

# The Barker

St. John Ambulance Therapy Dog Program  
NS/PEI Council

Spring 2005  
Volume 2

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## Communicating With Alzheimer Patients

By now, many of us are familiar, on some level, with Alzheimer Disease. We have read about the effects it has on those that are afflicted with it, one of the most common being that the disease leaves it's victims in a state of confusion. Those that are closely associated with the sufferers of the disease often find themselves confused, as well. It's hard to communicate with someone who doesn't remember who they are, let alone who you are. The following are some helpful tips for communicating with people afflicted with Alzheimer Disease.

- Approach the person slowly and from the front, face them directly and maintain eye contact.



- Try to talk to the person in an area free from loud noises and a lot of distractions.
- Begin the conversation by introducing yourself (even if you have met the person before).
- Speak slowly and clearly. Try to use simple words and short sentences to keep the message clear.
- Keep the conversation simple. Too many thoughts or ideas at one time can be confusing.
- Keep a calm and gentle demeanor.
- Use facial expressions and body language with the person(s) such as smiling eyes, gestures, a friendly smile, and leaning forward with interest.
- Pay attention to the person's reaction to what you say; it may give you an idea of how much they understood.
- Respond to moods and emotions when words don't make sense or are inappropriate.
- If you're not sure if the message was understood the first time, repeat it using the same words.
- Be patient, allow the person time to respond and don't interrupt.
- Raised voices may frighten Alzheimer patients.
- To make sure you understand what the person has said, repeat what you *think* they have said.

*Editor's Note: For more information on Alzheimer Disease or other forms of Dementia, you can contact the Alzheimer Society of Nova Scotia at (902) 422-7961 or [info@alzheimer.ns.ca](mailto:info@alzheimer.ns.ca).*



## From the Editor

Hello everyone and welcome to 2005. I can't believe it's a new year already, I guess time flies when you're having fun!

I would like to thank each and every one of you for taking the time in 2004 to participate in this wonderful program and visit people that would be a lot lonelier if it weren't for your kindness. The numbers are in, and they're amazing! In the year 2004, 3,903 visits adding up to 9066 hours were completed by the Therapy Dog volunteers in Nova Scotia and PEI. Thank you again for your dedication, and congratulations for continuously showing that we truly are there to care.

I'd also like to extend congratulations to Jane Sievenpiper, St. John Ambulance Therapy Dog program Volunteer Coordinator for Cape Breton. Jane completed 244 visits in 2004! Way to go, Jane, and thank you for giving so much of your time, as well as yourself, to the program.

For those of you who may be interested...the Moncton Kennel Club will be hosting a two day workshop on dog psychology and obedience entitled "*How Dogs Think: An Exploration of the Canine Mind and Behavior*" with best-selling author, psychologist, and world-renowned expert on dog behavior and training, Stanley Coren. This workshop will be held at NBCC (1234 Mountain Rd, Moncton) on Saturday and Sunday, July 2<sup>nd</sup> and 3<sup>rd</sup>, 2005. The cost for the workshop is \$100 for pre-registration and \$125 at the door. If you have any questions regarding this workshop, please email Janice MacLeod at [drstanleyworkshop@hotmail.com](mailto:drstanleyworkshop@hotmail.com).

- Tiffany Mullen

## Dog Jokes

One night a burglar breaks into a house when its occupants are asleep. He's lifting the TV to put in his bag when he hears a disembodied voice saying... "Jesus is watching you"

The burglar shines his light all over the room but is unable to find the source of the voice, so he attributes it to nerves, and carries on.

As he is disconnecting the stereo wires, he hears the same voice.... "Jesus is watching you"

He looks around the room again, and spots a parrot sitting in the corner..."Did you say that?" he asks.

"Yup," the parrot admits, "I was just trying to warn you, Jesus is watching."

"Ha!" the burglar snorts "Who are you, to warn me?!"

"Well," the parrot says, "My name is Moses."

"Moses! What kind of people name a parrot Moses?"

"Probably the same kind of people who name a Rottweiler Jesus."



A Blind person walking down a busy street commanded his dog to turn right to what he thought was the subway entrance. He had miscalculated, and found himself completely disoriented in a dead-end alley.

A passer-by saw his dilemma, and asked if he could help.

"Yes, thank you" said the blind man, "I was trying to get to the subway."

The man leaned over to the dog, and said slowly and distinctly into the dog's ear, "**TAKE - HIM - TO - THE - SUBWAY!**"

## Cutting Your Dog's Nails

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*"We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made."  
-M. Facklam*



Cutting your dog's nails is a task that a lot of dog owners (and most dogs) don't look forward to. Most people say that if you start trimming your dog's nails when they are a puppy, they will grow accustomed to it as part of life. However, there are some dogs that will always think getting their nails cut is a major procedure and head for the nearest exit when they see the nail clippers.

Some of us don't mind paying to have a professional give their dog a manicure, but to others, it's just too pricy for something we can do ourselves, no matter how unpleasant. Here are some tips that will (hopefully) help you in trimming your dog's nails at home.

- Buy yourself a bottle of styptic powder (a popular brand is Kwik Stop). This can be purchased from most grooming parlors or veterinarians. I have also been told by various groomers that flour or a dry bar of soap will work to stop any minor bleeding when cutting nails.
- If your dog's nails are white, you can

usually cut close to the pink part of the nail. Leave a little room for safety's sake.

- If your dog's nails are black, shine a flashlight from the bottom side through the claw (aiming the flashlight towards your face). You should be able to see where the "quick" begins. This is where the living part of the nail begins (as does the bleeding if you cut the quick).
- The longer your dog's nails, the longer the quick is. If your dog has long nails, weekly trimming of the nails will cause the quick to shrink back to normal size. After this happens and you have the nail cut to an acceptable length, monthly cutting is sufficient.
- The nail should be cut from underneath, not from the top downward.
- If you don't use the flashlight when cutting dark nails, you can check the end of the nail to see how close you are

to the quick. The dead area usually is whitish and as you cut deeper into the end of the nail you will begin to see a dark area. This dark area is where the quick begins.

- To cut the nail, be decisive and make a smooth, quick squeeze on the handle while you hold the trimmer steady.
- If you cut the nail too short and it starts to bleed, hold a small piece of tissue paper tightly against the end of the nail for a few minutes. If applying styptic powder, apply a small amount against the bleeding part of the nail. This should work right away.

Although this can be a bothersome task, cutting your dog's nails on a regular basis is very important. Not only does it prevent your dog unnecessary pain when walking, but it also prevents your dog from (accidentally) scratching the people that you are visiting. A scratch from a dog's nail doesn't heal as quickly for elderly people, and can cause a variety of complications for them.

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*"Scratch a dog and you'll find a permanent job." – Franklin P. Jones*

## Liver Brownies

### Ingredients:

- 1 ½ lbs. of chicken livers, thawed
- 1 egg
- 1 cup Wheat Germ
- 1 tsp. Garlic Powder
- Enough flour to make a batter with the same consistency of human brownies (The amount will vary depending on the amount of liquid in the livers. If you make it too thick, add a little water to thin it out)
- 9 x 13 inch baking pan, well greased and floured

### Method:

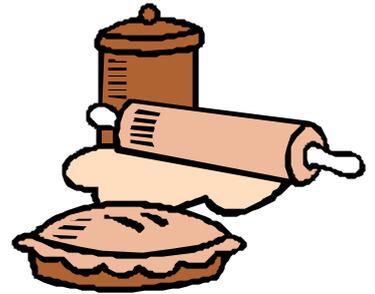
- Pre heat oven to 350 F.
- In blender, blend liver and egg until smooth as possible. Pour into large bowl.
- Add wheat germ and garlic powder and mix well.
- Add flour – start with 1 cup and add ¼ cup - ½ cup at a time after that until desired consistency is reached.
- Pour into pan and bake for 10 to 15 minutes. Check brownies every five minutes or until knife inserted comes out clean.

These brownies can be kept refrigerated for approximately one week.




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*"Dogs love their friends and bite their enemies, quite unlike people, who are incapable of pure love and always have to mix love and hate."  
-Sigmund Freud*




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*"The disposition of noble dogs is to be gentle with people they know and the opposite with those they don't know... How, then, can the dog be anything other than a lover of learning since it defines what's its own and what's alien?" – Plato*

## Volunteer Spotlight



*Pictured above are Kaitlin and Prince during the 2004 Big Ex Parade in Bridgewater, NS.*

The following was sent in to me by Bridgewater handler Kaitlin Fraser. Kaitlin and her dog Prince (*Pictured on left*) have been Therapy Dog volunteers since June, 2003. They currently visit LaHave Manor, Hillside Pines and Harbour View Haven, all on the South Shore of Nova Scotia. Kaitlin is 15 years old, and is a grade 10 student at Park View Educational Center.

"When my neighbor Nancy Weaver (also a St. John Ambulance Therapy Dog volunteer) told me about the Therapy Dog Program, I thought it sounded appealing. I wanted to join the program because my dog, Prince, has been a great friend to me. He has a ton of love to share, and I felt this program would allow him to do just that. Since we passed the evaluation,

he has made more people smile by simply walking into a room than any person I have ever met.

Prince is loved by the residents and the staff at all of the facilities we visit. We have been visiting LaHave Manor and Hillside Pines for about a year now. I never intended to visit Harbourview Haven; I was simply going there as part of a school program called *Bridging the Gap*. With both the facility's and my teacher's permission, I decided to bring Prince along with me during these visits. Prince and I made friends quickly, and before I knew it I had another weekly visit to add to my schedule!

Prince enjoys the attention (and the treats) he receives during his visits. At home he's always been a Mommy's boy, but as

soon as we enter the facility, he becomes *everyone's* dog!

Prince has a very special bond with a resident at Harbourview Haven by the name of Frances Langille. When we reach her floor, he makes his way to her room, stopping for no one, and crawls up on her bed. Even her other visitors have realized they need to make room for Prince on the bed! Frances lays there with him, rubbing his feet (which is amazing, as he doesn't let anyone else touch them).

I believe this program is great. I love being part of it, and I am very proud to tell people that Prince is a St. John Ambulance Therapy Dog. He is the joy of my life and I'm glad that I have the opportunity to share him with others."

*Editor's Note: Kaitlin is hoping to have Prince's brother, Jester, evaluated in 2005*

*Pictured on the right are Kaitlin, Prince, and Prince's favourite resident, Frances Langille.*

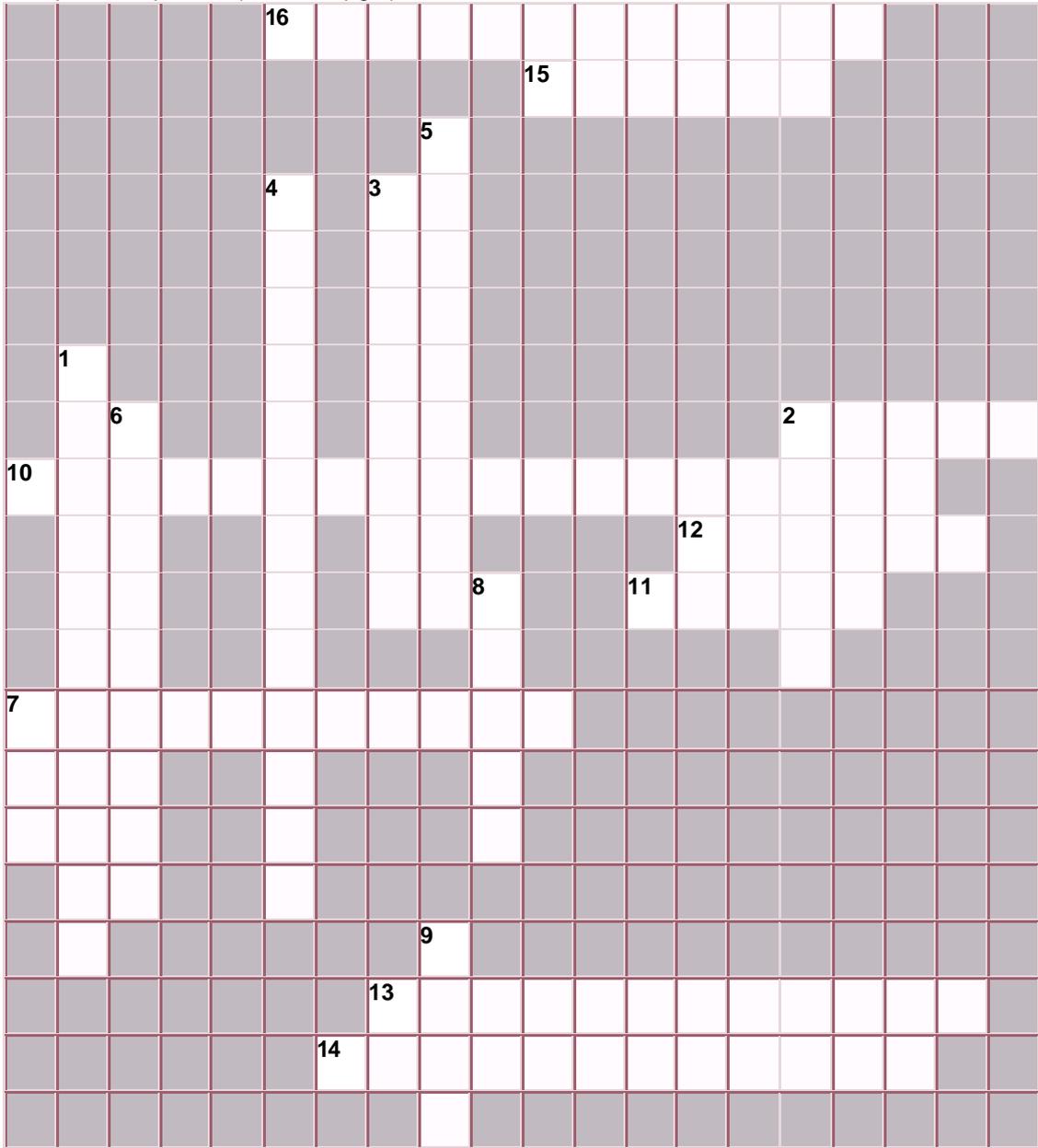


*"The average dog is a nicer person than the average person."*

*-Andrew A. Rooney*

### Kibbles & Bits

Complete the puzzle. (Clues on pg 7)



## Crossword Clues

### Down

1. What do you call a dog that hunts by smelling? (2 words – include space in puzzle)
2. Parasite that forms dark wax in a dog's ear
3. Also known as the Butterfly Dog
4. Coat color of the Airedale (3 words, include spaces in puzzle)
5. Breed of dog once used for badger hunting
6. Breed of dog raced at tracks for money
7. Dog's fabled arch enemy
8. Part of a dog's nail that bleeds if cut
9. What color is a dog if it has an Isabella coat?

### Across

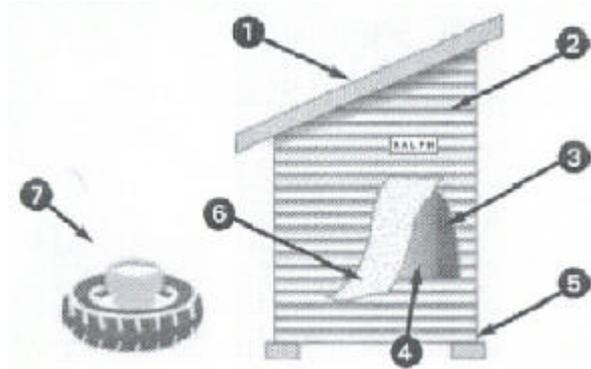
2. Name the disease in which a dog is overrun with mites
7. Another name for a tension collar (2 words, include space in puzzle)
10. National Dog of Ireland (breed)
11. How many size varieties of Poodle are there?
12. Australian \_\_\_\_\_ Dog
13. Breed of dog whose head resembles the head of a Bloodhound (2 words, include space in puzzle)
14. Breed of dog favored for it's water rescue abilities
15. Name the part of the dog's head from the eyes to the jaws
16. Known person said to be the first to bring an Akita to the US in the 1930's ( 2 words, include space in puzzle)

Each issue of *The Barker* will contain a fun puzzle for you to complete. Please send in your answers to me in order to be entered in a draw for a St. John Ambulance Therapy Dog collar at the end of the year. The answer key for the puzzle will appear in the next issue. Your response must be received **NO LATER** than April 1, 2005 in order to be entered into the draw. Have fun!

### Dog Property Laws

1. If I like it, it's mine.
2. If it's in my mouth, it's mine.
3. If I can take it from you, it's mine.
4. If I had it a little while ago, it's mine.
5. If it's mine, it must never appear to be yours in any way.
6. If I'm chewing something up, all the pieces are mine.
7. If it just looks like mine, it's mine.
8. If I saw it first, it's mine.
9. If you are playing with something and you put it down, it automatically becomes mine.
10. If it's broken, it's yours.

## Is Your Dog House Dog Friendly?



Although most pets stay indoors these days, some dogs are still kept outside for (hopefully) short periods of time while their owners are at work, school, etc. Even if your dog is only outside for a short period of time, it's important that you provide proper shelter for them while they're out there. Here are some pointers from PETA (People for the Ethical Treatment of Animals) on how to build a safe and suitable dog house for your dog:

1. The shingled roof should have an incline of 5 inches to allow rainwater to run off. It should extend 5 inches in front and 3 inches on the sides to keep rain off. The tall side of the dog house should be the same height as the dog.
2. Use  $\frac{3}{4}$ " pressure treated plywood for the floor and roof and  $\frac{5}{8}$ " wood for the walls.
3. Position the door on the tall side of the front to allow easy access and provide a windbreak. The opening should be just large enough to allow the dog to pass through.
4. The opening should start 7 inches from the floor of the house in order to provide a lip to keep bedding from slipping out. Use straw or newspaper for bedding, don't use rugs or rags as they absorb water and can freeze.
5. Raise the house 4 to 6 inches off the ground to prevent the floor from getting wet and rotting.
6. Put a flexible flap over the doorway during cold weather (an old rug or rubber mat cut down the middle will do).
7. Put water in a sturdy, tip resistant bowl or bucket or inside a rubber tire to prevent tipping, and check for freezing several times during winter.

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*"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

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*"A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down."*  
-Robert Benchley

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## Wanted: Someone To Love

Once again I would like to introduce you to an "adorable adoptable" that could become a wonderful addition to someone's (maybe yours!) home as well as a great Therapy Dog.

Featured this month is Chaya. Chaya is a 7 month old little doll. She was found at approximately 4 or 5 months old, starving after being abandoned by her owners. She was so ill that her body rejected food since it wasn't used to having it anymore.

She's made a remarkable recovery since, has been spayed and is up to date on all needles.

She's a cuddle bug and loves everyone – dogs, cats, and people of all ages. Her rescuers are pretty sure she is a Whippet/Lab mix, and should only reach about 40 lbs. at maturity. They say "She has the most beautiful face, and comical expressions". This little girl got a second chance and would love the chance to show her gratitude.

Contact Lee Anne at 902-727-2749 or [furkids@gmail.com](mailto:furkids@gmail.com) if you're interested in adopting Chaya.



### Until Next Time.....

I hope you have enjoyed the second edition of *The Barker*. Thank you to everyone that has contributed to this issue, I appreciate it so much. I am always looking (and hoping) for pictures, stories, jokes, etc. for future issues. As this newsletter is for you, I would like to know what you want to see in it. If you would like to contribute, please contact me.

Sincerely,

Tiffany Mullen – Program Assistant, St. John Ambulance Therapy Dog Program

*Pictured here are Therapy Dogs Dallas (left) and Phoenix (right) Smith. They are owned by Don and Ilona Smith of Yarmouth, NS.*



*"I wonder if other dogs think poodles are members of a weird religious cult."  
-Rita Rudner*