



February 2011

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VISIT OUR WEBSITE:
www.ottawatherapydogs.ca
 (613) 261-6834

Newsletter



Good Food to Support Great Dogs – Mark your Calendars!

Margot Montgomery

OTD needs your help in finding new supporters – this will be an opportunity to build our network!

WHEN? April 12, 2011

WHERE? Temple Israel, 1301 Prince of Wales Drive, Ottawa, ON, K2C 1N2

Keynote speaker - Dee Brasseur, OTD member and inspiring motivator.

Clients, partners and donors will also share their perspectives on OTD.

Door prizes and real live therapy dogs working the crowd!

Details are still being finalized and will be communicated to OTD Members very soon!



Letter from the Editor

Rachelle Pagé



A New Year often brings with it a

promise of freshness and the inevitable commitments we make to change and improve ourselves. Have you made a New Year's resolution this year? If so, how are you making out?

Approximately 40 to 45% of adults make one or more resolutions each year. Here is what usually happens as time goes on: after the first week, 75% of resolutions are maintained; that slips to 71% after 2 weeks; 64% after a month; and drops to 46% after 6 months.

However, OTD is good at keeping its resolutions – especially in improving the organization and support for Members.

Some changes are visible, while others are being done behind the scenes. There is a new web site, a new R.E.A.D. Coordinator, a revamping of processes, procedures and guidelines, a new OTD Toolbox ... the list goes on and on.

In this issue, we will tell you more about the new 'changes' and also take a look at life outside of - and after - OTD.

All of these changes are exciting but require a lot of time and hard work. I am grateful for the newsletter editing help I have been getting from Carol MacIvor. In the coming months, we will be reaching out to Members and

Associate Members for various projects on the OTD Committees.

I have met so many wonderful people since joining the OTD Communications Committee and I enjoy contributing where I can. This is a bit easier for me as an Associate Member.

Perhaps one of your resolutions was to give more of your time or contribute to an area that is dear to your heart? If so, why not contact a member of the [OTD Board](#) or someone on one of the various [Committees](#) to see how you can help?

News from the Office



Kate Miller

There must be something in the water! The number of phone calls and e-mails from people seeking information about OTD and therapy work continued to grow over the fall and winter. We have had a flood of inquiries from the public about how to qualify as a therapy dog team and also from health professionals in the Ottawa area looking for OTD teams to visit their facilities.

Not surprisingly, the January 17th Orientation was jammed with 35 interested folks.

From that session we have 18 candidates for three evaluations and a waiting list of 8 candidates for the spring evaluations.

Our membership is growing in leaps and bounds. When all of the 2011 renewals and retirements are finalized we should have over 110 members.

New Programs and Facilities

On top of maintaining our established programs at many Ottawa/Gatineau facilities, we have extended our

services to facilities in surrounding areas.

These include the Winchester District Memorial Hospital, Wakefield Hospital, The Bonnechere Manor in Renfrew, Osgoode Care Centre, Richmond Carefor Centre and École secondaire catholique Casselman.

We have launched new programs in the Ottawa area at Hillel Lodge, OH short-term rehab, Vista Centre (residence for adults living with brain injury), a CHEO offsite school program and we are returning to Ronald McDonald House.

As new members come in, we are able to offer teams to new facilities as well as those we have serviced in the past. However, there are never enough teams to meet the demand.

Events

We will be asking for your participation and support at the upcoming events:

- *First Annual OTD Member and Supporter Dinner – Good Food in Support of Great Dogs!*
Tuesday April 12, 2011
Temple Israel, 1301 Prince of Wales Drive
6:30-9:00 pm
- *OTD Annual General Meeting (AGM)*
May 25, 2011
Ottawa Paramedic Service
2465 Don Reid Drive
Ottawa K1H 1E2

Remember to check [“News and Events”](#) on our website and the [OTD Facebook page](#) often for updates and photos of current, recent and past events!

Extra Thanks to ...

- OTD volunteers who graciously offered their help at the Volunteer

Marketplace at St. Laurent Plaza on February 10.

- OTD Board members and volunteers who represented OTD at the January 17 Orientation session (also Jazz, OTD therapy dog)
- Enthusiastic and faithful helpers who made the three winter evaluations go so smoothly.
- Excellent and professional evaluators who always make the right call.
- Once more, Committee chairs and their members who create the structure and support for our strong organization.

The Last Word

There was an empty spot under my OTD desk when my much loved therapy dog, Bro, passed away in August. I am very happy to tell you that I have a new golden puppy, Gable. He is almost 9 months old now and warms my feet while I am working.

We are hoping that he will be a future therapy dog, but if not, he generously gives daily doses of therapy to me, my family and his best friend, Clark.



Gable, Kate's new Golden and perhaps future OTD dog

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

Juliana Davies

As I walk out the front door, my four-year-old son asks "Are you going to the dogs again?" He means it in the best possible way as I close the door behind me on my way to see Chantel & Lola, Karen & Gogo and Lesley & Taffy work their magic with children in the City of Ottawa's "Spirit" program. Or on my way to be part of the crazy "hospital crowd" as our Evaluators put new teams through their paces at the Training Hall. Or on my way to register children who have followed the paw prints down to the Children's Library at the Ottawa Public Library's Sunnyside branch in hopes of reading to Janice & Azor, Marion & Marni, Sandra & Xecel, Ann & Chara and others. In fact, my life has gone to the dogs. And it's definitely in the best possible way.

News on the R.E.A.D. Front

Our latest Saturday Afternoon series at the Sunnyside Public Library ran from January 15 - February 5. Nearly 30 children of all ages enjoyed the opportunity to curl up on a blanket and read one-on-one with a dog while curious parents caught a glimpse of the magic that makes the R.E.A.D. program so special.

The library series also caught the media's attention with interviews by two journalism students from Carleton University and a spot on CBC's Ottawa Morning show with Kathleen Petty interviewing Margot Montgomery & Jazz on February 3. If



you missed it, you can check out the audio clip on the [CBC website](http://www.cbc.ca/ottawamorning/2011/02/03/ottawa-therapy-dogs/) (a selection of stories is kept there for about a month):

<http://www.cbc.ca/ottawamorning/2011/02/03/ottawa-therapy-dogs/>.

And speaking of our website, check out the new R.E.A.D. content. It highlights the wonderful work our teams are doing in local schools and libraries. Thank you to all of the teams who sent in photos and comments from parents and teachers. As the program generates growing interest, I hope the website will become an invaluable tool to help address questions from potential new R.E.A.D. volunteers, educators and librarians, parents and caregivers. I'd love to hear your feedback as we add more content, photos and features. A big "Thank you!" to our "web guy," Guy Mercier, for all of his time and effort in making it happen on short notice before CBC's radio coverage. We couldn't do it without him!

Hockey Day at Lanark Lodge

Diane Herns

Hockey and I really enjoy our visits at Lanark Lodge in Perth. One of our favourite experiences involves a resident we met 1-1/2 years ago, when we first started visiting. I introduced Hockey to a resident who started chatting with the dog, patting him and telling him what a good boy he was.

Later, a nurse chased us down the hall to let us know that this resident had not spoken to anyone for a long time although he just couldn't stop talking to Hockey. This is what it's all about!

I can't believe how excited Hockey gets when it's Wednesday. He knows that is when he gets to go and visit with his new friends. Staff and residents welcome Hockey by name and everyone has made it such a wonderful experience. Both Hockey and I want to thank OTD for allowing us to be so rewarded each time we visit.



Hockey visiting at Lanark Lodge



A Word from that Web Guy

Guy Mercier



A quick word about [photo submission guidelines](#) for the OTD website.

The basic rule is to supply us with the largest and highest resolution possible in landscape format. This will ensure the highest quality and a minimum amount of cropping to your photos for our [OTD Slide Shows](#).

We prefer receiving high resolution photos (300 Dots Per Inch (DPI) at a minimum size of 640 x 480 pixels or



higher) as we can then use the photos for possible print products. Enlarging a low resolution image severely affects the quality of photos.

We can adjust the brightness and colour contrast of photos that are supplied or remove or correct any "red eyes" as well as dust or scratches to your photos.

Using these guidelines, we look forward to receiving your photos at: graphics@ottawatherapydogs.ca.

OTD Team Member Profiles

Rachelle Pagé

There are several ways to share your dog: create an OTD [Member Team profile](#); post information if your dog has [retired](#); or honour your dog in our ['In Memoriam'](#) section.

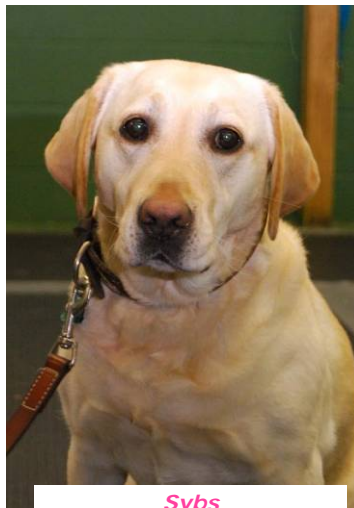
All you need to do is follow the [Members Web Page Guidelines](#) on our [OTD Members](#) site (password: gooddog) and, if you want to send a photo, please check the [photo submission guidelines](#).

Then, just submit a brief profile to memberpage@ottawatherapydogs.ca and we will then introduce your profile in the next Newsletter and direct people to the web page for further information.

Remember that even if you do not have an active OTD dog or if you are an Associate Member with a non-OTD dog, you can still submit your dog's profile.

Sybs and Sensibility

Suzanie Chua



Sybs

Sybs started life destined for the show ring. Fortunately for me, this Labrador Retriever inherited her mother Rena's

smarts and kind heart and was not keen on showing. She came to me from her breeder when she was one-and-a-half years old.

For more on Sybs, please visit: <http://www.ottawatherapydogs.ca/members/teams/sybs.php>.

Moogly

Chantale Lussier-Ley



Moogly

Moogly is a 3-year-old male Golden Retriever with a beautiful dark red coat, an immense heart and unlimited zest for life. Armin and Chantale were lucky enough to be chosen by Moogly as his adoptive human parents at the SPCA of Western Quebec. Although he weighed more than 70 lbs. at the time, he decided to sit on Chantale's lap after our very first walk together, as if choosing us as his forever family, or so we keep telling ourselves!

For more on Moogly, please visit: <http://www.ottawatherapydogs.ca/members/teams/moogly.php>

Congratulations and Welcome to New OTD Members and Great!

New Teams:

- Sheldon and Munro
- Roy and Abbey
- Sandra and Maya
- Jocelyn and Elmo
- Galina and Chelsea
- Christine and Kiera
- Manon and Suzie
- Everett and Kima
- Maureen and Logan
- Brenda and Darcy
- Hélène and Kuma
- Dwight and Boomer
- Wendy and Kita
- Beth and Myko

New Dog:

- Frances and Clicker

New Associate Members:

- Jen and Carmel

Toolbox for OTD Teams

OTD is embarking on a new educational project for our members. We're calling it Toolbox for OTD Members. It will include short fact sheets on a variety of topics, designed to be quick and easy references for OTD members on an array of therapy dog-related topics.

This series also aims to raise OTD's profile in the community. We hope these materials will be a source of expertise-sharing among animal therapy players.

Julianne Labreche is leading the project. She is an OTD Associate Member with over a decade of experience in working with therapy dogs as well as being a health care professional in an adult rehabilitation centre. She welcomes your comments, contributions, ideas and feedback on the new series and can be reached at jlabrech@magma.ca.

Below, you'll find the first tool in our Toolbox, called "Working with Stroke Survivors." The fact sheets will be posted for ongoing reference in the OTD Members section of our OTD website.

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** 10% discount on store items, except food
- **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 www.wagpetshop.ca.

Ottawa Therapy Dogs
Sheet #1:
Working with Stroke Survivors

Stroke Facts

A stroke is caused when blood flow to the brain is disrupted. Without essential oxygen and nutrients, permanent brain injury often results.

- Stroke is the fourth leading cause of death in Canada.
- Each year, between 40,000 and 50,000 Canadians have a stroke.
- Among the survivors, 75% will experience some degree of disability.
- It is estimated that about 3,500 people in the Ottawa area are directly affected by stroke.

What Disabilities Result from a Stroke?

Depending on the nature and severity of the stroke, disabilities can include:

1. Paralysis or weakness on one side of the body - It may affect walking and other activities.
2. Swallowing - It may be difficult for the person to eat regular food or drink regular liquids, even water.
3. Communication - there may be difficulties with auditory comprehension, speech, reading, writing and numbers. "Aphasia" is a language disturbance that can range from mild to severe, and usually includes some problems in finding or using words.
4. Visual - a visual field cut can cause the person to miss information on the left or right. (Glasses cannot fix this problem.)
5. Fatigue - after a stroke, people tire more easily and lack endurance.
6. Perceptual Changes - It may be difficult to recognize and use common objects such as a cup, pen or leaf.
7. Changes in Personality - the person may talk too much or too little; be impulsive and react quickly, without thinking; cry more easily, for no apparent reason; or may have extreme mood swings.

8. Memory - a person may forget easily or have difficulty learning and retaining new information such as your name or your dog's.

IMPORTANT! OTD teams who work with stroke survivors should always have close supervision and support from a health care provider (e.g. a nurse, a recreation therapist).

Animal Assisted Therapy (AAT) and Activities (AAA)

OTD teams working as part of a stroke rehabilitation team can assist therapists in helping patients walk (e.g. with double leashes), use arms and hands (e.g. throwing balls), and communicate more effectively (e.g. talking about their own pet).

Check ahead of time to ensure you and your dog are welcome. Share your ideas with the therapists and ask about their goals. This way, you will discover creative ways to make therapy more fun and rewarding for everyone - most importantly, for your patient!

Be mindful of your safety and that of your dog at all times. Keep your visits short. If communication is an issue, be honest if you don't understand but give the person time to talk or communicate nonverbally. Never offer food or beverages, including water, to a patient.

For more information on stroke, check these useful web sites:

1. Heart and Stroke Foundation at www.hsf.ca
2. Aphasia Centre of Ottawa at www.speechottawa.com
3. Stroke Survivors Association of Ottawa at www.strokesurvivors.ca/

Prepared by Julianne Labreche, S-LP(C) Reg. CASLPO
Speech-Language Pathologist
Associate Member, OTD

Good dogs doing great work!

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Charitable Registration No. 80224-0000-0000

Example of an Educational Sheet in the OTD Toolbox

Work and Play Equals Fun

Susan Anstey

My name is Liam and I am a 4-1/2-year-old Border Terrier. I'm a pretty busy dog. For the last few months, my Mom and I have been doing therapy work at the Ottawa Hospital. We visit a couple times a week, alternating between the Oncology and Physical Medicine floors and the Short-Term Rehabilitation floor. We are really enjoying our work as a therapy dog team. Patients and staff are delighted and I love the attention.

We've come to this work after I helped my Mom when she suffered a debilitating back injury a year-and-a-half ago. She couldn't work and was in constant pain, so I stayed by her side and helped her by cuddling, being silly and licking her tears when she was sad. As she got better, she realized that I liked bringing light to people who weren't well or who were suffering like my Mom was. She found out about OTD and now we are helping others.

But, I'm not all work and no play!

Below is a picture of me jumping off a diving board into a pool – one of the summer sports I enjoy. Dad took this picture of me and sent it to the *Ottawa Citizen* and guess what? They published it and I became a star!

Everyone in my family was so proud of me.

I learned to swim at my grandparents' cottage. Then, Mom and Dad taught me to fetch a ball thrown into the water from a boat and to climb a ladder back into the boat, something that

makes them smile. That was a change from jumping into the water from the boat to swim with Mom and Dad. All of it is great exercise for me...and for them!

Then, Mom taught me to jump off a diving board into the pool at my other grandparents' house. I learned this very quickly. Now, whenever anyone in the family goes to the diving board, I am right behind them when they jump in, showing off how far I can jump. My Mom also taught me to be very comfortable swimming lap after lap beside her in the pool so that we can both get our exercise. I love this time with my Mom. When I need a rest, Mom showed me how to balance on a floating noodle. She holds it for me until I get my balance and then I just float freely. Also - and most importantly to me - is that my Mom taught me how to climb the pool ladder to get out when I have had enough.

I also love to entertain people by simply being a clown or by doing tricks. I can sit, stand and lay down. I also like to shake a paw, roll over and spin. My favorite trick is when Dad points at me and says, "Bang! You're dead!" and I fall over on my side.

So, my life is really busy...with work and play...and I'm just glad to be able to help my Mom and others.

Reflections on Life after OTD

Sharon McGladdery

When my owner, Sharon, accepted a job in New Brunswick in 2009, I had the hard task of saying good-bye to my OTD friends. However, it was even harder for me to bid adieu to the staff, volunteers and residents of the Perley Rideau Veterans Health Centre.

I had never thought about just how committed we would become to our visits at the Perley. It started with "Can we do this?" Visiting hospitals had always been a volunteer activity that appealed to Sharon. With Ottawa being Ottawa, there turned out to be a dedicated organization for that! We were extremely lucky to find OTD: it was perfect for a naive, wanna-do-good dog owner and me, a goof-at-heart dog.

Sharon found me at a shelter near Lac St Jean, Quebec. I had been abandoned in the woods. A local dog catcher found me and I happily accompanied him to the shelter. Sharon had driven there to adopt another dog but it wasn't ready and she ended up picking me. On the 7-hour drive back to Ottawa, she debated names and finally decided to call me Caffrey as she thought it sounded carefree, like me!

I became her instant "therapy" dog: waiting for her daily return from work so I could show off my latest "home improvement project" and, of course, distract her from noticing that it hadn't really improved our home!

Several months into this idyllic life, Sharon decided I needed some obedience training. Thanks to a friend's recommendation, we found Best Friends, where one of the instructors



was an OTD member as well as a therapy dog trainer and assessor.

The OTD story was about to begin. We signed up for therapy dog training and I surprised Sharon by suppressing by goofy side long enough to pass the OTD evaluation. While she was surprised, she was also a bit concerned about the thought of keeping me clean for weekend hospital visiting as I'd grown from a 75-lb. puppy into a 100-lb. fluff-bucket. I got to know baby shampoo, a garden hose and the bathtub pretty well! Looking back – now that I am in retirement – it was really all about me looking and feeling gorgeous and all the attention that brought! The celebrity wanna-be was out of the closet!

Sharon took time, working with the Perley, to find the right comfort zone for me. We settled on visiting rooms rather than escorted or group circle visits. I got used to the wheelchair traffic leaving the Chapel, squeezing into rooms where I got get my belly rubs; joining pottery and singing classes. I met so many wonderful people. I remember one who had had a sled team up north. He was immobile and not always up to a visit but, the first time we visited, I knew he had a dog-friendly spirit. Much to Sharon's surprise, I walked up to his bed and put out a paw. The nurse put his hand on my paw and then he smiled and said "Good dog." We also developed a routine of having coffee with another veteran which gave us a chance to be in one place while passing families could stop and visit with us.

There were also some wonderful experiences outside of the Perley, visiting children with varying degrees of intellectual and physical challenges. I remember one boy in a wheelchair who screamed at me although he was smiling. So long as Sharon kept my tail safely out of the

way, I knew the wheelchair was for someone special.

So, what are we doing now? Well, I've learned that the water in New Brunswick is salty and not good to drink. I also enjoy our walks around lovely Saint-Andrews-by-the-Sea. Sharon has embraced other volunteer work but we miss OTD because it exemplified "making a difference" and we are both very proud to have been a part of it from 2003 to 2009.



Chloe and Caffrey

OTD OFFICE HOURS AND CONTACT INFORMATION



KATE MILLER
OTD Administrator

Tel: 613-261-6834

Email:
admin@ottawatherapydogs.ca

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

FAREWELL TO OTD FRIENDS

SHELLEY MACWHIRTER AND KASCO- (FALL NEWSLETTER)
RETIRED FROM 2 YEARS SERVICE AT RICHMOND LODGE. KASCO MISSED VISITING SO MUCH THAT THEY ARE BACK, NOW VISITING AT GRANITE RIDGE LTC!

MONIQUE BISAILLON AND MAYA-RETIRED FROM 1 YEAR AS A MEMBER OF OTD

CLAIRE HEISTEK- RETIRED FROM OVER 5 YEARS OF SERVICE WITH TOBIE AT CHEO, LOEB CENTRE, THE R.E.A.D. PROGRAM AT MANOR PARK SCHOOL AND MORE. CLAIRE ALSO SERVED AS CHAIR OF THE COMMUNICATIONS COMMITTEE.

NIKKI JACKSON AND PEANUT-RETIRED FROM 1 YEAR SERVICE AT THE REHAB CENTRE, OH

BARBARA LAPALME AND BARRET- RETIRED FROM ONE YEAR OF SERVICE AT GRANITE RIDGE LTC

MARIE MASSÉ AND MUCHACHO- MEMBERS FOR ONE YEAR

MICHELLE TYSEEN AND RUSTY- RETIRED FROM 2 YEARS SERVICE AT CARLETON LODGE. MICHELLE AND HER SONS OFFERED INVALUABLE HELP AT OUR EVALUATIONS IN 2009-10

THANKS FOR BRINGING SO MUCH JOY TO OUR COMMUNITY AND GOOD LUCK IN YOUR NEW VENTURES!

OTD WALL OF THANKS



DONORS & SUPPORTERS

- * RBC Foundation
- * Your Credit Union
- * Best Friends School of Dog Training
- * West Quebec School Board
- * Alta Vista Animal Hospital
- * Barkview Animal Hospital
- * Open Hand Group
- * Bark and Fitz
- * The Co-operators
- * Tivoli Florists
- * Canadian Foundation for Animal Assisted Support Services (CFAASS)
- * Blueprint Public Relations (Heather Chew)
- * Julianne Labreche
- * West Quebec School Board
- * Sarah Thompson
- * Export Development Corporation
- * Adap Corporation
- * Costco Wholesale
- * Hillary's Cleaners, Bark Street
- * Incependent Linen Service
- * Starbucks, Stafford Centre
- * Dr. Paul Benoit
- * Royal Canadian Legion, Westboro Branch 480
- * Ottawa Veterinary Hospital
- * Be Is Corners Animal Hospital
- * Saunders Publishing, Collingwood
- * PetSmart, Marvale Road
- * TD Canada Trust
- * Scholar's Choice, Moyer Branch
- * Dr. Sandra Lefebvre
- * Nelligan O'Brien Payne LLP



- ### FACILITIES
- Best Friends School of Dog Training (Kim Cooper)
 - Bruyère Continuing Care
 - Ottawa Paramedic Service HQ (John Bathier)
 - The Training Hall (Frances Holmes)
 - Carolark The Canine Learning Centre
 - Low United Church
 - Fisher Glen Animal Hospital
 - Temple Israel

Next OTD Orientation Session

Monday, April 11th
2011 at 7 PM

Contact Kate Miller at
admin@ottawatherapydogs.ca
or call 613.261.6834
for details.



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

