



HELPING PAWS

May 14, 2015

Robin L. Dorf
P.O. Box 1236
Monticello, MN 55362

Dear Mighty 10th District American Legion Family,

On behalf of the Board of Directors and staff, thank you and the 10th District American Legion Family for your generous contribution of \$30,111. Your contribution will be used to support the breeding, training and matching of service dogs to veterans with PTSD.

Andrea learned about the Helping Paws Post Traumatic Stress Disorder (PTSD) program for veterans through an encounter with Carl Ringberg and Jed, the first PTSD team to graduate from the Helping Paws program. As a 23-year Army Veteran, Andrea served combat tours in both the first Gulf War and Iraq. Post-Iraq, Andrea was diagnosed with PTSD, anxiety and depression, the effects of which include nightmares, hyper-vigilance, and avoidance of public places, trust issues, emotional numbness and memory issues. Thanks to a very loving and patient four-legged gift from Helping Paws, Andrea is taking first steps toward working on some of these issues.

Our Veterans with PTSD Program is evolving with some revisions. Starting in June we will offer a series of four Saturday classes where the Veterans will come to Helping Paws and begin the process of assistant dog placement. Some of the ways an assistance dog can help a veteran with PTSD are: act as a barrier in crowds allowing the veteran the choice to main personal space or boundaries; by waking or reorienting the veteran when they are having nightmares or flashbacks; by turning on a light in a dark room; by entering a room before the veteran to relieve the veteran's hyper-vigilance; by helping to reduce anxiety by touching and being close to the veteran and by being a trusted companion and providing unconditional love every minute of the day.

Helping Paws, Inc.

P.O. Box 634 Hopkins, MN 55343

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www.helpingpaws.org

The six veterans will work with several different dogs as we determine appropriate matches. Spouses and partners are welcome to attend. Current veteran graduates will be invited to participate and share their experiences with their service dogs. Following placement, individual follow-up will be provided and the group may meet on a semi regular basis for follow-up and support.

Through your donation you make it possible for Helping Paws to give service dogs to veterans with PTSD who would not otherwise be able to afford such a service —you are opening doors and changing people's lives.

Sincerely,

A handwritten signature in cursive script that reads "Pam Anderson".

Pam Anderson
Director of Development

Your gift is tax-deductible to the full extent provided by law.
Helping Paws, Inc. provided no goods or services in exchange for this gift.
Please retain this receipt for your tax records.