



Complements

Integrative Medicine Quarterly News



The Healing Power of Pets and Pet Therapy

Greetings!

Isn't it nice to see all the flowers and trees starting to bloom and the days getting longer? This is the time of year when we all start feeling a little lighter in spirit with the longer days, and we look to doing more outdoor activities with our families. My family includes a 10-year old, very fresh black kitty, and an 8-year old chocolate Chihuahua with a big dog attitude! My animal companions are a very important part of the family, and I know many of you feel the same.

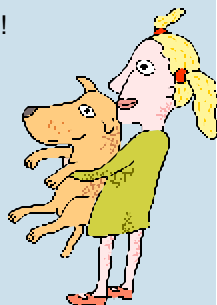
In this issue, we share with you some amazing and heartwarming stories of how our animal friends have impacted our lives, helped in healing, and ultimately define the term "unconditional love". Kelley Boothby from the Hospital's Volunteer Services Department shares information on the Pet Therapy Program, and we offer some yummy recipes, for animals as well as people. There's also a review on one of my favorite books on the animal/human connection.

We received a wonderful response to our Hospital-wide email asking for people to share their own experiences with their pets. I would like to thank everyone for sharing these amazing stories with us and our readers. These stories are what make this one of our most heartwarming issues and one of my personal favorites to put together.

Happy Spring Everyone!

Kelly

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Pet Therapy: *Furry Friends Help Patients Cope*

By Kelley Boothby
Manager
Volunteer Services



Pet Therapy is one of several names used to describe programs in which animals help people just by visiting with them. As participation in such programs grows so do the names describing different aspects of pet visiting. The variety of terms can be confusing. However, whether the visits pertain to one handler and one dog for a specific patient with defined goals or handlers with their pets visiting a healthcare facility, they are all good medicine.

The concept of pet therapy is not new. Pets have been used in similar ways for centuries in Europe and for many years in the United States. Increased research is providing more documentation of companionship and therapeutic values of contact with pets. The health benefits should not be underestimated. Consider this—after completing a three year

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In the next issue — **Mindful Eating, Summer, 2006**

Are you guilty of eating on the run? Do you ask yourself why you grab those sweet treats? Does stress contribute to the added pounds on your waist? In our next issue, we hope to answer some of these questions, as well as provide information on being conscious of the food choices we make. Mindful eating and learning to choose healthful foods can be an enjoyable and stress-free experience.

study at Baker Institute in Sydney, Australia with eight thousand people who came to them for preventive heart check-ups, Dr. Warwick Anderson said that if a pharmaceutical company marketed a drug that could produce the same results there would be “A World Breakthrough”.

Pets respond unconditionally, are non-threatening and make no conversational demands. They don't judge, criticize, disagree or talk back. They give unquestioning love and acceptance regardless of age, handicap, or appearance.

The Pet Therapy Program at Hartford Hospital was developed in 1995 to provide a form of therapy to patients denied access to pets by virtue of their confinement to Hartford Hospital. In addition to the actual health benefits mentioned previously the visits:

- Improve morale and self esteem;
- Help patients cope with feelings of loneliness and isolation;
- Promote a sense of place and help maintain a sense of humor; and
- Stimulate physical activity and social interaction.

While most domestic animals can be suitable for visiting, dogs are by far the most common pet visitors. Dogs are the only pets allowed in the Pet Therapy program at Hartford Hospital and the Institute of Living. These volunteers comply with established medical and behavioral protocols, including an evaluation and certification for Pet Therapy visits.

Hartford Hospital's Pet Therapy Program

The Pet Therapy Program has grown to include over 36 dogs in nearly 11 years of existence, and we continue to watch it evolve with awe and excitement. It's not only the patients who benefit from these precious animals. Family members, visitors and staff clearly enjoy the visits. We've witnessed a doctor remove his stethoscope and place it around a dog's neck. One human resource consultant, also a dog lover, declared that the hospital had gone to the dogs because he was finding that candy jars were replaced by dog treat jars in many offices. Some employees have their favorite dogs. It's not unusual for the Volunteer Department to receive calls from staff inquiring about the schedule of a particular dog.



The volunteers who facilitate the visits and the Pet Therapy teams (owner and dog) don't expect miracles during each shift, but they are guaranteed to be thanked and to hear from at least one patient that they made their day. Their visits are never uneventful; the walk from the garage to the lobby of the hospital can take up to 30 minutes with all of the visiting along the way.

We'll never be immune to hearing about the volunteers' special visits. About a week ago one volunteer team and facilitator returned to tell us about an elderly woman who they visited. As they were approaching the room a nurse said that the patient would probably be unresponsive, but she stood in the doorway to watch. The patient was clearly happy to see the dog, sat up and held one arm out to it. As she embraced the dog she said, “Dogs love me”. The visit was wonderful and the nurse was thrilled, explaining that it was the first time she had witnessed this patient speak or react to anything.

A few years ago an employee who participated in the Pet Therapy Program was requested to bring her dog into work with her more frequently by the director of her department. Evidently, one cantankerous staff member's personality completely softened when the dog was present. The work environment for the entire staff was much more pleasant with the dog around.

I have to remind myself about my initial involvement in the Pet Therapy Program when my feathers get a bit ruffled hearing about “doubter” experiences. One such time, a doctor approached a nurse and the volunteers leaving an intensive care room. He asked why they visited that patient who surely wouldn't respond. When he was informed that the patient responded very favorably to the visit he asked them to return so he could observe. They returned and the patient was again pleasantly responsive, much to the doctor's surprise.

Although I never considered myself a “doubter”, I didn’t think I was the right person to implement a “Dog Visitation Program”. I certainly had no sense of how powerful an impact such a program would have on the hospital or on me personally. I’d always been an animal lover and I’d never been without a cat in my life. However, I also never had a dog. I liked dogs, but I could only think of the possibility of shedding, unpleasant odors and drooling in a hospital. Implementing the program was not an option, and I began with observations at what was, at the time, the Newington Children’s Hospital. Their program was already nearly nine years old thanks to Dr. Robert Haynes.

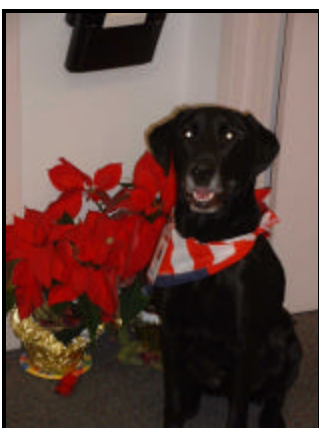


I was absolutely astounded at what I witnessed at the Newington Children’s Hospital and couldn’t wait to bring such a program to fruition at Hartford Hospital. Pediatrics was the natural choice for us to pilot the program. My new problem was getting to more than three rooms before becoming overwhelmed with emotion and tears from the observations and interactions. It was incredible.

While working on the pilot for the Pet Therapy Program, I returned to school, doing my thesis on pet therapy for my Master’s degree. That wasn’t enough. I began nagging my husband for a dog. He’d grown up with a border collie and loved dogs, but vetoed adding a dog to the mix of three cats. He was also a volunteer facilitator for the Pet Therapy program and assured me that I was only seeing the best behaved dogs.

Having enjoyed the stories and photos about a Maremma that one of the nurses had, I decided to do some research on the breed. At the time, other than being in Italy for more than 2,000 years and in the United States since the late 1980’s, there was very little on them and it wasn’t positive.

Two years later one of our oncology volunteers mentioned her two Maremmas, and I was again intrigued. She told me that the breeder was in Madison and no longer was breeding dogs. He had 78 sheep on 28 acres and was keeping all five of his dogs, including two from the most recent litter that were four months old. The volunteer invited me to stop by her home to see her dogs, as I’d still never seen a real life Maremma. I stopped by and was informed that the breeder might be willing to sell the two youngest dogs.



I convinced my husband to take a ride to see the dogs in Madison. Upon discovering the dog treats hiding under a blanket on the floor of the back seat, he reminded me that there was absolutely no way we were returning with a dog. He was right.

While we were mesmerized by the sheep walking up to us to be patted, two white dogs shot by us in a blur. Clearly showing off, they chased each other back and forth numerous times. Talk about love at first sight. I could only ask which one we should take to which my husband replied, “We can’t split them up.” No, we couldn’t separate them and no, we didn’t return home with one dog; we had two.

Sometimes ignorance IS bliss. The 120 pound male and 100 pound female are gentle giants. They are pet therapy volunteers. I’m convinced of an inexplicable bond and I can’t imagine life without a dog ever again. If someone had told me in 1995 that this journey was in store for me, I probably would have been a “doubter”.

To learn more about what it takes to become a Pet Therapy Volunteer, please contact Kelley Boothby at 860-545-2182 or send her an email at: Kboothb@harthosp.org.

Additional information on Pet Therapy can be found on the web at the Delta Society’s website: www.deltasociety.org/

Animals as Teachers & Healers—The Writings of Susan Chernak McElroy

By Kelly Taylor, Health Science Libraries

In the introduction of Ms. McElroy's first book, *Animals as Teachers & Healers: True Stories and Reflections*, she uses a quote by Henry Beston, author of "The Outermost House". The quote goes, "We need another and a wiser and perhaps a more mythical concept of animals...We patronize them for their incompleteness, for their tragic fate of having taken form so far below ourselves. And therein we err, and greatly err. For the animal shall not be measured by man. In a world older and more complete than ours they moved 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."

The powerful message from McElroy's first book is that it reminds us of the special gift that our animal companions offer us if only we are open to accept their wisdom and their messages. The book is filled with true stories about amazing and inspirational relationships that humans have had with animals that have come into their lives. She compliments those stories with her own, which includes a battle with cancer and how her dog Keesha served as a source of strength throughout her illness.

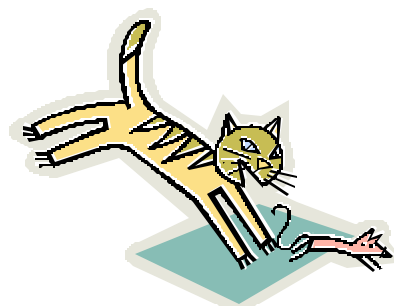
McElroy interweaves her passion for recognizing the healing spirit of our animal friends along with concepts on the importance of the human/animal connection. Throughout the book, she includes stories that emphasize these concepts and makes the book a true treasure for learning along with the message of how we, as a society, need to remind ourselves of the lessons and wisdom that animals have to offer. The following is a short excerpt and story from the book:

Many people wrote letters about the simple, yet far-reaching gifts their pets gave them over a lifetime. Nowhere have I seen the joy of simple gifts and of thanksgiving more poignantly demonstrated than in the following story by Susan Huskins.

We lived in a large house and my cat, Sammi, always took pride in leaving me small field mice at the door each morning. She was extremely proud of these successful hunting ventures and looked forward to my praise of these small gifts at the door. Then, we had to move to a very small apartment. There were no fields for her to play in, and only a few trees to climb.

When I finally let her out solo, she greeted me at the door the following morning as was her habit, talking up a storm and just as proud as she could be. When I looked down, there at my feet were two small pine cones. I was absolutely amazed. She continued to bring a pine cone or two to the door each morning until the day she died.

I will never forget Sammi. My little cat showed me that no matter what the situation, we can find a way to make the best of it. To this day, when things are hard to deal with, I see her at the door with those pine cones.



If you read her book and come away with nothing more than a new found reverence for our animal companions, you will have learned the first lesson in understanding the importance of connecting with the natural world.

Animals as Teachers & Healers; True Stories and Reflections by Susan Chernak McElroy, Ballantine Books, 1996*

*In her follow up book, *Animals as Guides for the Soul; Stories of Life-Changing Encounters*, Ms. McElroy explores the human animal connection even further and invites us to broaden the relationships we have with our animal companions.

Did you know...

For those of you who have ever had an animal companion or are contemplating the addition of one to your family, here are some interesting statistics. The American Pet Product Manufacturer's Association reports that Americans spend \$35.9 billion a year on pets and pet-related products and services. Out of that amount we spend:

- \$8.8 billion for supplies and over-the-counter medications;
- \$8.6 billion for veterinary care; and
- \$1.6 billion for purchases of live animals.

In the United States, 43 million households own 73.9 million dogs, and 37.7 million households own 90.5 million cats (or do they own us?).

In addition to these two most popular pets, we also have 139 million freshwater fish, nine million saltwater fish, 16 million birds, 18 million small animals, and 11 million reptiles (yes they are pets too even though they don't have fur)!

What Cooking? Recipes for our Animal Friends

Apple Cinnamon Doggie Cookies

Ingredients:

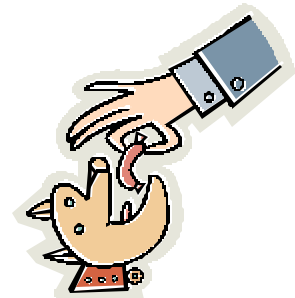
5 oz. dried apples
1 teaspoon cinnamon
1 tablespoon parsley flakes
1 cup ice water
1/2 cup corn oil plus 1 tablespoon
5 cups flour
1/2 cup carnation powdered milk
2 eggs

Directions:

- Preheat Oven to 350 degrees F.
- Place dried apples in food processor and finely chop.
- Place the apples, cinnamon, parsley, water, oil, flour, dry milk and eggs in a large bowl and mix well until dough forms.
- On a lightly floured surface, roll out the dough to a 1/4-inch thickness. Cut into desired

shapes and place on cookie sheets.

- Bake for 20 to 25 minutes.



Bird Cake

Ingredients:

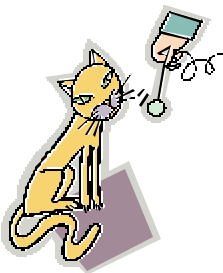
1 pound suet, cut into small pieces
1 cup yellow cornmeal
1 cup rolled oats
1 cup chunk-style peanut butter

1 cup mixed wild birdseed
1 cup sunflower seeds

Directions:

- Melt suet over low heat.
- Stir in all the ingredients to blend.
- Pour into muffin pans.
- Chill until hardened.

Serving suggestion: Take a straw and cut in half. Use this to push a hole through the "muffin" before it becomes too hard. Once hardened, pop the muffins out and then pull a string through the hole and tie onto tree limbs.



Su-Purr Salmon Paté

Ingredients:

1 (6 oz.) can boneless, skinless salmon
1/4 cup bread crumbs
1/2 cup finely chopped celery
1 egg, beaten
1 envelope unflavored gelatin
1/2 cup water

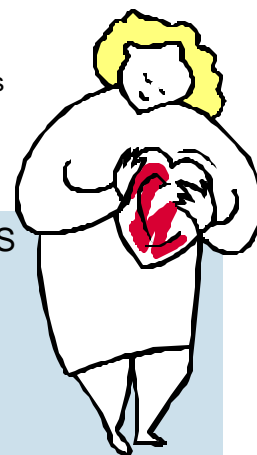
Directions:

- Combine all ingredients and mix well.
- Pack into a small fish-shaped mold (or other small mold)
- Bake for 45 minutes.
- Serve at room temperature.

Integrative Medicine Services and Gift Certificates

Gift Certificates

are available for a variety of complementary therapies offered by the Integrative Medicine Department. Certificates can be purchased for hospitalized patients, as well as by hospital employees and by the general public. Instead of flowers, consider a gift certificate for a relaxing and stress-reducing massage or other available therapy. See the chart below for gift certificate availability. Call 860-545-4444 for more information.



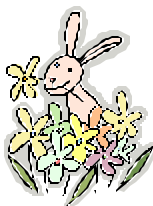
INTEGRATIVE MEDICINE GIFT CERTIFICATES

	<u>Inpatients</u>	<u>General Public</u>	<u>Employees</u>
Acupuncture	—	\$70/session	Ask about our employee discounts!
Massage	\$35/session	\$60/session	
Energy Medicine (Reiki, Touch Therapy, Reflexology)	—	\$60/session	

Prosperity Garden News

Visit the Garden when looking for cards, journals, healthy snacks and a selection of small but special gifts. Gift baskets can be made up with Integrative Medicine gift certificates—call ahead to have them made-to-order.

Don't forget to check out the used book shelf—lots of good reading for very little buck! The selection is always changing.



A new gift idea from the Garden

Pet Celebration and Memorial Cards and Prints from Little Dog Art. Celebrate the adoption of a new pet or remember the passing of a beloved pet with a custom-made collage that can be printed as greeting cards or as an 8 x 10 print, suitable for framing.

For more information, please call 545-4444 or send email to: littledogart@aol.com.

Spring Lunch and Learn Programs (Note the new location!)

- **Thursday, May 18, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**

Creating Balance in Your Life

Do you feel life is out of balance as you juggle career, home and a personal life? Through this informative, interactive, and enjoyable workshop by Lori Woodhouse, MSW, Life Coach, you will learn powerful techniques to create a greater balance, fulfillment, direction and ease in your life.

- **Thursday, June 1, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**

The Healing Power of Pets and Pet Therapy

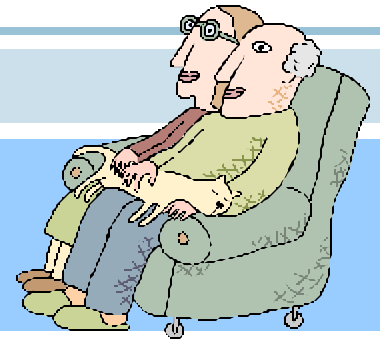
In 2005, the Hospital's Pet Therapy program celebrated its 10-year anniversary. In this heart-warming lunch and learn program, we celebrate the bonds between humans and animals. Kelley Boothby, Manager in Volunteer Services, will share her first-hand knowledge of the Pet Therapy Program. Come meet one of the doggy pet therapist to learn how our animal companions help with the healing process. In addition, we will share stories of our pets' power for healing and love.



Please register for these free programs. Call Health Referral Services at 860-545-1888



PLEASE NOTE: The Lunch and Learn Series location has moved to: **Hartford Hospital Main Cafeteria, Dining Rooms A & B.** We hope that this location change will make these informative programs accessible to more employees.



Health Science Libraries and Integrative Medicine
Lunch & Learn Series

Summer 2006

- **Thursday, June 15, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**
Yoga for People with Special Needs

Yoga is a relaxing yet empowering exercise system. Come learn how yoga can be beneficial to people who have Parkinson's Disease, Multiple Sclerosis or have had a Stroke. Experience how yoga can be gentle, adaptive, and restorative for the person with special needs.

- **Thursday, July 6, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**
VIDEO: Edgar Cayce on Dreams (60 minutes)

If dreams are "the language of the soul," then Edgar Cayce on Dreams is a topnotch course intent on teaching you how to speak the language. The "class" is led by Mark Thurston, the Q&A man who seems genuinely fascinated by what the dream experts have to say. Psychologists and researchers weigh in on dream interpretation and analysis, telepathic and psychic dreams, and the meaning of nightmares. They also give tips on how to remember dreams and set up dream experiments.

- **Thursday, July 20 & August 17, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**
Healing Connections Through Collage

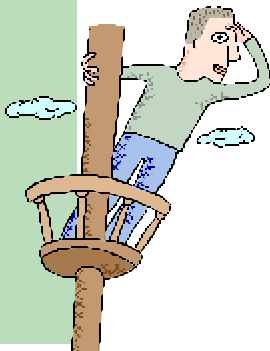
In response to the "Self-Discovery Through Collage" given in December, 2005, we present a two-part follow-up series. We will allow intent and serendipity to unite and create a new narrative or perspective on a topic. This is a **hands-on** experience with minimal instruction. **Please bring a small pair of sharp scissors, your favorite magazines, copied family photos, postcards, etc.** Pre-cutting some images will save time. Join us for creative playtime! Attendance at the December program is not mandatory. **Part two will be held August 17th.**

- **Thursday, August 3, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**
VIDEO: Mindfulness and Meditation: Stress Reduction (52 minutes)

In this video presentation, Jon Kabat-Zinn, Ph.D., founder of the Stress Reduction Clinic at the University of Massachusetts Medical Center, offers practical strategies for cultivating a focused, observant, and relaxed mindset. The techniques presented in this video are based on Kabat-Zinn's medical research in mind-body healing.

- **Thursday, September 7, 2006, HH-Main Cafeteria, Dining Rooms A & B, 12—1 pm**
VIDEO: Asian Health Secrets (50 minutes)

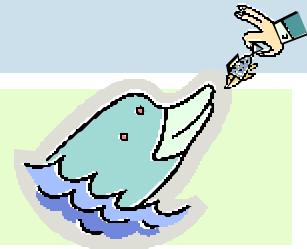
Letha Hadady, called the walking encyclopedia of herbs, takes you on a guided tour through the herbal apothecaries of America's largest Chinatown, and discusses remedies that have successfully been used for thousands of years.



**To register for these free programs,
please call Health Referral Service
860-545-1888**



Member of the Woman's Life Partnership



Thank you to everyone who responded to our request for amazing and heartwarming animal stories. Without your stories this issue would not be complete. Kelly

Amazing Aussie

Our Australian Shepard, Sydney, is a truly amazing dog. We talk to her like she is a person and she acts like one! She understands over 300 words. She sneezes and whispers on command and was the flower dog last year in my daughter's wedding. It would take a book to recount all our "Sydney stories" but here is one of the best.



One summer night my husband was working in the cellar, tacking up some cable wires. The cable caught the edge of a glass candleholder and it smashed onto the cement floor, sending a large shard of glass into my husband's foot. I was in the bedroom upstairs with the door shut and the air conditioner on. My husband put his foot in the utility sink and put pressure on the wound. He told Sydney to "go get Mommy".

I was in the shower when Sydney came to the door the first time, she whined at the door and sounded excited but I figured she saw an animal in the yard so I ignored her. A minute later she came back to the closed door, whining and sounded agitated. I was drying off so I called out to her, "OK, I know you want to tell me something, I'll be there in a minute". About another minute passed and she was back at the door again. This time she sounded frantic. She was pawing at the door, which she never does, and crying. I knew something was wrong! I opened the door and she gave me a look that could kill for not paying attention to her.

Sydney went half way down the hallway and stopped to make sure I was following her. Then, she went halfway down the cellar stairs and again stopped and to make sure I was behind her. It was only then that I heard my husband's voice say "Hey, how long can you bleed before you pass out?"

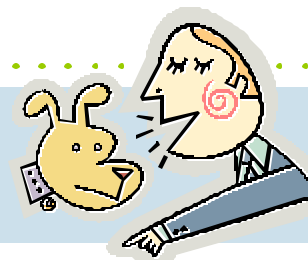
I wrapped his foot in a towel and drove him to the ER for stitches. Sydney went to lie on her rug in the kitchen and didn't even want to come with us. She almost had a satisfied expression on her face that she had done her job and she could relax.

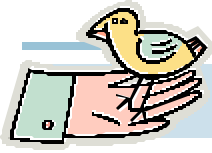
The most amazing part of this story is that for two days after the accident, Sydney would take my wrist in her mouth and lead me down to the cellar and show me the blood spots on the cement floor. She just knew that something bad happened down there and wanted to make sure I knew about it too. We ended up bleaching the spots on the floor so she would stop showing me the floor.

Sydney is going to be nine this year. She never ceases to amaze me. She is the best friend, guardian and trusted companion anyone could have.

Deb Jacques, Sydney's mom

If there are no dogs in Heaven, then when I die I want to go where they went. Will Rogers





Peach

My story of healing through pets begins in the summer of 1985 when my Yellow Labrador Retriever “Peaches” had her litter of puppies. Our family was new to the area and we needed a new veterinarian. This is where Dr. William Haines comes into the picture. He always seemed to be stopping over to look in on the nine tiny fuzz balls and was never more than an arms reach away, providing reassurance over the phone, even at the wee hours of breeching. It was through this relationship that “Jenny”, one of the three black pups went with Uncle Bill and became a Haines.

The pups had all gone to their new homes by the winter of '85 and Christmas was now upon us. On Christmas Eve, I was walking Peach when she picked up a tasty morsel to eat. To escape me from extracting it, she darted out into the road. I knew there was oncoming traffic but I couldn't bear to just stand there and watch. I ran out to grab her and bounced off the windshield of a Peugeot. I was transported to Hartford Hospital with compound fractures in my leg and a head injury. After my surgery, all I wanted was to see Peach to make sure she was O.K. Well, this seemed like such a far-fetched request at the time, after all animals weren't allowed in the hospital. My wonderful nursing staff could see how much this plea meant to me and managed to skirt the policy by arranging a clandestine rendezvous. I was wheeled down some service elevator and taken out a side exit to a designated meeting place to lay my eyes upon Peach. Once discharged and out of the cast, which lasted a year due to complications, my leg is completely recovered without even so much as a day of physical therapy, just walks with the dog.

But the story doesn't end here, remember, Peach has a legacy. It was Dr. Haines and Jenny who went on to start the Pet Therapy Program at the Newington Children's Hospital (now CCMC) just a few years after the accident. Although Peach and Jenny have gone to greener pastures, we can be certain of the healing powers of today's conventional and even yesterday's rather unconventional methods of Pet Therapy.

Gia Pallone

Cat Trivia

Mi-Ki, or tri-colored cats, have been long taken by Japanese sailors on their ships to bring them good luck. The native Bobtail, according to legend, is the Japanese cat of preference because it is less likely to “bewitch” you with a twitching tail.

The figure of a cat with its left paw raised is commonly seen in gift shops in Japan where they are sold as souvenirs. It is believed that the beckoning cat brings good fortune to its owner.



Her Kitty Angel

My first experience with pet therapy was in January of 1973. My grandmother was hospitalized with emphysema and not doing well. I was home on leave from the military, and visited her every day. She was very despondent. I thought it would help if I brought her cat in to see her. Unfortunately, in those days, animals in the hospital were a big no-no, and she was in a semi-private room as well. But the circumstances were good, and I knew when the nurses would come around. Her room was on the 1st floor right across from the back door, so I snuck in with the cat under my jacket. I pulled the curtain around the bed and let the cat out. I thought my grandmother would jump right out of the bed. She beamed from ear to ear, and stroked her pet, and talked to it, and for a little while was truly happy. And the cat was thrilled too – she sniffed her owner and rubbed against her, and settled down beside her and purred. We didn't stay too long, but all were grateful for the visit. I had to leave the next day, and that was the last time I saw my grandmother.

Jerry Gray



Kira's story

Our dog Kira Sierra Rose was three years old and her companion, Doc, was five years old when they started having a thing for each other, they fell in love. We named Kira also Rose because that was the name of Doc's mother. We named Doc after Dr. Altman, who is my doctor. Rose and her companion live with us too.

Kira became pregnant and her belly grew fast. Nine weeks later, Kira gave birth to seven healthy puppies. They looked like little white mice weighing in at 5 oz. each. Kira was so proud of her little ones and always counted them with her nose to make sure all seven were there. She was such a good mother, but overwhelmed with this being her first litter of pups. She did a great job and was very protective of all her little ones all the time.

About 4 weeks after Kira gave birth, she became ill and went to doggie heaven, bless her heart.

So, mom and I had to feed all 7 puppies one by one every 2 hours. It sure was a lot of work.

But one day, my mom thought maybe the grandma of the pups, Rose, could help us out. We opened the door and sure enough, grandma stepped up to the plate, she jumped in the box and started feeding them with her own milk! Misty Rose had been a great mom for all her litters and now she was 8 years old. She had never forgotten how to take care of puppies. The pups took to her as if she was their mom and Misty Rose nurtured the puppies till they could eat on their own.

They lived happily ever after, some of the puppies went to new homes and I got to keep two. One of them we named Jake and the other one we named Lucy. They are both very smart and they are SO much fun....

Gerald S, 9 years old

Gerald is a 9-year-old boy diagnosed with Leukemia and treated with chemotherapy at 18 months old. His biological parents lost contact with him when he was a toddler. His paternal grandparents have adopted him and he has been living with them since. He is third grade now and happy with his "mom and dad".



Did you know?

Disc dog is the more generic name for what is commonly called **frisbee dog**. In disc dog competitions, dogs and their human disc throwers compete in events such as distance catching and somewhat choreographed freestyle catching. The term *disc* is preferred because *Frisbee* is a trademarked name for a certain brand of flying disc.

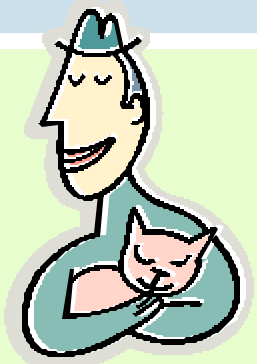


Ashley Whippet, widely considered to be the greatest frisbee dog ever, went on to win 3 World Championships, perform at the White House for a young Amy Carter, perform during the half-time at Super Bowl XII, and even starred in an Academy Award-nominated short documentary entitled *Floating Free*. Though many great dogs have come along since Ashley, he is still the standard by which all others are measured.

Ashley's legacy lives on now, 30 years later, as the sport has become popular worldwide. People and their dogs on at least four continents organize competitions and enjoy the simple joy of a disc in flight—and that terrific rush (for the dogs) of the catch at the end!

From www.wikipedia.org

We must fight against the spirit of unconscious cruelty with which we treat the animals. Animals suffer as much as we do. True humanity does not allow us to impose such sufferings on them. It is our duty to make the whole world recognize it. Until we extend our circle of compassion to all living things, humanity will not find peace. Albert Schweitzer, *The Philosophy of Civilization*



LILI



"You're too old, you'll trip, what will happen to her if something happens to you?" These were the admonitions of my well meaning friends. I was hobbling around with a decaying knee joint, determined to get the puppy I had always wanted: a German Shepherd of impeccable heritage; a dog I could train, and a dog who would be my friend and protector. Quite an order for a little pup.

Heidi, my eleven year old German Shepherd and I were still in mourning for Maxine our big, bumbling Labrador who had died a few months before. I really didn't know if we should get another dog and, if so, what breed it would be. Enter Major. A handsome, well behaved German Shepherd, owned by my son Greg. There was such affection, respect, and bond between them, I knew immediately that the "dog of my dreams" would come from Major's kennel.

From the start it was obvious that my all black, four month old pup called Lili, was a born therapy dog. She was present for a little party, celebrating my cousins birthday in her nursing home room and never begged or even noticed that we were all eating ice cream and cake. I immediately resumed where Maxine had left off visiting patients, and began to bring Lili to nursing homes. She knew exactly what to do as she went to each wheelchair and gave each patient her undivided attention. The patients would pet her and talk to her and she became a favorite of everyone.

Lili was eleven months old when I had a total knee replacement. Once home, and in considerable pain, I stayed in bed most of the time. Living alone with my two wonderful dogs, I could have easily become depressed. Lili instinctively knew how I felt and she came to my side at regular intervals. I petted her, talked to her, and never realized that she was keeping me from feeling sorry for myself.

Lili is five years old now and we have continued visiting nursing homes. Last year, after comprehensive physical and psychological testing, she became certified as a therapy dog. We visit Bristol hospital every week where she carefully circumvents IV tubing and O2 catheters in order to let the patients pet her and talk to her. They smile and tell us about the pets they had in earlier years. Visiting patients is her work and her true delight. She can hardly control her exuberance when she realizes that our visiting day is here, but she waits patiently for the time to get into the car. I have told her that we are going to Bristol to visit patients and see our friends, Pat, Cindy, and Dottie. She revels in the compliments people give her and has an extensive vocabulary of all the kind things people say to her.

Lili's shiny black coat, piercing eyes, and 100 pound frame create a startling appearance, yet she gingerly maneuvers her way to each bedside without disturbing a thing. "Here's Lili" can be heard as we approach the unit, and the nurses pause for a moment to run their fingers through her long fur. She makes everyone smile: a win, win, win situation for all.

June Noble, BSN worked at HH for 17 years in the Practical Nurse Ed. Program

ALL IN AN OUNCE

"The high sun calls to you and something in you trembles. Put wings on the child that is in you and he will fly." *Love, Believe and Go by Andrea Bocelli & David Foster*. Pure entertainment. Total trust. Unconditional love. Perfect companionship. All in an ounce from our Precious Parakeet, Celesta.

She whistled when the teapot whistled, sang when we sang and danced when we danced. She mimicked the woodsy birds with their calls, loving the "Chick-a-dee-dee-dee" as her outside/inside friend. She rattled her cage door when she wanted to fly, after gliding through her "plastic ring ritual" as the ultimate performance and ticket for freedom. She gave kisses goodnight, and greeted us with long sentences, laughter and real words, "Hey there, where's the pretty baby bird, hahahahahahaha!" All in an ounce.

We called, she came. We spoke, she answered. She chirped, we imitated. She molted, we gathered feathers. She ate bird food and people food . . . craved carrots, loved lettuce, preferred parsley, absorbed apples, obsessed over oranges, pecked peanuts. She perched on our fingers when we did e-mail, groomed our eyebrows when we sat reminiscing about the day, landed in our hair after fresh shampoos, and flew in our face when we weren't paying attention! My dangling earrings were her favorite toys. All in an ounce.

Celesta was not an average bird. Together we were nature personified. Our interactions were as normal and loving as parent and child. We astonished one another with our communication and trust. We loved in pounds . . . We'll never understand why the nasty tumor stole her from our lives, nor will we be without tears when we realize how she hid her illness 'til the bitter end. Only when she stopped talking did we sense the reality. In mid-winter, two months prior to her normal migration north, Jenny Wren was belting out a symphony over Celesta's grave. Last weekend on Main Street in Wickford, RI, a white, barnyard duck waddled right up to us and stopped for a photo op. Yesterday outside our picture window, a blue jay stared, stretched and trilled two penetrating calls. We believe they felt our trembling. We know these winged creatures are capable of love, trust and instinct. From a Bird's Eye View, we now see the world more deeply than ever before. Through our inner child we must allow the sun to shine and our love to fly as we spiritually reconnect to the companion we'll never forget.



Pet therapy? Indeed. All in an ounce.

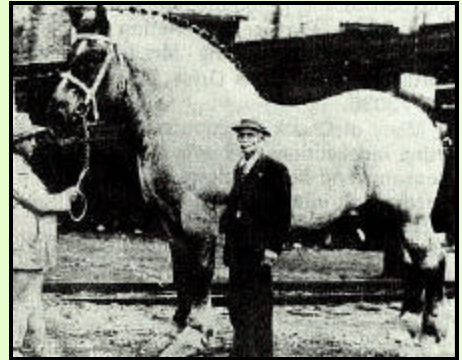
Antoinette Ledzian, A Writer's Garden, Stonington, CT www.journalady.com



I once had a sparrow alight upon my shoulder for a moment, while I was hoeing in a village garden, and I felt that I was more distinguished by that circumstance than I should have been by any epaulet I could have worn. Henry David Thoreau

Horse Trivia

The World's Largest Horse: Purebred Belgian stallion by the name of Brooklyn Supreme. He stood 19.2 hands (6'6") at his withers. He weighed over 3,200 pounds and is entered in the Guinness Book of World Records. He was foaled in 1928 and died in 1948. This photo was taken when he was fully mature. He lived in Iowa.



ROSIE

I was away for several weeks, visiting my daughter down South. Being alone and lonely, my husband acquired a gold and white ShihTzu puppy. He received papers from the American Kennel Club in New York, certifying her pedigree. She was born on May 19, 1990.

Our families had always been animal lovers, so it wasn't a complete surprise. It was a shock, however that he got the pup without discussing it with me first. Joyfully, it was a tremendous relief when I met Rosie, a thin, friendly bundle of fur. Rosie and my husband had really bonded in my absence, and this was the beginning of their lifelong love affair. We had had guinea pigs, a canary, and cats and dogs, but Rosie was special. Rosie would sit by the door each night, waiting for her pal to get home from work and take her on her daily ride around the block. This was the highlight of the day for them both.

After my husband had a stroke, we moved to a retirement community. Rosie would sit on his lap in the wheelchair and they both delighted in riding while I pushed them around the residence. She loved being at his side and never cried or complained when he accidentally ran over her tail.



Rosie became a regular in the community of residents and soon endeared herself to everyone. Age is certainly a common denominator. My husband passed away, and even though her friend is gone, Rosie still goes into his room and sits, staring at his bed. She concentrates, perhaps hoping that her stares will bring him back. She'll often lie, resting her head on the table where he ate, or go into his empty closet to nap. Perhaps she can still smell remnants of her pal and feel his closeness. This love affair still goes on each day.

Rosie had five seizures in February and may have a brain tumor. I love her so much, and our love affair continues.

Written by Irene Sopolak, RN. Irene was a diabetic instructor for many years at HH and retired in 1986.

Post Script: Having worked at the Gables where Irene lives, I witnessed the joy that Rosie brought to all the residents. Irene went to the dining room to pick up their meals three times a day: Rosie would be on the bottom shelf of the cart and wait patiently while Irene went into the dining room to get the food. Irene is the epitome of cheerfulness and positiveness and she also brings joy to all those around her. She is a prime example of what the unconditional love of a sweet dog can do for a person. June Noble

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Comments, questions
and suggestions—
please send email
to the editor at:
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Staff Profile - Debby Hackett



Debby came to Integrative Medicine in February 2002. Although she had never worked in the medical field, Debby found herself attracted to the idea of making a difference to people who needed care.

Debby feels fortunate to have come to Integrative Medicine and works with a group that have the same desire to help people. Her background in management and customer services has really benefited the department. As assistant to the Director, Marcia Rothwell, Debby is her right hand and foot, as Marcia likes to say.

Proud mother of four, grandmother of six, and lover of music and animals are just some of the important pieces of Debby's busy life. Animals have always been in Debby's life and several years ago, she adopted Gracie, a small white dog abandoned in the Hudson Parking Lot. Gracie has fulfilled her desire for a cuddly lap dog she could call my own. Molly (their non-lap dog) was skeptical at first, but has now accepted Gracie, with some doggy ground rules about who is really in charge!

These days, in addition to keeping track of all of her family, work and home life, Debby participates in the Strong Women program. The program helps keep her full of energy and she is loving it!

What's Cooking? All Natural Recipes

GRILLED VEGETABLE SALAD

Serves 4 * Vegan

Feel free to replace the asparagus with zucchini or yellow squash (just slice them in half before grilling) or add a bell pepper or two to the mix.

1/2 cup balsamic vinegar
6 Tbs. olive oil
1/4 cup finely chopped fresh parsley
1/4 cup finely chopped fresh basil
3 cloves garlic, minced (about 1 Tbs.)
1 lb. asparagus, trimmed
2 medium-size Portobello mushrooms, stems removed
1 large red onion, cut into 1/2-inch rings (about 2 cups)
6 cups baby spinach leaves, rinsed and dried

- Whisk together vinegar, olive oil, parsley, basil and garlic in small bowl. Season to taste with salt and pepper. Toss sauce with asparagus, mushrooms and onion in shallow baking dish. Cover with plastic wrap and let stand at room temperature 30 minutes.
- Coat grill or grill pan with oil or nonstick cooking spray. Preheat to medium-high heat.
- Place spinach in large serving bowl; set aside.
- Drain asparagus mixture, reserving marinade. Grill vegetables 6 to 8 minutes, turning occasionally, or until tender and lightly charred. Transfer to cutting board. Cool 2 minutes, and cut into bite-size pieces.

- Add grilled vegetables to spinach. Transfer reserved marinade to small saucepan, and bring to a boil over medium-high heat. Remove from heat. Pour over salad mixture. Toss salad with hot marinade, using tongs. Season to taste with salt and pepper.

Serve immediately

PER SERVING: 285 CAL; 5G PROT;
15G TOTAL FAT (2G SAT FAT); 21G
CARB; 0MG CHOL; 203MG SOD;
6G FIBER; 8G SUGARS

