

# “Paws & Hearts”

Animal Assisted Therapy

Fed. Tax ID #91-2096569

SUMMER 2014

NEWSLETTER

## Board of Directors

### *President:*

Virginia Tillmannshofer

### *Vice President:*

Richard Waxman

Executive Director

“Paws & Hearts”

### *Founder:*

“Lucky” Waxman

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Branch Retail Executive

BBVA Compass Bank

Jack Poyfair, LVN

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Mirage

Bruce Hume, Retired

Healthcare Admin.

## *Executive Director’s Message*

I have decided to send out a summer mailing this year because I want to begin the process of talking to our donors and supporters about Estate Planning and Long-Term-Planning.

We are now half-way through our 14<sup>th</sup> year soon to celebrate a milestone . . . our 15<sup>th</sup> year of service to the Coachella Valley. Who can believe we have been around for so long and become so established!

As your Executive Director ages (heaven forbid!), so do our donors, and I’ve begun the journey of educating myself on Long-Term-Planning. Up until now I’ve actually been afraid to broach the subject for fear of offending anyone. Trust me, all Executive Directors and those who work in Planned Giving have the same fears, but this is a subject that needs to be addressed.

You may remember that eight years ago a donor left us his entire small estate. At the time I couldn’t believe that it would actually happen for us. But it did, and since then two donors have called and informed us that we have been named in their wills. There are many ways to go about leaving a legacy in place for a non-profit, and there are many ways to contribute financial on-going support in one’s lifetime. While I take courses and talk to as many planned-giving professionals as possible and work to educate myself and our board, I would like you to read an article on planned giving that sums it up perfectly on the following page.

I welcome anyone who wishes to talk about this subject to please call the office!

*Richard Waxman*

## **Upcoming Events to Put on Your Calendars!**

“Take Your Dog to the Movies”

Cinemas Palme D’Or

Fall 2014

(Check our website for date!)

**14<sup>th</sup> Annual Dog Walk/**

**Fundraiser**

**Saturday November 29th**  
**Westin Mission Hills Resort**

## **“Scruffy & Maddie’s” Views**

I think if Dad were writing our column he would tell you that his favorite part of “Paws & Hearts” are the visits that he takes us on to Eisenhower Medical Center. We are now back to going three days per week and while it’s a lot of walking for an old guy, (that would be Dad!) what pleasure it is for the three of us, actually the four of us with our hospital escort, to visit the patients throughout the facility.

Who ever thought that having “Maddie” and I up on the beds would make so many patients happy? All those articles that we read that talks about the benefits of pet therapy are certainly correct. We visit with patients who are sometimes in a lot of pain, or dreading surgery, or anxious about going to rehab., but the minute the two of us are up on the bed, and the petting and the licking start, all pain and anxiety are removed.

How many times do we, and all 40+ volunteers hear, “You made my day with your visit?” or our favorite, “You can sleep on my bed with me all day!” You know you’ve hit a nerve, and in a very good way when patient’s heap praises and thanks for a visit well done! What a great way of giving back to those folks who need us the most.

**“Scruffy & Maddie” Waxman**

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## The Power of Philanthropy, by Greg Maddox

**Charitable and Community Benefit** Philanthropy is one of the greatest forces for good in our communities and it enriches the lives of donors and their families. Philanthropy is connected with our most noble aspirations and dreams for a better world. It also brings us together, as we see how it changes lives around us. Broadly, philanthropy is used to better our minds, our souls, and our bodies. Specifically, we can see the power of philanthropy expressed in the support of life-enhancing research and education, gifts to the arts and our houses of worship, and funding to treat and eliminate poverty and disease. Every day, we all benefit from the kindness and vision of others who have made a difference through philanthropy. In addition to improving the world around us, I am going to highlight some less-obvious benefits of philanthropy that we should all consider.

**Philanthropy Enriches Lives** It seems every year a new study shows that giving is correlated with personal happiness and contentment. I don't have the space to address the many detailed findings from these studies, but there is a strong connection between giving and happiness. Studies have even linked giving to better health. Interestingly, giving may actually increase our sense of feeling financially secure, as we learn that we have something we can give away, however small. (Also—for any singles reading this article—giving may actually increase how attractive we appear to others if they know we are generous givers. Hard as it is to believe, but giving may make you better looking!) Finally, philanthropy can enrich our connection with our community and family as we share an experience based on giving or service.

**Tax Benefits** Philanthropy can also provide significant tax benefits. Most donors understand that a charitable gift provides a charitable income tax deduction and that a donor's taxable income can be reduced. However, there are many other tax benefits. For the gifting of most appreciated assets, such as stock or real estate, the donor not only receives the same income tax deduction they would with cash, they also avoid paying the state and federal capital gains taxes connected with the asset. Also, when an appreciated asset is transferred into a charitable trust or charitable gift annuity, there is an array of tax benefits— including a tax deduction, capital gains tax elimination or reduction, and possible tax-free income and estate tax savings.

**Income Benefits** In addition to the many tax benefits listed above, a charitable trust or charitable gift annuity can also provide impressive income benefits to a donor. This trust or annuity income can also continue on to children and other family members. Depending on the age of the donor, most charitable trusts are designed to pay between 5% and 7% of the trust's value each year to the donor. For charitable gift annuities, a donor can receive an annual payout of between 5% and 9% of the initial funding value each year. For retirees looking to increase their income, these charitable options can be very attractive, especially in this low-interest rate environment.

**Family Wealth Preservation Benefits** In the book *Beating the Midas Curse*, Rodney Zeeb and Perry Cochell, two estate planning attorneys, provided startling evidence that traditional estate planning approaches were failing families. According to their research, 60% of adult children from *wealthy families* had depleted their inheritance during their lives and some had depleted their inheritance within a few short years. These children had burnt through their inheritance due to reckless spending, poor business and investment decisions, divorce, and creditors. (The statistics are likely worse for working-class and middle-class children who do not have consistent access to professional advisors.) One of the best ways to avoid this all-too-common result is to involve the adult children in the estate planning process. The discussion should involve the charitable and tax benefits of giving away some wealth during life and through the estate, encouraging children to continue their parents' commitment to philanthropy, and setting up long-term, charitable trusts and annuities that benefit both the children and charity. In sum, philanthropy doesn't take away from family wealth; philanthropy actually preserves and enhances the benefits of family wealth.

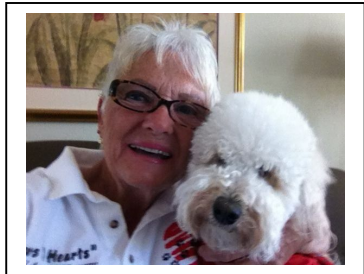
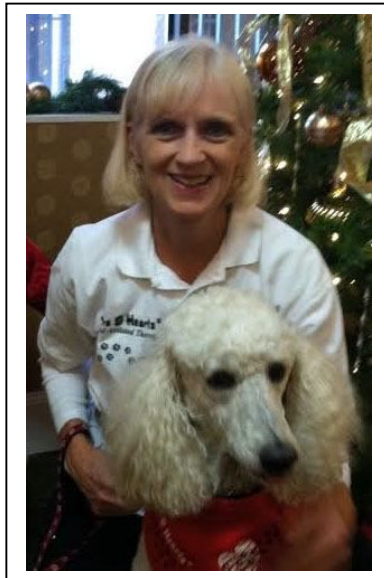
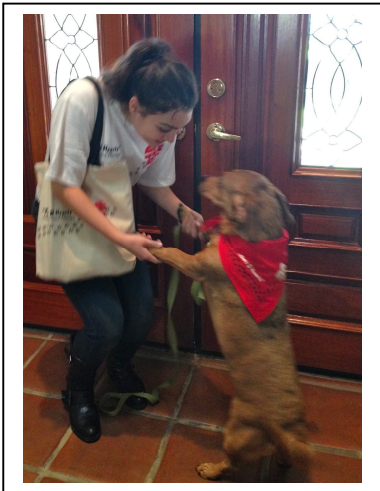
**Conclusion** As you can see, philanthropy is powerful. Philanthropy betters our community and world, it enriches our lives and the lives of our family, brings friends and community together, can provide financial benefits, and can even preserve wealth for our family. So, when it comes to philanthropy, let's increase the power.

*Greg Maddox is the Planned Giving Director for Eisenhower Medical Center Foundation.*

*Reprinted with permission from Greg Maddox and Steve Tolin, Editor-Publisher Desert Charities News*

**April was National Volunteer Month & these pictures were too cute not to run again!**

Some of our dedicated 2-legged & 4-legged Volunteers!



So many wonderful photographs, just too many for one page. For all the pictures, please continue on our website, [www.pawsandhearts.org](http://www.pawsandhearts.org)

### What we get back from Volunteering!

For those of us that are able to spend a few hours each week giving back to our community by volunteering, the rewards are endless. You are helping those less fortunate, and by volunteering with "Paws & Hearts" Animal Assisted Therapy you get to volunteer with your dog at your side. Not only are *you* volunteering, but *your* dog has a job, and if you don't think your dog is aware of that fact that he or she is actually helping to make someone feel just a little better, read on!

Once the temperament test and training are completed, volunteers are assigned a volunteer polo shirt, and the dog is given a red bandanna with our name and logo on it. On about the third week when you put on the shirt and put the bandanna on your dog he or she understands that they are going to work and get all excited. By the time you pull into the facility your dog is begging to get out of the car and get started on their rounds.

It has always been amazing to me to observe our *Canine Ambassador* volunteer dogs get started on their own weekly visits. Most dogs, not all, but most, are very healing by nature and are very quickly able to understand human frailties, much better than humans. Our dogs bond with the residents and patients that truly need the visit and when you hear the patient say to you, "You made my day," "thank you for visiting," and my favorite, "can you just leave the dog here on the bed with me all day?" you know you've made someone less fortunate feel a little better.

I think it was put best a couple of weeks ago by a patient at Eisenhower Medical Center who said to me as she was stroking "Scruffy" who was sitting across her lap, "You have no idea what petting "Scruffy" is doing for me. He is giving me something to focus on besides the tubes I'm hooked up to, and he is taking me to a place outside of this room. This program really is a life-savor."

Just imagine hearing words of praise like that week-after-week from patients who come to really love your 4-legged companion? I've always said to each and every potential volunteer who comes into the office, "each of us has the best, smartest, cutest dog on the planet!" But you will never be more proud of your dog than when a patient tells you that your dog *made their day*.

What we do as the human part of this team is so little, and we get back so very much in return. We tend to take for granted that we get up in the morning, shower, have breakfast, get our dog ready and go to our assigned facility. For those residents whose options are very limited, bringing a dog in to visit once a week is quite often the highlight of their week. How often I have heard, "I waited all week to see you," from a resident in a long-term care facility.

There is never a visit that I don't come away feeling better than when I started it. Just the very fact that I had the ability to take my two therapy dogs into a facility to share them was a great start. But coming out after the visit I am so proud of what they've done I can't stop praising them. And that's what all the volunteers feel like.

And our dogs know they've done a good bit of work; visiting, kissing, smiling, making those less fortunate feel better. My two dogs spend the rest of the day sleeping after a visit. This is pretty emotional stuff, not only for us, the human at the end of the leash, but it is a lot of work for our dogs, going room-to-room cheering patients up. They truly are 'on' and the spot-light is shining on their glowing personalities.

As the human part of this visiting team you have to consider what spending a couple of hours a week in a long-term care facility will be like for you. Will you be sympathetic with the residents you are visiting and able to look past their frailties and infirmities? Remember, our dogs are not the least bit judgmental when entering the rooms and we have to follow suit. We had a volunteer years ago and her mantra was always, *'there by the grace of God go I.'* How many times have I thought of those words.

Animal Assisted Therapy is the most rewarding work I have personally ever done. I guess I just like making people feel better and smile with the use of my therapy dogs. If all of this sounds exciting to you please go to our website, [www.pawsandhearts.org](http://www.pawsandhearts.org) and under "Lucky's" Memorial Page you find a link to our training video. Watch it, and decide if this is something you and your dog would like to do.

*If so, please give us a call at, 760-836-1406, and we'll schedule a temperament test.*

### Volunteer Stories

*Many of our readers have asked where our Volunteer Stories come from. Our volunteer teams visit their assigned facility each and every week and part of their commitment is to email into our office a weekly report, complete with their visitation story. Some day, these stories along with photographs will be turned into a book because the stories are heart-warming and the patients/clients we visit truly treasure their weekly visit.*

Eisenhower Medical Center, Ann & “Andy”: Two visits with very ill patients. Both just stroked “Andy” while he cuddled next to them, both had a happy smile on their faces. Another couple couldn’t get over how quiet “Andy” was. He stretched out next to the man with his head on his leg and just stayed there. Female patient held “Andy” in her arms and said it have given her the best doggie fix and how she needed it. Had an offer of a steak lunch if he would hang around!

Manor Care, Anita & “Barclay”: Today we were met by our friends Gertie & Julie in the lobby. Hugs and kisses were shared all around. The highlight of our visit was visiting with Mr. J in the Activity Room. All the other patients were sitting in wheel chairs by the TV but we knew that Mr. J. would rather see us than watch an old movie. So Mom moved his wheelchair so I could lick his hand. And guess what? He spoke! We have never heard him say a word when we have visited the other times. He told us he used to have big dogs and then went on to say that he had a black and white Great Dane. Mom had tears in her eyes after we left the room. Not sure why—guess it was tears of joy.

Atria Palm Desert, Katie & “Breezy”: Oh “Breezy” was such a puppy today that the residents laughed and laughed at her antics. “Breezy” loves Kleenex and took the Kleenex out of one of the residents bra through her blouse, while sitting up on the sofa next to her! It was very funny and everyone really laughed. She also had a hibiscus on her collar and she got a hold of it and had it in her mouth with the stem sticking out which was really cute!

California Nursing & Rehab, Megan & “Lug-Nut”: Seeing a smile appear out of nowhere on someone’s face is a magical occurrence. It is one of the reasons “Lug” and I love to visit every week, and likely one of the very top reasons the residents enjoy seeing us as well. Many of the residents are friendly, but naturally some are not so much. “Lug,” however, never discriminates based on people’s previous actions and is persistent in making people pay attention to him. Today he had a major victory. The first was a woman that we have said hello to for a few weeks now. She has a tendency to speak with a very negative outlook. Today, however, she was in her wheel chair and “Lug” trotted over and gave her a few kisses on the hand. She looked at me, looked back at him, and slowly a little smirk appeared on her face. She began to play with his ears and scratch under his collar. After some time she thanked “Lug” and told him to be a good boy. She then gave me a little nod and wheeled away. “Lug” has amazing intuition about who needs his love and how best to interact with each individual. He has acquired many devoted friends who are now saving treats especially for him! The more times we visit, the more I am taken by his ability to bring happiness to those of all temperaments and stages of health.

#### Our Mission Statement

“Paws & Hearts” is a leader in the field of “Animal Assisted Therapy” (AAT) and it is our mission to enrich the lives of the frail and special care cases that require the loving attention and affection that only a ‘four-legged’ healer can provide.

*Our 14th Annual Walk is coming up!*



**Saturday, November 29th, 2014**