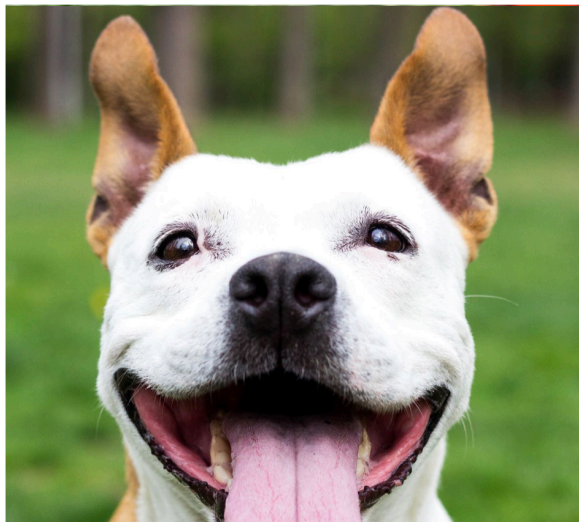


# THE HYDRANT

The Monthly  
Bulletin  
for Members of  
Intermountain  
Therapy Animals  
Volume 23/Number 3  
March 2023



# Are you current with ITA?

**ITA Office Hours:**  
**Monday ~ Thursday, 9 am**  
**to 5 pm**  
**(Fridays - CLOSED)**

## **Membership Dues:**

**Individual \$99**  
**Family \$150**

## **How to Pay:**

- Call the office with your credit card (801.272.3439)
  - Request a PayPal invoice
- Go to the MEMBER tab on our website, ([therapyanimals.org](http://therapyanimals.org)); click on the red button that says "Pay Your Membership Dues"
- OR, just send a check to ITA at PO Box 17201, SLC, UT 84117.

***If you are not planning to renew your membership, please let us know so that we don't continue to send you notices!***



## **March**

**Friday, March 10: Mountain West Montessori Academy, 9-11 am**

**Friday, March 10: Highland Glen Assisted Living, 1-2:15 pm**

**Monday, March 13: U of Utah Union Programming Council De-stress, 10 am - 12 noon**

**Thursday, March 16: ACMG (Annual Clinical Genetics Meeting) 11:30 am - 1 pm**

**Wednesday, March 22: Career Day at T. H. Bell Junior High, 8-11:30 am**

**Thursday, March 23: Youth Protection Seminar, Valley High School, 6-8 pm**

**Friday, March 24: Judge Memorial High School, 7:45-9 am and 11 am - 2:45 pm**

**Monday, March 27: Weber State University Relaxation Fair, 10:30 am - 12:30 pm**



# Service Opportunities

**FACILITIES:** We are back at 118! **STILL WAITING:** 44 more!

## ITAVOLUNTEERS.COM

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



## OUT & ABOUT



Ellen Folke sent us this cute shot of her three granddaughters showing off their shirts from our last campaign. It was another successful campaign, and we sure appreciate everyone who supports ITA with these fun shirts! And if you ever have ideas that you think would make an irresistible ITA shirt, please let us know!





# NEW ITA TEAMS



**Nancy Bentley  
& Baxter**  
(St. George)



**Valerie Duffin  
& Beau**  
(Kaysville - No. Utah  
Chapter)



**Mary Carlson  
& Milo**  
(Springville - Utah  
County Chapter)



**Scott Gaiser  
& Sadie**  
(Flathead Valley)



**Charlotte Dickson  
& Bonnie**  
(Bozeman)



**Kathy Lewis  
& d'Artanian**  
(Flathead Valley)





**Velvet Rogers  
& Thunder**  
(Flathead Valley, MT)



**Barbara Townsend  
& Henry**  
(Salt Lake City)



**Mike Russell  
& Tika**  
(Salt Lake City)



**Olivia Townsend  
& Henry**  
(Salt Lake City)



# NEW PARTNERS



## **Katherine Howe & Skye Livingston, MT**

Katherine joined ITA in February of 2017 with her dog Layla. They volunteered

together until Layla's unexpected passing in July 2022. She is now back with Skye.



## **Kathleen Hayden & Skye Bozeman, MT.**

Kathleen joined ITA in Nov of 2019 with her dog Lark. They were a team with us until Lark's

unexpected passing in August of 2022. They were also an active R.E.A.D team. Kathleen is now back with her new partner Skye.

*Two Skyes! With two KH humans in Montana with two former L-named partners! This looks like we made mistakes, but it's all true.*

*Welcome back, Katherine, Kathleen and the lovely Skyes!*

# RETIRING TEAM



## **Raymond Jou & Snoopy (Salt Lake)**

Raymond & Snoopy have been a team since November 2012. Snoopy started young and was an ITA dog for almost all his life so far!

Raymond says, "Snoopy is approaching 12 years old. (The average lifespan of his breed, Chesapeake Bay Retriever, is 10). He is healthy, but has been gradually aging. It is time for him to retire.

Thank you, Raymond & Snoopy, for more than 11 years of service!





## MORE OUT & ABOUT



Check out the latest issue of Salt Lake Magazine, which features a wonderful 2-page spread about Skip Daynes and Daynes music. If you didn't

already know these amazing facts, Daynes Music company is 1) Utah's oldest retailer, 2) the oldest music store in the West, 3) the 2nd oldest music store in the whole U.S., and 4) the 6th oldest family-run business in the U.S. Congratulations, Skip!



On their last trip to IMC, a staffer asked Linda Richards whether she might please take a selfie with Lizzie. Lizzie was happy to oblige!



# Sticky Wickets During Visits

In our team training classes we talk about the importance of having visits that are about an hour long; sometimes an hour-and-a-half; ***never longer than two hours***. The variations are based on the individual dog and the nature of the clientele and the surroundings.

There are vitally important reasons for these restrictions, and if you've forgotten them, please review in your *ITA Team Training Manual* in **Unit 5** regarding ***"How Long Should Our Visits Be?"***

The essence of the reason is that **what therapy dogs do is emotional labor**. It is inherently stressful, even when they are enjoying it, and it is inappropriate to tax them beyond their capacity. So ... what do you do when a harried health care worker asks you to please stay longer to visit with a few more patients, because you are the only team on the floor at that time? Or when there is a huge number of people at an event and they are all clamoring for your attention, which requires you to extend your visit time considerably??

Recently we have had several handlers tell us about such situations, with the result that they stayed for as much as 3 or 4 hours.

The reasons for these requests are always eminently worthy. It is often because the people surrounding your animal have been going through painful loss or crises;

or because a person in authority at your facility begs you to stay longer because there is so much desperate need.

We know our members always to want to help—that's exactly why we are all here, after all.

It got us to thinking.

We also know that many of us suffer sometimes from the syndromes of having a hard time saying "no," or being "people pleasers."

But here's the problem: we can't ask our dogs whether they're okay with staying an extra hour or two, and we are adding to their normal level of visit stress or exhaustion without their consent. This may start to erode your partner's love of the job, and perhaps even shorten his/her therapy career. Our dogs do what we





ask with as much love as they can muster, but we have had dogs who have finally told their humans that they refuse to go. They are done being a therapy dog when their needs are not respected.

Frankly, it is also putting your clients at a risk—when you ignore your animal's needs and preferences, they may feel a need to escalate their responses in reaction to their own stress or exhaustion because you haven't been listening closely enough.

What should you do? What should you say? We want you to be kind and gracious about your refusal, but still set a boundary that's appropriate for your partner.

It's another time when it would be good to have some ready responses up your sleeve. Here are a few ideas:

"I would love to stay, but ...

... Rover is exhausted and can't continue any longer today."

... Rover has let me know he needs a potty break right away."

... if we exceed our 2-hour maximum visit time, our ITA liability insurance will no longer cover us because it taxes our dogs' beyond their recommended capacity."

Please, please take this seriously and honor the needs and limits of your beloved companions.

# Do you Have Pet Insurance?

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**M**ore and more insurance companies are entering the market of pet insurance because it's a booming segment and can be a life-saver for pet owners as veterinary costs have been escalating sharply. How about you?

ITA members are in the highest echelon of responsible pet owners and are usually willing to invest whatever it takes for their beloved animal companions. So we would like to help educate our members on this important subject.

If YOU have experience with pet insurance policies, would you be willing to share your insights?

Please email [kathy@therapyanimals.org](mailto:kathy@therapyanimals.org) about your experiences with the company(ies) you have dealt with—from the sublime to the ridiculous!

Next month we'd like to provide all our members with an informal report on any recommendations you may have, whether positive or negative. **THANKS!**



# Kudos to our St. George Teams!

Hello Ms. Rusk,

Thank you so much for coordinating these wonderful volunteers.

I cannot tell you how much we adore y'all. Last Fridays visit was absolutely amazing. Students continually talk about the dog's personalities and who's trading cards they have etc.

With how packed and stressful our students' schedules are, even if they are only able to get 3-4 min with a pup before their next class, I can see students finally taking some deep breaths and relaxing during the visits.

I cannot rave enough about your volunteers. They are so kind, fun to chat with, and incredibly supportive of the students. I am so grateful for y'all. Thank you so much and we look forward to seeing y'all next time!

Chelsi Patton, OMS II

President of the Class of 2025

Foundation for Anesthesia Education and Research Scholar

COSGP National Research Liaison

Physician Scientist Honors Research Track

Rocky Vista University

College of Osteopathic Medicine

## TRUE OR FALSE?

If you suffer from anxiety, you're more likely to be bitten by a dog.



True. Researchers found that people with anxious dispositions were more likely to be bitten by dogs. The more "emotionally stable" the person, the lower the chance of being bitten. (However, researchers aren't sure if lower emotional stability led to a higher bite rate, or if being bitten led to low emotional stability.)

# 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 pur-

chase when you use the code below, and **WE** get a \$5 donation.

**\$5 GOES TO THIS CHARITY**

**WHEN YOU USE OUR**

**10% OFF DISCOUNT**

**CODE: THERAPYANIMALS**

**SHOP NOW**

**∞ InfiniteWags.com**





# Dogs in Paintings



Please send more of YOURS!  
to  
[kathy@therapyanimals.org](mailto:kathy@therapyanimals.org)



# The Lighter Side

