



# Troupe Talk

Vol. 13, No. 2, Fall 2004 The Newsletter of Chenny Troupe, Inc.

## Second Annual Take Your Dog to Dinner Rates Five Stars

Chenny Troupe sponsored our deliciously successful second annual Take Your Dog to Dinner night on September 13. Over 250 dogs (and their people) enjoyed a night out on the town at one of nineteen participating restaurants, allowing us to reach our fund-raising goal of \$10,000 to support our work. The event is a fun evening for everyone because it brings together three great things — food, dogs, and people who love dogs. What could be better? Most important, the event allowed us to introduce Chenny Troupe's work to a new and receptive audience, and we raised awareness about goal-directed, animal-assisted therapy.

From the outset, we knew this year's event would be fabulous. Our eye-catching advertising, designed by Nadine Williams, appeared all over town. It featured a very sophisticated Labrador retriever (Dean



*Enjoying a cool beverage from a hand-painted glass at Phil and Lou's.*

Himmel, who works at Stone Institute, La Rabida Children's Hospital, and Illinois Center for Rehabilitation and Education) dining against a backdrop of the Chicago



*Penny at dinner at Trader Todd's.*

skyline. The poster was so popular that diners from as far away as Wisconsin called the office to purchase a commemorative

*continued on page 2*

## Thanks to Sharon, Our *TroupeTalk* Editor

After almost **FOUR** years of terrific work, Sharon Van Den Hende is stepping down as editor of *TroupeTalk*. We will miss her hard work and expertise.



*Sharon Van Den Hende*

Sharon has done an awesome job of writing articles, working with freelance writers, and supplying wonderful pictures. And she has done it all "with her gentle touch and warm heart," to quote Janet Eaton.

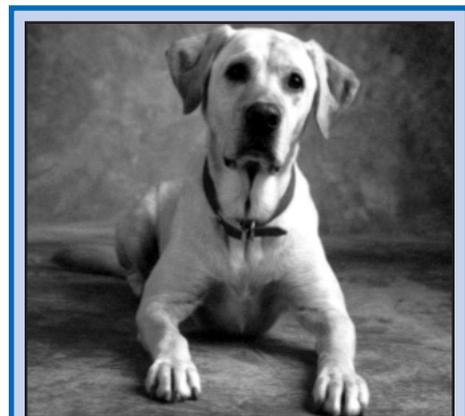
When asked about her work on the newsletter, she generously credited the staff and other volunteers. She particularly enjoyed meeting more of the volunteers than she might otherwise have

met. Of course, like every editor, she found the biggest challenge was getting the newsletter out on time.

As far as what she was most proud of, it is volunteering at La Rabida and ICRE with her daughter, Karen, and Karen's Cairn terrier, Max. (Sharon's chocolate Lab Penny used to volunteer until she passed away in September 2003.) "One thing about Chenny Troupe," she added, "I've done quite a bit of volunteer work over time, but I know that this is the best because it never grows old for me. Every time we go to program, it is as exciting as it was the first time."

With Sharon's leaving, Eileen Fitzsimons will be stepping in (and is finding that the credit to the other volunteers is well deserved). Eileen is a freelance editor and works with Judith Jaffe's collie, Scotchie, at RIC. Her own dog, Buster Brown, a graduate of MarKay Dog

Training, opted not to be a Chenny Troupe dog but encourages Eileen to remain active in the organization.



**Send the Gift of Healing...**  
by supporting Chenny Troupe dogs  
as a gift for any special occasion.

## Take Your Dog to Dinner...continued from the front page



Scoozi

copy. (Watch for next year's poster, which will also be available for purchase.) Publicity chair Steve Dale arranged multiple television appearances on network news for our therapy dogs, and conducted interviews with participating restaurateurs on Steve's Pet Central show on WGN radio.

After months of preparation, and three days of filling and delivering 500 doggie bags, event day arrived, with perfect weather. Many restaurants were totally booked for the evening; many had long lines. Several restaurants offered special "menu items" for the dogs. At Gibson's, host dogs Prada and Turner received special attention from performer Wynona Judd, who has seven dogs of her own. Our volunteers greeted guests at each restaurant, and distributed doggie bags to our canine diners. Corporate sponsors included the IAMS Company and Fort Dodge Animal Health. Thanks to Barker and Meowsky for donating the bags, and to all of the vendors who donated treats and coupons, including K.C. Goodies, Galloping Gourmutts, Tails in the City, Chilly Dawgs, Camp Dogwood, Monroe Grooming Studio, Windy City K-9 Club, Call of the Wild, Urban Canine Doggy Day Spa, and the Furry Beastro. Be sure to patronize these vendors and tell them you are a Chenny Troupe supporter!

Many thanks to chair Michelle Schwartz, who volunteers with Prada at the Rehabilitation Institute of Chicago and Stone, and again provided great leadership and inspiration. We appreciate the contributions of time and energy from Mary Ann Alexander, Ginny Beck, Michelle Cohen, Jose Cruz, Steve Dale and Robin Szarvas, Ann Dudley, Nancy Duke, Lori Fong and Michael Unnerstall, Stephanie and Joe Frey, John Himmel and Kim Kubiak, Carrie and Jay Hoffman, Joanna Janger, Karen Kass, Wendi Mancini, Teresa Marshall, Julie Muccillo and Matt Pollack, Ann Rohlen, Honey Rosenfeld, Deneen Sherman, Kelly Trembl, Andrea Varol, Nancy Wieboldt, and Lisa Wiersma.

We're already looking forward to September 12, 2005, for the third annual Take Your Dog to Dinner. Every restau-



Ranalli's



Brasserie Jo

rant that participated is eager to join us again next year — the best endorsement we could have. We'll be adding more restaurants and volunteer staffers, and stepping up the search for sponsorships. Please call the office if you are interested in working with the committee for Take Your Dog to Dinner 2005!

Be sure to visit these Chenny Troupe supporters, but tell your canine companion he'll have to wait until next year to join you!

Lisa Wiersma

Amore Ristorante	Nacional 27
Bice	Oak Street
Brasserie Jo	Beachstro
Butterfield 8	Papagus Greek
Club Lucky	Taverna
Cucina Bella	Phil and Lou's
Cyrano's	Ranalli's —
Gibson's Steak	Lincoln Park
House & Bar	Scoozi!
Hugo's Frog Bar	Silver Cloud
Joe's on Weed	Supper Club
Street	Trader Todd's
Mon Ami Gabi	



### TroupeTalk

Vol. 13, No. 2, Fall 2004

**Executive Director**  
Janet Rosen Eaton

**Associate Director**  
Caryl Horn

**Editor:** Eileen Fitzsimons  
**Layout:** Barbara Gordon

We welcome your thoughts, contributions and articles. Pertinent addresses and numbers follow.

TroupeTalk, c/o Chenny Troupe  
1700 W Irving Park Road  
Chicago IL 60613  
Phone: 773-404-6467  
Fax: 773-404-6759

E-mail: [info@chennytroupe.org](mailto:info@chennytroupe.org)  
Website: [www.chennytroupe.org](http://www.chennytroupe.org)

TroupeTalk is the official publication of the Chenny Troupe, a not-for-profit organization dedicated to motivating individuals with special challenges through animal-assisted therapy programs using certified therapy dogs. This publication may not be reproduced or copied in whole or in part by any means without the express permission of Chenny Troupe. Chenny Troupe has used its best efforts in collecting and preparing material for inclusion in this newsletter, but cannot warrant that the information contained is complete or accurate. Chenny Troupe does not assume and hereby disclaims, liability to any person for any loss or damage caused by errors or omission.

Copyright © 2004 Chenny Troupe, Inc.  
All rights reserved.

## Alternative Medicine for Your Pet

As humans increasingly turn to alternative medicine, so do their pets. One of the therapies gaining popularity is acupuncture. Needles placed in acupuncture points stimulate nerves, blood vessels, the lymphatic system, and muscles. This effects changes in various systems, which then leads to healing.

Barbara Royal, DVM, of the Family Pet Animal Hospital uses acupuncture to treat a wide variety of conditions on a wide variety of pets.

As you might expect, Dr. Royal sees primarily dogs. About 70% of her acupuncture patients are dogs, but cats do quite well with this therapy, often to the amazement of their owners. Some of the other animals that have shown up for this treatment are not necessarily Chenny Troupe candidates; these include birds; a camel (yes, Jewel at the Brookfield Zoo); hamsters, rabbits — you name it!

It is no surprise that arthritis is among the most common problems. Spinal-disc disease and asthma are also frequent complaints. Next come kidney disease, liver disease, allergies, epilepsy, chronic bowel issues, incontinence, post-op scars, and chronic immune issues. However, Dr. Royal also treats cancer (chemo patients), behavioral problems, fear and anxieties (thunder, phobias), and general geriatric concerns (e.g., hearing or vision loss) to improve the animal's quality of life.

If you schedule acupuncture for your dog, what should you expect? Well, expect to spend about an hour at your first appointment — acupuncture, an Oriental medicine, treats the organism, not the symptoms. So the vet needs a complete, accurate history. Every aspect of your dog's life affects his current condition: past and present medical issues, diet, general history (Did you get him as a pup? Or is he a rescue dog with a history of abuse? Is your dog very active, or just a couch potato?)

An important concept of Oriental medicine is that the symptoms are not necessarily the real problem. Thus, Dr. Royal wants to know everything, even seemingly unrelated symptoms, so she can treat the underlying condition rather than just symptoms. For example, a small dog comes to be treated for seizures. The vet asks probing questions and learns that the dog also has loose stools and is increasingly aggressive. As it turns out, all three symptoms — seizures, diarrhea, and aggression — are liver related. The liver points are worked on, and all three issues are resolved.

And the treatment itself? You'll take your dog anywhere from once a week (particularly in the beginning or for rapid onset issues) to every two to three weeks or once every six months — maybe once a year if you notice your animal is just "off" and needs a "tune-up." The treatment itself — the part with the needles — lasts 8 to 30 minutes; the average is 15 minutes. Once the needles are in, animals (and people!) tend to find it very relaxing.

The whole time, Dr. Royal is checking your dog for bodily changes that tell her what is working and what else she can do to help the animal feel better.

She integrates nutrition (diet is very important; sometimes all you need is a different diet), traditional Western medicine, Oriental medicine, massage and physical therapy, and herbal treatment into her acupuncture practice as needed. She also uses different types of needles — mainly Chinese and Japanese, but also laser — and anywhere from 2 to 24 needles, depending on the patient and symptoms. Laser is used particularly if the needles cause anxiety. Between appointments you would hear from Dr. Royal; she likes to keep in touch with her patients.

One bit of very good news: Insurance companies are starting to pay for acupuncture. If you have pet insurance, check to see if this is covered for your animals.

To learn more about veterinary acupuncture, visit [www.ivas.org/main.cfm](http://www.ivas.org/main.cfm), the Web site of the International Veterinary Acupuncture Society (IVAS).

*Kelly Tremi*



**Chenny Troupers howl for fun during Howl-A-Ween at Galleria Marchetti (and yes, that is Tyson Chandler!).**

# Chenny Troupe Dogs Help Patients at Stone Institute of Psychiatry Reach Their Goals

Chenny Troupe is currently providing the first animal-assisted therapy program at Northwestern Memorial Hospital. After extensive research by Chris Landsman, R.N., the Resource Coordinator for an acute care unit at Stone Institute of Psychiatry, Chenny Troupe was invited to work with the staff to develop a program to work with adults on the unit with various stages of cognitive dysfunction. Close to a year of planning went into the program before the pilot program began in November 2003.

The caregivers screen the patients for participation in the program. The patients who are accepted attend one or more sessions, depending on their length of stay on the unit. Specific, measurable goals are established for each patient by the Stone staff. As in all Chenny Troupe programs, activities are then chosen based on the potential for helping the patients reach their specific therapy goals. For example, a patient with age-related, short-term memory loss might work on stringing together a series of obedience commands. This patient has to recall and issue the commands in a specific order and then gets immediate positive feedback from the dog's response. For a depressed patient, the comfortable setting and the dogs' demeanor can improve mood and increase social interaction. In fact, although patients often enter the room for the session with a

shuffling step, eyes downcast, speaking in a quiet voice, they leave alert and animated after just an hour with the dogs.

John Himmel is the program leader, and he generally works with his dog, Dean and one other experienced Chenny Troupe team. At one session with Mary Ann Alexander and Tag, the group formed two teams. Although both dogs are Labrador retrievers, they have very different "personalities." They put the dogs through a number of competitive activities, such as races and fetching one ball, and then the patients talked about which dog was more like each of them: a "go-getter" or a more retiring type. The patients were involved in serious self-examination, but in the context of the program, it was lighthearted and very productive.

Michelle Schwartz and Prada, a Lhasa Apso-poodle mix, worked with a woman whose major depression had left her isolated and afraid of social interaction. She did not want to leave her room or engage in traditional talk therapy. But when she met Prada, she began to open up. She remembered a beloved pet from her past, Fluffy, and called Prada "Fluffy Prada" for the rest of the session. Prada worked hard to respond to her command. When she left, the patient told Michelle and the unit staff that working with Fluffy Prada made her feel empowered, like she could do anything!



*Dean, ready for work.*

Stone Institute staff is measuring program effectiveness using tools that include a test comparing the degree of depression a patient is experiencing before and after a session, clinical evaluation of cognitive improvement, and patient-satisfaction survey results. We are confident that the results will be very positive!

The staff at Stone is delighted to have a Chenny Troupe program. They have observed changes not only in those patients who participate in the program, but in others who are on the unit. The Wednesday night arrival of the dogs triggers memories for other patients and provides common ground for conversation among the patients and the staff. Chenny Troupe is proud to provide our innovative program to a world-class facility like Northwestern Memorial Hospital, and to help improve the quality of life for its patients.

## Kibbles and Bits...continued from the back page

**years of dedicated service to Chenny Troupe this year.** These three teams work tirelessly at the Rehabilitation Institute of Chicago, and have provided hundreds of hours of assistance to clients recovering from body shattering accidents, injuries, and illnesses. Mary Ann and Lisa Crossett serve on our Board of Directors, and Lisa Wiersma is a co-leader of the program at RIC. Mary Ann and Tag and Lisa and Turner also

volunteer at the Stone Institute of Psychiatry. All three have appeared frequently at special events, at conferences, on radio, and on television on our behalf.

**We also honor Wendi Mancini and Nancy Spokany,** who for the past five years have helped at almost every practice and testing session; have helped to plan and have worked at every fundraising event Chenny Troupe

has sponsored (Wendi co-chaired the benefit in 2000); and have folded, stuffed, and stamped thousands of invitations and newsletters. These five women and their dogs have made remarkable contributions to Chenny Troupe and to our community, and their efforts have helped make the road to recovery a bit faster and easier for the people they have touched.

## Pet Trusts Come to Illinois

My dog Kate is a therapy dog; she'd do anything for me, and I'd do anything for her. Chances are good that if you're reading this newsletter, you have a dog in your life, too. If so, you must feel the same way about your dog. Yet, if you're like me, at least until recently, you may not have reflected on what could happen to your pet if something happened to you. Well, lately I've given this some serious thought.

If you happen to be coupled, your spouse or significant other will be there — maybe. But if you travel together, there are no guarantees. What about family members or friends? A lot can change in the 10 or 12 years your dog may survive you. Other people have lives of their own — babies, buildings that don't take dogs, a new boyfriend with allergies, relocations — or a friend or family member could die or get sick, too. If my dog Kate needs expensive medical treatment, I know what I would do, but a friend or family member might not make the same decision. Plus, I don't want my dog to be a finan-

cial burden on anyone kind enough to take her in. And even providing cash for my dog's care is no guarantee that the money will end up being spent on her. Want to lose a night's sleep? Imagine you're gone, and your dog is now with an abusive owner or caged up in a shelter, waiting to be euthanized, wondering why you abandoned her.

I'm happy to report that providing for your pet in Illinois just got a lot easier. Last January, Illinois joined a growing number of states that recognize "pet trusts." This relatively simple legal device permits you to select one person to be your pet's new guardian and appoint another one or more people to act as trustees to hold and dispense money for your pet, make decisions about your pet's health, and check up from time to time to make sure your pet is well cared for. This creates accountability. You can make your trust instructions as specific as you wish, with fall-back provisions that offer flexibility if circumstances change. A pet trust ensures that the money you set aside for

your dog will be there when it's needed. You may put a relatively small amount in the trust now, when you set it up, and let the bulk of the funds be added after you die, from insurance proceeds or your estate. Pet trusts, unlike the limited legal devices available in the past, are enforceable under Illinois law. This means that your wishes for your pet will be recognized by the court as legally binding.

With this powerful new legal tool in place, now is the time to fulfill this important responsibility to your faithful, but dependent, friend. It may be the greatest gift you ever give your dog. If anything ever happened to Kate, I'd be heart-broken, but my life would go on. If anything ever happened to you, don't you want to know your dog's life will go on, too?

John Vranicar

*John Vranicar and his dog, Kate, volunteer at La Rabida and ICRE. John practices law at the firm of Field & Golan in Chicago.*

## Donations

*Donations in memory of, or in honor of a special pet or person are always welcome and help us continue to provide our programs free of charge. We even have birthday cards for your canine friend's special day!*

### Donations were made to Chenny Troupe:

In honor of Marge Hannigan and "KD," who were the heart of our volunteer team. Good luck in your new life in New Mexico. Anonymous.

In honor of Gayle Schor by Lena Kinzel

In honor of Mary Ann Alexander by Natalie Culley and Mr. and Mrs. George Linder

In honor of Steve Dale by The Illinois Animal Welfare Foundation

In honor of the wedding anniversary of Robin Szarvas and Steve Dale by Andrea Cooper-Finkle and Stuart Finkle

In honor of Katie Demb's birthday by Robin Szarvas

In honor of "Zorro's" (Deogracias) birthday by Dr. and Mrs. William Troyer

In honor of Samantha Helgerson by Mr. and Mrs. Jerome Stemnock

In memory of John Alexander by Mr. and Mrs. George Linder

In memory of Natalie Culley's dog by Mary Ann Alexander

In memory of "Molly" Chevalier by Scott Allen Barber

In memory of "Gillis" Mandel and "Travis" Eggleston by Wendi Mancini

In memory of "Quincy" Papadourakis by Linda and Bruce Gershenzon

**Dr. John Kasmersky and Broadway Animal Hospital** have made contributions to Chenny Troupe in memory of the following pets:

- 🐾 Chin Chin
- 🐾 Keeper
- 🐾 Teddy
- 🐾 Saki
- 🐾 Bishop
- 🐾 Allie
- 🐾 Rocco
- 🐾 Shelby
- 🐾 Rocky
- 🐾 Trudy
- 🐾 Moe

### Kibbles and Bits

Condolences to Jenny Nolan on the loss of her therapy dog "Buster."

**Congratulations to the latest additions to our Chenny Troupe volunteer corps!** We welcome Mary Jane Stein and **Madison**, a gentle three-and-a-half year old Newfoundland who weighs in at 140 pounds (we do have her permission to publish that fact!); Christine Burback and **Sydney**, a charming Australian shepherd/Labrador mix; and Michelle Gray and **Jib**, a delightful Portuguese water dog. Madison and Sydney wasted no time getting to work at the Rice Center, and Jib is joining the group at Schwab Rehabilitation Hospital. The three dogs passed our test on September 18. We also welcome Cora Adams, Victoria Anderson, Elissa Dresden, Robin Fleming, Toni Janzen, Teresa Schlesinger, and Deneen Sherman, new volunteers without dogs.

#### We've been busy around town.

Perhaps you spotted some very clean Chenny Troupers at the Anti-Cruelty Society's Dog Wash on August 14, or maybe you visited our booth at the Bucktown Arts Fest on August 28 and 29. Did you see Turner, a yellow Lab who works at the Rehabilitation Institute of Chicago on television to promote **Take Your Dog to Dinner?**



*Our newest therapy dogs. The dogs pictured here passed the Chenny Troupe Therapy Dog Test on November 6. Welcome to (left to right) Dan Jarvis and Sam, an American bulldog; Victoria Anderson and Nancy, a Lab/huskie mix; Talia Glimmer and Collage, a shepherd mix; and Becky Voelker and Louie, a sheltie. Congratulations! This is the first time an entire group has passed! Good work!*

Were you at PAWS Run for Their Lives on Sunday, October 3, at North Avenue? How about the High Hopes Group at Marionjoy Rehabilitation Hospital on October 12? We'd love to have your help as we continue to visit community events, spreading the word and looking for new volunteers. Call the office and ask for Caryl if you are interested in sharing your time to talk about our work.

**Congratulations** to Andrea and Eli Varol on the birth of their son, **Jacob**, on September 30. Mom, dad, son, and Chenny Troupe dog Cobi, who works at Somerset Place, are all doing well.

**Congratulations to Mary Ann Alexander and Tag, Lisa Crossett and Jersey, and Lisa Wiersma and Turner, whom we honor for five**

*continued on page 4*



**CHENNY TROUPE, INC.**  
1700 W Irving Park Road, Suite 311  
Chicago IL 60613

[www.chennytroupe.org](http://www.chennytroupe.org)

Just in Time for the Holidays

**TAILS IN THE CITY**

One East Delaware Place, Chicago

A Shopping Day to Benefit Chenny Troupe  
Sunday, December 5, 12-5 p.m.

Your Dog Deserves Luxury

Nonprofit Org.  
U.S. Postage  
PAID  
Chicago, Illinois  
Permit No. 6461