

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

Pitter Patter Newsletter

June 2019

HAPPY 35TH BIRTHDAY P.E.T. P.A.L.S.

Last October, P.E.T. P.A.L.S. celebrated a remarkable milestone: our 35th birthday! Approximately 70 people gathered at the Waterloo Center for the Arts and enjoyed a catered meal from Randall's, provided by P.E.T. P.A.L.S.

The theme "Paws to Remember" provided an opportunity to learn about the early days of our organization. Linda Nebbe (a co-founder) guided us as people shared special memories. We were especially glad to have Dick Sines join us for the evening and reminisce about experiences he and his wife Bonnie (another co-founder) went through. It was fascinating to hear stories from people about our roots and then to see how we have grown.

Thank you to everyone for their hard work organizing this event, from the newsletter and invitations, to the decorations and gathering of door prizes. We are lucky to have such dedicated volunteers!

If you enjoyed this dinner, then save the date for the next one this fall. It will be at the Waterloo Center for the Arts on October 14, 2019. We especially hope that those who have never been to a Volunteer Appreciation Dinner will come and spend an enjoyable evening celebrating.



A MESSAGE FROM RILEY

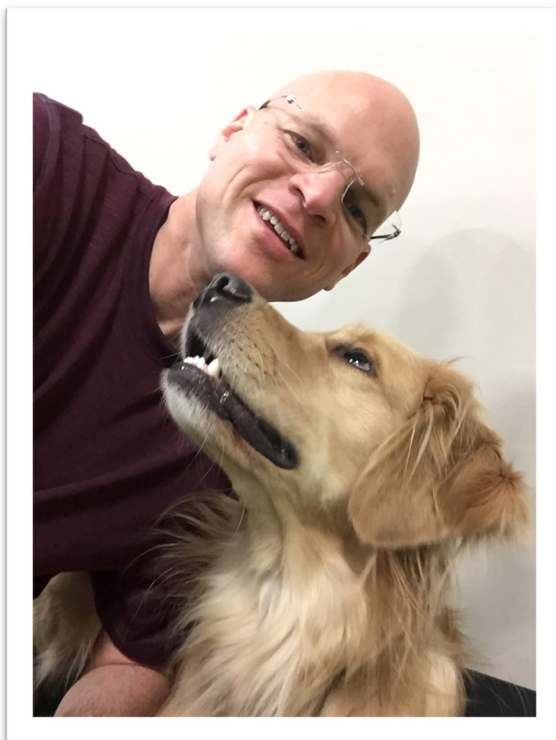
Hi humans! My name is Riley Sederburg. I was asked to write an article about me and my dad, so I'm starting with me because I'm the best looking.

I'm a 5 year-old golden retriever. I stay very busy because I have my own website, my own job, and a truck (well dad thinks it's his truck, but he's really my chauffeur, which makes it my truck). When I was little, my dad put a computer in my kennel so I wouldn't be bored when he was at work, and I've been keeping a blog about my life ever since! It made me a very smart dog. If you're interested, go to <http://www.thelazydog.org/riley/> or sniff me on Facebook!

My dad does computer stuff too, but he does everything in "code" so it's boring. You might know my dad as your semi-invisible P.E.T. P.A.L.S. webmaster. Have you seen the website lately? He did most of the work, but I helped a lot with the design, and I was always close by to offer suggestions, protect him from squirrels, and eat treats. Dad says I'm his second shadow.

My dad has hobbies like computer stuff (that "code" thing again), music stuff (he plays Irish fiddle), and motorcycle stuff (nothing I can ride in), and playing with me (of course). Actually, I got involved in P.E.T. P.A.L.S. because of the music stuff! You see, because dad loves Celtic music, we occasionally host bands from Ireland and Scotland and Canada. Dad says the people come for the music, but I know they're really coming to see me--the music is just a bonus. Anyway, it was at one of these concerts when one of my fans said because I'm so smart and friendly, I should be in P.E.T. P.A.L.S.! One thing led to another, and here we are. Now I'm a therapy dog and web-design consultant.

So that's a little bit about me and my dad. Hope you like the website and get to pet me soon! Wagwagwag... -- Riley



STUFF THE TRUCK

P.E.T. P.A.L.S. is having a new fundraising event called "Stuff the Truck," which will take place on Saturday, June 15, from 9:00 a.m. - 12:00 p.m. at Faith Evangelical Lutheran Church, 1555 W. Ridgeway Ave., Waterloo. The Stuff store in Waterloo will bring a large moving truck to a location and our group will receive 50% of the money for items that sell. Items must be in good condition, must work, and must meet the guidelines for seasonal items accepted. For a full list of what the Stuff store accepts, visit shopstuffetc.com. We hope to see you there!

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., everyone!

- Ashley Anaweer and her dog Gus
- Peg Broadie and her dog Bella
- Rita Lynn, long time member, and her cat Menard
- Susan Morrison and Bill Morrison who visit with their dogs Ike and Mike
- Fred Richtsmeier and his dog Luke
- Monica Robbins, long-time member, who will begin visiting with her dog Cami
- Bob Schrader, long-time member, and his new dog Mitzi

SAYING GOOD-BYE

We send our condolences to members on the loss of their pets.

- Bob Schrader on the loss of Sebastian. Bob shared, "He was not only my best friend, but the best fishing partner any man could ask for."
- Susan Trower on the loss of her Shih Tzu, Lucy. Susan shared, "Our sweet little Lucy Lin (Shih Tzu) passed away at home on 3/24/19; she would have been 18 next month. Lucy was an active member for over 10 years and starred in several commercials for a local business."
- Rachelle Yousefi on the loss of Chloe, who was inducted into the 2015 Iowa Animal Hall of Fame for her service in P.E.T. P.A.L.S. Rachelle shared, "She was a loving bundle of joy."

UNI LIBRARY DE-STRESS DAYS



Everyone has a great time at UNI Library's "De-Stress Days" event. The students look forward to our pets coming to visit so they can hold them and hug them. Of course, our pets love all the attention they get, too. We have been visiting the library since the spring semester of 2014. The library asks us back every semester due to popular demand!

OXYGEN MASKS

In 2008, P.E.T. P.A.L.S. and area veterinarians donated 14 sets of pet oxygen masks to fire departments in Waterloo, Cedar Falls, and Evansdale. We are happy to report that they have been used frequently and have saved the lives of numerous animals.

This picture, courtesy of *The Courier*, shows a dog that was recently revived after using one of the masks.



WE NEED YOUR “STUFF”

Calling all volunteers...We Need More Donations! We have an account at the Waterloo Stuff Etc. store (located behind Menards in Waterloo). Our account number is 14713, or if you just tell them you would like to donate to P.E.T. P.A.L.S., that is fine too. There is a limit of 2 totes or 2 kitchen size garbage bags full at a time. For a current list of what they are accepting, visit shopstuffetc.com. Please tell your family, friends and neighbors to donate too.

THANK YOU TO OUR DONORS

Our group continues to be very fortunate in receiving monetary gifts. Some recognize our work as an organization while others wish to honor a loved one. Here are the most recent donors we would like to thank:

- Mary Roach
- Joyce Kohn in memory of Sadie
- Marlene Hanft in memory of her husband Dick, a former P.E.T. P.A.L.S. member. Dick volunteered for P.E.T. P.A.L.S. at Allen Hospital with his two buddies, Teebo and Raggs. He enjoyed the program because it combined his love of dogs and meeting people. He will be missed.

Donations are greatly appreciated and may be sent to:

P.E.T. P.A.L.S.
Box 371
Cedar Falls, Iowa 50613

READING PALS

Reading Pals has become a very requested part of what we do and has taken place at several area libraries and a preschool. In this program, students read to the pets in 15-minute sessions. Parents have provided extremely positive feedback and children are always eager to sign-up for a turn. Rita Lynn and her dog, Otis, recently experienced some extraordinary results at the Cedar Falls Library and we asked her to share them.

In Rita's words: "A recent afternoon of Reading Pals at the Cedar Falls Library illustrates the amazing value of our pet visits. The first child, described by his mother as "not a risk-taker," was reluctant to enter the room unless I held Otis on my lap. Once he was able to come in and sit on the cushion in front of us, he began reading at barely more than a quivering whisper. Gradually his voice became more audible until he was reading confidently at normal volume. His session ended with him allowing Otis to be on the floor and giving Otis a treat directly from his hand."

She went on to describe a second encounter: "The second reader was so afraid of dogs that she wouldn't even look in the door. Again, I agreed to hold Otis on my lap. The child's mother sat on the mat and started reading the child's book while gently encouraging her daughter to participate. The little girl inched her way into the room and onto the mat, finally reading happily in front of Otis and me and turning the book to show Otis the pictures. Before she left, she allowed me to put Otis on the floor to do his tricks and eagerly gave Otis a treat from her hand."

Transformations occurred in two young lives! These are the rich rewards for our efforts. If you would like to be part of Reading Pals, please contact Jan Thompson at thompsonj@q.com. Pets are needed for summer programs at an area library and preschool.

Your animal must be very calm and able to sit or lay for three, fifteen-minute sessions. (With breaks in-between.)



MEET OUR PETS



Mitzi

Meet Mitzi Schrader. I adopted her from Little White Dog Rescue in Omaha 11/11/18. She just turned 7 and is the best little cuddler. Right now she is pretty shy, but we're working on that. She really perks up the residents at Cedar Falls Healthcare where we visit twice a week.

—Bob Schrader



Zoey

Zoey, a golden doodle, was born June 2006. Her first owner gave her up late in 2010 because she didn't have enough time to spend with her and/or couldn't afford her. For a while, a tech at her vet's office fostered her. Then my niece heard about her in 2011 and told me. My husband agreed we would take her as long as she was a little dog. I brought her in the house telling my husband, "She was little once." We joined P.E.T.P.A.L.S. and visited Covenant, Sartori, and NorthStar. She made many people happy. Our last visit at NorthStar was late last year. She walked with her head hanging down and only got excited when we went in a room with a pet rabbit in it. I got the message it was time for her to retire. Now we walk almost every day. She is a shining star in my life.

—Terry Hertjes

JOIN OUR BOARD

P.E.T. P.A.L.S. has an opening on its Board of Directors. Serving includes attending monthly board meetings, contributing ideas, and organizing and participating in events. If interested, contact Jan Thompson at thompsonj@q.com.

VISITING SCHEDULE

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

SITE	CONTACT	PHONE
CEDAR FALLS HEALTH CARE CENTER	Mavis Floss	240-5800
CEDAR VALLEY PRESCHOOL-CHILD CARE (day visit)	Jon McNamee	243-0515
PILLAR OF THE CEDAR VALLEY (FORMERLY COUNTRY VIEW)	Jan Thompson	234-8396
COVENANT BEHAVIOR HEALTH & REHAB	Terry Hertges	239-6865
DENVER SUNSET HOME	Jan Thompson	234-8396
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)	Cheryl Gulden	274-9077
NORTHSTAR COMMUNITY SERVICES	Terry Hertges	239-6865
NORTHSTAR HEAD INJURY	Cheryl Gulden	274-9077
NORTHCREST SPECIALTY CARE	Susan Trower	236-0659
PINNACLE SPECIALTY CARE	Denise Sears	415-8750
RAVENWOOD HEALTH CARE	Sue Lund	233-3624
ROSEWOOD ESTATES	Sue Lund	233-3624
THE ROSE	Jan Thompson	234-8396
UNITYPOINT-ALLEN MENTAL HEALTH/REHAB	Kathy Matthias	235-7667
WAVERLY HEALTH SERVICES	Bruce Coleman	352-1315
WESTERN HOME COMMUNITIES		
MARTIN CENTER	Jan Thompson	234-8396
STANARD CENTER	Jan Thompson	234-8396
THALMAN SQUARE	Rita Lynn	277-4212
THUESEN COTTAGE	Jan Thompson	234-8396
NATIONS COTTAGE	Jan Thompson	234-8396
YMCA	Deb Baker	988-9853

Contact any of the above 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	Terry Hertges	(319) 239-6865
Records	Deb Hudspeth	(319) 240-5113
Membership Coordinator	Rachelle Yousefi	(319) 277-7418
Newsletter Editor	Marcy Seible	(319) 230-4565
One-Time Visits	Diane Hensley	(319) 231-9578
Temperament Evaluation	Sue Lund	(319) 233-3624
Public Relations	Sue Lund Terry Page	(319) 233-3624 (319) 236-3564
Webmaster	Van Sederberg	(319) 343-7025
Additional Board Member:	Kathy Matthias	(319) 215-7080