

The Brigadoon Barker

The Newsletter of Brigadoon Service Dogs - We change lives one partnership at a time by offering a helping paw!

Winter 2015



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Letter from Zacchoreli Frescobaldi-Grimaldi

Executive Director of Brigadoon Service Dogs

The holiday season heralds good things to come and unfolding promises of a new year inspire us to be of service to others: It's the right thing to do!

As the freshman Executive Director of Brigadoon Service Dogs, I am quite pleased to work alongside our organization's founder and Program Director, Denise Costanten. In 2016 we hope to embark on several new fundraising events: the Bellingham Beer Blues and Jazz Festival, Whatcom County Chili Cook-off, Bellingham Hot Air Balloon Festival, and the Bellingham Northwest Wine Festival. Proceeds from these events will help fund service dog training, and several Brigadoon Service Dog community-based projects.

Many people do not know that it costs Brigadoon Service Dogs over \$42,000 to raise and train each service dog. Historically, these costs have been covered by your generous donations and small community-based fundraising events. This year, Tulalip Tribes Charitable Funds awarded Brigadoon Service Dogs a \$10,000 grant, which was used to subsidize service dog training.

While we forge ahead with enthusiasm and optimism, our fundraising efforts continue to need community support. This fall quarter, three Western Washington University MBA students helped Brigadoon Service Dogs develop business plans for the previously mentioned fundraising events. Walton Beverage has committed \$5,000 to sponsor the Bellingham Beer Blues and Jazz Festival, and Bellingham Alive has offered to sponsor our events with marketing and advertising. And yet, we've only just begun to organize ourselves to produce these important fundraising events.

Volunteers are desperately needed to help us plan, execute and clean up after each of these activities. Cash donations are still needed to help meet Brigadoon Service Dog's day-to-day needs. We need puppy raisers to foster puppies until they are ready for the second phase of their service dog education. Brigadoon Service Dogs' new goal is to produce and place 25 service dogs each year beginning in 2017. 2016 is therefore a year of enormous change and positive growth as we work to meet the needs of our clients. As you plan your civic contributions for the coming year, please find a place on your list for Brigadoon Service Dogs.

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Newsletter written by Celeste Macevicius.

New Dogs at Brigadoon

Brigadoon has welcomed numerous new dogs into the program in recent months. Have a look at some of our latest recruits!

Jack – Jack is a labradoodle with a white colored hair coat (which means he does shed). He is 11 months old and was donated to Brigadoon.

Sadie – Sadie is a Springer Spaniel mix. She is 9 months old and came to us from the animal shelter. She will be paired with a veteran.

Yoda – Yoda is a tiny Chihuahua and Yorkshire Terrier mix. He came to Brigadoon from the animal shelter. He is 18 months old and is currently in the prison program.

Clyde – Clyde is a 4 month old Springer Spaniel mix. He was donated by the Alternative Animal Shelter.

Max – Max is a Springer Spaniel mix. He is 8 months old and is from the animal shelter.

Rock – Rock is a black German Shepherd. He has been matched with a veteran!

Brigadoon seems to be springing with Springer Spaniels!

Service Dog Puppies!

Brigadoon is a member of the Assistance Dogs International Breeding Cooperative (ABC), a co-op where service dogs from different schools are bred together. The program helps to create healthy, diverse lines of good tempered service dogs that can be shared amongst service dog programs.

Brigadoon hosted its first ABC litter this year. Desiree arrived at Brigadoon on October 13th. On November 16th, the exact day she was due, Desiree gave birth and we welcomed 5 new service puppies into the world. The pups are $\frac{3}{4}$ lab and $\frac{1}{4}$ golden retriever. There are 2 yellow boys, 2 yellow girls, and 1 black girl. 2 will go back with their mom and 3 will stay at Brigadoon.

Welcome, service puppies!



Winter is Here!



Brr, winter has arrived! The new, chilly season brings with it some changes for both people and dogs. Here are some tips to help you keep your pooch comfortable and warm this winter:

Keeping Warm

- ❄ Put a jacket on your dog on chillier days
- ❄ Consider letting your dog's coat grow out longer
- ❄ Don't keep your dog outside for long periods of time

Keeping Fit and Happy

- ❄ Try playing fetch indoors, running your dog on a treadmill, playing hide and seek, or putting food into food dispensing toys to get excess energy out when the weather is bad.
- ❄ Teach your dog a new trick, brush up on their training, or play scenting games to mentally stimulate your dog.

Keeping Safe

- ❄ Put boots on your dog's feet and wipe down their feet and belly after walks to protect against salt and de-icers
- ❄ Watch out for spills of anti-freeze. Antifreeze is lethal, even in small quantities
- ❄ Put reflectors and lights onto you and your dog when visibility is poor
- ❄ Keep the following holiday items out of your dog's reach: aluminum foil, chocolate, nuts, electrical cords, edible bones, plastic wrap, tinsel, space heaters, and tree decorations
- ❄ Practice "leave it" and "drop it" in case your dog gets something unsafe and "go to bed" and "stay" for when guests come calling or stay for visits.



Jewel and a colliedoodle pup play in the snow in 2014

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is the time for home."

— Edith Sitwell

Profile of a Brigadoon Dog



Name: Posey

Date of birth: March, 2015

Breed: Golden Retriever

Origins: Donated by the Dahlberg family

Family: Posey's siblings Bubba, Teyla, and Iris are also in the Brigadoon program!

Fun Fact: Posey grunts when she gets excited while playing!

Job: Posey is still waiting to be matched. She is currently being trained at the prison.



Posey and her siblings!

If you Come Upon a Service Dog and Their Handler in a Public Place, This is What you Should Do:

An excerpt from Brigadoon's flyer for the public on service dogs

1. Talk to the handler, not the dog.
2. Always ask permission before interacting with the dog in any way.
3. Do not sneak the dog food or pet the dog behind the handler's back.
4. Do not ask the handler personal questions about their disability.
5. Realize that the handler may not allow you to interact with their dog. The handler does not want to hear you complain about it either.
6. Please do not tell your children that the service dog is mean or bites. A dog that bites should not be out in public.
7. If you have a dog with you, please do not let your dog approach the service dog without consulting with the handler first.
8. Please remember that some handlers may have 'invisible disabilities that are not easy to spot like hardness of hearing, a visual impairment, or a developmental disability. Be observant and conscientious about how you respond when speaking to the handler – comments about a disability may not be welcome. A simple "hello" or "I noticed your dog and just wanted to say how well-behaved she is!" may be the best approach.
9. If you are told that the dog is working and you are asked not to interrupt, then be courteous and do not make any further attempts. Many dogs and handlers are just getting to know how to work together as a team and disruptions can make it difficult to get the r chores accomplished.

Happy Holidays From Brigadoon!



Brigadoon would like to wish everyone a happy holiday season filled with joy, celebration, and dog cuddles!

As this year comes to a close and a new one begins, we would also like to take this time to thank everyone who has been involved with and supported Brigadoon in 2015. Staff members, volunteers, sponsors, donors, clients, and everyone in the Brigadoon family: we are so glad that you could be a part of this year with us. We hope to see you back in 2016!



Happiness is a warm puppy" - Charles Schulz

Who Graduated in 2015?

Susan Hummel and Styx

Styx the golden retriever is a balance dog who has already started travelling the world with his partner, Susan.

Daemon Wells and Roman

Roman, a huge goldendoodle. He has helped his boy Daemon go to the aquarium, downtown, to birthday parties, and more!

Kaelyn Drummond and Finnegan

Finnegan the black goldendoodle mobility dog started school this year with his best friend and handler Kaelyn.

Jerry Harper and Brandi

Brandi, the lab cross, is loving helping veteran, Jerry, with all parts of his life.

Shirley Johnson and Ollie

Ollie the Havanese was warmly welcomed by Shirley and her family earlier this year. He has been doing a great job as a diabetic alert dog!

Luis Lopez-Colon and Fresca

Fresca the havanese mix has been doing a great job so far. She and Luis are already a strong team!

Joshua Klinnert and Zola

Zola the golden retriever has helped Josh start high school this year! Zola and Josh are a great pair.

Tim Coburn and Morgan

Morgan the Australian shepherd x lab has always been a one-man dog. This November, he found that man in Tim. The two have already developed a strong bond.

Celeste Macevicius and Norah (née Red)

Norah the colliedoodle quickly connected to Celeste and has become very in tune with her. They are working very well together.

Kodi Haack and Torrey

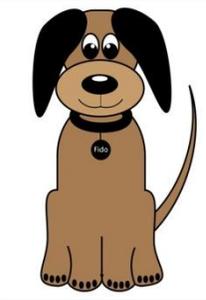
Torrey the colliedoodle has been lucky to receive Kodi's hard work and devotion since day one of their relationship. Torrey has already been a big help for Kodi.

Congratulations!

When Stores Have Holey Floors and Hissing Cats

If you've never trained a dog for public access, you've likely never appreciated just how many oddities there are out in public. Whether it's a sight, sound, smell, or touch, the world is full of new and strange things! That is why public access training, which includes socializing dogs to many different things and situations, is so vital for a service dog.

Consider all the things a service dog had to deal with on simple, everyday outings:

What we see	What our dogs might see
	
A puppet display in a shop window	Dog toys bouncing up and down!
An orca statue	A massive friend to play with!
A black and white checked floor	A white floor with a bunch of holes in it!
A restaurant	A restaurant roasting up some dog food for me!
A flower pot outside	A nicely decorated potty!
A mannequin	Strange people trying to sneak up behind me!
An intercom	Distressing crackling noises coming from the sky!
An espresso machine	A mad cat hissing from inside a box!
A ball pit in the mall	A dog park!
A light pole	A dog mailbox, with the scent of 100s of male dogs!

Despite all this, Brigadoon service dogs remains calm and polite through all these strange things. This is thanks to Brigadoon's rigorous training and socialization program.



Clyde, Jade, Posey, and Woody out and about.

Service Dogs for Anxiety

We know what a dog can do for anxiety –the encourage healthy habits such as daily exercise and social interactions; they lower our blood pressure and reduce cortisol levels; and the provide comfort and love. So the short answer is that dogs can be wonderful emotional support animals for people with anxiety. Countless anecdotes, studies, and experiments show this.

But service dogs are dogs that, although definitely are comforting and loving, have a specific job to play in practically mitigating a person's disability. So a service dog can really only help anxiety if the anxiety is debilitating to the point that impedes daily functioning *and* those impediments can be mitigated by a dog.

What would a service dog for anxiety do? Firstly, let's look at what the anxiety the service dog would be addressing might look like:

Anxiety as it's experienced by people with diagnosed anxiety disorders is not just general stress and nervousness. Anxiety is a distressing psychological, emotional, and physical state of excess and irrational arousal that impairs everyday functioning. It can prevent one from leaving the house, interacting with people, and taking care of oneself. Someone with anxiety can suffer from panic attacks, insomnia, gastrointestinal distress, hot flashes, depersonalization and dissociation, agitation, poor concentration, and other problems. Though most anxiety is very treatable, some individuals' anxiety may not respond to treatments and therapies and may need to be managed throughout their lifetime.

How a service dog can help anxiety depends on the person and the symptoms of anxiety they live with. Some things a dog can do include:

- 🐾 Deep pressure therapy – the dog can press its weight onto the person. This helps ground the person with anxiety. It works similar to how weighted blankets or swaddling would work.
- 🐾 Anxiety signal – the dog recognizes when the person is getting anxious (perhaps the person is breathing heavily or fidgeting) before the person realizes it and lets them know with a nose nudge or other signal.
- 🐾 Pulling person out of dissociation – the dog recognizes when the person is 'zoning out' and pulls on the persons sleeve until the person pulls out of the dissociation.
- 🐾 Guide work – The dog responds to "forward," "left," and "right" to help a person avoid disorientation and overwhelm while in public.
- 🐾 Licking – the dog will lick the person's feet or other extremities after a panic attack or high anxiety to help restore circulation and bring the person back to reality.
- 🐾 Bring phone and/or medication – the dog will bring the phone in an emergency.
- 🐾 Disrupt tics – the dog will nudge a person persistently to bring attention to self-destructive tics such as skin picking.

For people with anxiety, a service dog can help to bring them out of their shell and into the world.

DID YOU KNOW???

The most common service dog breeds are Labrador Retrievers and Golden Retrievers.

Source: Assistance Dogs International

What Kind of Dog is *That*?!?



You may have noticed a lot of dogs that look like this around Brigadoon:



Are they greyhound mixes? Giant shelties? Maybe even reindeer?!? No! They're collies!

Collies are a herding breed of dog that originated in Scotland. They can have a rough coat (long haired) or a smooth coat (short haired) that can be sable, blue merle, or tri-colored. Collies are smart, sensitive dogs.

There are currently only two collies and two collie crosses in training at Brigadoon. However, collies have and will always be at the heart of Brigadoon. Collies have excellent temperaments for service dogs. They learn quickly, are very attentive to their handler, are kind and gentle with everyone, and love to work! Denise, Brigadoon's founder and director, bred and trained collies for many years and so she knows and loves them a lot! Did you know that Brigadoon Service Dogs was actually named after a collie named Brigadoon?



Support Brigadoon When you Shop!

You can support Brigadoon while shopping at hundreds of different stores including Amazon, Fred Meyer, Target, Office Max, and more!

It's simple!

With Amazon Smile

Go to www.smile.amazon.com and select Brigadoon as your charity of choice. 0.5% of your purchases will go to Brigadoon.

With Fred Meyer

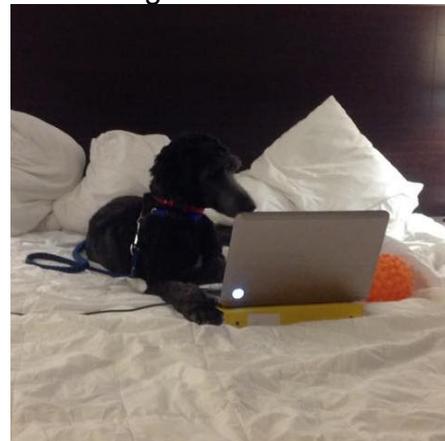
Go to www.fredmeyer.com, create an account, and link your rewards to Brigadoon Service Dogs. Brigadoon will benefit, and you'll still receive your reward points, fuel points, and rebates.

With Flip Cause

Go to Brigadoon's website, www.brigadoondogs.org, and click How to Help>Donate and click the "shop to support" tab. You will be directed to Flip Cause, where you can shop in over 200 participating stores. A percentage of what you pay will automatically be donated to Brigadoon.

With iGive.com

Go to Brigadoon's website, www.brigadoondogs.org, and click How to Help>Shop and click "iGive.com." Then, register your account and begin shopping! A percentage of what you pay will automatically be donated to Brigadoon.



Norah (née Red) getting some online shopping done

Fun Page!

Humour

Knock knock
Who's there?
Interrupting dog
Interrupting dog--
WOOF WOOF

Knock, knock
Who's there?
Interrupting service dog
Interrupting service dog who?
Whoops, no one! Service dogs don't interrupt things!

Knock, knock
Who's there?
Nosy shopper
Nosy shopper --
What kind of dog is that? Is that a service dog?

Learn the Word "Dog" in Ten Different Languages!

American Sign Language	Pat your thigh and then snap your fingers
French	Chien
German	Hund
Hindi	कुत्ता (Kutta)
Italian	Cane
Latin	Canis
Portuguese	Cachorro
Mandarin	狗 (Gǒu)
Russian	Собака (Sobaka)
Spanish	Perro



Caption This Photo!

Little Sadie had to wear the cone of shame after her spay surgery. What do you think she's trying to tell us here?

Send your best answer to cmacevicius@gmail.com or mail it to Brigadoon Service Dogs!