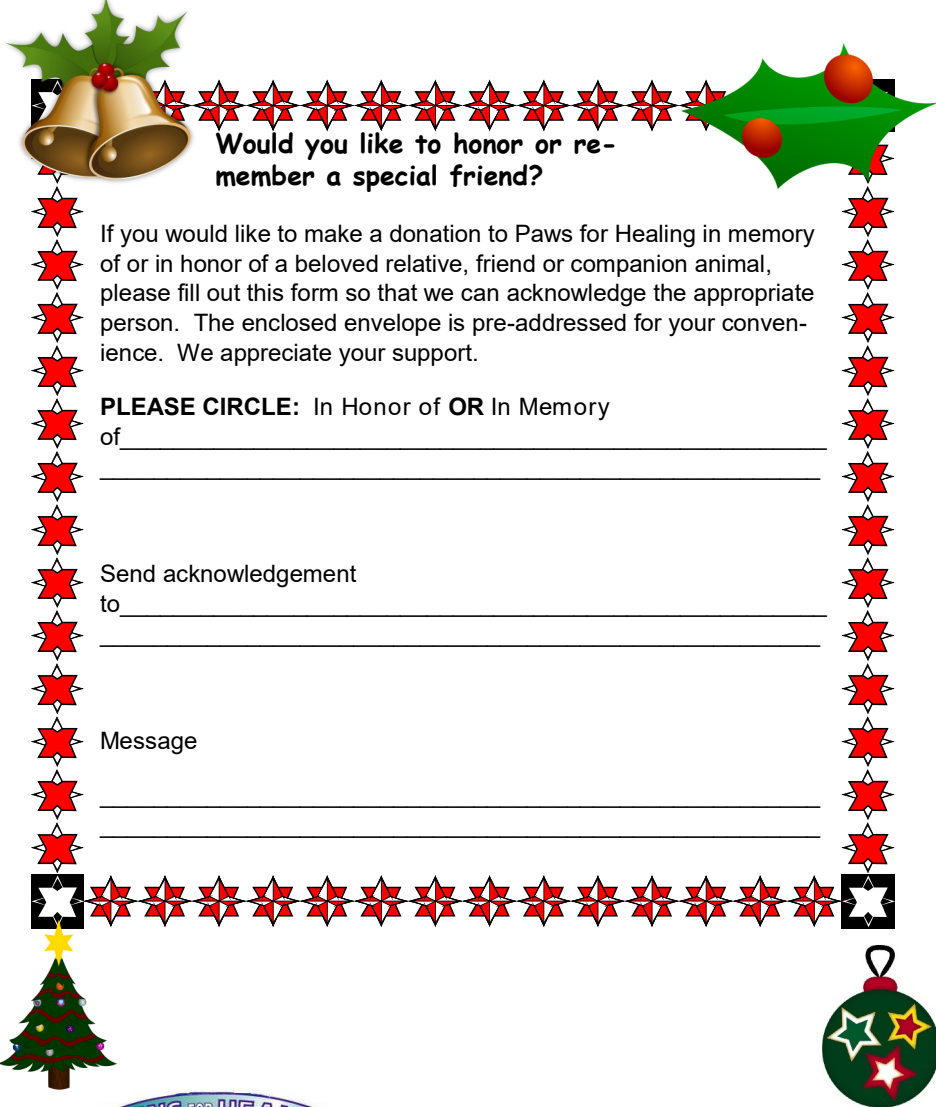




**Would you like to honor or re-
member a special friend?**

If you would like to make a donation to Paws for Healing in memory of or in honor of a beloved relative, friend or companion animal, please fill out this form so that we can acknowledge the appropriate person. The enclosed envelope is pre-addressed for your convenience. We appreciate your support.

PLEASE CIRCLE: In Honor of **OR** In Memory of _____

Send acknowledgement to _____

Message _____



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www.pawsforhealing.org
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707-258-3486

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**A Publication of Paws for Healing, Inc.
Mending Hearts, Minds and Bodies with Gentle
Paws and Guiding Hands**

Devember 2019



A Message from our President

Hello, and Merry Christmas and Happy Holidays to each of you! We have had a busy year and are, as usual, so grateful for each of you and your canine who have brought smiles and comfort to so many.

This year we have reached out to do a variety of experiences—many in Sonoma county responded to help at the Sonoma Fairgrounds to help provide comfort and support to those who were stranded following the Kincaid Fire; teams from Napa responded to a local school to provide comfort to classmates after a third grader tragically died; many teams have gone to various schools and universities to provide stress relief for students undergoing their finals. These are just a few of the extra-efforts that our teams respond to, willingly, in addition to regular visits at the hospitals, school, libraries, assisted living facilities! So thank you, and I know those who received the assistance are thankful as well.

We have lost some special dogs this year, sadly, but that is unfortunately part of the cycle. We are so grateful for having them in our lives. Losing our canine friends—for most of us they are truly family members—is very difficult but having shared them as volunteers is a true source of comfort knowing they were loved by many as well as our own family.

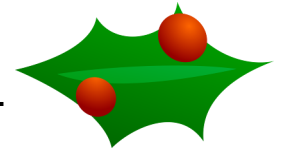
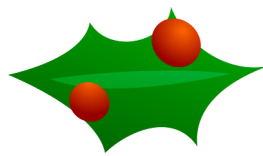
We welcome new volunteers to our teams this year. Our trainers, Don and Donna Forst have done a great job, as always, orienting the newbies so we thank them for that.

We are once again part of the Give! Guide fundraiser project in Napa County. We are so fortunate to be a part of that! And we thank you for your support in that!

So, thank you and thank you and thank you for all you do ! Take care of your dogs and keep on with your wonderful service.

Sara DeCrevel and the Board for Paws for Healing:
Don and Donna Forst, Sharon DaSilva, Nikki
Pacheco, Pauline Seago, Theresa Rhoads





Covenant Presbyterian Church welcomes the Rev. Linda S. Powers

NAPA — Linda S. Powers has been selected as temporary pastor at Covenant Presbyterian Church. From 2003-2006, Powers attended San Francisco Theological Seminary where she earned a Masters of Divinity. Well known for her work with VOICES, an emancipated foster youth center, Powers was ordained in 2008 as the chaplain and wellness coordinator for the program. In addition, Powers accepted the position of Program Director for shelter services in Napa County in 2012. She added Beta, a certified PAWS therapy dog, a few years later, and the duo is now recognized as the "six-legged ministry!" Rev. Powers and Beta work with youth from Juvenile Probation. Weekly, children read to Beta at the Napa County Library as part of the PAWS program.



SUBMITTED PHOTO

Rev. Linda S. Powers and Beta.

Powers has lived in Napa for 20 years and Covenant Presbyterian Church is a homecoming of sorts for the new pastor. Her ordination service was in the sanctuary of the church, and she has preached there many times over the years. "All are welcome in this house of God," said Rev. Powers. "Covenant Presbyterian

Church is an open-armed, friendly place."

Covenant Presbyterian Church is located at 1226 Salvador Avenue in north Napa. Worship is at 10:30 a.m. with Communion the first Sunday of each month. Visit the website at www.cpcnapa.org or call 707-255-9426 for additional information.

Non Sequitur Wiley Miller



HOME ALONE—Separation Anxiety

(From All Creatures)

If your dog suffers from separation anxiety when left alone here are some tips that might help:

1. Make your departure and return times calm. Try to leave without fanfare and return in the same way. Consider saying the same phrase such as "be right back" every time you leave.
2. Create a safe, low stress environment. If your dog is not comfortable in a crate maybe try a safe room with a baby gate instead, removing anything that might be ingested or destroyed. Leave him with something to do...toys, puzzle feeders, Kong—maybe something special that he only gets when you leave him.
3. Limit time left alone. Try to limit the length of time that he'll be by himself. Maybe ask a neighbor to let him out or consider doggy day care.
4. Try progressive desensitization by trying separation at home for just a few minutes at a time until he gets used to your being gone. Or in some cases antianxiety medications may be necessary—this would be a last resort of course and you should consult with your vet .

Your pet doesn't have to struggle each time you leave. He just needs to feel safe and when you come home to a calm pet you'll both feel better

TRAINING CLASSES

Our next training session:

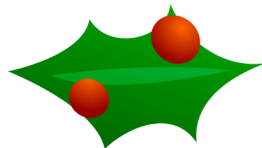
January 25 (classroom only)

February 1 (evaluations—new dogs)

February 8 (classroom only)

We need volunteers...invite your friends, your family, your neighbors to be a part of our great volunteer organization!





Fun Information from Your Dog newsletter:

Did you know that some brands of premium dog food can actually cost less than so-called economy brand? The reason is that the higher priced dog food is so densely packed with nutrients you can feed your dog less of it.

What can your dog learn by sniffing at a fire hydrant or tree? Among other things, he can determine the age, sex, health, and even the emotional state of the last pooch to pass by!

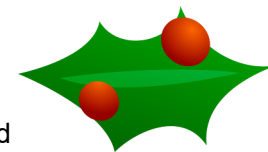
Why does your dog bark louder when you yell “shut up”? He thinks you are joining in the fun - a far better technique is to distract him by giving him something else to do.

DONATION THROUGH THE GIVE GUIDE

We were so touched to receive over \$300 from a retirement center here in Napa. The Springs is an assisted living facility and they read about the Give Guide from the publicity booklet which was distributed to all Napa homes. They had a meeting and the residents there voted to donate money to Paws for Healing so they took up a collection and sent us the money! We are so grateful for that kind of public support.



Changes always changing



We have made some changes and increased responsibilities for our mentors. As you know, we normally had a requirement for a hands on assessment for any canine volunteer who was 8 years old or over. After much discussion and investigation, we have discontinued that and now are asking our mentors to be more diligent in assessing the aging of our volunteers. As we have discovered, owners know their dogs and most owners will retire their dog voluntarily when they see that the dog is aging and no longer a willing and loving volunteer and our mentors can help in this assessment. So we thank the mentors for taking this on and I know it will go well.

Our expert evaluator, Nanci Caron, has drafted complete guidelines for our mentors to follow in this evaluation and we think this will be a more appropriate method to follow through on our aging pets.

Give Guide

Once again, Paws for Healing has been selected to participate in Napa's CanDo's *Give!Guide* project. This is the seventh year of this event which supports Napa County nonprofits by raising funds and awareness, fostering collaboration, and cultivating an ever-larger community of givers. Over 100 nonprofits have been beneficiaries. Nonprofits go through an application and vetting process in the spring and must reapply each year.

Donations are made via the website or by check and begin at just \$10 with incentive prizes and thank you gifts for donors. The donations are accepted between November 1 and December 31.

Paws for Healing is excited to be a participant in this project again and hope that we can inspire our friends to donate to our organization! We always need money for advertising to encourage new volunteers and money for our evaluations and training and mentoring process. So thank you in advance for your help! *Woof woof and wag wag thank you!*

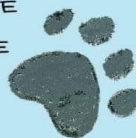
CanDoGiveGuide.org



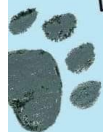


A DOG'S BEDTIME PRAYER

NOW I LAY ME DOWN TO SLEEP
THE KING-SIZE BED IS SOFT AND DEEP
I SLEEP RIGHT IN THE CENTER GROOVE
THE PEOPLE HERE CAN HARDLY MOVE
I'VE TRAPPED THEIR LEGS
THEY'RE TUCKED IN TIGHT...
AND HERE IS WHERE I SPEND THE NIGHT.



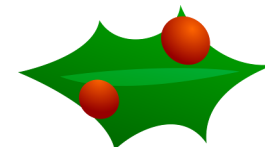
NO ONE DISTURBS ME OR DARES INTRUDE
TIL MORNING COMES AND I WANT FOOD...
I SNEAK UP SLOWLY TO BEGIN
AND LICK A NOSE OR A BIT OF CHIN
FOR MORNING'S HERE, IT'S TIME TO PLAY
I KNOW THE FOOD IS ON ITS WAY.



THANK YOU, LORD, FOR GIVING ME
THESE WONDERFUL PEOPLE THAT I SEE...
THE ONES WHO HUG AND HOLD ME TIGHT
AND SHARE THE BED WITH ME AT NIGHT.



Kincaid Fire Incident Command Center



CCC Three

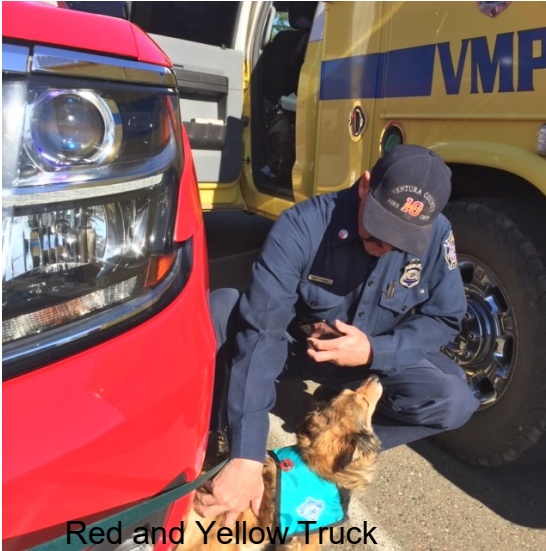


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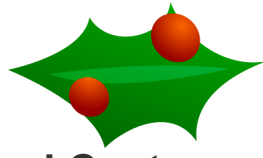
Kincaid Fire Incident Command Center



Red and Yellow Truck



Cal Fire Maps



DO YOU SPOIL YOUR DOG?

Yep, you probably do, along with many, many others. Here are some recent surveys to support this statement:

1. 60% of us leave the air-conditioning on for our dogs when we're away during the summer.
2. 50% leave out toys for them to play with
3. 32% leave the television on

(info from Your Dog newsletter)

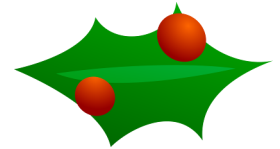
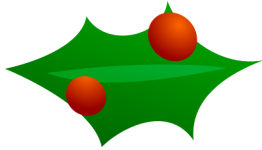
Mentor Meeting

As I mentioned earlier our mentoring has changed a bit with more responsibility placed on our mentor volunteers. After much discussion, investigation, and referrals we have decided not to continue the hands-on-required-evaluation for our canines who are 8 years old and over.

Instead we are asking the pet owners and the mentors to take a stronger role in assuring that the dogs are aging well and are still appropriate for volunteering.

We are having a mentor meeting on January 11, 2020 at 10 AM in Napa. If you are serving as a mentor we ask you to try to come to this meeting—lunch will be provided. It is an opportunity to clarify this new process and to answer any questions. One of our registered evaluators, Nanci Caron, will be there to answer questions and lead the discussion. Email us at pawsforhealing.org with questions about the meeting.





Your dog loves you

This might seem like an obvious statement, but from a recent article by Jonah Goldberg—who is a fellow at the American Enterprise Institute and a senior editor of National Review—he said that studies have shown that dogs aren't faking it when they act like they love you because it is not an act!

He was reporting on a study done by Dr Gregory Berns, a neuroscientist at Emory University who spent all day taking magnetic resonance imaging pictures of dog brains. They did a host of tests that looked at different centers of the doggie brain and how they responded to different stimuli. In one test, they alternated between giving the pooches hot dogs and offering them praise. Looking at the pleasure centers of the dog's brains, the researcher found that nearly all the dogs responded to "Who's a good boy?! You are!" with as much pleasure as when they got a bit of hot dog. A fifth of the dogs actually preferred praise to food. The conclusion was that dogs derive as much pleasure from love as from food.

In addition, they found evidence that dogs evolved an ability found almost nowhere else in the animal world: to read human body language and expressions.

Anyone who has come home to their dog after an extended absence will tell you, dogs don't go bonkers for missing loved ones solely because they think there's meal in it for them. Some say it is just a big con game, but Goldberg thinks that is just a dumb conclusion.

He ended the article by saying "Dog genes may be designed to con us, but the dogs themselves aren't in on the con. They just love us, because that's what dogs do."



Kincaid Fire Incident Command Center



Peer Support Cathey



Chipper Rests





Kincaid Fire Incident Command



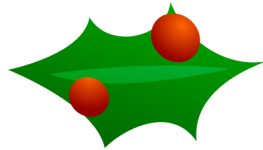
CAL Fire Pin 1



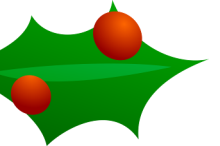
Mobile Command Cen-



CAL Fire Pin 1



Christine Holmberg's dog MAC doing his thing. MAC has since died but he was a very popular volunteer.



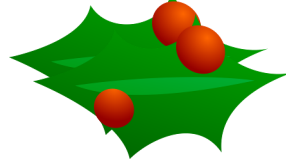
Here is our table at the Napa Farmers Market in November as we advertised for PFH. Volunteer Bubbles, lying on the table, attracted a lot of attention and people stopped to pet her and ask about our organization!





Santa Paws

We had, as usual, a great time at Santa Paws. It was held on Saturday November 23rd at Pet Food Express and had a great turnout with dogs dressed in Christmas outfits! It was chaotic but so much fun...little dogs, big dogs, multiple dogs, single dogs. We had one or two who absolutely refused to get close to Santa (played masterfully by Matt Stegman) much to the disappointment of their owners! Photographer Travis Pacheco somehow managed to get great shots of the wiggly and uncertain dogs. He does an amazing job! It was all fun and silliness personified! I hope you were there....



Board Activities

Your board works hard –we meet regularly six times a year plus at each of the training sessions—and we discuss a variety of topics to help keeping you informed, making changes as needed. We welcome suggestions from you about changes or things you would like us to do!

Additionally, we need a public relations person desperately...someone who can communicate via facebook or Instagram on a regular basis and get articles in the various local newspapers. If you are interested, please contact us!, Thank you.

