

SHORT PAWS

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

holiday exhaustion?

How can you prepare?

Reprinted from [Petfirst](#)

Tis' the season and many of us celebrate with fun, food, and laughter. As we all know, though, holidays festivities can cause stress and anxiety. If we get stressed and anxious at holiday parties, imagine how our pets must feel!

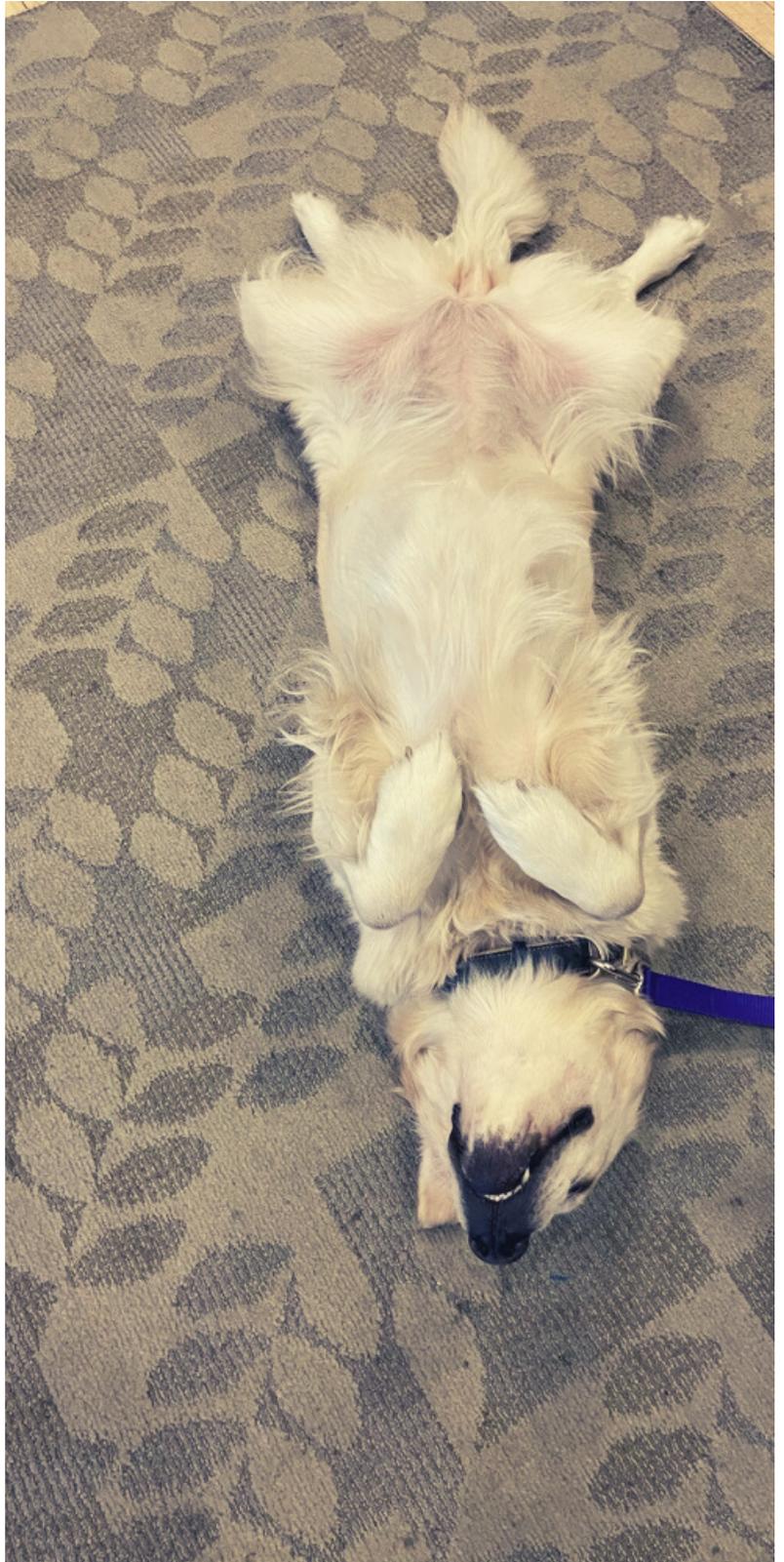
WAIT. Do our Furry Friends really have anxiety? They certainly do! Pet anxiety is a real thing that is especially important to manage during the excitement of the holidays. It can manifest itself through different problem behaviors. Pet anxiety symptoms include:

- Aggression
- House soiling
- Destructive behaviors
- Excessive barking or whining
- Begging for food (especially during parties)

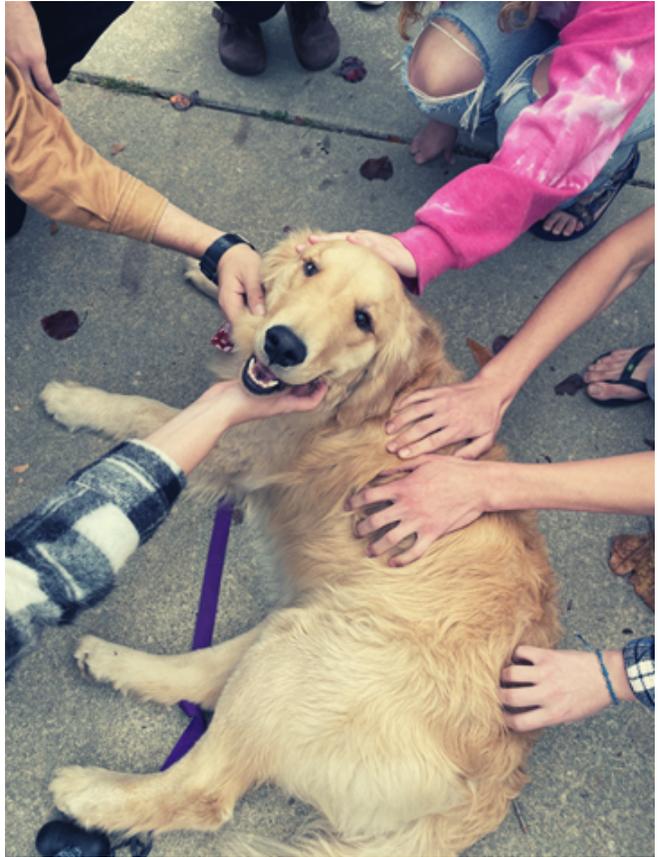
To nip this anxiety in the bud, try some of the strategies listed below to keep your pet calm at your next holiday party.

Before a party

- Talk to your veterinarian. Your veterinarian can help you devise a plan to reduce your pet's anxiety. For some pets, this plan may include anti-anxiety medicine. Your veterinarian can determine if your pet will need medication.



- Maintain a normal routine. Party preparations can throw off your pet's normal schedule, which can cause anxiety. As much as possible, maintain your pet's normal daily routines before guests start arriving.
- Acclimate your pet to small groups and strangers. Not all pets are comfortable around strangers or large groups of people. In the days leading up to the party, consider hosting small gatherings of people your pet knows, including a pet-friendly friend your pet doesn't know. Give your pet positive reinforcement (petting, treats)—and encourage your guests to do so, too—when your pet demonstrates good behavior.
- Groom and exercise your pet. Grooming is a great bonding experience that can soothe your pet before guests arrive. Also, a long walk or extended play time can leave your pet feeling happily exhausted before the party.
- Create a safe space. A quiet, safe, and secluded space works wonders for anxious pets during holiday parties. This space should include food, water, a comfortable bed, and favorite toys (especially food puzzle toys). Cats will need their litter box, options for hiding and climbing, and, preferably, a window to look out of. Calming music and pheromone sprays like Feliway® are also good for safe spaces.

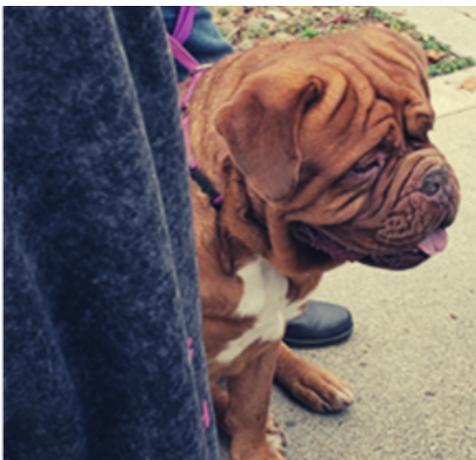


DAISY

During the party

- Keep the safe space off-limits to guests. When you place your pet in their safe space, put a “Please do not disturb” sign on the door so your pet can stay calm and undisturbed. Be aware that your dog may not need to stay tucked away for the whole party; you can determine when your dog will need its quiet time.
- Manage your pet's introduction to guests. If your dog is out when guests arrive, take control of introducing your dog to party attendees. This can help keep your dog calm around people. Make sure that each guest greets your dog warmly.
- Give your dog attention. Every so often, give your dog some love. Your positive attention during the party may be all your dog needs to feel less anxious and not exhibit anxious behaviors.

Managing your pet's anxiety during your next holiday party will make sure everyone—including your pet—has a good time!



BAXTER

letter from our president

Hello, Furry Friends!

We have nearly made it through another year, and while we are still dealing with COVID, we have at least been able to resume visits at many of our facilities. Etiquette classes have resumed, and we are happy to welcome all of our new volunteers.

As you will see elsewhere in this newsletter, we have sites that are interested in starting visits, but we do not have captains for the sites. If you are interested in any of these sites, please consider being a captain! Haven't taken the captains training class? Not a problem - you can still be a captain! We'll be glad to walk you through the process and answer any questions that you may have. It really isn't a lot of work, and your willingness to take this on will allow us to lick loneliness at more sites.

I wish all of you a very happy and healthy holiday season, and best wishes for the new year!

Anne

critter corner

JULIE BOND, M.S. ANIMAL BEHAVIORIST



I just got my COVID-19 booster shot last week, but a couple of my younger team members said they've not gotten theirs yet and are wondering if they will have to skip upcoming holiday visits until they get the booster? *R in Palo Alto*

A: While Furry Friends as an organization cannot require our members to get the vaccines or boosters, the facilities we visit most certainly can and we must abide by their rules. Most of our volunteers have indicated that they are still showing their vaccine cards before visits, wearing masks, and getting temperature checks. I've not heard of any volunteers turned away from visits because they don't have the booster shot, but I could see it happening, especially over the winter months when everyone is indoors more and flu season will be upon us as well. This is why it's so important that we continue to share information with each other on what we are experiencing during all of our visits. I will continue to share updates here and on our social media, both on [Facebook](#) and [Instagram](#).



critter corner continued...

 I attended your etiquette class over the summer and started visits in September. You talk in class about keeping the dogs on leash at all times and being in control of your leash.

Well, twice now on my visits, I've observed one of my team members taking her dog off leash at the end of the visit and letting him run out to her car. This doesn't seem safe as our visit is at a facility located on a busy street. I mentioned it to my team captain and she said she's told this volunteer before that the dog has to be on leash all the way to the car. Is there something you can do? *D in San Jose*



Vi Visit

A: Thank you for bringing this to my attention. That is incredibly unsafe and does put our organization and the dog at risk! All pets must be on leash before, during, and after their visits on the way to their vehicles. The only pets who may be off leash at any time during a visit are those that have been certified for visits off leash (that is, they've attended and passed one of our off leash evaluation classes) AND are participating on an actual, approved, off leash visit site. Even on off leash visits, pets must remain on leash until they are in the designated off leash area AND they've been told by their team captain to let them off leash. I will be following up on this as well!

 During class, you suggested I try a head halter on my dog for better control. He's 85 lbs and I just wanted you to know it's made all the difference in the world! Our walks are so much more enjoyable now and on our visits, I don't have to worry about him pulling me around. Thank you! *J in Los Altos Hills*

A: I'm so pleased to hear this! Head halters can make a noticeable difference for dogs who pull when leashed. If you can control the dog's head, you can control their forward progress. Head halters are also wonderful at keeping dogs from jumping up on people, another thing we don't want our furry friends doing on visits. If anyone else is interested in a head halter for their dog, my favorite (and the one I show everyone in class!) is the Gentle Leader Head Halter from PetSafe brand.





I've been a team captain for six years now and never had this happen before. I have a volunteer on my team who just can't seem to get control of her dog. The dog bounces around (he doesn't jump on anyone per se, just bouncing around), and drags her all over the place before, during, and after our visits. She tries to control him and will yank him by the leash or collar, but it is just so uncomfortable for the rest of us to have to deal with this. I've tried talking to her about using a head halter for the dog (I've shown her the one I used to use on my previous dog), but she acts like I'm out of line for saying anything. Frankly, I'm at my wit's end and thinking about telling her I'm removing her from my team. What are your thoughts? *M in Sunnyvale*

A: I understand your frustration. First off, a dog who is bouncing around and dragging its owner isn't something we want on any of our visits. I'm wondering what's changed as I didn't see this behavior when the owner took the etiquette class with this dog. Nonetheless, her inappropriate reaction to your suggestion of a head halter for the dog, and her unwillingness to do anything to improve her dog's behavior, are even more problematic. Suggestions made by a team captain regarding behavior that affects our visits should be met with an open mind and a desire to make those changes to ensure the continued safety of everyone on our therapy visits. You are certainly welcome to remove this volunteer and her dog from your team as her attitude (and her dog's behavior) are making visits uncomfortable for everyone else on your team. I will follow up with this volunteer as well and suggest a re-evaluation of her dog before she continues with any future visits on behalf of our organization.





Call for Captains

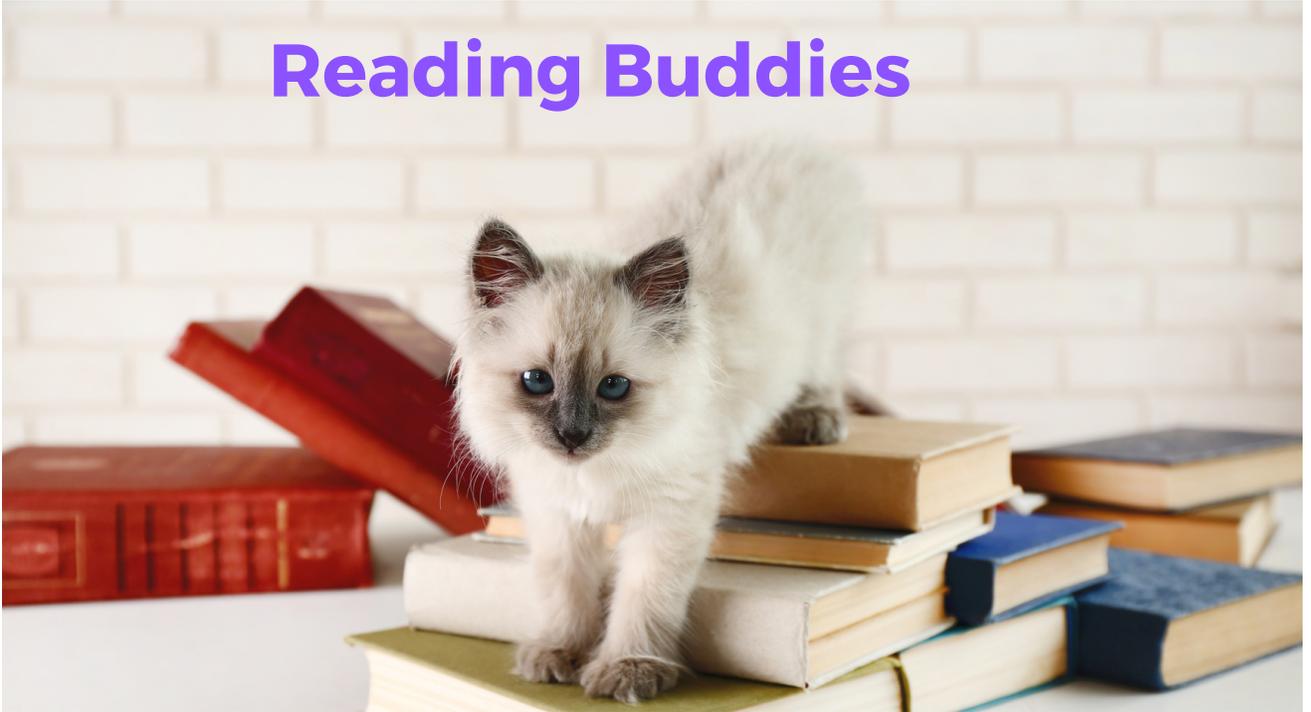
we're licking loneliness!

Calling all Furry Friend Volunteers!

We 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. Responsibilities of a Team Captain can be found [here](#). Check furryfriends.org for our next Captain Training dates.

<p>ATHERTON HEALTHCARE</p> <p>2ND MONDAY 10:30 A.M.</p> <p>L1275 CRANE ST MENLO PARK, CA 94025</p>	<p>DRIFTWOOD HEALTHCARE CENTER</p> <p>2ND & 4TH SATURDAY 10:30 A.M.</p> <p>675 24TH AVENUE SANTA CRUZ, CA 95062</p>	<p>IDLYWOOD CARE FACILITY</p> <p>2ND WEDNESDAY 2 P.M.</p> <p>1002 W. FREMONT SUNNYVALE, CA 94087</p>	<p>PACIFIC HILLS MANOR</p> <p>2ND TUESDAY 10:30 A.M.</p> <p>370 NOBLE COURT MORGAN HILL, CA 95037</p>
<p>IDLYWOOD CARE FACILITY</p> <p>2ND WEDNESDAY 2 P.M.</p> <p>1002 W. FREMONT SUNNYVALE, CA 94087</p>	<p>GRANT CUESTA NURING HOME</p> <p>2ND SATURDAY 4TH TUESDAY 6:30 P.M.</p> <p>1949 GRANT ROAD MOUNTAIN VIEW, CA 94040</p>	<p>LIVE OAK CUPERTINO</p> <p>2ND WEDNESDAY 12:45 P.M.</p> <p>0920 MCELLAN RD CUPERTINO, CA 95015</p>	<p>SUNSHINE VILLA</p> <p>2ND SATURDAY 10:00 A.M.</p> <p>80 FRONT STREET SANTA CRUZ, CA 95060</p>

Reading Buddies



What is READING BUDDIES?

While our Reading Buddies program has not yet resumed, we are hopeful for visits in 2022!

Reading Buddies is a Furry Friends program where children read one-on-one with a variety of pets in local schools and libraries. This program has been successful in increasing children’s confidence in their reading, their comprehension, and their love of books. Reading Buddies programs are held in schools, in libraries, in bookstores, in training centers, and other places.

How can I prepare to join a READING BUDDIES Team?

You and your pet must have a current Furry Friends membership and have participated in visits for at least six months. In addition, the successful completion of a Reading Buddies Evaluation Class is required. In this Evaluation Class, children will actually sit with your pet and read to them, while our Behaviorist evaluates your pet’s reactions. Reactions to a calm cat in the area will also be tested. During this evaluation, general information about the Reading Buddies program will also be presented. When our RB programs resume - the following Reading Buddies sites require Team Captains.

GILROY LIBRARY

4TH THURSDAY
3:30 P.M.

350 W. SIXTH ST
GILROY, CA 95020

LA SELVA

1ST & 3RD FRIDAY
3:00 P.M.

316 ESTRELLA AVE LA SELVA
BEACH, CA 95076

MORGAN HILL LIBRARY

2ND WEDNESDAY
3:00 P.M.

660 W. MAIN ST
MORGAN HILL, CA
95037

SCOTTS VALLEY LIBRARY

2ND & 4TH TUESDAY
4 P.M.

251 KINGS VILLAGE RD
SCOTTS VALLEY, CA
95066

LOS ALTOS LIBRARY

4TH SATURDAY
2:30 P.M.

13 S. SAN ANTONIO ROAD
LOS ALTOS, CA 94022

SARATOGA ELEMENTARY

1ST FRIDAY
10:40 A.M.

14592 OAK ST
SARATOGA, CA 95070

Teams & Friends



LADY, DAISY, LADY visit the Bill Wilson Center



The Los Esteros Site Team



Marty McFly



San Jose Police Communications Center Special Visit

Teams & Friends



AMax and Dingo, Jihwon and Julia with Mandu, Kristi with Audrey, Lisa with Gosby, Michelle with Honor and David and Hiroko with Katie



Piedmont Hills High School Special Visit

Teams & Friends



Our Furry Friend VA Hospital Team

Teams & Friends



Visiting The Forum: Viki Page & Kona and Bronte Reed & Bailyee



Maureen and Oakley, Bonnie with Zsa Zsa, Steven Wincor and Gibson, and Pamela White with Ziggy at Apostle's Lutheran School



Jessica Ponce with Scrappy Doo, John Motroni with Daisy, Catherine Motroni with Lady, Sidney Mygatt with Chula, Ly Nguyen with Zelda, and Christy Linn with Maple



editors note

December abounds with holiday celebrations, and nothing can spoil good cheer like an emergency trip to the veterinary clinic. These tips can help keep your winter holiday season from becoming not-so-happy – for your Furry Friend and for you. Greenery, lights and Christmas trees can make the holidays festive, but they also pose risky temptations.

Decorating

- Ornaments can cause hazards for pets. Broken ornaments can cause injuries, and ingested ornaments can cause intestinal blockage or even toxicity. Keep any homemade ornaments, particularly those made from salt-dough or other food-based materials, out of reach of pets.
- Tinsel and other holiday decorations also can be tempting for pets to eat. Consuming them can cause intestinal blockages, sometimes requiring surgery. Breakable ornaments or decorations can cause injuries.
- Electric lights can cause burns when a curious pet chews the cords.
- Flowers and festive plants can result in an emergency veterinary visit if your pet gets hold of them. Amaryllis, mistletoe, balsam, pine, cedar, and holly are among the common holiday plants that can be dangerous and even poisonous to pets who decide to eat them. Poinsettias can be troublesome as well. The ASPCA offers lists of plants that are toxic to dogs and cats.

Food

Keep people food away from pets. If you want to share holiday treats with your pets, make or buy treats formulated just for them. The following people foods are especially hazardous for pets:

- **Chocolate** is an essential part of the holidays for many people, but it is toxic to dogs and cats. Although the toxicity can vary based on the type of chocolate, the size of your pet, and the amount they ate, it's safer to consider all chocolate off limits for pets.
- **Other sweets and baked goods** also should be kept out of reach. Not only are they often too rich for pets; an artificial sweetener often found in baked goods, candy and chewing gum, xylitol, has been linked to liver failure and death in dogs.
- **Turkey and turkey skin** – sometimes even in small amounts – can cause a life-threatening condition in pets known as pancreatitis.
- **Yeast dough** can cause problems for pets, including painful gas and potentially dangerous bloating.

When you leave the house

- Unplug decorations while you're not around. Cats, dogs and other pets are often tempted to chew electrical cords.
- Take out the trash to make sure your pets can't get to it, especially if it contains any food or food scraps.

Visit the [Humane Society](#) for more helpful holiday tips and have a safe and happy holiday season!

Jacqueline



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ANIMAL BEHAVIORIST

Julie Bond

holiday treats!

Coconut Shortbread Snowflake Treats for Dogs

This fancy cookie is perfect for a special holiday treat. The triple threat of coconut shreds, coconut flour, and coconut oil creates a rich and crumbly cookie with a house-filling aroma.

Coconut is a popular ingredient for dogs and people these days that boasts anti-inflammatory and antioxidant properties, as well as making that coat shine! Shortbread can be delicate when hot so make sure you let your snowflakes cool before removing from the cookie sheet!

INGREDIENTS

- 1 cup unsweetened dried coconut
- 1/2 cup coconut oil
- 1 cup coconut flour
- 1 cup oat flour (make by blending rolled oats in your food processor or substitute with your favorite flour)
- 1 tsp baking powder
- 1 tsp vanilla extract
- 1 egg

INSTRUCTIONS

- For the egg wash
- 1 egg + 2 Tbsp cool water whisked together.
- Preheat oven to 350°
- Cream coconut oil about 2 minutes in a stand mixer or just until fluffy.
- Add ½ the coconut, flours, and baking powder and continue to mix on low.
- Add the egg and vanilla and mix until a nice dough ball is formed.
- Roll out dough about ¼" thick, as it will be delicate to work with until baked and cooled.

Cut out into simple shapes, coat with egg wash, then sprinkle with coconut flakes. Bake for 18 minutes or until just starting to turn golden brown around the edges.

Submit your favorite treat recipe to
info@furryfriends.org

why do we require vaccination & fecal records?

A BETTER UNDERSTANDING OF OUR VACCINE POLICY
SUBMITTED BY JULIE C. BOND, M.S. ANIMAL BEHAVIORIST

Every pet making visits with Furry Friends should have an annual visit to their veterinarian, even if they don't have vaccines that are due. Annual exams are important to the health and well-being of our pets as they allow us to stay on top of any health issues - this is particularly true for those of us who volunteer with older pets. Before going to the vet, be sure to print out the [Furry Friends Vaccination/Fecal Record Form](#) and bring it with you to your visit for your vet to complete. Once this form is filled in, please either scan/take a picture and email it to admin@furryfriends.org or mail to our PO Box. Let's look at the form more closely:

You will see that an annual fecal exam is required for any animal who is not on a regular, monthly worm preventative. It is strongly recommended that those on a monthly preventative still receive an annual fecal exam as those exams can detect other issues that affect your pet's health, but this is not required to participate in Furry Friends activities. The only worm prevention programs accepted by Furry Friends PATS in lieu of annual fecal tests or de-worming are medications that are LABELED to prevent roundworms and hookworms. Some examples are Heartgard Plus, Iverhart Plus, Sentinel, Trifexis, Advantage Multi, and Revolution (cats only). Keep in mind that your pet should be on a flea preventative program, but doing so does not protect your pet from other parasites such as hookworms, roundworms, etc.

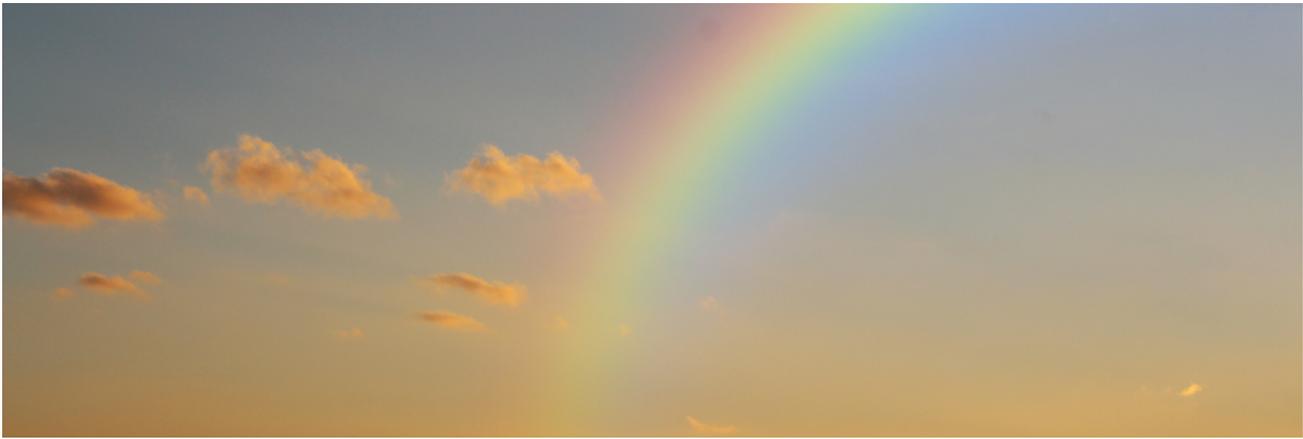
State law requires dogs and cats to be vaccinated against Rabies, regardless of whether they are an indoor or outdoor pet. Titers will not be accepted for Rabies. Every Furry Friend dog or cat must also be vaccinated for Distemper/Parvo or FVRCP or, if deemed appropriate by the animal's veterinarian, protective titers will be accepted. Results of a titer test must be submitted annually if used in place of vaccinations. In addition to the numeric results themselves, we require a signed letter from the veterinarian him/herself stating that he/she feels these values are adequate to provide immunity for a specified time period not to exceed one year. The signed letter can be mailed to Furry Friends, or it can be scanned and emailed.

Bottom line - our insurance requires that we maintain updated vaccination records for your pet via our [Vaccination/Fecal Record Form](#). Our Furry Friend Administrator tracks when your pet's vaccines are due. We ask that you please download the vaccination form found here. Fill out what you can and have your Vet complete the rest - please ensure you obtain your vet's signature and email, or mail the form to our office. We will no longer accept vet visit receipts, vet visit summaries, vaccination certificates, or documents of the like.



Furry Friends Pet Assisted Therapy
P.O. Box 5099, San Jose, CA 95150

Contact: info@furryfriends.org



friends beyond the rainbow bridge

Pet: Monty Owner: Muriel Kao
Pet: Maggie Owner: Kathy Niven
Pet: Torry Owner: Janet Thompson

"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".



anniversaries

2 Year

Sandy Eggers
Lily Lee
Victoria Oldberg
Tiffany Vierra
Simona Konkol-Zamir
Merlyne Michael
Kelley Garton
Jessica Glore
Jennifer Glore
Jacqueline Morgan
Carol Thomas
Brittany Prince
Betsy Smith
Grace Mittelstaedt
Rainey Graeven
Annie Yuan
Austin Chen

3 Year

Noel Shirley
Nina Bailey
Jennifer Miley
Alice Patrick
Patty Holaday
Anna Kremer
Harrison Guire
Logan Guire
Marita Seulamo-Vargas

5 Year

Harla Norman
Jaya Kameth
Viki Paige
Beryl Grace
Adriana Morieko

10 Year

Janet Thompson
Maureen Wincor
Steven Wincor
Muriel Kao
Randee Chin
Normajeane Hinders

4 Year

Claire Loehr
Monica Chen
Lisa McLain
Kim Giordano
Joan Centofanti
Deborah Conant
Heidi Thomas
Jetta Tatom
Susan Frank

15 Year

Teri Shipe
Tom Shipe

Holly, Angel, Bailyee and Teddy visit our Lincoln Glen site



“
we're licking loneliness!”

membership renewal form

Name: _____

Street address: _____

City: _____

Zip Code: _____

Phone Number: (Primary) _____ (Other) _____

Email Address: _____

If someone else in your household already receives the Short Paws newsletter, please check below to remove your name from the mailing list:

Remove me from the mailing list

Please indicate if you could help with:

- Phone calling (calling existing volunteers)
- New Volunteer Recruitment
- Computer work (email, data entry, web pages, database)
- Publications (newsletters, brochures, forms, etc.)

- Evaluating New Sites
- Being a Team Captain
- Social Event Assistance
- Membership on the Board of Directors

you can mail this form to:

Furry Friends Pet Assisted Therapy Services
P.O. Box 5099 San Jose, CA 95150-5099

and you can email this form

to: admin@furryfriends.org

or you can

[click to renew online](#)



Reunited and it feels so good!