

NATIONAL CAPITAL CAT SHOW

September 11-12, 2010
Dulles Expo and Conference Center, Chantilly, VA

BREED SHOWCASE | BREED BOOTHS | JUNIOR SHOWMANSHIP | FELINE AGILITY
HUGE VENDOR SELECTION

WWW.NATIONALCAPITALCATSHOW.COM | ADDITIONAL DETAILS IN THE SHOW LISTING BELOW



I am looking for help at the NATIONAL CAPITAL CAT SHOW!

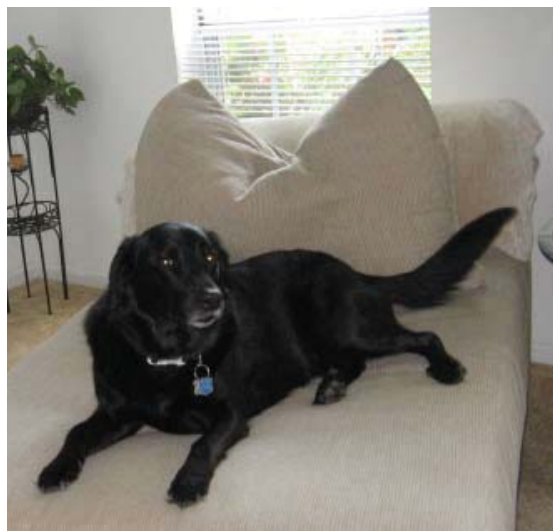
I am looking for volunteers to work alongside FPOW speaker bureau members for morning and afternoon shifts staffing an informational table for FPOW. Volunteering at our table will allow you FREE admission to the event. Hundreds of beautiful cats, tons of great people and animal shopping, plus you'll get to spend time with other terrific FPOW volunteers and help recruit needed volunteers.

If you are interested please contact: Kim Wilkerson by E mail: mwilkerson@juno.com

Candia & Nikita share their talents

Our volunteer spotlight this quarter is on Candia Hudson, who is involved with senior citizens in both her professional and her volunteer careers. She volunteers at Cameron Glen with her dog Nikita.

Candia is an area native and currently resides in Reston. She loves the area for its convenient location, lush scenery, historical and cultural assets, many festivals, and the sense of community in the Reston area with its opportunities for all ages. Candia recently became engaged to Alan, who is originally from Chicago. Alan also provides volunteer assistance and care to the elderly and has joined Nikita and Candia as a guest while visiting Cameron Glen. Candia is employed in the mortgage banking industry, where she works on the financing, construction, and servicing of nursing homes and assisted living facilities. She has an adult son, Samuel, who in addition to his civilian career is a member of the Virginia Army National Guard.



Nikita is a Black Lab/Golden Retriever mix whose full name is Nikita Liberty. She was given this name because she was adopted in Pennsylvania shortly after the September 11 attacks. Candia and a friend were visiting there and stopped to see some four month old puppies. The friend, a big guy who didn't know what to do with a puppy, was holding Nikita, and Candia went over to say hello. Nikita leaned over and put her little head right under Candia's chin, and the rest is history. Nikita recently celebrated her 9th Birthday and is still full of energy.

The volunteer team has been visiting Cameron Glen since 2003. Nikita is well known there for her great disposition, and she enjoys practicing her visiting skills whenever and wherever she sees a senior citizen or someone in a wheelchair or using a walker. Nikita has a special love for visiting in the Alzheimer's /Dementia wing at Cameron Glen. She often

waits at the door to the unit and insists that the volunteer team go in to see the residents. Sometimes the residents ask Candia "who is bringing whom" to the visit, since Nikita seems to be in charge of greeting ev-

everyone with a friendly smile and a wag of her tail.

Candia enjoys the fact that FPOW is a great way to share the love and happiness of a pet with others. She also likes the flexibility of the program that allows her to visit as time permits and to be spontaneous about getting into the facility when she has an hour or so to give to the program.

Candia has a personal insight into what FPOW visits can mean to residents at a facility. Her own mother, Mrs. Sledge, was a patient at Cameron Glen while she received physical therapy when recovering from a stroke. Nikita made sure that other volunteer teams went in to see her "grandmother" when they visited. Candia's mother would telephone and let Candia know about her special visitors. The first time Candia saw her mom use the wheelchair on her own was when she got up from her bed to wait for the FPOW volunteers to arrive. Candia was able to see first-hand what a difference a visiting pet can make in the life of a resident.

Candia advises that a new volunteer should try to find a good "role model," an experienced volunteer to observe on initial visits after the on-sight training. She feels fortunate to have had some good role models that made her own initial visits much easier and less intimidating. Some techniques she learned were: (1) to let each resident she visits participate and interact with Nikita to the extent that the resident and Nikita both feel comfortable; and (2) always keeping safety and care first, allowing the resident to give Nikita a command such as "sit" and "down," to let Nikita extend a paw, to have the resident give a treat, or to have the resident talk to Nikita while she (Nikita) listens.

Nikita has also participated in some of Cameron Glen's special events: a Hawaiian Luau, a "Dancing with Your

Dog" event, and an Olympic celebration complete with Olympic medals. Candia says that it was great fun to see the dogs participating in these events and the joy that the residents displayed watching the antics of the canine "athletes."

Nikita and Candia have represented FPOW at the Reston Pet Festival. Candia is always encouraged by the amount of interest our program generates at these events. She was recently invited to join the Speakers Bureau and participated in the training for the Speakers. She is looking forward to spreading the news that FPOW is a wonderful opportunity for volunteers to share the love and happiness of a pet with others and make their day brighter. Candia says that she is always touched by the power of a happy pet to make a positive difference in someone's life, be that someone the resident of a nursing facility or the human that presumes to be the pet's owner.



Submitted by Madelynn Arnold

5th Annual PET PHOTO CONTEST

Photo Contest Theme: BEFORE & AFTER

Share with us your favorite pair of photos featuring your pet. There will be 4 gift certificate prize levels and 4 honorable mentions.

E-mail your pet photos to: fpowphotocontest@cox.net before 8/30/10. (Note: One E-Mail per photo entry please.)

Entries MUST include your name, pet's name, and phone number. No professional photography please.

In your E-Mail entry, enter as many different photo pairs as you like, but please send each entry in a separate E-Mail.

Winners will be announced on 9/13/10 at the Annual meeting & showcased on our FPOW web site (www.fpow.org)

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