

SHORT PAWS

THE OFFICIAL NEWSLETTER OF FURRY FRIENDS P.A.T.S



letter from our president

Hello, Furry Friends!

It's hard to believe that another year is almost over, and the holidays are upon us.

Our membership year runs from December through November, and membership renewals are due this month - \$50 for an individual, \$75 for a family. We hope you will all renew your membership and continue to Lick Loneliness in 2024.

The holiday season is a busy time of year, and everyone has a busy schedule. Please, please try to find time for your visits this month! Many of the people we visit are alone and have no family. We may be the only spot of joy they experience. At this time of year, more than ever, licking loneliness is important.

Thank you for all you do, for all your visits.

Merry Christmas, Happy Hannukah, Happy Diwali, and Happy New Year!

Anne

critter corner

JULIE BOND, M.S. ANIMAL BEHAVIORIST



Just as I did in our last newsletter, I'm once again using my column to review some of the material covered in the etiquette class as many of you haven't attended one in several years and I'm always adding information to the class as our policies and procedures change/get updated over time. For those of you who have attended a recent etiquette class, this particular column will serve as just a gentle reminder of what we covered there. As always, if any of this isn't clear, or you have further questions, please let me know!

TIMELINESS ON VISITS:

It is important to arrive on time for all of your visits. If your team captain has asked that everyone arrive a few minutes early to let folks greet one another, have the dogs relieve themselves, etc. please follow those guidelines. Arriving after a pet therapy visit has already started is disruptive to your team and may cause dogs on the team to orient away from the patient/resident they are visiting and focus on your arrival instead. Some captains have indicated that they do not allow late arrivals for visits at all and that is up to their discretion; some teams have a host who walks around with them on visits, or are visiting a lock-down facility, so late arrivals will not work for those visits either. If you will need to leave your visit early, please let your team captain know. Whether it's that you have another commitment, or if it's that your pet is uncomfortable leading you to need to cut your visit short, you must make your team captain aware that you are leaving so that they aren't wondering where you are, looking for you before moving on to a new area, etc.

GROOMING PRIOR TO YOUR VISITS:

Furry Friends does not require you to bathe your animals before every visit, instead relying on you to determine if a bath is necessary. Please do the “sniff test” before your visit. If your pet smells, they need a bath, or at the very least a once over with dry shampoo. Pet deodorizers work great, as do pet wipes which help control dander and other allergens that stick to our pets, both those with fur and those haired breeds. Pet wipes are also great for dirty feet, dirty chins/beards, and eye discharge. Every pet should be brushed, combed, grooming mitted, etc. before every visit, even if the visit is outdoors and they will be getting dirty again. This goes for non-shedding breeds as well. Running a brush, comb, or grooming mitt over your pet allows you to assess your pet's readiness for a visit as much as it gets their coat in top condition. Please make sure that nails are trimmed, dremmeled, or filed; if you hear clicking when your dog walks, it means that their nails are too long. Using a file or dremmel can help to push back the quick and shorten those nails over time. If your pet licks faces, a doggie breath mint or brushing their teeth before a visit is advised, but not required! Just remember to alert people that they are getting into the lick/kiss zone so they can adjust their behavior if they don't want to be licked by your dog. If your dog has a hot spot, basically a moist patch of dermatitis, you will want to skip your visit. These open sores are a prime location for transmitting MRSA (an antibiotic resistant strain of staph bacteria found in most hospital settings). While MRSA will not make your pet sick, they can carry it out into the world and spread it, bringing risk to those who are elderly, ill, or immunocompromised. Again, grooming your pet prior to visits will help you to determine if your pet has any medical, behavioral, or skin-related issue that could affect their ability to safely attend a pet therapy visit.

ATTENTION SEEKING:

While we clearly want pet therapy animals in our organization to seek out attention from those we visit, how they seek out that attention is important. Dogs who jump up, paw, nudge hard, mouth hands, bark, or whine for attention are risky for what we do. Dogs who jump up, even little dogs, can knock someone over, frighten them, or scratch delicate skin. Pawing, nudging, and mouthing can clearly hurt someone as well. Dogs who bark or whine for attention are disruptive and can startle or scare those we visit. It is also the case that most of the people we visit have little to no dog experience, so a barking or whining dog is perceived as ill-mannered or aggressive. If your dog barks or whines during a visit, you will ask them to quiet and if they don't immediately comply, you will take them outdoors for a bathroom break, water break, or just a breather before bringing them back to the visit. If they persist, you will let your captain know that you are leaving the visit. Please redirect your dogs if they paw or nudge by placing your hand or arm in their way to prevent the contact. For dogs that jump up, please stand on their leashes so that they are prevented from jumping; do not yank back on their leashes, however, as that communicates to the dog that there is something wrong with the person they are approaching, since you are pulling them away! For little dogs, you have the choice to either stand on their leash, scoop them up, or have them attend visits in a stroller to keep them from jumping up.

THERAPY PETS ON FURNITURE, BEDS, & LAPS:

It is certainly true that our pets can provide even more comfort for the people we visit if they can be on beds, couches, chairs, etc. in those facilities. However, we cannot allow our pets to get up on the furniture if the facility doesn't allow it. So, for example, even if someone is patting the couch to encourage your pet to jump up there with them, you cannot allow your pet to do so if the facility doesn't want animals on the furniture. Now, if they do allow it but you aren't comfortable allowing your pet on furniture, simply tell the person you are visiting that you don't allow your pet on furniture, but you'll be happy to move them closer for attention. Regardless of the size of your pet, if you do allow them on furniture please be sure to bring a towel, blanket, etc. to place on the furniture to make sure we don't leave any hair, dirt, or dander behind. These blankets or towels also serve to signal to your pet to rest quietly in place when they see that blanket/towel on a piece of furniture. And if you have a small dog, cat, rabbit, etc. that enjoys sitting or resting on laps, don't forget to put that towel or blanket there first. That way, if your pet jumps down, they won't push off and inadvertently scratch the person and you'll be able to take any hair, dander, etc. with you when you move on with your pet. Even non-shedding pets must have a blanket or towel between them and furniture or laps on our pet therapy visits.

FOOD, TREATS & SNACKS:

Furry Friends no longer allows our volunteers to bring food or treats for our pets on visits. We did allow this years ago, but ran into issues with dogs snapping at hands for treats, dogs wrestling with each other over treats, treats being ground into carpet and rugs at facilities, patients eating treats meant for the pets, as well as dogs with allergies receiving treats from someone that created an allergic reaction. The bottom line? We decided to discontinue allowing treats on visits. Doing so had a wonderful consequence though: Many of the dogs on visits stopped spending all of their time looking for treats and began to focus again on the people, interactions, and attention. Having said all of this, I understand that you like to reward your pets for a job well-done. I do too! Give those rewards at your car before and after a visit to let your pet know they are doing a great job! Do not, however, have treats in your bag, backpack, pocket, etc. when you attend any visit with Furry Friends. Even if you are not handing them out, every pet on your team will know you have them on you and that changes the tenor of our visits. Please discourage the staff, patients, residents, etc. from giving your pets treats/snacks as well. First of all, much of what your pet will be offered isn't good for them. I've heard of pets being offered coffee, cocoa, brownies, cookies, pudding, jello, pie, and cake on visits! None of these things is good for your animal and a couple of them are hazardous to their health! Just say no, even if it's something you know your pet can have. Tell the person offering that we don't allow food on our visits and encourage them to offer your pet attention instead.

MAKING SURE YOUR VISIT SPACE IS SAFE:

You will always want to make sure that the space you are visiting in (a room, a hallway, an events room, or a parlor, for example) is safe for your pet. That means there are no other animals there (we don't allow resident animals or other visiting pets to engage our Furry Friends pets on visits); there isn't food on the floor to distract your pet; there aren't any needle caps, gloves, masks, etc. on the floor to distract your pet; and most importantly, there isn't any medication on the floor for your pet to discover. If you do find medication on the floor, hopefully you can get to it before your pet does! Take the medication to the nursing station or to a staff member and let them know where you found it. If your pet gets to it before you do, please don't panic. Let a staff member know and they can let you know what the patient(s) in that area are taking so that you can contact your vet to see if there are next steps you should take. Most of the time, veterinarians will tell you not to worry; one dose of something is unlikely to make a difference to your pet's health.

WHAT SHOULD YOU SAY ON YOUR VISITS:

I like to think of our conversations on visits as “cocktail party conversation 101,” meaning keep it light, not too personal, and leave the person you talked with feeling good about themselves. We need to make sure that we don't ask any personal details in order to protect their privacy. Beyond that, keeping it light means that if the person you are speaking with has memory deficits, you won't leave them feeling badly when they can't remember the name of the dog they used to have or what breed he was. It's hard, I know. When they say, “Oh I love your dog! I used to have a dog too!” you want to ask, “What was his name?” Just restrain yourself! Instead say, “I love dogs too! This is my (insert number) dog and he's just such a love bug,” for example. You can comment on the weather, the decorations in their space, the flowers outside their window, etc. Do not ask why they have a brace on their neck, why their hand is in a cast, what the tattoos on their body mean, etc. You may be thinking that it's crazy that I just outlined those no-no's but we've had volunteers ask those things! Even if you are visiting a facility and you know someone there, you must refrain from asking personal questions on our visits. Come back and visit that person as just you, not a Furry Friends volunteer, and have those personal conversations. And, if you are a teacher, school administrator, doctor, nurse, physical therapist, etc. in your everyday life, remember that you are just a volunteer when you are on a Furry Friends visit. Refrain from saying or doing things that are okay in your work environment, but not appropriate for volunteers. We cannot adjust patient's beds, get them a glass of water, move their pillows, help them stand up or sit down, etc. If they ask you to help, even if you know what to do, just tell them you will go get someone to help them.

*Furry Friends extends a big
WELCOME to our new
volunteers.*

September 2023

Lisa Rick
Diane Hinkle
Celine Wang
Anagha Mishra
Mary Beltran
Theodore Lamour
Stephanie Williams
Justin Williams

October 2023

Suzanne Lauritzen
Christina Chin
Reeve Chan
Ashley Walker
Joe Palaniuk

November 2023

Sandy Orlando
Chandana Prabandham
Joy Leutza
Jenny Wagner
Talya Lutzker
Rebecca Li

2024 Etiquette Training



January 28 at 10:30 a.m. and 1:30 p.m.
February 25 at 10:30 a.m.
March 10 at 10:30 a.m. and 1:30 p.m.
April 28 at 10:30 a.m.
May 19 at 10:30 a.m. and 1:30 p.m.
June 23 at 10:30 a.m.
July 28 at 10:30 a.m. and 1:30 p.m.
August 25 at 10:30 a.m.
September 22 at 10:30 a.m. and 1:30 p.m.
October 27 at 10:30 a.m.
November 17 at 10:30 a.m. and 1:30 p.m.



CALL FOR VOLUNTEERS

THESE SITES ARE LOOKING FOR VOLUNTEERS!

ATRIA WILLOW GLEN

1660 GATON DRIVE SAN JOSE, CA 95050
4TH SATURDAY 1:30 PM

HOPE SERVICES

30 LAS COLINAS LANE SAN JOSE, CA 95119
2ND TUESDAY 9:45 AM

MENLO PARK VA MEDICAL CENTER

795 WILLOW ROAD BUILDING 360 MENLO PARK, CA 94025
2ND & 4TH TUESDAY 3:00 PM

MERRILL GARDENS - WILLOW GLEN

1420 CURCI AVE SAN JOSE, CA 95126
3RD MONDAY 1:00 PM

SAN TOMAS CONVALESCENT HOSPITAL

3580 PAYNE AVENUE SAN JOSE, CA 95117
3RD TUESDAY 4:00 PM

SAN JOSE BEHAVIORAL HEALTH

455 SILICON VALLEY BLVD. SAN JOSE, CA 95020
2ND & 4TH SUNDAY 1:00 PM

SANTA CLARA POST ACUTE CARE/VALLEY HOUSE

991 CLYDE AVENUE SANTA CLARA, CA 95054
3RD TUESDAY 10:00 AM

SKYLINE HEALTH CARE CENTER

2063 FOREST AVENUE, SAN JOSE, CA 95126
1ST MONDAY 11:00 AM

CALL FOR SITE CAPTAINS

We STILL have a number of sites awaiting visits - each first requires a Team Captain! As a Team Captain, you will serve as a point of contact between the Furry Friends Team and the site.

Check furryfriends.org for our next Captain Training dates.

REGULAR SITES NEEDING CAPTAINS

CUPERTINO HEALTH & WELLNESS

22590 VOSS ROAD CUPERTINO,
CA 95014
WEEKDAY VISITS REQUESTED

SUNNY VIEW MANOR
22445 CUPERTINO ROAD
CUPERTINO, CA 95014
2ND SAT 10:00 AM

SARATOGA ADULT CARE
19655 ALLENDALE AVE
SARATOGA, CA 95070
MONDAY OR TUESDAYS

PACIFIC HILLS MANOR
370 NOBLE COURT MORGAN
HILL, CA 95037

PLUM TREE CARE CENTER
2580 SAMARITAN DR, SAN JOSE,
CA 95124

READING BUDDIES TEAMS NEEDING CAPTAINS

ALUM ROCK LIBRARY
3090 ALUM ROCK AVE SAN JOSE,
CA 95127
2ND MON 4:00 PM

EDENVALE LIBRARY
101 BRANHAM LANE EAST SAN
JOSE, CA 95111
1ST WED 4:00 PM

MORGAN HILL LIBRARY
660 W. MAIN STREET MORGAN
HILL, CA 95037
2ND WED 3:00 PM

SANTA TERESA LIBRARY
290 INTERNATIONAL CIR SAN
JOSE, CA 95119
MON, TUES, OR FRI AFTERNOONS

FOOTHILL ELEMENTARY SCHOOL
13919 LYNDE AVE SARATOGA, CA
95070
1-2PM WEEKDAY

CALL FOR READING BUDDIES



FURRY FRIEND LISTENING EARS NEEDED

MILPITAS LIBRARY

160 N. MAIN STREET MILPITAS, CA 95035
4TH SATURDAY 2:00 PM

ALMADEN LIBRARY

6445 CAMDEN AVENUE SAN JOSE, CA 95120
3 PM ON THE 2ND & 4TH THURSDAY

SCOTTS VALLEY LIBRARY

251 KINGS VILLAGE ROAD SCOTTS VALLEY, CA 95066
2ND & 4TH TUESDAY 4:00 PM

HILLVIEW LIBRARY

1600 HOPKINS DRIVE SAN JOSE, CA 95122
1ST SATURDAY 1:00 PM

APOSTLE'S LUTHERAN SCHOOL

5828 SANTA TERESA BLVD. SAN JOSE, CA 95123
2ND THURSDAY 1:00 PM

FOOTHILL ELEMENTARY

13919 LYNDE AVE SARATOGA, CA 95070
1ST FRIDAY 10:45 AM

VOLUNTEER STORIES

On prior visits to our team's assisted living facility, my pup M really connected with one particular resident. We always had longer-than-usual chunks of time sitting together, and the resident would always comment about how much she missed her own pets from the past and how much these visits meant to her. In our last visit in August, we spent even more time together, and she loved on M for at least 10 minutes straight. It was quiet and loving and kind. I learned of that resident's passing in September, and asked our facility's host to pass on to the resident's family how much she meant to M and me. Our host did pass on my message, which I heard was greatly enjoyed and understood by everyone who was feeling the resident's loss. I share this story because the impact of Furry Friends is wide-reaching, important and beautiful.

~Susan F

If you have any funny and/or heartwarming stories to share with your fellow FF members, please email Bronte at bronte.reed@gmail.com for it to be included in the next newsletter

Announcements

FROM THE BOARD

New Discount Cards

Furry Friends has signed up with Pet Food Express to give our members “Pet Superhero Discount” cards. These are good for 20% off all pet supplies (including dog washes!) and 10% off all pet food, at any Pet Food Express store. We’re going to be including these cards with the new Furry Friends ID cards when people renew this year!

Once members receive their cards you will need to activate them on the Pet Food Express website. There will be a copy of the instructions with the badges and discount cards when they are mailed to you.

New Board Members

Two of our board members resigned in 2023: Diane Steinberg, and our secretary, Sharon Anderson. The Board wants to take this opportunity to thank them for their service!

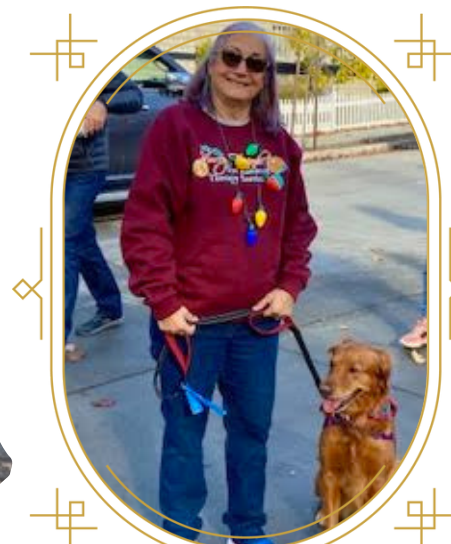
In addition to replacing the outgoing board members, we added two additional members to the board. Please welcome our new board members:

Elizabeth Basile
Bill Chow (secretary)
Grace Chung
Grace Mittelstaedt

check out our board members page to see photos of their pets: <https://www.furryfriends.org/board>

Los Gatos holiday parade 2023

Furry Friends participated again this year in the Los Gatos Holiday Parade, held on Saturday, December 2. There was no rain this year! Thank you to the nearly 20 people who represented our organization in this fun event. Enjoy these photos from the parade!





board of directors

PRESIDENT

Anne Tiry

VICE PRESIDENT

Sal Guardino

SECRETARY

Bill Chow

TREASURER

Randee McQueen

Board Members

Duane Hinders

Bob Armstrong

Paul Fulton

Bronte Reed

Grace Chung

Grace Mittelstaedt

Elizabeth Basile

ADMINISTRATOR

Tara Johnson

admin@furryfriends.org

ANIMAL BEHAVIORIST

Julie Bond

Applesauce and Oatmeal Cut-out Cookies

THIS IS THE BASE RECIPE FOR PERFECT CUT-OUT COOKIES. YOU CAN COMBINE THIS RECIPE WITH THE RED AND GREEN COOKIE DOUGHS BELOW FOR DAZZLING COOKIE CREATIONS, OR JUST USE NATURAL FOOD COLORING TO CREATE ANY COLOR COOKIES YOU LIKE.

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 CUPS WHOLE WHEAT FLOUR (YOU CAN SUBSTITUTE WITH REGULAR FLOUR FOR A WHITER DOUGH)

2 CUPS ROLLED OAT FLOUR

2 EGGS

2 TBSP MELTED COCONUT OIL

1 CUP UNSWEETENED APPLESAUCE

1 TBSP VANILLA EXTRACT

INSTRUCTIONS

PREHEAT OVEN TO 350°

COMBINE ALL INGREDIENTS IN FOOD PROCESSOR OR STAND MIXER. ADD FLOUR AS NECESSARY UNTIL DOUGH IS NO LONGER STICKY AND IS READY TO ROLL OUT.

FOR DIFFERENT COLORED DOUGH, DIVIDE INTO SEPARATE BOWLS AND ADD NATURAL FOOD COLORING.

KEEP DOUGH COVERED TO PREVENT DRYING BETWEEN BATCHES. YOU CAN REHYDRATE DOUGH WITH A LITTLE COCONUT OIL AS NEEDED.

BAKE AT 350° FOR 20 MINUTES AND LET COOL BEFORE SERVING.

NOTES

THIS DOUGH REFRIGERATES UP TO A WEEK, AND FREEZES FOR 3 MONTHS.





friends beyond the rainbow bridge

Pet: Desi Owner: Julie Bond

Pet: Cupid Owners: Julie Kong&Timothy Zhang

Pet: Baillee Owner: Bronte Reed

"Over the Rainbow Bridge you went.
I always knew you were Heaven sent.
I cherish our time spent together.
'Til we meet again,
I will love you forever".



1 Year

James Cook
Wendy Cook
Srinivas
Ramakrishnan
Ramalakhmi
Murugan
Julie Chang
Mandy Munnell
Racheal Davis
Margie Arango
Braden Rock
Jyothi Das
Jeeth Das
Tirza Banuelos
Colin Justin
Beatrice Boselli
Brian Huynh
Laura Bunch
Virginia Nicoletti
Victor Lee
Cailin Lee
Bruce Richmond
Laura Pasternack

anniversaries

2 Years

Katie Schneider
Nancy Montgomery
Kirsten King
Bridget Russell
Julie Hughes
James Ludwico
Rick Ludwico

4 Years

Jennifer Glore
Jessica Glore
Victoria Oldberg
Merlyne Michael
Simona Konkol - Zamir
Sandy Eggers

5 Years

Nina Bailey
Noel Shirley

10 Years

JoAnn Golden