

December 2010

Tails of Aloha

Changing Lives, One Visit at a Time



Sweet Maggie!

Maggie is one of our newest animal assisted therapist for Tails of Aloha. She's a Cavalier King Charles Spaniel who was born on Maui, but now resides on Oahu with her Mom, Leaya. Maggie is all of 15 months old. Leaya always wanted a "Dogter" of her own, and knew Maggie was "the one" for her. Her favorite pastime is fetching toys, chasing birds, eating ice and going on short, brisk walks.

Maggie currently weighs all of 15 pounds, and sometimes struggles to maintain her slim figure all the while trying to satisfy her love of peanut butter!

Maggie's best friend is her sister, Abby, who lives in Nuuanu. They have routine play dates at romp for hours on end! There was a special treat for Maggie in November as she took a short trip to Lanai and stayed at the Four Seasons at Koele Lodge! Needless to say...she was in heaven!



Flex Pet



Flex Pet is now available through Tails of Aloha for \$30. Purchase of this product will benefit our animal sanctuary at Tails of Aloha. Email us at tailsofaloha@msn.com

Just in time for the Holidays!



Poop Bags

Be green! Poop bags are 100% biodegradable, puncture resistant, super thick and silky smooth. Each box contains 50 bags. The bag size is 8" x 12" and they are made in the U.S.A. Cost: \$6.00 Help us expand our service dog program through the purchase of poop bags! Email us at tailsofaloha@msn.com

Old Habits

Whenever we make the effort to free ourselves of an addiction or a habit we no longer need, we are often surprised to find ourselves missing the old pattern as we would a familiar friend. This sounds counterintuitive, because we think we should instinctively gravitate towards that which is good for us. And yet, it makes a lot of sense when you consider that we humans, like cats, are creatures of habit. This is why we gravitate to people and places - and patterns of behavior - that make us feel comfortable. Many of the habits we form are not conscious and are based instead on learned behavior...this does not lead to making healthy lifestyle decisions.

Most addictions begin as a way of avoiding feelings that are extremely uncomfortable, so it makes sense that stopping the addiction means, for a time, a fair amount of discomfort. The same is true of habits we have developed over time that we are ready to release. Just knowing that this is difficult, and having compassion for ourselves as we work through this process, can help us to stay the course when we feel the urge to backtrack. It's also helpful to remember that in time we will establish new, healthier patterns, and the yearning for the old ones will disappear. Eventually we will instinctively reach for things that are good for us (relationships for one) and the longing for positive change may form the basis of a new habit.

The only way to get to this new place is to endure a time of difficulty, which is a challenge we can confidently handle, if we remember that it will lead to the change we seek in our lives. Our bodies, hearts, and minds always need time to adjust to a new way of doing things, but they will adapt, and even become our allies, if we remain true to our vision of a new way.

Part of the magic of Tails of Aloha is the bond between our therapy teams and the people we visit. It doesn't matter if you have a disability, can't read well, or feel abandoned - our animals love and comfort you, and allows you to experience pure unadulterated bliss, less pain and more enjoyment.



If you get to thinking you're a person of some influence, try ordering somebody else's dog around.

Rainbow Bridge



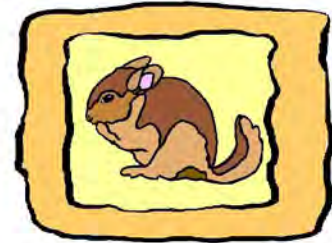
Our hearts go out to Midori Matsu, our team leader in Yokohama, Japan, who lost Pastel on October 6 at the age of 9 years and 11 months. Televi, Midori's 4-year old Papillon will be following in the paw prints of Pastel.

Pastel



Miss Hechikochi

The Tails of Aloha recently lost another chinchilla at the Sanctuary. Her name was Hechikochi. When her family simply got tired of feeding her, we took her in. She was thin and had a terrible coat, but in time became a beautiful and happy chinchilla who loved to jump, hop, and run on her treadmill. Hechikochi in Japanese means "here and there". She passed away at the age of 15.



Facts about Alfalfa

Alfalfa belongs to the legume family and is related to beans and peas. It is an excellent source of vitamin D, E, and K, beta-carotene, minerals, fiber, chlorophyll, calcium, proteins and fats. It is especially rich in amino acid tryptophan. Alfalfa is used to increase appetite, alleviate certain allergic reactions, and improve poor digestion. It may also reduce inflammation caused by arthritis.

Alfalfa helps your pet to alkalize and detoxify the body, acting like a diuretic. The plant helps to lower cholesterol, balance blood sugar and hormones, and promote pituitary gland function. Alfalfa is considered a natural remedy for diabetes, kidney problems, auto-immune disorders, anemia, ulcers, and numerous other ailments.

The path to enlightenment is not a path at all...it is actually a metaphor for the time it takes you to allow yourself to be happy with who you already are, where you are already at, and what you already have...no matter what!

Just do it!

It is the "no matter what" part that is HUGE!

Sanctuary Wish List



Solar Spot Light
39 gallon trash bags
Cat Food (wet or dry)
Dog Food (wet or dry)
Stepping Stones
Clumping Cat Litter
Clear Shower Curtains
Solar Bug Light



Dog or Cate Crates/Carriers
Bricks
Generator
Wooden Clothespins
Diatomaceous Earth



Spot-on Flea/Tick product for Dogs and Cats

Mosquito Trap

Towels

Collars

Leashes



Phiglio's message to humans on
"How To Handle Stress Like A Dog":

If you can't eat it,
or play with it,



Then Pee on it, and walk away