



Mission Statement: A non-profit organization devoted to improving the quality of life for Veterans and non-veterans, through training service and hearing dogs.

News

PRINTS

Vol. XVIII / Issue 2 / November, 2019



what is
PTSD?

(Top clockwise)
Michelle Dale with the Purple Heart Cane she received in honor of her son, Spc. Dale J. Kridlo, USA; DFL's service pup in training Jasper; Eleanor Bengyak and Rufus prepare to play Bridge February 24th, 2020; and S. James Shafer, M.D. with his dog Remington.

MENTAL HEALTH	4	S. James Shafer, M.D. discusses Post Traumatic Stress Disorder
VETERANS	10	WALK-A-THON Held For Military Suicide Awareness
SPONSORSHIP	12	Legacy Ladies Golf Tournament Sponsors New Service Dog Puppies
ORGANIZATIONS	17	PTSD Support Group Meetings At Dogs For Life

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Contents

NEWSPRINTS

Vol. XVIII / Issue 2 / 2019

What's New?

On August 14, 2019 Dogs For Life, in partnership with the Mental Health Collaborative of Indian River County, with Brett A. Hall, hosted a panel of Veteran Mental Health professionals at Dogs For Life on the topic of "What Is Post Traumatic Stress Disorder?" As a result of this event Next Generation Veterans of Indian River County and Dogs For Life are now hosting PTSD support group meetings.

Pages & Sections

4

Post Traumatic Stress Disorder. *What is PTSD and what can we do to help?*

8

Then & Now. *A Vietnam Era veteran sharing his PTSD story in an attempt to help others*

10

Veterans. *American Gold Star Mothers of Indian River County hold Walk-A-Thon for Military Suicide Awareness*

12

Sponsorship. *Who they are and the special things they do*
Howl-O-Ween. *Not a washout although Mother Nature tried*



(Left) Michelle Dale holding service pup in training St. Cloud.



(Right) 2019 Howl-O-Ween Pawrade participants JoAnn and Earl Tindol with Arrow having a roaring great time.

From *the* President

Dear Teams and Friends,

There are veterans living in our midst whose stories amaze us, whose dedication and loyalty to our country is absolute.

“Be at the forefront to help these brave men and women who have given so much to protect all of us.”

They have faced more than can be imagined, have overcome more than should be possible.



(Left) President Katbi G. Schumann

Look at their hands, calloused from never giving up, no matter how tired they were. Look at the soles of their boots, completely worn from taking the next step in front of them no matter how treacherous it was.

Be at the forefront to help these brave men and women who have given so much to protect all of us. Your support helps make our Veterans Training Veterans program possible.

Be the good that makes a difference in a hurting soldier's life and their dog's by donating to Dogs For Life's Annual Appeal coming in December 2019. ▣

Founder and CEO

As the world changes, Dogs For Life will also change as we strive to address the needs of our disabled clients. What started off as a local grassroots non-profit predominantly training service dogs for the hearing impaired has now expanded to include service dogs trained for mobility work as well as dogs trained to assist those suffering the effects of Post Traumatic Stress.

Since our founding in 2002, Dogs For Life has always tried to stay current with how we train our service dogs and what we train them for. We took a huge leap forward in 2010 when we proudly became one of only five agencies in Florida accredited by Assistance Dogs International, the gold standard for

assistance dogs. Our ADI accreditation now allowed our disabled veteran clients to receive additional benefits from the Veterans Administration.

In the Post 9/11 era, over 20% of our young men and women sent off to war, return suffering from the effects of Post Traumatic Stress, often times in combination with mobility and hearing impairments. Of that 20% suffering from Post Traumatic Stress, one fifth of them will be impacted to the extent that they can no longer function within society at large. Sadly, those poor men and women, withdraw from life, isolate themselves, self medicate, and in far too many cases commit suicide.

This year, Dogs For Life is doing everything within its power to learn more about Post Traumatic Stress and do more to help those suffering the effects of PTSD. ▣

(Right) Founder & CEO Shelly Ferger
Savannab and Jasper

“Of that 20% suffering from Post Traumatic Stress, one fifth of them will be impacted to the extent that they can no longer function within society at large.”



Mental Health

*S. James Shafer, M.D.
Medical Director, Mind and Body of Vero, Private Practice and Research,
Vero Beach Neurology and Research Institute*

PTSD

Post Traumatic Stress Disorder

Post-Traumatic Stress Disorder (PTSD), at one time known as shell shock or battle fatigue syndrome, affects about 3.6% of adult Americans – about 5.2 million people – and about 7.8 million Americans will experience PTSD at some point in their lives. PTSD can develop at any age and women are more likely to develop PTSD over men. However, PTSD was first brought to the attention of the medical community by war veterans.

It is a serious medical condition that can develop after a person has experienced or witnessed a traumatic or terrifying event in which serious physical harm occurred or was threatened. Most people who experience a traumatic event will have reactions that may include shock, anger, nervousness, fear and guilt. These are common reactions and, in most individuals will dissipate over time.

However, for a person with PTSD, these feelings continue and commonly become so intense these individuals cannot lead a normal personal, professional or social life. PTSD symptoms may not begin for years after the initiating event.

It is estimated that up to 30% of the 2.5 million WWII Veterans suffered PTSD at some time and that 5% (125,000) suffered permanent symptomatology. PTSD affects about 30% of Vietnam Veterans, 10% of Desert Storm, 20% that fought in Iraq and 11% in Afghanistan.

At year end 2008 there were approximately 24,145 WWII, 12,381 Korean, 229,682 Vietnam and 55,000 Iraq/Afghanistan veterans receiving VA PTSD compensation.

PTSD symptoms are commonly grouped into four groups.

Increased Arousal. The person typically is either continuously or episodically on a “fight or flight” response. Easily agitated, nervous, and over-emotional with insomnia are common symptoms. This can lead to physical symptoms of high blood pressure, pain and GI symptoms.

Avoiding. Isolation and detachment begin to occur as the individual avoids personal and social contact in order to avoid stimuli that trigger the traumatic event.

Reliving Flashbacks. Hallucinations and nightmares are common symptoms that bring the person back through the ordeal that they are fighting to forget. People with PTSD relive the ordeal through the thoughts and memories of the trauma.

Negative cognitions and mood. These are thoughts and feelings related to blame, estrangement and memories of the traumatic event.

The goal of PTSD treatment is to reduce the emotional and physical symptoms, to improve daily functioning, and to help the person better cope with the event that triggered the disorder.

Treatment may include Psychotherapy,

medication or both. Psychotherapy may include Cognitive Behavior Therapy, Prolonged Exposure Therapy, Psychodynamic Therapy, Family Therapy, Group Therapy and EMDR (Eye Movement Desensitization and Reprocessing Therapy). Medications include SSRI's, Atypical Neuroleptic, Anti-Seizure and Anti-Anxiety medications.

While there is long-standing clinical evidence

that the above therapies can be helpful as adjunctive therapy in treating and in some cases curative of PTSD, there is a growing body of evidence that dogs may be just as effective without the untoward side effects commonly experienced by taking prescribed medication.

Dogs may be helpful in the following ways. In the battlefield a soldier always has a buddy keeping an eye on the situation especially in the dark of night. They come to rely on this person. A person that suffers from PTSD may feel threatened if surprised or awoken from a nightmare triggered by a traumatic event. A dog next to them that remains calm and quiet in the presence of the persons fear gives confidence and solace that there indeed is no threat. Dogs are vigilant and become a trusted buddy.

In this same vein, dogs are highly protective. In this way, their 4-legged buddy, "has their back." Coming back from the military most soldiers are used to giving or taking orders. While many domestic relationships do not function under these auspices further stressing the soldier with PTSD, dogs thrive on authoritative relationships. Skill sets learned in the military differ on many levels than in the civilian world. A veteran suffering with PTSD experiencing this environment change may feel isolated and not accepted in many situations. A dog for the most part will love unconditionally and is trustworthy, lending to a deeply trusting relationship. In learning to trust, the PTSD sufferer can begin to incorporate themselves more wholly into life. ■

(Left) S. James Shafer, M.D., with Remington in his Vero Beach office.



MENTAL

Thomas R. Metzinger, LCSW, CCHt
Therapist/Owner Progressive Mind Center, PLLC

I am a dedicated clinical social worker and hypnotherapist who endeavors to best utilize my skills in the areas of counseling and teaching in order to help our community grow in a positive direction. My Areas of expertise include:



I opened my private practice just over a year ago with the goal of helping our community heal from mental and emotional hopelessness on a longer-term basis.

Hypnotherapy, Cognitive Behavioral Therapy, Crisis Intervention, Trauma/ PTSD, Addictions, and Family Therapy. The past 15 years of my career as a therapist were spent in crisis management where-in I had to intervene with those who were experiencing one of their top ten worst days of their lives. This was a rewarding experience, but the interventions/relationships with patients were brief and I wanted to do more. This desire encouraged me to transition into

opening an outpatient practice.

I opened my private practice just over a year ago with the goal of helping our community heal from mental and emotional hopelessness on a longer-term basis. Starting a practice enabled me to become even more involved in the community by assessing needs and educating on mental illness. Opening a private practice has been a dream of mine and I quickly discovered all the opportunities for which to become involved with helping the community. This led to many community-based education venues most notably a Post Traumatic Stress Disorder panel at Dogs For Life, Inc. in Vero Beach, FL. The PTSD panel was an enormous success that opened the door for continued work within the Dogs For Life, Inc. organization. The mission of Dogs For Life is aligned with my mission of not only helping our community, but also helping other veterans. As a Marine Corps veteran, I always seek for ways to improve the lives of other veterans through counseling and acts of service. Dogs For Life enables

me to positively affect the lives of our community veterans. I am officially part of the Dogs For Life team where I help to provide mental health assessments, team building, and education. I have also helped create, structure, and run a PTSD veteran peer support group on the 1st and 3rd Mondays of every month at 7pm with collaboration from the Next Generation Veterans Group and the Veterans Council of Indian River County. The team at Dogs For Life is a powerhouse and I wish to add the most value that I can. My clinical expertise in working with trauma and PTSD allows for me to be an asset to the team through ongoing education and assessments. Having a therapist attached to the Dogs For Life organization positions them as a leader in the field of service dog training and improves the implementation of quality programs and services to our community. Please feel free to contact me for more information on mental health and for resources in our community that can help those in need. ■

HEALTH

Brett A. Hall, LCSW, MBA

Executive Director, the Mental Health Collaborative of Indian River County

The symptoms of mental illness affect 1 in 5 people in the United

States every year. 1 in 4 people will have symptoms of mental illness in their lifetime and 1 in 3 will experience the negative effects of a substance use disorder. If this is so prevalent, why is the average time between symptom identification and treatment 10 YEARS?

The stigma surrounding mental health issues is caused by many factors but the most significant is a lack of knowledge and understanding around mental health topics. Hence, the most significant intervention to reduce stigma is education.

Mental Health First Aid (MHFA) is an international, evidence-based program designed to educate people about mental health and give them tangible skills to make them more comfortable when talking with others, both in general and during times of crisis. More than 25 developed countries have licensed this program. Over 2.0 million people have been trained to-date in the United States. In Florida, The Marjorie Stoneman

Douglas Act mandated that all school personnel from bus driver to superintendent be trained in the next 5 years. To date, there have been 79 published scholarly research papers studying the short and long-term effects of MHFA training.

The Mental Health Collaborative is now offering MHFA training in our community. In September, we were fortunate enough to have several members of the Dogs for Life, Veterans Council and the Next Generation Veterans group in our classes. Together we learned how to identify signs and symptoms of mental health and substance use disorders, how to assess for risk of harm, listen non-judgmentally, give reassurance and information and encourage both professional, self-help and other support strategies.

Since this training, I have heard from two members of our classes about how they used the skills they learned in MHFA.

“First, thank you for inviting me to the Mental Health First Aid training class. I have the acronym ALGEE stuck in my head and did not think that I would so soon put this to use.

It really helped a friend of mine needing help. Thank you again for this class. It proved to be helpful! ALGEE!!!”

Education around mental health topics is certainly the first step in helping reduce the stigma of mental health in our community.

In September, we were fortunate enough to have several members of the Dogs for Life, Veterans Council and the Next Generation Veterans group in our classes.



The Mental Health Collaborative, in conjunction with dozens of other community partners, has recently launched the “StigmaFreeIRC!” campaign. MHFA and StigmaFreeIRC! will be instrumental in educating our community at large and eliminating the stigma surrounding mental health. ■

Anyone interested in learning more about Mental Health First Aid or attending a training class, contact Brett Hall (772) 217-3663 or brett.hall@mhcollaborative.net

Interview: Bill Moruzzi

Bill is a Vietnam Era Army veteran who served as a Forward Observer during the late 1960's. We are grateful that Bill is willing to share his PTSD story and hope that it inspires others to seek help.

As early as 1975, Bill said he “knew something was wrong”. He described his symptoms as an inability to sleep, nightmares, flashbacks to Vietnam, survivors’ guilt, and anxiety, along with an argumentative nature. Bill went to the VA hospital for help.

Unfortunately, although we now know that Bill’s symptoms are indicative of someone suffering the effects of PTSD, at that time, knowledge of how PTSD affected our veterans wasn’t very advanced and they were unable to help Bill.

Fast Forward to 2011, 36 years later, Bill was still suffering from the same symptoms. A friend encouraged Bill to once again try the VA. This time they identified his symptoms as those of PTSD. With a broad diagnosis of depression and anxiety related



(Above) Bill & Remi

to PTSD, Bill finally had a name for how he felt.

Bill said he and his wife knew about Dogs for Life and that they trained service dogs for veterans with disabilities including PTSD. So, in 2018 Bill applied and became a client of DFL. Bill and his beautiful Doberman Remington trained hard for a year and were certified by DFL as an Assistance Dogs International Service Dog Team in April 2019.

Remington, Bill’s service dog, is truly a jack-of-all-trades. Because Bill, like many of our veterans has more than one disability, Remi is trained to do both mobility and PTSD related tasks for Bill.

Bill said that having a trained service dog has made a big difference in his life. He knows that when he starts to feel depressed, Remington will be there to break the negative thoughts. And when he has difficulty standing, Remi will be there to brace and support him.

“I would recommend any veteran who has problems and needs a service dog to contact Dogs For Life.” □

DFL Representatives Attend 2019 Assistance Dogs International Conference

DFL Trainers Cassie Ford and Harriet McCarthy, as well as DFL Board Directors Mark Poziomek with Ranger and Perry Martin with Sassy, attended the Assistance Dogs International conference hosted in Indianapolis, Indiana in September.

Assistance Dogs International (ADI) is the leading authority in the Assistance Dog industry and the accrediting organization of non-profit service dog training programs. ADI has set high standards to promote excellence in assistance dog training and partnership.

A major reason Dogs For Life likes to attend conferences and seminars is to network with like-minded people and other organizations within the service dog industry. 20 countries from 5 continents are represented within ADI and each brings

something different to the table, but we all share a common discipline. We all have a strong desire to improve the quality of life for individuals with disabilities by using service dogs.

Many of this year's conference seminars were focused on Post Traumatic Stress Disorders (PTSD). Speakers from ADI accredited organizations covered topics related to PTSD from determining the readiness of clients to partner with a PTSD dog to supporting these placements long-term.

A support system is huge for people living with PTSD. Programs are finding new ways to better involve family members in the transition to having a service dog. Dogs For Life has recognized this need and is now offering weekly PTSD support groups for veterans and non-veterans, as well as family support groups. □

Tips from the trainer: **DEEP PRESSURE TASK**

Cassie Ford, DFL Lead Trainer

Countless studies show that dogs relieve our stresses, bring comfort, offer empathy, promote socialization, and provide us with a sense of purpose.

A Post Traumatic Stress Disorder (PTSD) service dog must be trained tasks to be performed on command or cue that mitigate PTSD symptoms. It's not enough to just have a dog be present- the majority of humans benefit emotionally from just being near a dog. Many research studies have been done to prove that dogs decrease loneliness and depression in humans.

An example of a legitimate task is a dog applying Deep Pressure Therapy (DPT) to his handler's lap or chest to break his handler out of an anxiety attack. This task is taught with positive

reinforcement and good acting.

We often teach our dogs not to jump on people from a very young age to prevent them from scratching someone or knocking people down. The first step of this Deep Pressure task is to let the dog know he's allowed to get on his handler's lap when cued. This is done by the handler holding a treat by her chest and asking the dog to jump "up" to get that treat.

The handler should begin by sitting in a chair without arms or other obstructions and the dog should be positioned at the side of the handler in a sit or stand. Once the dog will jump up on the handler's lap, we follow these steps to make it a true task that will mitigate PTSD symptoms:

- 1.** Handler encourages dog to jump up on lap by luring with a treat. Dog gets off handler when released.
- 2.** Keep dog on lap for a longer period by using more treats and praise.
- 3.** Add in licking the handler's face if pressure alone is not enough to relieve anxiety attack.
- 4.** Make sure dog is willing to perform task in chair, on bed, on recliner, on floor, etc.
- 5.** With the handler lying down, dog can put full body against handler's legs and chest.
- 6.** Take longer times to reward dog to make sure he will be persistent until he receives the desired response from handler (i.e. "thank you", "good boy", etc).
- 7.** Take this task one step further: Handler simulates anxiety attack as cue for dog to perform deep pressure versus a verbal command.

Research has shown that many people who experience anxiety attacks report that the pressure of a medium or large sized dog provides a considerable calming effect. Using DPT can shorten an attack and often allows for a quicker recovery.

Michelle Dale

President, American Gold Star Mothers of Indian River County

For Military Suicide Awareness

Walk-A-Thon



“There are 22 military/veteran suicides a day; one every 66 minutes. As a Gold Star Mother, I cannot fathom the unacceptable crisis and begin to help military and veterans in our county find the help they need.”

November is the month we honor our veterans for their bravery and dedication to their service to our country.

They have fought and many have died during this period. Many come home to the loving arms of their families and friends, but struggle with memories of the deployment and are troubled with PTSD. Many don't want to go to the VA for help or have sought treatment at the VA but find it difficult getting appointments or the help they need. Many find it difficult to talk with civilians about their PTSD but will open up to fellow veterans. Many succumb to their struggles and commit suicide.

There are 22 military/veteran suicides a day. That is one every 66 minutes. As a Gold Star Mother, I cannot fathom the shock and pain a mom feels to have her baby (yes, no matter their age, they are our babies) return home after deployment, have the opportunity

to hug them and be with them again, but see them struggle and then commit suicide. God bless them and their loved ones.

Our AGSM, Inc. Indian River County chapter has taken on the national crisis of bringing awareness of these startling statistics to our county. I have walked at the National American Gold Star Mother, Inc. Walk-A-Thon for Military Suicide Awareness in Washington, DC where I met many strong women who have lost their loved ones to suicide. Walking with other mothers who bear the same pain made them stronger and helped them begin to move forward. Our Indian River County chapter of Gold Star Mothers want to help in any way we can to help bring awareness of this crisis to our county and begin to do what we can to save the lives of our beloved military and veterans.

Our 1st Annual Walk-A-Thon for Military Suicide Awareness was held at the Walking Tree Brewery in Vero Beach on November 16th. This will help military and veterans in our



(Above) National American Gold Star Mothers, Inc. at the Vietnam Memorial Wall in Washington, DC, September 28, 2019.

county find the help they need. We completed 2.2-kilometer repeating laps representing the 22 military/veterans who commit suicide every day. The Walk-A-Thon ended at noon with closing ceremonies.

I made a statement at the beginning of this article which read that there are 22 military/veteran suicides a day; one every 66 minutes. Considering the allotted time for our Walk-A-Thon, nationwide there will be 3 suicides during the scheduled time of our walk. Amen.

The proceeds from our Indian River County Walk-A-Thon for Military Suicide Awareness will benefit the Mental Health Association of Indian River

County to help begin to develop a program providing the care our military/veterans need throughout the day and night in our county; to Dogs For Life for the purchase of puppies to be trained for PTSD; and the Next Generation Veterans of Indian River County PTSD Group. Dogs For Life and the Next Generation Veterans PTSD Group have already begun to combat PTSD by working together providing support group meetings available for veterans only on the first and third Monday of each month at 7pm and on Saturday at 11am for both veterans and non-veterans. All meetings currently take place at Dogs For Life's training center. □

“I have walked at the National American Gold Star Mother, Inc. Walk-A-Thon for Military Suicide Awareness in Washington, DC where I met many strong women who have lost their loves ones to suicide. Walking with other mothers who bear the same pain made them stronger and helped them begin to move forward.”

LEGACY GOLF TOURNAMENT

FORE!!! Every year The Legacy Ladies Golf Association (LLGA) runs a Celebrate America Golf Tournament. It is held at The Legacy Golf and Tennis Club in Port St. Lucie to benefit a



(Above) LLGA Committee members Nancy Lewis, Gail Murphy, Marianne Greisofe, Lynda Richards, Rita Turner with Savannah and Michael Stewart with Good Girl.

LLGA Selection Committee to explain how having a trained service dog has positively impacted their lives.

When asked why the LLGA devoted so much time and energy to helping non-profits each year, Rita Turner, Chairwoman of the LLGA Charity Tournament, modestly said that “the LLGA members hold their golf tournament each year to raise money for a veteran related organization because of the sacrifices those veterans have made for our country.”

First, Board President Kathi G. Schumann, CEO Shelly Ferger and Service Dog Team Michael Stewart with Good Girl had lunch with the LLGA Committee that introduced us to their beautiful golf course.

Then, Shelly and Michael with Good Girl returned to speak to the 2019 charity selection and to allow the members to hear

firsthand how a trained service dog positively impacts the lives of their disabled owners.

This was followed on November 2nd with a meet and greet at the Legacy Golf Club driving range and clubhouse where all Legacy Golf Club members could personally meet four of our DFL service dog teams and ask questions.

Thanks to the generosity of The LLGA and other Legacy Golf Club members, even before the Golf Tournament took place on November 13, Dogs For Life received individual donations to purchase SIX new service puppies.

The LLGA golf tournament was held on November 13th and once again our volunteer Service Dog teams were there to meet the Legacy golfers and thank them for their generous donations to forward our mission to train service dogs for the disabled veteran community. □

worthy organization that supports military veterans. Because of our mission to train service dogs for the disabled veteran community, the LLGA Selection Committee picked Dogs For Life as their 2019 recipient.

Prior to being selected as their 2019 recipient, DFL Representatives and six DFL Service Dog teams met with the

*Eleanor Bengyak
and her Service Dog
Rufus
Invite You To...*

**SAVE THE
DATE!**

Monday, February 24th, 2020 11:00 a.m.

Dogs For Life's Bridge Tournament

Bid, Play... Veterans Win!

*Come help raise funds to train Service Dogs in 2020!
Eleanor Bengyak - Tournament Chair
Kathi G. Schumann - Silent Auction Chair*





(Above) L to R: Richie Keller and GiGi, Jonathan Hardie, Barbara Gormas and Lola, Shelly Ferger, Founder – Dogs for Life, Tatiana & Will Dyer, Vanessa Bartoszewicz, Michael Stewart and Good Girl.

Since 2008, Dyer Chevrolet selects one non-profit organization in Indian River County each month to receive a \$3,000 Dyer Difference award. For the Dyer family the award is all about helping to make a positive difference in the community. For the recipients, it's an acknowledgement of their tireless efforts to do the same and a much-needed financial boost to help further their missions.

We're pleased to say that Dogs For Life was the grateful recipient of the \$3000 July 2019 Dyer Difference Award for Indian River County. This qualified Dyer as a Best In Show Sponsor for DFL's 18th Annual Howl-O-Ween Pawrade & Pet Expo held on October 19, 2019. □

(Below) On April 1, 2019, Dogs For Life (DFL) received a generous grant of \$25,000 from the Indian River Community Foundation (IRCF). This grant was awarded from the Community Enrichment Fund 2018-2019 to help fund DFL's Veterans Training Veterans Program. **(L to R)** DFL Assistant Trainer Harriet McCarthy with Rufus, Dogs For Life Founder and CEO Shelly Ferger with Bentley, Indian River County Community Foundation CEO Jeff Pickering, Mark Poziomek with Ranger, and Judi Ricard with Fitz.



(Below) On October 7, 2019, Dogs For Life Founder and CEO Shelly Ferger, along with Service Dogs in Training (Golden Retriever Honey Bun) and (Labrador Retriever Savannah) accepted a Veteran Dog Sponsorship Donation from the ELKS Lodge #2823, West St. Lucie.

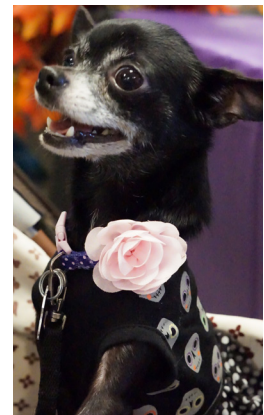
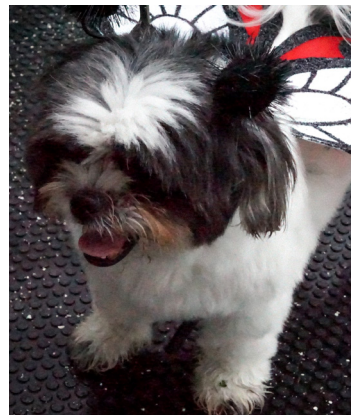


Sponsorship

2019



Although Mother nature didn't cooperate this year (it rained cats and DOGS!!!), our dedicated pack of sponsors, vendors, volunteers, service dog teams, and dog lovers, braved the weather and buddled up inside the Dogs For Life Training Center to celebrate the joy of everything canine.



18th Annual Howl-O-Ween Pawrade and Pet Expo



Prinz Schumann, Event Underwriter

PAWRADE SPONSORS

\$5,000+



DALE SORENSEN
REAL ESTATE INC.
THE RIGHT MOVE™

BEST IN SHOW
\$2,500+



SPECIAL THANK YOU

- DFL Volunteers
- Hobo Jim
- Indian River County Sheriff's Office
K-9 Unit
- Indian River County Sheriff's Office
Color Guard
- Next Generation Veterans
of Indian River County
- Quilts of Valor
- Vero Beach High School ROTC
- United Way Day of Caring

GOOD DOG
\$150+

- American Gold Star Mothers
Indian River County Chapter
- Golf Carts of Vero Beach
- South Paw Canine
Massage & Wellness

PUPPY DOG
\$100+

- Adams Fence 2 LLC
- Cypress Trust Company
- Elinor Clinton
- Grooming Tales Salon
- Hair Cuttery
- Paddles By The Sea
- Vero Beach
Canine Country Club
- Vero Beach
Veterinary Hospital
- Veterans Council of
Indian River County

BUSINESS
\$50+

- Chive
- Frank's Hang-up
- Green Marlin
- Image 360
- Vietnam Veterans of America

TOP DOG
\$1,000+



BIG DOG
\$500+



Sponsorship

Puppies, Puppies & Puppies

Contact us to volunteer for DFL's Foster Dog Program



(Above L to R) Harry and Joe Taylor helping by fostering Jasper and Savannah; DFL's Lead Trainer Cassie Ford holding Savannah; DFL's Assistant Trainer Harriet McCarthy holding Jasper; Patsy Daniels holding Savannah; Honey and Jasper having fun at DFL's off-leash Dog Park; Savannah sharing her happiness with the rest of us; and Eleanor Bengyak sharing a moment with Savannah.

Organizations



PTSD Support Group Meetings

Now Available

at Dogs For Life's Training Center

In Partnership With:



First and Third Monday - 7 PM

Facilitated by: Thomas R. Metzinger
USMC, LCSW, Therapist

Veterans Only

1230 16th Avenue
Vero Beach, FL 32960

General Member Meetings held at:
American Legion Post
1535 Old Dixie Hwy.
Vero Beach, FL 32960
Every 2nd Wednesday - 6 PM

New Member Outreach
ngvirc@gmail.com
(772) 999-6401



Saturdays - 11 AM

Facilitated by: Michael Wright
USA, (Ret.), RCSWI/MCAP

Veterans and Non-Veterans

Service Dog Training Center

1230 16th Avenue
Vero Beach, FL 32960

(772) 567-8969
www.dogsforlifevb.org

*PTSD
Support Groups
for families
will begin in 2020.*

United Way Day of Caring

Each year, The United Way of Indian River County has a massive one-day volunteer event called United Way Day of Caring in which countless volunteers roll up their sleeves and work together to make a difference in their community. This year, on October 5th, as part of the Day of Caring, volunteers from Publix Supermarkets joined with DFL Volunteers to decorate our dog park for the 18th Annual DFL Howl-O-Ween Pawrade. We are so grateful to the United Way and Publix for their support of DFL as we work to fulfill our mission of training service dogs for disabled veterans. □



Thank You

On September 18, 2019, The Vero Beach High School Animal Rescue Club and the Vero Beach High School ROTC joined forces with Dogs For Life Volunteers to help clean up and repaint the chain link fence surrounding our beautiful five acre dog park. Repainting a chain link

fence is always a challenge, but our young volunteers were up to the task and in no time at all, 20 years of weather and dirt disappeared behind a new coat of paint. We're so grateful to live in a community where our young people are civic minded and volunteer to help nonprofits like Dogs For Life. □

Tribute/Memorial Gift Listing

IN HONOR OF

In Honor of Harriet McCarthy's Birthday

Eleanor Bengyak
Shelly Ferger
Richie Keller
Mark & Lisa Poziomek

In Honor of Judy Schmidt & Bentley

Joan Schmidt

In Honor of Kathi Schumann's Birthday

Shelly Ferger
Toddy McKeon
John & Kim Schumann III
Gene & Martha Schumann
Barry & Vickie Wyatt

In Honor of Kim Prado's Birthday

Eleanor Bengyak
Mark & Lisa Poziomek
Shelly Ferger

In Honor of Mark Poziomek's Birthday

Shelly Ferger
Eleanor Bengyak

In Honor of Sally Bricker's Birthday

Mark & Lisa Poziomek
Shelly Ferger

In Honor of Shelly Ferger's Birthday

Steve Defren
Richie Keller
Nancy Kicherer
Mark & Lisa Poziomek

IN MEMORY OF

In Memory of Baxter Hartwig

Patti Schell

In Memory of Dixie Hettinger

Judy and Jack Saucerman

In Memory of Quinn Stewart

Patti Schell

In Memory of Tedi

Mary Margaret Hatch
Shelly Ferger



We're Going to the Dog Park

At Dogs For Life, we know the benefit to both dogs and humans of having an off-leash Dog Park available to the community. We should, because we own five unique dog parks, spread over four beautiful, fenced, wooded acres in Vero Beach.

It's a fact that one in three American families owns one or more dogs. It's also a fact that most dog behavior experts (us included!) believe that dogs require an outlet for their energy in order to alleviate boredom and reduce bad behavior. Play and exercise are important not only for a dog's physical needs, but because it helps to cement the human-dog bond.



(Top) Dog Park Member- Ellie and Mitzi

Our own Ellie Clinton, a dog park member since 2005, seconds those thoughts.

"I first joined the dog park when I saw the sign out front saying Dog Park Open! My previous dachshund Schnitzel

was always so happy at the dog park chasing moles. Schnitzel always knew what time it was and where to go ... To the Dog Park! Now, my rescue dachshund Mitzi and I love to come."

But it's not just Ellie who feels that way. Listen to how other owners feel about dog parks; "You meet all these wonderful people and the only thing that you have in common is that you have a dog and that you love dogs."

"Off-leash parks are community centers for people just as much as for canines." ■