

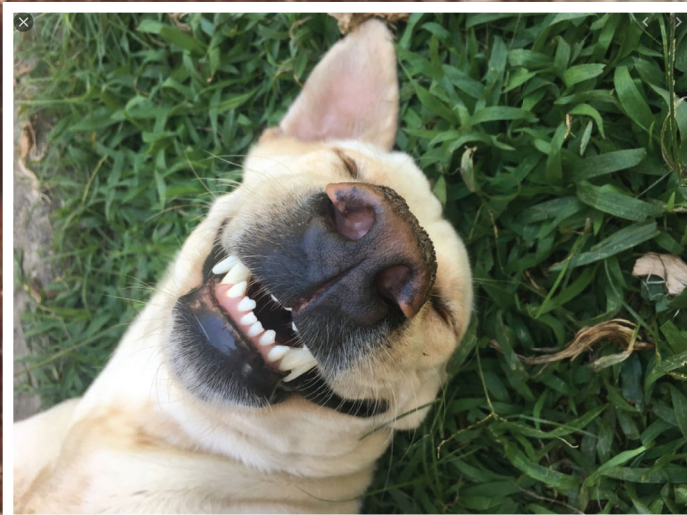


THE HYDRANT

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

Volume 21/Number 8

AUGUST 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)



August Calendar

NO BOARD OF DIRECTORS MEETING IN AUGUST

August 3, 5, 10-12 – PCH Constraint Induced Camp in Riverton

August 17 – SLCC Student Leadership Conference in Midway

Sunday, August 22 – ITA Members Rescreening Day, ITA offices, 9 am to 4 pm

August 23 – U of U Welcome Back Event in Salt Lake City

August 24 – U of U Welcome Back Event in Salt Lake City



Service Opportunities ~

Our list of facilities ready to resume services is growing almost daily. Have you checked out our site **ITAVOLUNTEERS.COM** yet?

HINT: Use the “Live Chat” feature while you’re on this site to get questions answered.

We now have 32 facilities open and hoping for ITA teams!



ITA Team Opportunities

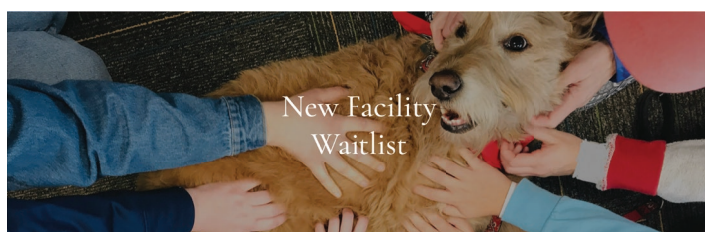
Welcome! This website is just for ITA members in the local chapters to see all of the different events coming up and other opportunities to volunteer. Please use the tabs at the top to explore (see descriptions below if needed).

- 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.

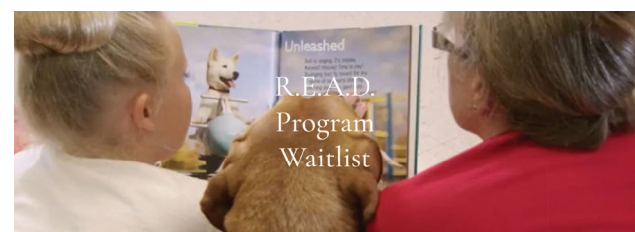
Contact Info:
ITA Office: (801) 272-3439
Volunteer Services: VolunteerCoordinator@TherapyAnimals.org
Karen Burns [Co-Executive Director]: Karen@TherapyAnimals.org or (801) 450-6788



Current Facilities Opportunities



New Facility Waitlist



R.E.A.D. Program Waitlist



RETIRING TEAMS

Diane Gunnell & Sasha

(Salt Lake City) Diane says, “We have had so many wonderful experiences and have met so many exceptional animals and their ‘pet parents’ because of ITA. We have had heartwarming experiences with our many clients in rehab and care centers, greeting people at Vickie Croke’s book tour, and being in ‘The Pupcracker!’ We received as much therapy as we gave to others.

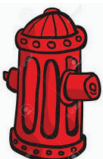


But Sasha has developed some serious health issues and it’s time for us to retire. Thank you so much for the opportunity help people through ITA!”

Diane and her husband rescued Sasha, a stray with a broken leg, and have truly inspired many others. They have been a team since February of 2014, and we will miss them!

Nona Horsley & Lucia

(Salt Lake City) Nona became a team in November 2013, first with Tosca, who is now deceased, and then with Lucia. Nona and her dogs have been quietly faithful and consistent and we will miss them dearly. Lucia is now 10, and their favorite AAI is the R.E.A.D. program, and since there is still so little going on at schools because of the pandemic, they have reluctantly decided it makes sense to retire.



BRAND NEW TEAMS!

Need we say how very excited we are to have new teams? For the first time since January 2020? YAY!! And this is just the beginning of ITA's whole new era!



Pam Inman & Trixie
(Idaho Falls)



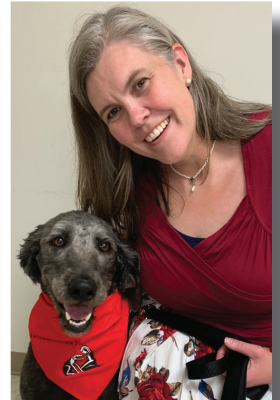
Judy Keeler & Grace
(Helena)



Rachel Molgard & Chloe
(Salt Lake City)



Marcy Curr, Max & Missy
(Idaho Falls)



Lynne Saul & Fancy
(Idaho Falls)



Beth Kristenson & Luna
(Salt Lake City)



SWITCHING GROUPS!



Diane Bracey & Abby

Diane, who has been a member of ITA for more than 20 years with several of her Golden companions, is moving to St. George! Her current partner, Abby, is 12 years old and retiring, but precedent suggests Diane may find another partner in the future, and she will be a great “shot in the arm” for the St. George chapter in any case!



Anne Dunker & Ally

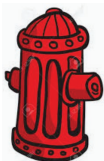
Anne & Ally have been a fabulous team in our Idaho Falls chapter since August of 2017, and now they are moving full-time to Goodyear, Arizona, and will be joining our affiliate there, Mutts on a Mission. Another painful loss for ITA, but a great boon to our Mutts friends.

SO PLEASED TO ANNOUNCE:

Bonnie Hong, New Idaho Falls Area Chapter Leader

Karen, Kathy and Connie Sharkey, our Idaho State Coordinator, are delighted to announce that we now have Bonnie to direct the Idaho Falls Chapter of ITA.

Bonnie traveled to Salt Lake to take our ITA workshop and was tested with her partner Murphy in July of 2019, just before the world shut down. She has been working relentlessly to learn ever more and to rally both teams and facilities in the Idaho Falls area. We traveled there in June to do our first post-COVID workshop for 10 potential new teams (which included a record-breaking number of cats—4 of the 10 teams, if you can believe it!



Dog Sleep: Where Love and Science Meet

Should we allow dogs to sleep in our beds?

By Karen B. London PhD

Watching dogs sleep —limbs akimbo, eyebrows twitching, paws paddling in a dreamland chase—is one of the joys of living with them. Another is the coziness of sharing our beds with them. Whether for emotional comfort, warmth (you’ve heard the expression “three-dog night,” right?) or because the bed is their go-to spot, many of us sleep with our dogs. Yet, while it makes us happy, we occasionally wonder if it’s something we should actually be doing.

One concern relates to old-school ideas about dominance. For many years, we were told that allowing our dogs on the bed with us would interfere with our attempts to dominate them, which was supposedly essential to having a well-trained dog. While shame about sleeping with dogs is far less common than it was a decade or two ago, a lot of us still fear being judged on the nighttime canine company we keep. (I’ve always enjoyed telling clients, “My dog sleeps on my bed!” and seeing their relief.)

Whether there is anything wrong with sleeping with their dogs is just one of many questions I regularly field. Thanks to the growing scientific interest in canine sleep, it’s possible to give informed answers. Following are a few things we know about dogs and sleep.

Should You or Shouldn’t You Allow Dogs To Sleep With You?

Dogs love to be near us, and sharing a bed makes most dogs and people feel safe, cozy, loved and warm (until the dog steals the covers!). The extra security of being close to their people also reduces the stress some dogs experience in response to noise, whether it’s simple car sounds or intense thunderstorms. Proximity can also alert us to other problems our dogs may have.

So, sleeping with our dogs is good for the relationship—unless it’s not. By that I mean if sleeping with



your dog works for you and you like it, it’s probably a good thing to do. Having a dog as a bed buddy can be marvelous if everyone is happy with the arrangement and everyone is sleeping well, but that’s not always the case. Sadly, a dog on the bed can sometimes lead to two types of relationship problems.

One, people may have very different views on the subject; couples have been known to fight like, well, cats and dogs about it. If you and your partner don’t agree on welcoming a dog to your shared bed, the conflict could harm your relationship. That tension may also affect the relationship between the person who wants a dog-free bed and the dog who senses that he is not welcome.

Two, a dog on the bed may have an impact on the quality of your sleep. A few studies have looked at how having a dog on the bed affects human sleep, with mixed results. A recent study investigated sleep efficiency (the percentage of time spent in bed actually sleeping) with a dog on the bed and with a dog in the room but not on the bed; the test group was made up of healthy, middle-aged women. The results? “On the bed” had a sleep-efficiency score of 80%, while “in the room” clocked in at 83%. That’s a small difference, and both figures are considered satisfactory by sleep experts.



In another study, more than 40% of people who sleep with their dogs reported that their dog did not disrupt their sleep; some said they even improved it. Warmth, contentment and relaxation were cited as sources of these positive co-sleeping evaluations. In the absence of a partner—either because they were single or their

(continued next page)



Sleeping with Dogs continued

partner was away from home— many people said that having their dog on the bed with them gave them a wonderful sense of companionship. Only 20% of participants reported that their dogs disrupted their sleep.

Dogs Need Much More Sleep Than People

According to most veterinarians, dogs need about 12 to 14 hours of sleep a day. Puppies sleep even more, often upwards of 15 to 18 hours a day. All of that sleep doesn't come in one long session in dogs of any age; there's a lot of alternating between high-energy bouts and snoozing. Puppies are especially prone to fast transitions, going from hurricanes of activity to nap time in the blink of an eye.

Though many dogs drift off with ease, some struggle to pass into dreamland. In such cases, a predictable bedtime routine may help. It can be really simple— perhaps a brief trip outside, coming back in and having their collar removed, and finishing up with a brief petting session near the dog's sleep location.

Sleep Can Affect Dogs' Learning and Memory

It's well known that going to sleep after studying helps people consolidate new information and leads to its storage in long-term memory. In another example of the many parallels between canine and human brains, the same is true for dogs: sleeping is an important part of their learning process.

In a Hungarian study, researchers taught dogs to respond to the cues "sit" and "lie down" in English, which—because they were trained in a different language—were new to them. After their training session, the dogs napped, and researchers found that during these naps, the dogs exhibited the same sleep-wave patterns associated with sleep-dependent memory

consolidation in other species.

Specific bursts of brain activity, called sleep spindles, occur during non-REM sleep and are related to learning and memory. Sleepspindle density predicts overnight memory consolidation in people and in rats. According to data from this study, the same is true for dogs. Dogs who had a greater density of sleep spindles following a training session had better recall when tested on their response to the new cues later. Additionally,

like female humans, female dogs had more sleep spindles as well as because better retention of the new skills when compared to their male counterparts.

In another Hungarian study, dogs were taught English cues and then engaged in one of four different activities: sleep, walk, Kong play or training in

another skill using the lure-and-reward method. After an hour of the assigned activity, the dogs were retested on their English cues. The activity dogs engaged in after training had an effect on their performance. Dogs who slept or went for a walk improved in their performance, but dogs who played with a Kong or had additional training did not. In a follow-up session a week later, post-training activity still influenced performance, but not exactly in the same way as on the day of training. Dogs who slept, played or walked all performed well when given cues in English. Only the dogs who had additional unrelated training failed to improve their response.

Dogs Don't Sleep as Well at Night if They Have a Bad Experience During the Day

It's easy to relate to recent research showing that dogs' sleep suffers if they have negative experiences during the day—the same thing is true for people. This study compared the sleep of dogs who had a positive experience (being petted or playing an enjoyable game) and those who had a negative experience (being tied to a door and left alone or having a stranger come in and stare at them without saying anything). Dogs who had



Sleeping with Dogs continued

the negative experiences fell asleep faster, but the quality of their sleep was not as good. They spent less time in deep sleep and more time in REM sleep. If a dog has a bad day, a night of poor sleep is a real possibility, as is the dog's tiredness and irritability the following day.

Age and Feeding Frequency Influence a Dog's Sleep Schedule

If you have a puppy and are hoping for a magic way to get him or her to sleep longer (and thus get more sleep yourself), I have bad news for you: time is your only friend in that quest. As puppies get older, they start to sleep through the night, but until then, you just have to hope that daytime puppy joy and sweetness gets you through the rough times at night. For adult dogs, the news is better, because their natural nighttime sleep patterns are a closer match to our own.

Middle-aged and older dogs sleep more during the day than young adult dogs, and that's because they take more naps, not because the naps are longer. They also sleep more at night compared with younger dogs. Younger dogs don't sleep as late in the morning, and they wake up more frequently during the night.

When researchers compared dogs fed once a day with dogs who received two meals daily, they found that adult dogs of all ages are affected by their feeding schedule. Dogs who were fed twice took fewer daily naps than those fed once, but those naps were longer. Dogs who ate twice a day fell asleep earlier at night, but woke up earlier in the morning, too. The earlier wake-ups more than compensated for the earlier bedtime, meaning that dogs who ate two meals slept less at night overall than dogs who were fed just once.

Whether It's on Your Bed or Not, It's Important To Make Thoughtful Choices About Where Your Dog Sleeps

Like people, dogs need to feel safe and comfortable in order to sleep well. They generally prefer a soft, cushy surface. If it's not your bed, they'll appreciate a rug, dog bed or even a fleece blanket.

Most dogs prefer to be in the same room as their humans, and that is generally my recommendation to clients. In that room, they can be on the bed, on the floor or on a dog bed of their own, depending on what works for you and anyone else sharing your bed.

There are situations in which dogs must sleep in another room because of allergies or because their snoring disrupts sleep, but if there is any way to have them in the same room, that is best for the dog and for your relationship with the dog. On the practical side, sharing a room makes it easier for you to know if your dog needs attention because they're ill, scared or simply require an additional trip outside.

It's great that there's been a surge of interest in canine sleep in recent years. Paying attention to our dog's sleep can influence our relationship with them, their quality of life and their happiness. Yes, sleep is that

important, and there's so much on the subject that's worth knowing.



Karen B. London, Ph.D. is a Certified Applied Animal Behaviorist and Certified Professional Dog Trainer who specializes in working with dogs with serious behavioral issues, including aggression. Karen writes the animal column for the Arizona Daily Sun

and is an Adjunct Professor in the Department of Biological Sciences at Northern Arizona University. She is the author of six books about canine training and behavior, including her most recent, *Treat Everyone Like a Dog: How a Dog Trainer's World View Can Improve Your Life*





Sesame Workshop and HBO Max. (HBO began acquiring original Sesame Street content in 2015.) But obviously, the timing could not be better, it adds. Given that thousands of families have welcomed pets into their homes over the past 16 months, according to data from the Shelter Animals Count National Data-

Elmo Gets a Puppy—Tango!

Tango will join “Sesame Street’s” 52nd season as both an animated character and a live-action Muppet, debuting this fall on HBO Max and streaming on PBS KIDS in 2022. The pup is first introduced in a 30-minute animated special “Furry Friends Forever: Elmo Gets a Puppy,” debuting on HBO Max on August 5, 2022.

The suits at HBO Max apparently gave in to Elmo’s entreaties for a pet, after all these years. (Perhaps they concluded a pet doggie made more sense than Elmo’s earlier request for a pet dinosaur.)

Meet Tango, a brown-and-white, floppy-eared sweetie who loves to dance, hence her name. Found wandering the streets, the pooch is eventually adopted after Elmo and Grover take her to a local adoption fair.

Tango’s character was in development long before the pandemic sent pet adoption rates soaring, according to a press release from

base, more children than ever need guidance on how to be a responsible human companion to a small animal in need of care.

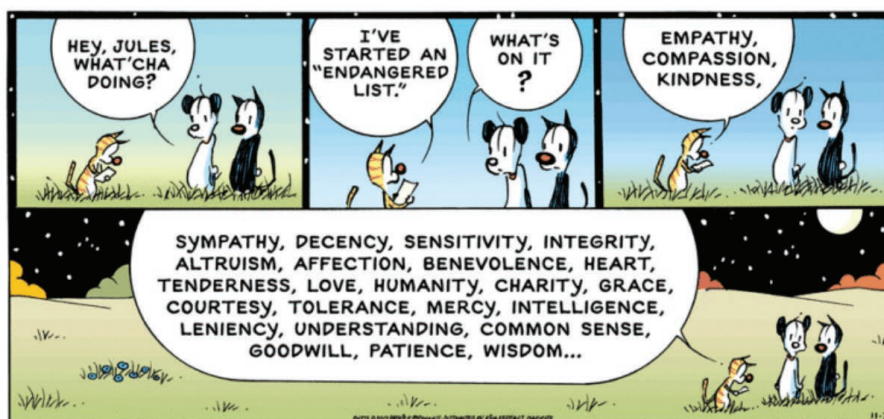
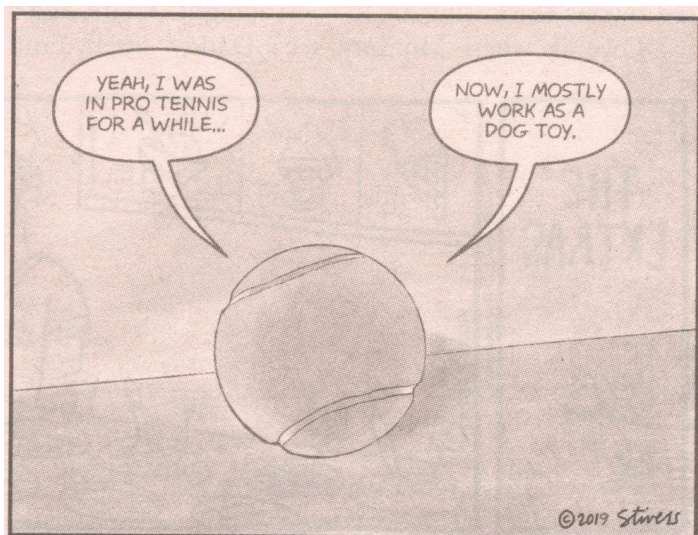
“For generations, our Sesame Street Muppets have been kids’ first friends, modeling valuable lessons about life, learning, and friendship,” said Sesame Workshop’s Executive Vice President of Creative & Production Kay Wilson Stallings. “After nearly two years of development, we are thrilled to introduce Tango, Elmo’s spirited, adventurous, and adorable furry friend.”

Tango will first appear only as a cartoon dog on HBO Max this fall, but she’ll eventually manifest as a live-action Muppet as well. She’ll show up on PBS KIDS streaming programs starting in 2022. Meanwhile, those of us without access to premium cable jonesing for feel-good content featuring favorite Muppets and dogs, have options, as ever, on YouTube. Those ranging from vintage performances of “Mad Dogs and Englishmen” that would raise a few eyebrows today to an unofficial encounter, unsanctioned by Sesame Workshop in which Elmo attempts to enlist a real, adorable puppy as his evil minion.



The Lighter Side

Our wireless doorbells
sitting on their chargers....



ITA MEMORIES



ABOVE: ITA cruises the Salt Lake airport, October 2000.

RIGHT: Huey the ITA mastiff with partner Stephanie trying out the people mover at the airport, September 2009.

BELOW: Kathy & Peggy get a "Bear" hug, October 2013.

