



## NEWSLETTER

# Summer Time

## It's The Best Time

For the residents of Ridgecrest Healthcare in Phoenix, every Tuesday morning *is* Summer Time. That's when CAAA member Leslie Burdar visits with Summer, her social therapy dog.

This CAAA team first got together when Leslie found Summer at the Humane Society eight years ago where she had been taken after being found walking down Camelback. She was just a puppy and had no collar, tags or chip so her history is not known. "She's a mix breed, most likely Terrier and Aussie." As for her unusual name, Leslie says "The name Summer was given to her by the staff there. She was found in the summer, was blond in color, looked light and "summery" and seemed to respond to the name, so I kept it. She was wonderful from the start, an easy to train puppy and always lovable".

Leslie is originally from Chicago. Here in Arizona she has been a reading and resource teacher, most recently in the Osborn School District. When she retired two years ago she was looking for a volunteer opportunity when her friend and long time CAAA member Hope Bennett recommended our organization. Hope and Cookie her Cavalier therapy dog also visit Ridgecrest, a 150 bed multilevel care facility. So when she invited Leslie to join them, she decided to go. Her opinion? "I loved it! The facility and staff are terrific and after seeing the joy on the resident's faces I was immediately sold on joining. It's been the perfect combination for me, Summer, and Ridgecrest. A perfect triple play." In fact, Leslie enjoys their Ridgecrest visits so much she comes back on Thursdays as a volunteer to assist the staff.



*Summer and one of her many friends*

*(Continued on page 2)*



## A Social Pet Therapy Program

### THE COMPANION ANIMAL ASSOCIATION OF ARIZONA, INC.

P.O. Box 5006

Scottsdale, AZ.

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Phone (602) 258-3306

<http://www.caaainc.org>

★

### OUR MISSION

To enhance the quality of lives of people by promoting the Human/Companion Animal Bond and to provide support when the bond is broken.

★

"The reason a dog has so many friends is that he wags his tail instead of his tongue."

~Unknown~

★

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And how is Summer doing as a social therapy dog? Leslie says, "Summer has always been good around people and I could tell from her very first visit six months ago that she would be a great therapy dog." And Leslie was right! Even before pulling into the drive at Ridgecrest, Summer gets excited knowing what she is about to do. Leslie describes their visits saying "Once inside, Summer starts her rounds going from one room to the next just like she was one of the staff. If I let her go I think she would probably continue without any direction from me. She's so cute and looks so funny prancing from one room to the next. I think the staff enjoys her visits as much as the residents do."

One of Summer's favorite visits is with a resident who has no family and very few visitors. "Summer has made a real connection with her and just jumps up in her lap or on her bed and calmly sits and listens to my conversation. It's amazing to think that a dog would just know that this connection is really special for that resident."

Leslie also has what she hopes to be a "therapy dog in waiting", Julie, a five year old Aussie/Border Collie rescue. "The two of them get along just great", she says "Because Summer was the first

dog in the house she seems to be more of the protector and leader so Julie follows after her". Before long, Julie just may be following Summer through the halls of Ridgecrest where for the residents there, Summer time is every Tuesday and truly is the best time of all.



*Visiting with David, one of the resident caretakers*



*A resident with Summer and Leslie*





# Make the Most of Your Visit

## OBSERVATION is IMPORTANT

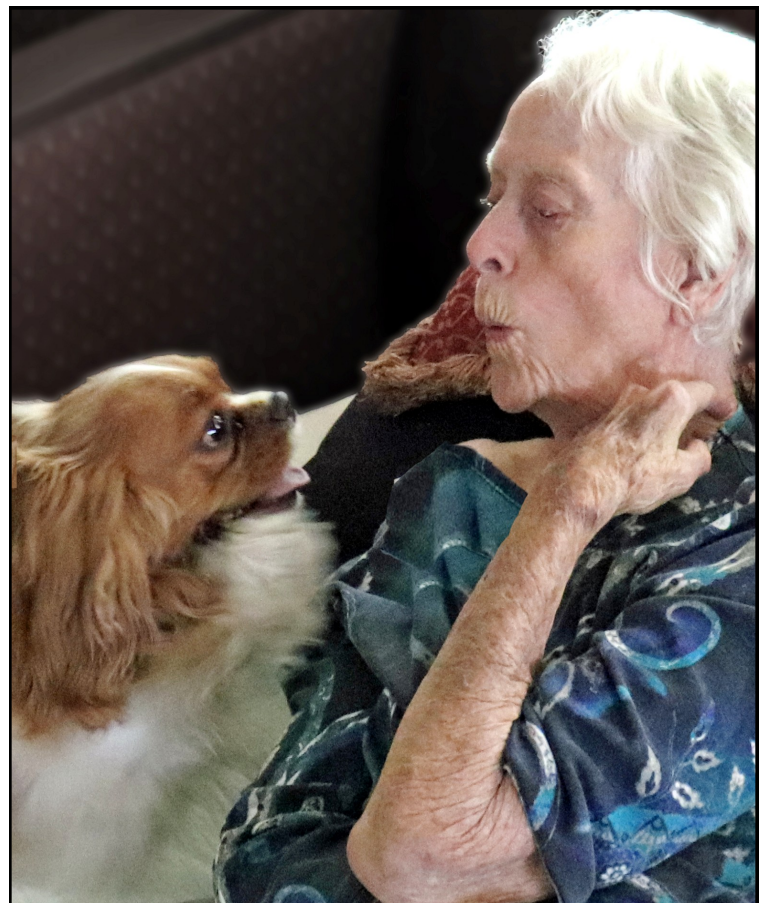
Did you ever wonder if the residents you see during therapy visits are enjoying your visit? Some of course will tell you and some will just give you a big smile or even a laugh the minute you come into the room with your dog. But when we visit people living with dementia, it may at times be more difficult to determine whether or not the visit is a positive experience.

A good way to help you evaluate the impact of your visit is by closely observing the person. Persons living with advanced dementia may respond in more subtle ways. So look for signs of connections such as direct eye contact or the spontaneous opening of the eyes. When they see your dog, perhaps you'll notice eyebrows raised in delight, a slight smile or just a head turn in your direction. In those with limited verbal skills, you may notice relaxed unintelligible speech or sighs, humming, and possibly even singing that will indicate enjoyment.

Your dog's very presence can help reduce anxiety and agitation. So you may also notice some physiological indications such as slowed breathing and relaxed muscles. Perhaps you'll observe relaxed jaw muscles and shoulders. Gestures such as these are positive and usually are most noticeable when a patient reaches out to touch your dog.

You can add to an enjoyable visit by keeping in mind the idea of "emotional contagion - having one person's emotions and related behaviors directly trigger similar emotions and behaviors in other people". Simply speaking, smiles and laughter can be "catching".

Just remember that neutral responses may indicate positive experiences in those with blunted affects caused by dementia. Negative or pulling away responses indicate it's time to cut your visit short. But never leave for any reason before making a positive comment such as "Thank you for visiting with us today". Recognize that the person may want to respond back so be sure to allow time to wait and listen for comments, or look closely for that subtle gesture of good-bye.



*NO WORDS NEEDED!*

*It's clear this resident is enjoying spending time with Simon during one of his visits.*



*There are several ways you can help CAAA generate financial contributions by participating with our Community Partners.*

- When shopping at **Amazon** on line, use :  
[SMILE.AMAZON.COM](https://www.amazon.com/?ref=astore)
- When you enroll your **Fry's** VIP card in their Community Rewards Program
- Any real estate transactions with **Richard Howell, North & Co. Real Estate**. Email: [richard@northandco.com](mailto:richard@northandco.com)
- Making **United Way Agency** Pledges using code:  
Companion Animal Association of Arizona  
TIN-94-2908620
- **Intel** encourages employees to pursue their passion to volunteer. The Intel Foundation matches the time they volunteer with a cash grant through the Intel Involved Matching Grant Program. CAAA is eligible to receive these cash grants.



## Annual Volunteer Event

**Date:** March 28th

**Time:** 1:30 pm - 3:00 pm

**Where:** Pyle Center

655 East Souther Ave., Tempe

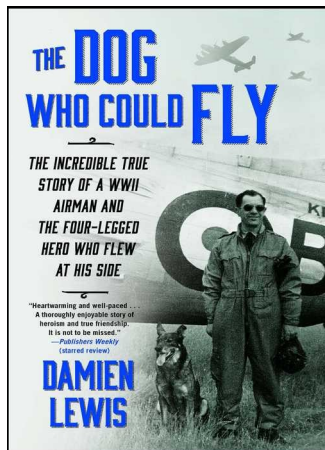
- \* Volunteer of the Year Awards
- \* Team Milestone Awards
- \* Light Refrestments

More Details to Follow

RSVP by March 14th to [ppeet@cox.net](mailto:ppeet@cox.net).

## Read Any Good (Dog) Books Lately?

### The Dog Who Could Fly by Damien Lewis



The true account of a German Shepherd who was adopted by the Royal Air Force during World War II, joined in flight missions, and survived everything from crash-landings to parachute bailouts ultimately saving the life of his owner and dearest friend.

Airman Robert Bozdech stumbled across the tiny German Shepherd whom he named Ant after being shot down on a daring mission over enemy lines. Unable to desert his charge, Robert hid Ant inside his jacket as he escaped. In the months that followed the pair would save each other's lives countless times as they flew together with Bomber Command. By the end of the war Robert and Ant had become British war heroes, and Ant was justly awarded the Dickin Medal, the "Animal VC."

*(Phoenix Library Review and a Five Star Rating)*



## Meet **Lee Kroll** Our New Board Member & Treasurer

*Q - Welcome Lee to CAAA and thank you for taking on the important role of Treasurer. Tell us a little about yourself.*

A - I've been married for 25 years to my wife Heather and we have four great kids; three daughters (Morgan, Marlee and Macey) and one son (Max) I am a graduate of Northern Arizona University and a Partner at IBM.

*Q - Have you always lived in Arizona?*

A - I am originally from Montana, but my family relocated to AZ when I was in high school. I met my wife in Phoenix. Although both my military and professional careers relocated me a few times and I've spent a significant amount of time on the road, we've always considered Phoenix home. My love for beautiful Arizona keeps me here.

*Q - Any other outside interests besides volunteering?*

A - If I am not working, I like to spend time with my family. You can usually find me hiking with Max and my girls.

*Q - How did you hear about CAAA?*

A - My family and I are big animal lovers. My kids hunt for dogs to babysit and melt every time they see a pup. A person I worked with mentioned the organization and I checked it out.

*Q - Why did you decide to join the Board of Directors?*

A - It is such a great cause; why would I not do my part to help?

*Q - So far have there been any things that have impressed you about CAAA?*

A - I am impressed with the great leadership with clear message. That is rare in a non-for-profit and I am honored to be joining such a great organization.

*Q - Have you had any other experiences with social therapy animals or assisted living facilities?*

A - Yes, when I was a kid I used to volunteer at a retirement community. It was always wonderful to see how excited the residents were to see us.

Thank you Lee for deciding to bring your expertise and enthusiasm to CAAA.



*Lee with his family - Daughter Marlee on his left, his wife Heather on his right along with Daughter Macey*

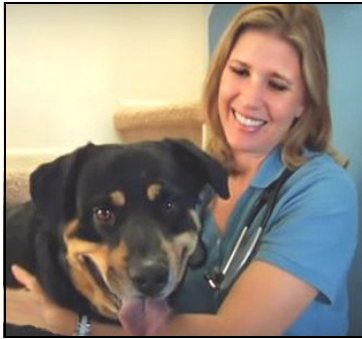


## CORNER

BY DR. MELANIE LOWRANCE

WWW.SMALLANIMALHOUSECALLS.COM

THE VET'S



### Poisonous Landscaping Plants in Arizona

Spring is just around the corner and so is getting ready for new trees and plants in our backyards. There are many plants and trees that look beautiful in our desert landscape, but can be very poisonous for dogs and people. When planting landscape with dogs in the backyard it's important to consider their safety as they will chew, ingest and play with anything that seems fun. The following are common plants we use to beautify our yards but can cause anything from irritating skin rashes, heart problems, seizures and sometimes even death.



#### Oleander - *Nerium oleander*

All parts of this plant are poisonous and have toxins that affect the heart. In 2011, Watoto, a giraffe at the Tucson Zoo, was killed after ingesting clippings of the Oleander he was accidentally fed.



#### Lantana - *Lantana sp*

Ingestion of this common plant can cause vomiting, diarrhea, labored breathing and weakness.

### Hyacinth, Narcissus and Daffodil



All parts of these flowers are toxic, especially the bulbs. They also contain toxic calcium oxalate crystals that cause kidney failure.

#### Aloe- *Aloe vera*

This plant contains saponins that can cause vomiting, lethargy and diarrhea. The gel is considered edible.



#### Apple/CrabApple- *Malus sylvestris*

The stems, leaves and seeds are toxic especially when wilted and cause trouble breathing, panting and shock.



#### Sago Palm- *Cycas revoluta*

Ingestion of the palm causes vomiting, jaundice, bloody stools, liver damage, liver failure and death.



#### Azalea - *Rhododendron*

Ingestion of the plant causes vomiting, diarrhea, weakness and heart failure.



(Continued) →





### Heavenly Bamboo- *Nandina domestica*

This plant has cyanogenic glycoside toxins that can result in seizures, coma, respiratory failure and sometimes death when ingested.

If you suspect your pet has ingested a toxic plant or is vomiting up plant parts it is important to call your veterinarian immediately. The ASPCA has a pet poison hotline that has 24-hour access to all possible ingested poisons, including plants. Their number is:

1-888-426-4435.



These are just a few of the hundreds of plants and trees that can potentially be toxic. Local nurseries, government and university websites as well as the ASPCA have information regarding toxic vs. non-toxic plants and what is safe landscaping for pets.

*(The information from this article was obtained from the ASPCA website ASPCA.org and University of Arizona cooperative extension website extension.arizona.edu).*



## DON'T FORGET

### 2020 RENEWAL FORMS AND 2019 VISITATION LOGS ARE NOW DUE

WE THANK YOU ALL FOR YOUR PREVIOUS MEMBERSHIP AND ARE HOPEFUL THAT YOU WILL DECIDE TO RENEW YOUR MEMBERSHIP IN ORDER FOR OUR PROGRAMS TO CONTINUE THEIR GREAT WORK.

BY NOW EVERYONE SHOULD HAVE RECEIVED A MEMBERSHIP RENEWAL PACKET. OUR FORMS ARE ALSO AVAILABLE ON-LINE AT:

<https://www.caaainc.org/forms.html>

FOR OUR PET THERAPY TEAMS, PLEASE ENCLOSE YOUR 2019 VISIT LOG WITH YOUR RENEWAL FORMS, SO YOUR VISITS CAN BE TALLIED TOWARD ACHIEVING CAAA MILESTONE AWARDS.

COMPANION ANIMALS ASSOCIATION OF ARIZONA  
RECORD OF VISITATION LOG for the year \_\_\_\_\_

NAME \_\_\_\_\_ DOG'S NAME \_\_\_\_\_

#	Name of Facility Visited	Date of Visit	Duration of Visit	Name of Facility Contact
1				
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3				
4				
5				
6				
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PLEASE CONSIDER RENEWING YOUR MEMBERSHIP AND CONTINUING YOUR SUPPORT OF OUR COMMUNITY BASED PROGRAM.

Name(s) \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

If you and your pet are ready to become an active pet therapy team to visit one of our host facilities, check here to be contacted about getting started ☐ **VOLUNTEERS - besides pet therapy teams - ARE NEEDED**

If you would like to be contacted about participating, check here ☐ **MEMBERSHIP DUES ARE NON-REFUNDABLE**

DUES CATEGORIES (Check One) ☐ Family (\$45) ☐ Individual (\$200) ☐ Organization (\$175) ☐ Disabled, Student, or Senior Citizen (\$10)

☐ I also wish to make a donation (\$ \_\_\_\_\_) in Memory of \_\_\_\_\_

TOTAL AMOUNT ENCLOSED (Your check is your receipt) \_\_\_\_\_

Send to: CAAA, P.O. Box 5006, Scottsdale, AZ 85261-5006

Visit our website at: [www.caaainc.org](http://www.caaainc.org)  
Or call us at 802-258-3308

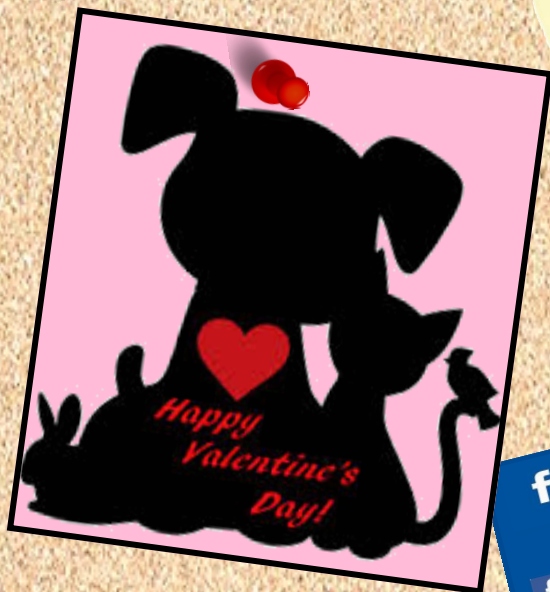
CAAA Petting General Membership Application Form (Rev 12/2013 JC)



# CAAA

## BULLETIN BOARD

Don't forget...  
Visitation logs  
for 2019 and  
Membership  
Renewals for 2020  
are now due



facebook  
update

DON'T FORGET WE WANT  
TO HEAR FROM YOU?  
Share your stories from pet  
therapy visits on Facebook.



CHRISTMAS TIME AT DEBORAH ZAPUSEK'S HOUSE  
Chase...Porscha...Reese...Cheyenne

CAAA  
2020

OFFICERS  
&  
BOARD  
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VICE PRESIDENT

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*SYDNI TALLERI*

TREASURER

*LEE KROLL*

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*MARY ANNE REYMAN*

ANY COMMENTS,  
PICTURES,  
SUGGESTIONS, OR  
INPUT FOR FUTURE  
NEWSLETTERS?

SEND THEM TO:

JACKIE AT

[TRNGPTST@COX.NET](mailto:TRNGPTST@COX.NET)