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ADC will be meeting next on March 23 at TACID from 12:00 to 3:00

TACID's address is 6315 S. 19th St., in Tacoma, WA on the 4th Saturday of the month. We'd love to have you join us.

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The Assistance Dog Club of Puget Sound is a 501 (c) (3) organization. Our tax ID# is 91-2080563.

WA Secretary of State Charities Program Registration Number is 24995

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Website

<http://www.assisteddogclub.org>

E-Mail Address

assist_dog_club@hotmail.com

Mailing Address

Assistance Dog Club of Puget Sound
2522 N. Proctor Street, #459
Tacoma, WA 98406

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Assistance Dog Club of Puget Sound Board of Directors

New Board Members were nominated at the October meeting. They are:

- President: Jack Pearce-Droge
- V. President: Connie Fuller
- Secretary: Shay Larsen
- Treasurer: Jean Sullivan
- At-Large: Pat Kessler

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Editor's Corner
by Jack Pearce-Droge

Welcoming the Sun in March

Around the time that Tanya Carter was planning to speak on puppy training in February I had asked our membership what their tips on early training looked like. We have received some great suggestions and this issue offers the suggestions of Diane Funai as she worked as an owner trainer with her service dog puppy, Lily. We hope that our readers will not only take a look at this list but that the list will inspire you to set up your own lifetime experiences that will help your dog to become accustomed to all aspects of your life.



Working with the new Board of Directors has been fun. Most of them are new to having a service dog by their side all of the time. We have been opening some new experiential doors and looking and listening to tips being shared with us that will help to introduce our service dogs to our lives.

We are anxious to welcome some warmer weather to the area and in that light we have organized some outdoor activities. We don't get a torrent of snow and the rain is not appreciated and welcomed by our dogs. So we become a little impatient for those brighter days. I hope that families and friends enjoy whatever is coming your way.

Activities and meetings will be held at TACID unless otherwise noted.

TACID's address is:

6315 S 19th St, Tacoma, Washington 98466

Mission Statement

The Mission of the Assistance Dog Club of Puget Sound is to provide a safe, supportive, educational environment for persons with disabilities partnered with assistance dogs and to provide educational opportunities for the local business community and the general public, including persons dedicated to the raising and training of assistance dogs

Training Tips
Thoughts on Food Rewards and Repetition in Training

By Jeanne Hampl



Some new studies have shown that dogs learn better when they are trained less often and given time for the brain to acquire and catalogue new information.

Students frequently ask how much time each day they should spend practicing their class lessons. Since I encourage my students to feed their dogs twice a day I recommend training before each meal. I have then take food from the bowl and use that to reward the dog for correct responses. Each session will increase in time as the dog learns more cues. Then the dog is fed the remaining food for their meal. Training this way reminds the owner to train since they usually remember to feed their dogs. The dog is motivated to work because it is hungry.

I also encourage using the new cues in a practical setting, Sits at the door, for leashing and greeting etc. If the owner is practicing outside the home on walks or exposing the dog to new stimulus once again putting a portion of a meal into a baggie and taking it along provides food for reward without increasing the dog's daily caloric intake.

I feel that the newly popular method of withholding meals and only feeding the dog while training is unfair to the dog and can negatively affect the dog/owner relationship. In years past marine mammals were trained in this way and the mammals became aggressive toward their trainers for withholding food/reinforcement when the animal gave an incorrect response. Now the marine mammals are feed regular meals with a portion held out for training. Those fish are stuffed with vitamins or medication and are used to reinforce behaviors. Training, performance and safety have improved.

Also only using food for reinforcement further weakens the bond between dog and owner. Dogs need to have a long list of reinforcers, petting, verbal praise, interactive toys and environmental rewards all help the dog to bond with its trainer/handler/owner.

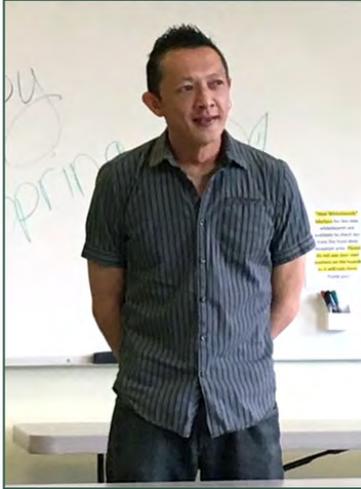
Lastly repetition is not necessarily beneficial in training. For many dogs having to repeat a behavior that they performed correctly will cause them to question their performance even when the performance has been rewarded. The dog will then either shut down or offer another incorrect behavior. This type of response is frequently seen in the working and herding breeds. Because Gold Retrievers and Labs tend to be motivated by social interaction they also seem less concerned with repetition.

So keep training, new, exciting, rewarded and fun but remember that your dog needs quiet time to input the new training. Remember to build a reward base for your dog that does not rely solely on food.

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Canine Nutrition

The March meeting was so informative! Russell Fincham, Canine Nutritionist with Pet Pros joined us to speak about the many aspects of nutrition for our dogs, both good and bad. Our members asked many questions and filled their notes with answers. Russell was an engaging speaker and his presentation was so well-rounded. It included all aspects of the impact that dog food can have on the overall health of our dogs.



Russell would be happy to speak with ADC members and our friends about their own pets and service dogs as they address how healthy habits related to the food they eat, including how much and how what they eat can impact their general health. Russell can be reached at the Puyallup Pet Pros store by calling (253) 271-1904 or by email at tacoma@petpros.org.



Registration for the 2019 Service Animal Eye Screening opens April 1!

The ACVO/StokesRx National Service Animal Eye Exam is a philanthropic event that provides free, ocular screening eye exams to qualified Service & Working Animals each May. These exams are provided by those members of the American College of Veterinary Ophthalmologists who choose to participate and volunteer their time and resources. The program benefits formally trained working animals who selflessly care for us all. Registration is open April 1-30th annually, approximately 7,625 eye exams are provided across America, Canada and Puerto Rico each May.

Stokes Pharmacy has generously agreed to be the name-sake sponsor of the ACVO National Service Animal Eye Exam Event since 2014 and will continue through 2019. We sincerely appreciate all that Stokes has done in support of this program, as well as our other generous sponsors. Help us in saying thank you! Don't forget, registration is open the month of April! <http://ow.ly/DKQb30nnu4M>

Separation Anxiety

By Martha Hoffman



Separation Anxiety seems to be equivalent to drug withdrawal symptoms in human addicts. Diarrhea, escape in search of drug, panic and pain.

(Stephen Lindsay's books describe studies of the effects of separation and rejoining of animals, and more on SA as withdrawal)

In this case the drug is the endorphins from social interaction, being withdrawn when the dog is alone.

Some dogs have a strong tendency to SA, no matter what is done.

Breeds that have high social interactivity are often termed "eager to please". They find interacting to be a primary reinforcer.

Breeds/dogs like this must be raised to feel confident and secure when left alone.

20 minutes a few times a day, in another room or alone or tethered where they cannot be touching a person or dog, often helps a pup develop normally.

The desired goal is the dog perceiving "Alone always results in re-joining the people."

Not, "Alone is forever abandonment."

Service Dog prospects often are not left alone much. Why?

- 1) the person thinks the dog needs intense bonding to be a SD, so is always with it. This accidentally creates a dog that goes into panic behavior when alone.
- 2) the person knows a SD prospect needs socializing to strangers and public access environments. So it seems to be best to bring the dog along every time they leave the house.
- 3) if a person is disabled, it might be so complicated to get out to public access places that it makes sense to take advantage of opportunities when the situation is easy, to get pup out and about.

The first step in teaching separation is for the dog to be sometimes tethered so it is at least a few inches from physical contact.

Martha Hoffman is the Training Director for the Hearing Dog Program. She has trained several hundred Hearing Dogs and tested over 20,000 shelter dogs over the course of 25 years. She is the founder and lead trainer at Martha Hoffman Hearing Dog Academy (MHHD) and the author of the highly respected text on Hearing Dog training, Lend Me an Ear.

Alert! Service Dogs and Alert Training

*By Veronica Sanchez M.Ed. CABP CPDT-KA
Northern Virginia Dog Trainer*

Service dogs are being trained to alert to everything from allergens, seizures and autoimmune flare ups to blood sugar changes and much more. Alerts are the most exciting area of growth in the field of service dog training, and also the most mysterious.



While alert-training has been expanding, there is a long history of training service dogs to alert. Hearing dog work is one of the more well-known and established types of alert-training. A hearing dog touches his or her owner with a nose or paw to make the owner aware of a sound in the environment, such as a person knocking on the door. In hearing dog work, the sound is the cue for a behavior. Guide dogs alert their owners to changes in the environment by changing their behavior, for instance, a guide dog alerts his or her owner to the presence of a curb by stopping walking. The owner feels the change in the dog's movement through the harness. Some programs that train dogs for people with mental illness, train dogs to alert owners to subtle changes in their body language that indicates anxiety. A dog may be trained to touch the owner with a

paw when the owner starts to tap his or her foot nervously. The owner can then take action to address his or her anxiety before it escalates.

In these cases, the cue for the dog's behavior is clear, it is the presence of the curb, a sound, the tapping foot. Trainers know what the dog needs to respond to. For other alerts, however, it is much less clear. For example, what is the cue for the seizure-alert dog? Is it an odor? A change in the owner's body language? Some subtle change in the owner that we do not perceive? How can we recreate that for training purposes? In the case of dogs working with people with seizures, many service dog programs have focused primarily on training dogs to respond to a person's seizure by getting a caregiver, bringing medication or retrieving a phone, rather than alerting per se.

Much of the alert work in the service dog industry is focused on scent work right now. Trainers who are training dogs for diabetic alert often use scent samples of the owner's saliva when the owner has confirmed changes in his or her blood sugar.

The consequences of an alert dog failing to do his or her job properly can be very serious and sometimes even life threatening. Many programs recommend that owners use medical devices as well as the dog, for instance, a person with diabetes would use a Continuous Glucose Monitor as well as the diabetic alert dog. Technology is growing in leaps and bounds, there are now devices for food allergens and even an app for seizures.

Medical devices undergo testing and clinical trials before claims can be made about how effective or reliable they are. The training of alert dogs has outpaced the research. Objective research on alert behaviors is minimal and in many areas, completely non-existent. For now we have more questions than answers. Science-based dog trainers as well as those looking for the help of a service dog need to be cautious when interpreting subjective claims about alerting behavior.

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Veronica Sanchez M.Ed. CABP CPDT-KA*

Puppy Training & Suggestions for Owner Trainers

By Diane Funai , Member, ADCPS



Lily was potty trained early & only had one accident in her early years. Since I didn't see her standing by the door, all that I was able to do with her was contingent upon her not having an accident. WA state does not permit public access to SDITs. Because of that, creativity and positive conversation between the handler and a business owner are essential.

- 1) puppy basic obedience, at the Humane Society, CGC, Delta Pet Partners
- 2) various trainers, people & different breed scents + cat. Breeds smell different as well as what they eat.
- 3) outdoor malls & cafes with outdoor seating that allow dogs
- 4) asked managers of restaurants for permission to bring her in
- 5) outdoor elevator & stairs at Bellevue Square parking garage near Nordstrom's
- 6) walked around parking lot & pet stores behind shopping cart
- 7) find my car in driveway & parking lots
- 8) children using playground equipment at parks
- 9) piers & near swimming ducks near Juanita Beach
- 10) sidewalks with light traffic, 4 lanes of heavy traffic w/trucks in Factoria
- 11) sat at park & ride in car, later sat where buses picked up passengers
- 12) when garbage truck came fed cookies, started on porch & decreased distance from truck lifting and dumping cans
- 13) walked just outside of dog parks, if empty went inside including water parks to swim
- 14) Robinswood Park, Bellevue, wooded trail, paved sidewalk around soccer field & practices
- 15) watched Sammamish Kennel Club Dog show, Marymoor Park, Redmond
- 16) Salmon Days, Issaquah, parade &/or outdoor craft event - go to craft booths 1 hr. before official start time
- 17) let children pet puppy, taught Lily to drop to down before small children were allowed to pet her. One child at a time, picked up & held her for kids to pet if more than 1.
- 18) once she was housebroken, I took her to family events like Thanksgiving
- 19) watched neighbor's horse
- 20) walk around Greenland with strollers/bikes
- 21) noises - played different types of music, sang even though it bugged her, made sounds through paper towel tubes & plastic hoses that I swung around, vacuum cleaner, played guitar/autoharp/various drums/noise makers/maracas/electronic noise maker, robotic dog, strange vocalizations, shook/snapped pillowcases, dropped clipboard/metal lids, pounded wall/door, bounced basketball, plastic bottle in fabric toy, outdoor concerts - sat in car if not allowed on grounds, watched neighbor kid's fireworks, treated every time gun fired on New Years, permission to sit at back of sanctuary during church service & small home group meeting in a home, sweep with various brooms, rake leaves on cement
- 22) physical experiences - sat on dryer when drying clothes, in box on wagon I pulled, on my lap then walked along side while I sat in & rolled wheelchair, went in & out of rotating & automatic doors, walked over grates & glass tiles in Seattle, car rides in seatbelt harness & crate, walk on rockery/benches/teeter totter/tilt board/cement walls, in laundry basket/hard plastic & fabric dog crates, fetch different textured toys by name & put in toy box, run to rug & down, hair dryer/Dremel/nail file/scissors trimming hair around pads, washed in shower/bathtub/warm water with outdoor hose, agility tunnels, "emergency" equipment if no collar/leash like purse strap or knee high sock, pull across linoleum on bath towel (loved it), retrieve items made from metal/wood/plastic/fabric, stayed at dog friendly motel near ocean for Longbeach's kite festival.

What's Up With ADC?

Activities and meetings this year will be held at TACID unless otherwise noted. The address for TACID is: 6315 S 19th St, Tacoma, Washington 98466. The Assistance Dog Club will be holding its meetings and events on the dates below. If you believe you'll like to have some good food Please feel free to bring something for yourself. We may have some goodies to eat as well. If our members have a topic or speaker that they would like to hear, please contact Jack Pearce-Droge.

- April 27 - Mo Mauer, Exec. Dir., Assistance Dogs NW
- May 18 - Downtown Light Rail
- June 22 - To be determined
- July 27 - Annual Member Picnic
- August - Summer Break (No meeting)
- September 28 - To be determined
- October 25 - Annual Meeting
- November - Thanksgiving - (No meeting)
- December 25 - Annual Member Holiday Party

Support ADC While You Shop

If you are interested in supporting the Assistance Dog Club of Puget Sound there are a few options that are available to you! ADCPS has entered into a partnership with both Amazon.com and Fred Meyer. If you would like more information about both options offered by these two corporation you will find it on ADC's website, [<http://www.assistedogclub.org/home/support>] complete with links that will guide you through the process.

Shop at AmazonSmile
and Amazon will make a donation to:
Assistance Dog Club of Puget Sound

[Get started](#)









Check our Facebook Page for more information!

Informational Websites With a Focus on Service Dogs

Given that the partnership of a person with a disability with an assistance dog is governed by legal requirements it is beneficial that each of us have access to as much material as possible. The discussions at the January meeting included suggestions that can be misleading, inaccurate or legally correct and helpful. It is critically important that each of us become our own best advocate.

Here are some websites that are accessible to you that will provide you with valuable information. Many of these websites are also available on ADC's website on the Favorite links page. The link for our website is: <http://www.assisteddogclub.org/home>

Legal Description of Service Dogs: http://www.ada.gov/regs2010/service_animal_qa.html
http://www.ada.gov/service_animals_2010.htm

Legal Clarification on Rules for Assistance Dogs: <http://www.workinglikedogs.com/2011/03/u-s-department-of-justice-rules-on-assistance-dogs-to-become-stricter-march-15-2011/>

Medical information: <http://www.mayoclinic.org/diseases-conditions>
<http://www.summitvets.com/blog.html>

Veterinary questions: <http://www.merckvetmanual.com/pethealth/index.html>
<http://www.carecredit.com/vetmed/> (credit card for veterinary care, people have 1 year to pay, use it if you have no other credit card for emergency surgery.)

Service Dog Information: <http://www.iaadp.org>
<http://www.assisteddogsinternational.org>
<http://www.servicedogcentral.org/content/>
<http://www.assisteddogclub.org/>

Service Dog Gear: <https://www.bridgeportequipment.com>
<https://www.sitstay.com/>
<http://www.boldleaddesigns.com>
<http://www.kurgo.com/>

Service Dog Training: <http://www.lakeerieassisteddogs.org/>
<http://www.cooperativepaws.com>
<http://marthahoffmanhearingdogs.com/academy/news/>

Also remember that the Assistance Dog Club has a facebook page:
<https://www.facebook.com/Assistance-Dog-Club-of-Puget-Sound-155317554486927/>

Be sure to Like us for the latest information about all things service dog.