



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

Volume Eight, Number 4 • September 2006

Call for Volunteers... Many Sites Still Ask for PFH CAT Teams for Clients, Students

The success of canine-assisted therapy in nearly all applications of health care and in educational programs is being documented in research studies by universities and research hospitals across the country. Most often referred to as “animal-assisted” therapy (AAT), activities incorporate pets into social, educational, and medical interventions to help reach a variety of goals.

While it was once difficult to find facilities other than convalescent homes that accepted ani-

mal visitations, today there are more sites and more applications for canine-assisted therapy than there are teams to fill requests for volunteers.

This is evident at the many sites that PFH teams visit, including the Veterans Home in Yountville, a number of assisted-living facilities in Northbay counties and special education adult schools and classrooms. And, with the newest program PFH offers, R.E.A.D., there are

cont. page 5

What's in This Issue

<i>One of PFH's First Teams Retires</i>	2
<i>Calling Crafty People for Help</i>	3
<i>Kudos from Hospice</i>	4
<i>Canine Therapy—Country Style</i>	1, 5 & 7
<i>Testimonial to Bo from a Family Service Client</i>	6
<i>Volunteer Opportunities for New and Old Programs</i>	8
<i>Donations and Acknowledgements</i>	9, 10 & 11

Momo and Naoko Say Good-Bye

One of the First PFH Teams Retires

The first class of PFH volunteers met at the Best Western in Vallejo on a cold, rainy Saturday in January of 1999. Among those people and dogs were Naoko and Momo who served Napa Valley for seven years. Here is Naoko's and Momo's a farewell to their fellow PFH teams.

After the death of my two "Island Mutts" who had traveled with me from Ishigaki Island of Japan to Tokyo, Atlanta, Osaka and to Napa, I decided I needed another dog in my life. My husband and I visited the Napa Humane Society and to our surprise found several beautiful dogs waiting there.

We asked to see one of the several friendly golden retrievers. That was the day we found Momo. Momo had been abandoned; she was found on a mountain road here in Napa County. She did not have a name tag so we named her *Momo*, which means peach in Japanese.

We suspect that she had been originally trained as a service dog of some sort because of the many bright things she does, such as to make sure that she passes a tree or pole on the same side as the handler—she does not allow the leash to become tangled. She can also wait hours before needing to go to the toilet... though we

try not to test her! We thought it would be very good if we can find some volunteer work with

her and I found Paws for Healing described in a local newspaper.

We attended the training class in January 1999 and started volunteering right after. We have visited St. Helena Hospital, St. Helena High School,

Queen of the Valley Hospital and the California Children's Services. She touched so many people's hearts during 7 years of volunteer work that people came up and said hello to her—it happened all over the county!

She is almost 11 years old now and starting to show her age. Momo enjoyed biweekly visits to the Transitional Care Unit (TCU) at St. Helena Hospital but when it closed for economic issues, it seemed like the right time to retire her.

It was a most rewarding personal and learning experience for

cont. page 7



Researchers estimate that 25 to 40 percent of dogs are overweight.

New Volunteer Opportunities — No Dog Required!

New Crafts Committee—

Joyce Bristow and Marilyn Horvitz have organized a crafts committee and are looking for volunteers to assemble tied throws and chew toys that require no sewing, and holiday doggie scarves that are already cut, but need only straight sewing and hand stitching. Please call or email Marilyn if you would like to help, have friends or family who could help, or would like to donate artwork or other handcrafted items to sell at street fairs or dog-related events to benefit PFH. Contact information: Marilyn Horvitz, 707-421-1398 or k9grandma@comcast.net.

Our first sales table, with original watercolor cats painted and donated by Dana Spicer, tied throws, hand sewn pillows, and canine items, generated over \$200 in sales and donations!

Street Fairs and Dog Events

Come one, come all! See our beautiful pet-related and handcrafted items for sale!

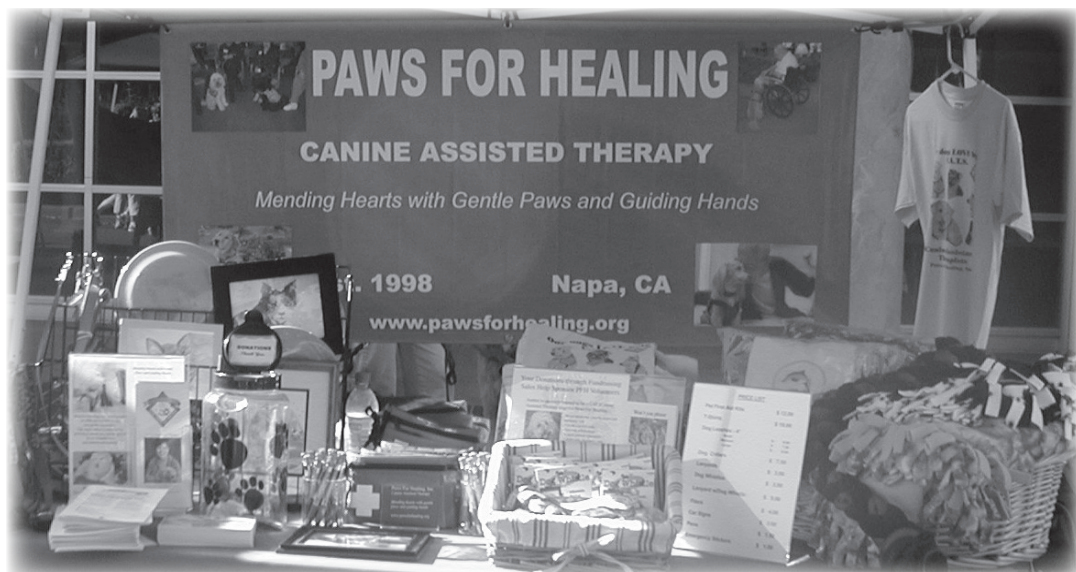
This fall PFH will be participating in a variety of events and street fairs and hope to see you there. Please check the web site throughout the fall season for an updated list with times, dates and locations. Our first event at the Chef's Market in Napa was a great success. Thank you to all those who participated and supported PFH.

Current scheduled events:

Sept. 23: SCARF Walk,
Vacaville

Oct. 8: Afternoon Potluck,
Fairfield Civic Center

**Oct. 21: Harvest Festival, Pet
Parade and Frisbee Contest,**
St. Helena



Balance calorie intake with exercise; treat with carrots, green beans, apples.

Kudos to our Volunteers from Hospice of Napa Valley (HNV)

In the July issue of Hospice of Napa Valley's newsletter, *The Volunteer Voice*, Jeanine Layland wrote about the dedicated PFH volunteers who bring comfort to Hospice patients, and how people qualify for volunteering for Hospice with a canine. Thank you for encouraging others to pursue volunteering as a Hospice PFH team, and your comments about our current volunteers:

“Currently we have three HNV PAWS teams. Joan Douma and Jorgee, a sweet Jack Russell terrier; Mary Lou Gracy and Molly, a beautiful Golden Retriever; and Randy and Lea Stegman and their handsome canine companion Suede, a Golden Retriever. These PAWS teams have been seeing HNV patients regularly for five years. Many of you might remember Randy and Lea's Bud, who died a few years ago. He was one of HNV's first canine volunteers.

“Joan and Jorgee visit patients at the Meadow, Mary Lou with Molly along with Randy and Lea, who share Suede, visit our hospice patients in their private homes, the Veterans Home and at any of the various nursing facilities.”

Boxer Louie and his bedside manner

Pat and Steve Davis volunteer with their dog, Louie, at the Fairfield Nursing and Rehabilitation Center. Louie, a loving and persistent dog, did not let a little rejection deter him from his duties, as handler Pat recounts:

“Louie continues to enjoy his volunteering as do we. Today we had a real breakthrough with one of the residents. In all of our previous visits, she has tried to run over Louie with her wheelchair and has never spoken to us, although we've always made a point to speak with her.

“Today she petted Louie for a long time, told me I was beautiful, and asked us to come back. Even the maintenance director had tears in his eyes when he saw this.

“The power of animal therapy is so humbling. Thank you for the privilege of working in this area.”

PS. Louis, who suffers from chronic pancreatitis, is so esteemed for his work that Fairfield Nursing has offered him a bed anytime he wants one!

Periodontal disease can shorten a dog's life span by three to five years.

Country-Style C.A.T. in Napa at Vine Village

More Volunteers Needed at More Sites – from pg. 1

(*cont.*) libraries and schools that want to take advantage of the program developed by Utah's Intermountain Therapy Animals. Its goal is to provide one-on-one reading time to improve students' reading skills.

One of our volunteers, Deborah Gangwer, has written an article for this issue highlighting her experiences at Vine Village with the hope of recruiting new teams for this educational site. In a park-like setting in Napa, clients enjoy walks, art projects and general classes.

Vine Village. A simple name for an extraordinary place! And, equally significant is the terrific experience Mille and I have during our weekly visits there.

Mille, my Springer Spaniel, loves to socialize, and enthusiastically greets just about anyone she sees. That being said, I knew that if Mille were to be an effective canine therapist, she would require a facility where she could be herself and greet others in an open setting. Vine Village has proved the ideal situation.

We visit the Vine Village Arts program that serves people with special needs who live in the family-style residential facility as well as throughout Napa and the North Bay areas. The teachers, Catalina, Chris, Paula and Randy, work creatively—with insight and compassion—to successfully engage the clients in the creative process, whether it be painting, ceramics, weaving, literature or music. When Mille and I arrive

on Tuesday afternoons, we are greeted by a cheerful group who look forward to taking a break from their art projects to walk with Mille. Exercise is an important activity for all of us and, as we pet owners know, walking the dog is one way to get it.

Sometimes it's hard to gauge who is ready to walk first—Mille or the clients. But, before we walk, Mille makes her rounds to greet those she's come to know. Heidi brushes her, Charles makes his way over to pet her as does Joe, while Paula, along with Andrea's help, organizes the walkers. Finally, on her way out, Mille swings by Randy's desk just in case he has a treat in his shirt pocket for her.

There can be from five to ten of us who head off down charming country lane, past the llamas, the creek, the greenhouse and vegetable garden, toward an open field adjacent to the

cont. page 7

Tooth-brushing is the best tartar control; but use only products made for dogs.

Why CAT Works— A Family Service Client Describes His Experience with a Great Pyrenees

Jennifer Golick, MA, is a mental health professional who works for Family Service of Napa Valley, and is a PFH volunteer. While there are scientific and professional indicators of successful CAT, nothing is a better measure of the therapeutic benefit of a dog than a client's own words. "Frank Bologna" (a pseudonym) worked with Bo (and Jennifer) for over a year. With his permission, we are pleased to reprint Frank's letter to Jennifer about Bo's effects on his life.

My name is Frank Bologna and I first met Bo Bo when she was about the size of a "Tonka dump truck" a mighty fur ball of love, all puppy and cute enough to warm even the coldest of hearts (even Republicans).

I was a resident in a housing program run by Family services of Napa Valley. Jennifer Golick, Bo's mommy, was the Phoo Bah of this program. Six of us lived in this house and we were all blessed with mental disorders, I was graced with Bi Polar Disorder, we might know it better as Manic Depression. Here is a story how a giant white doggie can be the spoon full of sugar that makes the "Blues" go away.

Shortly after meeting Bo, Jennifer made it known that on Fridays Bo would come to work with her as she was being trained to be a therapy dog. I made a point of going down to her office the first couple Fridays and roll around on the carpet with this adorable puppy. I was in the mist of one of those dark funks folks like me flounder in; after one of those sessions I went over to the library and checked out all the books they had about the breed .

When I fall into a depression, it feels like I'm walking in three feet of Elmer's glue. There is a palatable weight of the world I feel; like a bear all I want to do is sleep this dark time away.



A mere 15 lbs at 8 weeks, it didn't take long for Bo to reach 60 lbs when Frank first met her. She is now a healthy 120 lbs.

cont. page 9

Rawhide chews and pigs' ears are high in fat; give them in moderation.

Recruits Needed for Vine Village

—from pg. 5

vineyard. Bill likes to start off walking Mille until the mid-way point when he turns her over to Patrick or Jerry who walk her on our return. The rest of us follow along, visiting with one another, enjoying the casualness of it all in this very exceptional setting.

It has been about 2 ½ years since Mille and I began volunteering at Vine Village. The time has flown by and we've made many friends. Even though we maintain a consistent routine on each visit, there is always something new to observe and appreciate. This can be anything from a shy client like Evelyn finally warming up to Mille, or watching Mille sense the individual needs of the clients she interacts with. It's evident by the clients' enthusiastic welcome that Mille has become a successful canine therapist. What I didn't foresee, yet have come to treasure, is the gift of unassuming affection and acceptance we've received in return.

Please call Catalina, 255-4116, at VV for volunteer information, as well as PFH (258-3486) to schedule a mentoring visit with an experienced team.

Esteemed PFH Team Retires

—from pg. 2

me and Momo; I was amazed to see the profound effect that canine love had in helping people heal from physical and mental challenges—Momo did a very good job.

I would like to thank the organization for this wonderful opportunity. We wish you all the very best.

Naoko and Momo

Naoko Jenkins-Mufson

Calling All PFH Canines (Off Duty, That Is)

Have you seen the new “Gallery” section of PFH web site? If not, please check it out and if our volunteers have photos of their “CAT’s” during off hours, we invite them to send in photos to add to our collection. If you have a favorite snap, send a JPEG copy to Meir Horvitz at mihorvitz@comcast.net. Digitally challenged? Then send a real photo via snail mail to the PFH address: 1370 Trancas, PMB #127, Napa, CA 94558. Give us a few weeks to add your pooch print to the site.

Kong toys stuffed with low-fat food or kibbles are a good substitute for chews.

PFH Teams Needed for Hospice, Kaiser Vallejo, Veterans Home and R.E.A.D.

As PFH has grown, we have attracted highly qualified volunteers who exemplify our mission of bringing comfort to others through their canines. Their professionalism and commitment have made PFH a respected volunteer organization that touches the lives of thousands of people each year.

On page 4, Hospice asks for new volunteers to join them; Deborah Gangwer writes about Vine Village on page 5. We also have requests for volunteer teams at the Veterans Home to visit vets in their residential dorms.

Kaiser Vallejo has reestablished its CAT program and is accepting PFH volunteers for several of the hospital's units.

R.E.A.D. is our newest program that is also proving to be one of most popular. While we already have 12 volunteers in Solano and Napa counties, we could easily send out another 12 teams to fill requests from libraries and schools to work one-on-one with children who need to improve their reading skills.

To qualify for these programs as a certified PFH Canine-Assisted Therapy team, candidates must sign up for one of our

trainings held throughout the year. On completion of the class and passing the canine-handler evaluation, volunteers then are mentored at a site after fulfilling its volunteer requirements.

Current PFH volunteers may request additional health care facility assignments by contacting our volunteer coordinator, Lea Stegman, at info@pawsforhealing.org.

Those who are current and interested in the R.E.A.D. program must first contact Joyce Bristow to register for the program at jbristowca@sbcglobal.net.

After reading the materials and viewing a video, there is a certifying test. Once certified, you are then assigned a library or school in your area and must comply with their requirements, which may include a TB test, a background check and fingerprinting. All fees are covered by PFH and the educational site.

Our next training is Nov. 4 and if you want to join us, you may download an application from our web site: www.pawsforhealing.org. The site also has the dates for our trainings in 2007.

Unusual lethargy, drooling, unsteady gait and vomiting are signs of poisoning.

Donation News and Acknowledgements

June through August, 2006

— cont. pg. 10

In late June and July, PFH received several generous grants to begin R.E.A.D. programs in local libraries, as well as continue volunteer services at David Grant Medical Center.

We are very grateful to the Dey Solano Giving Fund, Dey Community Fund, and the Community Foundation of the Napa Valley for their help in representing our mission and goals to their donors. A heartfelt thank-you goes to Marla Tofle for her expert shepherding.

Gail Reece's Otto — Many of you responded with open hearts to the tragic accident that preceded the death of volunteer Gail Reece in early August. You made it possible to pay for Otto's veterinarian care and for supplies at his new home. Otto is now continuing his work at the Veterans Home in Yountville. Only a few weeks ago we received a call offering Otto a "forever" home if needed. The kindness that you all demonstrated has been a great comfort to Gail's family.

Medicine on Four (Very Big) Paws

—from pg. 6

The rules of the house prevent folks for doing this and one must do something productive 20 hours a week. I was doing my twenty and nothing else. Then I started to go see Bo every Friday.

The best part about Bo was her eyes, soft understanding and warm; lots of folks like me don't trust humans (they are a nasty lot). Bo had this weird way of calming me and in turn I would open up to Jennifer in Therapy session, it was almost like I was hoodwinked or conned into it. Regardless of how it happened, it did.

Bo got to know my voice and would come barreling down the stairs to greet me and I know that kinda love can't be faked, I moved outta Napa 10 months ago and saw her for the first time and she rolled on her back and let me pet her belly, a sign of trust and I know she recognized me.

I am not gonna sit here and tell ewe my life's a bowl of cherries. I will tell you it is impossible to be depressed when I'm around that dog, and she made it easier for me to open up to humans. Honestly, have you ever seen a dog that big and that cute? I take Lithium, a white mineral; it's spose to stave off the highs and lows. That big white dog is better medicine. — F.B.

Insecticides, rodenticides, cleansers, and antifreeze are deadly toxins for dogs.

Your donations make our programs possible



Sandy & Nellie pose with a check from the Contractors' Safety Forum, Valero Refinery, Benecia, that was donated to PFH late June.

*Woofs
and
Thanks!*

*In Honor of Senior Master Sergeant,
Mark Shrode, upon his retirement.
USAF Band of the Golden West*

*In Appreciation of Meir Horvitz.
Vallejo Suburban Kiwanis Club.*

*In Honor of Joanne Yates, PhD.
Jim & Karen Miller*

*In Support of Otto.
Arnold Daglia, Linda & Steven
Goldfarb, Sharon & Ahmed Hafez,
Karen Glover, Billie D. Harrison.
Sharon Hartley & Trudee Lewis*

*In Memory of Clif Shealy.
Dana & Walter Spicer*

*In Memory of Lee Titus.
Dr. & Mrs. Anthony Gouveia.*

*In Memory of my Aunt,
Elizabeth Dommel.
Joyce Bristow*

*In Memory of Scout,
and Scout's pal, Mr. Ghia.
Colleen Elaine Wilson*

*In Memory of Stitch Fallini —
we loved him, too.
Randy & Lea Stegman*

*In Memory of Jiggs Le Brun.
Alice Bickers*

*In Memory of faithful friends,
Ben & Daisy.
Larna Womack*

*In Memory of Duke, a Bull Terrier
in a grey fuzzy suit...
he will be missed.
Jan Dykema*

*For Nixon Ryan.
Jan Dykema*

*In loving memory of
our precious four-pack:
Beenie, Ajax, Scout and Weeda.
Sonia & Kevin Murray*

In life and death, our true friends and companions are always with us...

Thank you for your generosity and support

4500+

Dey Solano Giving Fund
& Dey Community Fund

1500+

Anonymous Donor, Community
Foundation of Napa Valley

250+

Chris Williams
Trent Van Nieuwburg
Jeff Coyner

150+

Valero Refinery, Benecia, Matching
Funds Program

100+

Jan Dykema
Marilyn Horvitz
The Estate of Lilian Narcisi

20+

Louis & Jessica Bennett
Linda Nichols
Diane Brisbois Peterson



Amos is one of PFH's longest, oldest and most decorated CATs. His most cherished honor is the Purple Heart a wounded returnee from Iraq gave him after visits with the soldier.

If you care 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.

May we see them again one day and revel in their light and love.

Paws for Healing, Inc.
1370 Trancas Street, PMB 127
Napa, CA 94558



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PFH 2006 Fall Calendar

SCARF Walk	Sept. 26
October Potluck	Oct. 8
Harvest Fest & Pet Parade	Oct. 21
CAT Training	Nov. 4