



# INTERMOUNTAIN THERAPY ANIMALS NEWS

Summer 2007

VOLUME XIII • No. 1

*"The outside  
of a dog  
is the very  
best thing  
for the inside  
of a person."*

- ITA PATIENT AT  
UTAH CANCER SPECIALISTS

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## Who are Intermountain Therapy Animals?

We are a Utah nonprofit organization that recruits, screens and trains people and their pets to volunteer to bring animal resources to people in need. Our mission is to enhance quality of life through the human/animal bond. Our volunteers make regular visits to those who are physically or developmentally disabled, emotionally or psychologically impaired, lonely or suffering from depression. All services are free of charge to both client and facility.

ITA therapy animals and their handlers are registered as Delta Society® Pet Partners®, part of a nationwide program that provides health and behavior guidelines for people/animal teams involved in animal-assisted activities (AAA) or animal-assisted therapy (AAT). The program registers and insures teams that successfully complete both health and temperament screening and volunteer training.

Now in our 14th year, we are one of the largest groups of our kind in the United States, with more than 300 Pet Partner® teams doing animal-assisted therapy at more than 100 hospitals, counseling centers, nursing facilities, detention homes, extended care centers, and schools. Chapters of ITA have sprung up in Montana (Bozeman and Butte), Idaho (Twin Falls and Hailey), and the Lake Tahoe area (Incline Village, Nevada).

We are also the founders of Reading Education Assistance Dogs® (R.E.A.D.®), a literacy support program to foster in children the love of books and the reading environment. R.E.A.D. has spread throughout the United States and beyond since we launched it in 1999.

Our volunteers participate in therapy visits, training, community education, and important community service. ITA animals, having passed the Delta skills and aptitude tests, are certifiably good-tempered, healthy, safe, stable, predictable, obedient and well-groomed.

Demand for the services of ITA's well-trained animal/handler teams is growing almost daily. In addition to the more than 100 institutions we are currently serving, many more facilities are on our waiting list.

If you would like to schedule a visit from Intermountain Therapy Animals, or become involved with our organization as a volunteer (either with or without your own companion animal), or if you just want more information about us and our work, please contact Executive Director Kathy Klotz at 272-3439. We welcome all who want to lend a helping paw! ♥



## ITA Staff & Contact Info

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Intermountain Therapy Animals' *Newsletter* is sent to all members and contributors. From other friends who want to receive our newsletter, we ask a \$10 annual "subscription fee" (alias *tax-deductible donation*) to help with printing and postage costs. Please call the ITA office at 801-272-3439 if you would like to be on our mailing list.

## Intermountain Therapy Animals

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Web Site: [www.therapyanimals.org](http://www.therapyanimals.org)

Intermountain Therapy Animals is proud to be one of the 20 Utah nonprofit organizations supported by Community Shares/Utah.



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## Join Intermountain Therapy Animals —With or Without Your Pet

Not everyone has the time or resources—or an appropriate companion animal—to become an ITA Pet Partner visiting team, but you can still make a significant difference for our work and our clients by **becoming a supporting member of ITA.**

### Why does our work matter?

Because the struggle to heal is universal, cutting across all ages and conditions and life circumstances. Illness or accident will sooner or later arrive at each of our doorsteps, affecting ourselves or our loved ones. **Therapy animals open the doors, so that healing may begin.** Healing is a very personal process. A patient/client must choose to walk that often-difficult path before other supporting factors can really help.

What therapy animals do best is function as catalysts, helping patients rekindle their desire to heal, to decide that life is worth living, and to get on with the hard work of therapy.

**We need your help to be able to help others.** Please help our therapy animals continue to bless the lives of so many who need them by becoming a supporting member of Intermountain Therapy Animals.



### NEWSFLASH — DOUBLE YOUR CONTRIBUTION! JEPS Foundation Offers Challenge Grant!

**F**or a limited time, you will have a singular opportunity to **double the impact of your donation.**

Again in 2007, Jennifer Speers of the JEPS Foundation has issued an invitation to friends of ITA, in the form of a challenge grant of \$3,000.

That means, if you make a contribution to ITA by **October 8th, 2007**, the JEPS Foundation will match it, up to \$3,000!

Please help us take advantage of this special opportunity by sending your donation today!

**Thank you!**

**Yes!** I am proud to join Intermountain Therapy Animals' and support therapy animals who are helping people heal. Here is my tax-deductible membership gift:

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Your donations are tax-deductible to the full extent of the law. Thanks for your support!

# About Both Ends of the Leash: KC Owens & Cheveyo



I am sure that "volunteering" means something different to each of us, but I have learned a lot about it from my dog. Cheveyo is a very special chocolate lab. I have owned and trained many dogs in my lifetime, and while all of them are special and endear themselves to us, some are just four-legged angels that come to teach us lessons. Cheveyo is one of those, and I didn't even recognize that until we began our volunteer experience as ITA Pet Partners.

Cheveyo and I spend time at the University of Utah Hospital, the Neighborhood House, Aspen Ridge, and CareSource Hospice. Watching him volunteer has been so very amazing to me. Cheveyo lives in the moment, always. He meets and greets most people as if it will be the first and last time he will ever see them. He doesn't recognize skin color, religion, sex or odor of any sort as a deterrent to making a new friend. If they are willing, he is more than happy to accommodate! If they get rough, demanding, or abusive he simply walks away and knows in his heart that there are more than enough people who are willing to be his friend. He possesses a keen awareness of when it is time to play, when it is time to comfort, when to be gentle, and when to be assertive. I have watched him go from wrestling with a zealous youngster to crawling gently up in a bed with a very fragile person and snuggling in carefully beside them, all within a space of minutes.

If only I could be more like my dog! My hope and prayer is that I can be half as good at these qualities as he is. He understands what it means to volunteer. He understands what it means to live!

**We love R.E.A.D.-ers!**

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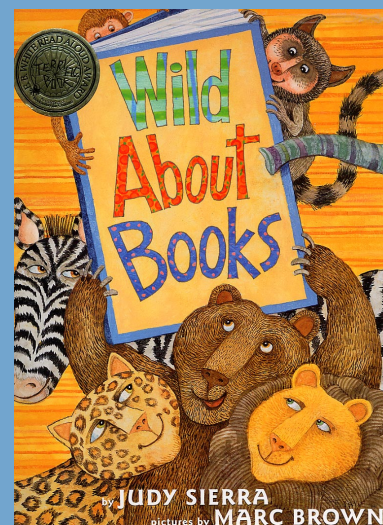
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illustrations!*

.....**Thank you!**

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*[IMPORTANT: Dear Friends — We work hard to make sure our donors are properly acknowledged and recognized, and that you know how much we appreciate you. But this year we have initiated an entirely new database system, and that's always scary! If your name should be here and it isn't, please, please contact our office (272-3439) so that we may make necessary corrections and amends and recognize you on this page next time. We thank you with all our hearts for your faithful support of ITA and animal-assisted therapy!]*

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June Robinson  
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Michelle Rollins  
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Krista Santum  
Doris Spain  
Randolph Speers  
Deborah & Steven Spencer  
Laura Spenser  
C. William Springer, DDS  
Talia Squires

(Continued on page 16)

# The Last Will and Testament of an Extremely Distinguished Dog

— EUGENE O'NEILL (1888–1953)

I, Silverdene Emblem O'Neill (familiarily known to my family, friends, and acquaintances as Blemie), because the burden of my years and infirmities is heavy upon me, and I realize the end of my life is near, do hereby bury my last will and testament in the mind of my Master. He will not know it is there until after I am dead. Then, remembering me in his loneliness, he will suddenly know of this testament, and I ask him then to inscribe it as a memorial to me.

I have little in the way of material things to leave. Dogs are wiser than men. They do not set great store upon things. They do not waste their days hoarding property. They do not ruin their sleep worrying about how to keep the objects they have, and to obtain objects they have not.

There is nothing of value I have to bequeath except my love and my faith. These I leave to all those who have loved me, especially to my Master and Mistress, who I know will mourn me the most.

I ask my Master and my Mistress to remember me always, but not to grieve for me too long. In my life I have tried to be a comfort to them in time of sorrow, and a reason for added joy in their happiness. It is painful for me to think that even in death I should cause them pain.

Let them remember that while no dog has ever had a happier life (and this I owe to their love and care for me), now that I have grown blind and deaf and lame, and even my sense of smell fails me so that a rabbit could be right under my nose and I might not know, my pride has sunk to a sick, bewildered humiliation. I feel life is taunting me with having overlingered my welcome. It is time I said good-bye, before I become too sick a burden on myself

and on those who love me.

It will be a sorrow to leave them, but not a sorrow to die. Dogs do not fear death as men do. We accept it as part of life, not as something alien and terrible which destroys life. What may come after death, who knows?

I would like to believe that there is a Paradise. Where one is always young and full-bladdered.

Where all the day one dillies and dallies. Where each blissful hour is mealtime.

Where in long evenings there are a million fireplaces with logs forever burning, and one curls oneself up and blinks into the flames and nods and dreams, remembering the old brave days on earth and the love of one's Master and Mistress.

I am afraid this is too much for even such a dog as I am to expect. But peace, at least, is certain. Peace and long rest for weary old heart and head and limbs, and eternal sleep in the earth I have loved so well. Perhaps, after all, this is best.

One last request I earnestly make. I have heard my istress say, "When Blemie dies we must never have another dog. I love him so much I could never love another one."

Now I would ask her, for love of me, to have another. It would be a poor tribute to my memory never to have a dog again.

What I would like to feel is that, having once had me in the family, now she cannot live without a dog!

I have never had a narrow, jealous spirit. I have always held that most dogs are good.

My successor can hardly be as well bred or as well mannered or as

(Last Will & Testament ... continued on page 22)



**May Conference Keynote by Elizabeth Allen, M.D.:**

## **Doctors and Patients: As Different as Cats and Dogs**

**I** am a pediatric intensivist, meaning that I am a pediatrician who specializes in the care of

critically ill or injured children. I received my medical education and training in Ohio, but then was lucky enough to move out to this beautiful state of Utah and practice at Primary Children's Medical Center right down the street for sixteen years. For the last seven years of that time I served as the associate dean for student affairs and education at the medical school, spending my days helping medical students learn the skills they will need to be compassionate and competent physicians. Through all of these clinical and teaching experiences I thought I had learned many lessons about what it means to be a good physician. However, those lessons pale in comparison to the ones I began to learn in July 2002, when I was diagnosed with non-Hodgkins lymphoma – cancer – and started to see medicine from the viewpoint of a patient. I have been asked to share some of these insights with you here today.

I don't know who else in this room is old enough to remember Marcus Welby, M.D., a TV show in the 1960's where a distinguished grey-haired gentleman played the part of a kindly and wise doctor. This image on TV was very representative of real physicians in that era – Caucasian males dressed in ties, wearing their white coats of authority. Medical schools are the portal to the world of being a physician. All who wish to become a physician must begin their journey by being accepted to and successfully passing through one of these schools. In this manner medical schools are responsible for defining the country's physician population. At that time schools selected almost exclusively Caucasian males who were science

majors, straight A students, and leaders amongst their peers. Once in school, students were taught an authoritarian model of physician-patient interactions, whereby knowledgeable physicians made decisions for patients and told them what they should do. Depending on the skill of the physician, this communication could be warm and compassionate, but it was pretty much a one-way street – from physician to patient. Patients were not viewed as being capable of speaking the same language as physicians. In other words, physicians and patients were as different as cats and dogs.

However, this paradigm began to shift drastically about twenty to thirty years ago. A change occurred in both what medical schools were looking for in the young people they admitted to be our future physicians, and in what they were teaching them. A model of two-way verbal communication was adopted. Physicians were taught to partner with patients, educating them about health and disease issues and about treatment options. Patients were encouraged to ask questions so that they could make their own decisions about their health. In a sense physicians began trying to teach patients the language of medicine so that they could understand each other better.

While still emphasizing academic prowess, medical schools began looking for students who suited this new communication style – those who possessed the ability to work within a team, effective communication skills, a nonjudgmental attitude, and flexibility. Schools sought out a student body with a diversity of gender, culture, race, ethnicity, and religion, as well as a diversity of experiences. Patients were now more apt to find a physician who shared their background, experiences, beliefs, and their view of the world. There was a hope that these similarities would promote a stronger connection between physicians and patients. But can

dogs and cats really learn how to communicate with each other?

I started medical school in 1979, right in the beginning of this cultural revolution in medicine. I went to a medical school that was a leader in developing a curriculum aimed at teaching compassionate communication in addition to biochemistry and anatomy. As a medical student and young resident physician, I embraced this philosophy, and strove long and hard to be the type of doctor who listened to patients and families, and spoke their same language. I knew that being a pediatrician was my calling when I was standing in patient rounds on the second day of my pediatric clerkship as a third year medical student. We were having a fascinating discussion about a patient's pathophysiology led by an older distinguished and respected attending physician. Suddenly a young boy, about 4 or 5 years old, rode by on a tricycle. He was bald, with a large mask covering his mouth, protecting his compromised immune system from the potential germs lurking in the hospital. He was attached via a long stretch of tubing to an IV bag hanging from a pole that was being pushed by a nurse running behind the tricycle. We all stopped rounds to laugh at this glorious sight, even the attending physician. At that moment it was like the skies opened up and a lightening bolt hit me. I realized that there was nothing else on earth that I could ever do with my life other than care for sick children. How hard could it be to become a warm and caring physician to this type of patient? I worked hard over the next few years, got good evaluations from patients and peers, and thought I was making progress towards reaching my goal.

However during my second year of residency something happened to me that made me realize how far I actually was from understanding and connecting with patients. The wife of my dear friend



from medical school contracted Guillain-Barré Syndrome, a paralyzing illness. This vibrant young woman, a professional dancer, was hospitalized for over a year; the only voluntary movement she was capable of was to move her eyes up and down or side to side. Thankfully, she ultimately recovered from this devastating disease. Her experience rocked me to the core. It made me realize that I still had an unconscious attitude of “us” the doctors versus “them” the patients. Us did not become them; we took care of them. How could I understand my patients when I was still building up a wall between us? As a result of what happened to my friend, I began to see my patients differently. I started to see them as people just like me except they had the misfortune to be sick. Someday what was happening to them would happen to me. However, I never realized how quickly that day would come.

In the summer of 2002 I was at the height of my professional life. I was an established clinician in the pediatric intensive care unit. I still worked hard to form supportive relationships with families who were in crisis with a critically ill child. I was recognized for my attempts to teach communication skills to students and residents. I had an exciting, challenging job at the medical school where I was central to the education of hundreds of medical students. I was a single mom of a four-year old daughter, and getting ready to travel back to China to adopt a second daughter. Then I got this strange abdominal pain. For about a week it progressively got worse, and I ended up having one of my colleagues at the medical school run some tests to see what was wrong. Shockingly, at the end of the day I was told that I had a large mass in my abdomen, and a biopsy confirmed that it was lymphoma. Further tests over the next few days showed that it had spread widely throughout my body.

Looking into a mirror, we are all used to seeing a reflection of ourselves — what we truly look like. When I heard the news about my cancer, I felt like my reflection had changed when I looked into a mirror. I felt like Alice from the children’s story by Lewis Carroll, falling through the looking glass into a familiar yet distorted world. In the next months I remained a part of the medical system, but from the “wrong” side of it. I was the patient instead of the physician. Instead of teaching students how to effectively give bad news, I was hearing them tell me difficult information about my condition. Instead of writing orders for medications, I was watching chemotherapy drip into my veins. Instead of reading up on the latest treatments, I was reading about what side-effects I may suffer as a result of radiation treatments.

As I looked into mirrors I continued to see a different person. My physical appearance altered as I lost my hair, gained weight from

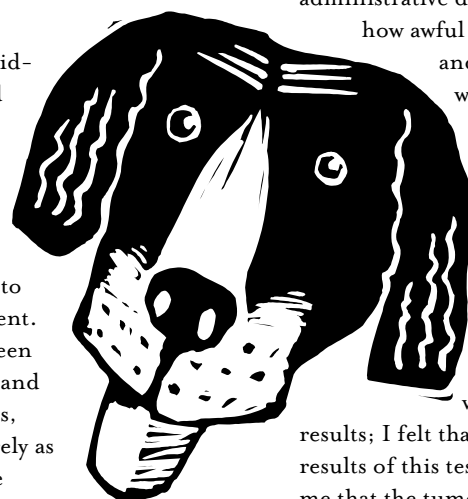
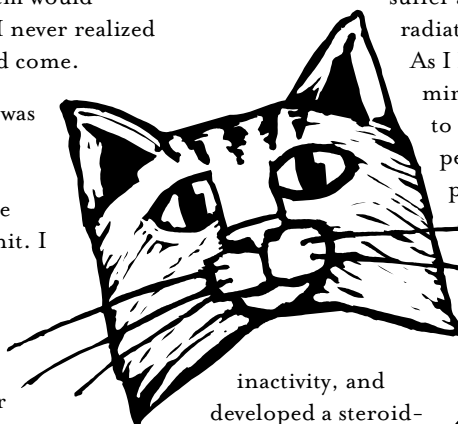
inactivity, and developed a steroid-induced rounded face. Even more importantly, my self-image changed from one of an active energetic person to that of a sick patient. The barrier between me the physician and them, the patients, broke down entirely as we fused into one person.

Obviously I wanted to be cured — to live. Luckily, I had a physician whom I trusted. She was young, Caucasian, female, and a physician — just like me. We had a lot in common, EXCEPT that

she was the doctor and I was the patient. That one fact created a wall which I found impossible to climb with words, even though I understood the language of medicine as well as she did. In the snapshot of 15 minutes that we spent together every three weeks, our words focused on my chemotherapy side-effects, medications, blood counts, and physical exam. But I never had the opportunity to tell her what happened to me as a sick person during the other 30,225 minutes of those three weeks. She never heard about the ripple effect of my illness through the community. She didn’t hear how my parents, who had never been apart in over 40 years of marriage, spent months with one of them in Salt Lake taking care of me, and one of them in Cleveland, holding down the home-front. She didn’t hear about my daughter asking me if I got cancer because she gave me something bad to eat. Or my incredible friends bringing my family dinner every night for weeks. Or my amazing colleagues in the Department of Pediatrics who covered my clinical duties for me. Or how my colleagues in the dean’s office bought me a lounge chair so that I could nap in my office as I tried to continue my administrative duties. I never told her how awful it was to have cancer, and yet in a very bizarre way, how having cancer was having a positive influence on my life.

After my fourth chemotherapy treatment I had a CT scan to assess how the tumor was responding. I was incredibly nervous waiting to find out the results; I felt that my fate hinged on the results of this test. When my doctor told me that the tumor had completely responded and was gone, it was one of the happiest moments on my life. Then my doctor and I spontaneously hugged, and I finally felt the sense of teamwork that had previously been missing in our

*(Continued on page 22)*



## Letters and “Tails from the Field”

### About Our May Conference

I want to thank you and ITA for the conference. All your hard work was reflected in all aspects of it. Your staff of ITA members were so helpful at all times.

I've never been so well taken care of as a presenter as I was at this conference. That feeling of appreciation from ITA was greatly appreciated by me.

There were some “bumps in the road” with last-minute postponements. They were handled beautifully. The changes were made smoothly so that one might not have noticed the changes at all.

I didn't realize how hungry I was for a conference until I was in the middle of yours. These are necessary to keep moving this field forward. Thank you all for knowing this and for taking action on it.

You put on a stellar conference. It was an honor to be a part of it. My hope is that you will do it again and again, and that I may be fortunate to be a part of it once again.

*Christi Dudzik*  
Healing Paws, Inc.  
Woodinville, Washington

### About R.E.A.D.

I have to say how thrilled I have been with your program!!! You have been the one bright spot in the national pet therapy organizations we work with!!!! Your attitude is inclusive, and I can't tell you how much that means to us!!!

*Renee Knutson & Cooper*  
R.E.A.D. Team  
Coulee Region Humane Society (CRHS)  
LaCrosse, Wisconsin

If world leaders were as efficient and generous as ITA's R.E.A.D. coordinators are, we'd all be in fine shape. Have already heard from Judy in Upper Nyack and we'll be doing the training soon! Have also learned a great deal from Dennis Gallagher in Monroe, CT (a neighboring town), and I'm going to observe his library program on Tuesday. In short, Hoop and I are on our way, thanks to you at R.E.A.D. and your wonderful network of volunteers. Thanks so much.

Best,  
*Jane Paley*  
Easton, Connecticut

Thanks for sharing your Suggested R.E.A.D. Book List. It was and is invaluable! I just received a surprise award from the New Mexico School Board Association for volunteering my time and dog to read with the kids at school. Please share this honor with me, because I couldn't have begun this journey of reading with kids without your help.

Thank you, Thank you!  
Sincerely,  
*Mary March and Utah*  
Tatum, New Mexico

I want to tell you how impressed I am with R.E.A.D. and the work of Mary Ehrhart and her colleagues (Mid South Therapy Dogs in Tennessee) who have participated in the program. In complete honesty, this has been the most successful program I have witnessed in my 15+ years as a Children's Librarian. While I knew that there would be interest in the R.E.A.D. program, I had NO idea how popular it would become.

Sign-up mornings are quite an event, with all phone lines busy with people wanting to sign up their children, a line of people waiting to register, and people calling all morning saying they had been trying to get through since we opened.

While we were glad to offer 24 reading sessions, we could have easily filled 80 or more. The demand was amazing!

I am so grateful to the wonderful ladies who volunteered two hours of their time each week this summer. Many parents have praised our library for offering it. One mother was nearly in tears as she shared that her son has considerable trouble reading aloud in his class at school, and she expressed sincere appreciation for how much it was helping her son gain confidence in this skill. Another parent told me that their 16-year-old dog had recently been put to sleep and her son was heartbroken. Spending time with the R.E.A.D. dogs meant a lot to him. And many more such stories.

I can't tell you how much this program has meant to our library. While the volume of interest has been overwhelming at times, it has been a very positive experience for everyone involved. I look forward to working with this terrific group of volunteers in the coming months.

Sincerely,  
*Jodi Rouillard*  
Children's Librarian, Burch Library  
Collierville, Tennessee



*Tobie listens while Mikey reads. (Ottawa Citizen, 5.1.06)*

# Reading Education Assistance Dogs® (The R.E.A.D.® Program)



Meet Tony Nevett and his rescued Greyhound, Scotts. They are our first R.E.A.D. team in the UK, and they have already been featured in the London Times!

## R.E.A.D. Now ...

# 1,600+

registered teams in

# 49

states (Where are you, South Dakota?)



READING EDUCATION  
ASSISTANCE DOGS™

# 3

provinces in Canada

# +

England, Belgium & France

## Recent Book Joys!

Noriko Imanishi published her 14th book for Japanese adolescents last fall—the story of R.E.A.D.! Although none of us can read it, we are absolutely thrilled that it exists. ITA Executive Director Kathy Klotz met Noriko in Japan in the summer of 2005. Thanks, Noriko!

Park City author and generous R.E.A.D. supporter Jeannine Heil donated 2,000 copies of her book, *No Time for That Now*, to the program, and we have since been sharing them with R.E.A.D. teams throughout the nation. We traveled with Jeannine to Boise, to present 500 copies to Idaho schoolchildren. First Lady Patricia Kempthorne said, "Making dogs the reading

buddies of children is a unique and effective approach that builds a child's confidence and is fun. The dogs are excellent

listeners who never judge or criticize. They help the kids relax and enjoy reading instead of dreading it." Thanks, Jeannine!



The folks at Simon & Schuster Children's Publishing are also fans of R.E.A.D., so they donated 200 copies of *DOG*, by Matthew Van Fleet with

photography by Brian Stanton. *DOG* is a delightful picture book, and a *New York Times* bestseller, and we were able to share it with R.E.A.D. teams nationwide and raise over \$1,000 for the program. Thanks, Simon & Schuster!





David Frei, national spokesman for the Westminster Kennel Club and television host of both the Westminster Dog Show and the National Dog Show on NBC on Thanksgiving Day, appeared on Friday night to talk about his therapy work with his dogs Belle (above) and Teigh. Canine and feline dramatic entertainment was provided by Jayne Luke and Charles Lynn Frost of the Plan B Theatre Company.



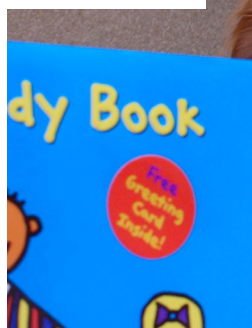
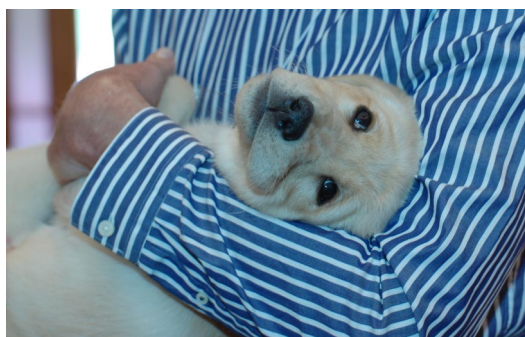
(LEFT:) Dr. Jeffrey Saffle of the U of U Hospital Burn ICU, told the audience that he doesn't worry about animals on the unit bringing germs to his patients; he worries more about what germs the dogs will take out of the hospital when they leave. He also made the repeated point that the animal visits are almost as important to his staff's wellbeing as to the patients.

(BELOW:) Colonel Daynes does his bit to help sell books at The King's English table.

(WAY BELOW:) Janell Cannon, author of *Stellaluna* and other children's classics, was surrounded by enthusiastic fans.



Thacher Hurd, author of one of ITA's favorites, *Art Dog*, chats with one of his fans, Annemarie Kaighin, during the signing session, and later got important puppy therapy with Tanny, Susan Daynes' CCI puppy-in-training.





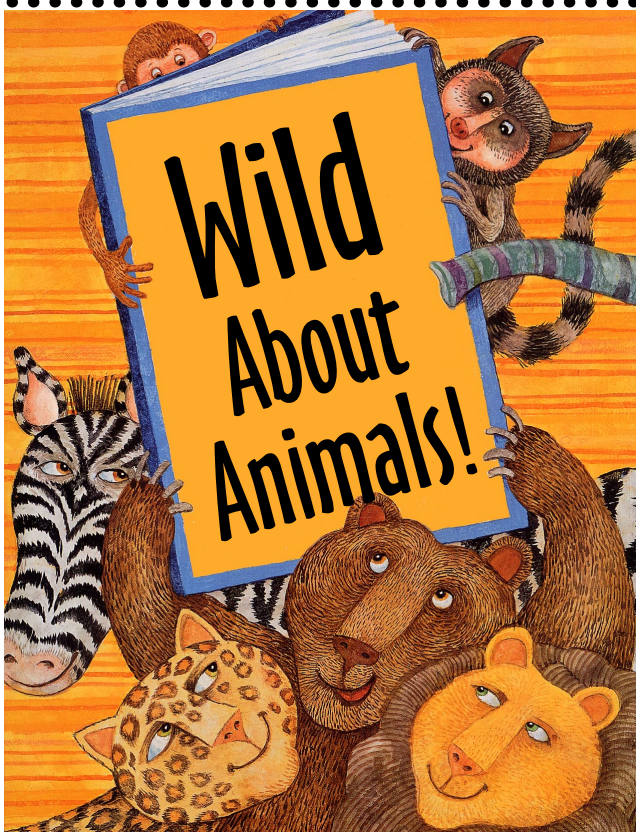
# The Wild! Experience

On May 18-20, 2007, ITA hosted our second national conference for those who participate in animal-assisted interactions and the R.E.A.D.® Program.

Attendees came from 36 states to historic Fort Douglas on the U of U campus, and basked in 26 sessions over three days, two keynote speeches by Jonathan Balcome and Elizabeth Allen, MD (*see page 8*), a Friday night party and presentation by David Frei, and an amazing lunch with ten children's authors: Mark Buehner, Janell Cannon, Becky Hall, Jeannine Heil, Thacher Hurd, Michelle Knudsen, Robert Neubecker, Todd Parr, Susanna Pitzer, and Cat Urbigkit.

Conference evaluations were full of raves, reflecting how eager volunteers are to learn and develop more skill as they practice animal-assisted therapy work.

Our enthusiastic thanks to the sponsors who made this huge undertaking possible (*see page 5*), and to all those who sacrificed to come—hope to see you again in two years!



*Always one of our stars, early childhood educator and author Mary Jalongo, of Indiana University of Pennsylvania, gave four popular presentations.*

*Emmy-nominated author Todd Parr was one of ten who came, spoke, signed books, and made the attendees really happy!*



*(ABOVE:) In his delightful presentation, Jonathan Balcome addressed all the research evidence supporting the idea that animals experience pleasure, from his book, Pleasurable Kingdom: Animals and the Nature of Feeling Good. (BELOW:) While people loved everything about the conference, Gracie Chudd thought the whole thing was, well ... boring.*



*All conference photos by Peter Hoogenboom*

# Barking Mitzvot

by Robyn Spector

[ED. NOTE: Robyn is a junior at the Abraham Joshua Heschel High School in Manhattan. Her essay was originally published on January 31, 2007, in The Jewish Week, *Serving the Jewish Community of Greater New York*. Her dog Huppy Spector is a trained therapy cocker spaniel.]

**L**ike most young children, I loved when my mom read to me but had no patience to read to myself. I was 8 years old. My skills as a reader were fine, only I read very slowly. I strongly hesitated reading my assigned book, *Holes*, by Louis Sachar.

I sat on the floor of my bedroom closet and next thing I knew, there was a furry and warm weight on my lap. All cuddled up lay my black, petite and bountiful cocker spaniel, Huppy, who listened intently to the words I was reading out loud. Every time I struggled, I felt a wet kiss on my hand as if to signify, "It's OK. Keep going."

So it became every day after school I had a date with Huppy to read in my closet where nobody could hear but her. Since then I have become an avid reader, and my confidence level in reading and speaking have gone up tremendously. Favorite childhood books such as, *Cloudy With a Chance of Meatballs*, *The Cricket in Times Square*, *Mr. Popper's Penguins*, and *All of a Kind Family* still reside on my bookshelf, reminding me of the love of reading they built.

Currently, I pass this love of reading along to kids who need that extra push or help in learning how to read. Huppy, an 8-year-old, loving, trained therapy dog, and I, an 11th grade student at the Abraham Joshua Heschel School in Manhattan, partake in a program called R.E.A.D.

One can imagine the buildup of homework, extracurricular activities, and SAT preparation an 11th grade student encounters nowadays. However, it has always been my belief that if you are passionate about something, you will

find the time in your busy schedule to accommodate it, and that is exactly what I do.

I chose to participate in R.E.A.D. because it seemed more than a coincidence that an existing program uses the same approach that I used when I was younger. When I heard about R.E.A.D., I knew that my dog, named after a character from *Harry Cat's Pet Puppy*—a sequel to George Selden's *A Cricket in Times Square*—was meant to help kids improve their reading.

R.E.A.D., which stands for Reading Education Assistance Dogs, was started by Intermountain Therapy Animals in Salt Lake City. The program visits some branches of the New York Public Library. Huppy and I had one month of training, followed by an exam, before she could be registered as a R.E.A.D. dog.

Huppy and I visit the Donnell Library on West 53rd Street to participate in a version of the program called "R.E.A.D. with Mudge." We try to go to the library every week to read with an excited lineup of kids between the ages of 5 and 12.

The idea behind the program is that the kids are reading to the dog, a non-judgmental listener who does not care if they make mistakes. Of course we know that dogs cannot actually understand the books, but Huppy certainly understands the kids' need for her to be there, just as I did.

Sitting in their laps or by their sides, she provides warmth and kisses, guiding the way through the story. Some of the children who start the program terrified of dogs end up later incessantly petting Huppy and giving her treats.

I also have the privilege of being there to guide the kids. In general, Huppy knows what she is doing and many times gives me a look as if she were saying, "Don't worry, I got this one covered." It is very funny.

Even if the child is not a fan of the drool and slobber, Huppy still serves as a way to check the child's comprehension. Sometimes I will say to the child, "Huppy did not really understand that. Do you think you could explain that to her?" Additionally, I can use Huppy to clarify words that might be foreign to the child. For example, Huppy and I were reading *Henry and Mudge*, and the girl was not familiar with the word "paces" so I demonstrated with Huppy by leading her with a treat back and forth, back and forth.

The truth is that many of the same kids sign up to read with Huppy week after week, and when they read with us continually you can hear in their voices the confidence they gain. When Huppy recognizes somebody she has seen before, her tail wags back and forth, making the child feel loved and excited to hit the books.

Just the other week, a mother came up to me and told me that her daughter has started to love reading, and the program has improved her reading ability and confidence as well. This same girl came late one afternoon bawling hysterically. She missed her time to read with Huppy due to overtime in her Little League soccer game. In the end, we stayed overtime to read with her, but it just goes to show the impact the program has on the kids that are involved.

The R.E.A.D. program is just one of many different aspects of pet therapy. For two years, Huppy and I have been participating in an organization called the Good Dog Foundation. The organization trains pet-owner teams, which qualifies them to visit hospitals, nursing homes, schools, shelters and libraries to provide happiness, care and love to those who need it.

Despite its seeming simplicity, many people do not know or understand what exactly it is that Huppy and I do. When I



meet people and tell them about pet therapy, they always give me a befuddled look and say, "Your dog has a therapist?" Well, no. Rather, Huppy is a therapist in the broader sense of the word.

Huppy and I fulfill the *mitzvah* of *bikur cholim* by visiting those who are ill or injured in hospitals and nursing homes. Last year, Huppy and I paid frequent visits to the Jewish Home and Hospital on 106th and Amsterdam. In January we will start weekly visits to the rehabilitation center at Mount Sinai Hospital.

Our visit with patients is usually a moving experience because they are able to create an emotional bond with the dog even when they are unable to connect with people. During a visit, Huppy will sometimes sit calmly on the hospital bed, stay in my arms so the patient can reach her, or will fetch a toy thrown in her direction.

We have seen people cry from joy, laughter and fond memories that are all evoked from the presence of the dog. Wearing her pink, frizzy tutu, Huppy and I are able to make people smile even after rough surgeries and long recovery periods—and that is a great gift.

Judaism places a great importance on visiting the sick and elderly. Not only is it prayer that heals our souls, but the ability to be happy, which is something Huppy instills in the lives of the people we meet, as well as in my own. ♥

Intermountain Therapy Animals participates in the Combined Federal Campaign, making it possible for all federal employees to donate to us through their workplace payroll deduction plans.



*Dennis Moore wanted closeness and a kiss. Colonel will assume any position that a patient desires, and he offers kisses as gently as a whisper.*

Dear ITA:

I would like to give you my perspective on how Colonel has helped my husband's rehab.

On June 4, 2006, my husband Dennis Moore fell from the roof of our house. It was his 55th birthday. In one instant Dennis came near to death, injured his spinal cord and fractured his C1 and C2 vertebrae. He was not expected to live through the night. We spent 42 days in the ICU in Billings and then transferred to Salt Lake City University Hospital for extensive rehab.

The first real smiles of joy came across my husband's face the day he met Colonel. A beautiful and gentle golden retriever not only reminded us of home, but also took this clinical experience away, if only for a short time. Colonel and his owner, Susan Daynes, have really been a sight for sore eyes. Dennis looks forward to Thursdays and his visits with Colonel. Colonel's unconditional love, gentle nature and healing therapies have made Dennis's stay endurable. We miss home and family, but can tolerate the separation knowing that caring people in the hospital will make our stay as pleasant as possible. Colonel is truly a part of Dennis's treatment team.

He's an awesome friend.

*Vicki Moore*  
Billings, Montana

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(cont. from page 7)

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Marj Thomas  
Ruth Ann & Don Tibbets  
Cathy Trueba  
The Tuesday Study Club  
Robbie & Ann Van Horsen & Sons  
Diane Van Den Berg  
Krista Van Have  
Erin Van Wagoner  
Gayle D. Vance  
Barbara & Patrick Ward  
Margaret Warrick  
Diana Weaver  
Cheryl & Denny Weber  
Jud & Adele Weiler  
Westminster College Nursing Students  
Billie White  
Ann Elizabeth Williams  
Carol & Marc Williams-Young  
Sharon Kay Woepfel  
Erika Wright  
Rod Zullo

### In-Kind Donations

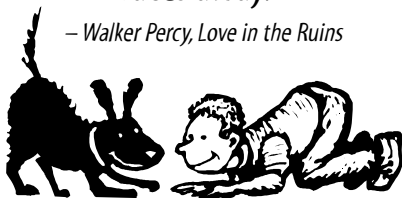
Anonymous (Nikon digital camera, Epson Stylus R-220 color printer, photo paper and accessories), in memory of a much loved dog who is greatly missed  
Su Child (holiday basket and jewelry)  
Luana Chilali (Epson Stylus R-200 printer; zillions of airline milest)  
Chronicle Books/San Francisco (8,000 "Boomer" stuffed dogs for R.E.A.D. teams nationwide)  
Peggy Chudd (gala decor supplies)  
Paula Dalby (subscription to BARK for the office)  
Radio Disney (PSAs in the amount of \$2,250)  
Draper Library (dog toys, treats & equipment)  
Pete Hoogenboom (brand new Dell computer)  
Kate Hough (limited edition serigraphs)  
Kay Miller (new Canon color printer)  
Jamie Sampson Photography  
Cindy Starley (CD to ITA Library)  
Sarai Warsoff (new books for R.E.A.D.)  
Williams & Sons Engraving (heart dog tags)  
X-Mission (website services)

You may be able to make your donation to ITA go twice as far. Check to see if your employer will match your contributions.

# 2x

"We love those who know  
the worst of us  
and don't turn their  
faces away."

— Walker Percy, *Love in the Ruins*



## Goodbye & Godspeed

### DECEASED:

#### Kelly

Lab Pet Partner of  
Ellie Nolan, Bozeman  
June 2006

#### Ken Farnsworth

ITA Pet Partner  
June 2006

#### Keesha

Samoyed Pet Partner of  
Juli-Anne Warll, Park City  
July 2006

#### Riggins

Kitty Partner of  
Anita Sjoblom, Salt Lake City  
August 2006

#### Cozmo

Dalmatian Partner of  
Susan Ellis, Bozeman  
April 2005

#### Maddie

Bernese Mountain Partner of  
Vicky Whitney of Bozeman  
November 2006

#### Skook

Brittany Spaniel Partner of  
Mary Martin of Bozeman  
November 2006

#### Elvis

Golden Retriever Partner of  
Gayle Green of Bozeman  
January 2007

#### Emma

Yellow Lab Partner of  
Lisa Hyde of Salt Lake City  
January 2007

#### Kobi

Samoyed Partner of  
Nina Mann of Salt Lake City  
January 2007

#### Tiffany

Shetland Sheepdog Partner  
of Linda Cornella, Ogden  
January 2007

#### Rudy

Pekinese Partner of  
Lynda Miner of Bountiful  
January 2007

#### Holly

Cocker Spaniel Partner of  
Lyn Rosengreen of Bountiful  
February 2007

#### Jake

Golden Retriever Partner of  
Mark Robertson of Ogden  
March 2007

#### KC

Gentleman Cat Partner of  
Terri Davis of Ogden  
April 2007

#### Rajah

Kitty-on-Loan Partner of  
Nancy Richards of Salt Lake  
April 2007

#### Mugsy

Chocolate Lab Partner of  
Sharon Barton of Salt Lake  
April 2007

#### Truman

Golden Retriever Partner of  
Jim & Judy Upton of Bountiful  
June 2007

#### Ginger

Kitty Partner of  
Deb Lang of Bozeman  
June 2007

#### Lucy

Shepherd Partner of  
Jeff Belnap of Salt Lake City  
June 2007

#### Mollie

Border Collie Mix Partner of  
Helen Carney, now of South  
Dakota  
June 2007

#### Holly

Shetland Sheepdog Partner of  
Chris Vlachos, now of Chicago  
June 2007

#### Kirie

Retired Standard Poodle  
Partner of  
Betty Keuffel and  
lately beloved of Judy & Larry  
Freeman  
June 2007

### RETIRING:

KC Rosen  
Gil & Sherrie Avellar and Titan,  
Sandy  
Sue Davis & Max the Kitty, SLC  
Deb Morton & Dakota, Twin Falls  
Audrey Sprung & Lance, Park City  
Rich Mizera & Shandy, Orem  
Don & Ronnie Strassberg & Bryce  
Jill Honer & Trapper

I WILL STAY IN YOUR HEART,  
AND WHENEVER YOU SPEAK MY NAME,  
I WILL LIVE AND LIVE AND LIVE.

— the late Ken W. Brewer, former Poet Laureate of Utah

# Recognition & Memorials

## DONATIONS

### In MEMORY of . . .

*A dearly loved dog who is greatly missed*

Anonymous  
Glen Farnsworth  
Camille Pierce  
Ken Farnsworth  
Tammy & Kyle Jones  
Kathy Klotz  
Teresa & Cory Lyman  
Terry & James Powell  
P. L. Rocky Rognlie  
Ken Wallentine & Friends  
Betty Forster  
Jean Dyer & Mike Stotts  
Westminster College Nursing Students  
Hiram Friedsam  
Kathy Klotz  
Stephanie Magid  
Sandi Martin  
Holly, R.E.A.D. partner of Shirley May  
Kathy Schlotterbeck  
Holly, my Pet Partner  
Lyn Rosengreen  
Kippy, companion of Judy Nevins  
Frankie Gibbs  
Kobi, Pet Partner of Nina Mann  
Andrea Piani and John Wilhelm  
Mandy Lifeboat, Portuguese Water Dog companion of  
Laurie Hardman of Seattle  
Sandi Martin  
Mattie  
Kathy Klotz  
Pip, cat of David & Bryan Eldredge  
Kay Shelton  
Rudy  
Lynda Miner  
Joan Reid  
Sampson, beloved companion of our daughter Colleen  
Joette & Richard Patterson  
Daniel Sites  
Shirley J. Demet  
Truman Upton  
Joan Reid

### In HONOR of . . .

Colonel, Partner of Susan Daynes  
Tom & Doreen Sears  
Marianne Arpe, Kathy Todd & Mary Tucker on their 60th Birthdays!  
Alden Taylor  
Jean Glaser (who takes me to my doctor's appointments)  
Sol Browdy  
Jeanette Golden & Dune  
National Capital Therapy Dogs  
Deb Graber and her volunteer service  
The Morgan Stanley Foundation  
Pete Hoogenboom  
Dirk, Tomoko, Sarah & William  
Hoogenboom  
Sandi Martin  
Barbara & Patrick Ward  
The R.E.A.D. Program  
Sally Eller & Jackson  
Merilee Kelley  
Maggie Payne  
Sarai Warsoff and her Bat Mitzvah  
Deanna Rosen and Rich & Josh Davie

### Sponsoring . . .

Rosie (O'Brien)  
Christina Oh of Chula Vista, California

### In the NAME of . . .

Judy Audevard  
Steven & Deborah Spencer  
Linda Wood, Chip & Holly (R.E.A.D. teams)  
Denise Nord and the Chaos Beagles

### In TRIBUTE to . . .

Ada & Bentley, our Curlies  
Nancy & Craig Duerling  
Cane & Petey  
Anonymous  
Dawn Dalby & Linda Driver (for their birthdays)  
Paula Dalby  
Grace G. Madsen  
Becky Brennan, Tanya and Claudia  
Worthington  
Murphy  
Mom & Allin (Margaret Lockwood)  
Robert Neel  
J. Kim Pederson



*If I have any  
beliefs about  
immortality, it is  
that certain dogs  
I have known  
will go to heaven,  
and very, very few  
persons.*

*— James Thurber*

**Julie Morgan**  
Pet Communicator

summutt@allwest.net

"True communication is the path to a kinder universe"  
1-435-640-3878(cell) 1-435-783-6220(home)



## [Good] News Briefs!

### ♥ A BELLY RUB AND A CAST, PLEASE

— Buddy, a 6-year-old German shepherd mix, wandered into the emergency room at the Kaiser Permanente Hospital in Bellflower, California, in October after having just been hit by a car, and he resisted efforts to remove him, apparently waiting until someone attended to his injured hind leg (which turned out to be broken), according to local animal control officials interviewed by the Whittier Daily News. Owner Fabian Ortega was called (by virtue of Buddy's implanted microchip), and a vet fixed Buddy up.

### ♥ SOCIAL NETWORKING: IT'S A DOG-MEET-DOG WORLD!

— According to her online profile, Anastasia, an attractive and petite blonde, likes car rides, walks through Nashville's Centennial Park and "stalking small creatures." Anastasia's no psychopath; she's a miniature schnauzer, whose owner posted her profile on Dogster.com.

As human social-networking sites like Friendster.com and MySpace.com have become increasingly popular, similar sites have popped up for pets. Dogster.com, the first of the sites, launched in 2004 and now boasts more than 180,000 members in 182 countries, adding 12,500 members last month and as many as 900 per day. Catster.com has 76,000 members. With fewer than 1,000, Hamsterster.com is tiny—but growing. Folks with a less conventional pet—a chincilla or a spider, say—can sign up for the more inclusive Petster.com, which has some 11,000 members.

Ultimately, the sites are another way for

humans to connect. Owners, who communicate with one another mainly in the voices of their animals, usually wind up making human friends. "Cat mad" Susan Bailey of Buckinghamshire, England, recently met up with a fellow Catster member at a Bruce Springsteen concert in New York City. "We discuss human topics," says Bailey, whose cat is named Bruce. "But through the cats." [Malak Hamwi in Newsweek, July 17, 2006]

### ♥ TAKING UP THE LEASH

The duffel is packed, the ammo is loaded, but what to do with Fido? Many soldiers shipping out for duty, especially reservists with little advance warning, have no choice but to give up their pets to shelters, abandon them, or even have them put to sleep. Aeyne Anne Dizicksa, an Army reservist now stationed in Germany, was forced to have three elderly cats euthanized before an earlier activation. This time, she turned to Operation Noble Foster (operationnoblefoster.org), which matches called-up cat owners with families willing to take in their pets. "Having my pet in foster care and knowing that I am coming back to them is extremely calming," says Dizicksa. Another organization, Military Pets Foster Project (netpets.org), offers the same service for cats, dogs, birds, fish and even horses. The sites are free, though soldiers are asked to pick up food and vet bills (most families decline the food money). If you're interested in signing up, visit the Web sites to fill out forms and provide references.

### ♥ BLEACHER CREATURES

Talk about the dog days of summer. More and more Major League baseball teams—including the Chicago White Sox, Florida Marlins and Oakland Athletics—now host a bring-your-pooch-to-the-park promotion each season. Chicago's came first, in 1996. In most cases, a section of outfield stands is reserved for fans and their pet pals, with specific areas set aside for when nature calls. And if Rex doesn't reach the designated spot in time? Guess that's when you count on your cleanup hitter. [Reader's Digest, July 2006].

### Reading Goes to the Dogs

Garrett Finley, a second-grader in Pleasanton, California, never liked reading—till a specialist suggested he read to dogs. After three sessions with Sammy, a cavalier King Charles spaniel, Garrett had no further need of specialists. But he loved the experience so much, he still makes every session.

Dogs don't have a judgmental bone in their bodies. They just gaze adoringly as they're read to, a pretty effective technique for helping kids gain confidence and skill. The proof: For every year of reading to dogs, kids move ahead two years in school level. Says Paula Dalby, national team coordinator for Reading Education Assistance Dogs (R.E.A.D.), "The children are so excited to see them, and the dogs get petted and hugged, which is the stuff they live for. It's a very positive environment."

To find a R.E.A.D. program, call 801-272-3439.

STEPHANIE GOLD

MICHAEL MACOR/SAN FRANCISCO CHRONICLE



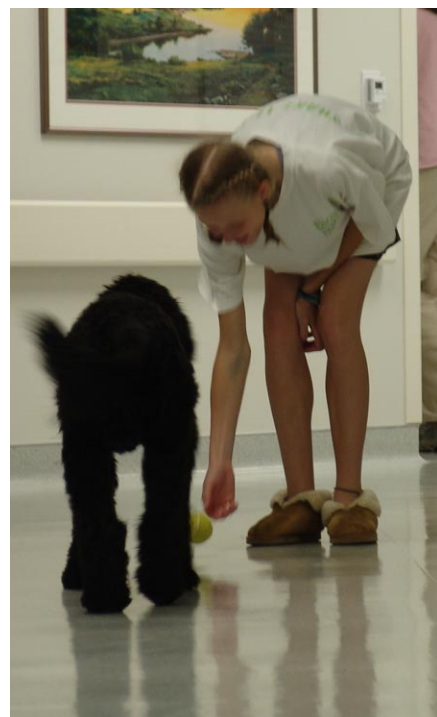
[Reader's Digest, June 2007]



## ITA Teams at Work



*(LEFT:) Milo, Partner of Barbara & Jerry Wolfe of Bountiful, with a child at South Davis Hospital.*



*(RIGHT:) Jazzy, Partner of Lisa Towner of Salt Lake, plays fetch with a young girl undergoing cancer treatment at Primary Children's Hospital.*



*(LEFT:) Susan Daynes and Colonel work with a young man who is just graduating from his wheelchair. Colonel loves to ride in wheelchairs, and his clients love to "return the favor" after they have regained the strength and skill to do so. It is a very rewarding, transitional, "turnaround" exercise for everyone involved.*



*(ABOVE:) Lisa Towner and Jazzy with a patient at LDS Hospital.*



# The Facilities and Programs We Serve

Intermountain Therapy Animals' volunteers are currently participating in animal-assisted therapy (AAT) and/or animal-assisted activities (AAA), including R.E.A.D. programs, at all the following facilities.

## UTAH – SALT LAKE AREA

Alta View Hospital / Sandy (Surgical Waiting, Surgical Unit, Emergency Room)  
Aspen Ridge Rehabilitation Center (Rehabilitation therapies)  
Atria Crosslands / Sandy (Assisted Living)  
Benchmark Hospital / Woods Cross (Adolescents in Residential Treatment Program for Drugs and Violence and R.E.A.D. program)  
Boys & Girls Clubs of Midvale (R.E.A.D.)  
Canyon Rim Care Center (short- and long-term care)  
Care Source Residence (Hospice care)  
Children's Center / Kearns (Child Learning)  
Cottonwood Hospital (Surgical Waiting Room)  
HealthSouth Rehabilitation Hospital / Sandy (Long-term Rehabilitation)  
Heritage Place / Bountiful (Seniors)  
Highland Care Center / SLC (Senior Care)  
Infinitia at Granite Hills / SLC (Long-term rehabilitation)  
Inn at Barton Creek (Seniors) / Bountiful  
Inspiration Hospice  
Jackson Elementary / SLC (R.E.A.D.)  
Jordan Valley Hospital / West Jordan (Med Surg)  
Lakeview Hospital / Bountiful (Senior Psych Unit)  
LDS Hospital (IHC) / Rehabilitation Services  
Learning Services / Riverton (Adult Males with Longterm Disabilities)  
Lone Peak Elementary / Sandy (R.E.A.D.)  
Longview Elementary / Murray (R.E.A.D.)  
Neighborhood House / Cottonwood and SLC (elder daycare)  
Observation & Assessment, Boys' Unit / Salt Lake City (Adolescents in juvenile detention)  
Observation & Assessment, Girls' Unit / Salt Lake City (Adolescents in juvenile detention)  
North Canyon Care Center / Bountiful  
Parklane Senior Living / SLC  
Primary Children's Hospital (IHC) / SLC (Inpatient Rehabilitation Services)  
Primary Children's Residential Treatment Center (IHC) / SLC (Children With Emotional and Abuse Issues)  
Promise Specialty Rehab / West Valley City  
Salt Lake City Libraries / SLC (R.E.A.D.)  
Salt Lake County Libraries (R.E.A.D.)  
Salt Lake Regional Medical Center / SLC  
Sandy Regional Medical Center  
Sarah Daft Home / SLC (assisted living)  
Shriner's Hospital for Children / Salt Lake City (Children Undergoing Orthopedic Procedures)  
South Davis Community Hospital / Bountiful (Long- and Short-term Rehab)  
South Valley Sanctuary / West Jordan (Woman & Child Center)  
St. Joseph's Villa / SLC (Senior Care)  
St. Mark's Hospital / Salt Lake City

(Rehabilitation Services and Transitional Care)  
TURN Community Services / SLC  
TURN Community Summer Camps  
University of Utah University Hospital (Rehab Services, Burn ICU, MedPsych Unit and Surgical Waiting Room)  
University of Utah Neuropsychiatric Institute (Adult and Child Units)  
Utah Cancer Specialists / SLC  
Utah School for the Deaf & Blind / Connor Street (Children With Multiple Disabilities)  
Veterans Hospital / Salt Lake City (Rehabilitation/Hospice/Care Center)  
Volunteers of America Women & Children's Center / SLC

McKay-Dee Hospital (IHC) / Ogden (Transitional Care, Psychiatric, Oasis Program and Rehabilitation Units)  
North Park Elementary (R.E.A.D.) / Roy  
Red Cross Adult Transition Program / Ogden (R.E.A.D.)  
Rocky Mountain Care / Clearfield (Assisted Living)  
Utah Cancer Specialists / Layton  
Utah Schools for the Deaf & Blind / Harrison Blvd., Ogden (Children with Multiple Disabilities)  
Wasatch Care Center / Ogden  
Weber County Library / Ogden (R.E.A.D.)  
Willard Elementary / Willard (R.E.A.D.)

## MONTANA

Bear Creek Respite / Bozeman  
Big Sky Volunteer Ski Patrol  
Birchwood Retirement Home  
Bozeman Deaconess Hospital (dialysis)  
Bozeman Public Library (R.E.A.D.) / Bozeman  
Emily Dickinson Elementary (R.E.A.D.) / Bozeman  
Epicenter / Bozeman  
Frontier Assisted Living / Livingston  
Gallatin Rest Home / Bozeman  
Hawthorne Elementary School (R.E.A.D.)  
Highgate / Bozeman (retirement home)  
Learning Circle  
Mountain View Care Center / Bozeman  
New Horizons / Livingston (senior care)  
Parkhaven Retirement Community / Manhattan  
Prestige Assisted Living / Butte  
REACH Homes for Developmentally Disabled Adults / Bozeman  
Spring Meadows Assisted Living / Bozeman  
St. James Hospital / Butte

## IDAHO

Bridgeview Estates (long-term care center)  
Canyon View Psychiatric & Addiction Hospital  
Cassia Regional Medical Center / Burley  
Hansen Public Library (R.E.A.D.)  
Rupert Long Term Care Center / Rupert  
Southern Idaho Learning Center / Twin Falls  
Twin Falls Public Library (R.E.A.D.)

## NEVADA

Camp Care, Camp Lotsafun & MDA Camp  
Incline Village Elementary (R.E.A.D.)  
Marvin Piccolo School / Reno (R.E.A.D.)  
Nevada State Dept. of Corrections / Carson City  
Tahoe Forest Hospital / Truckee  
Washoe County Public Library (R.E.A.D.) / Incline Village

## NEW MEXICO

Plains Regional Medical Center / Albuquerque



*Betty, Partner of Diane Bracey, with a student at the Connor Street School for the Deaf and Blind*

Wasatch Youth Center (Youth Focus)

## UTAH – PARK CITY AREA

Parley's Park Elementary (R.E.A.D.)  
McPolin Elementary / Park City (R.E.A.D.)  
Park City Library (R.E.A.D.)  
Summit County Library (R.E.A.D.)  
Wasatch High School / Heber (Special Education)

## UTAH – OGDEN AREA

Aspen Care Center / Ogden (Assisted Living)  
Behavioral Health Institute / Ogden (Acute Care and Day Treatment)  
Christmas Box House (Children in care of state services) / Ogden  
Crestwood Care Center / Ogden  
H. Guy Child Elementary (R.E.A.D.) / Ogden  
Heritage Park Care Center / Roy (Alzheimer's Patients)  
Holt Elementary School / Clearfield (R.E.A.D.)  
Infinitia Healthcare / Ogden (Assisted Living)  
Inspiration Hospice

## UTAH – LOGAN AREA

Cache Employment & Training Center / Logan (Youth Services)  
Cache Youth Center Observation & Assessment Program / Logan  
Capsa Abuse Center / Logan  
Logan Regional Hospital/IHC (Rehab Services)

## UTAH – UTAH VALLEY AREA

American Fork Hospital  
Center for Change / Orem (Eating disorders)  
Inspiration Hospice  
Utah Cancer Specialists / Provo  
Utah Valley Regional Medical Center / Provo

## UTAH – OTHER AREAS

Autumn Park Assisted Living / Mt. Pleasant  
Central Utah Counseling Center, Ephraim, - AAA / R.E.A.D



**ATTENTION ALL DOGS!!!** (The following are important guidelines for every dog to know)

## Instructions for Properly Hugging a Baby

1. First, find a baby.
2. Second, be sure that the object you spied was indeed a baby by employing classic sniffing techniques. If you smell baby powder and the wonderful aroma of wet diapers, this is indeed a baby.
3. Next you will need to flatten the baby before actually beginning the hugging process. **\*\*Note:** The added slobber should help in future steps by making the "paw slide" easier.
4. The "paw slide" - Simply slide paws around baby and prepare for possible close-up.
5. Finally, if a camera is present, you will need to execute the difficult and patented "hug, smile, and lean" so as to achieve the best photo quality.

**Dogs, if this is properly done, it will secure you a warm, dry, climate-controlled environment for the rest of your life.**

**Good luck to all of you!**



1



2



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5

## Cats and Dogs (Continued from page 9)

relationship. I am not sure that physicians and patients frequently find the right words to truly communicate, but I have come to strongly believe in the ability of nonverbal communication to help bridge the gap. Dogs don't meow and cats don't bark to communicate with each other; they lick, they rub, they cuddle, and they look into each other's eyes. These powerful forms of communication say, "I am here for you. We are a team. Whatever happens, it happens to both of us". That is what I was looking for in my doctor, and I found it not through words, but through touch.

Prior to my illness, I often touched patients or parents with a soft touch on the knee or shoulder, or holding their hands. I work in a pediatric emergency room now, and I have such a short time in which to develop a relationship with patients and their families who are virtual strangers to me. I rely heavily on touch and other forms of nonverbal communication in order to quickly and effectively establish an inviting and reassuring medical environment. Studies have shown that just by sitting down in the room, patients perceive that physicians have spent twice as long as they do if the physician remains standing. How incredible that little things that we do with our body language can have such a huge impact on our relationships.

At this point in time, it appears that my doctor cured me, using modern medicines. But I don't think that she healed me; I am the one who healed myself. My image has shifted back to being a healthy, active, energetic person. There are scars that remain of the cancer, but again, in a weird way, they add to my strength as a person instead of being a weakening force. This healing could never have occurred without the help of my family and friends, those who listened, supported, and cared about me. But the healing came from within me. It is a similar process to an alcoholic

who wants to stop drinking. Alcoholics cannot be forced to stop drinking by those around them, but instead must make up their own minds to stop and then be supported by a nurturing and caring environment. I entered medicine in order to be a healer, but now believe that the best I can do is to be a helper in the healing process.

In conclusion, I have learned that most physicians get only the smallest of glimpses of what their patients go through. I have learned that rarely are words alone strong enough to form supportive relationships between physicians and patients. I have learned that nonverbal communication is a powerful tool that can help to bridge the

gap between the sick and the well. I have learned that physicians need to use this tool more often and more effectively. I believe that the next step in medical education should be to teach physicians to talk less and listen more. To poke and prod less, and to hug more. To look into patients' eyes, as the way to catch a glimpse of their souls. In this fashion, dogs and cats can learn to be friends. ♥



## Last Will & Testament (Cont. from page 7)

distinguished and handsome as I was in my prime. My Master and Mistress must not ask the impossible.

But he will do his best, I am sure, and even his inevitable defects will help by comparison to keep my memory green.

To him I bequeath my collar and leash and my overcoat and raincoat. He can never wear them with the distinction I did, all eyes fixed on me in admiration; but again I am sure he will do his utmost not to appear a mere gauche provincial dog.

Here on the ranch, he may prove himself quite worthy of comparison, in some respects. He will, I presume, come closer to jackrabbits than I have been able to in recent years. And, for all his faults, I hereby wish him the happiness I know will be his in my old home.

One last word of farewell, dear Master and Mistress. Whenever you visit my grave, say to yourselves with regret, but also with happiness in your hearts at the remembrance of my long, happy life with you: "Here lies one who loved us and whom we loved."

No matter how deep my sleep I shall hear you, and not all the power of death can keep my spirit from wagging a grateful tail. ♥





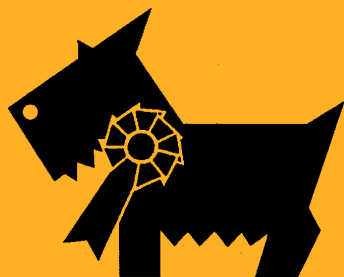
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The Human - Animal Health Connection®

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# 12 Easy, Fun, Happy, *Painless* Things YOU Can Do to Support ITA:

1. **SHARE** your favorite ITA experiences to inspire everyone you know.
2. **MAKE A CHARITABLE CASH DONATION** to ITA. We rely on individual donations for nearly 25% of our budget to keep our programs out there helping our clients.
3. Consider asking your friends and loved ones to **CONTRIBUTE TO ITA** instead of buying you **THINGS** for birthdays or other special occasions.
4. **RECRUIT TWO NEW SUPPORTING MEMBERS** by the end of 2007 (or anytime).
5. **HOST** a Doggie Dinner Party or Feline Fundraiser and give the proceeds to ITA.
6. **CHECK WITH YOUR EMPLOYER** about matching your charitable contributions to ITA.
7. Buy books at Barnes & Noble online (BN.com). If you go through ITA's website (www.therapyanimals.org), B&N will automatically give ITA up to 5% of your purchase total as a contribution.
8. Use GoodSearch.com to search the Internet! GoodSearch is a search engine which donates 50% of its revenue to the charities and schools designated by its users. It's simple: GoodSearch is powered by Yahoo! and is like any other search engine. Donations come from advertisers, not from users or charities. Here's how:
  - Go to GoodSearch.com
  - Type in Intermountain Therapy Animals in the "Who do you GoodSearch for?"
  - Click Verify
  - Your computer will remember ITA after your first use.
9. **HAVE A CHILDREN'S BOOK DRIVE** in your neighborhood to raise books for the R.E.A.D.® (Reading Education Assistance Dogs®) program.
10. **LINK** your **PREFERRED VALUES CARD** at ALBERTSON'S stores to ITA's Community Partner number (**4 90001 08193 9**) when you do your grocery shopping. This earns us up to 4% of your purchase total at no cost to you!
11. **VOLUNTEER YOUR TIME** at our office to help with phone answering, mailing projects, and other activities.
12. **Attend or otherwise participate in an ITA Event!**



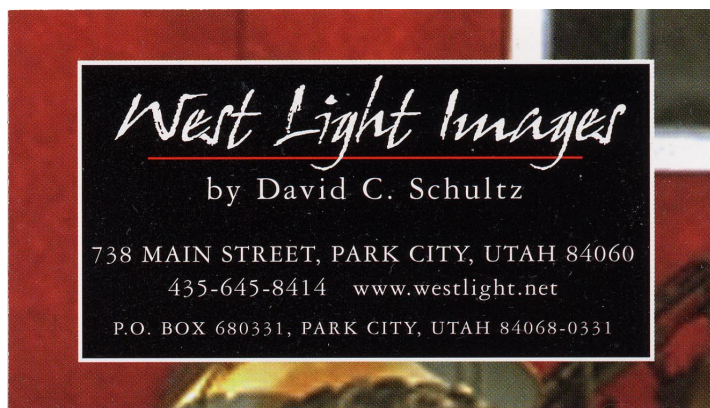
## ITA's Wish List . . .

- 8.5 x 11 white paper by the case, for copying and printing
- 3-hole punched white paper, by the case, for reproducing our volunteer manuals
- Reams of 11 x 17 paper in bright colors for *Hydrant* printing
- New computer monitors (our ancient donated screens are all flashing and blinking!)
- Tables and chairs for students for our workshop training center (*Want to see your name in lights? If you help with this one, we will give you naming rights!*)



**Would you prefer to receive the ITA  
News by e-mail in the future?**

**E-mail [melissa@therapyanimals.org](mailto:melissa@therapyanimals.org)  
and we will make it so!**



INTERMOUNTAIN THERAPY ANIMALS 24 NEWS - SUMMER 2007



## News

INTERMOUNTAIN THERAPY ANIMALS

4050 SOUTH 2700 EAST  
SALT LAKE CITY, UT 84124

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