Teams whose membership expires on Dec. 31 should begin the renewal process now with ATD and Therapaws. Do not delay in scheduling your dog’s appointment with the veterinarian.

Take the ATD online annual test (or submit the test by mail), send the renewal money and necessary paperwork.

For those of you who have never signed into your member portal, your username will be your email address that was given on your new member application and your password is your member number with a lower case “p” in front of it. Example-p51234. You will be given an option to change your password. You can change it, save it, and then go back to your account.

Your member review can be taken online and will not need to be mailed in. If you prefer a hard copy of it, those will be mailed out November 8 along with the Renewal Health Verification Form.

It’s also important to follow up with ATD if you have not received the updated membership card by Dec. 10.

Contact ATD at office@therapydogs.com if you have any questions or call them at 877-843-7364.

Once the renewed ATD card is received by mail or email, email a copy to Therapaws. Send to wilsondg@hughes.net

* Renewals sent to Therapaws after Dec. 31 will be assessed a $25 late fee.

The Therapaws Board of Directors will hold its next meeting Thursday, November 14. If there is something you would like the board members to address, please send an email to info@therapaws.org
The weather didn’t cooperate during October’s Dogs in the Diag at the University of Michigan. Rain fell during a chilly October day, but teams still managed to see many students who welcomed the dogs.

(Wet) Dogs in the Diag

Welcome new members
Janet Black & Jasmine
Jillian Estrada & Shishka
Ashley Recker & Olive
Catherine Toth & Hazel Rose

Returning member, new dog:
Donald Levitt & Tot-Man

Follow us on Facebook for the latest news.
Every month, Eastern Michigan University and University of Michigan hold “Wellness Woof,” which allows students to interact with therapy dogs.

Multiple college visits slated throughout December

December is one of the busiest months for Therapaws with nearly a dozen visiting opportunities at the University of Michigan and Eastern Michigan University. Teams will get an email with the sign-ups.

**U-M Dance/Music** - Mon. 12/2/19 12p - 1p

**U-M Theatre** - Tues. 12/3/19 12p - 1p

**U-M Law School** - Mon. 12/9/19 3p - 5p

**WCC Library** - Mon. 12/9/19 12p - 2p

**U-M North Quad Residential/Academic Complex** - Tue. 12/10/19 12p - 2p

**U-M Taubman College of Architecture** - Tues. 12/10/19 6p - 730p

**U-M Dental & Pharmacy School** - (at Dental) Wed. 12/11/19 12p - 2p

**EMU Wellness Woof** - Wed. 12/11/19 4p - 6p

**U-M Ross School of Business** - Thurs. 12/12/19 12p - 2p

**U-M Shapiro Library** - Fri. 12/13/19 6p - 8p & Tue. 12/17/19 6p - 8p

**U-M Ford School of Public Policy** - Mon. 12/16/19 1p - 2p

**EMU Wellness Woof** - Wed. 12/11/19 4p - 6p

Dog ownership can lead to longer life, better cardiovascular outcomes

Dog ownership may be associated with longer life and better cardiovascular outcomes, especially for heart attack and stroke survivors who live alone, according to a new study published in Circulation: Cardiovascular Quality and Outcomes, a journal of the American Heart Association.

Given previous research demonstrating how social isolation and lack of physical activity can negatively impact patients, researchers sought to determine how dog ownership affected health outcomes. Prior studies have shown that dog ownership alleviates social isolation, improves physical activity and even lowers blood pressure—leading researchers to believe dog owners could potentially have better cardiovascular outcomes compared to non-owners.

Researchers in this study compared the health outcomes of dog owners and non-owners after a heart attack or stroke using health data provided by the Swedish National Patient Register. Patients studied were Swedish residents ages 40-85 who experienced heart attack or ischemic stroke from 2001-2012.

Compared to people who did not own a dog, researchers found that for dog owners:

--- The risk of death for heart attack patients living alone after hospitalization was 33% lower, and 15% lower for those living with a partner or child.

--- The risk of death for stroke patients living alone after hospitalization was 27% lower and 12% lower for those living with a partner or child.

--- The risk of death for stroke patients living alone after hospitalization was 27% lower and 12% lower for those living with a partner or child.

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