



Fall 2011

## FROM THE DIRECTORS' DESK

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By the time you read this the cool breeze and colored leaves will be felt and seen. One also notices that the children are not in our neighborhoods until afternoon, and this means that many AAT teams are returning to school. We have been joyfully surprised that by September 15<sup>th</sup> we had fifteen school requests for our HABIC AAT program, and by October 15<sup>th</sup> we have 21 school requests. This is the first year the requests have not lingered into November, December, and January. We will expect more requests at the first of the year, will put those schools on a waiting list, which will hopefully be filled by new AAT teams or any of you who would be able to work in two HABIC sessions.

Due to the financial situation and the tight budgets in all of our educational facilities, we have agreed to partner with all of the HABIC schools, expecting only part of the program fee. In expectation of declining budgets, loss of school teaching and staff positions, and the general economy, HABIC has planned many fund-raising activities to help with this expense. We appreciate all of those in our HABIC family and friends of our organization that have helped us in this effort. Our most recent fund-raising event "Rise and Dine with Your Dog" held at the Praha restaurant was fun for all.

Look for our final report soon regarding AAT in schools. This was a four year project evaluating the effectiveness of AAT, using a bonding scale and narrative data. The findings very much support our human-animal team approach, and the positive results from providing this intervention to "at-risk" students in school.

HABIC wants to continue serving all of the communities along the Front Range, as do our human-animal teams who receive much reward, as those they work with show an expression of joy and success in their accomplishments. Thank you, all of our human-animal teams, for continuing to help those in our communities who can learn so much through our animals.

~ Georgia & Ben

### AN OPPORTUNITY TO HONOR YOUR DOG

**Diggin'Doubles**, HABIC's annual fundraising tennis tournament, will be held November 17<sup>th</sup> – 20<sup>th</sup>. There will be a special photo exhibit at the tournament to recognize our animal companions and the special human-animal bond that they hold for us. Please consider recognizing your dog, cat or other pet companion and supporting HABIC at the same time.

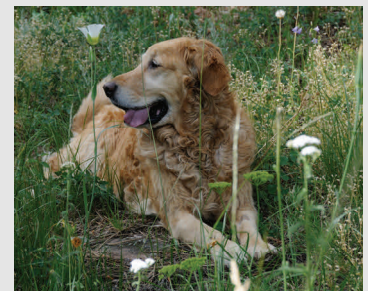
#### TO HONOR YOUR DOG OR OTHER ANIMAL COMPANION:

- Email a jpeg photo of your pet to [info@habic.org](mailto:info@habic.org)
- Mail a check to HABIC-CSU Foundation for \$25

HABIC—CSU— School of Social Work

127 Education Building, Fort Collins 80523-1586

**Deadline is November 1, 2011**



Questions: call the HABIC Office at 970-491-2776

**HABIC's mission: improving the quality of life for people of all ages through the therapeutic use of companion animals**



## SPOTLIGHT ON . . . SUE HUMM & BODE

Sue Humm and Bode share their wonderful bond and bring joy to many people through their HABIC work. Bode, a 6-year-old Golden Retriever, is Sue's third HABIC dog. Ripley and Lucy were both great HABIC dogs, too.

Sue is a native Coloradoan who grew up in Aurora, went to college at CU in Boulder, and works as an architect. She has always enjoyed hanging around dogs. When her brother and sister were in elementary school, leaving Sue at home alone, her parents got her "Gus" a Dachshund to keep her company. That started a life time of having canine companions. Her current pastimes, in addition to volunteering with HABIC, include golf, biking, skiing and hiking with Bode.

Sue and one of her dogs have volunteered at Presbyterian St. Luke's (PSL) hospital in Denver for at least 12 years, even before HABIC had a program there. A few years ago Sue and Bode were awarded the Frist Humanitarian Award, recognizing their outstanding contributions to the hospital and patients. Sue and Bode also received HABIC Advanced Certification in 2010.

Sue and Bode have been regulars at PSL for four years. Their routine starts with visits to women on bed rest in the Neonatal Unit. From there they are expected by staff outside the doors to the Neonatal Intensive Care Unit where Bode has a "staff fan club". Then it's onto the Orthopedics Floor where Bode visits as well as assists physical therapists working with patients. He enjoys fetching a ball which is a good skill when individuals are working on balance control and mobility. Bode and Sue usually finish their weekly visit with a stop on the Pediatrics Floor where Bode brings a smile to many young faces and is a very helpful distraction for children who are having various procedures. He is just fascinated with the machines and will sit quietly while a child pets him during a test such as a brain scan. He also likes the ultrasound machine and watches the screen intently.

This is Bode's third year working with students at Pfeiffer Elementary in Littleton. His works there is early in the week so he has time to rest prior to visits at PSL. He has done a great job at AAT work and the students love him. Bode expects students to focus and remain engaged in their shared tasks. If the student starts to drift, he'll alert them that he wants their attention. He has helped the students become more focused and confident, assertive, and less agitated.

Sue's "words of wisdom" are that as a team you know your dog's personality and work within that. Be sure to trust your pet's intuition and don't get upset if the dog isn't always perfect. One thing that Bode has taught Sue is that humor is a critical component, and it's best to approach all situations in a light hearted manner – you've just got to have fun! Sue feels that AAA and AAT work are highlights of their week. She is constantly amazed at the shift in a patient or child or staff person's energy when Bode enters the room or works with them. She loves witnessing this phenomenon over and over again in her and Bode's work as a HABIC team. Sue feels fortunate to work with Bode and share his magic with all who encounter him.

### JASMINE MARIE— HABIC SOCIAL WORK INTERN

Hello, my name is Jasmine Marie. I am currently a senior in the CSU School of Social Work and plan to graduate in May. Before I pursued a Social Work degree I have learned to wear many hats. I finished an Associates of Applied Science Degree in Landscape Design at Front Range Community College in 2004, became a certified Pet Groomer in 2006, and have been training dogs and their humans, for the last 13 years. It is my passion and belief that the human/animal bond can change the lives of people, and this drew me back to school in 2009. The summer of 2008 was when my dog Jacob and I started volunteering for HABIC. Now, three years later, I am very pleased that until my graduation, I will be filling the next seven months with a variety of experiences through my internship with HABIC. I look forward to meeting you at future HABIC events.



**DENVER AREA UPDATE** **FORT COLLINS UPDATES**

**WELCOME NEW TEAMS** who participated in summer training and successfully evaluated in September:

- |                              |                           |
|------------------------------|---------------------------|
| Mike & Pat Beach & Lucky     | Lynn & Lynn Mullen & Mark |
| Micah Friedman & Wellington  | Jill Ricker & Rocky       |
| Andrea Hardy & Oliver        | Nancy Sahling & Zack      |
| Janet Gibson & Jett          | Sally Swartz & Yogi       |
| Brooke Green & Buddy         | Dorie Valleen & Daisy     |
| Melissa Meckenstock & Elliot |                           |

**SAVE THE DATE**

**December 11th** **Denver Holiday Potluck**

**WELCOME TO SUMMER CLASS GRADUATES**

The following teams successfully completed training and are starting to work as a HABIC team:

- |                         |                          |
|-------------------------|--------------------------|
| Ela Archinger & Flame   | Kim McConnellogue & Jax  |
| Marian Goodrich & Cay   | Sarah Mowder & Molly     |
| Alecia Hunter & Kiyah   | Paige Schanel & Ruby     |
| Corrine Kaylor & Pistol | Liz Willard & Little Man |

**SAVE THE DATE**

**November 9, 7-9PM – AAA Gathering**

Dr. Roger Bermingham, whose practice focuses on geriatrics and health care for patients in nursing home and assisted living settings, will talk about working with these populations.

**December 10— Fort Collins Holiday Potluck**

**THANK YOU, DR. SCHOLL FOUNDATION**

Thanks to the Dr. Scholl Foundation for their \$18,000 grant to HABIC, through the Colorado State University Foundation. The purpose of these funds was to support animal-assisted activity (AAA) and animal-assisted therapy (AAT) services provided by HABIC. We very much appreciate the grant and support from the Dr. Scholl Foundation; allowing us to provide high quality programs to both at-risk youth and elderly.

**HABIC MEMBERS OPENS PET CARE BUSINESS**

Carol McCloskey, certified veterinary technician, has opened her own business INN THE DOGHOUSE which offers a variety of services such as:

- Post surgical care in-home visits
- Transportation to vet appointments
- pet sitting especially for special needs pets

Her service area includes Fort Collins, Windsor, Wellington, Laporte, Bellvue and Loveland.

Contact Carol at  
970-310-4327 or cawmccloskey@comcast.net

**TRANSITIONS**

Over the past few months, we have sadly lost several wonderful HABIC dogs and would like to recognize their outstanding contributions to the HABIC Program:

**Oliver** Lynda Bidlake & Lewis Headrick's Golden Retriever was a regular visitor at North Shore in Loveland as well as a friend to many children in the Thompson School District.

**Polly** Cindy Carrington's Golden Retriever began visiting folks at Centre Rehab in 2008 and brought a smile to many faces.

**Boca** Steve Gardner's, gentle and loyal Lab who was only 2 1/2, liked working with students at Lincoln School.

**Casey** Everyone enjoyed being greeted by Casey at various HABIC events in the Granger's home. Casey enjoyed working with many students, folks who were rehabilitating, and he had

a special way of connecting with youth at Platte Valley Youth Services in Greeley.

**Sully** Linda Zafarana's beautiful Golden Retriever worked with students at Bauder, Bennett, Olander and Laurel schools.

**Maggie** Lynne & Mike Mullen's greyhound just completed Level 2 training in Denver and died suddenly a few weeks ago.

**MANY THANKS to these retiring teams:**

- Sandi Apel & Maisy (also handled by Kathleen Dugan)
- Everett Bacon & Annie & Daisy
- Christy Giddings & Esco
- Cindy Leary & Sadie
- Jennifer Moyer Darr & Jake
- Ellyn Coughlin and Lila
- Allison Shride & Raisin

### **GOODBYE FOR NOW**

All of us strongly believe in the human-animal bond. This is based on our love of companion animals, our life experiences, and our human-animal team work with HABIC. To a more uncertain extent, do we know where our companion animals go when they leave us, and perhaps where we go in the life beyond? Personally, I have always considered that we and our companion animals will be together. If humans have a spiritual life, surely our companion animals do because they out measure us in many ways.

Henry Beston, writing from the Outermost House (1928) wrote: "For the animal shall not be measured by man. In a world older and more complete than ours they move finished and complete, gifted with extensions of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren, they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendor and travail of the earth."

Casey was my close friend, companion, and partner in providing animal-assisted therapy. He touched many persons, young and old, and taught me his cues in relating to others. Without my team partner none of the accomplishment in helping would have been possible. It's been a gift to have Casey with us, to share our lives together, to enrich each other and our family, and to be part of the impact of the human-animal bond.

So, goodbye for now dear Casey, you will always be in my heart. I hope there is a life beyond that we will share. And I also hope that others who have lost their companion animals will have faith that in some way we will always be together. And for those friends and companions already up there give a big hug to Casey, and he in turn will greet you with his trusting and happy self.

As Leo Bustad, our early mentor and role model, stated: "hail to all compassionate nurturers! Do not grow weary in well doing! Onward and Upward!"

Ben Granger



### **THE STORY OF CACHE**



A few weeks after my female Lab Boca died of stomach cancer at 2 1/2 years old, I decided I'd get another Lab. None of my breeder friends could find me a young Lab, so I contacted Safe Harbor Lab Rescue with hopes of finding a young female like Boca.

Instead, I was told about a huge young male 'tripawd' stray who was found on the streets of Ft. Collins missing his left hind leg, and needing a home. They said his foster mom would call me with details. To my surprise, my friend and dog rehabber, Connie Fredman called to tell me about Cash. Knowing her, I felt I had to at least go meet him.

We went for a walk, threw dog dummies, and watched Cash dig up and retrieve large rocks in 2 feet of water and drop them at our feet. Two hours later he was mine, and we drove home in my Corvair convertible. To personalize him and add some class, I changed the spelling of his name from Cash to Cache.

He has already become a good friend and Carrie thinks he will be a good therapy dog.

Steve Gardner

## Four on the Floor



## Dog Tips from Carrie Bowlus

Why do some dogs paw at people or objects? Is your dog likely to paw at someone you are visiting? If so, how can you change this behavior? Lets start by taking a look at your dog. Think about how your dog interacts with his surrounding environment. Does your dog use his front feet to help gain access to something he wants? Do the following simple, two step test to find out:

**Step 1:** Place a piece of food inside a toilet paper roll. Fold down each side so that the food can't fall out. Place your dog in a wait, then put the secured food on the floor in front of him. Release him and watch what happens. Did he use a paw to hold the roll down? Or did he pick it up and bring it to you?

**Step 2:** Prepare a second roll just as you did the first. Show your dog the roll, then place it under a small towel. Release him and watch what happens. Watch very carefully, pay close attention to what your dog does, how he looks, as he is removing the towel. Did he use his mouth or paw to move the towel?

If your dog used a paw to move the towel -- you have a dog who understands that when frustrated using his feet can get him what he wants. Now that you know your dog is more likely than not to use his feet when frustrated, what do you do about it? Think back to Step 2. You have the tools and information you need to change this potentially injurious behavior. You know what your dog looks like as his frustration level is escalating. Knowing this will allow you to redirect his frustration before he uses his feet.

In order to change the pawing behavior or stop it before it starts, you need one more piece of information. What causes your dog to become frustrated? Make a list, really write it down, record the things that cause frustration and how your dog reacts. For example-- My young German Shepherd Ori has a low tolerance for frustration. Here is *part* of his list:

- closed doors - he jumps and paws at a door until it opens or someone helps him.
- a ball under a piece of furniture - he uses his paw to move the ball within reach of his mouth.
- waiting for me to throw a ball - he backs away, then comes forward and touches my knee with his nose.

Is Ori at risk of pawing at a person? Yes. But only if I was to stop addressing his frustration level. Ori knows he can use his feet to get what he wants. If I increased the time I held the ball before throwing it, if touching me with his nose didn't work, he may start to use his feet. I know that when frustrated Ori always backs up first, then comes forward and touches me with his nose -- I always throw the ball before he repeats this pattern, and often before he has the time to come forward. I have also started to add a trained behavior, in this case a down, before I throw the ball. I picked the down because it is not compatible with pawing -- if he is all the way on the ground he can't paw at me.

Teaching your dog to keep all four feet on the ground involves knowing the following:

- What situations cause frustration for your dog?
- Is your dog likely to use his feet?
- What does your dog look like or do before he becomes frustrated?
- What behavior can be added that is incompatible with pawing?

Taking the time to do the test above and recording what your dog finds frustrating will help insure safe HABIC visits.

### Did You Know .....

that HABIC has a "**Crisis Response Team**" in which human-animal teams provide comfort and support during a time of serious accident, injury, or death of a student or staff member of the Thompson School District? HABIC human-animal teams work with a counselor in small groups as students and staff learn of the incident. The presence of our canines provide comfort and the opportunity to express feelings of grief. We may also have the opportunity to provide this service to the Poudre School District, so we will need to add a few HABIC teams to our roster.

If you are interested, please call Brenda Dickison at 970 491-2776. The call to come may be immediate or early in the morning, so be sure you are able to commit to this flexible schedule.

## HABIC Executive Committee

Carrie Bowlus  
Brenda Dickison  
Nancy Digby  
Tom Dwyer  
Steve Gardner  
Ben Granger  
Georgia Granger  
Barb Heffington  
Greg Heffington  
Kathleen O'Loughlen  
Maria Puig  
Jill Ricker

Thanks to Bob Seiz who served on the Executive Committee as the School of Social Work representative. Bob recently retired after being on the faculty at CSU for 14 years. We hope he'll continue to join us at future HABIC events and we will miss his amusing emails.

**HABIC (Human-Animal Bond in Colorado)** was established in 1993 and is a program of the CSU College of Applied Human Sciences, School of Social Work. HABIC uses the powerful human-animal bond to enrich the lives of clients in schools, long-term care facilities, youth corrections, in-home care, the VA, hospitals and hospice programs. Currently HABIC has 130 teams working in Northern Colorado and Denver communities.

### HABIC STAFF

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<b>Carrie Bowlus</b>	Trainer & Denver Coordinator
carriebowlus@me.com	
<b>Brenda Dickison</b>	Office Coordinator
brenda.dickison@colostate.edu	

### HABIC Contact Information:

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127 Education Building  
Fort Collins, CO 80523-1586  
970-491-2776 info@habic.org

**HABIC's mission: improving the quality of life for people of all ages through the therapeutic use of companion animals**

## HABIC MEMBERS RISE & DINE WITH THEIR DOGS



The morning of September 10th found 40 HABIC members and friends along with several dogs enjoying breakfast at Praha Restaurant. Thanks to Monica for allowing us to use her restaurant and to the HABIC Executive Committee for cooking and serving a tasty breakfast.

Over \$450 was raised and this money will be used to help defray school program costs. We want to provide HABIC teams for as many students who might benefit from animal assisted therapy.

If you are looking for a delicious dinner in a delightful setting, try Praha Restaurant—7521 CO 66/Ute Highway.  
[www.praharestaurant.com](http://www.praharestaurant.com).

Donations to HABIC are needed to help support our school programs. Most schools are having difficulty coming up with their HABIC program fees due to tight budgets. Make checks out to HABIC/CSU Foundation and mail them to the HABIC Office. THANK YOU!

Coming Soon—  
A new & improved HABIC website: [www.habic.org](http://www.habic.org)



Human-Animal Bond  
IN COLORADO