

# THE HYDRANT

**The Monthly Bulletin  
for Intermountain Therapy Animals Members**

**Volume 21/Number 6**

**June 2021**



# Are you current with ITA?

## Membership Dues:

**Individual \$99**

**Family \$150**

## How to Pay:

Call the office with a credit card (801-272-3439), request a PayPal invoice, or send a check to PO Box 17201, SLC, UT 84117.

## Update your Contact Information:

If your contact info remains the same, you can just make your payment.

If any of your contact info has changed, please let us know by responding to this email or you can use the membership renewal application on our website in the member's section.

*If you are not planning on renewing your membership, please let us know so that we don't send more notices.*

## ITA Office Hours:

**Monday through Thursday, 9 am to 5 pm  
(Fridays - CLOSED)**



## June Calendar

**Tuesday, June 8 - Board of Directors Meeting**

**Friday, June 18 - University Hospital Caregiver Stress Relief, 1:30 to 6 pm**



# Coming Back into Service ~

More than 25 facilities are back on our list, and already we are in the place of more demand than we can fill! Are you ready to jump back in? Go to **ITAVOLUNTEERS.COM** and see a glorious, constantly-updated display of possibilities for you and your partner!

Hope to hear from you *soon!*

## ITA Team Opportunities

Welcome! This website is just for ITA members in the local chapters to see all of the different events coming up and other opportunities to volunteer. Please use the tabs at the top to explore (see descriptions below if needed).

Event Requests - Opportunities we need volunteers to sign up for!  
New Facility Waitlist - Facilities that do not have therapy teams and want to start a program.  
Current Facilities Opportunities - Facilities in need of more teams.  
R.E.A.D.® Program Waitlist - All libraries and schools that are requesting teams for a R.E.A.D.® program.  
Just For You! - ITA events for you to participate in versus volunteering and continuing education classes.

### Contact Info:

ITA Office: (801) 272-3439

Volunteer Services: VolunteerCoordinator@TherapyAnimals.org

Karen Burns [Co-Executive Director]: Karen@TherapyAnimals.org or (801) 450-6788

## Current Facilities Opportunities

### New Facility Waitlist

### R.E.A.D. Program Waitlist



# FRIENDS LEAVING EARTH



## **Skye (personal therapist for Kathy Klotz)**

(Salt Lake City) My Skye left our little family on Friday, May 7th. He was diagnosed with metastatic cancer of the lungs and kidneys on May 3rd, and began coughing up blood and having difficulty breathing. He came to me at 15 months, after a pretty tough start in life, and he never got over his

terror of strangers, but once you were on his list, he was the sweetest, kindest boy in the world. He loved all other dogs, no matter the size, breed or age, and his kitty sisters loved him so much that we called them his groupies.

These losses are always unspeakably painful, but it feels worse when they're still young. Skye would have been just 8 years old on May 19th.



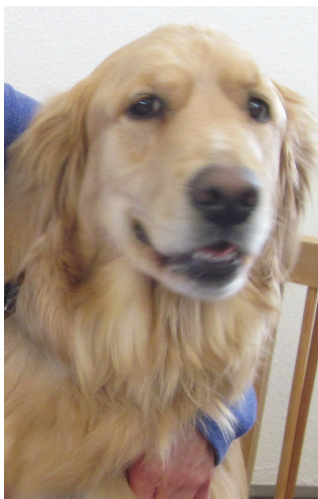
## **Gary Wiedenfeld**

(Marshalltown, Iowa) We were so shocked and sad to hear of Gary's passing at age 60 from brain cancer. Gary, his wife Kristin and their German shorthair pointers Sadie & Gracie were ITA teams for nine years (2007 to 2016) and were wonderful supporters. They moved to Iowa, and even now requested memorial gifts to be made to ITA.

## **Charles Lynn Frost**

(Salt Lake City) More shock and sadness to learn of the passing of Charles from colon cancer. This legendary actor and his infamous alter-ego, Sister Dottie S. Dixon, was/were the narrator(s) for our first two Pupcracker performances. Nobody who was there will ever forget him or our ITA Pupcrackers!





## **Lucy - partner of Beth Steele**

(Helena) Beth & Lucy have been members of our Helena chapter since March of 2014. Beth started with ITA in Salt Lake some years before that.

“My beloved Lucy died on Monday, May 24th, and I am completely heart-broken. Just a few days before then she was diagnosed with hemangio-sarcoma, and her last few days were spent joyfully hiking, playing with Grizzly, and eating all her favorite treats.

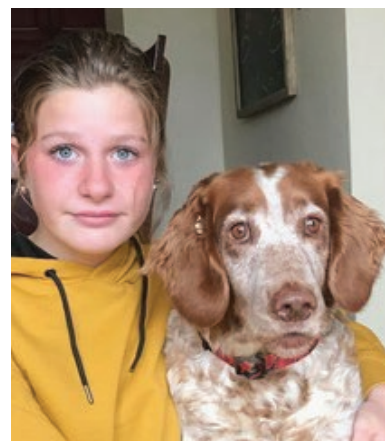
“Lucy was my once in a lifetime very special companion, and as you know she was so proud to be a therapy dog. Hers was a short life, but a life lived to its fullest.” – Beth

# **RETIRING**



## **Denise Adamson & Bo**

(Helena) Members since March 2019.



## **Tess Mann & Quinzy**

(Helena) Members since June 2019.



## **Louise Ellingsworth & Tammy Taylor**

(Bozeman) Members since February 2017

“TT will be 12 in November. Her age has suddenly shown up in the last 6 months. She no longer disappears for 2-hour-long gopher hunts. Neighbor ranchers no longer phone to tell me she is at their place playing with Essie or is helping Lucky sort cows and will be home soon. And when I saddle my mare and head down the driveway, rather than go with us, she chooses a shady spot under the horse trailer and guards the barn until I return.

“Two hospital visits stand out in my mind. One was a young boy, 6 or 7 years old, in bed with wires and tubes coming out of everywhere.

*(continued on page 7)*



# Why Does My Dog Follow Me Around?

## 8 reasons dogs go where we go.

By Karen B. London PhD, May 2021  
Bark magazine online

**D**ogs are naturally social and tend to like to be around their people, which is why we're not surprised when they seek out our company. Yet, many dogs have a tendency to follow us so consistently and with such enthusiasm that it raises the question, "Why do they do it?" Generally speaking, it usually means they just want to be around us. Perhaps the real question is why they want to be around us ... and so close! Here are a few reasons dogs follow us wherever we go.

### 1. Companionship

As mentioned, dogs are social. They form bonds quickly and deeply with the people in their lives, and they tend to want to stick close to those people. Dogs who constantly follow their people are displaying their sociability and emotional connection.

### 2. Attention

Dogs want our attention. If we move, they follow, perhaps in the hope that their motion will attract our attention. Even the most loved and cared-for dogs who have lots of daily activities will spend a certain amount of time waiting for the next interesting thing to happen. When we get moving, they presumably view our actions as a sign that the attention they seek is about to be bestowed upon them.

### 3. Hunger

We move when we're getting ready to feed them (and ourselves). Therefore, many dogs trot along in eager anticipation of getting a meal, or at least a snack or a little handout.

### 4. Interest In A Walk

Dogs are generally eager to be on the move, so when we're in motion, they join us. Of course, just walking around the house isn't

their favorite way to get going. Many dogs seem ever-hopeful that when we get up, we'll head outside for a real walk with them. This is especially true if we head in the direction of the leash or the door.

### 5. Worry About Being Left

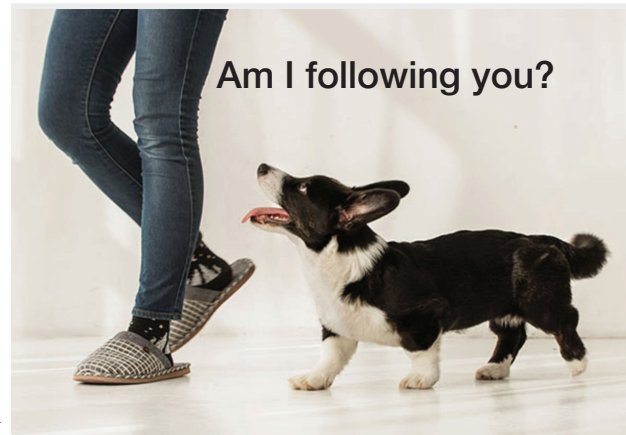
Many dogs associate our movement with departures. When we head to the garage, the car or the front door, our dogs may follow along to monitor the situation, seemingly checking to reassure themselves that we're not leaving or that, if we are, they'll be going, too.

### 6. Anxiety

Frequently, dogs who are unable to cope with being left alone can't bear to have us out of their sight. If we leave, they experience a form of panic. Because they're unable to tolerate being alone, they follow us to be in our constant company and to avoid any separation at all.

### 7. Boredom

Following us gives them something to do. So many dogs are looking for stimulation of any sort—more games, food puzzles, walks, training ... more of anything that fills their days with joy. Perhaps it's more interesting to accompany us than just to lie there and watch us. Or maybe they're



just curious.

### 8. Anticipation

Reinforcement drives behavior, and good things have happened when they've followed us in the past—a play session, an outing, a training session or maybe just some petting. If the relationship is a good one, our dogs associate being around us with feeling happy. Many dogs follow their people because experience has taught them good things happen when they do.

Why do you think *your* dog follows *you* around?



# Languishing . . .

Here we are, almost into summer, with the world starting to open up again and all kinds of reasons to feel hopeful and enthusiastic. And yet ... many of us are feeling distinctly *blah*. Ugh.

What's going on, anyway?? There is a theory!

## The science behind Covid 'blah'

A year in, and we are *languishing*. That's the academic term for the collective fog we've endured for more than a year — trouble concentrating, trouble staying motivated, trouble getting excited about the future.

Languishing isn't burn-out, which is more a lack of energy. It's not depression, with its lack of hope. Instead, it's a sense of stagnation, of emptiness, of just-getting-by, a malaise that might be the dominant emotion of 2021.

Adam Grant, a professor of management and psychology at Wharton, suggested we think of languishing as a midpoint between flourishing and depression.



"Flourishing is the peak of well-being: You have a strong sense of meaning, mastery and mattering to others. Depression is the valley of ill-being: You feel despondent, drained and worthless," Grant writes.

There's still more research to do, but giving the emotion a name might give us a way to move forward, Grant argues.

"It could give us a socially acceptable response to 'How are you?'

Instead of saying 'Great!' or 'Fine,'

imagine if we answered, 'Honestly, I'm languishing.' It would be a refreshing foil for toxic positivity — that quintessentially American pressure to be upbeat at all times."

## Louise & TT continued from page 5

"His parents were ashen—looking like, well, like their 6-yr-old boy was in a hospital with tubes coming out of everywhere. TT leapt up on the bed without effort and he buried his face in her neck. And sobbed. We all did. After about forever, the boy looked up at me and said 'My dog's name is Toby.'

"The second was a rancher. He might have been 60. Or he might have been 80. He looked at TT in the doorway and said "Come here, girl." She did and got up on his bed. He looked at me and said

'You can come back later.' I 'left' (standing out of sight in the hallway). He and TT talked for about 20 minutes. He told her about this year's crop of hay and last year's heifers. She curled up and went to sleep, listening to him plan for the future and remember good times in the past. After awhile, he said 'You better go find her. Thanks for the visit.' TT came out in the hallway and found me.

"Thank you for all your help and support. You have been wonderful." – Louise



**Stop by The Dog's Meow on June 4-5 (or do an online order 4-6) to help them celebrate their 25th Anniversary!**

**Owner Alexis Butler has been a strong and faithful supporter of ITA for all those 25 years, and we are so grateful for that, in addition to all their highest quality products.**

**I can guarantee from experience that their "killer Pawty Bags" will be full of fabulous surprises! (-KK)**



**The Dog's Meow**  
**25 YRS**  
CELEBRATE WITH US!  
First 50 In store purchases each day receive a killer Paw-ty Bag  
Scratch to win swag and discounts  
CHANCE TO WIN GRAND PRIZE  
\$25 off \$125 online order (4th, 5th & 6th)  
use code HAPPY25  
www.dogsmeow.com In Store Promo Dates June 4th & June 5th



## InfiniteWags™

### Another Valuable Offer for ITA Members and Friends!

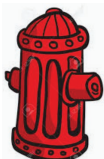
A new and comprehensive pet shopping site, Infinite Wags, has asked to help ITA on their site. **YOU** get 10% off any purchase when you use the code below, and **WE** get a \$5 donation.

**\$5 GOES TO THIS CHARITY  
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## 16 TIPS FOR HELPING YOUR DOG COPE WITH A HOT SUMMER



by Gemma Johnstone

It can be really exciting when the warm weather comes around—especially this year—and you're no doubt looking forward to getting out to enjoy a long walk and some warm sun with your dog. Often people forget that it can actually be quite a risky time for your pup if you don't help them stay cool and it is easy to get caught out on a walk or a road trip that proves to be warmer than you expected.

Dogs don't sweat as humans do, and the only way they have of regulating their temperature is through their pads and by panting. This means that in very hot temperatures it is much easier for them to overheat, and it is not uncommon to hear about dogs that have had to be taken to the vet after suffering from heat stroke and, tragically, some even die.

As long as you are sensible, there are lots of things you can do to help your dog cope better in the extreme heat and we have provided some useful tips here.

### 1. Don't Encourage Strenuous Activity in Very Hot Weather

Short walks or, in the very extreme temperatures, just toilet breaks in the garden are recommended. Don't encourage your dog to play fetch or run around energetically with other dogs in the park. Your dog will not realise that they need to regulate their temperature. It is not uncommon to hear of people taking their dog to the park on just a relatively hot day and within fifteen minutes of their dog playing with the ball, they are needing to be rushed to the vet because they have heatstroke.

### 2. Keep Your Dog Inside or in the Shade as Much as Possible

On the scorching hot days, it is actually best to just keep your dog indoors as much as possible or in the garden with access to cool shady spots at all times. Give them access to non-carpeted areas in the house if you have these as they are likely to be cooler. Make sure they can get to the coolest parts of the house. If they normally sleep in the patio or conservatory you may want to restrict their access if these are windowed areas that get the direct sunlight. Often dogs will seek out the warm spots, again not realising that they are becoming dehydrated or overheating.

If your garden is very exposed create some shady spots with blankets, towels or tarps.

There are lots of games you can play at home to keep your dog stimulated if they are getting bored from having less exercise than normal, and you can also make sure they have plenty of treat toys to keep them busy.

### 3. Try to Limit Any Dog Walks to Dawn, Dusk or After Dark

(continued next page)



## 16 Hot-Weather Tips continued from page 9



Walking your dog at dawn or dusk, rather than in the heat of the day is a much better option. It may sound obvious but many dogs that suffer from heatstroke are those that have been taken out for their daily constitutional at the hottest time of the day. If you normally have an afternoon walk with your dog it would be best to change around your schedule to accommodate getting them out first thing in the morning and last thing in the evening when temperatures will be a lot cooler. It is also good to pick shady walks like woodland areas.

### 4. Use Cool Coats, Bandanas and Mats

If the house is still very warm, they are travelling in the car, are in the garden or on a short walk you can consider using a cool coat or bandana. These are normally made of a material that absorbs and holds water well and they retain a cool temperature. I have found using a cool coat to be extremely helpful for when I have done summer road trips with my dog Annie. They really help to keep her feeling more comfortable.

I always soak the coat and bag it up in advance of leaving and then I can pull it out when needed and it has retained its moisture. Watch out for the coats or bandanas drying out. When this happens they can actually start to make the dog hotter and you would want to remove and re-soak if you plan to put it back on.

Sometimes using a wet towel for them to sit on can also be an option if you don't want to invest in a coat.

Cool mats are also useful. They normally work by becoming cooler when the pressure of the dog's body is on top of them. Not all dogs like cool mats, they are often made of a firmer, shiny material and you may need to get your dog used to using it. Reward them whenever they stand, sit or lie on it and soon they will start to realise that it gives a cooling relief.

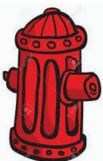
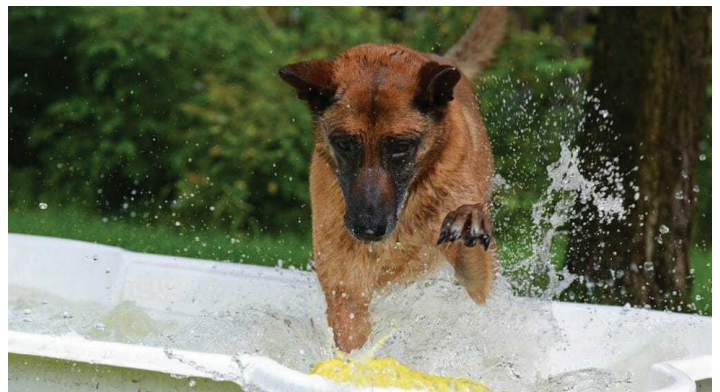
An elevated, non fleece dog bed can also be a nice way to help your dog stay cool.



Wet towels in a shady spot can be a nice way to help your dog stay comfortable in hot weather. Watch that they don't dry out or that they are too heavy though otherwise they can then end up making them hotter

### 5. Give Them Access to a Paddling Pool or Other Safe Water Sources

Using a paddling pool can be a nice way to help your dog stay cool if you are giving them access to the garden. There are pools that are specifically marketed for dogs, they can be a bit tougher than a normal child's paddling pool. You may not want to go all out and spend too much at first. Try a cheap



## 16 Hot-Weather Tips *continued*

and cheerful one to see if your dog takes to it. If your dog is not sure at first, throw in some toys or treats. Never force your dog to go in if they are uncomfortable, you will only make them more scared and less likely to use the pool and they could even start to develop a phobia of water in general.

Be aware that sometimes dogs' nails or teeth can damage the pool so again, if you have a boisterous dog or a chewer, don't go all out on the fanciest option out there.

If you are lucky enough to have a pool or pond in your garden you may want to allow your dog access to keep cool.

It is extremely important to supervise them at all times though and, if it is a pond, it should be one that is regularly cleaned. Toxic blue-green algae can form on still pools of water in hot temperatures and, if ingested, it can be fatal.

Beach and river walks can be nice for your dog in hot temperatures if they like to dip in and out of the water to keep cool. Don't forget that the beach is usually a very exposed area so, when out of the water, your dog can become overheated quickly.

Also be aware that after exercising in the water, a dog's temperature will be raised from the activity and so, when they get out, they can overheat more quickly as a result of their already raised body temperature. Excessive activity in the water is probably not recommended either on a hot day.

### 6. Keep Your Dog Hydrated

Keeping your dog well hydrated is one of the most important things you can do in hot weather as they can quickly become dehydrated and this can also lead to heat exhaustion more quickly.

Always make sure they have access to fresh and clean



drinking water. If you are out and about with them carry plenty of water and a travel water bowl for them. If you forget the water bowl but have a poo bag, you can pour some water into this and let your dog drink from the bag (obviously not unsupervised).

If they are not keen on drinking you could make it into a bit of a broth or mix it in with their normal meals.

Dogs that are dehydrated can start to lose their appetite, they can become very lethargic, pant more (even when they are not in hot temperatures anymore), their nose and gums become dry and their skin starts to lose its elasticity.

If you lift the skin around your dog's neck area and it holds up rather than springing back down, this could be a symptom of dehydration. Getting more fluids into your dog when they have these symptoms is extremely important. If you are at all concerned make sure you reach out to your vet for advice.

### 7. Watch out for Sunburn or Damage to the Eyes

Dogs can get sunburn too. A dog with a thick dark coat is not likely to have this problem but dogs with a very light, thin coat are more at risk. Thin coated white dogs and those with exposed skin are most at risk, so breeds like Chinese Crested or White Bull Terrier, for example. If they are in the sun for prolonged periods it is sensible to consider using a doggy safe sunscreen or covering their skin with a light doggy t-shirt. Don't use human sunscreen as this can often contain chemicals that may irritate your dog's skin.

Areas on all dogs that tend to be more at risk from sunburn are the tips of the ears, the bridge of the nose and the tummy. So if they like sunning themselves on their back they could end up with a sore tum if you are not careful.

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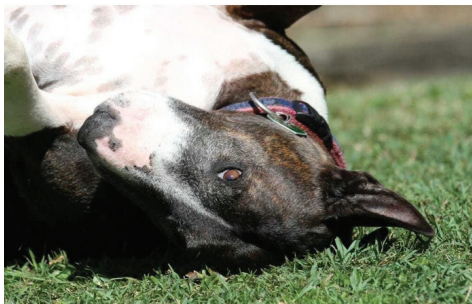


## 16 Hot-Weather Tips continued from page 11

If your dog does get sunburned, applying cold compresses every half an hour can help to relieve the discomfort more quickly.

Some people wonder if their dogs need to wear sunglasses. Dogs do not need to worry about the long term damage that UV exposure can have, unlike humans. If your dog already has an eye condition which would make exposure to bright light painful then they may be in need of a pair of doggy sunglasses then. The most popular style are called 'Doggles'. They are also good if your dog likes to sit beside an open window in the car and you want to protect their eyes from wind damage or possible debris. Breeds that have more protruding eyes like Pugs may also benefit more in these instances.

They are not a natural thing for your dog to wear so we would only suggest using them if they are really needed and you will likely have to build your dog up to using them properly. Gradually introduce them over a period of time and always have the positive association of yummy treats any time they are exposed to them.



Short coated breeds with lots of pink skin exposed, like this Bull Terrier, can be more susceptible to sunburn

### 8. Protect Dog Paws From Hot Roads

This is one that a lot of people don't think about, mainly because usually we have shoes on so don't experience it ourselves. In the extreme temperatures, pavement and road surfaces can become extremely hot (sometimes they even become squidgy and start to 'melt'). Take the time to place your hand on the road surface for ten seconds in these

hot temperatures and you will quickly notice how unbearable it can be.

It can be a big problem for our pooches too. They can often end up with nasty burns on their pads. It is particularly problematic for breeds that don't have as much fur covering their paws, breeds like Greyhound and Whippets.

If you do have to take your dog out for a short time of hot surfaces like this it would be worth



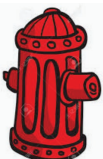
considering using a pair of boots or, ideally, waiting until the temperatures are cooler or sticking to grass.

Stay tuned ...

**#s 9.-16. coming in the July Hydrant!**

ENJOY THE LITTLE THINGS,  
FOR ONE DAY YOU MAY  
LOOK BACK AND REALIZE  
THEY WERE THE  
BIG THINGS.

- Robert Brault



# The Lighter Side



## Some Alternative Definitions

**ADULT:** A person who has stopped growing at both ends & is now growing in the middle.

**BEAUTY PARLOR:** A place where women curl up and dye.

**CANNIBAL:** Someone who is fed up with people.

**CHICKENS:** The only animals you eat before they are born & after they are dead.

**COMMITTEE:** A body that keeps minutes & wastes hours.

**DUST:** Mud with the juice squeezed out.

**EGOTIST:** Someone who is usually me-deep in conversation.

**HANDKERCHIEF:** Cold Storage.

**INFLATION:** Cutting money in half without damaging the paper.

**MOSQUITO:** An insect that makes you like flies better.

**RAISIN:** A grape with a sunburn.

**SECRET:** Something you tell to one person at a time.

**SKELETON:** A bunch of bones with the person scraped off.

**TOOTHACHE:** The pain that drives you to extraction.

**TOMORROW:** One of the greatest labor saving devices of today.

**YAWN:** An honest opinion openly expressed.

**WRINKLES:** Something other people have, similar to my character lines.



# ITA Memories



**ABOVE:** Back when we were doing annual ITA calendars (2002–2006), our Bozeman chapter won the competition for the most therapy dogs who would pose together.

**Count ‘em: 15!!** They had the cover for our 2005 calendar. Amazing and wonderful!

**RIGHT:** Oliver, our ITA office kitty, helping Cindy get her work done.

