by audiences and his enthusiasm for FPOW is readily seen.

Dave became a member of the Board of Directors as a Director at Large from 2005-2007. Ruth Benker, Board President, much appreciated his thoughtful counsel on a number of difficult issues. Additionally, he took on the role of Historian for the program. He has tackled that project, going into program archives (newsletters, notes, program files found in the Fairfax Area Agency on Aging (FAAA), volunteers' homes, volunteers' heads) and one of the fruits of this labor was debuted in the brochure for the 20th Anniversary Gala in Dec. 2007.

Dave got the idea for the FPOW 20 year timeline from a placemat he saw at a local restaurant. He worked the idea, producing prototypes, meeting with veteran volunteers and FAAA staff and then, collaborating with another volunteer, produced the FPOW 20th Anniversary timeline, which is simply put, a work of art. Dave's attention to detail, and dogged (excuse the pun) determination, has resulted in a timeline of significant events, some of which many of us had forgotten. We now have a timeline that we can add to annually. Dave is currently working on turning this into a book! He was an active participant on the 20th Anniversary Celebration Committee—contributing ideas, attending planning meetings, attending the individual celebrations and writing articles on the events.

Dave has actively supported FPOW through participation in the annual Paws for a Cause and has been awarded hours pins at our picnic. I am honored to have Dave on the FPOW Iliff Team and proudly submit this nomination of Dave for the Latshaw Award.

Loretta Swit

Loretta was FPOW's guest speaker for our 2004 dinner event, and gladly accepted our invitation to co-host our 20th year anniversary gala with Kim Wilkerson, our founder. Several board members met with Loretta a year before the event, and she enthusiastically agreed to participate, offering various ideas and suggestions for our celebration. She offered to paint a picture to be auctioned to raise funds for our organization, if the event was to be a fundraiser. She also offered to donate jewelry pieces which she designed and crafted.

During the course of planning, we determined that this was to be a celebratory event, rather than a fundraiser,



and we asked Loretta if she would be willing to paint a picture of Kim Wilkerson's rabbit, SomeBunny, who she recently lost. Loretta was very pleased to do this for us, and painted a beautiful watercolor which she presented to Kim at the gala. She did a spectacular job as co-host,

and made the occasion truly memorable.

Loretta also agreed to do a Public Service Announcement for FPOW while she was in town, and went downtown with several board members to make it a reality. We were so very impressed with her patience and professionalism! To complete the video, she asked to be a part of filming volunteers and their pets at a nursing home, but we were unable to make it happen during her stay. On the same day, we went to AARP and Loretta gave a radio interview with Ruth Benker.

Loretta could not have been more gracious to the people and pets of FPOW, and went beyond all of our expectations. Her commitment to our program in supporting the work we do speaks of her social conscience, passion for animals and strong belief in the human-animal bond. I would love to see Loretta Swit honored for all she has done to promote the work of FPOW.

2008 Shauna Award Winner

The Shauna Award was established in 1993 and is named for Shauna Marie Salisbury, beloved Irish Setter of Susie and Bob Duvall, who died in 1993. Shauna was an active participant in Northern Virginia Visiting Pets and later in the FPOW program from April 1987 until January 1993, well into her 14th year. Shauna epitomized the pet volunteer and was instrumental in getting the residents of the facilities she visited to communicate with staff, family and volunteers. As the senior training dog of the Fairfax Nursing Center she trained

many new four-legged volunteers. Shauna always had a “smile” on her face and a “happy” wag of her tail.

The Shauna Award is presented to recognize the pet and/or pets who have made the most significant impact on a resident(s) of a facility that FPOW visits.

Cayenne Peeler

Cayenne and Carole Peeler were faithful volunteers for 15 years at the Psychiatric Unit at Virginia Hospital Center. Cayenne had good interactions with the patients and would often perform on command for them. The Psychiatric Unit is different from the nursing-homes and other long-term care facilities; the patients are only in residence for a few weeks. However, Tyrone Clay, the Facility’s Recreation Director, has told me many times that he has seen improved behaviors, outlooks and attitudes in the patients when they have been visited by Cayenne and Carole.

It’s good to be back!

As one of the starting members of the FPOW a long, long time ago we did our part in visiting, fund raising and getting involved. Life changes and dog losses created a gap in service. We made so many smiles with every resident we visited, pushed so many baked goods at so many small and large fund-raising functions, not to mention all the friends along the way. We knew we left FPOW with a great future with Kim Wilkerson at the helm.

Well we’re back and blown away with where FPOW is today! A nationally recognized organization with even stronger ties to Fairfax County, United Way and major resources in place to promote, enhance and some serious respect from other like nationwide volunteer programs. We have a full time speaker’s bureau, a very popular television star in Loretta Switt, United Way Campaign organization, a newsworthy fund raising event each year (Paws for a Cause), and membership far above our imagination. There is a growing request for services with more local Fairfax nursing homes that want us to visit their facilities as soon as we can.

So with our paws out ready to visit again and be a part of a great community service organization for as long as we can. In retrospect, Kim, Ruth and Debby, thank you for working on all four paws, tail wagging and proud in making FPOW what is it today and an ever-growing future. I left the program in great paws and am proud to be returning to spread those smiles for all those nursing-home residents we visit.

By Jeff and Mary Ann Saunders

As seen on NBC,
FOX, HGTV, National
Geographic & in Newsweek

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FPOW Kim Wilkerson Founder's Award Scholarship

Very exciting things are taking place this summer at FPOW. In December at our 20th Anniversary Gala, we announced the formation of the "Fairfax Pets on Wheels Kim Wilkerson Founder's Award Scholarship". The scholarship will be awarded at the FPOW Annual Meeting in September. Preference will be given to students who are studying the animal sciences.

The scholarship was developed to honor Kim Wilkerson's tireless work over the past twenty years. The Gala Committee felt this would be a great way to honor Kim and continue FPOW's mission to help foster the human-animal bond and to continue to give back to our community.

The criteria and application will be on the FPOW website, www.fpow.org. Deadline to apply is August 15, 2008. This year we will be awarding \$200.

Volunteers Recognized for their Hours of Service

Each year FPOW presents a Certificate of Recognition and a star pin to volunteers for their hours of service to our organization. The time-frame for these awards was May 2007 through April 2008.

Due to a computer glitch, the names of the bronze awardees announced at the picnic were not accurate. This is an accurate list of the awardees.

The following volunteered between 50 and 74 hours and received a bronze star pin with their certificate.

Rebecca Aloisi	Patty Kwapniewski
Mary Balboni	Nancy McKay
Elizabeth Breyer	Mary O'Malley
Rob Calloll	Terry Patton
Mariann Durante	David Rybak
Pat Dutton	Joan Violante
Pam Graff	Brenda Wilner

The following volunteered between 75 and 99 hours and received a silver star pin with their certificate.

Katherine Brooks
Mary Haddock
Larry Herring
Penny Pickett

Brenda Pitts
Kathie Schleede
Laurie Stone

The following volunteered 100 or more hours and received a gold star pin with their certificate.

Sabine Arndt
Kathryn Baker
Pete Barnes
Ruth Benker
Diane Bente
Brian Bryson
Bonnie Burnham
Helen Carroll
Judith Chopp

Bobbie Cippel
Jill Davidson
Norbert Dee
Colleen McAndrews
Colleen Nassetta
William Price
Owen Resweber
Dan Rollyson
Charles Viall
Debbly Weinstein

"Barking Up the Long Tree"

When my mother was in nursing school in the mid-1970's, she was required to do several rotations during her training. She was assigned to an emergency room and a maternity ward; to a surgical floor and the recovery room. She also did a rotation at a nursing home and before that one, she was apprehensive.

On her first day at the nursing home, she was introduced to an elderly lady named Lucille. My Mom, ever the good student, started chatting enthusiastically. All the while, she was doing her best to hide her nervousness.

My Mom: "How are you Lucille? My, that's a pretty dress you have on today. That blue is a perfect match for your eyes. I'm a third-year nursing student and I have two children at home..." and on and on my determined mother babbled, trying desperately to engage the "not having any of it" Lucille.



Finally, Lucille had had enough. "Will you just shut up?" she asked my mother. Not very demurely, either. Shocked, my poor Mom did indeed shut up.

Perhaps there's really no lesson here other than if you're pushing 90, you're allowed to say "shut up"

occasionally. But maybe if we consider the bigger picture, this isn't about a tired old lady in a nursing home who only wanted to be left alone. Maybe this is about learning to listen.

So often, we take our pets to nursing homes with smiles on our faces and we make endless small talk in order to hopefully put smiles on the faces of the residents and draw them into small talk. But sometimes, we need to accompany our pets into the room of a willing resident, sit down quietly and just listen.

People are diminished by age and infirmity. They lose their power to make even simple decisions. They are frightened, occasionally disoriented and even, at times, angry. Maybe we need to sit and listen. Or maybe just sit.

For a nursing home resident, to pet a dog or a cat or speak to someone who will listen without judgment or hurry is invaluable. For those few moments, that person feels less alone. Less frightened. Maybe not as

angry anymore. And few words need even be spoken. So much can be conveyed without them.

I'm sure Lucille never meant to be purposely rude to my mother. And a Fairfax Pets on Wheels volunteer wasn't available to try and make small gestures of kindness to a scared old lady. But if a program did exist back then, might the best approach to engaging Lucille have been a quiet touch? Or a gently wagging tail? And instead of a monologue, a few words of kindness to soothe the inevitable agitation of age.

I hope I live to be pushing 90. I hope if I do, I don't say "shut up" too often. But if I am a nursing home resident by then, scared and confused, I hope someone visits me with a Fairfax Pets on Wheels dog.

They wouldn't have to say a word.

by Julia Long



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Cameron Glen Residents Say “Hello Dolly!”

For FPOW volunteer Patty Kwapniewski, visiting Cameron Glen with her dog, Dolly, is as simple as “just coming with a smile on your face and your wet-nosed friend.”

Patty became a volunteer three years ago and began helping out with temperament testing in December. She is also currently serving on the Board as a Director at Large and is Cameron Glen’s assistant liaison. In addition to Dolly, a standard poodle, Patty is also “Mom” to a miniature poodle that she rescued three years ago named Buddy.

For Patty, the most rewarding thing about volunteering for FPOW is “knowing the people you visit are truly excited to see your dog and you.” Patty goes on to say that everyone likes to touch Dolly’s fur, especially after a hair cut when her fur is rather “poofy.”

Another fun thing that Patty has done is to host the “Doggie Olympics” at Cameron Glen. “At the last Olympics,” Patty says, “a resident grabbed my hand and told me this was the best activity she could remember because it made her laugh.” Patty also likes to introduce Dolly by sometimes singing a few lines of the song “Hello Dolly,” with the residents occasionally joining in.

“The best part of volunteering is knowing you are brightening someone’s day simply by bringing your dog in for some pats on the head. To those I meet who say they’ve thought about joining Pets on Wheels I say, ‘Just do it!’”

Patty says, “We should all be so lucky to have dogs visiting us when we’re old and can no longer care for dogs of our own.”

Thanks to Patty and Dolly for making a difference in the lives of others!

3rd Annual Pet Photo Contest

Photo Theme: OWNER & PET LOOK ALIKES

Do you look like your dog? Does your cat look like you? Enter and show us! Your entry photo must contain both you and your pet. Please do NOT send two separate photographs. 4 gift certificate prize levels and 4 honorable mentions. Send your digital Pet Photos to (Note: One e-mail per photo entry please) fpowphotocontest@cox.net before 8/22/08. FPOW volunteers and their pets have so much in common – warm hearts, cold noses, wet kisses - do you look alike too?

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 on 9/8/08 at the Annual meeting & showcased on our FPOW web site (www.fpow.org)

Your Pet Ought to be in Pictures

Robin Burkett of PawPrints Photography has graciously agreed to do a fundraiser for FPOW on October 4, 2008 at the Virginian. At this point details of the event are not available, but we are making a list of folks who are interested in having spectacular photos of their pets. To be on this list, send an e-mail to DebbyWeinstein@yahoo.com and include your evening phone number and the general time of day you wish to schedule your appointment.

When details are available, you will be contacted. We’ll do our best to accommodate your request for a morning, midday or afternoon appointment.

Robin’s fantastic photos of pets (and their owners) are well-known throughout the Washington DC area and she has been an enthusiastic supporter of our program for many years.

Visit www.PawPrintsphotography.com to see samples of her photos.



Are A Breed Apart

Fairfax Pets On Wheels, Inc.
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. 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, 2008

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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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