



Fairfax Pets On Wheels Spring Update

Spring 2016



Linda Martin is FPOW's Volunteer in the Spotlight

Our volunteer spotlight is on Linda Martin, a person who spent her career performing research on older people, most recently investigating the question: As we live longer, are we spending those extra years in good or bad health? This research focuses on people living in the US and in Asia. Linda is currently a semi-retired senior fellow at the RAND Corporation, the policy research organization, and in her spare time, she volunteers for organizations such as FPOW and Meals on Wheels. Linda's research focus on older people and her love of dogs and belief in the benefits of their companionship come together perfectly in FPOW. The team's visits are generally emotionally rewarding for Linda, though

In This Issue

- 3 50+ Podcasts
- 3 YouTube
- 4 Dates to Remember
- 4 Photo Contest Winners
- 5 Mardi Growl

(Continued on page 2)

You're Invited! Volunteer Appreciation Picnic

When: Saturday, June 4, 2016 12:00/Noon

Where: Frying Pan Park Pavilion, Herndon, VA

RSVP by May 20, 2016 by visiting <http://fpow.org/event-2226232>

On the program:

- Latshaw & Shauna Awards
- Hours of Service Awards
- Canine activities
- Volunteer and pet portraits by Robin Burkett of PawPrints Photography www.pawprintsphotography.com.

Guests welcome but only FPOW-approved pets.

Don't forget to bring your appetite and dress your pets in approved attire (i.e., no flexi leads, chain leashes).



sometimes difficult, and they provide insight at the individual level for her research, which is based on national-level data analysis.

Linda was born in Arkansas and raised in Oklahoma and moved to the East Coast for college (A.B. in mathematics from Radcliffe College of Harvard University) and graduate school (Masters in public affairs and Ph.D. in economics from Princeton University). She has lived around the world including three times in the DC area, most recently moving here from Manhattan in 2004. Linda's sister and her husband plus their two sons and their families are all based in Northern Virginia, so she was drawn back to the area. Besides doing research on older people, Linda's professional life has involved leading non-profit research organizations, and she has served as a vice president of the RAND Corporation in California (1993-1999) and president of the Population Council in New York (1999-2004). The latter focuses on research on reproductive health, HIV/AIDS, and socioeconomic development. When Linda was president, it had over 600 employees based in the United States and 19 of the poorest countries around the world, so she was chronically jet lagged. Linda still cares deeply about helping those most in need, but her focus has now shifted from global to local.

When Linda was thinking of getting a dog back in 2007, after she had completed an extended period overcoming head and neck cancer, she was hoping that her dog would be able to perform therapy work. So one day she read the section of the newspaper that lists volunteer activities and happened onto an announcement for FPOW, which led her to www.fpow.org.

Linda and Lulu, her 15-pound schnauzer-poodle mix known as a schnoodle, have been visiting the Sleepy Hollow nursing home for over six years, and watching patients break into big smiles when they see Lulu never gets old. The joyful reaction is especially wonderful in the dementia unit at Sleepy Hollow, where several of the patients want to hug Lulu to their chests and feel her warmth and softness. Many staff members call out Lulu's name

when they see her, though one of her favorites does call her "Flea Nest" before giving her affectionate ear rubs. Linda is delighted that Lulu provides happy interludes in staff members' days as their jobs can be very challenging helping the residents and addressing their many issues.

Lulu is eight years old, and her black fluffy curls are increasingly turning silver. She is an athlete who loves to play fetch, jump through a hoop, and chase whatever wildlife happens along. She has many friends — human and canine — in their Lake Barcroft neighborhood, and recently has developed a friendship with a local cat with whom she plays tag. When the team is driving to Sleepy Hollow and are about half a mile from the nursing home, Lulu starts whimpering in anticipation. Linda believes it is not just because the recently retired receptionist, Crystal, always gave her a treat upon arrival. She seems to look forward to visiting and all the stimulation. Linda made sure that Lulu became used to being touched all over when she was a puppy, but really didn't have to teach her anything about becoming an FPOW volunteer. She seems to instinctively know her job. For some patients, Linda holds Lulu in her arms, and she completely relaxes so they can pet her. In the case of those who want to hold her, Linda always keeps a reassuring hand on Lulu and sits or stands where she and Lulu can maintain eye contact.

In addition to her visiting duties, Linda is an alternate facility liaison at Sleepy Hollow, and recently attended the Speakers Bureau training so can begin to represent FPOW at orientations and other public events. She thinks FPOW does a great job orienting newcomers and laying out all the steps involved in becoming a volunteer. Also when she first started volunteering for FPOW, Linda was still working full time, so she appreciates the flexibility in choosing when to visit. Linda has also been grateful for the volunteer-appreciation events.

Linda is looking forward to having more free time, as she works less and recovers from both a recent broken leg and the multiyear rebuilding of her home after a falling tree destroyed half of it in the Derecho storm of 2012. She hopes to spend at least

Thanks for the Memory

■ In memory of Flower, a pretty black and tan Doberman, who was loved and will be missed by John, Kristan, Levi, and Wyatt. This lovely lady helped raise two energetic boys teaching them a deep love and respect for all animals with her special gentle devotion and loyalty. Flower was obedient, goofy, silly, beautiful, snuggly, and will leave a big hole in this close knit family. This wonderful dog will remain in the hearts of this family as well as those of her extended family. From Kim Wilkerson and Family

■ In honor of Staysia, who for 11 years has been the beloved family cat of the Money Family. From Kim and Mark Wilkerson

■ In memory of Chester, a yellow Lab who was loved and enjoyed by Denise Elliott and Tom Birdsall. Chester was a happy, talkative, easy-going fellow and a great sofa cuddler. Chester will also be

missed by his canine pal, Roxy. From Kim, Mark, Joe, and Hannah Wilkerson

■ In memory of Virgil Earp Bachenberg, beloved cat of Don Bachenberg who will be greatly missed. From Pam Dunning, Arlington, VA

■ In memory of Pepper, beloved cat of Jan Morgan, who was much loved and will be missed. From Melissa Pierson, Springfield, VA

■ In memory of Taylor, the beloved Golden Retriever of Steven Rockwell, who was loved and will be missed. From Steven Rockwell.

■ In honor of Pippi, American Staffordshire Terrier, who is the much loved new pet and whose owner thought it was “just a nice idea” to remember her this way (FPOW concurs). Pippi is one lucky dog. From her new person Ramona Deane, Reston, VA.

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

part of that time being more engaged with FPOW and we are happy to have a volunteer team who are so devoted to the residents that FPOW visits.

FPOW highlighted on Fairfax 50+ Podcast

At the invitation of Grace Lynch, Manager of Communications with the Division of Aging and Adult Services, Madelynn Arnold and Ruth Benker were interviewed by Jim Person for the Fairfax 50+ podcast series on March 16. The interview will be available through a variety of venues, making folks aware of our program and our need for volunteers. To hear the interview, you can go to www.fpow.org/media. It is the top link. You can share on Facebook, Twitter and via email.

Grace has included the podcast on the Volunteer Solutions Facebook page at:

<https://www.facebook.com/pages/Fairfax-County-Volunteer-Solutions/132096518045>, as well as posted it on Hot Topics section of www.fairfaxcounty.gov/olderadults.

She also plans to include it in the April Fairfax 50+ E-News and promote it in various other places throughout the next few weeks.

It was a great opportunity for FPOW to reach out to the community. Thanx, Grace!

YouTube Video Not to Miss

What a wonderful tribute not only to Bretagne, but to all service dogs!

Dog BRETAGNE'S Best Day

<https://www.youtube.com/watch?v=ezcHy8DkrmE>

Dates to Remember

Newsletter Deadlines: February 29, June 30 and October 31, 2016.

New Volunteer Orientation

4 May 2016 7:30 PM • Providence Community Center 3001 Vaden Drive Fairfax, VA 22031

New Volunteer Orientation

1 Jun 2016 7:30 PM • Providence Community Center 3001 Vaden Drive Fairfax, VA 22031

Volunteer Picnic

4 Jun 2016 12:00/Noon • Frying Pan Park Pavilion, Herndon, VA •

Board of Directors Meeting

6 Jun 2016 7:00 PM • City of Fairfax Regional Library, 10360 North St, Fairfax, VA 22030

New Volunteer Orientation

6 Jul 2016 7:30 PM • Providence Community Center 3001 Vaden Drive Fairfax, VA 22031

Board of Directors Meeting and Annual Meeting

12 Sep 2016 7:00 PM • Please check www.fpow.org for location.

Paws for a Cause 3K fundraising Walk

*** Save the Date! * 02 Oct 2016 12:00/ Noon from Weber's Pet Supermarket, Fairfax, VA**

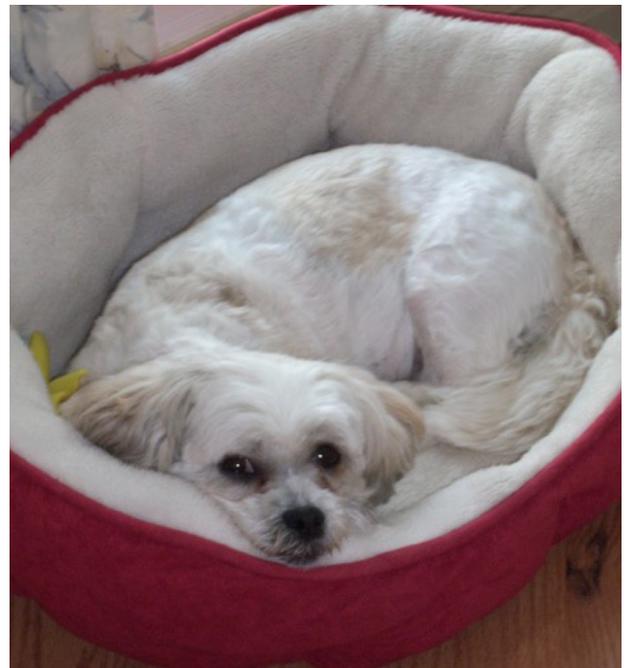
10th Annual FPOW Photo Contest

Theme: The Best Therapist Has Fur and Four Legs



FIRST PLACE

Train and his mom, Jennifer Campbell volunteer at Arden Courts, Fairfax



SECOND PLACE

Gretel and her mom, Beverly Powell volunteer at Burke Health & Rehabilitation Center

Sunrise Celebrates “Mardi Growl!”



Miss Pixie, the only cat and “Queen of Mardi Growl,” and her mother Margaret Clark visit at Sunrise.

**Please Join us for the
21st Annual Paws for
a Cause 3K Walk
Sunday, Oct. 2, 2016
at 12:00 noon
Weber’s Pet Supermarket
11021 Lee Hwy, Fairfax**

**Registration
opens soon at
www.fpow.org**



Back row Paula Burger & Maia, Denise Kloepfel & Sport, Barbara & Joe Skowronski & Sasha, Edie Norton & Hershel. Front row Kathi Baker & Abby, Karen Beekman & Teddy, Bonnie Turnham & Cindy and Mary Portly & AnnieBelle.



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. Visit www.fpow.org
Please use the FPOW Hotline number for nonemergency calls if you are an FPOW volunteer or currently in the pipeline. Someone will either act on your message or return your call if more information is required.

DEADLINE FOR THE NEXT FPOW NEWSLETTER: June 30, 2016

FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

The Executive Committee:

President – Madelynn Arnold

Vice President/Dir. of Administration – Nikki DiPalma

Treasurer – Patty Kwapniewski

Secretary – Laurie Stone

DIRECTORS

Director, Facilities Relations – Ruth Benker

Director, Volunteer Development & Education – Vacant

Director, Communications – Tracy Van Duston

Director, Volunteer Appreciation – Diane Ehrig

Director, Fund Development – Judy Mitnick

Director at Large – Debbie Zelten

Director at Large – Karen Beekman

Director at Large – Jill Davidson

Newsletter 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

12011 Government Center Parkway, #708

Fairfax, VA 22035-1104

(703) 324-5411

Email:

dfspetsonwheels@fairfaxcounty.gov



#8907