



# Fairfax Pets On Wheels Winter Update

November 2015



## Brian Bryson is FPOW's Volunteer in the Spotlight

The volunteer spotlight is on Brian Bryson, an easy going person who enjoys retired life with the luxury to spend time with his wife, Karen, and their pack of adopted/foster dogs from Oldies but Goodies Cocker Spaniel Rescue. He enjoys his daily fitness routine and continues his lifelong enjoyment of golf and downhill skiing. In addition to serving FPOW as a volunteer visitor, he is the assistant facility liaison at Mount Vernon Nursing and Rehab Center and a member of the Speaker's Bureau where he has worked the Reston Pet Fiesta, Venture into Volunteering, and has helped at the New Volunteer Orientation sessions. He enjoys the opportunity to volunteer in the community with FPOW and appreciates the flexibility to visit when it fits his schedule.

Brian was an Army kid and the family lived in a number of different places while he was growing up. The family happened to live at Fort Belvoir while he was in high school and he graduated from Mt. Vernon High School in Alexandria. Brian is a West Point graduate and he spent six years on ac-

*(Continued on page 2)*



## Halloween Costume Contest

On Friday, October 30, Iliff Nursing and Rehab Center held a Halloween Costume Contest for the FPOW pets. Dave Martin and Boo, dressed as a Rastafarian, Sharon Celesnik and Penny, dressed as a sailor, Karen Pyeatt and Charlie, dressed as a Super Hero, Laura Guay and Jack (above), dressed as Elvis, and Ruth Benker and Teddy, dressed as A Creature of the Night, attended. Rosie Pilkerton, head receptionist and Marilyn Fleming, Quality Improvement/Privacy Officer, served as judges.

The residents enthusiastically welcomed all the pets and enjoyed the visits of each one. Many

thanks to Iliff for putting on this event for us, especially thanks to Emily Atkinson, the Director of Activities, who organized this event.

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tive duty in the Army Corps of Engineers. When he left active duty in 1976, he began a civilian career in the civil service as an engineer with the Corps. He spent 14 years in Frankfurt Germany, then moved to the DC area in 1990 to work in Corps Headquarters and retired from there in 2004. Brian's wife, Karen was also an Army civilian employee with roots in the metro area. When she retired in 2010, the couple decided to stay in the Northern Virginia area. They bought a nice vacation home in the mountains of West Virginia two years ago and now split their time between their homes in Manassas and West Virginia, where they can be close to skiing in the winter. Both their homes are "dog friendly", and all their dogs have become very good travelers, making the periodic trips between Manassas and West Virginia. The winter time spent in West Virginia has cut into Brian's FPOW work but he keeps to his weekly visit schedule as much as possible.

When Brian retired from Federal service in 2004, he was looking for a way to do some kind of volunteer work with one of his cockers. General Lee, Brian's first FPOW pet volunteer, had recently lost his eyesight and Brian wanted to have something that the dog could enjoy doing. Brian is not sure where or how he learned about FPOW, but after learning about the program, he knew it was the right opportunity to do volunteer work with his pet. Once the team was in the program, it continued to feel like the right volunteer group for him and General Lee.

FPOW provides Brian with the opportunity to give something back to the community and share special time with his cocker spaniel partner. Even though sometimes he can feel a bit uncomfortable in some situations that the team encounters at the Mount Vernon Nursing and Rehab Center, the pet partner always breaks the ice and makes every visit worthwhile. In the 11 years that he has volunteered with FPOW, Brian has had three Cocker Spaniels as partners in the program (General Lee, Marley and now Harley). Each one has brought his own special personality to make them a successful team.

General Lee, a buff Cocker was Brian's first part-

ner and was already blind and deaf when the team began their visits. He had such a gentle personality that people loved him. General Lee died of cancer in 2008. He made his last FPOW visit one week before he passed away. Marley, Brian's second partner is a brown and white cocker with a very easy going personality. Marley was the Shauna Award recipient during one of the years he teamed with Brian. He loved making weekly visits and only recently became too frail to visit. He is enjoying his retirement with Brian and Karen. Harley, Brian's current partner began visiting in December 2014, is also a brown and white cocker and has a very energetic personality and loves people. Brian has to work a little harder with him to make sure he isn't too rambunctious.

During the time he visited with Marley, they had a favorite resident who was a Korean-American. She had suffered a stroke and was working hard to relearn English. At the end of each visit Brian would say "Bye-bye". After several visits, she would routinely answer "Bye-bye". She loved Marley and was so attentive during the brief visits. Brian felt that they had made a difference for her. Later, she moved to another nursing facility, so the team lost their connection to her.

All of Brian's pet volunteers have enjoyed the visits and getting out taking trips to and from the nursing home. The teams have made it a tradition to stop at Starbucks on the way home and share a pastry treat. They really love that part of visiting! Brian believes that it's important when visiting to keep a really short leash and always be aware of the situation when approaching a resident to visit. Since all his partners have been cockers of about the same size, he is always careful to lift their front paws up to people in wheel chairs or at the edge of beds, so that the resident can pet the dog when they express that interest.

Brian's other passion, other than cocker spaniels is skiing. He learned to ski at age nine and has always enjoyed this activity. As an adult he became a ski instructor, a member of the Professional Ski Instructors of America (PSIA) and for nearly 20 years taught skiing at

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# Thanks for the Memory

■ Mrs. Ada McDonell was a resident of Cameron Glen in Reston until it was sold by INOVA. According to her daughter, Betty Hettinger of Clifton, Mrs. McDonell moved to Potomac Falls Nursing Home. When her mother passed away, Betty asked the family and friends to remember her mother with contributions to Fairfax Pets on Wheels. She said that FPOW volunteers and, in particular, Bonnie Burnham and her dog Cindy, made a huge difference in her mother's life. Bonnie and Cindy continued to visit her when she moved to

Potomac Falls and was the last friend to visit before she passed away. Below are memorials from some of Mrs. McDonell's family.

■ In memory from Dorsey and Cynthia Baskin, Dallas, TX; The Hettinger's--Bruce and Jacki and girls and Dora and the girls, Rebersburg, PA; Sharon Jenson, Palm City, FL; Beverly Hendericks, Shiloh, GA; Sue and Mack Washam, Charlotte, NC; Danny Hendricks and Family, Woodland, GA; and Margaret and Jean Wilhelm, Salisbury, NC.

## The History of the FPOW Memory Book

Have you ever wondered how the Memory Book got its start? Did you know when it began? – or Why? What have the donations to the Memory Book been used for?

The Memory Book began in 1992 when it was learned a resident of Fairfax Nursing Center had passed away and it was too late to attend the service or send flowers. The Board of Directors was queried and they unanimously agreed that FPOW could start a Memory Book to remember people and pets as the occasion occurred.

Each Memory Book donation, either by check or now with an online payment, is acknowledged to the donor. Once the Memory Book has been annotated, the Chairman sends an acknowledgement to the family of the pet or person being honored and forwards it for inclusion in the next edition of the FPOW Newsletter.

Over the years the Memory Book has filled many journal-size "books" used to list those being remember or honored, a description of the pet or person and their connection to the donor, and an acknowledgement of the donor

along with the city and state if they were from out of town.

The contributions submitted to the Memory Book over the past 23 years have been used to recruit and train additional volunteers and their pets to continue visiting residents of nursing homes, assisted living facilities, adult day care centers, and a mental health center.

Since 1992 many people, both volunteers and friends, have thanked FPOW for giving them the opportunity to remember that special pet or person through the Memory Book, and to see their remembrance in the FPOW Newsletter under the heading "Thanks for the Memory" so others too would know how much they meant.

If anyone would like to remember or honor a special person or pet through the FPOW Memory Book, full instructions to mail a check or to donate online can be found online at [fpow.org/tribute](http://fpow.org/tribute).

by Susie Duvall



Visit [www.fpow.org/tribute](http://www.fpow.org/tribute) to make an online memorial or tribute donation.

## Dates to Remember

**Newsletter Deadlines: February 29, June 30 and October 31, 2016.**

### **New Volunteer Orientation**

3 Feb 2016 7:30 PM • Providence Community Center, 3001 Vaden Drive, Fairfax, VA. In Classroom 2.

### **Board of Directors Meeting**

7 March 2016 7:00 PM to 9:00 PM • City of Fairfax Regional Library, 10360 North Street Fairfax, VA. In Meeting Room A/B

Liberty Mountain in PA on a very part time basis. Being active continues to be an important part of his life. Work around the house, skiing, golf, and volunteer work with FPOW are a nice balance. Brian also mentioned the Brysons' "pack" of dogs at home. Karen has been an active volunteer with Oldies but Goodies Cocker Rescue since 2001 and Brian also does some volunteer work with them. As a result, now that they are retired, Brian and Karen have way too many dogs. The couple has cared for many cocker spaniels over the years. Having so many dogs keeps them on their toes, but provides them with a lot of love. Brian jokes that part of his retirement life is being the kennel attendant. Since the couple doesn't have any children of their own, the dogs are definitely family.



By Madelynn Arnold

## Paws for a Cause 2015

For the first time in its 20 year history, FPOW's annual fundraiser Paws for a Cause was cancelled. Hurricane Joaquin was too questionable to try to "see what happens" and it was decided to cancel the walk. The t-shirts had been printed and paid

for and they were distributed at Weber's on October 17 to those registrants who were able to make arrangements to pick-up the t-shirts. The doorprizes were distributed to those who came out to Weber's to pick up their shirts.

Plans will soon be underway for the 2016 Walk to be held on Sunday, October 2, 2016.

## Venture into Volunteering

On October 8th, Joan Violante and Brian Bryson (with pet volunteer Harley assisting) represented FPOW at the Venture into Volunteering event



hosted by Volunteer Solutions of Fairfax County. The event drew a nice crowd of people looking for information about volunteer opportunities in a variety of community activities. About 30 groups were represented, ranging from FPOW, Meals on Wheels, and church groups to homeless shelters and many more.

A number of door prizes, including those donated by FPOW, were given out, and attendees appreciated the information made available to them, and the refreshments provided.

By Brian Bryson

## Speakers' Bureau at Positive Aging Fair

On Thursday, October 29, Ruth Benker and Teddy and Kathi Baker and Abby, staffed an informational table at the 7th Positive Aging Fair put on by the Jewish Community Center of Northern Virginia.



An all day event, Teddy and Abby took turns meeting and greeting the attendees. Everyone was impressed at how well behaved the pups were and what great ambassadors for the program they were. Representatives from several long term care facilities expressed interest in being added to our waiting list of facilities wanting our volunteer teams.

## 10th Annual Pet Photo Contest – The Best Therapist Has Fur and Four Legs

Please participate in our photo contest by submitting your favorite pet photo which captures the theme, “The Best Therapist Has Fur and Four Legs.”

See if you can be one of our four winners; first through fourth



place. Before February 15, 2016, send your digital pet photos to: [fpowphotocontest@cox.net](mailto:fpowphotocontest@cox.net). No professional photography. Enter as many different photos as you like but please send each entry in a separate email.

To be considered, your entry MUST include:

- 1) Your name
- 2) Your pet's name
- 3) Facility where you volunteer
- 4) Phone number
- 5) Photo caption (optional)

Winners will be announced at the March 2016 board meeting and showcased on [www.fpow.org/photo](http://www.fpow.org/photo).

## Home 4 The Holidays

Fairfax Pets on Wheels volunteers, 2 legged and 4 legged, staffed an information table at the Home 4 the Holidays event at Reston Town Center on Saturday, November 7 from 10:30 AM - 4 PM.

The event highlights rescue groups with pets available for adoption. FPOW is invited to show attendees that their new pet may be able to become a contributing member of society by becoming a therapy pet.

The event opened with heavy rain and cold — but our FPOW pet volunteers, with soaking paws, did not whine — unlike some of our 2 legged volunteers. A special thank you to Teddy Benker, Kathi Baker and Abby, Nikki DiPalma and Gia and Kali, Diane Ehrig and Sophie, Brian Bryson and Harley, Dick Pruett and Paula Burger.

## Donation Dawg

The Donation Dawg and Cat Program is one of fundraisers for FPOW. The dawgs can be found at various businesses throughout Fairfax County including, pet stores, animal hospitals, restaurants, and even a barber

shop. The dawgs are coin banks which can “fed” by putting coins or dollar bills in them. Kids love seeing the coins slide down to the dawgs belly! If you see one, please give it a try! From time to time the dawgs move to new locations. In fact, we have one looking for a new home right now. If you know a business that would like to host a dawg for us, please send an email to [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

## State of FPOW 2014-15

Fairfax Pets on Wheels, Inc. continued its mission of “Helping to Lick Loneliness” for the 28th year. During the year, more than 4,000 hours were provided to 13 facilities by over 170 volunteer teams. FPOW added a new facility during the year, Aarondale in the Annandale/North Springfield area. FPOW has continued visiting at three of the five adult day health care facilities whose volunteers are under the auspices of the Fairfax Area Agency on Aging. These visits are conducted during the day in a group setting for the senior clients. More than 55 new volunteer teams have joined the program during 2014-15.

FPOW’s United Way application was accepted for inclusion in the United Way of the National Capital Area Campaign – remember to designate #8097 when pledging. FPOW was also in the Combined Federal Campaign (#51148). Fundraising through United Way and CFC is crucial to the bottom line.

Speakers’ Bureau members made New Volunteer Orientation presentations monthly to a total of 130 potential volunteers. Speakers’ Bureau training was held for eight new speakers. Speakers’ Bureau members participated in the filming of the recently completed New Volunteer Orientation video. In addition, the Speakers Bureau manned information booths at the Fairfax Health Fair in January, Venture into Volunteering in April, Vienna Health Fair in April, and Reston Pet Fiesta in May.

FPOW’s 19th Annual 3K Paws for a Cause dog walk was held in October 2014 and over \$7,500 was raised for the program. There were over 150 walk-

ers and their pets and it was a lovely day for the walk. Plans are underway for the 20th annual walk on October 4, 2015. FPOW held its second design contest for the Walk t-shirt which was won by a local high school art student.

FPOW continues its partnership with the AKC Therapy Dog Titling program. Abby Baker, Kathi Baker’s Shetland Sheepdog, recently received the AKC Distinguished Therapy Dog title. A dog is eligible for this title after 800 hours of FPOW visiting and this is the highest level of AKC Therapy Dog Titling. All dogs – purebred and mixed breed – are eligible to earn the Therapy Dog titles. Additionally, AKC announced that AKC Therapy Dog title holders and applicants (who are registered with FPOW, a recognized therapy organization, and have completed at least 10 therapy visits) may now apply for AKC’s Canine Good Citizen title with no further CGC testing needed.

FPOW completed the work on its new video created by Kris Higgins of Goodbye Films. The video will be shown to prospective volunteers at our monthly Orientation sessions. The video is a very useful way of showing what FPOW is all about.

In June, FPOW had its annual Volunteer Appreciation picnic at Frying Pan Park in Reston. Many thanks to Diane Ehrig, Director, Volunteer Appreciation, and Nikki DiPalma, Vice President for making the event so special. In addition to Diane and Nikki, Robin Burkett of PawPrints Photography took great photographs for our FPOW pet trading cards and pet portraits, King Creole Catering provided yummy food, and FPOW’s DJ Michael Galvin provided the music and master of ceremony services.

At the event, FPOW recognized eight volunteers for giving between 50 and 74 hours to the program (Bronze Award), four volunteers for giving between 75 and 99 hours to the program (Silver Award), and 11 volunteers for giving 100 or more hours to the program (Gold Award). The winner of the Latshaw Award for Excellence was FPOW Volunteer Debbie Zelten. The Shauna Award went to Roget Narcavage, Pauline Narcavage’s Maltese. Thanks

again to everyone who had a part in making this event special for the more than one hundred human and pets volunteers who attended.

There are always so many people to thank for their devoted efforts that make FPOW successful. One group that deserves recognition is the staff of the office – Ruth Benker, Jill Davidson, Carla Graham, and Joan Violante for their dedication to the many tasks and all the paperwork that make our program happen. They are truly the backbone of FPOW.

The facility liaisons provide the critical link between our program and our facilities; each facility has its own set of challenges and circumstances that are unique in providing pet visitation to its residents. Our liaisons are always willing and able to do what it takes to offer our services to the residents and help our volunteers meet the challenges of visiting.

The Temperament Testing Committee members always have their hands full, making sure that every pet that becomes an FPOW volunteer has the ability to be an ambassador for our program. The testing team members have to be incredibly diplomatic when letting a potential volunteer know that his or her darling pet is just not cut out to be an FPOW volunteer.

Also thanks to the 2014 – 2015 Board of Directors who helped me along as I continued in my role as President of the Board. The Board was always willing to help with the many tasks involved in running

a program with over 170 volunteer teams both two and four-legged. The Board was able to move FPOW forward and meet new challenges.

Thanks to the staff of the Fairfax Area Agency on Aging Volunteer Solutions and the Ombudsman Program. FPOW's partnership with the Agency has allowed FPOW volunteers to bring meaningful interactions with the residents of the 18 facilities and the Day Care Centers we serve.

Finally, thanks to you, our volunteers who make time in your busy lives to reach out to the residents. You are not always aware of the good that you are doing by taking that time and visiting with your pet. Fairfax Pets On Wheels is truly a wonderful way of sharing your pet's love with other people and having a great time when you volunteer with your pet.



By Madelynn Arnold

## Founder's Scholarship Winner Announced

Congratulations to Jessica Triggs, winner of the 2015 FPOW Kim Wilkerson Founder's Award Scholarship. Jessica is current in her second year of study at Northern Virginia Community College's Licensed Veterinary Technician (LVT) program at its Sterling Campus.

In addition to her studies, Jessica has served an internship at Clocktower Animal Hospital in Herndon and is currently a Veterinary Assistant at Caring Hands Animal Hospital in Centreville. She works as a pet sitter and dog walker in her neighborhood in Warrenton. She has a love and compassion for her clients and their owners that makes her an outstanding asset to the world of veterinary medicine. All the best, Jessica!



*Madelynn Arnold, left, presenting Founder's Award Scholarship to recipient Jessica Triggs with her parents, Debbie and Bob Triggs.*



*Madelynn Arnold, left, presenting a goofy Denise Elliott with her 20 year necklace.*

## Your FPOW Board of Directors



*From Left to Right  
 Front Row: Director, Fund Development – Judy Mitnick  
 Director, Facilities Relations – Ruth Benker  
 Vice President/Dir. of Administration – Nikki DiPalma  
 President – Madelynn Arnold  
 Director at Large – Karen Beekman  
 Back Row: Director at Large – Jill Davidson  
 Director at Large – Debbie Zelten  
 Treasurer – Patty Kwapniewski  
 Secretary – Laurie Stone  
 Director, Communications – Tracy Van Duston  
 Not Pictured: Director, Volunteer Appreciation – Diane Ehrig*



*Madelynn Arnold, left, awarding Debbie Zelten, right, with The Latshaw Award.*

# Halloween Visits 2015



*Gretel Powell*



*FPOW Sunrise Reston Volunteers at Halloween*



*Shabba "the Dragon" Solano*



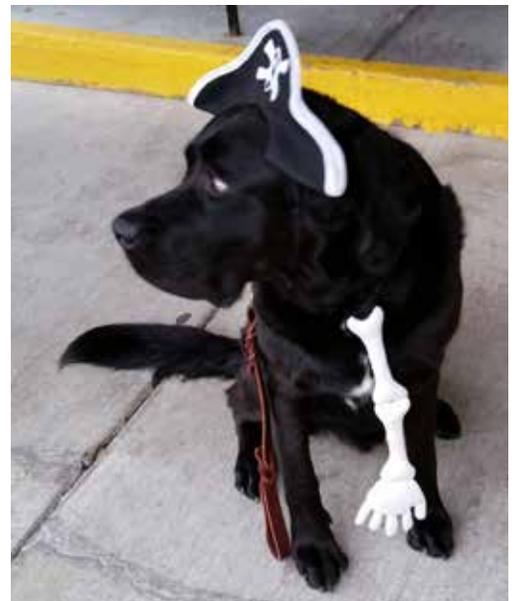
*Elsa Boiles*



*Hank Graham Halloween Pumpkin*



*Anniebelle Portelly*



*Remington Amman*



## Are A Breed Apart

Fairfax Pets On Wheels, Inc.  
Fairfax Area Agency on Aging  
12011 Government Center Parkway, #708  
Fairfax, VA 22035-1104



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](http://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: February 29, 2016

### FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

The Executive Committee:

President – Madelynn Arnold

Vice President/Dir. of Administration – Nikki DiPalma

Treasurer – Patty Kwapniewski

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Director, Facilities Relations – Ruth Benker

Director, Volunteer Development & Education – Vacant

Director, Communications – Tracy Van Duston

Director, Volunteer Appreciation – Diane Ehrig

Director, Fund Development – Judy Mitnick

Director at Large – Debbie Zelten

Director at Large – Karen Beekman

Director at Large – Jill Davidson

Newsletter Editor: Denise Elliott

### 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

12011 Government Center Parkway, #708

Fairfax, VA 22035-1104

(703) 324-5411

Email:

[dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov)



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