

The Latham Letter

Vol. IX, No. 2

ALAMEDA, CALIFORNIA

SPRING 1988

The Public Benefit of Retirement

Where is the Eldersworks Movement Going Next?

- Merrell M. Clark

The Schools Strategy

At the ripe old age of 39, in 1974, I pledged my first major grant of the Edna McConnell Clark Foundation (EMCF) under its program for elderly productivity.

The grant was to a school district which had responded to my urging to help EMCF in building this new kind of program. They said they would do their best to recruit retired professionals for volunteer participation in instructional student work (supplementing and assisting teachers).

That grant of \$100,000 to the Los Angeles Unified School District simulated the DOVES program, just as similar EMCF grants later nurtured new professional recruits to work with children and teachers in Miami, New York, Boston, St. Louis, Houston and Seattle. Nearly \$2,000,000 was spent on this effort, including a revival of the then sorely distressed National School Volunteer Program.

Since then, it could be said by some, much has happened. (Unfortunately, I am just as impatient at 53 as I was at 39!). Many more school districts have crystallized their own versions of senior volunteer programs. At least forty districts participate in a national network, and 400 districts have bought materials to help in recruiting retired professionals, but probably all 15,000 school districts now have

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Survey Shows Pets Are Good Medicine

VERNON, CA - Four-footed friends are just what the doctor ordered. Or so states the Kal Kan Report, a poll of American medical professionals asked for their attitudes toward the use of pet therapy. Nearly half of the family practice physicians, psychiatrists and psychologists surveyed recommended pet interaction for their patients; and 92 percent reported favorable results.

Pet therapy was most often prescribed for emotional problems. Loneliness topped the list, with 94 percent of respondents who prescribe pet therapy naming it as a condition for which they have recommended the treatment. Depression came next, cited by 79 percent.

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Productive Retirement in the 1990's Topical Focus of This Issue

In the preface to a publication titled "Older Americans, An Untapped Resource," published by the Academy for Educational Development, the author observed: "Millions of trained and experienced older people constitute a vast untapped resource of workers - paid, self-employed, or volunteer. They are the victims of ageism."

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They Have Taught Me To Walk With a Gentler Step

- Su Schlagel

Man can no longer live for himself alone. We must realize that all life is valuable and that we are united to all life. From this knowledge comes our spiritual relationship with the universe."

- Albert Schweitzer

It was just a day at the zoo and for those with me it may have remained so. But for me it was a path-maker day.

We moved on through several "houses" of animals, birds and rep-

"They have taught me to open my spirit..."

tiles to the lions and other big cats. other habitats. The house was like a barn with caged stalls along the tiles to the lions and other big cats. Here the cages seemed smaller and less furnished than some of the other habitats. Most were empty. The smell of the cement floors, still wet from a recent hosing, mixed with the odors of urine and popcorn.

The Summer 1988 issue of the Latham Letter will again feature

Pet Bereavement

the subject received with universal appreciation when it was the topical focus in Winter 1986/87.



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Latham Director Dies

Glenn P. Anderson, DVM, an important member of the Latham Foundation Board of Directors passed away following an accident in Denver, Colorado.

A long-time resident of Denver, Dr. Anderson attended Colorado State University, receiving degrees in Biological Science as well as a doctorate in Veterinary Medicine and Biomedical Sciences. He also attended Harvard University, the University of Colorado and North Texas State University pursuing graduate studies in management, corporate planning, oil and gas taxation and finance. Dr. Anderson had been a member of the Foundation since 1972 and generously gave his support and expertise to Latham both as a veterinarian and businessman.

Anderson was a founder, director, and president of several important Denver - based corporations and also a member of the National Petroleum Council. He was significantly active in many national, and international public service organizations. Among which were the: U.S. Committee for UNICEF, African Wildlife Leadership Foundation, Southwest Y.M.C.A., and the Federal Legislative Task Force - Small Business Administration. He received many well deserved awards in recognition for his contributions to public service organizations.

Glenn Anderson will be sorely missed as an advisor, active member of the Board of Directors of the Foundation, and as a highly valued friend.

- Hugh H. Tebault

Retirement: No Longer the Only Choice

-Anne Harvey

To retire or not to retire? Once upon a time, the answer to that question was clear. When the magic age of 65 rolled around, there was little choice but to graciously accept your gold watch and fade away. Today, demographic social and economic realities emerge, the retirement scene is changing. The most significant of these realities is that people are living longer and the jobs are changing rapidly due to intensified international competition, changing consumer tastes and new technology.

These forces are reshaping attitudes employers and workers have about work and retirement.

"... many are now deciding to continue working ..."

On the one hand, in the face of labor shortages, an increasing number of companies are beginning to appreciate the value of retaining or rehiring older workers. On the other hand, employees are beginning to reexamine their attitudes towards retirement and many are now deciding to continue working past the traditional retirement age.

Recent studies by the American Association for Retired Persons (AARP) indicate that an overwhelming majority of workers believe that no one should be forced to retire if he or she is capable and desirous of continuing to work. And even though 60 percent of retirees surveyed were glad to be retired, the remaining 40 percent would prefer to continue working part time instead of retiring completely. It appears that retirement is not the only option for many Americans, many of whom would prefer to be gainfully employed.

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Humane Education Abroad

The Latham Foundation and WSPA in Costa Rica

- John Walsh

Latin America is well-recognized as an area of increasing turbulence and violence. In many countries of this region, there is little value placed on life. People are brutalized in countless ways and the most shocking cruelties have become commonplace in the news. In such environments, abuses of people are exceeded only by abuses of animals -- and both are characterized by the lack of an ethic to promote respect for all forms of life. The complex relationship between cruelty to animals and violence towards people has only begun to be revealed.

A link between severe cruelty to animals and violent crime towards people has been established in a recent ground-breaking study sponsored by the World Society for the Protection of Animals (WSPA) and conducted by Drs. Stephen Kellert (Yale University) and Alan Felthous (University of Texas, Medical Branch). (Report in *The Latham Letter*, Vol. VIII, No. 3, Summer 1987, p. 17). We have seen also, through this study that violence begets violence. A significant correlation has been shown between aggression in the home environment and aggressive behavior of children growing up in such circumstances.

When children mature into adults without learning any regard for living creatures, animal or human, we in society ultimately suffer for this deficit.

It is lamentable that children may reach school age without having been exposed to concepts of humane treatment for animals (and,

by extension, people). Arguably, this is a teaching role that parents should take. Yet, if children are not introduced to these concepts at home or in school, how can we expect them to pass such values along to their own children?

At present, there is no effective mechanism in less developed countries of Latin America and elsewhere to promote a humane ethic. There is no lesson to counterbalance a child's frequent experience of watching adults, even parents, cheer the mutilation of animals in bullfights or other traditional forms of cruelty. There is little to encourage respect for authority in children whose beloved pets die of convulsions in the street from the Strychnine-poisoning used in government

When children mature into adults without learning any regard for living creatures...we in society ultimately suffer for this deficit."

dog-control programs. Nothing in their environment opposes harming animals or harming people, while everything else - by example - teaches disregard for suffering. All of this has a profoundly desensitizing effect on children.

Decades of experience in the United States and the United Kingdom have shown that the most effective instrument, thus far, for nurturing a humane ethic in youngsters is through humane education programs in the public school system. With key support of the Latham Foundation, assistance from the Eldee Foundation

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THE
LATHAM
LETTER

©Latham Foundation 1988

Published Quarterly By
THE LATHAM FOUNDATION
LATHAM PLAZA BUILDING
CLEMENT AND SCHILLER STREETS
ALAMEDA, CALIFORNIA 94501
Annual Subscription Rate \$10.00

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Voter Apathy

- Sylvia Altman

The world's largest conservation organization, the International Union for Conservation of Nature and Natural Resources reports that more known living species face extinction now than at any other time in the history of mankind. The group announced at its 117-nation general assembly in San Jose, Costa Rica on February 3, 1988, that "with no real possibility to save all currently threatened species", a global rescue effort should focus on saving those most important for humanity's purposes.

So now, the same species which is responsible for this dilemma will proceed with characteristic arrogance to decide which plants and animals shall be allowed to survive, and which shall be condemned to extinction, based on their usefulness to man.

You and I probably will not be asked to vote in this world-wide election, nor will the endangered species, themselves, have a say in their own fate. But if we were given this once-in-a-lifetime opportunity, would we avail ourselves of the privilege? Would we go to the polls and vote? And on what criteria would we base our life and death decisions?

"And what gives us humans the right to decide which shall live and which shall die?"

First, we ought to determine exactly what humanity's purposes are so that we can decide which species would be most useful to us.

Next, we will need a copy of the Endangered Species List, available from any U.S. Fish and Wildlife Service office - free of charge. It will serve as our ballot. Some of those on the list will have become extinct while waiting to be saved; new species have been added to the slate since it was printed. They will be written in candidates.

The plants and animals which are unfamiliar to us will probably be the first to be eliminated. After all, if we haven't even heard of them, how important could they be? Among those remaining, the animals which



compete with man for food and space ought to be considered useless, at best. We hardly have room for them now, and, as the human population continues to expand, there will be even less to share.

Some of the animals on the ballot are threatened because we have killed so many of them for their furs. Perhaps we ought to save one or two of these fur-bearers since some women can't live without a fur coat. I would recommend we save the snow leopard whose fur is the thickest and softest of all, except that it is a predator. Maybe we ought to look for a less controversial animal, one we can eat as well as wear?

How about the chamois? It feeds on brush and lichen high on the European mountain slopes. Its hide can be turned into soft supple leather for clothing and rags to polish our cars. Or the walrus. Its hide is so tough that it was once worn as armor. We might need something of that sort sooner or later. Walrus meat is table fare in some cultures, and the walrus has ivory tusks which we could carve into ornaments. There would be plenty of room in the sea for walrus, especially if we let the whales sink into extinction.

Since we already have walrus tusks, we don't need to save the elephants. But what about the rhinoceros? Some people think rhino horns have medicinal value. Science disagrees, however, so we might feel better if we relied on plants for our medicines. Plants already contribute to almost half of the medicines we use.

I really don't know enough about plants. No one does. Some plants have not yet been discovered. Among them may be one that holds the cure for cancer in its green heart; another may cure AIDS. There's no telling what diseases man may fall prey to in the future, nor which plants may prove most helpful. As we destroy the tropical rain forests, we may be destroying the very plants most important to mankind.

There will also be more human mouths to feed as time goes on, and since plants are the basis of the food chain, we ought to spare those which will increase the yield of our domestic crops, aid in their resistance to insect and disease damage, and provide new sources of nourishment for man. I wonder which plants those would be?

But perhaps there's no need to be so practical; perhaps we could save those species which best represent the wildness we are sacrificing - something to remind us of the way this world used to be. To me, the wolf symbolizes the wilderness, and I expect each of you has a favorite candidate for survival, too. We may have to compromise by bowing to the will of the majority, as we do in every election, only this time, the results will be final. I'm a bit uneasy about all this picking and choosing because I know that all life is interconnected and interdependent. If we allow some species to vanish, won't we be signing the death warrant for others we want to save? I'm also disturbed about saving only those species which are useful to man. Doesn't that imply that we intend to go on using them? It's just a matter of time: we can sentence some plants and animals to extinction now, and take our time about using up the survivors. Extinction is forever, but survival isn't.

And what gives us humans the right to decide which shall live and which shall die? Will all this picking and choosing be restricted to plants and the animals we call animals? Or will it eventually be extended to include human animals as well? Which of us would qualify as important to humanity's purposes? Which of us is useful enough to deserve survival?

But we needn't concern ourselves because we probably are not going to be asked to vote this time. Our apathy toward other species is already a matter of record, and the results are a foregone conclusion: there will be no winners in this election.



Educational Programs for Pet Therapy in Institutional Settings: an Interdisciplinary Approach

Jean Burke, M.A., L.A.H.T.

Jack Burke, D.V.M.

Stephen A. Daniel, Ph.D.

The purpose of this article is to state the need for educational programs in the field of Pet Assisted Therapy. It is not our intention to extol the virtues and benefits inherent in the field since scores of articles and books have been written documenting the beneficial effects of the Human/Animal Bond and Pet Therapy. A review of the literature has certainly substantiated the therapeutic effect of animals on specific target groups.

One ingredient often appears lacking, however; and a major concern continually surfaced as we studied the literature. The PFT concept has been gaining popularity at an alarming rate. Grass roots programs are springing up and pet therapy projects are being instituted in countless communities, all too often in an apparent rushed and haphazard fashion by well-meaning, but perhaps overly zealous and inexperienced individuals.

The lacking ingredient is education. The very term "therapy" connotes a prescribed treatment to achieve beneficial physical and/or mental results. Surely then the therapists, in this case, the animals and their supervisors, should have basic training or education, demonstrate a certain level of knowledge or expertise and be governed by some guidelines, lest a few mishaps or bad experiences cloud the efforts of so many and possibly deprive needy persons of this very successful form of psychotherapy.

In some ways, pet therapy is like other forms of conventional therapy. For example, in music therapy, the particular playing of an instrument or singing is not as important as the ability of the music and dance to increase group participation, bring the person out of his or her psychological isolation and effect other changes. That is, the therapeutic process takes place within the context of music, but the actual music acts are not as important as the participation. This is also true in pet therapy in that the inter-

action with the pet is an opportunity that allows for several therapeutic changes, including increased group participation and physical stimulation. Walster (1982) outlines how pet therapy has components of more "conventional" therapies. There is one consideration, however, that distinguishes pet therapy from music, occupational, dance, and physical therapy. Interaction between the therapist and client is an important component of all aforementioned forms of therapy. Only in the case of pet therapy is there a "co-therapist".

"Poorly trained pets can destroy a well-intentioned pet therapy program..."

We are addressing the importance of the educational issues by learning as much as we can from our experiences. We have been involved in establishing and maintaining several pet therapy programs in the Westchester area. In this paper, we will refer to a program we established at the Hudson View Nursing Home. Comments of the Social Service Director, Cecilia Tweedy, are relevant to several sections of this paper.

There has been much academic (Fogel, 1982) and popular (White and Thomas, 1983) discussion of the importance of the human/animal bond. We tend to think of the human/animal bond as being important between pets and pet owners, and in pet therapy programs between the pet and the client being visited. However, in the field of pet therapy, there are several potential kind of important bonds, including some between people and people and others between animals and people.

Pet Assisted Therapy involves four interrelated groups:

- 1) the target patient population,
- 2) the animals (pets),
- 3) the therapists, and
- 4) the patients' institutional care staff.

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Of Apartments, Management, Tenants, and Pets

We are indeed gratified to note that as in the case of dogs trained to assist the blind, most states now also provide a legal status to accommodate those trained to assist hearing and physically impaired individuals. Similarly, the action of the Federal Government in providing for the maintenance of companion animals by the elderly in public housing financed by government backed loans, is of inestimable value.

Not withstanding the foregoing, however, Latham's mail continually highlights one very important and unresolved problem area. Those denied pet companionship because of the many apartment owners not subject to the Federal accommodation, who continue to insist on a "NO PETS CLAUSE" in their leases. It is understandable that the unfortunate proclivity of those irresponsible individuals who allow their pets to annoy and or

damage the property of others, makes it impractical for real estate management to permit the housing of pets on an unrestricted basis. Thoughtfully designed agreements between apartment management and tenants are workable however, and should be used to allow for the welfare and happiness of those who need and desire the companionship of an animal.

Previous issues of the **Latham Letter** have carried articles which described successful, progressive owner/tenant programs such as that of the prestigious Kansas City Missouri "Quality Hill" project, which accommodates pets. (Reprints of that article and sundry pamphlets and other material related to the subject are available from The Latham Foundation, on request).

Though both the pro and con of pet maintenance can be convincingly presented, we submit that those owners who unilaterally insist on No Pet leases, fail in their moral responsibility to consider the happiness and welfare of others. As a case in point in this respect else where on this page will be found an account of the experience of a wonderfully determined lady who encountered personal suffering as the direct result of the no pet policy of the owners of her residence.

-Hugh H. Tebault



Rusty McPhee

attack as well as a previous one in 1981.

I'm angry and frustrated by the on going crime to elderly persons so I feel I have to do something about it for all seniors or single persons living alone, who are not permitted to have a dog for protection and companionship. Our seniors have just as much right to have a dog protector in our own dwelling, as hearing impaired and sightless persons have a right to a guide dog.

So I started my petition asking for the introduction of a bill in the state legislature similar to the federal one introduced in 1981, which gave seniors who live in federally assisted housing the right to have a dog. So should those of us who live in rented apartments, as long as we are responsible persons willing to live with rules and guidelines.

There are so many wonderful dogs in every animal shelter who need a caring kind home, who will give and receive love and comfort in return for loyal, protective companionship. And, so many seniors desperately in need of what the animals have to give.

Mary McPhee lives in San Leandro, California. Since her retirement from a nursing career, she has remained active as a volunteer in a local animal shelter and as a strong advocate of the rights of senior citizens to have pets in rental housing. ♣

"... we submit that those owners who unilaterally insist on No Pet leases, fail in their moral responsibility..."

The Story of a Frustrated and Angry Senior

- Mary McPhee

Because my landlord forbids the keeping of pets, I'm obliged to have my two beloved dogs Rusty and Tiny, live with a friend in a nearby town. Recently, upon returning from a visit with my friend and dogs, I parked my car under a dim street light near my apartment (I avoid using the carport where I had been mugged several years ago)

Before I could get the car door fully open, a stranger's hand reached in and viciously grabbed me by the left shoulder trying to pull me out. When I held on to the steering wheel with my right hand, the in-

truder crawled in over me and the steering wheel to the passenger side. Just then a wedding party came out of the building across the street and saw me struggling in the car and hurried toward me. The stranger saw them and turned on me, kicking me on the end of my spine. I landed screaming on the dividing line in the middle of the street. Screams turned to tears as the young ladies assisted me upstairs to my own apartment while the groom and his men chased but were unable to catch the mugger. The experience is registered in my brain forever.

If one of my dogs had been with me that night, the crime might never have happened or the criminal would have been caught. My Rusty and Tiny would have seen to that. The terror still lives on from this last

Pet Project

A Utopia For Pets And People Who Cherish Them

- Gregg Levoy

Hollywood knows it. Newspaper editors know it. Charities know it: Children and dogs are an irresistible combination.

Apartment managers, however, do not always know it, and that is the attitude Gary DeVelvis confronted when he moved to San Jose, California last year with his two Great Danes and tried to find an apartment. He went to 22 different apartment managers: "Goodbye," he was told, "and close the door behind you."

Then DeVelvis called the Lewis Road Apartments and, once again,

have rented that apartment 10 times over. The rental demand is very high among pet owners."

French went looking for a bigger complex and found the Lewis Road Apartments, which he says had been neglected for twenty years and looked it. "But I saw the beauty. I could picture the before and after photographs."

French's "after photograph" is now a white stucco, two-and-a-half-acre complex, surrounded by neatly trimmed lawns. It features two-bedroom apartments, attached to which are 45 chain-link-fenced, gravel-lined kennels. The complex, a little over a year old, is 90-percent occupied, surprisingly quiet, immaculately clean and occupied by a very contented clientele, most of whom came to Lewis Road in a state of some desperation.

"...people are a hundred times harder to manage than pets."

explained that he had two Great Danes. "Wonderful," exclaimed apartment manager Mike French. "That's just what I'm looking for."

"What?" said DeVelvis. "I don't think you understand. I said two Great Danes."

Today, DeVelvis feels like he's "died and gone to heaven." He is a tenant in what may be America's only apartment complex dedicated to pets and children. He rents a two-bedroom apartment for \$675 a month, and pays \$40 a month extra for a giant pet enclosure for "the girls", Duchess and Sheba, now the complex's official mascots.

And there's more. When DeVelvis's kids come to visit (he is divorced), they will, by this summer, be able to play on the new hopscotch courts or the marble-shooting rings, ride around the bicycle area, play tetherball, tinker in the vegetable and flower gardens. When they get older they can shoot baskets and wash their cars in areas designated for these activities.

Lewis Road, however, is really about pets. It came about partly as result of Mike French's self-professed mid-life crisis, when he turned from electronics engineering to realize his vision of creating "a pet community." It also arose out of a previous experience he had in owning an apartment complex. He added a kennel onto his own apartment and discovered that "I could

There are now 25 pets, 60 children and 120 tenants ranging from ditchdiggers to engineers, representing a variety of age groups and ethnic backgrounds. The four-legged residents are spotted, striped and mottled, and there's even a one-eyed Siamese. There are German Shepherds, Australian heblers, English springer spaniels, Chinese Shar-Peis, Lhasa Apso and Russian borzois." I have a Noah complex," admits French. "I'd like to eventually get two of every kind of dog known to man." And fellow apartment managers would like to know who let French out of the loony bin. To them, says French, "I'm doing the no-no, the verboten. I'm making it possible for families to live as they were meant to: with children and pets. And I'm making it possible for them to live comfortably in a city. I'm sick of hearing about little old ladies evicted because they own a cat. Besides, people are a hundred times harder to manage than pets.

"Still," he admits, "I often feel like the fool who has rushed in. But the support has been amazing. If 'attaboys' were gold, I'd be Fort Knox."

Here then, is how Mike French manages his menagerie:

Tenants rent a six-by-ten foot kennel for \$20 a month, or larger ones for \$40. The kennels include locks, sun/rain covers and a disinfectant program run by the manage-

ment. Furthermore, free spray canisters of odor killer and tick-and-flea killer are available in the office, and they are meant to be used. Hygiene is strictly enforced, and all kennels inspected daily. Tenants who lapse even a day in "pooper-scooping" are sent a friendly note and, if they don't respond within a day, charged a \$5 cleanup fee; those who lapse three times in a row are sent a friendly eviction notice. Only one tenant has so far been given his walking papers, however.

Tenants also pay a \$200 refundable pet-deposit - \$500 if the pet is not housebroken. In fact, any pet that isn't purebred, registered and used for showing or breeding is required to be spayed or neutered. One female in heat surrounded by twenty or 30 other dogs, could easily violate the city's noise ordinance. As it is, in deference to those ordinances, French requires tenants to keep their pets (two is the limit) inside their apartments from ten p.m. to seven a.m. To further minimize barking, kennels were built out of the way and sight of passing traffic. Indeed, if Lewis Road looks perfectly ordinary from the street, says French, "then I'm completely successful." It does, and he is.

Tenants sign a document promising that their pet has no history of disorderly conduct or derangement. In addition, each animal, right down to the smallest kitten, is greeted by French and his staff personally before anyone signs on the dotted line. The ones that get to stay "are all family pets," vows French. "All good-natured." A swing around the kennels confirms this. Though it is not recommended, you could probably stick your hand into any one of the cages and withdraw it with all digits intact.

Tenants with dogs must also take on insurance, which costs \$209 a year and indemnifies them up to \$300,000, protecting them as well as French from any damage that an animal might cause.

As far as what French so elegantly refers to as "the pooping dilemma," there is a three-tier program to handle that: "You-do, we-do, and we-do-all. You-do means you clean and deodorize the kennel, feed your pet and take him in and out at the appointed hours. We-do means the management cleans the kennel and charges you \$20 a week. We-do-all comes in handy when tenants are on

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Survey

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Further, 41 percent cited "other emotional problems," 37 percent mentioned inactivity and 36 percent pointed to stress as a problem which could be helped by pet interaction. Several doctors reported prescribing pet therapy for childhood anxieties, family and marital problems, chemical dependency and eating disorders.

Specific physical conditions that called for pet interaction prescriptions from respondents included blindness, deafness and other physical handicaps; high blood pressure; recuperation from major surgery; terminal disease; Alzheimer's, Parkinson's and other diseases of old age; and mental retardation.

How frequent were these recommendations? Some 89 percent have prescribed pet interaction up to 10 times in the past year; seven percent, 11-25 times; and four percent, more than 25 times.

Pets were prescribed for patients of all ages, most frequently for people past the age of 50. A close second was the 35-49 age group, and the 22-34 and the 6-12 age groups received pet therapy from more than 35 percent of the respondents.

Dogs were recommended by 94 percent of the prescribing professionals and cats by 71 percent. Birds, fish and small animals were suggested by 20 percent of those who prescribe pet interaction.

Companionship was most frequently mentioned (32 percent) as a benefit of pet therapy. Unconditional affection was cited by 26 percent of the respondents. Other ways pets enrich human life included love, teaching responsibility and giving perspective.

Respondents to the Report came from 43 states, the District of Columbia and Puerto Rico. Psychologists accounted for 39 percent of the group, 31 percent were psychiatrists and 27 percent were family practice physicians. Of these, 65 percent were in private practice, 22 percent practiced in hospitals and 24 percent were affiliated with universities.

Reprinted from *Pet Business, The Industry's Only News Magazine*, Volume 12, Number 11.

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Maybe They Shouldn't Be Shot; But Is There a Less Painful Way?

Kim Clark

Special : The Wall Street Journal

Augusta, Maine—Curiosity may kill the cat, but usually not before the cat does in a few birds.

That's why some bird raisers here are asking the legislature to allow them to use pistols to help enforce nature's law.

Although not a major problem, cat attacks have had some catastrophic effects on the few dozen raisers of geese and ducks in Maine. Their proposal, however, to add cats to the list of creatures that can be killed for bothering domesticated animals has drawn howls of protest from feline fanciers.

Kitty vs. Junior

"Everybody is getting upset," says Rep. Paul Jacques, who introduced the bill and who has now received a fair amount of hate mail for his efforts. "People love their cats more than their kids."

Don and Carleen Cote, friends of Mr. Jacques who raise \$75,000 worth of rare birds in a backyard pen, say they asked for the law after a neighbor's cat attacked a prize Alaskan white-fronted goose. Mr. Cote grabbed a pistol and shot the cat. The goose survived, but its five eggs - each worth \$250 - were destroyed by the cat.

"A cat doesn't have a conscience..."

The cat survived, too. But its owner asked the Cotes to pay for the \$100 operation needed to save the animal. The Cotes refused and asked Mr. Jacques for help.

"We are not out there to blast cats off the face of the earth," says Mrs. Cote. "We just want to protect our birds."

But cat lovers are having none of it. "This will declare open season on cats," warns Linn Pulis, of Gardiner, Maine. Ms. Pulis, who owns five cats, says the proposal would condemn Maine cats to house arrest, since it is natural for cats to roam and attack birds. "A cat doesn't have a conscience," she explains.

Ms. Pulis has asked the Humane Society of the U.S. for support in her battle against the proposal, which would make Maine the third state

(after Maryland and New Jersey) to decree the death penalty for overly curious tabbies.

Where Will It Lead?

The society hopes Maine legislators will follow the reasoning of the late Adlai Stevenson, who vetoed a similar bill when he was governor of Illinois in 1949.

Deciding that cats were meant to roam free, Mr. Stevenson warned that putting the weight of the law on one side of the age-old cat vs. bird debate was a dangerous precedent. Wrote Mr. Stevenson in his veto message: "We may be called upon to take sides as well in the age-old problem of dog vs. cat, bird vs. bird or even bird vs. worm."

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As we seek to communicate the meaning of the Humane Ethic, we encounter:

Opposing Signals

- Dixie A. Walter

I recently had the pleasure of judging poster contest entries submitted to the Tacoma - Pierce County Humane Society and SPCA. During the process of looking at thousands of entries from schools all over the county, grades one through twelve, including special education, we discussed many issues which the posters inspired. Pet overpopulation, animal cruelty, pet therapy, conservation of wildlife, and anthropomorphism - the human habit of giving other animals human characteristics and how dangerous to the animal it could be. Our conversations reminded me of how difficult our task of educating the public really is. Those of us dedicated to teaching the humane ethic in our society are often fighting an uphill battle as we continuously try to reach the American people with certain truths about animals - they have feeling of pain, loneliness, fright, affection and a right to life.

Yet try as we might, and there are millions of us, we don't seem to make much headway. Why is this true? Why can't we significantly reduce dog and cat populations in this country? Why can't we significantly reduce the number of dead pets found on the roads and freeways? Why are animals allowed to roam and breed indiscriminately? We give out one set of signals designed to save animal lives: alter your pets to decrease population, license pets, keep them confined to your property, and the rest of society often gives out opposing signals, which confuse the issue.

Consider the impact television and the print media have on our national attitudes toward our primary pets, dogs and cats. While we are racking our brains for ways to reach the public, with hardly any funds, we are being bombarded by megabuck companies with messages directly contradictory to ours. The following samples are recent, but the problem has existed for a long, long time.

Example: The television commercial featuring "Amore" cat food

which is manufactured by Starkist foods. This commercial reaches millions of Americans every time it is aired. Its message is the antithesis of the message humane organizations across the country are trying to get across. The plot, reminiscent of Disney's "Lady and the Tramp," depicts a free-roaming tom cat who enters a cozy kitchen through an open window. There he meets Fredericka, a lovely, female cat. A friendly man, who sounds Italian, happily says, "Fredericka! Oh, you bring your boyfriend. Dinner for two? Let's see what's on the menu for lovers." Next, in a scene designed to charm us, we see the two cats "romantically" eating "Amore" from the same bowl.

We all know what "Amore" means, love, and love means romance. And, of course, we all know just exactly what the reality of "romance" means to free-roaming cats. Millions more unwanted kittens and the ensuing human and humane problems which result. Romance is lovely for humans, but dogs and cats don't experience it the way we do. We can anthropomorphize all we want, they never will.

If these cats and the tom in the "Amore" commercial aren't killed by motorists, dogs, or gun-packing humans, they will be extremely

"... can't we help decide the thrust of commercials which feature animals?"

lucky, although their kittens probably won't be. None of these cats carry any kind of identification.

Example: "Kibbles 'n Bits 'n Gravy," a product of Quaker Oats, gives us footage of two very attractive and appealing dogs walking down a long sidewalk. They don't appear to be licensed. However, they do appear to be father and son. Again it's OK for dogs to roam, unlicensed and unleashed. Another "Kibbles 'n Bits" commercial features two irresistible pink and white puppies trotting toward the camera with human infant pacifiers in their mouths. In a sweet childlike voice we hear the puppies saying they want their "Kibbles 'n Bits." There is a free offer with this product; in certain bags of food you will find a pacifier. (All the puppies I've raised would have consumed the pacifier and thrown up all over the carpet.)



"Best of Show" prize winner in the poster contest of the Tacoma-Pierce County Humane Society, 1987, drawn by Angie Combs, grade 6, Ford Middle School.

Example: The ultimate soap, "Days of our Lives," epitomized the ultimate anthropomorphizing in April. They staged an elaborate, and much publicized, canine "wedding," complete with attendants, guests and costumes for the dogs of various breeds who were guests at the ceremony. The "bride" was a Maltese, and the "groom" was a standard black poodle. I leave the rest to your imagination!

Example: A bull terrier used in a beer commercial, dressed in flashy clothes and sporting shades, has inspired a nation-wide yearning to own a bull terrier, because suddenly "it's cool". According to TIME magazine (April 13) pet shop owners are getting more and more requests for dogs like Spuds MacKenzie. The price of this breed has already reached \$1,200. A pet shop in St. Louis, Missouri had to put the dogs on back order. Will this boom in popularity increase the breed's chances of becoming puppy-mill fodder? Almost certainly yes. Sadly this has been the inevitable history of other breeds which became popular overnight. Ultimately it is always the animal who suffers from our human yearning to make them more like us than they really are.

There is only one way to combat these counter-productive influences - education. And sometimes we

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Opposing Signals

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have a way to measure how humane messages are getting across to the public. In our case, one measure of the impact education makes is the annual poster contest. There is hope when the kids of Tacoma-Pierce County respond with their positive messages.

Example: A picture of a stork, saying "I'm already overworked! Please neuter your pet," was judged "Best in Show" in this year's contest. Angie Combs, sixth grade, of Ford Middle School knew how to get the message across. As did DeAnn Hurley, an eighth grader from Edgemont Junior High School, who drew a mother cat with two kittens and captioned her work, "Please don't litter. It could be a catastrophe." A poignant message from Monte Fogelson, Franklin Pierce High School, a special education student. "My dog got loose and had no license. I lost my best friend."

It seems the youngsters have a better grasp of the problem than the producers and writers of television commercials.

What else can we do? Voice our opinions to the manufacturers, networks, retailers and consumers. If viewers can help decide the fate of their favorite soap stars, can't we help decide the thrust of commercials which feature animals?

During 1986, the Humane Society staff handled 3,176 animals, mostly dogs and cats, which were picked up dead or brought into the shelter dead. Nearly all of these were killed on the roads. By February of this year, 438 animals had already become victims. And we must keep in mind these statistics don't include animals picked up and disposed of by drivers, passersby, owners, law enforcement officers, etc., or those who have been mortally injured and run away to die.

Dixie A. Walter is a volunteer with the Tacoma-Pierce County Humane Society. This article is republished from The Underdog Chronicles, a newsletter for the volunteers and staff of the Tacoma-Pierce County Humane Society. Reprinted with permission of Bob Walter, Director of Humane Education, Tacoma-Pierce County Humane Society, 2608 Center Street, Tacoma, WA 98409

On The Air Over Fresno For 23 Years Humane Education is Alive and Well in California



In 1965 it was "Brother Buzz" (the Foundation's long-lived television spokesperson) and in 1988 it is "Withit".

Thanks to the thoughtfully productive effort by the Central California Society for the Prevention of Cruelty to Animals (under the 27-year direction of Executive Director G.L. (Gib) Rambo along with television station KJEO-TV in Fresno, California; the station has become the longest, continuing communications outlet for the Latham Foundation's programs in the nation and for the Society, the longest continuing sponsorship.

Every year, the Central California Society for the Prevention of Cruelty to Animals (CCSPCA) reaches and teaches humane precepts to thousands of young people and their families. Through television they reach many hundreds of students in schools throughout Fresno, Kings and Madera Counties in California. The weekly television series promotes timely issues and calls attention to current and seasonal matters, from vaccination, spay and neuter, licensing, adoption and holiday hazards for children and animals to the more common activities of games to play with your pet and how to build a doghouse. The CCSPCA then follows the

programs with many, many tours of the shelter, for students and civic organizations highlighting and demonstrating those issues and opportunities presented over television.

The values and issues documented by the programs stimulate interest and provide a provocative look and valuable lesson about the environment around us, about the animals and people who inhabit it and the essential values of life necessary for a better world.

The Latham Foundation salutes both the CCSPCA and KJEO-TV for this exemplary usage of the television medium to better serve the people of California.

-Richard L. Burns



Pets in Housing: the Positive Ap- proach

The turning-in of healthy pets to the Hawaiian Humane Society is on the increase as more people move from single family dwellings. The shift toward "city living" is not limited to Hawaii.

Today, 75 percent of the total U.S. population lives in metropolitan areas. Since more than half of American households include a dog or cat as a member of the family, it's clear that a number of prospective tenants are pet owners.

However, condo living and pet-less living are not synonymous terms, and they should not be. In most instances no-pet rules are not the fault of animals, but of pet owners who haven't followed reasonable rules of pet ownership.

Many condominium rules allow for the keeping of pets when the building first opens. It's usually a year or two later (following an unfortunate experience with neighbors) that the board of directors is pressured to revise the rules: sometimes continuing pet ownership privileges to owner-occupants only; often grandfathering pets already on the premises; perhaps disallowing pets altogether.

Several years ago the Hawaiian Humane Society surveyed 691 Oahu condominiums in an effort to obtain a more definitive picture of the situation. Two hundred and forty-five responses were received and analyzed. Of that group about 50 percent allowed pets. The study reported the major advantages for residents having pets were: "security, safety, joy of ownership, not having to part with a lifetime companion, happiness, love for the elderly, discourages break-ins, good for children, psychological health, protection, a warm feeling, ease in selling a unit, gives a 'homey' feeling."

The major reasons for condos disallowing pets were reported as "owners irresponsibility, lazy owners, noise, smell, ferocity, damage to units and grounds, fleas and barking."

What seems to be management's secrets in successfully operating buildings that allow pets? One association's pet rules

The Latham Letter, Spring 1988



states it clearly and concisely: "Our rules are few, but they are stringent and unbreakable. Complaints received by either the Resident Manager or Pet Committee will be acted upon."

Congress, recognizing the "...numerous studies and reports that show pets provide substantial physical and mental benefits to elderly and handicapped persons..." passed a law insuring the right of senior and handicapped tenants in federally assisted rental housing to own pets. The Hawaii Housing Authority recently implemented the program in their housing units throughout the State. The heart of the program is a set of "Pet Rules" defining what pets are allowed, and conditions and responsibilities of ownership.

The Society's staff is available to assist pet owners, condominium association boards, and building managers in developing positive pet rules, based on programs that have demonstrated successful operating experience.

This article is republished from the Hawaiian Humane Society Newsletter. Reprinted with permission of Bob Spencer, Public Relations Director, Hawaiian Humane Society, 2700 Wai'alae Avenue, Honolulu, HI 96826.



Pet Parent Program

The Purina Pet Parent Program, a national two-pronged pet education and pet adoption campaign in honor of National Pet Week, is designed to teach elementary school children responsibility, nurturance and caring, as well as proper pet care. Because of the positive impact pets have on families, the pet adoption portion of the program encourages families with children to adopt pets from local animal shelters through subsidized adoptions or help with veterinary fees.

The educational program, created by Ralston Purina in conjunction with educational experts, will reach five million children, ages 8-12, in 37,000 schools nationwide during the spring of 1988.

Structured to benefit both children who own pets and those who do not, the program teaches universal caring and concern for all living creatures through a series of activities and lesson plans covering topics such as pet nutrition, grooming, exercising and training.

Through the pet adoption phase of the Pet Parent Program, Purina will donate \$500,000 to help subsidize pet adoption fees at animal shelters nationwide or to help reduce veterinary fees during National Pet Week, May 1-7, 1988.

The educational portion of the program will be launched in Spring '88 to coincide with National Pet Week along with the adoption subsidy.

For more information regarding the program, write Purina Pet Parent Program, Checkerboard Square, 6T, St. Louis, Missouri 63164.

Seattle Police Canine Unit Does Double Duty With Seniors

Joe Frisino - Seattle Post
Intelligencer

Florence Douglas never saw the police dogs that visited the apartment complex where she lives. The expression on her face as she petted the friendly animals showed clearly that lack of sight mattered very little in her joy of those moments.

"I got the nicest, friendliest feelings from those dogs. They're nice to be near," she said later. "Dogs react to me pretty well."

Last week, residents of the Hearthstone were visited by two German shepherds, King and Chase, members of the Seattle Police Department's Canine Unit, and their handlers, Officers Bruce Wind and Mike Gleason. The visit to the retirement center overlooking Green Lake was primarily for socialization - to give both residents and the animals a chance to become friends. The people also learned a lot about how this particular part of their police force works.

About 35 elderly people, many in wheelchairs, sat in the sun-brightened solarium, and each greeted the dogs in his or her own way. For most, the greeting was patting the dog's head or stroking its coat. And saying: "such a nice dog," "beautiful, King," "can I adopt him?" and "Chase, you're so friendly and you have such big feet."

Some residents greeted the dogs with just a hint of a smile, their only change of expression during the whole visit.

King and Chase, like the seasoned veterans they are, moved from person to person, obviously enjoying all the attention.

Sgt. Owen Burt heads the canine unit, and he and his men enjoy taking the dogs to visit seniors, many of whom are unable to have pets where they live. Burt said the visits are wonderful for the dogs and give the police a chance to explain that "we don't want people to think our dogs are aggressive." The usual picture of police dogs straining at the leash, mouths open and teeth bared in a snarl, is untrue, he added. Also, he said, "when we formed the unit, it was with the understanding that our dogs

would not be used for crowd control."

The sergeant said he once took a dog into a room where an elderly patient lay, unable to move or speak. "The only response you could get was a tear. It was kind of heartbreaking."

Contrasted to that are the laughter and noise of young children when the unit visits a school.

Wind stood before the gathering and started out, "Hi, boys and girls," and as his mature audience giggled, he explained that he was accustomed to talking to school kids. He said the canine unit has 14 people: one sergeant, one training master and 12 handlers.

"I'm totally blind now, but I'm quite happy..."


Each officer has six years of experience, and there is a waiting list of people who want to join, including several women officers.

Wind explained that there are two things unique about every person: fingerprints and the scent of bacteria on the skin. He pointed out that the human body is always sloughing off minute amounts of skin, and this process is hurried when the person is under duress. It is the scent of the skin droppings, he said, that the dog can follow.

When the older dogs left, Officer Dave Prideaux brought in an unnamed puppy the handlers hope will become a police dog. The dog was very young, but large, with massive feet. "We're trying to bring up his confidence level and make him want to play."

I sat next to Douglas as the 86-year-old woman reached out for the pup. "Can I hold him in my lap?" she asked. Then, when she felt how big he was, she laughed and played with the dog's soft coat.

"We had a springer spaniel once named Major," she told me. Then the former accountant added, "I'm totally blind now, but I'm quite happy anyway. You can make quite a bit out of what you have."

Burt said any group that would like the canine unit to visit or more information on the program may call him at (206) 625-4691. 

Modern Maturity Magazine Surveys the Future Scene for Seniors

As we marshalled material to fulfill our commitment to this quarter's topical focus, "Productive Retirement in the 90's", it soon became clear that the widely read and appreciated bi-monthly publication, Modern Maturity is a rich source. From scores of relevant pieces with gerontological slant, published by AARP, most of them fresh, newsworthy and reassuring for older readers - we have selected a few for your review and appreciation.

We wish our space limitations were less stringent. Particularly we regret our inability to reproduce Caroline Bird's revealing report of her extended research, published under the title, "The Shape of Work to Come" in the June-July, 1987 issue. Her prognosis: "Tomorrow's jobs will be better."

The item below is reprinted with permission from Modern Maturity. Copyright 1987, American Association of Retired Persons.

-WJ


The facts of life in older America

Data on aging just keep coming in:

In 1985 there were 25,000 Americans age 100 or over. By 2050 there could be more than a million.

To meet the projected demand for nursing homes, 40 institutions per month must be built between now and the year 2000.

Each day in the U.S., 18 children are born to fathers older than 55, and 70 people over age 65 are picked up for disorderly conduct.

Older people are more likely than any other age group to say they like the way they look. 



Older Workers Can And Should Play A Vital Role In The Workplace Says Operation Able

Established in Chicago 10 years ago with funding from the Chicago Community Trust and Field Foundation, ABLE, which stands for Ability Based on Long Experience, has three overarching missions:

- To strengthen existing non-profit older worker employment agencies and develop new services in areas without them,
- To serve as an advocate for older workers and promote public awareness of their value in the workplace, and
- To develop new strategies for job development through employer conferences, pre-retirement planning, etc.

To accomplish those goals, ABLE works with employers, older workers and its network agencies, providing numerous services and programs geared to each group.

For employers, for instance, ABLE offers:

Outplacement training sessions on a fee basis to companies facing work force reductions due to layoffs, plant closings and mergers. Sessions are designed to help employees develop effective job search techniques.

A pool of employees 50 years of age and over who are seeking temporary placements as clerical workers, receptionists, legal and executive secretaries, word processors and bookkeepers.

One-day job fairs for workers past 50 conducted in four locations in the Chicago area at which employers rent booth space, meet large numbers of job seekers and arrange interviews.

For older workers, ABLE offers several job training and placement programs, including a few aimed specifically at the economically disadvantaged and funded by the federal Job Training Partnership Act.

And for employment agencies in ABLE's network, ABLE plays a vital clearinghouse role, receiving job orders from employers and inquiries from older workers and forwarding them to the most appropriate employment agency where a suitable "match" can be made.

Equally important, ABLE provides network members with on-going technical assistance to upgrade the skills and capabilities of agency staff. ABLE makes agency visits, conducts training sessions and provides consultations in such areas as job development, public relations and management practices.

Over time, Operation ABLE's reach has extended far beyond Chicago. Since 1983, ABLE has provided technical assistance and training to other ABLE-like organizations across the country. Today there are 10 such organizations in operation, with several more in the planning stage.

Operation ABLE serves as a consultant to this national network, providing the individual sites with training sessions, materials, information and mailings. In addition, ABLE conducts an annual conference for the national network. To support these endeavors, the Mott Foundation has made grants to ABLE totaling \$175,000 during the past four years.

ABLE, which currently operates on an annual budget of about \$2 million, also receives support from some 45 businesses, foundations, individuals and governmental units.

All of Operation ABLE's programs and efforts are aimed at conveying one concise message: That older workers can and should play a vital role in the workplace. It's a message that hasn't escaped the hundreds of Chicago-area employers that regularly use the employment agencies in ABLE's network to find workers.

The article presented above is part of a longer document published in the Mott Exchange, newsletter of the Charles Stewart Mott Foundation of Flint, Michigan in Fall, 1987. It is republished with permission.

For more information on Operation ABLE, address that group at: 36 South Wabash Avenue, Chicago, Illinois, 60603. (312) 782-3335



Shirley R. Brussell, Executive Director
Operation ABLE

Productive Retirement in the 1990's

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Such waste is subjecting income security programs - both private and public - to unnecessary burdens. It is keeping some people below the poverty line. It is depriving our economic and social institutions of the contributions that these people could make. The whole area of community services, for example, is far weaker than it would be if we were not following such counterproductive policies.

It is believed, "... that older people should have the opportunity of being participants - not spectators - in the economic and social life of the nation. This is an attainable goal."

In recent years, scores of significant programs have been initiated to assure increasing opportunity for seniors to become involved in the economic and social life of the nation, indeed so many imaginative and constructive projects that we were hard put to select the few that our limited space allowed us to present in this issue.

Articles identified in the table of contents on page two identify those which deal with our focal topic.



The Public Benefit of Retirement:

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some involvement by retired professionals as volunteers in instruction.

A Louis Harris & Associates survey in 1974 showed then that about 50,000 Americans over 65 were active as educational volunteers. By 1982, a comparable poll by the Gallup organization showed that 500,000 people over 65 were active in educational volunteering. That prompted me to poll our original group of seven school districts in 1984.

We found in 1984 that the rate of participation by retired professionals in those school districts was higher so that, if the trend were generalized to the whole U.S. population at some year in the future, we would find about 1 million people over 65 working with America's youngsters in their schools.

A Sociobiological Revolution?

Is a new wave of the modern sociobiological revolution beginning to build? During the last couple of lifetimes, we have watched the building of at least three such revolutions. First, the dramatic decline in infant mortality in developed countries (this change alone accounts for most of the gains in average longevity in developed countries). Second, and this wave still is very new and unfolding, the liberation of women in developed countries from nativity-captivity. Their greater control over family size has freed more women to pursue education and professional careers.

The third wave is just being born. It is the survival of college educated professionals as full intellectual power for twenty to thirty years beyond their so-called careers and after their so-called retirement.

If we can call Wave #1 "survival to adulthood" and Wave #2 "emergence of the supra-maternal woman", we would call Wave #3 "the discovery of elder productivity in post-industrial society."

The United States is way ahead of the rest of the world in giving shape and order to this revolution. Americans now have the largest population of able, educated people over 65 of all nations (obviously more than China, India and the Soviet Union). And there is a bewildering array of organizations

which have been advanced by or for these people.

The burgeoning supply of highly cultivated elders with full intellectual power is unquestioned. To catch up with this new supply of talent, however, we must pause from our obsession with their needs as consumers of special or regular services. We need to focus on the lagging demand for this talent. We know the public cost of maintaining these retired professionals as consumers already is very high, but we have yet to define and measure the public benefit of their retirement.

The Responses of Infinite Variety.

Elsewhere in this issue, readers can learn more about ways in which this elder talent is used. For example, many retired executives respond to consulting assignments through the International Executive Service Corps, the National Executive Service Corps (which I stimulated at EMCF), the Senior Corps of Retired Executives, Volunteers in Technical Assistance and many others. Every major city has some forum for the exchange of retired consulting expertise.

"Americans now have the largest population of able, educated people over 65 of all nations..."

A wide variety of general referral services have developed. Operation ABLE in Chicago became a flagship for the field in its scope and diversity, but some 200 other senior referral services are known to exist in cities and towns throughout the U.S.. Virtually any local club or association performs, to some extent, this function of finding work assignments for elders.

The American Association of Retired Persons has enlisted more than 20 million subscribers to their publications and discount plans. Among this list of subscribers, thousands find ways to do beneficial service through local chapters.

Though not so much a sign of productivity as a sign of intellectual vitality, the growth of Elderhostel is amazing. These same retired professionals use portions of their free time to visit campuses around the world for serious intellectual study and discourse. Though barely more than 10 years old, Elderhostel already circles the globe and offers rigorous

"Every major city has some forum for the exchange of retired consulting expertise."

intellectual fare for about 200,000 elder participants yearly on over 800 campuses in all 50 states and in over 30 countries.

The Family Strategy.

Where is the Elderworks movement going next?

At the moment, we have targeted child abuse at a very precise point. We are identifying religious congregations of any faith where elder professionals (both men and women) can be found who will dedicate a substantial portion of their lives to training and to service in the nurture of young parents who themselves were abused as children. What is needed by these parents is 1) the demonstration of faithful personal support over a period of several years and 2) basic education, day-to-day, in the best techniques of child care.

We are looking to form small groups of three to nine retired professional per congregation in a multi-faith cluster of seven or more congregations - an adequate critical mass for training and self-perpetuation. We call this our ElderMentory (like Consistory) Program, and it now is working in three congregations in Washington, Brooklyn and Hartford. Our hope is continued refinement and eventual replication to at least 10% of the 350,000 congregations in the U.S.

If we Americans are going to prevent crime and reduce the large populations of developmentally-damaged adults who must live either in institutions or on streets, we must focus on the support of new parents - and especially those who themselves were child victims. We must break cycles of abuse and restore wholesome families as the best and only affordable foundation of modern American society. Who in our nation is available and qualified to do this personal (not governmental) work? Our answer is ElderMentors.

Organizationally, we have appreciated so far the financial support of Chase Manhattan Bank, The New York Times Company Foundation, Pfizer, The Florence V. Burden




Foundation and several individuals. But, to expand, of course, we will need much broader participation by private donors.

Filling out the demands for our most highly developed people (educated elders) will remain a creative challenge for America for at least a half century. Psychic gratification of elders is a relatively trivial component of this challenge. The guts of the matter is the survival and development of our nation with the aid of a highly qualified new resource. We must go to the heart of our biggest needs - the strengthening of our troubled families and of our diminished schools - to raise stronger, healthier, abler, more constructive and more socially supportive and responsible children. Other developed countries in their own style will follow our lead.

I hope you, dear reader, will let me know how you already are participating in this mission or how you would like to participate.

Believe me, we need you.

Mr. Merrell M. Clark, who is the principal of Clark Company, a general management consulting practice, also is the President of ELDERWORKS, Inc., a public foundation he organized privately in 1978. ELDERWORKS serves as a policy center and think tank to identify and develop new programs which use elder talent to build a stronger nation. Readers wishing additional information on ELDERWORKS should write P.O. Box 1385, Scarsdale, New York 10583-9385, enclosing a Self Addressed Stamped Envelope (SASE). 

They Have Taught Me

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I heard a soft pattering sound, rhythmic and restless and turned to see a white snow leopard measuring his cage with his counted steps; four lags long and two lags wide. He looked at me. Our eyes met and my mind understood his thoughts. We shared an experience I don't ever want to lose or to analyze too closely.

My heart went out to him. He never paused in his pacing, but in the moment that we touched one another he told me of his life. I saw through his eyes the plateau where he had lived freely. I saw what it was like for him to become the hunted. Men in fast moving vehicles, with nets and ropes had run him down. I saw him stumble and fall as the nets wound around him. I heard his scream of terror. He was caged, transported, flown and trucked. He had been here ever since. I know he knew it was a life sentence.

He spent his days here listening for the keeper which meant food. The leopard heard him before I did and paused in his pacing but not his panting. The keeper didn't come near his cage. There would be no food today. This was a "fast day", instituted to keep the larger animals from getting fat with too little activity.

I tried to apologize. I wanted somehow to make it all better. We both knew there was nothing to be done.

Today I work as an office manager for the Latham Foundation for the Promotion of Respect for All Life. My encounter with the leopard didn't send me looking for that position, but it has influenced all the work I'm able to do there.

Neither did my encounter with the leopard send me looking for human prisoners to minister to but I have seen the same look in their eyes as contract chaplain for a maximum-security federal prison. In my weekend job as an associate pastor I specialize in crisis counseling and I've seen the leopard's look in hospital wards, frightened children and people in conflict. The common denominator is fear. A fear brought on by the fact that each is no longer in control of his or her own environment. The spirits of people and animals have much in common, and it shows in that look of helpless fear.



The Reverend Su Schlagel

The premise of the Latham Foundation is that if we can learn to respect the animals, we can learn to respect one another, other peoples, our world and our universe. My premise as a Christian minister is the same: to learn to see, to treasure and to teach others the value of every living thing, that one day we may again be in harmony.

The hope for that harmony freshens as I recall the looks I have seen in other eyes, the eyes of humans and animals as they look at one another in friendship. Truly, for some humans there was no meaningful life until an animal shared its own life with them. A dog pulls his young mistress's wheelchair, helps her get to classes, picks up her pencil and pushes elevator buttons. A horse becomes gentler when a handicapped child is placed astride her back to learn balance and coordination and to see the world from more than a few feet off the ground. The resident dog at a nursing home becomes the physical therapy for a man who has had a stroke. He wouldn't use therapeutic machines but he would pet the dog. He is now able to type. Children who have withdrawn until there is no life left in their eyes have responded to a kitten placed in their lap. In a dolphin tank, the patients of a therapy session become the playthings of the dolphins as they swim and bump and nuzzle. The look of unconditional caring and respect is in both sets of eyes. A bond has been established. They need no longer be alone.

The relationship between people and animals has endured not because humans have done

continued on next page

such a good job at mastering animals but because many animals genuinely like us. Animals don't care what you are wearing. They don't care that you don't live up to everyone's expectations today, again. They listen with an ear that doesn't turn away. They are not aware of your color, social, sexual, political or religious preferences. They have the ability to simply care. Archives of deeds done by animals for humans attest to the fact that the bond, once established is stronger than life itself. When either member of the bond will give its own life for the other, that is a very strong bond indeed.

It has been my privilege to be permitted for brief moments to "see" through the window-eyes of others into the spirit/souls of many animals, birds and even a butterfly and a goldfish. They have shared a part of themselves that have had profound effects on me and the way I now look at other spirit/souls. They have taught me to walk with a gentler step and to listen. They have taught me to open my own spirit and let others in. And someday, when I see him again, I'll share the hope of a better day with a snow leopard I know, and he'll know that at least he's not alone.

Su Schlagel is the former office manager for Latham Foundation and is a minister in The Christian Church (Disciples of Christ). She is presently serving as the pastor of the Christian Church of Vacaville in California.



Retirement:

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The once distinct boundaries between work and retirement are merging, even disappearing, for many people. For some, phased retirement may be the answer. For others, cyclical retirement, or retirement from one job to work in another several times after the age of 50, may play a significant role in their financial planning strategy for the later years.

However, those who do decide to retire must acknowledge just how long they may have to plan for. With increased life expectancy and early retirement, many retirements can cover 20 to 30 years or longer. A happy retirement actually can be several retirements, each with a different set of problems and solutions.

People must assume the responsibility early in their careers for dealing with the important issues they will face when they retire. Older workers, especially, must plan for a series of lifestyle transitions in an atmosphere of both unpredictable and accelerating change.

Financial security is usually at the top of everyone's list of concerns - making sure they'll have enough income to live with dignity in later years. Paying for future health care is another. And, maybe most important, is determining how one's time will be spent after the glow of newfound freedom from work wears off.

People must think far enough ahead to anticipate the long-term financial or psychological ramifications of retirement and plan accordingly.

AARP is working to increase the awareness of pre-retirees, particularly those in middle-age, of the crucial need for adequate retirement planning. Several years ago, the Association launched a comprehensive, long-term initiative to educate employers, employees and the public about the employment and retirement issues that affect almost everyone at some point in their working careers.

AARP seeks to educate employees about making informed decisions as to their options, rights and opportunities regarding work and retirement. Specific elements of the Association's Think of Your Future program include such topics as the challenge of retirement, health and fitness, attitude and role adjust-

ments, housing and lifestyle, meaningful use of time, sources of income, personal financial planning, investment strategies, working options, legal affairs and estate planning. The AARP program stresses the importance of self-reliance and personal responsibility in achieving a financially secure and fulfilling later life.

One major component of the AARP program specializes in helping organizations, businesses and community groups start their own retirement planning programs. The aim is to help people in mid-life, or even earlier, understand that their future retirement will be much more satisfying if they plan for it. Of course, much more needs to be done in this area as is reflected in a 1986 AARP survey of workers in which 77 percent of the respondents said that their employers had offered no information about retirement planning.

Employees approaching the traditional retirement age today are pioneers in a new economic and social world, clearing the way for the large numbers of baby boomers following on their heels. It is important for people to be aware of the economic and social issues confronting them, learn about their rights as employees and workers, become familiar with the resources available to them, and take and maintain control of their lives.

Workers face a vastly different environment than that which existed 20 to 30 years ago. Many factors, including increased longevity and improved health, are opening up numerous opportunities for continued personal growth during retirement years.

Close to one-third or more of one's life could be spent in retirement, and successful retirees will be those who not only plan for retirement, but accept the challenge that retirement represents.

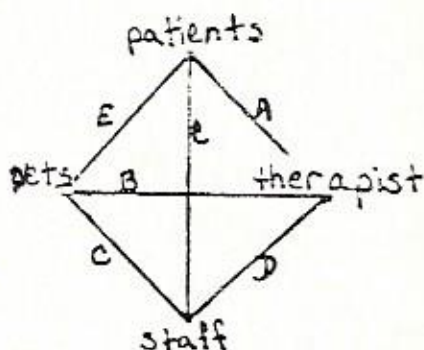
Ms. Harvey is the Director of the Program and Field Division of the American Association of Retired Persons.

For more information on retirement planning, Latham Letter readers are invited to contact the Worker Equity Department, AARP, 1909 K Street, NW, Washington, DC 20049.

Educational Programs

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Since these groups are all live organisms, various relationships can be formed and can affect the therapy. The schematic presented represents the various human-human and human-animal bonds. The letters represent the following sections which discuss these relationships in more detail. Education programs should give consideration to these factors and interrelationships. To be an effective pet therapist involves theoretical as well as practical knowledge.



Therapist and Patient Relationship

Theoretical knowledge is obtained by enrolling in courses that pertain directly to the client population. For example, therapists interested in working with the elderly should take a course in gerontology to familiarize themselves with the special needs and problems of this population; visits to nursing homes should be a part of this course. Therefore, there is a mixture of academic and hands-on experience.

The first visit to an institutional setting, no matter how well maintained, can be an emotionally unsettling experience. Visitors may see a variety of abnormal behaviors, depending on the client population being served. For example, geriatric patients often have difficulties in motor control and often show psychological disorientation. Even if one has read about these behaviors, experiencing them can be very different and can be upsetting. In additional, reading and assignments will familiarize the

The Latham Letter, Spring 1988

Photo courtesy The Center For Pet Therapy



potential therapists with special disabilities of their patient population. Thus, the therapist will have realistic expectations of their specific patient population.

Therapist and Pet Relationship

Another important component is the training of the therapists to interact optimally with their animal "co-therapists". Poorly trained pets can destroy a well-intentioned pet therapy program by hurting the clients or soiling their environment. An absolutely essential educational component, therefore, is a series of courses on animal training and behavior. These courses would teach therapists the various methods of animal training, how to recognize animal signals and communications. One course is Introduction to Animal Behavior (Daniel and Perelle, 1987) which combines textbook/classroom experience with field experience. Therapists learn the variety of behaviors (social, sexual, aggressive, locomotion and ingestive) that animals can and do engage in when in their natural environments. In field studies, therapists use natural or semi-natural environments (e.g. Bronx Zoo) in order to observe animal behaviors. There, the therapists learn to recognize signals and body postures that indicate pleasure, fear or anger. They can also learn and observe how animals interact in groups.

Another specialized course that is necessary for pet therapists is a course in Applied Animal Behavior. In this course, academic concentration is on animals that have potential for participation in pet therapy programs (e.g. i.e. cats, small dogs, birds). Students learn about the animal's behavior and how domes-

tication has affected it. In addition, students would learn what is required of the animal in pet therapy. These guidelines (Schaaf, personal communication) will aid them in selecting animals for this therapy, since not all breeds and specific animals in the breed lend themselves to a pet therapy program. Another component of this course would involve actually teaching therapists how to select and then train animals. The students would learn principles of conditioning, including instrumental conditioning, classical conditioning and punishment. They will be taught by an animal behaviorist, who is experienced in animal training. The teacher provides theoretical and practical training on how to get the animals adapted to being in a therapeutic institutional setting.

Certain recommendations can be made based on previous experience in pet therapy projects. Small animals are useful because they are less threatening and are less likely to hurt the patients while playing. Obviously, it is important that the pets be well-behaved (not bite or scratch), not mind being petted for an hour, and be an appropriate size. These animals should also be habituated to being around groups of people. The animals should be healthy, clean and have their vaccinations current. Thus, the services of a veterinarian are essential.

Staff-Patient and Staff-Animal Relationships

The staff at any institution is an integral ingredient in any kind of therapy. For example, the staff can

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Educational Programs

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support the work of a music therapist by allowing the patient to practice singing learned in music therapy or otherwise practice their musical skills, or on the other hand, the staff member can unwittingly or consciously counteract the effect of the music therapy by not allowing him/her to sing spontaneously.

Again, pet therapy is different from other forms of therapy because we are dealing with a live organism as the therapeutic agent, unlike music which is recorded. Staff members will have a wide range of reactions to having animals in the institutional setting. They will have different personal reactions such as an intense dislike of all animals, a liking of animals but being allergic to them, or loving animals. However, more importantly, they will wonder how it will directly affect their jobs. Will they have to clean up after the animals? Will they be required to be present during pet visits? Will the pets make their jobs more difficult?

In addition, there are indirect effects of pet therapy on the staff. How do these pet visits affect the patient-staff interaction? If the patients become more lively, how does that change affect the staff? Does the staff reinforce that change or not? If the pets do not visit because of weather conditions or other schedule problems, how does the patients' disappointment impact on the staff? Do the staff and patients seem to have more to talk about when the pets are visiting? At Hudson View Nursing Home, the initial reaction of the nursing and housekeeping department was mixed. Ms. Tweedy said "I heard some staff nurses expressing their annoyance with the feeling of one more thing to do, while others who have no like of animals expressed their own fear of dogs. The housekeepers worried that their duties would be expanded to pet clean up."

According to Ms. Tweedy, "the outcome was less work for each department, more alert patients and the very nurse who "hated dogs" asked me just a few days ago about the breed of dog of one of the participants in the program. The nurses talk at lunch about the program; I hear them laughing, they are pleased to be part of a pilot program

and it has opened their horizons to change."

Staff - Pet Therapist Relationships

Finally, the staff - pet therapist interaction is also important. The pet therapist must be personable and sensitive to the staff's questions and problems. The pet therapist can make an important difference in how the staff may react to the presence of animals. It is important for the pet therapist to point out the differences the pets' visits are making to the patient, independently of the staff's opinion of animals. A therapist who is insensitive to staff needs/concerns may unwittingly be helping to defeat potential effects on the clients. Therapists can learn something about the "typical" institutional staff from their behavioral science courses on their patient population. However, this training will not prepare the therapist completely for each specific staff and staff situation.

Animal - Patient Relationship

After all of the previously described preparation involving a mixture of classroom and hands-on experience, we can finally deal with the central relationship of pet therapy. Only by being completely prepared for the experience will it most likely be successful for all concerned.

The part of the pet therapist's training that deals with the animal-patient relationship is the internship in pet therapy. In this internship, their soon-to-be therapists will design a complete pet therapy program under their close supervision of an experienced faculty member. This faculty member will observe the therapist at the institution and meet often to discuss problems, expectations and patient changes. Because of previous coursework, the student will be very familiar with: 1) the special needs and skills of their patient population, 2) training and selection of the pet (in fact, a pet may already been selected) and 3) the special concerns and problems of the staff.

The therapist should visit the facility alone (i.e. without an animal) several times to familiarize himself/herself with the patients, staff and physical plant. If the program is a visitation project, then certain programmatic decisions need to be made. The pet therapist should decide on the length, location and frequency of the visits. In addition, the therapists should know what changes to look for in the patients and attempt, in a simple and non-invasive way, to measure these changes. Our studies have shown that responsiveness and interaction in-



crease in elderly patients during and after pet visits.

If the project is a resident pet project, the same programmatic decisions described above need to be made. Additionally, the therapist then has to decide where the pet will be kept and when residents can visit the pet (or vice versa). Other issues include animal care responsibilities, cleaning, feeding and other custodial duties. In addition, these pets need to have a specific place to sleep, must be indoor animals and must have been trained as indoor animals.

According to Ms. Tweedy, after the program started, patients who previously had little interest in the program asked to be part of it. Communication increased as a result of the program. According to Ms. Tweedy, the presence of the animals was important. She reported, "the patients seemed immediately want and need to fondle, talk with and watch the animals. Many talked with their family and visitors about the experience. At least one patient brought to the program pictures of the dog she left behind, and most brought memories of the animal who was a part of their life. I saw smiles where none existed prior to this program."

Summary

It is important that when people are trained as pet therapists they receive training in all aspects of this potent therapy. The relationships between patients, staff, therapists and pets are complex and multifaceted.

One final component is a good working relationship between the Departments of Behavioral Science (e.g. psychology, sociology, nursing) and Veterinary Technology (animal science). If there is a cooperative relationship between these departments, this interdisciplinary approach will greatly increase the likelihood of success of pet therapy itself.

Finally, a note of caution. Therapists must be aware that pet therapy will not work for all patients, no matter how hard the therapist tries. Just as all animals will not make good "co-therapists", not all people are responsive to animals. As long as the therapist is sensitive to the needs of the patient and staff, that is all that the institution can expect.

"To be an effective pet therapist involves theoretical as well as practical knowledge."

"Our studies have shown that responsiveness and interaction increase in elderly patients during and after pet visits."

"The relationships between patients, staff therapists and pets are complex and multifaceted."

Concerning the authors who collaborated in producing the foregoing article, Stephen Daniel's Ph.D. is from the University of Minnesota. He is an associate professor at Mercy College, Dobbs Ferry, New York. Jack Burke is a D.V.M. from Cornell University and is chairman of the Department of Veterinary Technology and a professor at Mercy. His wife, Jean, is a M.A. and an assistant professor there. The three have worked closely in establishing pet therapy programs for the elderly, for emotionally disturbed children and for developmentally disturbed adults.

Pet Project

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charges you \$20 a week. We-do-all comes in handy when tenants are on vacation, and means the management does everything from feeding to cleaning and charges \$5 a day. Pooper-scoopers and other pet supplies are for sale in the office.

Lewis Road, French says, "is like Disneyland for pet owners, where once you step through the gate, your every need is cared for in some way." It's also, possibly, the start of a trend. "It can be replicated," he says. French even offers to help anyone who is interested in setting up similar complexes (if you're interested, write: LRA, Apartment 1, 472 Lewis Road, San Jose, CA 95111). "Determination's the thing," he says. "I'm already looking to restore other complexes. I have no doubt in my mind that it's something people want."

Attaboy.

The above article first appeared in the "Image" section of The San Francisco Examiner/Chronicle, March 1, 1987. It is republished here with the permission of the newspaper and its author.

Humane Education

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University of Costa Rica, WSPA has embarked on essential steps to develop a model humane education program in Costa Rica that can be adapted to other countries of Latin America.

Latham's "Withit" Series

Coordinated by WSPA's Western Regional Office (Boston, Massachusetts), its Section Office in San Jose. Costa Rica has undertaken several pioneer humane educational activities in that country over the past three years. Two of the most popular and successful programs include WSPA's annual art contest in the public schools on the theme "How I Care for Animals," and our animal shelter/wildlife rehabilitation center (the only one in Costa Rica) which also serves as an educational center for both students and teachers.

During this past year, the Latham Foundation significantly advanced humane education in Costa Rica by providing WSPA with the 26-part video program entitled "Withit" (in English), translated into Spanish under the title "Proteger es Amar" (To Protect is to Love). This project was targeted towards children from 9 to 12 years old in the so-called "Second Circle" of studies - grades 3 through 6 - in the Costa Rican primary schools.

For seven months, the 26 programs were televised throughout Costa Rica by Channel 13, a section of SINART (National Radio and TV Network). They were aired on successive Monday evenings, from 5:30 to 6:00 pm., and re-broadcast on Sundays at 5:00 pm. As arranged between WSPA and SINART, weekly announcements were made about the show on television as well as in the press. WSPA also organized a leaflet campaign announcing the program, with press-releases on each of the first 10 programs.

In conjunction with this series 200 Teacher's Guides, prepared by the Latham Foundation and adapted by the Ministry of Education, were distributed to teachers in as many schools for classroom use. A total of about 10,000 students were involved in the project through the 200 teachers. Students were instructed to view the series and be responsible for classwork on the week's topics.

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Humane Education

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for classwork on the week's topics. Through the weekly magazine, "Zurqui" - a requisite teacher's classroom tool which reprinted the Teacher's Guides - we were able to reach out to the 3,600 primary schools throughout the country, enabling all teachers to work along with the program presentation.

After completion of the series, questionnaires were distributed to teachers for their reaction to the program. The questionnaire was designed, distributed, and collected by the Costa Rica Ministry of Education. Data were forwarded to WSPA for analysis and evaluation.

Results and Evaluation

Judging by questionnaire responses, individual teacher and student contacts, and enthusiasm by the Ministry of Education and the University of Costa Rica, the interest level of both students and teachers in the program presentation is high. Surprisingly, this interest crosses the boundaries of urban and rural schools, as does the program's effect on attitudes towards animals. Considering the differences between urban and rural areas in children's acquaintance with various types of animals, this observed change in attitudes is extremely important. It is by these measures that we have judged the success of the program.

In response to the question "Do you (the teacher) see a new respect for all forms of life...?" a total of 90% of teachers answered in the categories of "Very High" (61%) and "High" (29%), as opposed to "Medium," "Low," "Very Low," or "No Answer." In a complementary question, "Do you see new knowledge about characteristics, pet care, (etc.) of animals?" 73% indicated "Very High" and "High" with 19% indicating a "Medium" amount. While we might prefer more quantitative information on these items, we were working in a framework of limited preparation time.

Other survey questions focused on vocabulary, content-level of the shows, sequence, and issues which will lead toward the refinement of the presentation. One of the most important results of the survey (anticipated) is the necessity of closely involving the teachers and their classroom curriculum in the design and implementation of the program.

Although questions in the survey (as devised by the Ministry of Education) were directed more towards the technical aspects of the program and less towards the conceptual, much significant information has been obtained. Not only can the impact of this project be assessed, but also we can see implications for the creation of a comprehensive classroom Humane Education Program in Costa Rica.

Conclusion

Because this joint effort of WSPA with the Latham Foundation has been so well received, both the Center for Improvement of Teaching of Sciences of the Ministry of Education and the Department of Environmental Education of the University of Costa Rica have formally expressed willingness to participate further in the introduction of a humane education program into the curriculum of the public school system. Such a program ultimately could be adapted for other countries of Latin America.

Programs in humane education have been conducted for nearly a century in the United States and Great Britain, but only recently has there been any scientific effort to evaluate their immediate effectiveness. We now know that there are specific teaching methods by which to present the humane ethic. We have acquired data on the age at which children are more receptive to various concepts. Educational materials have become more sophisticated and capable of being adapted to different cultures and conditions. One important ingredient still missing from the assessment of humane education programs, however, is a study of long-term changes in attitudes.

It would be nearly impossible to conduct an accurate assessment of long-term changes in attitudes of children in countries, such as the United States or Great Britain, which have incorporated forms of humane education in the schools for so many years. However, in a country which has no history of humane education, such a long-term assessment is more feasible.

We believe that humane education is an investment in the future. We think that, over time, Costa Rica will prove this to be true.

John C. Walsh is the Western Regional Director for the World Society for the Protection of Animals, P.O. Box 190, 29 Perkins Street, Boston, MA, 02130 ♪

CORRECTION

In the Winter 1987-88 issue of The Latham Letter, we identified World Society For The Protection Of Animals as WISPA, on page 22. It should be WSPA and we extend our heartfelt thanks to WSPA for the fine success of this worthy humane education endeavor.



Good Manners

SIRIUS PUPPY TRAINING with Dr. Ian Dunbar, Kenneth Publishers 2140 Shattuck Ave., Berkeley, CA 94704 -1/2" videotape cassette \$39.95

There is good news for those dog lovers who, because of a conflict between personal time schedules and those of dog obedience classes, have yet to experience the enhancement that good canine manners add to a relationship. Nationally recognized dog behaviorist and Latham Letter columnist, Dr. Ian Dunbar, has provided a solution. SIRIUS PUPPY TRAINING visually and orally takes a novice through the simple steps necessary to communicate the ground rules of good behavior to your companion dog. Videotapes greatly enhance the learning process because they allow for repetition and reinforcement of instruction which other forms fail to provide.

- HHT ♪

The Elderly (and the Young & Middle-Aged)

- They and Companion Animals can be Mutually Complementary

Ian Dunbar, Ph.D., B.Sc., B.Vet Med., M.R.C.V.S.



There are some marvelous programs in existence concerning animals and the elderly, including programs involving visitation and residential animals in retirement homes, nursing homes, hospitals and hospices. I will say little about these programs other than they are utterly worthwhile and laudable. They provide a bright spark in the lives of many people - a cherished moment to interact with an animal and an opportunity to shoot the breeze with its handler. These programs are in full swing all around the country, all around the world, and full kudos must go to organizers and participants alike.

Nonetheless there are some theoreticians in the field who display an annoyingly condescending and patronizing attitude towards the elderly and tend to go overboard in terms of surveying, categorizing and classifying an otherwise worthwhile endeavour. In the words of E. E. Cummings: "... beware of heartless them (given the scalpel, they dissect a kiss: or, sold the reason, they undream a dream)."

Many scientific studies miss the whole point of pet ownership. I am certain that few pet owners even consider the erudite, cognitive, therapeutic or rehabilitative benefits of pet ownership. For most people the pet is a buddy, a companion. And for some, especially single people and/or the elderly, living with a pet may become the very definition of life itself. I feel that the humane movement in general and specific community organizations have a lot more to offer the elderly. Moreover, on an

equally positive note, I think that the elderly have a lot to offer the humane movement and the community.

Organizers of programs concerning animals and the elderly should consider not only what pets or visitation animals can do for the elderly, but also they should address what the elderly can do for animals. In the long run, this latter approach will be far more rewarding and beneficial both for elderly people and the community as a whole. In view of their sheer wealth of experience and knowledge, perhaps we should allow elderly people to patronize us. Many Humane Societies and SPCA's have already tapped this valuable resource by encouraging many retired and elderly people to do volunteer work. Training volunteers as adoption counsellors and behavior consultants is one of the best investments for any humane organization.

This is just one way the elderly can help the animal cause. Let us consider that in any community, there are two extremely large groups of animal-interested people: there are people (often elderly) who have lots of time on their hands but for some reason or reasons have decided not to share their lives with an animal and there are people who own pets but do not have sufficient time to train or care for them. A community program that merely coordinates the pairing of members of these two populations can solve many animal and human problems in one fell swoop. Many pets are left at home alone for the greater part of the day and develop annoying behavior problems due to lack of supervision and guidance. Pet sitters may visit the animal in its own home for all or part of the day. Just one week with a full time pet sitter can go a long way to breaking owner-absent housesoiling, chewing, digging and barking habits.

Pet sitting makes so much sense for puppies and kittens. Due to busy work schedules of their owners, many yuppie puppies and kittens suffer from long periods of confinement and isolation during the crucial formative stages of their lives - a time when it is easy to mould and

modify the animal's developing temperament and behavioral repertoire. Full time pet sitting during puppyhood and kittenhood ensures that from the outset only appropriate behavior becomes habitual. By the time they are six months old, most well educated cats and dogs have learned to spend the day happily and peacefully by themselves.

Also, it is worth considering that a large proportion of elderly people still live in their own homes. Perhaps some might be encouraged to start Puppy Day Care programs. And of course if the daytime puppy carers are also lucky enough to own a dog themselves, the visiting puppies could not beg for a better naturally enriched, Montessorian puppy education/socialization program. In addition, the puppy daycare center might offer lure/reward obedience training and housetraining (with instruction about chewing and digging, as well as elimination) options.

And now with a little zoomorphic license, let's extrapolate and examine the human condition. In modern day families, especially in urban communities, ironically, there is actually very little family or community life. The U.S. is a wonderful country but it is just plain too big, and families are scattered over several thousand miles. The once commonplace extended families living close at hand has now become the exception rather than the rule - a luxury that few people get to enjoy. Some grandparents rarely see their children or grandchildren. Some middle-aged people seldom see their parents or their children once the latter have left home. Some parents rarely have the opportunity to interact with their children while they are at home.

Communities are becoming segregated into narrow and specific age groups. This is especially true for the very young and the very old. Children spend much of their early years confined to cribs and playpens after which for the next 10 - 16 years, they spend most of their waking hours segregated into year groups in a creche, nurs-

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The Elderly

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ery, daycare, preschool, kindergarten or high school. Whereas it is important for children to interact with their peer group and this is obviously necessary for education, it is also crucial that children of all ages have plenty of opportunity to interact with younger children, older children and adults.

Considering families and communities as a whole, but focussing on the young and elderly, I have a number of suggestions. Firstly, for everyone reading this article, contact all your family members - moms, dads, kids, grandparents, uncles and aunts - telephone the lot, drop a line or visit. Or, if they live in the same house, spend a little time with them this evening. Family members will not be here forever. Enjoy them now!

Secondly, let us consider that there are two age groups (the very young and the elderly) in any community, that have an invaluable commodity in common - they both have a lot of time on their hands. It makes better sense then to integrate these two age groups within the community. Rather than simply focussing on programs taking bunnies, puppies, turtles and other visitation animals and their human caretakers into retirement homes, convalescent hospitals and the like, perhaps we should seriously consider the merits of an elderly person as a "visitation animal" and/or "therapeutic agent" for the young and middle-aged.

The enterprising elderly might consider Rent-A-Grannie or Rent-A-Gramp programs, whereby old folks regularly visit nurseries, daycare, preschools, kindergarten and grade schools. The old folks could give the youngsters a glimpse of "life before television and microwave". They could share old photographs (show and tell) of clothes they used to wear and cars they used to drive. They could spin tales about what they used to do in the evening, radio programs, family plays and parlour games, Sunday drives, waiting for the iceman's delivery to make ice cream and how long it took to cross the country from New York to San Francisco. Generally, older people love to talk and children are spellbound listeners.

If this concept were extended into high school, it could become a part of the community history program. Visiting faculty (the elderly) could show slides (from old photographs) of what the town and the school used to look like, or present special projects tracing the architectural antecedents of such adolescent landmarks as the video arcade and the downtown disco. Perhaps some elderly people were past pupils of the school and still have a yearbook showing old pictures of old staff members when young. That's always good for a laugh.

Perhaps the elderly might like to coordinate these activities at a retirement home and present a permanent "Old Town Exhibition". Classes of school children could be invited to visit. The general public could be charged admission to raise money for the elderly to have a tea party for a kindergarten class. What a blast - 25 five year olds visiting the home. That should crack a few smiles, darken a few grey hairs and maybe take twenty years off some folks.

Perhaps the integration of the young and the elderly might even be reflected in urban planning, such that if the city, county or state is building a home for the elderly, a daycare or nursery school might be built next door. I am sure this concept is not novel and that convalescent home/creche buildings already exist in Europe.

And why should the elderly have all the fun? How about establishing a Careers Education program in preschool and kindergarten, so that some of us middle-aged folk get a chance to visit. Each week a member of a different trade or profession could be invited to talk about his job and where possible, arrange a little demonstration. Starting with the classics: postman, policewoman, fireman, farmer, doctor, dentist, shopkeeper and veterinarian and then introducing cooks, carpenters, plumbers, electricians, secretaries, computer programmers, bankers, ball players, and even actors, lawyers and politicians. Children have an endless curiosity and an insatiable appetite for learning. Let's provide the right fodder.

Now it's time to write to my mother.



Relevant Reading



THE FOUR-FOOTED THERAPIST

How your pet
can help
you solve
your
problems



Dr. Janet Ruckert

THE FOUR-FOOTED THERAPIST

Janet Ruckert, Ph.D. Ten Speed Press Post Office Box 7123, Berkeley, CA 94707 1987, 180 pages, paperback \$7.95

Of late, much learned thought and attention has been given to various aspects of human, non-human relationships. Not surprisingly, investigative studies have primarily been concerned with the deleterious effects which such relationships hold for humans. In her book, THE FOUR-FOOTED THERAPIST, Dr. Ruckert addresses the subject in an unusually unique, understandable manner, with the welfare of the animal therapist in mind. In each chapter, which introduces and deals with a major facet of the human-companion animal bonded relationship, after first providing basic information concerning the specific subject the author further emphasizes her contention by describing the productive real life experiences from the case histories of her patients. THE FOUR-FOOTED THERAPIST holds much of value for each reader, it is convincingly positive, easy reading and highly recommended.

- HHT



Minding the Earth

Joseph W. Meeker, Ph.D.



Dr. Meeker authors a page in the **Latham Letter** dealing with human ecology and environmental ethics. Dr. Meeker is nationally recognized as speaking with authority on the ecology. Our readers will perceive that this quarter, Dr. Meeker has again related his presentation to the topical focus of this issue - productive retirement from an environmental perspective.

Appropriate Retirement

Retirement has no biological history, and precious little cultural tradition. Older animals do not reach an age when they cease to earn a living, and ancient trees like the bristlecone pine just keep on soaking up sunshine and adding a new ring each year. There is no report that Methuselah sought retirement benefits, and Shakespeare scribbled until he dropped. When Homer said of Achilles that he was "retired at a distance," he merely meant that the hero was refusing to go into battle before he felt ready. Until quite recently, retirement has signified a temporary withdrawal, not terminal lethargy.

"Retirement at its best is the process of withdrawing from a job in order to do one's own most appropriate work."

To retire means literally to pull or draw back from something. Related words are tired (weary), tiresome (boring), and tireless (endlessly energetic), all of which are used to describe different sorts of modern retired people. The differences among them may lie in the purposes that govern their withdrawal. If retirement means simply getting away from one's life work, then the retiree is left with nothing but a void. But if retirement occurs in order to get to something, then doors open to new possibilities, new freedoms. Retirement at its best is the process of withdrawing from a job in order to do one's own most appropriate work.

Preparation for retirement, then, calls for discovering as early as possible the best role each of us can play in the workings of the world. A job that paid the bills while children were being raised and homes pur-

chased, may also have prevented the pursuit of some deeply felt needs, interests, or loves. Freedom from that job, and from some of the bills, allows for indulgence in the passions that have been suppressed in the interest of practicality. It is not so much a time for creating new interests as for feeding those that have long been left hungry. Retirement cannot be expected to change one's character. Michael Phillips, a former banker and now an advisor on retirement planning, pointed out the plain truth that "the person we are today is the person we will be when we are old." People do not suddenly want to play bridge or golf just because they turn 65, and empty-headed adults do not automatically become wise old timers. The personality and values of youth will probably persist as long as we do. Retirement living, then, must be consistent with the character development that has led to that stage.

Not the inner self, but the context of living, changes with retirement. This is the part of life when, perhaps for the first time, it becomes possible to attend to complex processes and relationships rather than devoting one's full powers to meeting immediate needs and solving particular problems. Retirement is the time to live ecologically, not just in the small sense of being energy efficient and tidy, but in the larger sense of participating in the creative affairs of the Earth.

Michel de Montaigne, near the end of his long and carefully examined life, concluded that "our great and glorious masterpiece is to live appropriately." It is no small task to understand what appropriate living might mean for each of us, but the latter part of life is an excellent time to ask that question. It has to do with remaining in the present rather than dwelling in the past, finding a healthy and satisfying relationship with one's human and natural surroundings, and acting in ways that fit in with the long-term rules that govern all life on

Earth. Probably it means letting go of the need to control everything, and studying instead how to become a collaborative participant. Surely it means making peace with the Earth before reentering it. Appropriate living is prerequisite to appropriate dying.

"Retirement is the time to live ecologically, not just in the small sense of being energy efficient and tidy, but in the larger sense of participating in the creative affairs of the Earth."

After decades of receiving gifts from the Earth, retirement provides an appropriate time to give something in return. There are many ways to do that: working to save rain forests or wildlife habitat, supporting conservation groups, improving a local stream or lake, or perhaps just restoring some natural conditions to the land we live upon. If many retired persons resolved to leave behind a piece of land that is more naturally healthy than it was when they were born, the Earth would smile in gratitude that such people had lived upon it.

For many people, retirement means a chance to spend more time in the garden. Good gardening alone cannot help the Earth much, for gardens are extensions of ourselves, dependent upon our care. To help natural systems to thrive on their own requires good knowledge of their needs, respect for the integrity of natural processes, humility, and a touch of wisdom. If the work of retirement is guided by such principles, it can achieve the kind of dignity we feel in the presence of a bristlecone pine, appropriately creating a new ring each year.

Upcoming Events

June 2-4, 1988: National Animal Control Association. Marriott Providence Hotel, Providence, Rhode Island. Registration fee, \$125, includes meals, access to workshops, seminars and panel discussions. Meeting is open to all interested in animal control.

October 12-15, 1988: Annual Conference of the Humane Society of the United States. Crystal City, Arlington, Virginia (Suburban, Washington, D.C.), Hyatt Regency Hotel. (Single rate, \$85, Double, \$95.) Details will be announced in the Spring issue of HSUS' news.

October 30 - November 2, 1988: American Humane Association, Animal Protection Division, 112th Annual Conference. Theme:

"Humane Designs: Blueprint For The Future". Speakers include Roger Caras, ABC's "Animal Reporter" and Franklin M. Loew, DVM, Ph.D., Dean, Tufts University School of Veterinary Medicine. Sheraton Hotel, Tacoma, Washington. For further information, contact Debbie Altendorf at (303) 695-0811.

November 2-4, 1988: The American Association for Protecting Children (AAPC, children's division of The American Humane Association), 112th Annual Meeting and Conference. Conference theme: "Charting Our Course" capturing program content around what is needed adequately to protect children from neglect and abuse.

The program will include plenary sessions, awards and more than 30 separate panel presentations on topics related to child protective service, practice, policy, research, advocacy and community systems of coordinated protection for children and services to strengthen families.

About 400 attendees are expected. Especially invited are human service professionals, policymakers, the media and interested citizens. Sheraton Hotel, Tacoma Washington. For further information, contact Debbie Freeman at AAPC, (303) 695-0811.

Elderhosteling - Could It Be for You?

Elderhostel is a non-profit educational organization which coordinates an international network of residential programs hosted by a variety of educational institutions. The movement in the United States is 12 years old. 140,000 seniors attended 1000 institutions in the US, Canada and 37 countries overseas in 1987.

Jean Lunzer, former travel editor of The Seattle Post-Intelligencer, author of an article about Elderhosteling in Alaska observed, "The experience is like eating popcorn, once you start, you can't quit."

-WJ
For a free catalog of Elderhostel's program offerings, write to :Elderhostel, 80 Boylston St., Suite 400, Boston, MA 02116



William Berkeley, President, Elderhostel



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