



Fairfax Pets On Wheels Spring Update

April 2008



Patty Hall-author, FPOW volunteer, and Accenture volunteer team leader with Smokey and Dr. Elizabeth French

MLK Day Of Service Brings Special Visit

For some people Jan. 21st was an official holiday, for others not, but either way, thousands of people chose to make it “a day on, not a day off” – helping organizations like FPOW along the way. The third Monday of each January, Martin Luther King (MLK) Day, is increasingly becoming a national day of service. This year, one company participating in MLK Day community projects chose FPOW as a volunteer opportunity, making a special visit to Arden Courts in Fairfax.

Every year more Americans honor King Day by volunteering in their communities. According to www.mlkday.org, participation has grown each year since 1994, when Congress passed legislation encouraging people to observe the holiday as a national day of service. The 2008 King Day of Service had more than a half million Americans nationwide serving in 5,000 projects that 2,197 groups organized.

One such group was Accenture, a global management consulting, technology services and outsourcing company. More than 1,100 Accenture employees in the D.C. area helped organizations including the Community for Creative Non-Violence, DC Central Kitchen,

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President’s Message

April was National Volunteer Recognition Month and on behalf of the Board of Directors, thank you all for the time and care you provide to the residents of long term care facilities.

Fairfax Pets On Wheels, Inc. was featured on the County’s Channel 16 - County Magazine for April and will be featured in the Senior Times: Volunteer Solutions program in the near future.

We have, once again, been accepted as a United Way agency and will also be included in the Catalogue for Philanthropy. These accomplishments are the direct result of your work.

Our Annual Volunteer Recognition Picnic is scheduled for Sun., June 8 at Lake Accotink - the ever popular pet trading cards and pontoon boat rides for humans and pets will be some of the fun! I hope to see you all then.

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

By Ruth Benker



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the Red Cross, and FPOW.

As an Accenture employee and FPOW volunteer, I was thrilled to help run this project and promote our therapy pets. We kept our visit simple, bringing a small group of four Accenture volunteers to Arden Courts, where facility liaison Allison Kirkendall and her beloved Grady joined Smokey and me. Our guest volunteers accompanying the FPOW regulars saw first-hand the joy our animals bring to seniors. As always, only FPOW volunteers brought animals (no other pets were present), but having more people meeting with the residents made the visit special.

These visitors, all new to the FPOW experience, got a great impression of our group. Jill Christensen called it a “wonderful and fulfilling” experience. “It was amazing to see how much the residents enjoyed talking with us and petting Grady and Smokey (one of the coolest cats ever!),” she said. “I really enjoyed talking with Mary and hearing about her family and grandkids, and watching her tatting. I know that the point of the service day was to do good for others, but I benefited far more than I thought I would from the time I spent with the residents and therapy pets from FPOW.”

Carlos Salazar was equally enthusiastic. “You can really tell the positive and uplifting impact that this organization, the people, and

the animals have on the people at the assisted living home,” he said. “Their eyes and spirit lit up when we first got there, and you could tell they were very happy to spend time talking with us, and getting to know the animals. I am very grateful for having had the chance to be part of this event and definitely will look forward to working with FPOW in the future.” Carlos was so inspired by the visit that he plans to join FPOW with his Chocolate Lab, Canela.

Touching people’s lives, promoting the work of FPOW, and even recruiting prospective volunteers are all great outcomes, and we already have ideas for what we could do next year (such as having volunteers help in the FPOW office before visiting a facility briefly with FPOW pets).

This project was a great example of a way to get corporations and other organizations to know, and support, FPOW. If your company has community programs that could benefit FPOW, let your facility liaison or an FPOW board member know!

– Patricia Lee Hall and Smokey

“Twosday”

The doggie decision was upon us. We dithered. We dallied. But in the

end, we were determined.

Our now fifteen-year old son’s first word was “doggie” and the next two words after that were “want one.” With the addition of Sam’s twin sisters in 1997, we had a legitimate reason to put off the dog question even longer. “But Sam, Mommy just had two babies and we think she’s near enough to voluntary commitment as it is. Let’s just wait and see if we can get her meds straight and then we’ll talk about it.”

Lo and behold, Mom recovered, Tylenol PM became the closest thing in the medicine cabinet to mind-altering pharmaceuticals and again, the issue loomed.

There were so many things to think about! What breed? Pet store special or the Daisy Hill Puppy Farm? Male? Female? Other? If I had put half as much thought into the idea of having children as we ultimately put into adopting a dog, I might not have been caught quite so unaware when the pregnancy test came up positive with a blue line that I thought not only meant I was pregnant, but that I was having a boy. Naïve? Well... yeah.

We decided on a beagle for several reasons, none of which actually made any real sense. Seems beagles are good with kids, don’t shed much and don’t grow to the size of compact cars. That much can be said about probably half the breeds out there but also, and this is VERY important, beagles are cute. Darn Cute. Get it? Hence the name D.C.? Pat, pat, pat on our backs for coming up with that. The dog was bound to fall in love with us. We the clever name-pickers.

After buying the shelves bare at Petco, I called an ad in the paper the



Allison Kirkendall and Grady, Arden Courts Volunteer and Facility Liaison

next day. The actual conversation went something like this:

“I’m calling about your ad in the paper for the beagle puppies?”

“Yeah...” says this man around the toothpick in his mouth and the chaw in his jaw. “We got us a whole mess-a puppies out here.”

“Uh, well, I don’t really want a messy puppy,” I argue.

Long pause.

“Ay meant a-LOT-a puppies,” he replies.

Yes indeedy, this was gonna be fun!

We got directions from Uncle Jed and vamoosed for the hinterlands. We got lost twice and even the GPS thing couldn’t keep up once we were well past civilization. “Cannot compute!” it kept crying. I was considering a trail of breadcrumbs when we actually heard our way to the place. “Listen!” Sam yelled. “Dogs barking!” And sure enough, that homing device drew us right to the front screen door.

The house itself left something to be desired, such as perhaps indoor plumbing and linoleum. Just as I was about to grab Sam and make a run for it, though, I spied the dog pens. Gleaming dog pens. Sparkling dog pens. The Lysol Love Nest of Dog Pens. Maybe this would work out, after all. Uncle Jed obviously had his priorities in order. Those dogs were practically sitting on velvet pillows.

Sam immediately picked up one of the puppies and I knew then the die was cast. It wouldn’t have mattered if that poor dog had been lame, deaf, mute, blind and ill-tempered. She was his from the moment he laid eyes on her and far be it from me to spoil a boy’s first love.



Sam and D.C.

Thanks for the Memory

■ In memory of my beloved wife, Barbara Ann Gresdo, a dedicated Staff Member of Sleepy Hollow Nursing Home, and a FPOW visitor with her husband, Dennis Gresdo, and their Siberian Husky, Hazek. From Dennis Cresdo, Fairfax Station, Virginia.

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.

I took it as a good sign that both the puppy’s parents were on the premises...and no jokes about inbreeding here, please. In the doggy world, this works as a positive. I took it as a bad sign when Uncle Jed actually felt it necessary to introduce us to the proud Mom and Dad. “This here’s Crawdaddy Jack and she’s Shotgun Trixiebell.” I picked up the puppy Sam had chosen and whispered in her ear, “We’re saving you from the Redneck Rodeo pup. Be grateful ‘cause you have found some city-dwellin’ sugar daddies in us!”

D.C. the dog is a member of our family now and it didn’t take long. She marched right in the kitchen, pooped on the floor, crawled into her crate and fell asleep even without a velvet pillow. The vet declared her healthy the next day (vast amounts took flight from our bank account for that good news) and we were off and running. Running outside, that is, 198 times per day so she (or we?) can learn housebreaking. She eventually got there. It took the twins four months and I didn’t even once consider giving them away. Seriously consider, anyway.

We love our dog and our dog loves us as long as the Milkbone’s are readily available. She’s an extra warm body to snuggle with on the couch and so far, unlike my husband, she doesn’t even snore. It’s like having another child only without the benefit of Pampers. I do wonder if Uncle Jed, Crawdaddy Jack and Shotgun

Trixiebell miss her, though. Bet not. Just an extra velvet pillow to snooze upon.

D.C....darn cute. Devoted creature. Doggy cuddle-up. Decision? Correct!

By Julia Long



FPOW: Ready for its close-up

As a member of the McLean High School Engineering Club, I decided to do a film project for one of my competitive events at the Technology Student Association (TSA) Northern Regional fair on Saturday, March 15th, 2008. Since the film could be a topic of our choice, I wanted to do something that would appeal to the emotions of viewers and promote societal values.



After brainstorming ideas for the film with my parents and my team members, Sukriti Thapa

and Linda Kim, we thought of the perfect program to make our film about: Fairfax Pets on Wheels, Inc. at the Powhatan Nursing Home, where my Mom, my sister and I volunteer with my dog, Pamuk.



The purpose of our film is to show the importance of volunteer programs such as Fairfax Pets on Wheels, Inc (FPOW). Every Monday or Tuesday evening, members of FPOW

bring their pet(s) and visit residents at the Powhatan Nursing Home. For our film, we videotaped an FPOW visit on a Tuesday evening: March 11, 2008. The film, about four minutes long, consists of some of the volunteers and dogs that are part of the program and some of the residents with their family members.

After hours of editing the film and compiling the notebook, our team was ready for the Northern VA Regional

An advertisement for "Maddie & Ellie's House" featuring a blue background with white text and several photos of dogs. The text reads "Maddie & Ellie's House" in a large, stylized font, followed by "DOG DAYCARE, BOARDING & MORE!" in a smaller font. Below the text are photos of a white dog, a golden retriever, a small dog, a black and white dog, and another golden retriever. At the bottom, the phone number "(703) 263-7252" and the website "www.MaddieandElliesHouse.com" are listed.



TSA competition, which was held at Mountain View High School in Stafford County. At the awards ceremony, we were

thrilled when the TSA officers announced the winners of the film competition.

Our team got first place!!! Our film, "FPOW: Pet Volunteers," will also compete at the state level at the TSA 2008 Technosphere, in Virginia in early May.



Fred Rink



Sabine Arndt

Fairfax Pets on Wheels

I would like to thank all the volunteers and participants who helped put this film together in such a short time. Special

thanks to Mrs. Sabine Arndt, Mr. Fred Rink, and Ms. Pam Flory for sharing their personal thoughts about the FPOW program. Without their support, it would not have been possible to produce our film.



By Meryem Ok

For The Record Books

This is the first of what we hope will be several articles on the history of the Fairfax Pets on Wheels, Inc program. As a volunteer, I hope these historical articles will help you place your efforts in greater perspective.

Did you know that there was a pet visitation program being offered to a few nursing homes in Fairfax County before FPOW?

Its name was Northern Virginia Visiting Pets (NVVP) and Kim Wilkerson was an instrumental force in gathering volunteers and their pets in making visits to nursing facilities in Fairfax County more than 20 years ago.

It all started in 1984 with two veterinary technicians, Kim Wilkerson and Peggy Major who started visiting three nursing homes with their own pets. The visits provided by Kim and Peggy became NVVP. It grew to over a hundred volunteers.

NVVP welcomed all pets including "dogs, cats, kittens, puppies, rabbits, guinea pigs, and large birds. Any type of pet is welcome and we try to offer variety." This was one of the major differences between NVVP and its successor organization FPOW, which restricts the program to dogs, cats and rabbits.

Kim and Peggy served as coordinators for the program and made arrangements for volunteers and pets to visit Iliff Nursing Home in Dunn Loring, Heritage Hall Nursing Home in Leesburg, and the Fairfax Nursing Center in Fairfax City. Dr. William T. Goldsmith of the Great Falls Animal Hospital served as veterinary advisor to the program staff and the volunteers.

NVVP operated with similar safety concerns as FPOW currently enforces. From 1984 – 1987 NVVP allowed volunteers to visit only during preset group visit times at the three nursing homes.

Kim and Peggy learned about pet therapy from their professional veterinary medical association and Delta Society. According to Kim, as quoted in The Gazette of May 1984, "I thought it would be something fun that I could share with other people. I know that my own dog (Nina) has enough love to share with others besides just my own family."

Jasmine, with whom I visit, isn't even my dog –her owner, my son, is currently living in Germany. But Jasmine has such a beautiful, gentle disposition that I wanted to share her with others. My son was overjoyed.

I am certain all FPOW volunteers are similarly motivated and the smiles on the faces of residents who receive visits from our volunteers and our pets are testimony to the fact that they enjoy and welcome our visits.

by David Rybak



Fairfax Pets on Wheels - Merchandise For Sale

To order Fairfax Pets on Wheels merchandise, please fill out the form below. Be sure to include your mailing address and phone number below. Mail to: Brenda Pitts, 5910 Camberly Avenue, Springfield, VA 22150. **Include a check payable to Fairfax Pets on Wheels, Inc.** If you would like your items mailed to you, please add \$5 to your check. If you have any questions concerning your order, please call Brenda at (703) 913-7663.

Name:		Phone:			
Address:		Volunteer at following Facility:			
Merchandise	Price	Size	Color	Quantity	Total
Bandana	\$5	S, L	Blue, Red, Burgundy, or Red w/Black Paws (NEW)		
Fanny Pack	\$5	N/A	Blue		
Lariat	\$5	N/A	Blue		
Backpack	\$10	N/A	Black		
Note Cards (8/pkg.)	\$5	N/A	2 ea 4 different designs		
Tote Bag	\$5	N/A	Blue w/White		
Leashes-Embossed w/FPOW	\$15	Thin & Wide	Leather (6' w/ring to make 4')		
Sweatshirt	\$15	S, M, L, XL	Burgundy, Hunter Green		
Long Sleeve T-shirt	\$14	S, M, L, XL	Blue		
Long Sleeve T-shirt	\$14	S, M, L, XL	Red		
Long Sleeve T-shirt	\$14	S, M, L, XL	Washed Denim		
Long Sleeve T-shirt	\$14	S, M, L	Crimson		
Embroidered $\frac{3}{4}$ Length Sleeve T-Shirt (NEW) (Ladies Shirts)	\$28	XS, S, M, L, XL, 2X (xl & 2xl \$2 more)	White, Black, Red, Navy, Lt. Pink, Lt. Blue, Faded Blue, Lilac, Turquoise, & Banana		
Short Sleeve T-shirt	\$10	S, M, L, XL	Blue		
Short Sleeve T-shirt	\$10	S, M, L, XL	Red		
Short Sleeve T-shirt	\$10	S, M, L, XL	Black		
Short Sleeve T-shirt	\$10	L, XL	Light Gray w/White letters		
Short Sleeve T-shirt	\$10	S, M, L, XL	White w/Black letters		
Short Sleeve T-shirt	\$10	S, M, L, XL	Blue Spruce		
Short Sleeve T-shirt	\$10	S, M, L, XL	Gray w/Black letters		
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, XL	Chestnut		
Short Sleeve T-shirt	\$10	S, M, L, XL	Teal		
Short Sleeve T-shirt	\$10	S, M, L, XL	Serene Green		
Paws for a Cause T-Shirt (07)	\$12	S, M, L, XL	Gray		
<u>Polo Shirt</u> Men's Ladies	\$20	S, M, L, XL	White or Blueberry		
<u>*Denim Shirt</u> Men's Ladies	\$35	S, M, L, XL 2XL (\$2 extra) 3XL (\$3 extra)	American Flag on Left Sleeve Yes No		
POSTAGE					\$5.00
TOTAL ORDER AMOUNT					
<p>*Note: American Flag is automatically placed on the left sleeve of the denim shirts - if you would not prefer this on the sleeve, please mention this when ordering. Sorry, but no returns can be made on denim or purchases.</p>					

March 2008

Show your support of FPOW by wearing a logo t-shirt

FPOW has added a new look to the T-Shirts. Along with the short and long sleeve, we now have ¾ length!

The new shirts will be embroidered and not silk screened. The embroidered words “Fairfax Pets on Wheels, Inc.” and the FPOW logo are stitched in a contrasting shade of the color of the shirt. Shirts are available in: white, black, red, navy, lt. pink, lt. blue, faded blue, lilac, turquoise, & banana, and in sizes XS-2X (Ladies Sizes).

We now have 6’ leather leashes that can be made into 4’ making it easy to visit in the facilities. They are embossed with the Fairfax Pets on Wheels, Inc. wording. These leashes are available in narrow and wide.

Paws for a Cause T-Shirts from 2007 are still available. If you were not able to get to the walk last October, or just want another one, here’s your chance. Sizes are in M, L and XL.

Please follow the instructions at the top of the order form on page 6 to order any FPOW item.

Thank you for your support!

Dates to remember

Board of Directors Meeting at Leewood:
June 4; 7:00 - 9:00 pm
7120 Braddock Road, Annandale VA

FPOW Annual Picnic: June 8; Noon-3:30
See Page 8 “Save the date” for more information.

Newsletter Submission Deadline: June 30;
to: fairfaxpetsonwheels@gmail.com

BOD Meeting at Leewood: September 8
7:00 - 9:00 pm

Newsletter Submission Deadline: Sept. 30;
to: fairfaxpetsonwheels@gmail.com

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



703-281-5121 • 703-281-0149 fax
www.hopecenter.com

140 Park Street SE
Vienna, VA 22180

FPOW Library

1. Request a title by sending an email with the title and your home address to: virginiaflyball@yahoo.com (if no email, call for instructions 703-324-5424). The book will be mailed directly to you.
2. Keep the book for up to 30 days
3. Return the book in the stamped and addressed envelope that came in the envelope with the book.
4. If you have any questions, please email the above address (if no email, call 703-324-5424).

If you have recommendations of books, videos or tapes to share with other FPOW volunteers, please send them to virginiaflyball@yahoo.com for consideration as we add more titles to the library. We hope you enjoy this FPOW volunteer benefit!

General Training

- A Guide to Dog Sports: From Beginners to Winners-Claire Koshar
- Canine Body Language - B. Aloff
- Cesar's Way - Cesar Millan (donated by C. Viall)
- Click for Joy (Tricks book) - M. Alexander
- Culture Clash, Jean Donaldson
- Dogs are from Neptune, Jean Donaldson
- Don't Shoot the Dog!: The New Art of Teaching and Training, Karen Pryor
- Dr. Dunbar's Good Little Dog Book - Dr. Ian Dunbar
- DVD: Train your Dog the Positive Gentle Method - N. Wilde, L. Bourhenne
- DVD: Calming Signals - What your dog tells you, Turid Rugaas
- DVD: Take a Bob Wow - Trick Training Video
- Excel-Erated Learning: Explaining in Plain English How Dogs Learn and How Best to Teach Them, Pamela J. Reid
- How to Teach a New Dog Old Tricks - I. Dunbar
- On Talking Terms with Dogs: Calming Signals - T. Rugaas
- Positive Perspectives: Love Your Dog, Train Your Dog - Pat Miller
- The Other End of the Leash, Patricia McConnell
- The Power of Positive Dog Training, Pat Miller
- A Puppy Primer (pamphlet), Pat Miller
- The Ultimate Puppy Toolkit, Premier (Guide to Raising a Happy, Well Adjusted Dog)

Communication

- Animals in Translation: Using the Mysteries of Autism to Decode Animal Behavior, Grandin Temple

(donated by W. Price)

- Compassion: Our last great hope, L. Bustad

Health

- Dog health and Nutrition for Dummies - C. Zink
- The Holistic Dog Book: Canine Care for the 21st Century, Denise Flaim

Therapy Work

- Delta Society Animal-Assisted Therapy Standards of Practice
- Delta Society Team Training Course Manual
- DVD: Therapy Dogs - Compassionate Modalities - K. Butler
- Handbook on Animal-Assisted Therapy: Theoretical Foundations and Guidelines for Practice, Aubrey H. Fine
- The New Work of Dogs - J. Katz
- Therapy Dogs Today: Their Gifts, Our Obligation, Kris Butler
- Therapy Dogs: Training Your Dog to Help Others, Kathy Diamond Davis
- Wanted: Animal Volunteers, Mary Burch

General

- CD - Preparing Fido - Blessings Unlimited (baby sounds to prepare your pet for a new baby) (donated by C Viall)
- It's Okay to Cry - Pet Loss and Grief (pamphlet), Pat Miller
- Marley & Me, J. Grogan (donated by W. Price)

Save the date - Sun., June 8th from Noon - 3:30pm is the FPOW Annual Picnic at the McLaren-Sargent Shelter at Lake Accotink. The shelter is located off the Beltway at Braddock Rd and Heming Ave.

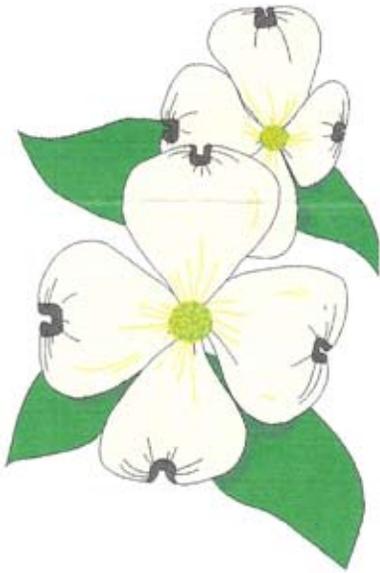
Official invitations have been mailed as well as your opportunity to recognize fellow volunteers with the Mary Latshaw Award and our pet volunteers with the Shauna Award.

Great food, including vegetarian entrees, Pet Trading Cards to give away or keep, Pontoon Boat Rides for you and your pet around Lake Accotink, as well as super door prizes, and getting to visit with fellow volunteers and their wonderful pets.

**All volunteers are encouraged to come.
This is for you for all you do!**

Powhatan Nursing Home

A Privately Owned and Operated Healthcare Facility



Nestled on seven beautiful acres with three enclosed garden patios, we offer a staffing ratio greater than the national average and quality care with a personal touch.

-
- ◆ Long Term Care
 - ◆ Intravenous Therapy
 - ◆ Central Line Care
 - ◆ Rehabilitative Therapies with Medicare Reimbursements
 - ◆ Post-Operative Recuperation
 - ◆ Hospice Participation
 - ◆ Respite Care
 - ◆ Memory Impaired Program
 - ◆ On-Site Beauty Shop
-

We invite you to visit our facility and experience the Powhatan difference.

703-538-2400

2100 Powhatan Street ◆ Falls Church, Virginia 22043



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

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: June 30, 2008

FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

The Executive Committee:

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Director of Communications – Kim Wilkerson
Director of Volunteer Relations – vacant
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The Newsletter Committee Chairman: Kim Wilkerson
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. 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
12011 Government Center Parkway, Suite 708
Fairfax, VA 22035-1104
(703) 324-5411



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