

WINTER NEWSLETTER 2014
 Kindred Spirits Animal Sanctuary
 Eldercare and Hospice for Dogs, Horses and Poultry
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Kindred Spirits is a non-profit 501-c-3 organization. All donations are tax deductible. EIN # 52-2377846



Ulla and Jack wish you the very best and brightest of holidays!

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Animal Sanctuary

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Dear Friends,

As the chill of winter draws near, we would like to warm your hearts with the story of our Buddha Girls. Sandy, age 14 and Merle, age 12, a mother and daughter Shepherd-mix pair, came to Kindred Spirits together, which is in itself a kind of miracle. Word came to me that they had been rescued from a home where they had lived their whole lives, but they were now found neglected under a trailer. They were about to be split up for the first time in their lives.



Ginger welcomes some enthusiastic young friends to the Sanctuary barn.

new world. They now roam the grounds together to dig nests in the cool dirt near the horses, and they are intrigued by the sounds and smells of the poultry.

Sandy now feels safe enough to venture beyond the Buddha garden without her protector, Merle. At our Open House in September, Sandy approached guests, stood close, and looked up at them with pleading eyes that said, "Please give me a treat, but don't touch me." In her healing process it may be that one day she will let us pet her and groom her rough coat.

Our care for Sandy and Merle is at the heart of our work at the Sanctuary; we welcome senior animals into a community of their own kind with caregivers who support their process of healing while aging. As Merle, their spokesperson, might say, "I am so happy to feel content and free of pain and to have many new friends. My mom and I feel safe now. I was so worried we would be split up, but now I know this is our forever home, together."

As we are beginning to wind down the Sanctuary activities for the Winter season, we look back at an extremely busy year and give thanks for the growing interest in caring for our old animals. In June Kindred Spirits was the chosen beneficiary of the Whole Foods Market 5% Day, a great success. In addition, Lisa Prior, marketing liaison from Whole Foods, recognized that

Our Mission

Kindred Spirits is dedicated to providing end-of-life care for older, unwanted dogs, horses and poultry in a sanctuary setting. In addition, our educational programs focus on the beauty of animals as teachers of unconditional love. We believe this facilitates a better understanding and appreciation of our individual and collective aging processes where we feel privileged to return this love and care to these most vulnerable members in our community.



Buddha Girls Sandy and Merle enjoy the peace and quiet of Buddha's Garden.

As part of our Kindred Spirits mission, we prioritize quality of life, and we rarely separate animals that have bonded with each other. And so the old girls arrived one day, traumatized by the recent changes in their lives. Anxious and wary, they began the process of finding a place among their own kind and feeling safe in their new home. They stuck together, with Merle, the daughter, being a bit over-friendly in an effort to feel safe. Sandy avoided people most of the time and refused to let anyone touch her. In those first days, we were especially careful not to make any quick movements around her that she might interpret as threatening. Eight weeks have passed and Merle and Sandy are beginning to know our daily routines. They chose a spot near our Buddha statue where they can observe without being seen, and where they can let down their guard and even take naps. That is how they came to be known as the Buddha Girls. We sometimes wonder if they are taking care of the Buddha or vice versa.

Salvador's Nutritious Stew has begun to improve their energy levels and restore their love of life and adventure. Both dogs have arthritis in their joints, and we treat their aches and pains with medication, so they are better able to explore their

with our Wellness Care program and sustainable practices KSAS is a worthy cause for further support. Thus the Pantry Partnership was born: the health food store will provide KSAS with a year's worth of ingredients for Salvador's Stew. Big Thanks to Lisa, and lots of wagging tails!

August saw our annual Art Show Fund Raiser. We thank the many animal loving artists for donating their amazing creations. The visitors enjoyed wandering the grounds on trails of adventure through woods of wild sunflowers in bloom, accompanied by any number of dogs showing the way to fabulous art in unexpected places: between



Dr. MaryAnne Schadler works with blind little Yasmeeen, found in a parking lot.

Kindred Spirits is part of Albertson's key card program - call us for a card & help KSAS when you shop!

Thank you to these and our many other recent supporters from the community!

Our Wish List
 Dog food: California Natural, Wellness; Arthritis supplements; Equine Senior grain; Poultry scratch grain; Maintenance materials: Fence/posts, Yum Yum mix, and straw Other: Gift cards to San Marcos Feed Store & Critters & Me
 Please call first with large donations. Thank you!

Centex Homes
 Barn dogs
 Desert Wind Saddlery
 Frost Foundation
 Arroyo Webworks
 Dr. Doug Thal, DVM
 Dr. Nan Hack, DVM
 Linda Tellington-Jones
 The Gumbo Foundation
 Smith Veterinary Hospital
 Dr. Robert Schwytzer, DVM
 Dr. Mary Anne Schadler, DVM
 Melville Hankins Family Foundation
 Doris Goodwyn Walbridge Foundation
 The Allene and Jerome Lapidus Foundation

PostNet
 Tulliver's
 Ann Rutledge
 Desert Wind Saddlery
 Critters & Me
 Santa Fe Paws
 Allegra Printing
 Dr. Doug Thal, DVM
 Natural Grocers
 KSFRR Radio Cafe
 Whole Foods Market
 Janice St. Marie Design
 San Marcos Feed Store
 Advantage Construction Co.
 Braemar Kennels & Grooming
 Film Crew from Danish National Television
 Groomers: Bonita Powys & Jennifer Williams

How You Can Help

Volunteers for: Grant writing; Newsletter writing; Daily animal care; Animal hospice care; Animal hospice & nursing care; Event planning; Handyman; Yard care & irrigation maintenance; Foster homes and care for dogs. special needs senior dogs.
 Please call: 505-471-5366

hay bales, in the crook of tree branches, on the poultry fence, and under the Angel Porch rafters. The event brought visitors in record numbers, well over 200, and brisk sales, with every penny going to the animals. Lots of wagging tails here, too! We are already collecting art for next year's Art Show, in August. Please contact us if you would like to support the care of our senior animals this way.



One of our proud peacocks shows his thanks with a beautiful display of his fine feathers.

The annual Fall Open House in September was especially well attended for the free educational seminars on aspects of our senior care. We send big thanks to the presenters who offered so generously of their time and expertise: Sue McKelvey, DVM, on Joint Care, Leta Worthington on Animal Communication, Breck Breckenridge on Canine Massage, myself Ulla Pedersen: Discussion of The KSAS Wellness Care Program.

Success is when visitors arrive expecting a sad place for old animals and later leave with a smile on their face. You can see this for yourself on the great variety of videos that will be posted on our web site and Facebook: Carol Fletcher from Chicago spent a whole week recording life at the sanctuary for education, Snow Goose Productions made a short PSA, and Marlana Bolger made a heartfelt student project. A big, warm thank you goes to all the volunteers who put their hearts into caring for our old animals and raising awareness of their plight.

With hugs and warm wishes for a happy, healthy holiday season, Ulla & the Animals

Volunteer Stories...

"Working with the Kindred Spirits at KSAS has been more than I could have imagined. Here at the Sanctuary, the animals are the teachers. Clifford, for example, has come from a past that most people would have a hard time forgetting. First he bonded with his mentor dog, Mitch, then a person or two, then his own yard, and finally with the whole community. Without sight, he is completely present to everything around him. In his time here his health has greatly improved -- just look at his glossy coat! As he teaches and shares his journey, he inspires me to do the same for myself and those I meet." - Farice, with Clifford



Gull and our gorgeous Moonspirit enjoy a lovely Fall day together.

Save the Date!

Kindred Spirits

Christmas Celebration

Saturday, Dec. 13th
4-7 pm.

4:30 Sanctuary Tour

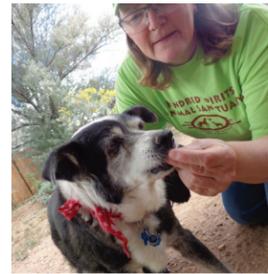
5:30 Meditation &
Tree Lighting

Light Refreshments

We hope to see you!

"Most of the animals come to Kindred Spirits traumatized and neglected; all are old. I'm especially drawn to spending time with the senior horses and helping them feel safe and cared-for by grooming and rubbing their arthritic backs, with gentle listening and talking, and by assuring them that they can now just be horses. It is a joy to see that Moonspirit now feels safe enough to seek comfort in the barn." -Gull, with Moonspirit.

"Kindred Spirits is a serene and heartwarming sanctuary for senior dogs, horses, and poultry. No matter what my mood when I arrive, I always leave with a smile and a full heart. Like many volunteers, I receive much more than I give. Many of the animals arrive traumatized and withdrawn but quickly regain strength and health. Even at the end, it's not over. Their spirits remain part of the sanctuary. Dixie Bell is one of the dogs I helped rescue and take to Kindred Spirits. It is rewarding and uplifting to know that the Sanctuary is here to serve dogs like Dixie Bell who would have been euthanized, just because she is old and frail. For me, it's all about the animals." -Vicki, here giving Dixie Bell a yummy treat.



"When I visited Kindred Spirits several years ago, I knew I wanted to be part of their important work with old, discarded animals. I live in Minnesota, but I visit New Mexico and volunteer at Kindred Spirits whenever I can. My experience with my elderly, frail dog Kenzie inspired me to learn about hospice care for older animals. I've attended conferences, taken in older dogs, and taught people in Minnesota about the importance of end-of-life care for their senior animals. We don't have Ulla Pedersen, but anything is possible!" - Marilyn, pictured here with Merle.



"After looking at the Kindred Spirits website, I knew I wanted to contribute. They accepted me as a volunteer, and I am now part of something much more significant than I expected. Friends ask me if the work is sad. On the contrary, I am moved by what we are providing for these wonderful beings. By now I've been present at several peaceful passings. The animals all have a safe and nurturing, environmentally friendly home to spend their last days, however long that may be. This work has ignited a passion I didn't know I had. The saying, "We Are All One" is evidenced every moment at Kindred Spirits. Thank you Ulla, your staff, and all the volunteers." - Betty, pictured on page 3 with Polli and her big, big smile.

"I started volunteering at Kindred Spirits to support a sanctuary that cares for and educates about rescued poultry. When I relocated to New Mexico, I left behind my flock of rescued chickens, and I found that I quickly missed their quirky ways. Chickens and geese are free spirited and independent creatures, and Ulla says they gossip a lot about us. It didn't take long to feel like part of the Sanctuary family. Spending just a few hours a week at KSAS, I quickly felt in harmony with all the animals. I'm happy to be able to support a mindful habitat where older animals can live out their lives in peace." - Kelli, with Princess Isabella



"When I first walked into the Sanctuary, I felt uncertain about how I would react to being surrounded by old and sick animals. I was afraid I might see myself in the guests at Kindred Spirits, getting old, needing help, and becoming a sponge for love. My fear didn't last long, and I quickly found myself happy and at peace in a place that is all about giving and receiving love and respect. While the Sanctuary offers shelter, care, and love to the animals, I am the one who receives even more. The gratitude in the animals' eyes is a precious gift. Their unconditional love and total trust is invaluable. Getting old is so much easier for me now. Thank you, Kindred Spirits, for this unique experience." - Pat, above with precious Ayisha.

"Like all the volunteers at Kindred Spirits, I like to help care for the elderly animals. I know it's a cliché, but I get more than I give. Most of the animals have experienced trauma in their lives. Yet, you can now see in their faces that they feel happy, safe, and loved. I'm especially attracted to the very old dogs, and in the photo above, you will see that Mimi and I have the same heart-smile. I am so lucky to be part of this sanctuary." - Sue



Polli and Mitch, two Sanctuary residents with hearts as big as their smiles.



In Loving Memory...

Casey, a sweet and beautiful yellow Lab, was with us for only a short time. She learned to feel happy and healthy with us before she succumbed to neurological disorders at age 14. We miss her gorgeous smile.



Onyx, a big Rottweiler of 130 pounds, although he was frail and in need of pain medication, had an adventuresome spirit and liked to explore the barns with his new friends. He too was with us for a short time but left a huge gap when he died suddenly of heart failure. He was a giant and gentle spirit.



Felix, our dearest little Chihuahua boy, had an inexhaustible spirit. One of three aging Chihuahuas rescued from a fire, he had many health issues and no teeth, but he never missed a meal. He thrived in our care and loved being protected by his best friend Estrella, also rescued from the fire. He died peacefully at age 16.

Jakey, a medium-sized black poodle, was over 20 when he died. He came to us six years ago with his brother Elwood, and so they be-



came known as The Blues Brothers. After Elwood passed away three years ago, Jakey had a hard time, but was helped to recover by his other canine friends, Abuelito and Archie and his special volunteer friend, Aurelia. She says, "I feel honored and blessed to have been part of Jakey's life. He was my little soul mate and my best, best friend."

Mitch was a wise, gentle, and very funny old boy. His life was saved by Drew Gomber. By sheer chance the Wilson family heard about Mitch's plight and Paul, Karen, and their son, Scott (who named Mitch) took Mitch into their home to recover from major surgery. He was not expected to survive, but Kindred Spirits was able to take him in. He was a fighter and thrived on the Sanctuary's wellness care. He was a "solid heart", and nothing ever rattled him. He became a mentor to other senior dogs entering the Sanctuary. Until the very end, he thrived on visits from the Wilson family who brought him doggy cake every week, along with their love and reassurance. His energy eventually began to wane, and he died peacefully surrounded by his loving family.

Kindred Spirits is now partnered with GoodSearch! Use www.goodsearch.com for your online searching and shopping needs and designate Kindred Spirits as your beneficiary - we receive funds from every use!



Winter is almost here, but memories of good times with the animals, volunteers, and visitors warm our hearts all year round. Please enjoy these photos of summer and fall activities at the Sanctuary, and come visit with us soon!

