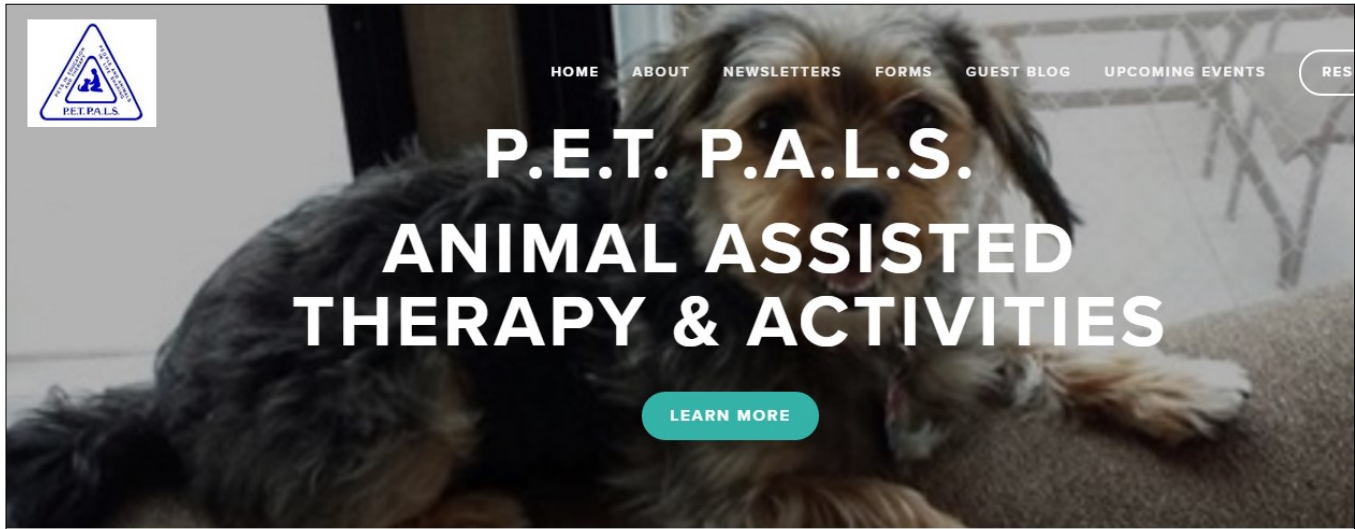


P.E.T. P.A.L.S.

Pitter Patter Newsletter

May 2017



New Website Goes Live

P.E.T. P.A.L.S. has a sleek new online presence thanks to board member and new webmaster, Denise Sears. After researching different web server companies, Sears chose one, created a sample website, and shared it with the board at one of the monthly meetings. All agreed it was a great way to update our site and get the P.E.T. P.A.L.S. message out!

The website will include information about what we do and how others can become members. It will also feature a guest blog and include links to our newsletters. People can learn about the research behind pet therapy as provided by Linda Nebbe. Check us out at www.petpalscedarvalley.org.

Also exciting is news that we received a monetary donation from Deere & Co. which participates in an employee volunteer/donation program. The board has decided to use this money to purchase an iPad that we will take with us to community events. We'll be able to share pictures of our volunteers and pets at different facilities. (Reminder: You must have signed releases to share photos of people at those facilities.)

Denise is creating a P.E.T. P.A.L.S. video to share on the iPad and needs your help. She would like to include pictures of volunteers and their pets by the signs for the places you visit. You can send these to Denise at PetPalsNews@gmail.com.

Spotlight On Visits: New Aldaya

P.E.T. P.A.L.S. dogs, Mocha and Chloe, are at New Aldaya's Main Street next to City Park where they greet residents gathering for Friday afternoon Bingo. The residents love to see them, but Mocha and Chloe love to be there just as much!

Rachelle Yousefi and Chloe have been visiting at New Aldaya for twelve years (it was known as the Cedar Falls Lutheran Home back then) and Arlene Prather-O'Kane has been visiting approximately 7 years, first with Shale, and then Mocha for the past three years. Other volunteers who visit New Aldaya are Susan Sherwood with Maddie, Cliff Highnam with Porter, Stacie Monaghan with Milo, Janet Thompson with Cami, and Brian and Griffin Unruh with Annie.

New Aldaya has been an enthusiastic supporter of P.E.T. P.A.L.S. and has been flexible with visiting times and days. They also have been very generous in opening their facility to us for the Temperament Evaluations of our new volunteers' pets for many years now. They are always welcoming, and both staff and residents enjoy the members bringing their furry friends in on a regular basis!



Arlene Prather-O'Kane and Rachelle Yousefi visit New Aldaya with their dogs Mocha and Chloe.

Health Check Reminders

Some members have not been returning the yearly health check form fully completed by their veterinarian. As a reminder, the handbook states the following: "An original health check form must be completed (all sections) with the veterinarian's signature."

Many times, the exam and/or stool check sections are not getting filled out or being completed. These, along with all vaccinations listed, are required. An original P.E.T. P.A.L.S. health check form, with the original signature, must be filed annually regardless of veterinarian or veterinary clinic. These forms are available on our new website. Please note that we are no longer accepting copies of the pet's records from the vet's office.

We know that our members understand the need for consistency and thoroughness so we can continue to be the well-respected organization we have been for 34 years. If you have not returned a completed form, please do so as soon as possible. Thank you for your assistance and continued support.

The P.E.T. P.A.L.S. Board

Social Events Are A Hit

Our members are so awesome that we decided we should spend more time together! As a result, we've started having regular P.E.T. P.A.L.S. socials. We've had two so far: the first was at Pepper's in Cedar Falls and the second one at Hurricane Bar & Grille in Waterloo. It's been really fun getting to know each other. We hope you will join us at our next gathering on **June 1, 2017 at 6:00 p.m. at Old Chicago in Cedar Falls.**



Volunteers gathered at Hurricane Bar & Grille for great food and conversation. It was a wonderful opportunity to get to know each other better! Seated around the table from left to right are Arlene Prather O'Kane, Becky Carr, Diana Harwood, Kelly Burke, Bob Schrader, Marcy Seible, Diane Hensley, Janell Slight, Jan Thompson, Suzzie Young, and Rachelle Yousefi.

Visiting Opportunity

The Rose, an assisted living facility in Waterloo, has asked for P.E.T. P.A.L.S. twice a month on weekdays. The activity director has been eagerly waiting for us to find some friendly animals for her residents to interact with and is willing to work out times with volunteers. If interested, contact Jan Thompson at thompsonj@q.com or (319) 234-8396.

Ready To Go Paperless?

If you would like to receive your copy of the P.E.T.P.A.L.S. newsletter electronically instead of a paper copy in the mail, let us know. Send an email to Marcy at PetPalsNews@gmail.com. She'll add your name to the email distribution list and remove it from the traditional mailing list.

Warm 'N' Furry Moments

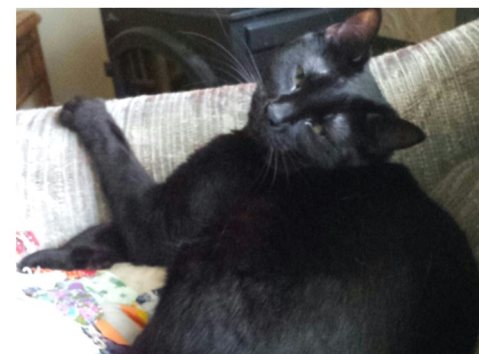
Marcy Seible

When I first joined P.E.T. P.A.L.S., my dog Sadie (Shih Tzu) and I were visiting at Ridgeway Place with Sue Lund and her dog, Beau. One time, I decided to dress Sadie up in a little sailor girl dog dress I found online. The residents seemed to get a real kick out of seeing her all dolled up. The next time I went I did not dress her up, and the residents kept asking me where her pretty outfit was. After that, I found (and in some cases, made) a new/different outfit for her to wear. Now we visit at Rosewood Estates where the residents are still asking us, "What is Sadie wearing today?"



Diane Hensley

Koji had a patient at 5 East (Covenant Behavioral Health) who was there longer than normal since she was waiting to find a group home to live in. She was always so happy to see Koji and called him "her baby." She wanted to hold Koji so badly, but he was just a kitten then and didn't want to sit still. On our last visit, I was sad that the Assistant Activity Director wouldn't wake her to see Koji. I know she would have wanted to see him.



Bette Nee

Since I joined P.E.T. P.A.L.S., I have visited a man every month with my small dog, Charlie. She is a very sweet and gentle five-pound Malchi (Chihuahua/maltase mix). On our first visit, he asked, "Is she for sale?" I replied, "No." Then he said, "Can I keep her?" I chuckled. He muttered, "You could just leave her here." At our last visit, he stated with confidence, "I'll dog sit!" I smiled knowing how much joy and comfort she brings him each and every month.



Do you have a memorable P.E.T. P.A.L.S. moment? Please share it with us! We love hearing about the differences we make in others' lives and how the work we do also enriches our own. Email your stories (and pictures if you can) to Marcy at PetPalsNews@gmail.com.

Help Wanted: Pizza Ranch Fundraiser

On Monday, June 12th, P.E.T. P.A.L.S. will participate in a fund raising event at the Cedar Falls Pizza Ranch. From 4:45-8:00 p.m., members will clear tables and assist the management as needed. In exchange for doing this, we receive all of the evening's tips along with 7% of the sales.

We need volunteers to help with this event. Call Sue Lund at 233-3624. Be sure to wear your P.E.T. P.A.L.S. shirts. This is always a fun evening and a great way for us to raise some money along with promoting our organization. Mark your calendars and tell your friends and relatives. See you there!



Upcoming Events

- UNI Finals Week — April 26-28 and May 1-3.
- P.E.T. P.A.L.S. social at Old Chicago in Cedar Falls — June 1 at 6:00 p.m.
- Cedar Falls Pizza Ranch fundraiser — June 12 from 4:45-8:00 p.m.
- Sturgis Falls Craft Booth — Sunday, June 25 from 10:00 a.m.-4:00 p.m.
- Cedar Falls Farmer's Market (dates to be announced)
- Black Hawk County Fair — July 25-29
- Reading Pals — Will take place at several locations this summer. Children read to pets to practice their fluency and expression. Pets must be calm and able to sit/lie down for three, 15-minute sessions. Contact Jan Thompson if interested.

Welcome New Volunteers

The following people have participated in training and their pets have passed their temperament evaluations. Welcome to P.E.T. P.A.L.S.!

- | | |
|------------------------------------|-------------------------------------|
| • Jackie Nelson and her cat, Leo | • Terry Page and her dog Coco |
| • Kelly Burke and her dog, Bella | • Brittney Lund and her dog, Harley |
| • Diana Harwood and her dog, Miles | • Paige Russler and her dog, Dawson |
| • Sarah Kiani and her dog, Leah | • Janell Slight and her dog, Kenzy |
| • Robin Knight and her dog, Tucker | • Suzzie Young and her dog, Aggie |

Saying Good-Bye

Our condolences also go out to P.E.T. P.A.L.S. members on their loss of their pets.

- Rita Lynn's dog, Patty, who visited at CVPCCC
- Liza Zuck's dog, Jake, who visited at Countryview

How Old Is Your Pet, Really?

PET'S AGE IN "HUMAN" YEARS					
Pet's Age	Cats	Dog 0-20#	Dog 20-50#	Dog 50-90#	Dog >90#
1	7	7	7	8	8
2	13	13	14	16	16
3	20	20	21	24	26
4	26	26	27	34	34
5	33	33	34	38	41
6	40	70	42	45	49
7	44	44	47	50	56
8	48	48	51	55	64
9	52	52	56	61	71
10	56	56	60	66	78
11	60	60	65	72	86
12	64	64	69	77	93
13	68	68	74	82	101
14	72	72	78	88	108
15	76	76	83	93	115
16	80	80	87	99	123
17	84	84	92	104	131
18	88	88	99	109	139
19	92	92	101	115	
20	96	96	105	120	
21	100	100	109	126	
22	104	104	113	130	
23	108	108	117		
24	112	112	120		
25	116	116	124		

Thanks to Dr. Wendi Goetsch at Taylor Veterinary Hospital for sharing this chart with us.

Visiting Schedule

If you would like to volunteer at a location, please contact the team leader listed below. Remember, you can visit more than one facility.

Site	Contact	Phone
CEDAR FALLS HEALTH CARE CENTER	Mavis Floss	240-5800
CEDAR VALLEY PRESCHOOL-CHILD CARE	Jon McNamee	243-0515
COUNTRY VIEW	Jan Thompson	234-8396
COVENANT BEHAVIOR HEALTH & REHAB	Terry Hertges	239-6865
FRIENDSHIP VILLAGE*	For information	610-7379
HARMONY HOUSE	Sue Lund	233-3624
LA PORTE CITY NURSING & REHAB*	For information	610-7379
MANOR CARE	Mavis Floss	240-5800
NEW ALDAYA LIFESCAPES	Rachelle Yousefi	277-7418
NEWEL POST (Day Visit)	Steph Knecht	504-0430
NORTHSTAR COMMUNITY SERVICES	Terry Hertges	239-6865
NORTHSTAR HEAD INJURY	Cheryl Gulden	274-9077
NORTHCREST SPECIALTY CARE	Susan Trower	236-0659
PINNACLE SPECIALTY CARE	Corrina Coverdale	233-6743
RAVENWOOD HEALTH CARE	Sue Lund	233-3624
ROSEWOOD ESTATES	Sue Lund	233-3624
SARTORI SENIOR BEHAVIOR HEALTH	Terry Hertges	239-6865
UNITYPOINT-ALLEN MENTAL HEALTH	Kathy Matthias	235-7667
WAVERLY HEALTH SERVICES	Bruce Coleman	352-1315
WESTERN HOME (Stanard Ctr.)	Jan Thompson	234-8396
WESTERN HOME (Thalman Square)*	Rita Lynn	277-4212
WESTERN HOME (South Cottage)	Jan Thompson	234-8396
YMCA	Deb Baker	988-9853

*More P.E.T. P.A.L. visitors are needed at these locations. Please contact them today to learn how you and your pet can brighten residents' lives.

P.E.T. P.A.L.S.

P.O. Box 373

Cedar Falls, IA 50613

P.E.T. P.A.L.S. Board of Directors Executive Committee

Chairperson	Jan Thompsen	(319) 234-8396
Education/Resource	Linda Nebbe	(319) 277-1696
Treasurer	Arlene Prather O'Kane	(319) 268-0417
Secretary	Bette Nee	(401) 327-5365
Records	Diane Hensley	(319) 236-3491
Membership Coordinator	Rachelle Yousefi	(319) 277-7418
Newsletter Editor	Marcy Seible	(319) 230-4565
Webmaster	Denise Sears	
One-Time Visits	Deb Baker	
Evaluation	Mavis Floss Becky Carr	(319) 240-5800
Public Relations	Sue Lund, Denise Sears, Marcy Seible	

Additional Board Members: Terry Hertges and Suzzie Young.