



# NEWSLETTER



## TO OUR MEMBERSHIP

By President Pamela Peet

CAAA is very proud to have reached a 37 year milestone having visited thousands of elderly, sick and disabled in residential elder care facilities.

Companion Animal Association of Arizona, Inc. accomplishes all of this work with no paid staff. We are an all-volunteer organization supported by a board of 'working' officers and directors who ensures our program continues to successfully operate.

Our heartfelt thank you to our pet therapy teams who give their gift of time to those who need the warmth and compassion that pet therapy provides. Although for the better part of this year, your kindness and commitment have been greatly missed by those who would have benefited the most.

We are in very trying times right now. So many words can describe the daunting wait. A hiatus; being grounded; a suspension; not knowing when pet therapy visits can return at the time when the elder care facility residents are eager to see you and miss the incredible love and attention of a therapy animal.

For our teams who have been able to make virtual connections with the facilities and residents, we are profoundly thankful for your effort.

Kind wishes for a happy and healthy new year. May you and your family stay safe and healthy and be able to spend quality time with one another during the holidays.

Sincerely,

The CAAA Board: Pam, Nancy, Sydni, Lee, Mary Anne, Melanie  
and the Pet Therapy Committee: April and Rick



## A Social Pet Therapy Program

THE COMPANION  
ANIMAL  
ASSOCIATION OF  
ARIZONA, INC.

P.O. Box 5006  
Scottsdale, AZ.

85261 - 5006

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.



"Dogs make us believe we can actually be as they see us."

~Author Unknown~



VOL. 20 - No. 6

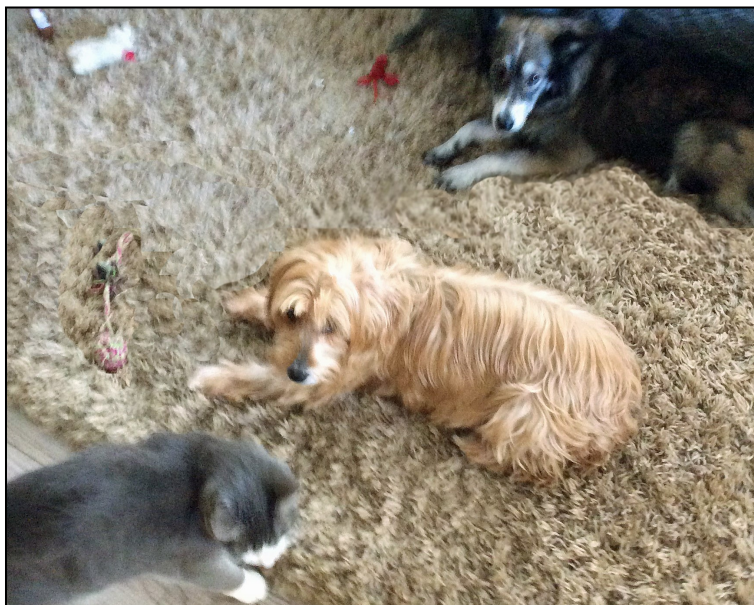
# What Have You Been Up to Lately?

With visiting on "hold" for now, here is what a few of our therapy teams have been doing.



*Hope Bennett - "Meet Ginger - She is a 14 year old Chihuahua who has never been socialized with other dogs. She loves people and cats but would love to growl and bite at dogs."*

*Enter Cookie and Sindere - We were at the park one day and I asked her owner if her dog was friendly. She said "No, absolutely not". I told her I have two very sweet dogs, so let's give it try. We met very carefully and within a few minutes they were all sniffing each other and wagging tails. We have met since and Ginger is now very relaxed with my two girls. Cookie and Sindere now have a new second job, socializing other animals. I am so proud of them!"*



*Leslie Burdar - "Here is a picture of Summer playing with her cat sister and Julie another sister! Having fun, but still anxiously awaiting the time when she can start visiting again."*

(Continued on page 3)



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

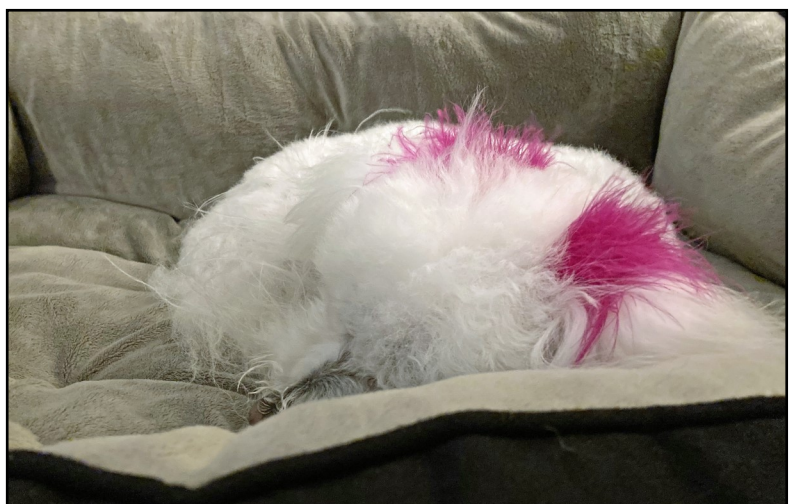
- When shopping at **Amazon** on line, use : [SMILE.AMAZON.COM](https://www.smile.amazon.com)
- When you enroll your **Fry's** VIP card in their Community Rewards Program
- Any real estate transactions with **Richard Howell, North & Co. Real Estate**. Email: [richard@northandco.com](mailto:richard@northandco.com)
- **Making United Way Agency** Pledges using code: Companion Animal Assoc 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.



## What Have You Been Up to Lately? Continued



*Deb Zapusek - "Porscha hiking at Boyce Thompson Arboretum in Superior".*



*Gail Peterson - "My Crystal during the pandemic. She's resting up so she's ready to resume our therapy visits. We're both looking forward to when it is safe to do so."*

# Sundowning

*helpful information about the residents we visit*

Another summer has passed and here we are well into the fall season. Who knew that we would still be on "visiting hiatus" and probably will be the remainder of 2020? But no matter when we're able to start our therapy visits again, we'll all be ready, willing and able! As we wait, included in our newsletters will be some information that hopefully will help us to better understand those residents we are so much looking forward to start visiting again. In this edition we'll start with information on Sundown Syndrome.

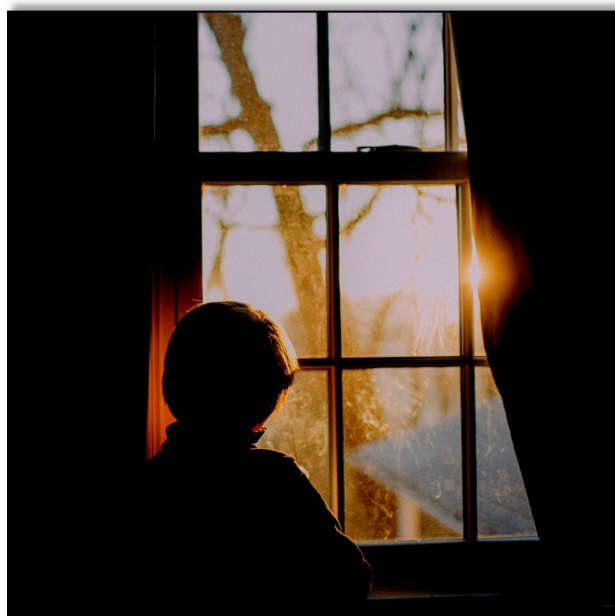
Sundown syndrome, usually referred to as "sundowning" is a term, not a disease. It's used to describe a state of confusion which is temporary and generally occurs during a certain period of time; usually in the late afternoon or evening, and then passes. The syndrome has long been recognized in the field of dementing illnesses and is well known among most of health-care providers involved in the assistance of people with dementia. As many as one in five people with Alzheimer's will experience sundowning. It is unknown if gender or race are factors as to whether someone is more likely to experience sundowning.

This syndrome can cause a variety of behaviors, including confusion, anxiety, increased verbal activity with possible yelling, aggression or ignoring directions. Sundowning can also lead to wandering or pacing. The exact cause of this behavior is unknown, however, there are factors that have been identified that may trigger or aggravate these late day confusion behaviors. They include:

- Fatigue (too little or disturbed sleep)
- Low lighting
- Increased shadows
- Disruption of the body's "internal clock"
- Difficulty separating reality from dreams
- Presence of an infection such as urinary tract infection
- Loss of routine at a previously busy time of day
- Prescribed medication wearing off
- Lots of noise
- Other conditions such as sight or hearing loss.

When sundowning occurs in a care facility, it may be related to the flurry of activity during staff shift changes or the lack of structured activities in the late afternoon and evening. Staff arriving and leaving may cue some residents to memories of behaviors that were experienced in the late afternoon in their past. These memories may be so vague they may not be able to remember the actual behavior or reason for it, therefore, causing even more confusion.

In some cases, the onset of winter's shorter days amplifies sundowning. This indicates it may have something to do with Seasonal Affective Disorder, a common depression associated with shorter hours of daylight.



*(Continued on page 5)*

Here are some Tips to help manage Sundowning:

- Try to maintain a predictable routine for bedtime, waking, meals and activities.
- Plan for activities and exposure to light during the day to encourage nighttime sleepiness.
- Limit daytime napping.
- Limit caffeine and sugar to morning hours.
- Keep a night light on to reduce agitation that occurs when surroundings are dark or unfamiliar.
- In the evening, try to reduce background noise and stimulating activities, including TV viewing, which can sometimes be upsetting.
- Play familiar gentle music in the evening or relaxing sounds of nature, such as the sound of waves.
- Be sure there is no underlying condition, such as a urinary tract infection or sleep apnea which maybe worsening sundowning behavior, especially if the confused behavior develops quickly.

There are no medications to totally eliminate sundowning behavior. However, some research suggests that a low dose of melatonin, a naturally occurring hormone that induces sleepiness, either alone or in combination with exposure to bright light during the day may help ease sundowning. Hypnotics, benzodiazepines, and low-potency antipsychotics are among conventional therapy that is used to manage evening agitation and behavioral disruptions associated with sundowning.

*NOTE: The sources for this article are from the following websites:*

Mayo Clinic <https://www.mayoclinic.org/>

Alzheimer's Assoc <https://www.alz.org/>

Frontiers In Medicine <https://www.frontiersin.org/journals/medicine>



**Merry Everything  
and  
Happy Always**

***Have a Safe and Healthy Holiday Season***



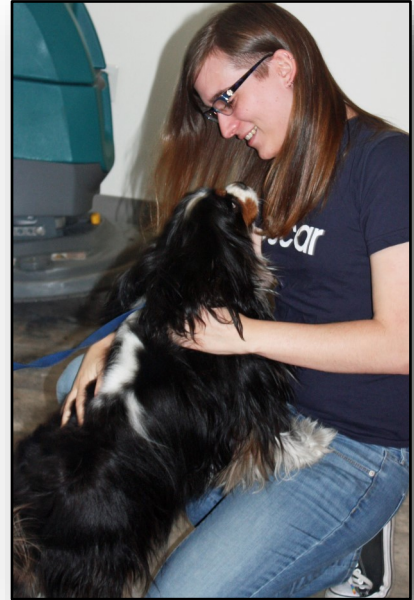
# More A Few Lesser Known (But Very Interesting) Facts About Dogs



*Simon*

A recent study shows that dogs are among a small group of animals who show voluntary unselfish kindness towards others without any reward. *(This is one fact dog lovers have known all along. Source AKC Website)*

Human blood pressure goes down when petting a dog. And so does the dog's. *(Source - AKC Website)*



*Ty*

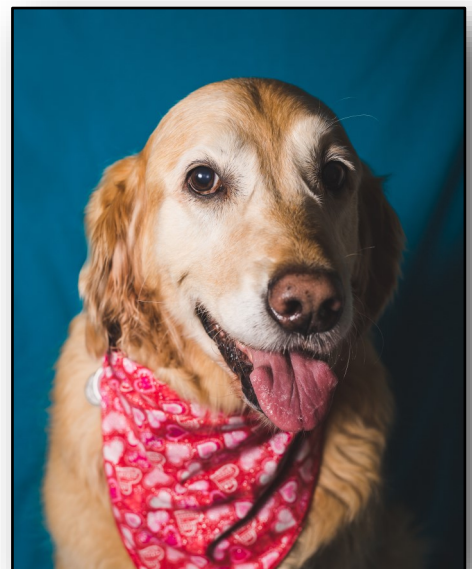


*Lark*

A poodle's coat was originally shaved to increase swimming skills. *(Source - Animal Planet)*

Most dogs have pink tongues, a sign of good health for its supply of blood vessels, nerves and tastebuds. The Chow Chow and the Shar Pei inherently have black tongues, but this has nothing to do with poor health.

*(Source Animal Planet)*



*Gracie*

# Thanks..... Sigmund Freud

.....AND OTHER PIONEERS OF ANIMAL ASSISTED THERAPY

We've all read about the many studies that have shown that having a pet can help you live a longer, happier, and healthier life. It's been proven that dogs specifically can reduce the risk of heart disease in their loving owners. These benefits go beyond their immediate family. Interaction with a therapy dog like ours has been shown to reduce blood pressure, provide physical stimulation and assist with pain management for others as well. But using dogs for therapeutic reasons hasn't always been a valid or acceptable practice in the medical field. You may be surprised to learn that the idea of therapy dogs was originally met with ridicule and even laughter. It may also surprise you to know that in fact, it wasn't until the 1960s that the first "formal" research involving therapy dogs even began.

Just to be clear on terms, a therapy dog is a dog that is trained to provide affection, comfort and support to people, often in settings such as hospitals, retirement homes, nursing homes, schools, hospices, or disaster areas. This is what our teams at CAAA do. In contrast, an assistance dog is trained to assist specific patients with their day-to-day physical needs. Therapy dogs are trained to interact with all kinds of people, not just their handlers.

## WHAT DO FLORENCE NIGHTINGALE AND SIGMUND FREUD HAVE IN COMMON?

Way before "formal" research by the scientific and medical communities begun the use of animals for therapeutic reasons had been demonstrated by many people including Florence Nightingale. In the 1860's she pioneered the idea of Animal Assisted Therapy (AAT) when she recognized how well animals provided social support for institutionalized mentally ill patients of all ages. She wrote:

*"A small pet is often an excellent companion for the sick and for long chronic cases especially."*



Sigmund Freud also believed that dogs could sense certain levels of tension being felt by his patients. He observed this when his Chow Chow, Jofi, was in the room, communication improved. So he often used his dog during sessions. He felt his patients were more comfortable first talking to Jofi which then helped them later to feel more comfortable talking to him. Freud also believed his dog could sense the unseen feelings in a human; Jofi would remain close to patients who were free from tension and stress, and go to the other side of the room from those who were not.



## NEXT Up - Jingles & Boris

Fast forward to the 1960's. Child Psychologist Dr. Boris Levinson was also observing the positive effects his dog Jingles had on mentally impaired young patients; they were more comfortable and more likely to socialize with his dog than people. He observed these same effects with several patients so he gathered the data and in 1961 made a formal presentation of the idea of animal assisted therapy (ATT) to the American Psychological Association. It was the first presentation of ATT given before a national audience in North America. His theory was met with cynicism, his peers dismissed his work with snide remarks and some even laughed. Levinson ignored such criticism and began studying and writing on the use of animals as a therapeutic intervention. He coined the term "Pet Therapy" and in 1969, he wrote a book titled "Pet-Oriented Child Psychotherapy," in which he stated:



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*"Pets are both an aid to and a sign of the rehumanization of society. They are an aid in that they help to fill needs which are not being met in other, perhaps better ways, because society makes inadequate provision for meeting them. In the meantime, animals can provide some relief, give much pleasure and remind us of our origins."*

Two years later in 1971 Dr. Levinson found that of the 319 psychologists he surveyed, 16% were using companion animals in their therapy sessions. Since then his ideas continued to gain support by the professional community thereby establishing him as the father of animal assisted therapy.

### ***OUT OF THE PSYCHOLOGIST'S OFFICES AND INTO COMMUNITIES***

So how did this once crazy idea of animal assisted therapy start to focus on dogs and get out of the medical offices and into organizations like CAAA? We can thank Elaine Smith for that! She was a registered nurse with a love of dogs. Early in her career while working in an English hospital she noticed that visits from a chaplain and his Golden Retriever were lifting patients' spirits. That memory stayed with Smith.

In 1976 she returned to New Jersey and began to work on her vision that dogs should be allowed to visit with the patients in hospitals, nursing homes and other institutions. She observed first hand and many times that dogs brought comfort, companionship, increased emotional well-being and improved the quality of life for the people they visited. She fulfilled her vision and founded Therapy Dogs International (TDI) the world's first organization for testing and certifying dogs and their volunteer handlers to visit hospitals, nursing homes and disaster relief shelters. The First TDI Therapy Dog Visit took place in 1976 in New Jersey with five handlers and six dogs; five German Shepherds and one Collie. Elaine's own Shepherd, Philia, was one of the six.



### ***By THE NUMBERS***

- To date TDI has certified over 24,000 dog handler teams in all 50 states.
- A National Geographic article estimated over 50,000 social therapy dogs are working in the U.S.
- 60% of hospice care providers offering alternative therapies offer pet therapy to patients; almost all is provided by dogs.
- Recent studies at UCLA have shown that caregivers often benefit from social pet therapy as much as those they care for. Over 50% report struggling with some level of depression. Visits from social therapy teams can help ease their own struggle with these emotions and frustrations.

### ***And Now - THE REST OF THE STORY***

Needless to say (but we will anyway), social therapy dogs have been very successful in providing comfort to so many of those who need it the most. They have a long and very successful history :

From Florence to Sigmund to Boris to Elaine to CAAA to ..... YOU!



*NOTE: The information in this article is from the following websites:*

- Therapy Dog International Webpage: <https://www.tdi-dog.org/About.aspx?Page=Mission+Statement+and+History>
- Wikipedia: [https://en.wikipedia.org/wiki/Therapy\\_dog](https://en.wikipedia.org/wiki/Therapy_dog)
- Alliance of therapy Dogs: <https://www.therapydogs.com/animal-therapy/#:~:text=Dr.,from%20those%20who%20were%20not.>
- Medical News Today: <https://www.medicalnewstoday.com/articles/278173#Should-there-be-more-focus-on-the-use-of-AAT>
- Caregivers Website: <https://www.nextavenue.org/?s=social+therapy+dogs>



## CORNER

BY DR. MELANIE LOWRANCE

WWW.SMALLANIMALHOUSECALLS.COM

THE VET'S



## PRESIDENTIAL PETS

For this vets corner I thought I would stray from medicine a little bit. I have wondered about the animals that lived in the white house and thought it would be fun to share the facts I learned. I was shocked that some presidents such as Lincoln, Teddy Roosevelt, Coolidge and Kennedy had over 10 pets living with them. Here are some facts about the favorite animals I read about.



**"Fala"** was a Scottish Terrier owned by Franklin D. Roosevelt. Roosevelt accidentally left her on a trip to Aleutian Islands and was ridiculed for spending taxpayer money to retrieve her. He gave a speech called the "Fala speech" that said how upset his dog got over the money allegations which reportedly helped secure his re-election.

**"Him and Her"** were beagles owned by Lyndon B. Johnson. He was criticized for a photograph that showed him picking them up by the ears. He said that's how you handle hounds. He also had a dog named "Yuki" that he "sang duets" with by howling with this dog for White House guests.



**"Fido"** was a mixed breed dog owned by Abraham Lincoln. He was killed a few months after Lincoln's assassination by a man with a knife. This is where the famous generic dog name "Fido" originated

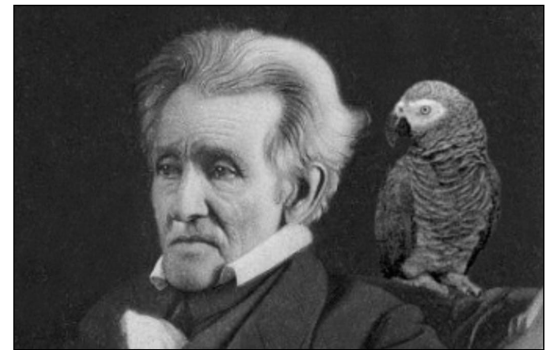
*Continued on pg 10*

## PRESIDENTIAL PETS – CONTINUED



**“General Cornwallis”** a greyhound owned by George Washington and named for General Cornwallis (A British general best known for losing the American colonies to George Washington in the revolutionary war). Washington also owned American Foxhounds, Coonhounds, Blueskin horses, a parrot, donkey and stallions.

**“Polly”** was a grey parrot owned by Andrew Jackson. This parrot could swear and when he was present during Jackson’s funeral, he had to be removed due to loud and persistent profanity.



**“Rebecca”** A raccoon gifted to Calvin Coolidge intended for the Thanksgiving feast. First Lady, Grace, decided not to serve her for dinner and kept her as a pet. She built her a tree house at the white house instead. The tree house would be later occupied by Herbert Hoover’s wild opossum, “Billy Possum”.

**A flock of 48 sheep** were owned by Woodrow Wilson. He kept them on the lawn as an economical way to keep the grass trimmed. Their wool was sold to benefit the Red Cross.



Source - Wikipedia :

[https://en.wikipedia.org/wiki/United\\_States\\_presidential\\_pets](https://en.wikipedia.org/wiki/United_States_presidential_pets)

CAAA

BULLETIN BOARD

**Welcome**  
**2021**  
**We've Been Waiting for You!**

**Did You Know**

The United Nations has declared 2021 as the International Year of Peace and Trust?

**Did You Know**

The iconic New Year's Eve ball drop in New York City's Times Square will occur virtually this year?

**Did You Know**

The 2021 Chinese New Year is celebrated Feb 12<sup>th</sup> and is the Year of the Ox?

**Did You Know**

The first New Year's celebration dates back 4,000 years. Julius Caesar was the first to declare Jan. 1 a national holiday?

**DON'T FORGET WE WANT TO HEAR FROM YOU?**

Share your stories from pet therapy visits on Facebook.

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