



Fall 2021

# Lend a Heart News

The Quarterly Publication of Lend a Heart Animal-Assisted Therapy, Inc.  
Proud to be an American Kennel Club recognized Therapy Dog Organization



## The Ever Patient Faithful Friend

And I recall a sunlit day  
When all the world was mine  
The peace of mind experienced  
To walk the sea-shore-line  
To hear the gulls, to watch them soar  
And skim the surging tide,  
Just self and dog, Man's faithful friend  
To keep watch by my side.

We've walked the roads o'er hill and dale  
With many a mile between  
And many a bonnie place have found  
And many a thrilling scene,  
Yet even though the clouds  
Would sometimes sunlit moments hide  
My ever patient, faithful friend  
Kept sure watch by my side.

And thus it is, a bond of trust  
Between my friend and I  
Reward indeed to warm the heart  
And clear the jaundiced eye  
So many have, not seeing that  
Such caring can confide  
Unspoken words, such friendship  
Ever faithful by my side.

*Bringing comfort to those who need it most.*



And thus take heart all who despair  
And know but lonely days  
For dogs are very special friends  
And wondrous in their ways,  
They bring a joy, a healing power  
That shines out far and wide.....  
The ever patient, faithful friends  
To keep watch by your side!

Poet John McLeod



## MISSION STATEMENT

Lend A Heart is a volunteer organization comprised of certified handler and animal teams, and associated volunteers, dedicated to provide compassion and understanding for our clients through animal-assisted therapy.

## BOARD OF DIRECTORS

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Sandy McKaig, CFO (Treasurer)  
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# LAH Therapy Dog Stories

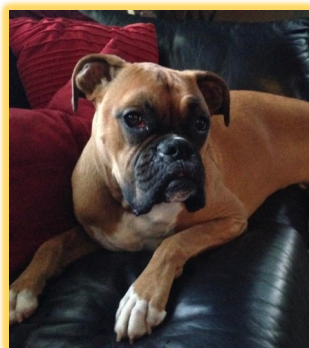
## Bentley

by Terrie Tatosian

**F**or some time, I had been anxiously awaiting a boxer rescue to have a pup to add to our family. I'd had boxers, and many other dog breeds, growing up. But, I really wanted the silly, adventurous, smart, loving attributes of a boxer. I adored their devotion and loyalty to their human families. Fortunately, I suppose, there were no boxers to be rescued. Then, Easter weekend 2012, I learned that a Sacramento boxer breeder had a litter ready for their forever homes. My daughter and I immediately drove out to the breeder. The litter of five was the cutest bundle of rambunctious fluff ever. One pup in particular was the shy, quiet pup of the litter. The rest of his siblings were jumping up on the X-Pen, wrestling around the pen and just saying "pick me", "pick me", "pick me". But, not the fawn colored, smaller male quietly keeping to himself.

This adorable pup, appropriately nicknamed "Chillz", by the breeder, stayed to the back of the pen. He just peered up at me with those adorable, big brown eyes. I leaned over the X-Pen and

scooped him up with my left hand. He immediately started snuggling with me, nuzzling my neck. It was "love at first snuggle!!" As they say, "the rest is history". My daughter drove, while "Bentley" and I snuggled and nuzzled the entire ride home to Granite Bay. He's been my trusty sidekick, running and hiking partner, love-bug, and just amazing all around pup ever since. From a wee pup, in that X-Pen, he had the perfect disposition to be the awesome Therapy Dog he is today and an "ever patient faithful friend". 🐾



## Enzo

by Kathy Vernon

I'll never forget the day I met Enzo 4 years ago. I was a volunteer foster mom for Cavalier Rescue USA. Enzo was surrendered by his previous owner & I had the pleasure of fostering this sweet Cavalier. After arriving in rescue, he was hospitalized with an onset of HGE then made a full recovery.



Our family bonded & fell in love during Enzo's recovery and later adopted Enzo. It was apparent that Enzo had a very special personality, loved everyone he met a typical social butterfly. I had an opportunity to casually attend a senior facility with Enzo once a month. He enjoyed the visits, attention & interaction with the seniors. I then reached out to LAH & Enzo became certified Feb. 2020. He is a newbie to LAH. Very enthusiastic when we attend a visit, enjoys the attention & affection of others & gives unconditional love & joy in return as each of his team fur peers do. Enzo has been a wonderful family companion, his favorite pastime is fetch, he enjoys camping adventures & is the perfect comfort spaniel. 🐾

## "People" Food and Your Dog

by April Mason

**W**e love to share our favorite snacks with our pups, but should we? Here is a list of foods your dog can enjoy with you and ones you should definitely avoid.

**YES FOODS:** bananas and kiwis, which are high in potassium and vitamin C; blueberries, which are high in antioxidants; strawberries, which are high in antioxidants and fiber; and pineapple which, along with any of the aforementioned fruits, makes a fantastic frozen treat!

**YES BUT FOODS:** apples, but remove the core and seeds; lemons, but your dog may not like the bitterness; oranges, in moderation due to the high sugar content; peaches, but remove the pit as it can cause intestinal blockage or poisoning; and watermelon, just remove the rind first.

**NO FOODS:** avocados, they can cause vomiting; cherries, they can cause cyanide poisoning; grapes and raisins, they can cause kidney failure; and chocolate, onions, and garlic, those items are toxic to dogs.

Now that you know what's good for you and your pup, feel free to enjoy sharing a tasty snack with your furry friend, in moderation of course. Bon appetite!



## A Dog with Dementia My Journey with Maggie

by Cathy Morris

**T**he medical name for it is Canine Cognitive Disorder. I call it dementia. I never knew dogs could get dementia until early 2017, when I realized my Cavalier King Charles Spaniel, Maggie, had developed it. My beautiful Maggie had been vivacious and acted like a princess when she entered a room for a visit. Confident and happy, she visited with anyone who was around her then moved on to the next person to spread her cheer.

Looking back, I realize the dementia probably began subtly in 2016. Maggie would abruptly stop when we were walking and act like she wanted to cross the street to a trail she always enjoyed. Each time, I thought she just wanted to go to the trail rather than the way we were going. However, I think maybe she had forgotten where she was.

In early 2017, things noticeably changed. I don't know exactly when Maggie developed dementia, but I do know that it was a destructive process that left a shell of a dog. I saw this happy girl turn into a scared, awkward, clumsy form of herself.



Maggie's dementia was in full force during most of 2017 which caused me to sadly retire her from Lend A Heart/ BARC when I knew visits had become difficult for her.



She became hard of hearing, then almost completely deaf. At home, Maggie would pace back and forth. Back and forth, back and forth. Click, click, click, click on the lami-

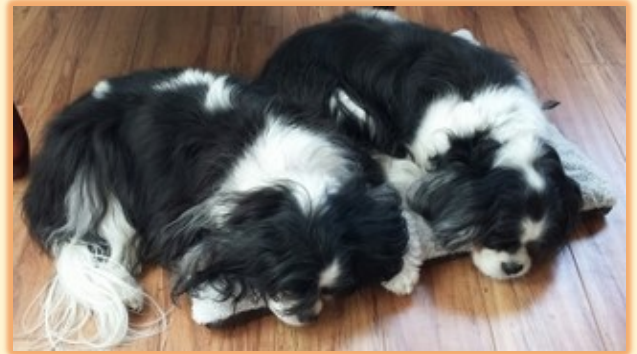
nate floor. She could not maneuver the shape of a corner or get out from behind my rocking chair. She lost mobility and slipped constantly. I tried throw rugs on the laminate but she walked around them as she headed to a room, only to turn around and head back.

Eventually, the seizures began. Fierce and terrifying. Many vet appointments followed, yet there was nothing to be done to change the inevitable outcome. I could not talk to her because she was deaf and I could not comfort her because she was restless and did not want to be cuddled.

One of the hardest things for me was the look in her eyes the last few months of her life. She looked terrified, confused, and there was no longer anything of my girl in there. Maggie May, my princess, was gone.

My excruciating decision to let Maggie go came, after much angst, when I admitted to myself that she was spending all her days in fear. The word "haunted" comes to mind. The ironic thing is that she died at 14.5 years, which is fairly old for a Cavalier, but not with heart disease which is common in Cavaliers. She died of an unexpected canine disease that until 2017 I knew nothing about.

I want to end on a positive note because life has immeasurable positives. When I think of Maggie and also my late Cavalier, Gucci, I remember the good times we had together.



I hope I gave both my girls half as much love and joy as they gave me. Sometimes, when I sadly think of them, I look for my Aussie-Doodle, Ranger, who is typically either at my feet or strategically resting between me and the kitchen. I go up to him, sit on the floor, and take him in my arms. He grins as he looks lovingly at me with his warm brown eyes and then leads me to the treat cabinet in the kitchen.

This memory of my sweet Maggie is dedicated to all our wonderful dogs we have loved and lost and to our other beloved dogs that now share our lives, providing a loving salve to help heal our wounds. There is no purer, no more unconditional love than what our dogs eagerly give us. Some say they would never get another dog because the pain is too great. I say that it is our dogs that give our lives more meaning, and the inevitable losses we endure are worth the pain. 🐾





## BARC Updates

Boarding Area Relaxation Corp at Sacramento International Airport - IS BACK and Making a Positive Impact!

by Sandy McKaig

Since July 7 to Sept 27, 2021, 21 volunteer/teams have completed a total of 319 hours (terminal B and A, combined) at Sacramento International Airport.

We are saying hello to and bringing on 4 new teams... Congratulations and thank you goes out to our newest active BARC teams (Jenniene/Isaiah, Debbie/Murray, Cindy/Gabby) and BARC trainee team (Laura/China)! These new active teams have "crushed" the challenges of an earlier LAH evaluation, a BARC evaluation, and 10 trainee airport visits - including mastering the elevator, tram, and TSA.

And sadly, we are saying goodbye to and celebrating the BARC/LAH service of Kathy and Kira (moving to Washington). Kathy is the reason we have BARC - she worked with the airport as BARC coordinator to implement the BARC program, developed the BARC evaluation process for our teams, and recruited BARC teams. BARC started in



September, 2015 with 12 teams and grew to 30 teams by 2021. A few other trivia facts about Kathy....She has been a very active member of LAH since 2006, serving with her therapy dogs Hoyt (2006-2010) and now Kira (2011-2021), providing valued insight regarding K9/cat/bunny behavior, and sharing her excellent photographer skills with us.

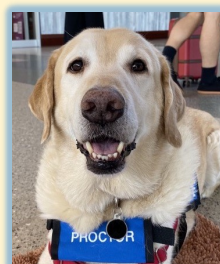


A very grateful thank you goes out to Kathy for her leadership and service!



So where is BARC at the airport? Just beyond the TSA (either terminal), BARC pups spread their love & cuddles with passengers, kids, and airport personnel. The BARC designated area is the happy place at the airport where stress melts away.

Sandy McKaig (w/Proctor & Gage) will be the new LAH BARC Coordinator.



## Sophie

by Rose Margolis

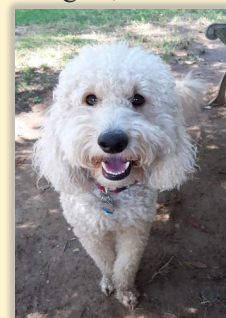
It's been so much fun to start our BARC visits once again. The new and existing teams have been very inspiring. The passengers, TSA, flight crew, and everyone at the airport have shown a lot of enthusiasm visiting with the dogs. One of Sophie's favorite visits is with the children. However, she has been known to really smile when she sees a stuffed animal - hoping she can play with it. So good to be back.



## Murray

by Debbie Smith

This is Murray. He's a miniature goldendoodle, almost two years old. After a visit-packed August, he is now a proud member of the LAH and BARC teams. He is a happy boy with a bounce in his step and an eagerness to visit with anyone who needs a bit of dog love. Murray will be alternating airport visits with Rosie, my ten year old LAH dog. Rosie has been in LAH since 2014 and is a first generation goldendoodle. When we've made someone's day a little better, our job's been done!

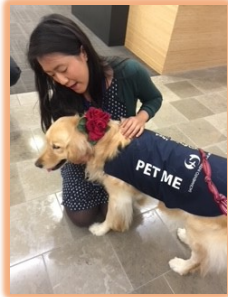


## Gabriella "Gabby"

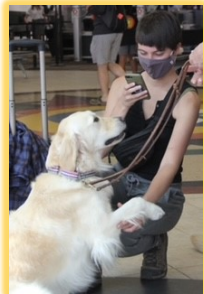
by Cindy Towne

I have been with BARC since 2016. At that time, I entered with my heart dog Rosie. She loved the airport visits so much. TSA and other employees knew her and gave her so much love when she arrived. She always wore her signature cluster of roses on her collar. Rosie had a special sense of who needed comfort and would pull me in the direction of someone in real need. She was a leaner also leaning against people's legs for comfort. But she was particular and didn't lean on just anyone. She would pick out someone special to shower her love on. She also had a walk that could make a milkshake. Her hind end sashayed down the terminal walkway and you'd think she was going to throw her hips out of joint. And having such a big fluffy rear and tail it was hard to miss. But unfortunately like many others of her breed, the Golden Retriever, she could not escape the cancer that has taken so many. From the time I noticed little symptoms till she crossed the Rainbow Bridge was a short 5 months. A month before she passed, I took her back to the airport to say goodbye to her teammates. As sick as she was, she gathered all her strength to try and run to meet her friends. She was so excited to see everyone there. I had no idea all those teams were going to be there but it made her goodbye even more special.

At the LAH Christmas party in 2019, I won a big, beautiful basket that was donated by Joanne Faist. She said this basket will hold your new Gabriel puppy. (Gabriel was her male golden) I was taken a back because Rosie was still with me. Well, 7 months later, I brought home Gabriel's one year old daughter. We named her Gabriella Rose (Gabby) after her dad and heart dog she would be following.



Gabby had no training of any kind and was never socialized (there was a reason behind that) but when we went to Joanne's to pick her up, she walked right up to us, laid her head on my knee and that sealed the deal. With the help of Patti Mandaro and her dog Misty along with Misty's cousin, Shelby, they showed her what a dog's life is really about. I never really trained her; she just did everything I asked of her. Gabby's biggest fear was the environment. We went to Lowe's on Tuesday morning so she could learn that the environment was not that scary. Kathy Pendergast helped me with little problems here and there and gave me hints and exercises to help in passing the evaluation. She not only passed her LAH evaluation, but she also passed the BARC evaluation. Now Gabby came untrained and never went to any training classes, that's how special she is. At the airport she loves to greet passengers with a gentle handshake; She prefers that you hold her paw while you visit. Gabby is very gentle and calm even though she is only 2yrs. old. She has her wild moments at the lake and pool but when she comes to work, she is calm, laid back and so gentle. In addition, Gabby has also become a blood donor at UC Davis to help save a dog's life. Gabby still has some reservations about the elevator but we're working on that. I don't know how I got so lucky. Even after a back surgery, she was very gentle and calm around me. Stayed close by but never jumped or got in the way. She is a very special dog, like Rosie but in different ways. With all the turmoil that has been happening in my life the last couple years, God knew what I had to do and what I needed in my life. I am so blessed! 🐾



## Isaiah

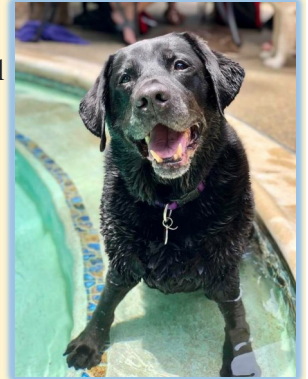
by Jenniene Cheng



I have been with Lend A Heart ♥ Lend A Hand since 2010 and a part of the BARC program since it started in 2015. I have had 3 dogs participate, Tony, Colbert and Isaiah. Tony, who has since passed, and Colbert started the program together and would alternate visits.



Colbert is still active in the program, but probably will retire sooner than later due to age.



Tony was a working Guide Dog for The Blind. After retirement he became a LAH/BARC team member in 2015. He was a Black Lab/ Golden Cross who passed in 2019 from cancer.



Colbert is a Career Change Guide Dog for The Blind. He is a 14 year old Black Lab. Colbert has been a LAH team member since 2010 and BARC team member since 2015.

Isaiah is a medical Career Change dog from Guide Dogs for The Blind. He is a Black Lab that is 8 years old. He is one of our newest LAH BARC

Colbert and Isaiah always look forward to their airport visits. They enjoy interacting with travelers and providing needed comfort and smiles, especially during these unprecedented times.

The past couple of months have been focused on existing teams getting back to their airport routine as well as training and evaluating new BARC teams! It is so rewarding watching new teams work through any challenges they may face and pass their probationary period.

To any new teams who may want to join the BARC program, my best advice is to have patience as your dog is training at the airport. The airport is unlike any other environment our dogs visit and can be overwhelming at first. But once they acclimate to the high traffic and commotion, they will look forward to their visits as much as Colbert and Isaiah!





## Balto and Togo: The Brave Dogs of Alaska

by April Mason

**W**ith all of the focus on vaccines lately in our current world, let's take a look back at the 1925 diphtheria outbreak in Nome, Alaska, where two brave dogs saved a town. Togo and Balto, two Siberian Huskies, led sled dog teams across the state on a treacherous and dangerous route to deliver the lifesaving serum to the small town in the vast expanse of Alaska.

Diphtheria is a contagious bacterial infection that mostly affects children. It causes difficulty in breathing, heart failure, paralysis, and even death. After the deaths of two young children in Nome, the doctors knew it was time to act. Their supply of the serum had almost expired and the nearest town which had a fresh batch was outside of Anchorage. Trains could bring the 20-pound package of medicine within 700 miles of Nome. From there, bush planes would carry it the rest of the way. Then record setting cold weather and gale force winds swept across Alaska. The planes could not fly. The only alternative, and the most dangerous one, was a sled dog team.

Togo, already 12 years old in 1925, was still fast and strong. He was a legend among sled dogs, having run 75 miles in his first race years ago. He was the obvious choice to lead the serum relay team. His owner, Leonard Seppala, trusted Togo with his life. Togo had a knack for picking out the safest and easiest routes to follow. He even led the serum team across 40 miles of the frozen Bering Sea during an oncoming storm. Togo ran 350 miles in the serum relay and was nothing short of heroic. In the Disney film "Togo", we see him pull the sled ashore by taking the lead rope in his mouth after the sled gets stuck on floating ice. This is not Hollywood magic, this actually happened.

Balto, also owned by Seppala, led the serum relay team on its final leg into Nome. The three-year-old canine traveled the final 25 miles into the town, delivering all vials of the serum intact. Despite his inexperience he remained calm and steady, even when gale force winds lifted his entire sled team into the air, Balto stayed on course. There were 20 mushers and 100 dogs involved in getting the serum to Nome during those crucial five days. Togo was arguably the most heroic, while Balto received all the attention as he was the final lead dog in the relay. Today visitors flock to New York City's Central Park to see Balto's statue and to Seward Park to see Togo's statue. Both dogs also have statues in the Cleveland Metroparks Zoo. Togo and Balto, true canine heroes we should never forget.



©1914 Seppala House Collection, Carle H. McCulloch Memorial Museum

### 5 BENEFITS OF PUMPKIN FOR YOUR PUP



1

**URINARY HEALTH**  
Oils found in pumpkins are believed to support urinary health.

2

**DIGESTIVE HEALTH**  
Great source of fiber which can help with digestive regularity.

3

**IMMUNE SYSTEM**  
Rich in Vitamin C - vital for antioxidants and a healthy immune system

4

**HYDRATION**  
Pumpkin can add a healthy dose of moisture to your dog's diet.

5

**WEIGHT CONTROL**  
Replace a portion of your dog's food with canned pumpkin to help keep the pounds off.

### LEFTOVER SAFETY TIPS

**PIE FILLING**

- Not interested in preparing pumpkin? Try the canned or glass bottled options
- Avoid pumpkin pie filling due to ingredients that could cause an upset stomach.

**SEEDS**

- Rich in omega 3 fatty acids.
- Feed them one-by-one or crush and add into meals.
- Only give pups a few seeds, as the fat content can soften stool.

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### Peanut Butter & Pumpkin Dog Treats

Prep Time: 15 Min, Cook Time: 40 Min  
Recipe makes approximately 80-100 treats

**Ingredients:**

- 2 1/2 cups whole wheat flour
- 2 eggs
- 1/2 cup canned pumpkin (Make sure it is 100% pumpkin. Some cans contain sugar and other ingredients.)
- 2 tablespoons peanut butter
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon

**Directions:**

1. Preheat oven to 350°F (175°C).
2. Mix together the flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl. Add water as needed to help make the dough workable, but the dough should be dry and stiff. Roll the dough into a 1/2-inch-thick roll. Cut into 1/2-inch pieces.
3. Bake in preheated oven until hard, about 40 minutes.

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**Lend a Heart Animal Assisted Therapy Dogs, Inc.**  
11230 Gold Express Dr. Ste 310  
Gold River, CA 95670



Autumn is a second spring when every leaf is a flower

For Information on how to  
become a Lend a Heart  
Therapy Dog Team  
visit [www.lendaheart.org](http://www.lendaheart.org)

Lend A Heart is a non-profit  
501(c)(3) charitable  
organization.

## Become a Lend a Heart Donor

YES— I would like to make a donation to support the  
programs provided by **Lend a Heart Animal-Assisted  
Therapy Dogs, Inc.** Enclosed is my check for:

☐ \$25    ☐ \$50    ☐ \$75    ☐ \$100

Please make checks payable to: **Lend a Heart Animal-  
Assisted Therapy Dogs, Inc.** and mail to: **Lend a  
Heart Animal-Assisted Therapy Dogs, Inc., 11230 Gold  
Express Dr, ste 310 #284 Gold River, CA 95670**

Donor's Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Special Instructions for gift (in honor of, in memory of, other)

\_\_\_\_\_

If any: name and mailing address of the person we should notify  
regarding the gift: \_\_\_\_\_



# Unleash Generosity

GIVING  
TUESDAY

November 30, 2021