



Fairfax Pets On Wheels Summer Update

August 2015



Annual Volunteer Picnic at Frying Pan Park

It was a hot and humid day for a picnic, but that didn't deter over one hundred FPOW canine and human volunteers from attending our annual volunteer appreciation event! The pavilion was busy a couple of hours before the kick-off of the event with those helping to set up the tables, food, the musical equipment, the photography studio area and our merchandise table. In addition, folks were also setting up the pet agility and doggy pool, which got a lot of use as the heat and humidity continued throughout the day.

Volunteer Fairfax's Barbara Gartley was there early to help with all the set up and signs and stayed throughout the day to assist in numerous ways to help make our picnic a success. In addition, Mary Tamberrino and Eric Stewart volunteered at our registration table, greeting guests and giving out the "Wag Swag Bags" to volunteers that contained an FPOW stylus pen, pet waste bags and USB drives. Volunteers also signed up for their gift pet trading card photos which were taken through-

(Continued on page 2)

Help Us Spread the Word

Do you belong to a civic organization, church group, neighborhood association, or workplace, that would like to hear about the benefits of pet therapy? FPOW has a Speakers' Bureau, experienced FPOW volunteer teams, that can come to your organization and talk about FPOW, the benefits of pet therapy and the benefits of volunteering in an all-volunteer organization dedicated to serving the older adult community. Just send an email to FPOW at dfspetsonwheels@fairfaxcounty.gov with "Speakers Bureau" in the Subject Line and details of your request (organization name, contact person, date for presentation, place of presentation) and FPOW will get back to the contact person to arrange a presentation.

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out the day by Robin Burkett and her team at Paw Prints Photography. These are a special treat for the volunteers.

Our favorite DJ Michael Galvin did a great job of allowing us to jam to his tunes while also providing his expert photography skills throughout the day capturing all the activities. Judy Mitnick set up the FPOW merchandise table and sold numerous items throughout the day. King Creole Caterers provided the delicious food once again this year. The food and drinks were a welcome treat for everyone, especially the brownies, yum! Thanks for Kathi Baker and Carla Graham for providing the pet agility and pool for the pups to frolic in.

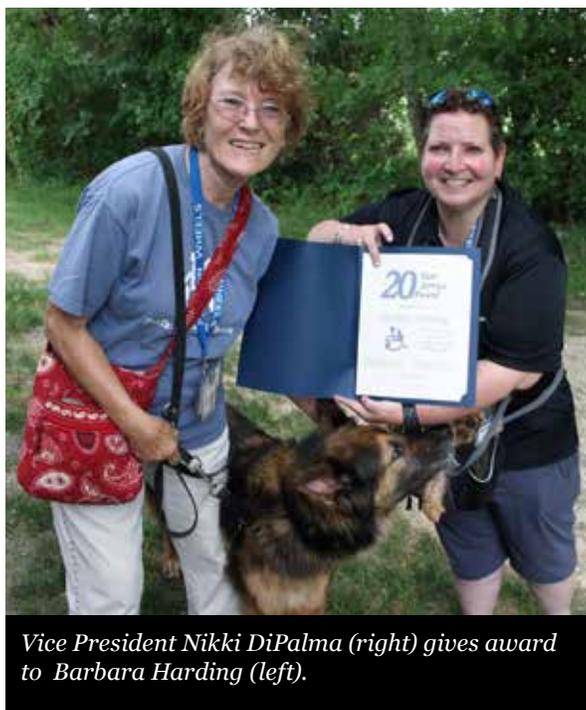
Awards were presented by the Vice President Nikki DiPalma, who stood in for our President Madelynn Arnold. We presented hours of service and length of volunteering for FPOW to those deserving volunteers. This year's Latshaw award was presented to Debbie Zelten and the Shauna award was presented to Roget Narcavage, Pauline Narcavage's dog. Of special note was a 20 year award that went to Barbara Harding and Denise Elliott, who could not attend the picnic, for their years of dedicated service to FPOW.

Overall, the picnic was a success and a good time was had by all.

Thanks to all of our volunteers who participated not only in this event, but who give their time and energy to the FPOW program throughout the year.



By Diane Ehrig



Vice President Nikki DiPalma (right) gives award to Barbara Harding (left).

Years of Service Awards Handed Out to Volunteers

5 Years – Helen Carroll, Timothy Miller, Mary Portelly, and Christine Stout

10 Years – Brian Bryson, Andy Burnham, Bonnie Burnham, Patty Kwapniewski, Collen Nassetta, Terry Patton, and Neely Willett

15 Years – Mary Corn, Jill Davidson, and Susan Hamilton

20 Years – Denise Elliott and Barbara Harding

Award for Hours Volunteered in 2014

50-74 Hours (Bronze Pins):

- Joe Ammann: Burke Health Care Center
- Susan Brickman: Sunrise at Reston
- Carol Chapin: Sleepy Hollow Nursing Home
- Jill Davidson: Commonwealth Care Center and



100+ hours givers: Pictured left to right are Joe Ammann, Terry Patton, Bonnie Burnham, Dave Martin, Kye Abboushi, Kathi Baker and Carla Graham.

Thanks for the Memory

■ In loving memory of Molly who was Colleen and Paul Nassetta's grand Golden Retriever. She was their beloved co-pilot in life, and a FPOW volunteer for ten years. She touched countless lives and will never be forgotten. From Jill Davidson

■ In memory of Ajax, the beloved Boxer, who was much loved and will be missed by the Mark Family and his sister Leda. As an energetic and happy clown, this Boxer kept his family well loved and entertained. He and Leda helped raise two boys in the family and saw them mature into wonderful young men. From Kim, Mark, Hannah, and Joe Wilkerson

■ In memory of Kacee who was the much loved 15-1/2 year old Yellow Labrador Retriever of Nancy and Tom McKay. Kacee was a great visitor at Sleepy Hollow with Nancy and he brought lots of love, joy, and comfort to both residents and staff. He was a great dog and will be missed by all who knew and loved him. From Carol Chapin and Pat Dutton

■ In memory of our four cats—Remo, LouLou, Adrian, and Mischa. Remo was adopted from the Tarrant County Humane Society (TCHS). He was a jaunty-looking tuxedo kitten favoring a Inspector Clouseau mustache. He was a tiny but morphed into a 22-pounder and my dedicated bodyguard. For his birthday, he got a tuxedo girl kitten from TCHS. LouLou weighed 6 pounds fully grown, and they were inseparable. When LouLou passed away, Remo followed a few months later because he could not be happy without her. My husband brought to our marriage a lovely snowshoe cat named Adrian,

also from TCHS. Adrian was the smartest cat ever, and her understanding of English made us consider spelling things to one another. She followed us everywhere and constantly complained about being alone while we worked. We got another kitten for her to mother but were we wrong. She learned to tolerate the sweet snowshoe girl Mischa and despite Adrian's disinterest in her, Mischa was a happy and loving cat. Adrian passed away at 15 and Mischa much later at 20. Each one of our cats is and was so unique and amazing that we thought we could never love another as much. We found we could and now have a boy and girl pair of snowshoes named Illya and Piri sharing our lives. From Gina Ash

■ In memory of Lolly, a small dog with a big heart who was lost too soon. She was loved and will be missed by Jill Davidson and Lee Zinser. This delightful Pomeranian shared her love by visiting FPOW facilities and also working in the FPOW Office. She served as a terrific ambassador for FPOW as she delighted and entertained actress Loretta Swit when several years ago she came to speak to and encourage our volunteers. From Kim Wilkerson

■ In memory of Precious, a quiet, slow moving teddy bear of a dog who was lost suddenly. She was loved and will be missed terribly by Tracy Van Duston and Dave Folcomer. Precious served as a FPOW volunteer, and was the supreme example of the perfect gentle, laid back dog when she accompanied us to many of our public events. From Kim Wilkerson

Visit www.fpow.org/tribute to make an online memorial or tribute donation.

Lincolnia

- Jeanine Goldberg: Burke Health Care Center
- David Martin: Iliff Nursing Home
- Shelley Matthews: Sleepy Hollow Nursing Home
- Clinton Propst: Mt. Vernon Nursing Center
-

75-99 Hours (Silver Pins):

- Brian Bryson: Mt. Vernon Nursing Center
- Joseph Puhak: Burke Health Care Center
- Charles Viall: Commonwealth Care Center

- Deborah Zelten: Powhatan Nursing Home and Vinson Hall

100 & Plus Hours (Gold Pins):

- Kye Abboushi: Goodwin Center and Mt. Vernon Nursing Center
- Madelynn Arnold: Arden Courts-Fair Oaks, Goodwin Center and The Virginian
- Kathryn Baker: Cameron Glen Nursing Home and Sunrise at Reston

Dates to Remember

Newsletter Deadlines: January 31, June 30 and October 31, 2015.

Annual Meeting

14 Sep 2015 7:00 PM • Oakton Library
10304 Lynnhaven Place, Oakton, VA in
the Oakton Meeting Room A/B

Board of Director's Meeting

14 Sep 2015 8:00 PM • Oakton Library
10304 Lynnhaven Place, Oakton, VA in
the Oakton Meeting Room A/B

20th Annual Paws for a Cause 3K Walk

4 Oct 2015 12:00 PM • Weber's Pet
Supermarket, 11021 Lee Hwy, Fairfax,
VA 22030

New Volunteer Orientation

7 Oct 2015 7:30 PM • Fairfax County
Government Center, 12000 Government
Center Parkway Conference Room 8,
Fairfax, VA 22035

- Ruth Benker: Ruth Arden Courts-Annandale, Arden Courts-Fair Oaks, Goodwin Center, Iliff Nursing Home and Lincolnia ADHC
- Bonnie Burnham: Cameron Glen Nursing Home and Sunrise at Reston
- Alvin Doehring: Commonwealth Care Center and Lincolnia ADHC
- Carla Graham: Carla Annandale ADHC and Arden Courts-Annandale
- Patty Kwapniewski: Vinson Hall
- Terry Patton: The Virginian
- Beverly Powell: Burke Health Care Center
- Joan Violante: Mount Vernon ADHC and Mt. Vernon Nursing Center

Thanks to all of you for your time and efforts!

Volunteer Spotlight: Debbie Zelten

Our spotlight is on the recent Latshaw Award winner, long-time FPOW volunteer Debbie Zelten. Debbie has been a volunteer with FPOW since late 1996. Over the past 18+ years, she has had five different Bouvier des Flandres (literally Cow Herder of Flanders) in the Fairfax Pets On Wheels program. She got her first Bouvier in 1992 and fell in love with the breed and has had them ever since. Debbie says that she can't imagine life without at least one "hairy face" — also known as "dirty beard" — also known as a Bouvier. She has had at least one, usually two and sometimes three Bouviers at one time! At one point, Debbie briefly had three of the dogs certified with FPOW at the same time!

Debbie became acquainted with FPOW in 1995 when she was visiting a resident at Powhatan Nursing Home. She saw Fairfax Pets On Wheels volunteers visiting at Powhatan and thought that that was something she would enjoy doing with her dogs. She had two dogs at that time and had Kachia, the more social and out-going one, temperament tested and she passed with flying colors. Unbeknownst to Debbie, the evaluator who did Kachia's test was not very fond of Bouviers. After the T-Test she confided in Deb that Kachia was so sweet, lovable and well-mannered that she couldn't help but like her and that changed her overall opinions of Bouviers. Kachia was a great ambassador for her breed.

Debbie and Kachia's adventures with FPOW began in December 1996 and Debbie has never looked back. She has been visiting with her bouvs at Powhatan since



that time and she started visiting at Vinson Hall Arleigh Burke Pavilion when FPOW began visiting there several years ago. She is now the FPOW Liaisons for both Powhatan and Vinson Hall. She trains and orients new FPOW volunteers at those two facilities along with the alternate liaisons at the two facilities.

Kachia was blonde in color — most Bouvs range in color from black to gray to silver — but they also are blonde or fawn in color. She was extremely smart, very social, and loved everybody. Debbie would call her my “Blonde Bimbo Princess” because while she was extremely smart, she could play the “dumb blonde” so well too, but it was all an act. She could work a room of people like a politician. She just “knew” that everyone was there to see and pet her so she would go around the room seeking attention, shaking “paws” and bringing smiles to all whom she met. Kachia was an FPOW volunteer until her death in August 2003.

Deb’s second FPOW volunteer pet was Ripley. She was a big, smart, loveable grey girl with a goofy side to her as well. She too was a favorite at Powhatan. She did a number of tricks, one of which was the “bouvier bounce.” Many Bouviers have a habit of jumping straight up into the air when they are happy, and Debbie taught Ripley to “bounce” on command. She could jump almost 5 feet straight up from a standstill — she’d jump straight up and try to give Deb a “kiss” on the way down. Ripley was in FPOW from 2002 until she died in October 2007.

Debbie’s third Bouvier in the program was Bacal. She was a medium sized grey Bouvier who was the sweetest and most laid back Bouvier that Debbie ever had. She joined FPOW in 2004 and was sometimes used as the “neutral dog” for FPOW Temperament tests. Debbie used her when training new FPOW volunteers and their pets at both Powhatan and Vinson Hall. She’d help the “newbies” learn how to be therapy dogs (or cats). She was in FPOW until her death in November 2013.

The fourth Bouvier that Debbie had in the program was Jaleah, she was only in the program for about



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a year and a half as Debbie was training her to be a companion and therapy dog for a couple living in North Carolina. Jaleah was a petite little black Bouvier who only weighed 57 pounds full grown (most female Bouviers are between 65 and 85 pounds). She was a delightful little girl that brought many smiles to residents of Powhatan Nursing Home for the brief year she was part of FPOW before moving on to her home in NC. Debbie’s current FPOW volunteer partner is Bouvier is Jumoke. She is a black Bouvier who has been in FPOW since the summer of 2008. She helped train many new FPOW volunteer teams and brought joy into the lives of many residents at both Powhatan and Vinson Hall.

Debbie was born in Texas when her father was stationed there in the Army but she grew up in Wisconsin. She is a graduate of the University of Wisconsin with a degree in Management Information Systems and is a bit of a computer geek. She has worked in Information Technology (IT) for more than 30 years. She lived in Austin, TX for five years after graduating from college and moved to northern Virginia in 1984 and has lived here ever since. Debbie is currently an IT consultant working for a company that does IT technology consulting for non-profit organizations, leagues and associations. Debbie loves the outdoors and does lots of things with her husband and dogs. They enjoy hiking, biking, camping, fishing, swimming, boating, kayaking, etc. They own a log cabin on a

river in the Upper Peninsula of Michigan and spend as much time there as possible. They plan on having their summer home there when they retire.

Debbie feels that FPOW is a way to give of herself and share her dogs with people confined to nursing homes or assisted living facilities. Many of the people the team visit have few visitors or relatives who visit them, so they brighten the residents' sometimes lonely days. Debbie has had elderly relatives in assisted living or nursing homes and those facilities encouraged families to bring in their well-behaved pets, although these facilities did not have formal pet therapy programs like FPOW. But it is

not just the residents of the facilities that enjoy the pet visits. It is also the staff and other visitors as well who enjoy the pets. The facility staff enjoy the pet visits as much as the residents some time and family visiting the residents also enjoy the friendly "fuzzy faces" too!

Debbie says that she knows that all of her Bouviers have loved visiting. She uses a special leash and collar that is only for FPOW visits and whenever she gets that leash and collar out of the closet, the dogs get all excited because they know they are "Going Visiting." She says that when she drives to either Powhatan or Vinson Hall, the is amazing that when they get to a certain place along the route, the dogs start doing a happy bark, whine or dance in the car because they know they are almost there and they want to go in and visit with the people.

Debbie's tips for a good visit include always trying to have a smile for people — this might be one of the only rays of sunshine some people see. Remember to bring your dog up to the side of a wheelchair — parallel to it — rather than straight in from the front so the animal doesn't get tangled



Debbie Zelton with her husband, Scott Carle.

up with the person's feet in the wheelchair. Then the resident can just put their hand over the side of the chair rather than having to lean forward.

After serving as an FPOW volunteer for so long, Debbie has many memorable visits. She has two that stand out, the first one was with Kachia — the team had just arrived at Powhatan and there was a woman in a wheelchair being pushed by another woman through the lobby as the team entered. The woman saw them and Debbie asked her if she would like her to bring Kachia over to see the woman in the wheelchair. She said yes. When Kachia came up to the wheelchair and the woman slowly

stretched out her hand and put it on Kachia's head and very quietly said "Hello, dog." For about two minutes she very slowly petted and stroked Kachia and then put her hand back in her lap. At this point, the woman pushing the wheelchair was in tears. She took Debbie aside and thanked Debbie profusely. Debbie said it was not really a big deal — that was why they were visiting at the facility. Then she told Debbie those were the first words her mother had spoken in the nine months she had been at Powhatan! She never spoke or interacted with the staff or even her daughter, but she had just spoken and petted Debbie's dog. She asked if the team would try and see her mother whenever they were at Powhatan and they made it a point to visit with the woman.

The second incident occurred at Powhatan also with Ripley. There was another woman they used to visit at Powhatan who loved dogs and was very fond of Ripley. She was pretty much confined to her bed and whenever they visited her she always tried to get Ripley to jump up on the bed with her, which Debbie does not allow. (Debbie's dogs are not allowed on any furniture, anywhere!) Ripley was al-

most as large as the petite little woman herself! The resident had a running game whenever they visited – she would always call Ripley over and try to get her to jump up on the bed. Ripley knew it was not allowed and would look at Debbie and then always just laid her head on the bed next to the woman, who would pet and stroke her head and talk to her rather than Debbie. Well, one day, the team stopped into the woman’s room, and of course she called Ripley and told her to get up on the bed with her. To Deb’s surprise (and horror) Ripley jumped up on the bed and very carefully stretched out next to her. The woman (and Ripley) ignored Debbie telling Ripley to get off the bed. The woman just talked directly to Ripley and stroked her for a few minutes and then the woman told Ripley she could get down from the bed. So Ripley just “melted” off the side of the bed and came over to Debbie with a look that said “I just had to do it, Mom.” The next week when they came for their visit the woman’s room was empty. She had died a few days before. Debbie swears Ripley somehow knew it was her last chance to visit that woman and that was why she broke the rules by getting on her bed. It was the first and only time one of Deb’s dogs ever got on a resident’s bed.

In addition to being the Facility Liaison, Debbie has served on the Board of Directors for several years, as a Director at Large, as the Board Secretary, and currently as a Director of Volunteer Education. In her position as Director of Volunteer Education, Debbie is the FPOW Librarian and maintain the lending library of books, CDs and DVDs. She is the photographer who takes pictures of new volunteers at Temperament Tests for their badges and then pre-process the pictures each month for the badges and deal with the badge vendor.

FPOW is delighted that someone who loves Bouvier des Flandres and bringing joy to residents (and staff) of nursing homes and assisted living facilities decided to volunteer and serve our organization for so many years. Congratulations to Debbie for winning a well-deserved Latshaw award.



By Madelynn Arnold

Welcome to New Speakers’ Bureau Members

The following FPOW volunteers participated in Speakers’ Bureau training in April and May:

Karen Beekman	Sue Brickman
Diane Ehrig	Jeanine Goldbert
Dave Martin	Linda Martin

Thank you for your commitment and congratulations!

FPOW Represented at the Reston Pet Fiesta

Once again, FPOW had an information table at the Reston Pet Fiesta on Saturday, May 2 from 9 AM - 4 PM. Information about FPOW was distributed as well as lots of friendly wags, kisses and pets. Many thanks to the following FPOW volunteers who staffed our table throughout the event:

Kathi Baker and Abby, Joan Violante, Bonnie Burnham and Cindy, Nikki DiPalma and Gia and Kali, Diane Ehrig and Sophie, Karen Beekman and Teddy, Debbie Zelten and Jumoke, Dick Pruett, Bryon Bryson and Harley, Sheila Consaul and Lucy, Joe & Barbara Skowronski and Sasha, Joan Huppi and Casey, Mary Portelly and Anniebelle, and Teddy Benker.

Events like this are important for FPOW to attend so we can get our organization known in the neighborhood as well as to recruit new volunteers to help serve the facilities we already serve as well as open up new facilities on our waiting list.

Having volunteers willing and able to represent FPOW at these public events is critical to our outreach efforts. A job well done, to our FPOW Reston Pet Fiesta 2015 Cadre!



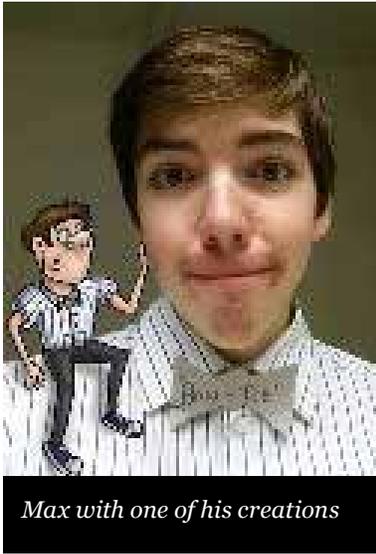
By Ruth Benker

Enjoy the pictures from the 2015 FPOW Volunteer Picnic To see more, visit: www.fpow.org/Picnic2015



Walk T-shirt Design Winner

Congratulations to Max Johnson, a recent graduate of Falls Church High School, who won the design contest for this year's Paws for a Cause t-shirt. Max will be attending the Savannah College of Art and Design (SCAD) in Savannah, Georgia to study Animation in the fall. His design will be revealed at the walk. In addition to having his design front and center at the walk, Max won a \$250 prize for his efforts. All the best in design school, Max.



Max with one of his creations

Study: Cancer Patients Benefit From Therapy Dogs

"A first-of-its-kind investigation documented the impact of animal-assisted therapy on adult cancer patients.

Therapy dogs lifted the spirits of adult cancer patients by improving their emotional well-being and quality of life, according to research co-sponsored by veterinary drug manufacturer Zoetis Inc.

The clinical study, published this week in the Journal of Community and Supportive Oncology, involved patients receiving combined chemotherapy and radiation therapy for gastrointestinal, head or neck cancers."

This portion reprinted with permission from Veterinary Practice News. To read the full article, visit:

<http://www.veterinarypracticenews.com/Study-Cancer-Patients-Benefit-From-Therapy-Dogs/>

Please Join us for the 20th Annual Paws for a Cause 3K Walk Sunday, Oct. 4, 2015 at 12:00 noon

Weber's Pet Supermarket 11021 Lee Hwy, Fairfax

Register
online at:
www.tiny.cc/walk2015
or visit
www.fpow.org





Are A Breed Apart

Fairfax Pets On Wheels, Inc.
Fairfax Area Agency on Aging
12011 Government Center Parkway, #708
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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. Visit www.fpow.org
Please use the FPOW Hotline number for nonemergency calls if you are an FPOW volunteer or currently in the pipeline. Someone will either act on your message or return your call if more information is required.

DEADLINE FOR THE NEXT FPOW NEWSLETTER: October 31, 2015

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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 FAAG prior to publication. 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

Attention: FPOW Newsletter

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