

Therapy Dog Chronicles

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

A Message from our President

Hello and happy fall to all our volunteers! We are so grateful for you and for all you do for the community by spreading the joy of your canine and the smiles and comfort that your dog brings to everyone!

Our biggest news right now is that Paws for Healing will be in the Napa Valley Give! Guide this year. This is a wonderful opportunity for us to be selected to participate. To explain, this is a November-December campaign to raise awareness and funds for nonprofits serving Napa County. One of its unique aspects is that it offers a kind of a one-stop-shopping opportunity to give to multiple organizations with either a single click or a check. Another is that donations start at \$10, so it's an opportunity for ANYONE to be a philanthropist! In its first five years the G!G has raised over

\$1.4 million dollars for nonprofits and every tax-deductible pen-ny stays right here. It comes out in the November issue of the Napa magazine Marketplace and we ask you who live in the Napa County to look for it. It is a great opportunity for expo-sure to explain awareness about our great organization and all the good things that you as volunteers do, but also an oppor-tunity to raise money for advertising and for increasing our ex-periences for our volunteers and those we reach. So we are grateful and we are excited and we hope you will support us.

We have created a video and we invite you to check it out on our website...it is a little hokey but also a little fun. We had to apply for this opportunity and we went through a big screening for us with some wonderful competition. There are a lot of non-profits out there, all of them needing funds, like us! So yay for us...support us if you

A Message from our President (Cont.)

So yay for us...support us if you can or at least think positive thoughts for us in this process!

And more news....we keep adding great new dogs and volunteers to our ranks. We just completed the fall screening and added some more super dogs to our ranks.

In this newsletter we tell some great tales of good things that our volunteers are doing so I hope you enjoy the news.

Coming up we are planning a couple of workshops...one on massage therapy for your dog. You will learn how to massage your dog and learn how important this attention is to your dog. We also have a dog chiropractor who will plan a workshop for us. So look for more information on those dates.

Also upcoming is our annual event: Santa Paws! That will be held as usual at Pet Food Express in Bel Aire Shopping Center in Napa on Saturday December 1. This is a must-do event---come have a picture taken by a professional photographer with an awesome Santa. You can have your dog's picture taken, or you and your dog, or you and all your pets, or your grandchildren and Santa...whatever you would like. And the nominal charge is a suggested \$10. Besides the great photo that you get, it is so much fun to see all the dogs dressed up ready for San-ta!!! It is too much fun. Ho ho ho!!!

So be in touch. Keep on keepin' on and thank you so much for all you do!
Sara DeCrevel and the Board of Paws for Healing

PAWS FOR HEALING BOARD MEMBERS

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Solano County Coordinator, READ Coordinator

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Don Forst, Instructor

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Lynne Baker, R.N., Faculty St Mary's College

Calaveras Cunningham, DVM

Ed Henderson, Former Superintendent of Schools and

Former Mayor, Napa

Meir Horvitz, PFH Consultant

TRAINING DATES FOR 2019

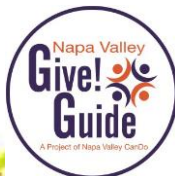
JANUARY 19, JANUARY 26, FEBRUARY 2

APRIL 27, MAY 4, MAY 11

SEPTEMBER 28, OCTOBER 5, OCTOBER 12

PAWS FOR HEALING IS OUR NAME

PAWS FOR HEALING IS OUR NAME—
BRINGING SMILES IS OUR GAME!
DOGS VISIT PEOPLE—IT IS GREAT!
THEY LOOK FORWARD AND JUST CAN'T WAIT!
WE GOT STARTED 20 YEARS AGO;
TWO DOGS SAW A FRIEND WHO WAS FEELING LOW.
SO THE IDEA TO START THE GROUP--
WE NEEDED SOME FRIENDS TO HELP PEOPLE RE-COUP.
WE STARTED IN NAPA—ITS OUR HOME BASE;
WE'VE GOT LOTS OF TEAMS, JUST IN CASE....
WE ALWAYS NEED MORE PEOPLE AND MONEY, TOO,
TO KEEP OUR VISITS AT MORE THAN A FEW!
GIVE! GUIDE'S A BLESSING FOR US NOW
TO SHARE OUR STORIES AND THEN SOMEHOW
LET PEOPLE KNOW OUR SPECIAL DEED
OF HELPING OTHERS—WE FILL A NEED!
OUR TEAMS VISIT CLIENTS AS THEY VOLUNTEER;
OUR DOGS GIVE COMFORT AND LOTS OF CHEER.
THE DOGS ALSO LISTEN TO LITTLE ONES READ--
THEY DON'T CORRECT AND THE KIDS EXCEED!
SO PAWS FOR HEALING DOES MUCH TO AID
ADULTS AND CHILDREN, NO MATTER THE AGE.
WE LOVE OUR DOGS; THEY LOVE IT, TOO;
PEOPLE LOVE THE VISITS, AND SO WILL YOU





Therapy Dogs Are Great! by Becky Christiansen

Bow is a Paws For Healing social therapy dog who's main duty is to cheer people up at Kai-ser Hospital. She is 13 years old and has been visiting patients here for the last 5 years. Many Kaiser staff, doctors and nurses, know her well and call out their greetings, "There's Bow Dog!" and "Hello Bow!" and "Hi Bow, you make my day!"

They know she likes to be scratched under her neck, is not wild about having her ears touched and they know to brace her hind legs which splay out in a comical way as she sits on the floor. She has many friends at Kaiser.

Every Thursday, our first stop is the Emergency Department. This is our favorite floor, since most people who arrive at Emergency were not planning to be in a hospital at all that day and can be a little freaked out or in a lot of pain or bored while waiting for tests or a doctor or to go home. So, a beautiful tri-colored dog in her smart green vest with a pink bow on top is usually a site for sore eyes for many patients.

Recently, while making our rounds in Emergency, I asked a patient if she wanted a visit with Bow, which she did. Bow settled herself next to the bed and the woman started petting her and calmly telling me about her own dogs and asking about Bow. I shared with her that she is an Entlebucher, the smallest of the four Swiss Mountain Dogs.

We chatted a bit more, when suddenly an EMT rushed in pushing a machine, followed by the nurse, who, looking up at the patient's monitor gasped, "You've stabilized her heart!"

Wow! I presumed the machine they brought in was going to do that, but Bow did it all by herself! The nurse asked us to stay a few more minutes just to make sure that the patient was stable.

A week later, that same nurse told me how amazing that day had been with Bow, that they had tried for five hours with different medications and nothing was working to correct the patient's atrial fibrillation or irregular heartbeat. The simple act of petting

Bow made it possible for the patient's heart to resume its normal rhythm. These Paws For Healing dogs don't know their own power to heal, but we are so grateful that they do!

Bow had a happy smile on her face, as usual!

Thank you for Your Generous Support

Your contributions are used to continue Paws For Healing's mission of providing canine therapy to people in health care and educational settings. As you know your donation is tax deductible so, we all benefit. Do-nations help pay for our programs, materials, and classes, as well as insuring all our teams. Thank you for caring. Listed below are our generous donors

In Honor of

Mildred Busher for New Dog Amos

Randy Stegman On His Birthday

Donors

Lynne Baker

Ed and Marie Henderson

Kiwanis of Yountville

Edith Manesca



We all know this but....HOW HAVING A DOG CAN BENEFIT YOUR HEALTH

(article from Printing Industries Benefit Trust)

Americans love their dogs. In 2017 there were nearly 90 million dogs living in American households, meaning that nearly half of all house-holds had a dog! Why do we let these furry four-legged friends into our lives? For most people, it's companionship as well as an excellent burglar alarm.

But, there are many other benefits to having a dog, including many health benefits to you.

1. More exercise...when you own a dog, you should be taking it out for walks every day.
2. Less stress...Numerous studies have shown that people with dogs have lower stress levels.
3. Illness detection...Dogs really see the world through their noses thanks to their keen sense of smell. Some dogs are sensitive enough to detect the onset of epileptic seizures, or the presence of some cancers.
4. More allergy tolerance...children who are raised around pets have a reduced chance of having allergies.
5. Boosting brain development...dogs boost brain development in children, along with emotional growth and connection to others.
6. Stronger heart...Studies have shown that petting a dog can lower your heart rate.
7. Less chance of depression...Dog owners are less likely to be depressed.
8. Safety...Dogs are like a living alarm system. **BENEFIT YOUR HEALTH**





Walk for Animals this past summer in Napa...a fundraiser for Napa Humane.

Hi Paws for healing Organization,

We just wanted to let you know how grateful we are to Barbara Neimann and her dog

Rafa for volunteering on the Senior Behavioral Health Program—our inpatient geriatric psychiat-ric unit at the St Helena Hospital this year. Not only have Barbara and Rafa brought smiles to our sometimes depressed and mentally challenged patients, but also cheer up our hard-working staff during these pet therapy visits. Rafa is the friendliest and smartest dog EVER! We all look forward to these visits.

We really appreciate the patience and understanding both Barbara and Rafa have with our elder patients. The arrival of a furry and non-judgmental canine who will accept them unconditionally sometimes provides the best medicine of all.

We just wanted you to know what a great addition to and how wonder-ful Barbara and Rafa are to our program. Thank you, Barbara and Ra-fa!

Karen Wyard, BS MA

Community Education Manager, Senior Behavioral Health Program,

Sonoma State University Paws and Play Event

In the Fall of 2017, an email came from the Campus Connections Director at Sonoma State University: could our organization bring a few dogs to their campus for their exam-weary students during Finals Week? Yes, we said, what's the December date? It's not for December, she said, it's for May of 2018! Boy, do they plan ahead!

We said yes, of course, how many teams would you like? And if we can get more, would you like more? We got the "go ahead" and the words were, "bring as many as you like"

In January, we began a campaign to let our teams know about this awesome event, to be held on May 7th. Teams began to get excited and said, yes, yes! I will be there! Pretty soon, we had eight teams, then twelve, then sixteen! Still Sonoma State said it was fine.

The day was hot but our teams were enthusiastic. We arrived, a wave of teal blue uniforms invading their campus. Students looked at us and smiled as we headed into Sea Wolf Plaza and the cordoned off area for the event. Students had to show their ID badges to be admitted and within minutes, a line formed outside the barriers. In the first ten minutes, there were 60 students waiting to cuddle our dogs and by the end of two hours, the final count by the school was 255 students, exceeding the school's expectations by over a hundred students!

Our teams were so loved---from a little six pound Yorkie named "Wookiee" to 90 pound one-eyed "Texas" our dogs were cuddled within an inch of their lives! Thank you teams, and get ready for next year---they want us back!





Santa Paws—don't miss it!
Pictures with Santa and your dogs
(and your kids, and you...whatever!)

Saturday, December 1st
10AM-2PM

Pet Food Express in Napa
(Bel-aire Shopping

Center: Hiway 29 north to Trancas, Exit to the right, get in
left lane, shopping center is on the left, Pet food Express is
at the north end of the shopping
center)

\$10 donation each picture
Raffle drawing, refreshments, great fun!
Sponsored by Paws for Healing



Veterinary Workshop Earlier this year
Presented by
Dr. Matt Carter



What would you like?

We would love to hear from you about Paws for Healing. What would you, as our volunteers, like us to do that would improve your volunteer experience? Would you like more workshops, and if so, on what top-ic?

Would you like a general meeting or a county-wide meeting in your county just to get an update and a chance to discuss your volunteer-ing?

And we need some things from you: we need pictures of you and your dog, volunteering! We love to share those in the newsletter and we especially like to share special experiences that you have with your dog. And if your dog wins a special award let us know! And of course we like to know if things change for you, like moving, or your dog retires for whatever reason. Your volunteering and sharing your dog and your time with the community is so awesome—let

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