



# PALS PRESS

Newsletter of Calgary's Pet Access League Society

"Pets Helping People"

Spring 2009

## CRABBY OLD MAN

When an old man died in the geriatric ward of a nursing home in North Platte, Nebraska, it was believed that he had nothing left of any value.

Later, when the nurses were going through his meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Missouri. The old man's sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the St. Louis Association for Mental Health. A slide presentation has also been made based on his simple, but eloquent, poem. Now, this little old man, with nothing left to give to the world, is the author of this "anonymous" poem winging across the Internet.

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What do you see nurses?..What do you see?  
What are you thinking.....when you're looking at me?  
A crabby old man ...not very wise,  
Uncertain of habit .....with faraway eyes?  
Who dribbles his food.....and makes no reply.  
When you say in a loud voice....."I do wish you'd try!"  
Who seems not to notice ...the things that you do.  
And forever is losing..... A sock or shoe?  
Who, resisting or not.....lets you do as you will,  
With bathing and feeding the long day to fill?  
Is that what you're thinking? Is that what you see?  
Then open your eyes, nurse.....you're not looking at me.  
I'll tell you who I am. As I sit here so still,  
As I do at your bidding, as I eat at your will.  
I'm a small child of Ten.....with a father and mother,  
Brothers and sisters .....who love one another  
A young boy of Sixteen..with wings on his feet  
Dreaming that soon now. ....a lover he'll meet.  
A groom soon at twenty ....my heart gives a leap.  
Remembering, the vows.....that I promised to keep.  
At Twenty-Five, now..... I have young of my own.  
Who need me to guide.... And a secure happy home.  
A man of Thirty..... My young now grown fast,  
Bound to each other..... With ties that should last.  
At Forty, my young sons..have grown and are gone,  
But my woman's beside me.....to see I don't mourn.  
At Fifty, once more, Babies play ' round my knee,  
Again, we know children ..... My loved one and me.  
Dark days are upon me.. My wife is now dead.  
I look at the future .....I shudder with dread.  
For my young are all rearing.....young of their own.  
And I think of the years..... And the love that I've known.  
I'm now an old man.....and nature is cruel.  
Tis jest to make old age ..look like a fool.  
The body, it crumbles.....grace and vigor, depart.  
There is now a stone.....where I once had a heart.  
But inside this old carcass.. A young guy still dwells,  
And now and again .....my battered heart swells  
I remember the joys..... I remember the pain.  
And I'm loving and living.....life over again.  
I think of the years .all too few.....gone too fast.  
And accept the stark fact.....that nothing can last.  
So open your eyes, people .....open and see..  
Not a crabby old man. Look closer....see.....ME!!

Remember this poem when you next meet an older person who you might brush aside without looking at the young soul within.....we will all, one day, be there, too!

PALS has a number of special visits coming up in the next few months:

**Monday, April 6 @ 1:30 pm**

Royal Park Retirement Residence on  
2nd Floor, 4315 Richardson Way SW

**Tuesday, April 7 @ 12:45 pm**

Father Whelihan Elem/Jr High School (Behavior Class)  
70 Sunmills Dr. SE

**Wednesday, April 8 @ 10:30 am**

Renfrew Educational Services  
8620 - 48 Ave NW

**Wednesday, April 22 @ 1:00 pm**

Renfrew Educational Services  
8620 - 48 Ave NW

**Wednesday, April 22 @ 6:30 pm**

Aspen Lidge (seniors)  
1171 BowValley Lane NE



**Friday, April 24, 2009 @ 1:30 pm**

Cerebral Palsy Association of Alberta (CPA)  
3688 - 48 Ave. NE

**Wednesday, April 29 @ 6:45 pm**

Nickle House—Group Home for Adults  
950 Robert Rd NE

**Friday, May 1 @ 1:45 pm**

Society for Treatment of Autism  
400 - 94 Ave SE

**Wednesday, May 13 @ 10:30 am**

Renfrew Educational Services  
8620 - 48 Ave NW

If you'd like to help out, please email the PALS office at  
info@palspets.com or give the office a call at 403-250-7257.

### Membership Thanks

A very special thank you goes out to all of you who have paid for your 2009 membership. In these difficult times these dollars become even more important to PALS.

If you are one of those who forgot, please take a moment to send it in today. A single membership is \$30, a family membership is \$40 and a clinic membership is \$30.

If not, please take a moment to do so today. PALS is happy to offer you the ability to renew your membership on line, via phone, via fax or by mail.

**Online:** You can renew your membership with the help of Pay Pal. You can use a debit card or credit card without having to create an account with Pay Pal. If you already have a Pay Pal account, that will work too. To pay for your membership on line go to  
<http://www.palspets.com/members/renewals.shtml>

**Phone:** Call the PALS office at 403-250-7257 and use your credit card.  
We accept both Visa and MasterCard.

**Fax or Mail:** Go to <http://www.palspets.com/members/renewals.shtml> and print off the downloadable form. Complete the form. If you are using a credit card, you can fax the form to 250-9273 or mail it to the PALS office. If you wish to pay by mail, please send the form along with your payment to the PALS office at 3019 - 21 Street NE, Calgary T2E 7T1.

June is the month to travel. During the summer months you must be very cautious when traveling outside of Alberta. Many people don't know that other provinces are at higher risks of some diseases and parasites than Alberta. The risks are heartworm, fleas and ticks, and rabies.

### Before you leave:

- Ensure that your pet's vaccinations are up to date, including kennel cough, so that your pet can be boarded if necessary.
- Crossing the border into the U.S. and back into Canada will require proof of your pet's rabies vaccination. It's a good idea to take all your pet's health records with you.
- Check with your veterinarian about any disease concerns in areas you are traveling to. Preventative measures are recommended for heartworm disease, fleas and other parasites.
- Give food and water more sparingly than usual a few hours before and during trip. Excitement and stress may lead to digestive upsets. Your veterinarian suggests that you avoid altering your pet's diet while away from home.
- Be sure your pet has identification tags including a contact number that can easily be traced to you should you become separated from your pet.

Make sure your pet is in good health. The stress of travel can be detrimental to older animals or those with chronic diseases such as diabetes. Talk to your veterinarian if you suspect a trip may be too hard on your pet.

### Travel by car

- Never leave your pet unattended in a vehicle during warm months. Hyperthermia can strike quickly.

Bring a leash as well as a traveling crate or appropriate restraint mechanism (pet seat belt). Make sure your pet is restrained before vehicle doors are opened.

### Accommodations

- Check ahead to make sure hotels, campgrounds and your friends accept pets - don't assume they do. A list of "Pet Friendly" accommodations is available through the Alberta Motor Association. Or visit Pet Friendly Canada at <http://www.petfriendly.ca>

Consider what to do with your pet while visiting attractions or eating in restaurants that don't welcome pets.

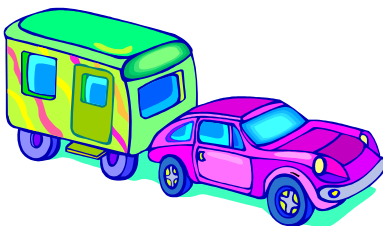
Camping with pets

Trouble can arise quickly in country settings. Skunks, porcupines, snakes and other creatures can bite or injure your pet. To avoid this danger, keep your pet in sight and on a leash and always be considerate of wildlife and other campers.

### Upon return...

You should consider a health examination for your pet following your trip to determine if any internal parasites (roundworms, hookworms, heartworms) or external parasites (ticks, fleas) were picked up in contaminated wooded or exercise areas.

Source: [http://www.avma.ab.ca/animal\\_health/comphealth2.htm](http://www.avma.ab.ca/animal_health/comphealth2.htm)



## HUSKY OIL - A TRUE COMMUNITY PARTNER

Husky and its employees have done it again! Last November, just when the reality of the recession was sinking in, Husky employees began their annual fundraising drive for 42 charities that the Husky Charitable Foundation supports. PALS is one of the selected charities, and the office was cautiously optimistic of what we would receive.

Despite tough times, Husky employees came through with a record-breaking campaign total in excess of \$1M which will be distributed along with Husky Oil's contributions. In the end PALS will receive a total of \$6337 from the Husky Charitable Fund and \$4357.94 from Husky Oil, totaling a remarkable \$10694.94!

Thank you Husky employees and Husky Oil. Your commitment to and support of the PALS program is greatly appreciated.



## STORY PALS

Recently the office received the following heart-warming note about how the Story PALS program has made a difference in one child's life.

...I am a Family School Liaison worker at a school in Calgary. I have been taking two of my clients to the Story PALS program at the Public Library. One boy in particular struggles greatly with reading and literacy. He does everything in his power to avoid reading. The Story PALS program has changed this! We have been to 3 sessions of the group and I cannot believe how willing and fluent he is! He reminds me all week for Wednesday and I see his excitement growing as we get closer to "reading day". (as he calls it) This program, with the amazing dogs and amazing owners has really changed his outlook on reading, never mind his confidence."

If you'd like to find out more information on how you can become involved in this amazing program, please contact Joan at 403-250-7257 or email her at [joan@palspets.com](mailto:joan@palspets.com).

The next session starts in September.

## PALS T-Shirts

There are some things in life that money can't buy - a PALS t-shirt is one of them.

You can earn one by doing four "extra" volunteer activities in addition to your regular visiting.

If you'd like your very own shirt just call (403-250-7257) or email the office and let us know what you'd like to do to earn your shirt. It's that easy!



## CONGRATULATIONS MOJO!

This past March, Mojo Niwa joined the elite club of PALS pets that have visited for 10 years or more. Mojo has spent his entire visiting career at the Rocky View Hospital, delighting patients and keeping the dogs on his team in line. For variety, Mojo, made special guest appearances at numerous special events.



PALS would also like to thank his owner, Kris, for her **10** ten years of commitment and dedication to being Mojo's chauffeur and PALS volunteer extraordinaire!

Have you provided your email address to the PALS office yet? If not, you could be missing out on upcoming news and events happening at PALS's. By providing your email address you will receive up-to-date PALS news and first opportunity to participate in special visits and events. It is also a great way to stay in touch with your team leader when visits have to be cancelled. PALS has also now made available all forms online which can be filled out and emailed directly back to the PALS office. Four times annually you will receive a short notice via email letting you know that the latest newsletter is available at [www.palspets.com](http://www.palspets.com).

Of course, if you provide the office with an email address, it is entered into the database and, unless you request otherwise, you will access your newsletter as described above.

We absolutely promise that we will not send you spam, jokes, etc. and that your email information will be kept private. Only the people in the PALS office, your team leader and the facility where you visit will have it.

In addition to the above benefits you will be saving PALS the cost of printing, handling and postage that is incurred with each paper newsletter that goes out. Plus you'll also be saving countless trees.



### PALS AGM .....YOU'RE INVITED!

The PALS Annual General Meeting will be held at the PALS Office, (3019 – 21 Street NE, Calgary) on Saturday May 2<sup>nd</sup>, 2009 from 10:00 am to noon.

This is a great opportunity to get to know your Board Of Directors better and find out first hand why they are so dedicated to keeping the PALS program successful for many years to come. If you have questions or suggestions, this is a great chance for your voice to be heard. It is also an opportunity for you to talk to them directly about your volunteer experiences and share visiting stories. They love the latter!

The actual business portion of the meeting will be kept short in order to maintain the informality of this gathering. For those of you who stay away from any and all AGM's for fear of being recruited to fill some position, fear not, no one will be recruiting you to "Chair" anything. For those of you who stay away from AGM's for fear of not being served some food and beverages, fear not, we're holding it at the PALS office this year so there will not be any catering problems.

On a final note, if you absolutely cannot join us that morning, please sign and return the proxy form below and fax it to the PALS office at 403-250-9273. You see our bylaws require that we have to meet a quorum of at least 20 members in good standing to be either present or represented by proxy. If we don't meet the quorum we have to hold another AGM and another until the quorum is achieved.

If you are unsure of whom to give your proxy vote to, either Sandra or Joan would be happy to serve as your proxy. Your proxy forms may be submitted to the PALS office, or it may be given to another PALS member who will be attending the meeting. You are also able to fax it to the following number: (403) 250-9273.

We look forward to seeing you at this year's AGM!

#### **PALS PROXY FORM**

I, \_\_\_\_\_, PALS Member,  
 hereby appoint \_\_\_\_\_, PALS Member,  
 as my proxy, to vote for me on my behalf at the  
 PALS Annual General Meeting, to be held on Saturday, May 2<sup>nd</sup>, 2009

\_\_\_\_\_  
 Signature

\_\_\_\_\_  
 Date

1. If you have to throw up, get into a chair, QUICKLY! If you can't manage that in time, get to an Oriental rug. If no Oriental rug is available, any good rug will do.
2. ALWAYS accompany guests to the bathroom. It's not necessary to do anything; just sit and stare.
3. Do not allow closed doors in ANY room. To get a door opened, stand on your hind legs and hammer with your forepaws.
4. When supervising cooking, sit just behind the left heel of the cook. You cannot be seen and thereby stand a better chance of being stepped on, picked up and consoled with food.
5. Once a door is opened, it's not necessary to use it. After you've ordered an outside door opened, stand halfway in and halfway out and think about several things. It's particularly important during very cold weather, rain, snow, and mosquito season.
6. Begin people training early. You'll then have a smooth-running household. Humans need to know the basic rules. They can be taught if you start early and are consistent.

Taken from: <http://rulingcatsanddogs.com/funny-pet-stuff-joke-dog-etiquette.htm>



### **Upcoming Events - Casino**

The next PALS casino will be held on August 31<sup>st</sup> and September 1<sup>st</sup> of this year - so mark those dates on your calendar if you'd like to help PALS. The work's not hard and we always have a great time sharing animal stories in the volunteer lounge or jokes in the count room and cash cage. If you are interested in helping out, just keep either one of those days open and watch for the Casino Volunteer Form in the next newsletter. Our casinos are our MOST IMPORTANT fundraisers and without them, PALS would not be able to continue serving the community.



### **Newsletter Editor – Fond Farewell**

After eight years of editing the PALS Press, Denise Ronsky has decided to retire. PALS has been exceptionally lucky to have such a committed and talented individual to help, not only with the editing of the newsletter, but also editing a number of manuals over the years. PALS would like to thank Denise for always meeting deadlines and, before we had writers, correcting my sometimes odd syntax. You made the newsletter something everyone could enjoy. We wish you all of the very best and, after Hannah has gone off to university, we hope you'll be inclined to volunteer with PALS again.



Charitable Registration # 10781 1879 RR0001

#### **BOARD OF DIRECTORS**

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**Vice President:** Mark Whiteman  
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**Sandra Johnston**

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**Joan Andersen**

#### **PET ACCESS LEAGUE SOCIETY**

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**Newsletter Editor:** Denise Ronsky