PETS BRING SMILES (AND WAGS) TO RETIREMENT HOME

VOCABULARY

- Armed Forces Retirement Home
- 9/11
- do something to give back
- the healing effect that animals have on people
- stroke
- amputations
- I mean
- stressful time
- used to have
- stop everything he was doing
- resident
- recreational therapist
- certainly
- arthritis
- real function
- gives them a chance to pet
- as best as they can
- to hold and to share with the owner
- definitely helps
- hypertension
- anxiety
- socialization
- some of them, anyway
- feeling the sense of companionship
- less loneliness
- gets them out of the room
- all those things work together
- brighten their day
- petted
- calms him down
- makes me so proud
- share that aspect of his personality
- witness the effect that he has on others
- American Kennel Club
- animal therapy groups
- nationwide
Pat Wells brings her dog to visit people living at the Armed Forces Retirement Home in Washington, DC.

PAT WELLS: "After 9/11, I wanted to do something to give back."

At first, she went alone. Then, she learned about the healing effect that animals have on people. So she started bringing her dog Rikka.

PAT WELLS: "We saw one lady that hadn't come out of her room for two weeks because she had a stroke. But when we walked into her room, she stood up, she talked to us. They said she hadn't been so happy in weeks. We visited with people that were getting amputations the next morning and were scared, but they smiled when we walked in their room. And, I mean, sometimes it's staff that's had a stressful time. We used to have a doctor that would stop everything he was doing, and sit down on the floor and talk to each dog when we went to his floor."

The volunteers and their dogs visit the retirement home three times a month.

JAMES STYGART (RETIREMENT HOME RESIDENT): "I like all dogs, they're a good friend."

Recreational therapist, Steven Briefs, says the dogs help the people he cares for.

STEVEN BRIEFS: "Certainly the ones with arthritis that have lost the real function of their hands. It gives them a chance to pet, as best as they can, to hold and to share with the owner. It definitely helps with hypertension, less anxiety, more socialization for the residents - some of them, anyway. More feeling the sense of companionship, less loneliness. It gets them out of the room and coming down to the recreation center here. And all those things work together to brighten their day, just at least for the one day."

Volunteers like Tracy Baetz say the visits also help their dogs.

TRACY BAETZ: "He loves being petted, and he loves being around people. And it calms him down. Just makes me so proud to be able to share that aspect of his personality, and to be able to witness the effect that he has on others."

The American Kennel Club says there are more than 100 animal therapy groups nationwide. I'm Karen Leggett.
EXERCISES

VOCABULARY (match the English and Tibetan words)

1. 9/11 __
2. all those things work together__
3. American Kennel Club __
4. amputations__
5. animal therapy groups __
6. anxiety__
7. Armed Forces Retirement Home _
8. arthritis__
9. as best as they can __
10. brighten their day __
11. calms him down __
12. certainly__
13. definitely helps__
14. do something to give back __
15. feeling the sense of companionship __
16. gets them out of the room__
17. gives them a chance to pet __
18. hypertension __
19. I mean __
20. less loneliness __
21. makes me so proud __
22. nationwide__
23. petted__
24. real function__
25. recreational therapist__
26. resident __
27. share that aspect of his personality __
28. socialization __
29. some of them, anyway__
30. stop everything he was doing __
31. stressful time__
32. the healing effect that animals have on people stroke __
33. to hold and to share with the owner __
34. used to have__
35. witness the effect that he has on others _

A. རང་ལེན་པར་
B. བོད་པ།
C. དེབ་བཅུས་ཀྱིས་བཟབུ་སྡུད་པ་ན།
D. འདིན་མཐོ་ཞིག་ལས་བཞིན་པ་ཡོད་ཚད་མཚམས་བཞག་པ།
E. གོང་ཞིག་ལས་བཞིན་པ་ཡོད་ཚད་མཚམས་བཞག་པ།
F. རྒྱ་ཆེན་བཅུས་ཀྱིས་བཟབུ་སྡུད་པ་ན།
G. འདིན་མཐོ་ཞིག་ལས་བཞིན་པ་ཡོད་ཚད་མཚམས་བཞག་པ།
H. ཆོས་ལམ་པ་སྒྲུབ་པའི་ཕྱིར་ནོང་ཚེ་འཛིལ་པར།
I. བྱུང་ཆོས་ཀྱིས་
QUESTIONS

1. Do you like dogs? Why or why not? ____________________________________________

2. Do the old people like dogs? Why? ____________________________________________

3. How many dogs does your family have?
___________________________________________________________________________

4. Rikka is a dog's name. Does your family's dog have a name? If it has a name, what is it?
___________________________________________________________________________

5. Do you like cats? Why or why not? ____________________________________________

6. How many cats does your family have? ________________________________________

7. Are you afraid of dogs? Why or why not? ______________________________________
___________________________________________________________________________

8. What do dogs like to eat? ____________________________________________________

PEOPLE AND ANIMALS

1. Who is Pat Wells? _____________________________________________________________

2. What is Rikka? ______________________________________________________________

3. Who is James Stygart? _______________________________________________________

4. Who is Steven Briefs? ________________________________________________________

5. Who is Tracy Baetz? _________________________________________________________

6. Who is Karen Leggett? _______________________________________________________

7. Who are scared? _____________________________________________________________

8. Who was very happy when she saw the dogs? ________________________________
CROSSWORD PUZZLE

Across

3. It is the name of a dog.
5. ______ Briefs works at the retirement home.
6. ______ Stygart is a man. He lives at the retirement home.

Down

1. ______ Baetz has a dog and brings the dog to the retirement home.
2. ______ Leggett is a reporter. She tells us the story about the dogs visiting old people.
4. Pat _____ has a dog.

PLACES

1. Where is the Armed Forces Retirement Home? ____________________________
2. Where is Washington, DC?______________________________________________
3. Where was 9/11?_______________________________________________________
4. Where does Pat Wells take Rikka?_______________________________________
5. Where do the volunteers and their dogs go three times a month?____________________
6. Where does James Stygart live?_________________________________________
7. Where does Steven Briefs work?_________________________________________
8. Where are there 100 animal therapy groups?______________________________
ACTIONS

1. What does Pat Wells do?

2. What did Pat Wells want to do after 9/11?

3. What did Pat Wells learn?

4. What effect do animals have on people?

5. What would one doctor do when he saw the dogs?

6. What do the volunteers and their dogs do three times a month?

7. What does Tracy Baetz's dog like?

8. What does Tracy Baetz's dog love?

9. What calms Tracy Baetz's dog down?

10. What makes Tracy Baetz feel proud?

The English to Tibetan translation was done by Kha ba rnam rgyal

ལྷུན་རླབ་ཀློང་དོན་གསུམ་བཞིན་དུ་བོད་གཉིས་དབང་ནས་ཐུགས་