



Journal and Activities of PFH Canine-Assisted Therapy Teams
Volunteering in Napa, Sonoma, Solano and Marin Counties

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Looking for a Vacation Retreat for both You and Your Canine?

Hotels now realize that there is a growing market of adults who want to vacation with their pooch, and many are catering to that special two- and four-footed clientele.

In this month's edition of *Dog Fancy*, JoAnna Downey recommends a trip to dog-friendly Santa Barbara on the sunny California coast. Activities for well-behaved, leashed dogs include exploring Arroyo Burro Beach County Park, the Douglas Family Preserve, Santa Barbara Botanic Garden in Mission Canyon and Mission Dam. State Street is also dog friendly and the main drag,

cont. on page 5

Books on traveling with your best friend:

- *Have Dog Will Travel, California*, by Barbara Whitaker (Ginger & Spike Publications)
- *The Dog Lover's Companion to California*, by Maria Goodavage (Avalon Travel)

On-line resources for travel in other parts of the country:

- www.takeyourpet.com
- LetsGoPets.com
- www.dog-house-resort.com
- www.PetVR.com

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Veterinarian travel tip: Bring a copy of your dog's vaccination records and prescription drugs.

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Instead of Protecting a Flock, Bo Tends to the Emotional Lives of Her Friends

Jennifer Golick is a counselor for Family Service of Napa Valley and her co-coach is a Great Pyrenees named Bo. This is a vignette that Jennifer wrote regarding the kind of comfort that Bo offers to some of Napa's neediest community members. The name of Bo's client and the details of her life have been altered to protect her confidentiality.

Margie is a 50-year-old woman who came to live in a supported housing program after a period of homelessness. Margie is diagnosed with Major Depression and Post Traumatic Stress Disorder, a result of a childhood fraught with abuse and a violent marriage. Prior to entering the housing program, Margie had attempted suicide and had recently been discharged from the hospital.

When Margie entered the program, she was cautious, guarded and did not trust her therapist. Margie expressed her frustration with having to "tell my story" to yet another therapist, and stated "what's the point". Margie continued to suffer in silence with the crippling effects of her depression.

Enter Bo, the therapy dog. Bo is a 120 pound Great Pyrenees who works with residents of the Satellite Housing Program. Bo is hard to resist and even harder to ignore, with her wise, brown eyes, soft white fur and slob-

bery kisses. When Margie met Bo, she immediately gravitated to her. Margie began to come in to "visit" with Bo on a weekly basis. Often she would schedule her therapy appointments on days that Bo was "working".

One aspect of Margie's therapy with Bo was to take her for walks in the community. Because of serious arthritis, Margie often experienced chronic pain that kept her from getting out and exercising as much as she would have liked. With Bo involved in her therapy, Margie was able to find motivation to exercise and often used the walks as an opportunity to share her concerns with her therapist in a way that was less intimidating than traditional therapy.

One particularly impacting session was when Margie and her daughter came in to discuss some difficult issues. At one point, Margie was so distraught that she got up from her chair, lay down on the floor and buried her face in Bo's fur. Needless to say, that this was something that brought

News and Notes on PFH Activities

Roundtable Potluck, May 7

Our second roundtable gathering has been rescheduled for May 7 at 6 pm at the Community Education Center in Napa. The first potluck was great fun and we want our volunteers to mix and mingle at another social event. Email or call Marilyn Horvitz (k9grandma@comcast.net or 707-421-1398) if you will attend.

PFH will supply the basics: beverages, plastic ware, paper plates and glasses. Bring a dish to share: salad, appetizer, main course, or side and a spouse, family members or friend. Dogs are also welcome but must be on leash and supervised. Small children must have a parent in charge at all times for their safety,

Get Your Pooch Portrait on the PFH Web Site

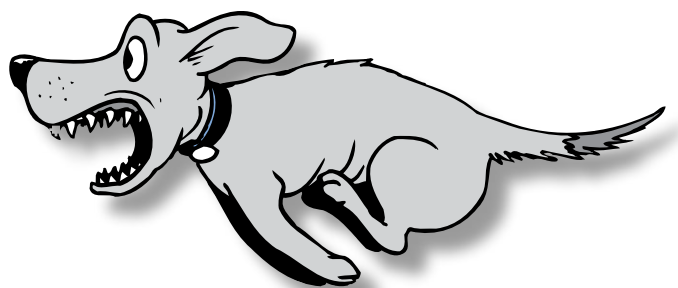
Check out our new page on the PFH web site—a gallery of photos of our therapy canines submitted by volunteers. If you would like to show off your therapy dog, please email a jpeg copy to Meir at mihorvitz@comcast.net. If your photo isn't digital, Meir can scan it for posting. Send it to him at 3414 Glen Ellen, Fairfield, CA 94533.

Remember that these photos cannot include patients, clients or students because of privacy issues. If you have a short story you'd like to include that explains the photo, email or send that to Meir as well.

PFH Chat Site to Ask Questions and Exchange Experiences

Board Member Jennifer Golick has created a chat page through Yahoo.com for our volunteers to exchange experiences, ask questions and offer ideas to fellow handlers and CAT dogs. In order to access the site, individuals will need to open a Yahoo account (which is free to those who are not Yahoo subscribers).

If you would like to participate, and already have a Yahoo account, go to <http://groups.yahoo.com/group/pawsforhealing>. If you don't have an account and would like directions and an invitation to join the site, please email info@pawsforhealing.org and in the subject line, write Attn: Jennifer.



The Remarkable Powers of Unconditional Love: A canine therapist's story

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her immense comfort and allowed her the ability to continue with the therapy instead of ending it in a difficult moment. Without Bo as the agent for change, it is doubtful if Margie would have ever engaged in therapy because of her distrust of “the system” and her fear of engaging in a therapeutic relationship with someone. Because of the fact that Bo was ready to sit with Margie during periods of great distress without judging or criticizing, she was able to build trust in the relationship and to feel comfortable talking about some very difficult personal issues with her therapist.

Margie lived in the supported housing program for five years, and engaged in therapy with Bo and her therapist for the last year of her stay in the program. She recently moved out and into her

own apartment. She is no longer is in need of intensive mental health services, aside from monthly visits to her psychiatrist. Margie is now, by all accounts, stable and functioning well within her community thanks to the help of one big dog by the name of Bo.

Calling All Volunteers

Paws for Healing needs helpers to sweep and put back tables after our trainings. If you have an hour on a few Saturday afternoons during the year, please email us at info@pawsforhealing.org. (Or just show up!) We'll keep your name handy and send out an email to you for the June training. Volunteers who want to help are welcome to come at 3 pm to the CEC.

All classes and trainings are held at the Community Education Center located at 1360 Menlo Avenue in Napa. For directions, please consult our website at www.pawsforhealing.org. A map and directions are also sent out with confirmation letters for those attending trainings.

Trainings are held five times a year; for applications please call our hotline at 707-258-3486, or download our forms from the PFH website: www.pawsforhealing.org. Email questions to our staff at info@pawsforhealing.org.

Traveling Life's Highways and By-Ways with Your Canine Co-Pilot

cont. from page 1

Traveling with your best friend.

known for its shopping, restaurants and beautiful architecture. Make sure to stop at Three Dog Bakery for a gourmet snack for Fido. For yourself, look for one of the many of the restaurants that have outside patios where you can nosh, dine or sup in the company of your companion.

Accommodations range from posh to no-frills but clean. Celebrity-style treatment can be had at the San Ysidro Ranch (\$\$\$\$). Fess Parker's DoubleTree Resort is less expensive but no less enthusiastic about treating your pet like a VIP. Motel 6 (\$) offers modest rooms that are clean and adequate, especially if you plan on spending most of your time doing the town and environs.

Downey also recommends the Big Dog Parade and Canine Festival held for the last 11 years on the first Saturday of June. This year's 12th Festival and Parade will once again start on State Street and end in the Chase Palm Park. Lots of doggie-friendly vendors, activities and fun are included. For more info on the parade, visit www.beachcalifornia.com/bigdog.html. Proceeds help various dog-themed charities.

For more information on Santa Barbara's business community and dog-friendly venues, contact the Santa Barbara Conference & Visitors Bureau and Film Commission: 1601 Anacapa Street, Santa Barbara, CA 93101-1901, or www.santabarabara.com; for dog-friendly lodgings go to www.santabarabara.com/lodging/pet_friendly; and for outside activities, see www.sbparks.org.

Miscellaneous Travel Tips

- Always call ahead to assure there are rooms available. Just because a hotel offers pet-friendly accommodations, it may have only a few that are designated for the traveling dog. And some hotels have weight and size restrictions.
- Bring extra leashes and make sure to use them. (And don't forget the plastic bags for the inevitable deposits.)
- If you travel out of state, check with your vet in case you need verification that your dog is up-to-date on vaccinations.
- Be extra patient: in new situation your dog may be nervous, hyper, or more cautious. Be reassuring, calm and have some extra treats to keep Fido's attention on you.

Thank you for your generous contributions from January through March

*In Honor of
Dad, Joanne and their buddies
❧ Robin and Karl Pintar
*
In Memory of Walter Figini
❧ David & Sue Michul
*
In Memory of Clancy-Boy.
We miss you.
❧ Nancy, Maggie & Tobe
*
In Memory of Teddy Posert
❧ Audrey Lieberstein
*
In Memory of Bounder
❧ Mark Velliquette,
Advantage Roofing
*
In Memory of Sophie Baracosa
❧ Frontier Pet Clinic
*
In Memory of my loving Pals, Alfie
and Maggie ❧ Larna Womack*

*In Memory of "Bo" Hornberger,
beloved companion to Michelle
Hornberger and Terry Short,
In memory of Bo, aka Bubba.
You were a good boy.
❧ Michelle & Terry
❧ Jim & Jeanne Hornberger
*
In Memory of Rex, the King of
Dogs, a former Paws Dog at the
Veterans Home ❧ Samuel Blake
*
In Memory of Ginger Rosenfeld,
Beloved Friend
❧ Judy & Richard Weinberg
*
In Memory of
Perry Alsworth-Vaughn,
Am/Can Ch. Foxfire's Good Omen,
CGC, 1992-2005,
with special thanks to Linda Giorgi
& Colleen Randall
**

If you want to make a contribution* to Paws for Healing to honor or in memory of a beloved friend, please provide us with the information that will enable us to acknowledge the person, family and companion animal. The enclosed envelope is for your convenience.

In Honor of _____ **or**

In Memory of _____

Send acknowledgement to: _____

* All donations are tax-deductible as allowed by law. PFH is a 501 (3) (c) non-profit corporation.
All donors will be acknowledged with a letter as well as those families or individuals who are honored or remembered.

Donations can come in many forms

Cards and Copies

Thank you to both Barbara and Dave Ducate, owners of St. Helena Mailing and Copy Center, who donate throughout the years by waiving our copying fees and supplying us with a variety of cards to cheer, congratulate or offer sympathy to our volunteers.

January through March Donors

Thank you, friends, for your generosity and on-going support.

1000+

Medtronic Foundation in Honor of Nicki Godfrey's Volunteerism

500+

☛ Mitchell L. Resetar, Jr. Family Foundation, Diane Resetar Farmer

100+

☛ Gloria Terwilliger

50+

☛ Chris Williams ☛ Marilyn & Meir Horvitz ☛ Georgina Jenson, MD

25+

☛ Karen Glover ☛ United Way of the Bay Area ☛ Jeff Coyner ☛ Trent Vannieuwberg ☛ Diane Brisebois Peterson

10+

☛ Erline S. Geske ☛ Music in the Vineyard

Not Sure What to Do for the Office Birthday Party?

Anne Archer MacColl's friends honored her with donations to her favorite charity — and made a generous contribution to PFH in her name. Anne then sent us a note saying, "Why not tell your readers to consider the option of giving a donation instead of a gift for someone's birthday or other occasion?" Why not, indeed!

Thank you for the suggestion, Anne, and for giving us the pleasure of thanking your friends once again: Christine Kern, Linda Waddell, Kenneth Stimart, Karen Billon-Brown and Merry Gebing.

HELP!! We need you...

PFH is looking for a few more volunteers — with or without dogs — to help at trainings with newsletter assembly, with "The Store" sales, and to sweep up and put back the tables and chairs after class. Helpers can join us for lunch or for morning breakfast goodies, and it's a nice way to meet others and promote Paws.

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