



# Fairfax Pets On Wheels Spring Update

April 2012

## Volunteer Spotlight: Stecia Lansdell and Sophie



This quarter the Volunteer Spotlight is on Stecia Lansdell and her dog, Sophie. Stecia and her family moved to the USA from England 11 years ago for her husband's work.

He works as an accountant for an energy company. The family intended to stay only three or four years but they are still here. Two of Stecia's children were born in England (Matthew, now 15, and Rachel, now 12), and one was born here in the States —Johnny, who is now 9 years old.

Stecia teaches prekindergarten four mornings a week and visits Iliff once a week, usually on Thursday afternoons with Sophie, the family's beagle mix, who is about 9 years old. The family adopted her from Fairfax Animal Shelter in January 2007.

Sophie loves people, more than she does other dogs. She gets frightened of dogs she is not familiar with, so the volunteer team tries to schedule their visit when they know other dogs are not around!

Sophie's love of people is the reason Stecia decided to

*(Continued on Page 2)*

### In This Issue

- 2 Visiting Arleigh Burke
- 2 Rally Redux
- 3 New Recruit Reflects
- 5 Sit/Stay! Heat Wave!
- 7 Volunteers on film
- 7 Photographers Needed
- 7 Positive Aging Conference

## Volunteer Appreciation Picnic & 25th Anniversary Celebration!

When: Sunday June 3, 2012, 11:00am - 3:00pm  
Where: Frying Pan Park Pavilion

**RSVP by May 17, 2012, by visiting [www.tiny.cc/picnic2012](http://www.tiny.cc/picnic2012)**

On the program:

- Latshaw & Shauna Awards
- Hours of Service Awards
- Volunteer and pet portraits by Robin Burkett of PawPrints Photography [www.pawprintsphotography.com](http://www.pawprintsphotography.com)
- Canine activities
- Free T-shirts for every volunteer and a guest

Guests welcome but only FPOW-approved pets, please.



Don't forget to bring your appetite and dress your pets in FPOW-approved attire (i.e., no flexi leads, chain leashes, etc).



become involved with FPOW.

Stecia and Sophie have been FPOW volunteers for approximately four years; Stecia saw an advertisement in a local paper looking for volunteers and thought this would be great for them.

Sophie truly loves the chance to visit with the residents as she is stroked, petted and sweet nothings are whispered into her ear!

FPOW allows Stecia to do something she loves to do—chat! She loves to go in and visit with “her” ladies and gentlemen and see what they have been up to the past week. Sophie has become a regular fixture at Iliff and likes nothing better than to jump straight up on the beds of the residents! After giving them a welcome kiss, she lies down and allows Stecia the chance to visit. Sophie gets a warm bed to doze on and Stecia gets a chance to chat and watch soap operas with the residents! What could be better ... for both members of the team!

On their last visit, Sophie was so excited to get settled that instead of waiting for Stecia to lift her onto the bed, she jumped right on up ... it must have been a good 3-foot leap! Stecia has a couple of special ladies that she loves to spend a good part of her time visiting, but the team also pops into other residents' rooms and often stops in the hallways so Sophie can be petted.

FPOW is a wonderful organization as the residents' faces truly light up when they see a friendly dog. Before Johnny started school, he too would accompany Sophie and his mom; a child and a friendly dog are a wonderful tonic for a lot of the residents.

Submitted by: Madelynn Arnold



## FPOW Begins Visits at Arleigh Burke Pavilion

Fairfax Pets on Wheels recently began visiting at Arleigh Burke Pavilion in McLean. The facility has a skilled nursing floor for residents, as well as 21 apartments for assisted living.



The facility is located at the corner of Old Dominion Drive and Kirby Road on the Vinson Hall campus. Although the Vinson Hall building is limited to retired military and their spouses, Arleigh Burke Pavilion is open to all seniors.

The facility is very excited to have visits from Fairfax Pets on Wheels. For more information or to volunteer please contact [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

Submitted by Madelynn Arnold.

## Rally Redux!

We had so much fun on the Rally course at the picnic last year that we're bringing it back.

Haven't done Rally? Rally is a fun activity for handlers and dogs. On a Rally course the team moves from station to station. At each station there is a sign telling you what to do. It might be a sit. Or a down. Or a circle left or right. Visit [www.akc.org/pdfs/events/rally/signs\\_2012.pdf](http://www.akc.org/pdfs/events/rally/signs_2012.pdf) to find descriptions of all the Rally signs.

(Note: We will be using only the Novice-level signs—plus a jump. The Novice signs have an “N” at the upper-right corner.)

# Thanks for the Memory

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

■ In memory of Mrs. Toyoka Bullock, beloved wife of Al Bullock, Boca Raton, Florida, who was my dear friend. From Martha Hummer, Sterling, Virginia

■ In memory of Willie Wonka, the beautiful Birman cat who was taken by cancer at 14 years of age. He was the beloved and special friend of Linda Jackie and will be dearly missed. From Kim and Mark Wilkerson



## MOUNT VERNON NURSING & REHABILITATION CENTER

*Extraordinary care... for those who expect the best.*

*Providing exceptional nursing care with gentle  
compassion to the Alexandria/Mount Vernon Community*

- Skilled & Intermediate Care/Medicare Certified
- Restorative & Rehabilitative Nursing
- Physical, Occupational & Speech Therapies
- Extensive Therapeutic Activities Program
- Registered Dietician/Special Diets
- WanderGuard™ Security System
- Short Term Care (Respite)

**(703) 360-4000 • [www.MVNRC.net](http://www.MVNRC.net)**  
8111 Tiswell Drive • Alexandria, Virginia 22306

*Family Owned and Operated • Part of a Medical Community including physicians offices and the Mount Vernon Hospital*



especially to see how they connected with the residents in such a unique way through their dogs. I promised myself that one day I, too, would be a Pets on Wheels volunteer.

I'm 41 years old now and have a daughter, Mika, who is 11. In sixth grade, the students are obligated to do a service learning project where they donate five hours of time to the community. As soon as I heard about it, I suggested Fairfax Pets on

All dogs attempting the course will get a prize at the end. And we'll be raffling off subscriptions to some of our favorite dog publications.

So warm up your dog, practice those sits/stays and we'll see you in June!

Submitted by Liz Breyer  
Director of Volunteer Education



## Perspective by a New Recruit

I was 16 years old when I first learned about Pets on Wheels. I was a receptionist working in a nursing home. I loved to see the volunteers come in each week and

Wheels. Mika agreed instantly.

We set about completing the new-volunteer orientation and pet behavior assessment, which was very easy and extremely well run. We were impressed by the battery of tests Diego, our 5-year-old boxer, was given and heartened by how well he responded. It looked like it would be a perfect fit!

The next step was an on-site visit with our FPOW liaison at Arleigh Burke, a nearby nursing home and assisted-living center that we had driven by a million times, but never entered. We were amazed at how lovely the facility was and at how welcoming the staff were. Each time we encountered the Activities Director, she thanked us

## Specialized Care for Your Pet's Cardiac Health

### Early, Accurate Diagnosis of Cardiac Disease is Essential

CVCA works with your family veterinarian to provide the highest quality of cardiac care for your pet and service for you.

We are committed to providing:  
Peace of mind for you

Expert, compassionate care along with the most accurate diagnosis and optimal treatment plan for your pet

Ongoing collaboration with your family veterinarian.

Locations in:

Annapolis, Rockville, Gaithersburg and Towson, MD:

410-224-0121

Vienna, Leesburg, Springfield and Richmond, VA  
703-281-7717



# CVCA

CHESAPEAKE VETERINARY CARDIOLOGY ASSOCIATES

The Heart of Companion Care

[www.cvcavets.com](http://www.cvcavets.com)



profusely for coming and volunteering our time.

Mika has two friends who are doing her service learning project with her. We wander the halls once a week, knocking on doors and asking if the residents would like visitors. We've found several who are our favorites. One couple invites us in each time, asking the girls about their interests and sharing theirs. The husband is a Civil War buff and has shared artifacts he found while metal detecting in the wilderness. He also studied physics. I asked him once if he'd like me to bring him some books on physics. He replied, "Honey, I wrote the book on physics!" and proceeded to share his text with me. He wasn't kidding—he really did write the book on physics! His wife and I compare stories about parenting and admire my daughter and her friends together. She raised four children herself and has lots of tales to tell.

One of the most heartwarming moments was after we had left their apartment and were wandering, knocking on doors, looking for more residents to visit. Our

knocks went unanswered and we passed by their door on our way out. We could hear them through the door, exclaiming, "Wasn't that a nice surprise? Oh, they were so lovely! It was so nice of them to come by ... that made getting up this morning really worth it!"

Another of our favorite residents relayed stories of her evacuation from France at the start of World War II. She had been living in France at a boarding school while her mother stayed behind in New York. At the start of the war, she was loaded on a ship and sailed unaccompanied across the ocean. She explained how the crew were moved out of their quarters and made to sleep in the bottom of emptied-

out pools to make room for more children. I was never interested in history much in school, but the girls and I were amazed and totally captivated by her stories.

The last of our favorite residents has traveled the country three times with her husband and her two Westies in an RV. She regales us with tales of her times in each state, shares family pictures and "talks dog" with us. The last time we visited, she said, "I was just thinking about you and hoping you would visit me soon."

It's so lovely to pass the hours, sitting and listening to the residents' stories. It wouldn't be possible to visit like that if it weren't for Diego, our ambassador. He lets us gain entry to these peoples' lives, to their memories, their stories, their knowledge and their passions. We are so honored to be able to spend time with the residents.

If you are considering becoming a Fairfax Pets on Wheels volunteer, all I can say is, DO IT!



Diego & Pamela Mahuffj

## NEWS FLASH!

FPOW is pleased to announce the following dogs have earned their AKC Therapy Dog titles!



Let's have a big round of applause for:

Kathi Baker – Abby (Sheltie)

Sheila Consaul – Portia (Flat-Coated Retriever)

Your dog can earn this title too; see how at [www.fpow.org/AKC](http://www.fpow.org/AKC).

You will love it and will find more to love about the experience than you ever thought possible. And if you're already a FPOW volunteer, consider visiting Arleigh Burke. It is a wonderful facility with warm, inviting staff and amazing residents.

Best of luck on your Pets on Wheels journey!

Submitted by: Pamela Mahuffey

## Sit/Stay! Heat Wave!

As I write this, the trees are budding, the birds are chirping, the grass is growing—and it's getting warmer.

Time to grab the dog and get outside! It's also time to refresh your memory about dogs and heat. Dogs don't do heat the same way people do.

Most obviously, dogs are always wearing their winter coats. Dogs also don't regulate their body temperatures as efficiently as people do. Dogs release heat primarily by panting. They do perspire, but only through their foot pads.

Dogs with flat faces (pugs, for example) can't pant as effectively as other breeds and have a harder time cooling off. So it's very important to pay close attention to the temperature outside as you plan your dog-related activities to minimize the chances of heat-related illnesses, which can be fatal. With a little planning and fore-

thought, you and your dog will have a safe, fun summer.

First, know the symptoms of heat stroke: rapid breathing, heavy panting, salivation, fatigue, and possibly muscle tremors and staggering.

If your dog shows any of these symptoms, move it to a cool, shady place. Apply cool (not cold) wet towels to cool its body down, offer (but don't force) cool (not cold) water and call your vet. Better yet—manage your dog's day to avoid heat illnesses:

- Exercise your dog early in the morning or later in the evening—avoid the hottest part of the day. And don't overexercise your dog.
- Always have a source of cool, fresh water available for your dog.
- If your dog is outside, make sure it has a cool, shady place to go.
- Do NOT (not!) ever leave your dog in a parked car in hot weather. Not even for a couple of minutes. Even with windows rolled down, a parked car can become a furnace in a matter of minutes. So ignore the pleading eyes ("Please take me with you!") and leave your dog home when you are running errands on hot days.
- Walking on hot pavement can burn your dog's pads. If the pavement is too hot for you to walk on barefoot, it's too hot for your dog too.
- Dogs can get sunburn. Pay attention when they are in the direct sunlight.

And a few final thoughts about summer fun. Dogs love to party, but you need to keep a few things in mind.

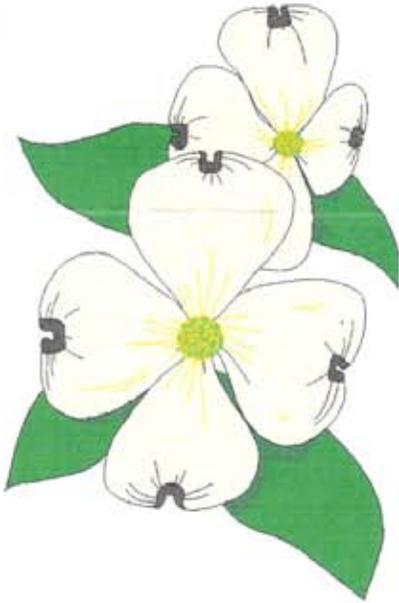
Pool safety—don't assume your dog knows how to swim! Be careful around the pool.

Picnics provide fabulous eating opportunities, not all of which are good for your dog. Visit [www.aspc.org/pet-care/poison-control/people-foods.aspx](http://www.aspc.org/pet-care/poison-control/people-foods.aspx) for a list of people foods your dog should avoid.

*(Continued on page 7)*

# ***Powhatan Nursing Home***

A Privately Owned and Operated Healthcare Facility



*Nestled on seven beautiful acres with three enclosed garden patios, we offer a staffing ratio greater than the national average and quality care with a personal touch.*

- 
- ◆ Long Term Care
  - ◆ Intravenous Therapy
  - ◆ Central Line Care
  - ◆ Rehabilitative Therapies with Medicare Reimbursements
  - ◆ Post-Operative Recuperation
  - ◆ Hospice Participation
  - ◆ Respite Care
  - ◆ Memory Impaired Program
  - ◆ On-Site Beauty Shop
- 

*We invite you to visit our facility and experience the Powhatan difference.*

## **703-538-2400**

2100 Powhatan Street ◆ Falls Church, Virginia 22043

# Dates to Remember

**Volunteer Appreciation Picnic & 25th Anniversary Celebration, Frying Pan Park Pavilion, Herndon, VA: Sunday, June 3, 2012, 11:00am – 3:00pm**

**BOD Meeting: June 4, 2012, 7:00 p.m. – Leewood Nursing Home, Annandale**

**Newsletter Deadline: June 30, 2012**

**Kim Wilkerson Founders Scholarship applications due: July 31, 2012, application instructions found at [www.fpow.org/scholarship](http://www.fpow.org/scholarship)**

**BOD Meeting: September 10, 2012, 7:00pm – Leewood Nursing Home, Annandale.**

**Annual Meeting: September 10, 2012, 8:00pm – Leewood Nursing Home, Annandale**

**PAWS FOR A CAUSE 3K dog walk: October 7, 2012 – Weber's Pet Supermarket, Fairfax, VA**

Finally, thunderstorms are an obvious problem for sensitive dogs, but so are fireworks. Think twice before taking your dog to enjoy Fourth of July celebrations.

Now, go get that leash. And have a great summer!

Submitted by: Liz Breyer,  
Director of Volunteer Education



## Volunteers in Pet Therapy Film

On Sunday, March 10, Kris Higgins a graduate film stu-

dent, spent the morning with several FPOW volunteers and Iliff Nursing and Rehabilitation residents.



Kris is working on a short film that captures the emotion and spirit that is pet therapy. Many thanks to

Iliff and the residents who so graciously participated in this project. Kudos to all FPOW participants. Pictured above: Tracy Van Duston with Precious and Teddy Benker, Kathi Baker and Abby, Dave Martin and Boo. Ruth Benker, not pictured, also participated.

Submitted by Ruth Benker

## Photographers Needed

We are looking for folks to help take photos for badges at our monthly pet team behavior assessments. All you need is a digital camera. We will train. If interested, send email to [dfspetsonwheels@fairfaxcounty.gov](mailto:dfspetsonwheels@fairfaxcounty.gov).

## Positive Aging Conference

FPOW was invited by the Jewish Community Center of Northern Virginia to participate in their 5th Annual Positive Aging Conference on March 22. In addition to a variety of workshops on timely topics, participants had the opportunity to visit the booths of the invited non-profits and businesses to learn about different services available in the community. Needless to say, the FPOW booth had a lot of traffic as we had our best spokespaws on hand. Many thanks to Destiny Gelman (and Lynn) and Teddy Benker for putting smiles on the faces of the attendees.



Submitted by Ruth Benker



## 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 non-emergency calls if you are an FPOW volunteer or currently in the pipeline. Someone will either act upon your message or return your call if more information is required.

## DEADLINE FOR THE NEXT FPOW NEWSLETTER: June 30, 2012

### FAIRFAX PETS ON WHEELS BOARD OF DIRECTORS

The Executive Committee:

President—Tracy Van Duston

Vice President/Dir. of Administration—Bonnie Mayo Burnham

Treasurer—Kim Wilkerson

Secretary—Deborah Zelten

### DIRECTORS

Director, Facilities Relations—Vacant

Director, Volunteer Development—Patty Kwapniewski

Director, Communications—Ruth Benker

Director, Volunteer Appreciation—Kathi Baker

Director, Volunteer Education—Liz Breyer

Director, Fund Development—Laurie Stone

Director at Large—Madelynn Arnold

Director at Large—Nikki DiPalma

Director at Large—Carla Graham

Director at Large—Patricia Leader

Director at Large—Judy Mitnick

Newsletter Committee Chairman: Kim Wilkerson; 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 FAAA prior to publication. In addition, 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)



#8907