

THE HYDRANT

The Monthly
Bulletin
for Members of
Intermountain
Therapy Animals

Volume 22/Number 12

December 2022



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:

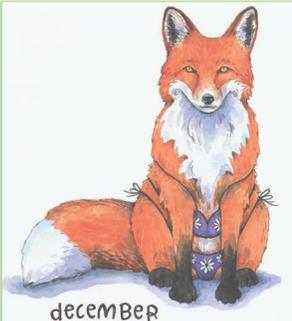
If your contact info remains the same, you can just make your payment.
If any of your contact info has changed, please let us know by responding to this email or you can use the membership renewal application on our website in the member's section.

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

ITA Normal Office Hours:

Monday ~ Thursday, 9 am to 5 pm

(Fridays - CLOSED)



**from the 2022 "Animals in Swimsuits" Pinup calendar by Planet Wilderness*

December

TOO MANY TO INCLUDE! Keep watch on your email for all the places our public wants ITA Teams during December!

Sunday, December 11, ITA Holiday Party for all Members & 2-Footed Guests (see the details on page 5)

Monday, December 26th ~ ITA OFFICE CLOSED

Monday, January 2nd ~ ITA OFFICE CLOSED



COME OUT & ABOUT!



Sunday, December 11, 2022

6 to 9 pm

Becky Butler's Home

6654 Mill Stone Lane in Cottonwood Heights

(Becky's phone 801.556.6881)

Please bring . . .

- Your partner/guest (2-footed only—sorry)
- One of your favorite holiday dishes
- Your own "cup of cheer"
(soft drinks and mixers provided)
- A non-perishable food item for the Utah Food Bank
(canned goods, tuna, peanut butter, pasta, baby food
and diapers are high on their list)
- And, a fun, fascinating gift or gifts* to play our
traditional exchange game
(*One gift from you and one from your guest — Spend \$20-25
each, max)

Please respond by December 8th to the ITA office: **801-272-3439**



Service Opportunities ~ ITAVOLUNTEERS.COM

Stop by the office anytime to claim your very own refrigerator magnet to remind you where to search for ITA service opportunities!



ABOVE: Peggy Chudd has found the ultimate ITA uniform accessory: custom-printed VANS with her and Gus. They are true show-stoppers!

RIGHT: Staff in the IMC Hospital gift shop asked Linda Richards & Lizzie to pose for a photo because Lizzie matched the holiday decor display so perfectly!



NEW UTAH TEAMS



Jan Abramson & Izzie
(Salt Lake)



Andrea Runburg & Griff
(Park City)



M.C. Cain & Jincey
(Park City)



**Elliott Strand-Hawkins
& Rio**
(Salt Lake)



Joy Coquillard & Bizzie
(West Point)



Lolly Vuz & Silva
(Salt Lake)



Nedda Greer & Josie
(Ogden)



**Jeanne Winters
& Murphey**
(St. George)



Holly & Aaron Murray & Maddox
(Salt Lake)



HANDLERS W/NEW PARTNERS



Bosley joins Stephanie Jacobs

(Salt Lake) Bosley is a 5-year-old Bernedoodle who loves snuggling! Bosley joined Stephanie as a team in October. She and Bosley's brother Biscuit joined ITA in November of 2021 and currently volunteer at Primary Children's and St. Joseph's Villa. They will be exploring to see where Bosley most enjoys going.



Jiffy joins Andrea Storey

(Ogden) Jiffy Pop is a 2-year-old Sheltie who also loves snuggling! Andrea carries him a lot because she thinks he is "teeny" (which he is, relative to her doodle partner, Bear, but he is otherwise a typical Sheltie-size), so he gets to spend a lot of time snuggling into people's necks while in the midst of enjoying an all-over hug!



Joan D'Aoust & Theo

(St. George) Theo is a miniature poodle. Joan joined ITA in 2016 and volunteered with her dog Monty until his retirement in 2020. We are thrilled to have Joan return. Joan shares that Theo is friendly, good at "reading" human body language, and is an overall happy guy. They look forward to visiting at the hospital. Welcome back, Joan!



Ed Hamlin & Jacob Vernon

(Cedar City) Ed has been a member since December 2018, working with his prior partner, Lucas Henry. Now Ed is back with Jacob Vernon, who is a two-year-old German Shepherd. They are interested in volunteering with hospice, at assisted living facilities, with veterans' groups and perhaps schools.



LEAVING EARTH



Lynn Lawrence

(Park City) Lynn passed away suddenly and unexpectedly on November 9th following a massive stroke.

When her daughter called to let us know, she wanted us to know what a huge part of Lynn's life and happiness ITA had been.

Lynn and Layla became an ITA team in February of 2019. Between then and now, Lynn battled cancer and, of course, withstood COVID, always maintaining her kind, thoughtful and generous demeanor. Lynn's daughter also said that Layla is doing fine, but will not go into Lynn's room ever since she passed.



Johnny Walker, partner of Caren Beeman

(Salt Lake City) Caren Beeman's Johnny Walker passed away on November 11th. He was Caren's partner since 2015. Caren has been a member since January of 2006. Our thanks to Caren and Johnny Walker for their long and devoted service.



OUT & ABOUT!



ABOVE: ITA "Pilot Pups" teams were a bigger hit than ever at the SLC airport event on Saturday morning, December 3rd (from left:) Bob Albrecht & Lily, Susan Daynes & Kingsley, (an airport guy), Carol Prince & Nikki, Judy Cooper & Thibodeaux, and Rob Bennett & Luke.

RIGHT: Staff in the IMC Hospital gift shop asked Linda Richards & Lizzie to pose for a photo because Lizzie matched the holiday decor display so perfectly!

(See Linda & Lizzie's amazing answer to an age-old problem on the next page!)



Amazing but True!

Linda Richards just found a solution to the age-old misery of iceballs on dogs' legs after walking in fresh snow! You'll want to remember this one:

“Someone I visited at the hospital this week told me a great tip to quickly remove snowballs off a dog's legs: Gently (!) rub a wire whisk (like used for cooking--I took a photo of the Dollar Tree whisk that I used) along the snowballs! At least on Lizzie, just now, they slid right off! Since I didn't really believe it would work, I tried in in the house, right after she came in, but next time I'll do it outside. After 9 years of dealing with oodles of snowballs due to her longggg hair, this is a great discovery!”

- Linda Richards



Appreciation!

As some of you know, we have a standing offer to the entire Granite School District to bring ITA teams when any individual, group or class has suffered any kind of trauma. Mid- November, Karen Burns went with Anita Murphy & Teddy to the grade school right down the street from our office, and this was the teacher's response:

“Hi Karen! I wanted to thank you and Anita again for bringing Teddy in yesterday. The joy he brought to Ruby was so incredible to see. He brought a warm hug that so many in our school needed! Huge thank you to you and your team for being such a bright spot in our community! Keep up the amazing work!”

- Kelsey Corr



What Petting a Dog Can Do for Your Brain

by Sandee LaMotte, CNN

Published 4:54 AM EDT, Thu October 6, 2022



On one side of the room sits the cutest life-size stuffed animal you've ever seen. On the other side rests a real dog — same size, shape and even the same name as the stuffed version.

You get to sit next to both of these fluffy friends and pet their fur. Guess which one will make your brain light up?

If you guessed the real dog, you're right. Stuffed animals, as cute and cuddly as they may be, just don't supercharge our frontal cortex, the part of the brain overseeing how we think and feel, according to a new study published in the journal PLOS ONE.

"We chose to investigate the frontal cortex because this brain area is involved in several executive functions, such as attention, working memory, and problem-solving. But it is also involved in social and emotional processes," said study lead author Rahel Marti, a doctoral student in the division of clinical psychology and animal-assisted interventions at the University of Basel in Switzerland.

Why is this finding important? It provides additional evidence that live human-animal therapy interactions may boost cognitive and emotional activity in the brain, Marti said.

"If patients with deficits in motivation, attention, and socioemotional functioning show higher emotional involvement in activities connected to a dog, then such activities could increase the chance of learning and of achieving therapeutic aims," she said.

This latest study adds to existing research on the benefits of animal-assisted therapy in medically supervised neural reha-



bilitation for nervous system conditions, such as strokes, seizure disorders, brain trauma and infections.

"This is an interesting, rigorously conducted study that provides new insight into associations between human-animal interaction and regional prefrontal brain activity in healthy adults," said Dr. Tiffany Braley, an associate professor of neurology at the University of Michigan in Ann Arbor, who has published research on the connection between pet ownership and cognitive health.

"Although further work in larger samples of people with specific neurological conditions is needed, the current study could inform future research of animal-assisted interventions for neurorehabilitation by providing new data regarding the type, intensity, and frequency of animal interactions necessary to achieve desired physiological or clinical benefits," said Braley, who was not involved in the new research.

Researchers used functional near-infrared spectroscopy (fNIRS) in the study, which is a portable brain scanner that provides flexibility since it's functional in natural settings and not limited to a closed room in a lab. The technique measures brain activity via oxygen saturation of the blood in the brain.

The study team fitted each of 19 participants with the scanner and asked them to observe and interact with one of three live dogs: a Jack Russell terrier, a goldendoodle and a golden retriever. First, study participants watched the dog from across the room. Then the dog sat next to them. Finally, each person was allowed to pet the dog. This process occurred twice more at later dates.

Petting a live dog supercharged activity in the part of the brain that controls thinking and emotional reactions, the study found.

In other sessions, each person repeated the same sequence with a plush stuffed lion that contained a hot water bottle to simulate the body temperature of a live dog. In each of the scenarios, brain stimulation rose as the dog or stuffed animal moved closer.

However, the study found an even stronger boost in brain activity when the person petted the fur of a real dog versus the stuffed animal.

"We think emotional involvement might be a central underlying mechanism of brain activation in human-animal interactions," Marti said, adding that the stuffed animal likely triggered less affection.

The results mirror findings by other researchers, who found more brain activity when participants interacted with live rabbits, guinea pigs, cats, dogs and horses, she said.

"Positive nonverbal cues and reciprocal interactions provided by a living animal could in part explain this difference," Braley said.



Dogs in Paintings



“A good friend painted my Axel for me.”

- Cindy Yorgason



“My dad painted Biscuit and Bosley for me, right before he passed away. It’s the best gift he could have given me.”

- Stephanie Jacobs



(More on the next page)



Dogs in Paintings



“A wonderful lady, Alex, who works at Shriners Hospital in Salt Lake painted this lovely painting of Duncan. Duncan and I volunteer at Shriners every Thursday afternoon.”

- Deanna Sabey



The Lighter Side

