Celebrating 30 Years of Service…
Changing the world, one visit at a time.
The impact of the visits you make with your HABIT dog or cat each week is what has helped HABIT continue to grow for 30 years. Whether you are visiting a classroom, a hospital, a care facility, the courtroom, or other various facilities, you and your HABIT furry friend are making a difference in the lives of people in need. And now as tragedy has hit close to home, HABIT is proud to partner with the Red Cross to support the people in the Great Smokey Mountain area. Our volunteers are there to provide the support and warmth that the human-animal bond creates.

Thank you for all that you do and celebrate this holiday season with your pets knowing that together you do great work for our community!

vetmed.tennessee.edu/outreach

Volunteer Celebrations…with your animals!
HABIT and Pet Safe hosted a volunteer appreciation at the Pet Safe Village Dog Park, Thursday October 6. We had a beautiful afternoon and a great turnout from our HABIT volunteers. There were over 60 volunteers in attendance with their dogs who were all on fabulous behavior, in spite of the sandwiches that were in easy reach for some.

As the dogs played and checked each other out, HABIT volunteers had the opportunity to meet and chat about their work and their pets, while enjoying some light refreshments. We were very excited to offer some free gifts donated by Pet Safe as well as door prizes from Pet Safe and embroidered items donated by HABIT Special Events Coordinator and Schools Chair, Patti Frost.
We also debuted our new appreciation gift to volunteers, the HABIT leash. We intend for all active HABIT teams to receive a leash and will be working to accomplish this over the coming months.

Thanks very much to our student volunteers who helped us to set up and break down the event, even though they were on Fall Break. Also, a big thank you to our faculty advisor Zenny Ng for organizing the event. It was such a success that we held a similar event in the Chattanooga area in November, and are planning another spring Knoxville event. It was great to see so many HABIT friends and we look forward to doing it again soon!

**Volunteer Celebrations...adults only!**

The 30th year Celebration continued during the month of October with a volunteer gathering at Barley’s Taproom and Pizzeria. Volunteers joined together for a relaxed evening of all the pizza that they could eat, but most importantly they were able to join together with other volunteers. HABIT volunteers do not often get the chance to meet together without dogs and just talk about the work that they do as a HABIT team.

Stories were shared about the responses that the teams got from the students in classrooms, or any clients that they visited. Teachers talked about the best way to use the team, but the one thing that everyone seemed to be sharing was laughter. While it was
great to hear about the difference that the HABIT program makes in the lives of those that we visit, it was equally great to hear about the difference that being a HABIT volunteer has made in the lives of the human.

HABIT has always been proud of the work that our volunteers do, and it was a joy spending time together.

HABIT plans to continue hosting these types of events in the spring of 2017. Be on the lookout for dates to join in on the fun!

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**SPOTLIGHT TEAM...**  
**A Special Connection!**

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Pat Green is a social worker and bereavement counselor at Tennova Residential Hospice and has been a volunteer with HABIT for 28 years. Pat’s Goldendoodle, Harry, joins her one-day a week at work and has a unique and special connection with many of the patients at the facility.

Harry is a cancer survivor that had spindle cell sarcoma earlier this year, and after four rounds of chemo, Harry is recovering well. Harry’s story helps patients and their families have hope as they are coping with illness and difficulties in their lives. His experience connects with patients, and his gentle spirit provides a calm for those facing major life challenges.

In speaking with Pat, she talks openly about how “Harry helps me do my job!” Harry’s presence at the facility opens the door for Pat with the patients, especially those that are more reserved and not as open to sharing their concerns. Harry is shy and quiet, and is the perfect fit to bring smiles to those he encounters.

We thank Pat and Harry for their amazing work in this challenging environment and for their wonderful service in the community!
Scientific research has shown that therapy dogs in hospital settings can have a calming effect, ease stress and provide reassurance to patients young and old, and to their families as well,” said HABRI Executive Director Steven Feldman. “HABRI’s grant to the University of Tennessee will help advance the science on the benefits of companion animals in hospital settings. The more we can demonstrate the positive role pets can play in human health, the more people can benefit from the healing power of the human-animal bond.”

The HABRI Foundation maintains the world’s largest online library of human-animal bond research and information; funds innovative research projects to scientifically document the health benefits of companion animals; and informs the public about human-animal bond research and the beneficial role of companion animals in society. For more information about the HABRI Foundation, visit http://www.habri.org

HABIT NEWS...
A Research Grant!
The Human Animal Bond Research Initiative (HABRI) announced today it has awarded a $79,000 grant to the University of Tennessee College of Veterinary Medicine for a new study, The Effect of Animal-Assisted Intervention on Preoperative Anxiety and Dose of Sedation in Children. This study will examine the effect of animal-assisted intervention (AAI) on children’s anxiety levels and sedation medication dosages prior to surgery. The goal of this study is to determine if interaction with a therapy dog 20 minutes prior to surgery has a significant effect on reducing a child’s anxiety levels and, in turn, lowering the dose of medication necessary for sedation,” said the study’s principal investigator, Zenithson Y. Ng, DVM, MS, College of Veterinary Medicine at of Tennessee. “The results of this study may be further used to justify and advocate for AAI in various medical situations and open doors for additional research on measurable medical outcomes associated with AAI.”

The three-year, cross-over-designed study on behalf of the veterinary college’s Department of Small Animal Clinical Sciences and Biomedical and Diagnostics Sciences will examine 72 children between the ages of 2 and 17 and randomly determine whether the child receives a therapy dog or an iPad tablet 20 minutes before sedation. Dr. Ng and co-investigators Julia Albright, DVM, MA and Marcy Souza, DVM, MPH, will then evaluate heart rate, blood pressure and medicine levels for sedation and compare the amounts of each group. It is expected that children provided with a therapy dog prior to surgery will have significantly lower preoperative anxiety and will require a decreased amount of medication for sedation compared to children who do not interact with a therapy dog."

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One of 30 veterinary colleges in the United States, the UT College of Veterinary Medicine educates students in the art and science of veterinary medicine and related biomedical sciences, promotes scientific research and enhances human and animal well-being. Through its mission of research, teaching and service, the University of Tennessee Institute of Agriculture (UTIA) touches lives and provides Real. Life. Solutions. ag.tennessee.edu

Being Safe When Meeting Furry Friends!
HABIT volunteers should follow important dog safety practices when they and their dogs are engaged in public visits. One very important and frequently misunderstood safety practice is proper management of dog-dog interaction. Owners are responsible for having their dogs under control at all times. This also means that they are responsible to respect other dog owners’ ability to manage their own dogs.

Let's do a quick fact check.
Does the following viewpoint reflect good dog safety practice? Yes or No?
“My dog is friendly so I always let him approach dogs we meet because he just wants to say hello and play.” No. This is a potentially dangerous practice.

Why? It is a point of view that is, at a minimum, inconsiderate of the other dog and person. But of much greater concern is the risk of a traumatizing experience for one or both of the dogs that could potentially affect their ability to do therapy work in the future.

- **HABIT volunteers should always ask permission of the other dog’s owner before allowing their dogs to approach and greet someone else’s dog.** Keep in mind that the other owner may be struggling with behavior issues that you know nothing about. If you ask, and the other owner hesitates or says “No”, you must respect that answer and maintain control of your dog.
- Dogs that impulsively rush toward another dog in public are not under their owner’s control.
- HABIT dogs are evaluated on their ability to relate positively to humans and to be indifferent or tolerant in the presence of another dog. Dogs are kept a reasonable distance apart.
- Dogs generally do not enjoy having their space invaded without their permission.
- Dogs are unique individuals. Some personalities clash. Owners rarely read the signs of imminent aggression correctly, and react only after the damage is already done.
- Keep your dog close to you when out in public. Never allow him to wander to the end of his leash while you are distracted. Pay attention to your dog – he is your responsibility and you are his advocate and protector. Never ever use a retractable leash.
- **ALWAYS ASK THE OWNER’S PERMISSION** before allowing him to greet another dog. “NO” is a perfectly acceptable answer and no explanation is needed.
- All dogs should learn how to accept the presence of other dogs without interacting with them. Owners are responsible to teach good manners to their dogs.
Remembering Your Service...

As a HABIT team, we mourn the loss of these animal volunteers and celebrate the great work they did in our community.

Deaths 2016  
Andie       Beth Jernigan  
Baxter      Vicki Kimball  
Chrissy     Jean Clemmons  
Daisy       Megan Desai  
Jazz        Janet King  
Jock        Karen Scott  
Katie       Sharon Koester  
Koby        Nikola White  
Macaroni    Linda Gilpin  
McDuffy     Linda Goodwin  
Rosie       Dave Patterson  
Star        Julie Nixon  
Tiberius    Beth Finamore-Neff  
Trinity     Gail Clift  
Snowy Bear  Donna Drelich

Honoring our faithful friends who have retired from HABIT…you are missed!

Retired 2016  
Annie       Lisa Mynatt  
Bailey      Sue Boyle  
Bella       Sayge Smith
<table>
<thead>
<tr>
<th>Name</th>
<th>First Name</th>
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<tbody>
<tr>
<td>Caesar</td>
<td>Erin Bell</td>
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<tr>
<td>Cloie Joie</td>
<td>Susan Burleson</td>
</tr>
<tr>
<td>Daisy</td>
<td>Nikole White</td>
</tr>
<tr>
<td>Daisy</td>
<td>Maria DeAngelo</td>
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<tr>
<td>May</td>
<td>Janie Perona</td>
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<tr>
<td>Pearl</td>
<td>Jean Clemmons</td>
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<td>Ricky Bobby</td>
<td>Whitney Newman</td>
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<td>Riley</td>
<td>Ashley Carter</td>
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<td>Roscoe</td>
<td>Chris Cohn</td>
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<td>Rufus</td>
<td>Deanne Topping</td>
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<tr>
<td>Sadie</td>
<td>Loretta Van Horn</td>
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<tr>
<td>Saydee</td>
<td>Sonia Hahn-Patrick</td>
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<tr>
<td>Snowball</td>
<td>Anne Hensley</td>
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<td>Snowy Bear</td>
<td>Donna Drelich</td>
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<tr>
<td>Stewie</td>
<td>Cindy O’Brien</td>
</tr>
<tr>
<td>Wally</td>
<td>Julie Caldwell</td>
</tr>
<tr>
<td>Winnie</td>
<td>Sonia Hahn-Patrick</td>
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**EVENTS...**

**HABIT Office Closed:** December 23, 2016 - January 3, 2017

**Barbeque and Bidding Event** to support HABIT while having a great time:

Knoxville Museum of Art, March 28, 2017 from 5pm - 7pm.

The fundraising committee is busy planning this event, which is the largest fundraiser for HABIT. We need your help to gain sponsors and donation items for our silent auction.

Please contact Kim Schumpert for details. kimschumpert@gmail.com
FINAL THOUGHTS...

REMEMBER: Please ensure that your visits are being recorded and submitted to the HABIT office, so that we have accurate records of the great work you and your pet are doing!

YOUR SUPPORT: We appreciate all that you do to support HABIT with your time. If you want to provide additional support to our growth, you can donate online directly to HABIT by visiting tiny.utk.edu/CVMGIVE, choose HABIT (Human-Animal Bond in Tennessee) under the Public Health and Outreach section.

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