

P E T P A L S

Animal-Assisted Therapies and Activities throughout the Cedar Valley

Spring 2022 Newsletter

Honoring Special Friends

As Memorial Day approaches, P.E.T. P.A.L.S. would like to dedicate this newsletter to three very special friends of our organization. A quote from John M. Simmons says, "Friends come into our lives and friends leave our lives. But friends never leave our hearts". We thank each of them for the ways they touched our lives.

Bob Schrader

When I was asked to write a short article about my memories with Bob I was a little reluctant as I could not even imagine where to begin. So here it is in a nutshell: Bob was a delight to be around. When I started back visiting, with Pet Pals with my Jack Russell, Chase, Bob showed me the ropes. He always had a smile on his face and a dynamic personality to boot! We became fast friends and I so enjoyed spending time with Bob and both Sebastian and Mitzi at our family barbecues and holiday dinners. Bob was quite the storyteller and enjoyed watching old black and white musicals on television, especially those including Fred Astaire and Ginger Rogers. Bob loved being on his boat and cruising the Cedar River while wandering the backwaters along the shore. Both Sebastian and Mitzi would take up their positions at the bow; helping Bob navigate the waters. He had a heart of gold and would give you the shirt off his back if you asked for it. I think I can speak for everyone who knew Bob that he is greatly missed. *Authored by both Deb Hudspeth and John Molseed (a resident at the Cedar Falls Health Care Center and dear friend of Bob's).*



Gloria Fink

Besides being a wonderful friend, P.E.T.P.A.L.S lost a great member last August. Visiting and developing a loyal and true friendship with Gloria was priceless and a true treasure. I am sure those members who knew her felt the same loss.

Gloria had several pets during her P.E.T.P.A.L.S. time. First was Honey, her Yorkie who was so tiny that she would put her on an over-the-bed table when possible for ease of viewing for residents. After Honey passed, her next Yorkie, Buttons, who was great at agility, was not a good candidate for visits. So Miss Gloria decided with all her creative wisdom to bring her goldfish. Although there were some changes over the years, she kept the names Goldie and Bubbles for her fish. She would put them in a glass container so the residents could see them up close. They brought up fun conversations that sometimes dogs and cats don't. One man even recalled going fishing...for bigger fish.



continued on page 2

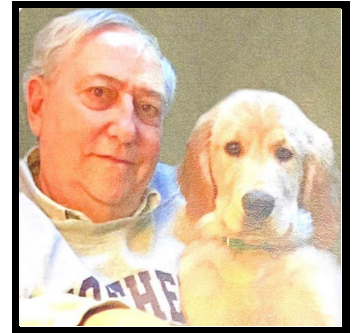
Like with many visits, residents remember the names of the pets, and Goldie and Bubbles were no different. It even helped a boy who is autistic carry on conversations about them.

Gloria was not only doing visits, but also was on the P.E.T.P.A.L.S board for many years fulfilling the newsletter duties. Gloria had a very artistic side creating a variety of items to help raise money for P.E.T.P.A.L.S. Many of you may still have totes, painted bricks, carved items and various other fun but useful items made by her.

Thoughts shared by Susan Trower, a good friend of Gloria's and a member of P.E.T. P.A.L.S.

Dick Sines

While Dick was not an actual visiting member of P.E.T. P.A.L.S., he had a definite impact on our organization. He was married to Bonnie, the co-founder of our organization and was there to support her and Linda Nebbe as they worked to create a program which has endured for thirty nine years.



Everyone thinks they have the best dog. And none of them are wrong.

--W.R. Purche

We got our first dog in about 1986. Shana was a sweet little bundle of energy but we knew she would soon grow into an impressive adult German Shepherd/Malamute. After a few weeks the only thing that really grew was her ears. Bonnie was a friend from college and we invited her over to meet our new baby. She walked into the backyard, took one look at Shana and said, "Oh! What a cute Corgi!" That was the first and certainly not the last lesson on dogs that we got from Bonnie and Dick.

We took Shana to a puppy class led by Dick and Bonnie where we learned that in order to truly train a dog; you first have to appreciate how dogs function in their world. Years before Cesar Milan, Bonnie and Dick taught us how to understand OUR role in Shana's pack. Sadly, Shana wasn't with us very long but we had been bitten by the Corgi bug. Broni came into our home and we began our Dog Show years. Total novices, Bonnie and Dick helped get her ready for the ring and gave us show advice. We eventually stopped doing dog shows and in 2000, Bonnie called and suggested we join P.E.T. P.A.L.S. Twenty-two years and 4 Corgis later we are still at it.

We like to think that Bonnie and Dick are together again. Relaxing with a glass of wine near the Rainbow Bridge, welcoming each new arrival with a treat, an ear scratch and a belly rub.

We think about Bonnie and Dick often. When we are out walking Shady or, when we cross paths with someone having issues with their dog. We look at each other and think, "What would Bonnie and Dick do?"

Written by Jon and Lori McNamee

*When we lose people we love we must learn not to live without them,
But to live with the love they left behind.*

Pet Condolences

We send our condolences to members on the loss of their pets during 2021-2022.

“Until one has loved an animal, a part of one's soul remains unawakened.”
- Anatole France

Brittney Lund in memory of Sassy and Harley

Jennifer Hoelscher Remembers Isabelle

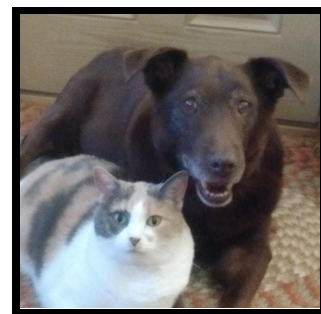
Isabelle died on 7/23/21 of heart disease. She was blessed with 14 good years, but I was the one truly blessed by her. She was born in Dike, Iowa to a family who raised Cairn Terriers. We actually still have her brother, who is now 13 years old. We loved the breed so much, we got him one year later. He is not Pet Pals temperament, unfortunately. He has other lovable qualities! Isabelle and I loved our volunteer work with Pet Pals. I had heard of the organization, but was not very familiar until we met Pet Pals volunteers at a walk for the Cedar Bend Humane Society who encouraged us to join. That was the start of making many friends and special memories. I feel the bond between Isabelle and I grew during our visits. She never had any official obedience training. I was lucky because she seemed to easily catch on to what I wanted her to do. She could recognize our special leash, t-shirt, the bandana, and got so excited when I brought them out for a visit!



I want to extend a special thank you to Pet Pals for all you do, bringing the love and joy of animals (and fish) to the community, and the compassion shown to me when she died. The opportunity to share her memory is very special.

Terry Page Remembers Coco

Growing up, I knew if you wanted a dog, you went out and got a puppy. Then comes the housebreaking and training, cleaning up messes and throwing away things that little teeth destroyed. After very unexpectedly losing my Mattie girl, I was not looking forward to the puppy phase of a new dog. My sister had adopted two senior boys. The first one was a wonderful boy who had lost his home when his owner went into a care facility. The second boy had literally lost his home during the Cedar Rapids flood of 2008, he was different but still wonderful. I thought maybe it was time to go the senior dog route myself. After all, I had always heard that senior dogs had a hard time being adopted and that they spent extended time in shelters waiting. So I started my search to find the perfect dog.



Funny thing. It seems I wasn't the only one thinking a senior dog was the way to go. The first dog I found was a 7 year old stray with Heartworm and Lyme Disease. She had been at the shelter for 6 months. I filled out an application for adoption. Two days later, I received an email saying my application had been accepted, but the dog I applied for had been adopted. What are the chances? Over the next 8 months, every dog I thought would work out was adopted before I could go see it. It got to be a joke. Then it got frustrating. Turns out, the perfect dog was coming home with me, I just had to be patient. On Thanksgiving Day, eight months later, a stray was found walking along a rural highway. She was an 88 lb. Chocolate Labrador named Coco. She came with a limp that turned out to be severe arthritis in her right elbow. I always wondered if she was a hunting dog that was abandoned due to her handicap. Their loss, my gain. From the moment she walked into my house, she was a gentle and wonderful friend to my three cats and everyone she met. I started visiting with her right away. She would get so excited when she saw her Pet Pals collar and leash. Nursing homes were a struggle for her, but she was a trooper. She especially loved going to UNI for the De-stressing Days during finals week and Reading Pals. No walking necessary, just roll onto her back and be adored. She was truly a kind soul. She touched many hearts.

Unfortunately, after 5 wonderful years, I knew the time was here. She was tired and she was ready. My Veterinary Hospital is across the street from a corn field. As we sat outside waiting, the strangest thing happened. She sat up and looked intensely into the cornfield. I will never forget the look on her face. I could feel her remembering days past when she would run pain-free through fields just like that one. I could feel her drifting away in that moment lost in memories past. She was unresponsive after that, she was gone into her sweet dreams. She was dearly loved and will be truly missed.

Adopting a senior dog turned out to be the best decision. No matter the age or the handicaps, senior animals have so much love still to give. Rescued dogs seem to understand and really appreciate a new loving forever home. Even though the forever might not be as long in years for a senior dog, the quality of those years is a blessing.

Welcome New Board Members

We are happy to welcome some new members to the P.E.T. P.A.L.S. board. They come with enthusiasm and new ideas to contribute in helping us to grow as an organization.

“I am Linda Klarman and my service dog Sophie is a pet pals visitor. She has done the library reading program, UNI days, and other special events. She loves kids and thinks she has to pet them all. You will see her everywhere with me. We have been part of Pet Pals for three years.”

Peg Broadie - “Bella, a Cavachon, and I joined the NewAldaya team in 2019. We continue to visit there 2-3 times a month and I recently became team leader for the facility. I am a nursing faculty at Allen College and was selected for the 100 Great Iowa Nurses award. I hope to utilize my skill set to benefit the organization through serving on the board.”

“I am Paula Billet. Tinker and I visit Waverly Community Hospital. He charms the staff, nurses and doctors. I am a retired teacher.”

“My name is Sue Schoon, and I’m originally from South Dakota but have been an Iowan now for over 30 years. I work full time at Roth Jewelers. My dog Daisy is a rescue Golden Retriever, who also happens to be a tripawd. I had only known her for a couple of hours when I took her into the nursing home where my Mom lives, and knew we had found her calling. We have yet to meet anyone who Daisy doesn’t like. I’m looking forward to being on the Pet Pals board, and hope to be able to get more awareness out to the public of the benefits of pet therapy.”

“My name is Christine Hess and I visit Bickford Senior Living with our dog Zelda, she is a 2 year old rescue. She loves people and is the sweetest girl. She used to go to work with me daily and now that I work from home for the Alzheimer’s Association I knew we needed to find somewhere for her to volunteer. I am happy to be part of the board to hopefully bring a fresh new perspective to the team.”

Special Thanks To Our Donors

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

In Memory of Bob Schrader:

Carl and Barbra Scoles
Raymond Scholes
Daniei and Amber McGivern
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John and Paula Chambers
Terry Page
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Lois Wathen

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In Memory of Gloria Fink

Linda Brown

Additional Donors:

Dalila Amend

Janice Rogers

Dottie Wear

Jamie and Rod Clancy

Coleen Kelso

Scoop (Casey Brookhauser)

Pizza Ranch (fundraiser)

De-Stress at UNI

Once again, last December, P.E.T. P.A.L.S. was asked by the UNI Library and the Student Wellness Services to be on campus to help students “de-stress” during finals week! Did you know that we have been doing this every semester (except during the pandemic) since 2014! The students love our pets and we enjoy engaging with the students. Everyone has a great time!



Welcome New Members

You are all wonderful additions to our program!

- Carey, Alivia and Brianna DeGroote, with Freya and Fritz
- Angela Fritz McHone, with Nala
- Craig, Moriah and Micaiah Groothuis with Oreo and Snickers
- Theresa Johnson, with Shammy and Oakley
- Doug Keiser with Bojo and Riley
- Sandy Saunders, with Murphy
- Heather Solomon, with Howie
- Leigh Yarger and Gwen Schwestka, with Einstein

Visit Us At Sturgis Falls

P.E.T. P.A.L.S. is so excited to once again be able to participate in the Arts and Crafts Fair during the 2022 Sturgis Falls Celebration. It will take place on Sunday, June 26th, from 9:00-4:00pm. Our booth is located on West Third Street right across from Overman Park.



This year we will be selling dog treats along with Snuffle Mats. If you have never heard of them, it's a way to entertain your dog by hiding treats in small areas of a fleece mat. In addition to those, we will again have dog and cat items like our popular bows and bow ties, catnip mice and toys. "People items" will include scarves, pockets for the refrigerator, tooth fairy pouches, and denim purses. Everything has been made by members as a requirement from the festival.

Visiting Resumes

We are finding that more facilities are opening up following a long period of time dealing with COVID. Please check with your team leader, or someone on the board, to see if the place you most recently visited is now open. Many still have restrictions, such as masks, but we find that the residents are very anxious to have the animals return. If you are interested in finding a new place to try out, or if you need more information, you can call: Rachelle Yousefi at 319-277-7418 or Jan Thompson at 319-234-8396.

Please make an effort to get started again. You will really brighten the day of people who have been isolated for too long.

Friendly Reminders

P.E.T. P.A.L.S. would like to remind our visiting members of some important things to remember.

Veterinary health checks are due each year. You will receive a reminder prior to their due date. Members are not allowed to visit if these are overdue. Please be prompt so that the record keeper does not have to keep sending reminders to you.

Be sure to have your "pet pack" with you so that you are prepared for any problems. Items may include: a water dish, treats, clean towel, brush, toy, paper towels, etc.

Many facilities are kept warmer than some of us would prefer as we visit.

This also includes your animal. If you notice your pet starting to overheat, take a break outside and give them a drink. This can refresh both your pet and you. Learn to read your pet's body language.

As you visit, you will be aware of people with various medical conditions. It's helpful to review working with various populations of people in the yellow section of the P.E.T. P.A.L.S. manual. Keep in mind that you should approach people from the front and introduce yourself. Be sure to bring closure to the visit by letting them know that you enjoyed spending time with them and that you'll be back again.

It's very easy to cancel a visit on a day that you are tired or stressed. Remember that people are counting on you and it's very disappointing when the highlight of their day isn't there. You'll probably notice how much better you feel after a visit plus you will have spent quality time with your pet.

P.E.T. P.A.L.S. Visiting Sites – For information, call 319-610-7379

Active Minds Early Learning Center
Bickford Cottage
Cedar Falls Health Care Center
C.V. Preschool and Child Care Center
Denver Sunset Home
Friendship Village
Harmony House
La Porte City Nursing and Rehab
MercyOne Rehab
NewAldaya Lifescapes
Newel Post
Northstar Community Services
Northstar Head Injury

Northcrest Specialty Care
Peer Support Recovery- UnityPoint
Pillar of the Cedar Valley
Pinnacle Specialty Care
Promedica (formerly Manor Care)
Ravenwood Health Care
Reading Pals
Rosewood Estates
The Rose
UnityPoint- Mental Health/Rehab
Waverly Health Services
Western Home Communities

Have Questions? Contact us at (319) 610-7379 or petpalscedarvalley.org

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