



September 2011

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### VISIT OUR WEBSITE:

[www.ottawatherapydogs.ca](http://www.ottawatherapydogs.ca)  
(613) 261-6834

# Newsletter



## Spread the Word!

The [United Way campaign](#) is underway. Anyone can designate OTD for all or part of their donation through the Workplace Charitable Campaign by adding our **Charitable Registration No.: 88312 8308 RR001**.

### Other events:

- 🍁 October 23: Dog walk, BBQ and memorial service for pets loved and lost in Low, Quebec (see p.4 for more details).

Remember to check your email plus the [OTD website](#) and our [Facebook page](#) for more announcements!

## Letter from the Editor

*Rachelle Pagé*

Summer holidays have come and gone but work still continued for OTD and its members.

In this issue, we tell a few "tails" from the front lines from different perspectives: clients, OTD members, recipient families.

Also, a lot of important events are coming up – such as the [United Way campaign](#) – to help promote OTD and the great work that we do! (OTD recently had a booth at the Wiggle Waggle – check out the pics on p.4).

We look forward to seeing you at the

various [events](#) or hearing from you on the front lines – check out the live Facebook post on p. xx (we are at 70 "Likes" on our [FB page](#)!) Continue to share your stories and post links; we can also be reached at the following email address:

[communications@ottawatherapydogs.ca](mailto:communications@ottawatherapydogs.ca)



*Lazy days sitting on the porch are gone ... time to get back to work!*

## OTD Toolbox



A few new items have been added to our [toolbox](#) since the last newsletter:

- 🍁 Dogs Who Help People
- 🍁 Communicating with a Person with a Hearing Loss
- 🍁 Communicating with a Person Who Uses Augmentative and Alternative Communication Equipment (AAC)
- 🍁 MRSA: What Therapy Dog Handlers Should Know about the Superbug

## News from the Office

*Rachelle Pagé*

Welcome to our new Administrator, Jeannie Stafford and to our new Volunteer Coordinator, Chris Charron!

Having recently started their new roles, we will give them a bit of time to settle in before we ask them to give us an update for the "News from the Office" section.

The next orientation session is on **Sep. 26<sup>th</sup>** from 7-9pm; while the next evaluation sessions are: **Sep. 30<sup>th</sup>** from 7-9pm at the Training Hall, **Oct. 7<sup>th</sup> and 28<sup>th</sup>** from 10am-1pm at Best Friends. Volunteers for evaluation are always welcomed!

We also want to say farewell to any OTD friends who may have departed during the summer months. Many thanks for all your hard work! Also, a BIG welcome and congratulations to new OTD members and their great dogs! (Shout outs will be coming in the next newsletter.)

### Great ideas being put into action

At the last OTD Annual General Meeting in May, Carole urged our members to engage in fundraising ideas for OTD – not only to hear suggestions but to get their commitments for implementing them. A lot of ideas have been suggested and are well on their way to being put into action!

One example: Sandra Luken has volunteered to pursue funding via the [Ottawa Dragon Boat](#) race festival. Every few years, the foundation selects a variety of charities to support – both large and small. The amount of funds raised each year is quite impressive!

Great idea Sandra and thanks for taking the initiative to pursue this opportunity!

## R.E.A.D.ing between the Lines

*Julie Davies, R.E.A.D. Coordinator*

OTD is hitting the news again, this time with two great articles by Barb Wilson in Ottawa's Healthwise Magazine, highlighting our amazing therapy dog teams who make such a difference in healthcare facilities and schools and libraries across the National Capital Region. You can pick up the September edition at a retailer near you or check it out online at [www.healthwiseottawa.com](http://www.healthwiseottawa.com).



*Chantel Hutter presenting at the last R.E.A.D. Workshop*

### More R.E.A.D. News

Chantel Hutter did an outstanding job at our latest R.E.A.D. workshop "decoding" the process of how children learn to read and how our R.E.A.D. teams can make the best use of our dogs as we work with children who are having difficulties with that process. Emphasizing R.E.A.D.'s "PAWSitive" message, Chantel demonstrated a variety of techniques with the help of her canine assistant, Lola (the star of the workshop!).

It was a great morning of learning as well as an opportunity to get to

know our fellow R.E.A.D. teams through various role-playing scenarios, we had so much fun! Many thanks to Chantel and Lola, as well as John Rathier, who wonderfully offered us the use of a conference room at the Paramedics' Headquarters.

Congratulations are also in order! Chantel Hutter has now completed her certification to become an official R.E.A.D. instructor through Intermountain Therapy Animals. She is one of only two certified R.E.A.D. instructors in all of Canada. Good job, Chantel!

It's been a busy summer of book clubs at the Chelsea Library, where one of our new R.E.A.D. teams, Rosemary Chisholm and Tara, touched the lives of many children

during their July and August book clubs. Béatrice O'Byrne, the librarian, was thrilled with their visits, pronouncing it a "resounding success." We are now in the process of launching a monthly R.E.A.D. program at the Chelsea Library beginning September 24<sup>th</sup> for the Fall/Winter term.

Our Saturday afternoon library program at the Ruth E. Dickinson branch of the Ottawa Public Library in Barrhaven is beginning this month as well, running from September 17<sup>th</sup> through October 1<sup>st</sup>. Amanda Spargo, who is in charge of Children's Programming, is very excited about the R.E.A.D. program and we're looking forward to mentoring our last few new R.E.A.D. teams during these sessions.

Our school teams are also gearing up to start back to school with their weekly one-on-one R.E.A.D.ing sessions. It's going to be a busy Fall!

### One last word

And on a very sad note, we lost one of our special R.E.A.D. members on September 2<sup>nd</sup>. Claire Laroche's beautiful Sheltie, Marcus, had to be put down after struggling with liver disease for the past year-and-a-half. Although Claire and Marcus had only just recently become a R.E.A.D. team, they made a huge difference and Marcus will be very much missed.

## In Memoriam

### Marcus

Julie Davies



It is always difficult to put your finger on that intangible quality that makes therapy dogs so special, but Marcus so beautifully expressed it in his partnership with Claire Laroche as a R.E.A.D. team. Claire & Marcus were part of a pilot tutoring project over the summer months and spent Friday afternoons reading with a local student at a nearby library. In just a short period of time, they made a very meaningful impact on the lives they touched during their reading sessions. In the words of this student's mother:

*"Reading with Marcus was a highlight for us in the summer. The pleasure and ease which our son enjoyed, accompanied by Claire's enthusiasm and passion*

*helped him make strides in his oral reading. Having an audience in Marcus, who was so responsive and attentive, was a real thrill! Going to the library and reading together was also inspirational for others who visited the library. There were many other positive comments from the library patrons, who were so impressed with Marcus and Claire. He will be greatly missed."*

Marcus truly will be missed and always remembered.

#### If you've recently lost a pet...

##### Recommended Readings

- *When Your Pet Has Died*, Alan Wolfelt, [www.enterforloss.com](http://www.enterforloss.com)
- *A Path Through Loss*, Nancy Reeves
- *Pet Loss and Human Emotion*, Cheri Barton Ross & Jane Sorenson
- *When Your Pet Dies*, Christine Adamec
- *Coping with Sorrow on the Loss of a Pet*, M. Anderson
- *Grieving the Death of a Pet*, Betty J. Carmack
- *The Human-Animal Bond and Grief*, Laurel S. Lagoni
- *Diary of a Very Special Love*, Martin S. Kosins
- *Good-Bye My Friend: Grieving the Loss of a Pet*, Herb & Mary Montgomery

##### Helpful Websites

- Pet Loss Canada at <http://petlosscanada.com/resources/>
- Center for Loss and Life Transition, [www.conterforloss.com](http://www.conterforloss.com)
- Pet Loss Grief Support Website at [www.petloss.com](http://www.petloss.com)

## A "Tail" from the Sidelines

The first time we met Brutus was when he came into our mother's room at Madonna Long Term Care and immediately walked directly up to her bed and laid his head on her chest. She was having a stroke at the time and he knew he needed to help her. Brutus kept his head on her chest and just stayed still for a long time. He then raised his head and came to see us as we stood beside the bed. It was a magnificent moment.

He was so gentle and seemed to know just what to do. His strong energy helped our mother get through that night so that the next night she was able to get up and walk a short distance with our help.

Brutus and Doreen visit our mother every week and we all look forward to their visits. Brutus truly is an angel and Doreen such a caring and thoughtful person – together, they make the perfect team.



*Brutus with his angel wings*

"We wanted to acknowledge what a wonderful job he is doing along with his human partner Doreen."

Thank you,  
Shirley Trottier and Joan Laurin

## OTD Dog Day in the Country

OTD invites you, your dog, your family and friends to spend a dog day in the country.

**Sunday, October 23, 2011** – Dog walk, BBQ and memorial service for pets loved and lost.

Enjoy an energetic and fun-filled day in the country with your dog, organized by OTD.



Your day will begin at approximately 9 a.m. with a scenic drive through the autumn foliage of the Gatineau Hills. Stop in the scenic village of Wakefield to enjoy some fresh baked goods, or check out The Black Sheep, a music hub for Canadian musicians. Travel fifteen minutes further up Highway 105, along the scenic Gatineau River. There, you will arrive in the little Quebec village of Low. Turn left from the highway into the local park, marked by a boat house.

You will find the Canada Trail here, a walking adventure with new scents and sounds for you and your dog. Plan to arrive around 10:30 a.m. You and your dog can walk with other OTD members. You will enjoy an on-leash walk that will take you through woodland, through meadows and along farmers' fields. Remember to bring some water for you and your dog.

At 12:00, we'll return to our cars, cross the highway and make a short drive to the Low United Church. In the backyard of the church, OTD members and the local church community will provide a BBQ with hot dogs for you, refreshments and sweets. Doggy treat bags will be available for your real hot dog.

At 2:00 p.m., everyone (including your dog) is invited into the little country church for a memorial service to honor pets we have loved and lost. This service also is popular with the local community which is invited. For the past several years, an offering has been taken with monies going to Ottawa Therapy Dogs. Rev. Read Sherman, who loves animals and has two pugs of his own, will conduct the service. This year, a guest member of OTD will be the speaker.

At 3:00 p.m., the service moves outside to include a Blessing of the Animals. In the past, dogs, cats, birds, roosters and rabbits have all been blessed; even a litter of puppies.

It should be a day to remember. This event will proceed, rain or shine. Come for part of the day, or all of it.

All well-behaved dogs are invited. This is an on-leash event.

Please send your RSVP – with the number of invitees – to:

Julianne Labreche  
(613) 226-3809  
[jlabrech@magma.ca](mailto:jlabrech@magma.ca)

or

Bob Simpson  
(613) 225-8649  
[lesandbob@bell.net](mailto:lesandbob@bell.net)

### MEMBER DISCOUNTS 2011

All of the following merchants require proof of current OTD membership (ID badge) and will honor discounts to OTD members.



- **Berry's Food Store**  
(Glebe) - 15% discount on general merchandise
- **Critter Jungle**  
Hampton Park Plaza - 10% discount on general dog-related merchandise
- **TLC Grooming**  
Canotek Rd. - 5% discount on grooming service
- **Bark & Fitz**  
Westboro and Centrum - 10% discount on non-food related merchandise, grooming (not nail clipping or u-bath). OTD members must register with the store's HYDRANT program
- **Natural Pet Foods**  
Westboro and Carleton Place - 10% discount on dog-related merchandise
- **Kaleidoscope Kids**  
Glebe - 15% discount on books for OTD READ members
- **Blair Animal Hospital**
- **A guy, a girl, two dogs and a cat**  
10% discount on store items, except food
- **Wag Pet Shop Inc.**  
1071 Bank Street - 10% discount on merchandise and food except drinks and sale/discounted items

## THANKS TO OUR DONORS AND SUPPORTERS

Below are just a few of the people and organizations that have helped us along the way. For a full list, visit [OTD's website](http://OTD's website).

**The Co-operators** provided \$2,000 in 2010, helping OTD to cover costs for part-time volunteer coordination, office supplies, insurance, PR and facility rentals.



### RBC Foundation

Ottawa Therapy Dogs for the 2009 donation for the purchase of a PC projector required for orientation and training sessions.



**Brittany Veinot** supplies us with all of the wonderful photos that she takes during our events



**Buffet Charbonneau** for catering OTD's First Annual Members & Supporters Dinner



## OTD Attends the Wiggle Waggle

Susan Roberts

Thanks to everyone who helped out at the [Ottawa Humane Society's \(OHS\) Wiggle Waggle Walkathon](http://Ottawa Humane Society's (OHS) Wiggle Waggle Walkathon) held on Sunday, September 11<sup>th</sup>:

- Bob Simpson with Kelty (poodle)
- Connie with Jordy (poodle)
- Sandra Luken with Maya (Lab)
- Dwight & Kathleen Taylor with Boomer (Rottie)
- Tanya Gadoury with Rocky (Lab)

The weather was beautiful for a walk and the number of people who turned out with their dogs reflected that. We had a steady stream of visitors at our OTD booth who kept our volunteers busy answering questions and selling t-shirts. Lots of fun was had by all.



Sandra and Maya manning the OTD booth

Stephanie Gray, posted this neat pic of Boomer on OHS's Facebook page:



"... a cute shot of that Rottie with the sunglasses."

Apparently this guy below is a regular attendee:

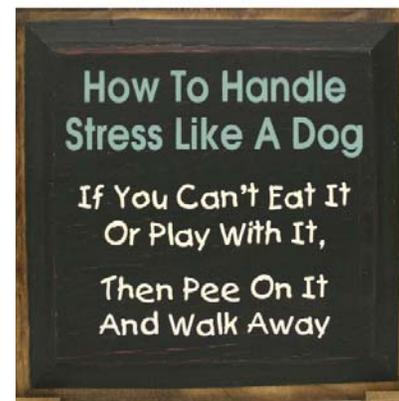


Yes, that is a horse waiting to drink out of a toilet bowl!



Tanya & Rocky (Lab) with Kathleen & Boomer (Rottie). Boomer was really rocking those shades!

Thanks to all OTD members who volunteered or helped at the OTD booth!



# OTD Team Wins Ottawa Hospital Volunteer Award

Julianne Labreche



*Bud and Maggie*

At The Ottawa Hospital, four values constitute an exceptional volunteer: compassion, quality, respect for the individual and working together. Bud Johnston and his West Highland Terrier, Maggie, an Ottawa Therapy Dogs team, live these values and were recognized in June with a [Board of Governors Volunteer Recognition Award](#).

It was a proud moment for Bud, who received the award from Dr. Jack Kitts, Chief Executive Officer (CEO), along with Phil Murray, Chair of the Ottawa Hospital Board of Governors. Although Maggie did not attend the event, her photo was proudly displayed overhead as Bud accepted the award. This team volunteers at The Rehabilitation Centre, part of The Ottawa Hospital, where they visit men and woman with brain injury, as well as other patients.

Several staff at TRC submitted the nomination. Here is part of what they had to say in their submission:

Compassion: "Maggie is always in a good mood and demonstrates her affection with her sweet manner, her cheerful, enthusiastic personality and her wagging tail. Bud is a lovely

man, mild-mannered and always pleasant and polite with patients. This is a team who really like their job and do great work."

Quality: "You can depend on this team. They never let you down."

Respect for the Individual: "Maggie and Bud keep their distance from anyone who does not like dogs, or is afraid of dogs or allergic to them. Maggie always looks her best on her therapy dog visits. She is clean and well groomed, with freshly clipped pads, clean eyes and ears. She wears her hospital ID badge and her OTD scarf so she is always recognizable."

Working Together: "Maggie is a team player who works hard and really loves her job. She can't wait to get out of the car when she comes to start her visits with patients. She is social and gets along well with everyone. Even if she's having an 'off day,' it is hard to tell because she is always so sweet and affectionate."

In addition to visiting patients, Maggie and Bud also have done some animal assisted therapy (AAT), helping in speech therapy at the centre. One example: a patient who had had a stroke wanted to work on improving her written communication skills. Her goal was to be able to resume writing her

blog. She loved animals, so the team was called to assist. Bud helped this patient by doing an interview with her about the team's work. She took some pictures of the team, too. Later, she successfully posted the article and photos on her blog.



*Bertha MacDonald OH Rehab Centre with Bud Johnston's Maggie*

It is a well-deserved honour for Bud and Maggie. OTD applaud this team for their fine work!

In addition to their many volunteer hours at TOH Rehabilitation Centre, BUD JOHNSTON and his dog MAGGIE are active volunteers with Ottawa Therapy Dogs. Both members of this dynamic duo are consistently caring and compassionate with our patients.

En plus des nombreuses heures de bénévolat qu'ils consacrent au Centre de réadaptation de L'HO, BUD JOHNSTON et sa chienne MAGGIE sont tous deux d'actifs bénévoles dans le programme de zoothérapie Ottawa Therapy Dogs. Ce duo dynamique ne cesse d'apporter à nos patients tendresse et compassion.



*Clip from the Ottawa Hospital newsletter of Bud Johnston receiving the Ottawa Hospital, Board of Governors' Volunteer Recognition Award with Phil Murray and Dr. Jack Kitts*

## A Dream Comes True – Harley

*Christiane Charron, Recreation Therapist at the ROMHC Geriatric Day Hospital Program*

In the 1990's, I met Marilyn Benoit, the founder of Ottawa Therapy Dogs. The organization didn't exist in those days and we both wanted to have our dogs trained as therapy dogs so they could be part of a health care team. Ruby, her black lab, passed an evaluation test with A+ but my Siberian Husky, Shelby, didn't have the qualities to become a therapy dog. Marilyn reassured me that one day I would have a dog with the right temperament.

Fifteen years later, December 23rd, Harley a 3- year-old Yorkie-Schnauzer mix was waiting for me at the Aylmer SPCA. The minute I laid eyes on him I knew he was the one for me and brought him home that night, having already gotten my Manager's approval to bring my dog to work at the Royal Ottawa Mental Health Centre (ROMHC).



*Harley in OTD gear*

Since then, Harley has gone to obedience school, complied with ROMHC policies and completed the OTD evaluation to become a therapy dog.

I will never forget the day that Carol

Eldrige, with the help of her therapy dog, Pandaru, gave Harley his official OTD red scarf and announced to the group of patients that Harley was now a therapy dog. The picture below says it all! Patients were so happy and applauded Harley's accomplishment. Needless to say, I had tears in my eyes – that day my dream came true ...

"You were right Marilyn; I wish I could share this special moment with you."



*Harley with Christiane*

ROMHC has become a second home for Harley. He comes to work almost every day and some clients have dubbed him the mascot of the ROMHC. Most of his work is in the Geriatric Day Hospital. His happy demeanour makes it easy for anyone to love him. He enjoys socializing with staff before starting his work day; going from one office to another, making sure everyone is ready to start their day with a smile. He loves to have his belly rubbed and never gets enough of it.

Harley greets patients as they arrive in the morning and he brings smiles to faces that wouldn't have happened without a "Harley." He sometimes helps calm someone experiencing high anxiety by lying on their lap or beside them.

He is always present when we discuss patients and is part of the team when family meetings are held. During the day, he participates in groups, bringing a calm effect on our

clients or, sometimes he can be found in the Physio area, helping a patient with exercises. His personality is one that cannot be described. He is happy all the time, shows his understanding of what you are saying by nodding and moving his head from side to side.

One day a patient told me that she looked around the exercise class and everyone had long sad faces but as soon as Harley walked in the room smiles came to almost everyone.



*Harley doing his therapy work*

At times, Harley helps the Psychiatrists when they need to speak to someone. He calms the person and a better rapport is established between the patient and the Doctor. The Doctors often refer to Harley as the perfect treatment for some of their patients. Harley will be retiring from his full-time work as of August 1<sup>st</sup> but will return to work on a weekly basis as a volunteer in the Geriatric Day Hospital Program. Harley and I have met so many people and have been fortunate to share our happiness and love with others who don't have a "Harley" to brighten their day and their lives.

"Dream and it will come true."

## Scouting Around

*Cindy Shier*

Last winter, Scout and I were visiting the Arnprior Villa. Our first stop is usually at Charlotte's room. But, on this visit, she didn't answer when we first knocked, so we continued on and dropped in to see the others that we normally visit. As we were finishing up, we met a gentleman who is across the hall from Charlotte. We were in the hall, having a great visit, when the nurses joined in to pet Scout. He was happy to let everyone pet him and then, while we were talking, he sauntered over to Charlotte's door and started scratching at it, as if to say "Hello, we're here." It was so cute! We then went in to visit with Charlotte and Scout promptly I down next to her on her feet. It was clear that he was enjoying her company – and it was very rewarding for me to see.



*Scout with his OTD gear*

This spring, when we were visiting again, (we hadn't been there for a few weeks), we stopped to see Charlotte. It turned out that she hadn't been feeling well and had recently lost one of her sons. She was down in the dumps but, after Scout's visit, she said she was happy again because we had brightened her day and gotten her out of her sad mood.

For me, it doesn't get any better

than that. This is why we visit and to have someone tell you that you've made a difference, priceless!!

I'm sure there are a lot of stories like this one, but it really was an "Aha! Moment" for me.

## Real-time Scoop

*Rachelle Pagé*

In the last newsletter, there was a piece on social media. One advantage of using tools such as Twitter and [Facebook](#) is the real-time information or stories that you can get. Below is an example posted on [Facebook](#) from September 12<sup>th</sup>.

### OTD OFFICE HOURS AND CONTACT INFORMATION



**Jeannie Stafford**  
OTD Administrator

**Tel:** 613-261-6834

**Email:**  
[admin@ottawatherapydogs.ca](mailto:admin@ottawatherapydogs.ca)

**Hours:** Flexible! Please leave a message and I'll get back to you ASAP.

Share: [Status](#) [Photo](#) [Link](#) [Video](#) [Question](#)

Write something...

 **Ottawa Therapy Dogs**  
Fund raising time everyone! Don't forget to chose OTD as your charity of choice on your pledge forms! (Registered Charity Number 883128308RR0001)  
<http://www.ottawatherapydogs.ca/a/events/2011/unitedWay/index.php>

 **Ottawa Therapy Dogs**  
[www.ottawatherapydogs.ca](http://www.ottawatherapydogs.ca)  
Official Web site of Ottawa Therapy Dogs Inc., Ottawa, Canada.

[Like](#) · [Comment](#) · [Share](#) · 2 hours ago

 **Helene Mousseau** The rewards are AMAZING - whether you donate or participate! My dog Kuma and I just came back from a visit at the hospital. A woman, from the home we normally visit, had fallen and had been there for a couple of weeks. She had recently been told that she wouldn't be going back to her 'home' of > 20 years as she will need more care. The nurses told me that she was very depressed. She was asleep when we got there. Kuma went up to her and gave her a nudge and a kiss. When she saw Kuma, she went over the moon!! She was SO happy, she ran to the nurse's station and went on and on about how it made her day. We left her with a picture of Kuma, a small stuffed dog (which looked like Kuma) and some warm thoughts, hugs and memories. I know first hand how this organization makes a difference... in many lives!!!  
30 minutes ago · [Like](#)

Write a comment...

Thanks for sharing your story  
Helene. Keep up the good work!



# FUND RAISING TIME

PRESENTS AN OPPORTUNITY OTD MEMBERS CANNOT MISS!

**“Kick Off” month for the 2011 United Way funding drive is upon us!**

This is the time to remind friends, colleagues, family and neighbours to direct all or a portion of their United Way gift to help  
“GOOD DOGS DO GREAT WORK!”

It is essential to give everyone our  
OTD Registered Charity Number 883128308RR0001

Of course, all donations to OTD are tax deductible.

Questions may be directed to Margot Montgomery  
[communityoutreach@ottawatherapydogs.ca](mailto:communityoutreach@ottawatherapydogs.ca)



Interested people may be referred to the  
OTD website [www.ottawatherapydogs.ca/support/donate.php](http://www.ottawatherapydogs.ca/support/donate.php)



Good dogs doing great work!

### Here's Looking at You!

The [Communications Committee](#) wants to hear your thoughts!

- How do you like the OTD Newsletter?
- Do you have an OTD success story that you would like to share?

Send us your thoughts or ideas at:

[newsletter@ottawatherapydogs.ca](mailto:newsletter@ottawatherapydogs.ca)

