The Way Home

An outreach e-communication from Papillon Haven Rescue

Issue #72

www.paphaven.org

February 2012

1,000 rescued & counting!

WestminsterGames are BACK!

Purchase your ticket bundles from February 2 thru 12 a.m. on Monday, February 13, 2012.

Instead of a boring raffle number, you receive a group of dog breeds. If one of the breeds you hold wins a Group One, you will be entered into a drawing to receive a Group One level prize. If your breed takes Best in Show (BIS) you will be entered into a drawing with the other BIS winners for the Grand Prize. The

number of players holding Group and BIS winners depends on the number of entries sold.

The 136th Annual Westminster Kennel Club Dog Show will be telecast live on Feb. 13 & 14, ABSOLUTELY No PayPal transactions for this game!

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from 8 to 11 p.m. on your local USA Network station. As you watch, check your breeds and see if you may be one of the winners! This game is great as it gives us an inspiration to learn

about and cheer for different breeds. The great thing about Westminster is that it can be very unpredictable, which adds

to the excitement. This year, there are 6 new breeds added by AKC and will be in the Westminster Dog Show.

The Herding, Hound, Non-Sporting, and Toy group competition will be televised live Monday on USA Network from 8-9 PM ET and continuing on CNBC from 9-11 PM ET. The Sporting, Working, Terrier, and Best-In-Show competition will be televised live Tuesday on USA Network from 8-11 PM ET.

OK... Ready to Play?

Here's what to do:

Each Group of 5 breeds is randomly selected by computer and assigned in the order that entries are received to be absolutely impartial. No, you cannot pick your own group of breeds. Visit *www.pap haven.info/westminster_012. html* to get further details and to see the great prizes!

Each group of 5 breeds are \$10 or 15



breeds for \$25. Please email *PapHavenRescue @yaboo.com* with your donation amount – then send your check to:

> PHR Westminster Games PO Box 20306 Hot Springs, AR 71903

ABSOLUTELY NO PayPal transactions for this game.

Stephanie Sherwin (and sometimes Jan) will mail you a confirmation along with the breeds you are assigned. Then, just watch the Show!!!! If you are a lucky winner the postage is also included!! Your donations are what makes it possible for us to help Papillons in need find their own Forever Home!

****Please note!**** This Fundraiser is open to persons in the continental US only. A purchase of one or more blocks is considered a commitment to donate that amount. This Fundraiser begins at 8 a.m. Tuesday, Feb. 2, 2012 and closes at midnight the evening before the Show (Monday, Feb. 13 at 12 midnight CST).



feel comfortable with them in your heart.

Materials and color photos for the next issue must be submitted by the 15th of the month prior to publication. Send materials to *norajl* 169@yaboo.com.

Who's who?

It would seem that this section of the newsletter has become a favorite of many ... helping see into the lives of friends we have only met thru the PapHaven world.

In our continuing series, we are striving to make names and faces more familiar to our membership. We noted (from a group discussion) that while names of members are very familiar, we really know very little about

Who's next in line ... Bruce and Nancy Sundberg from Oak Grove, MN.

I (Nancy) grew up in Rochester, MN and started my career at the Mayo Clinic as a secretary. This is where I met my first husband, Paul, and after he moved up to Minneapolis, we were married and together moved to Brooklyn Park. I got a job at Minneapolis Children's Hospital as an x-ray transcriptionist, but after only 9 months found a job at North Memorial Medical Center in Robbinsdale. For 8 years I worked as a secretary in the occupational health department and then made the transfer to the Ambulance Service where I currently work as the Administrative Secretary for that department – the largest employer in the hospital. We have multiple sites with ambulances and helicopters around Minnesota and it's based out of my office. I like my job and most of the people I work with!

Approximately 14 years ago, I begged my then-husband Paul for a dog. He finally gave in and I got Callie (*right*), a wonderful little Yorkshire Terrier. Little did I know, I purchased her from a backyard breeder.

She was a sweet little girl, but needed a playmate. That is when I became interested in Papillons. I did a bit of searching, joined an e-mail chat list of Pap-lovers and found a great breeder where I found my first Pap, Rocky. He was a puppy when I first saw him and decided he was for me.

Rocky is now 13 years old and still the baby and the boss of the family. Since getting Rocky, I adopted a 6 yr. old boy, Baron, whose owner had passed away and Rocky's breeder was looking for a home.

Unfortunately, lives change and things happen. I each other. And we are not always sure about the faces that go with all those names! Not to say that we all need "intimate details" about each other's lives, but even a general knowledge is sometimes scarce!

What began after a discussion with several members has helped us to better know our colleagues.

made the decision my marriage was not happy and decided to separate. While this was happening, the dogs were being watched by a friend. Callie met with a very unfortunate accident by choking on a treat while no

one was around to help her and she passed away. It was a very sad day.

After my divorce, I met my current husband Bruce. We actually work in the same building for North Memorial Ambulance. Bruce is a mechanic and works on the ambulances. I have no children, but Bruce has two boys. Nick, 24 yrs. old, is a carpenter and Nathan, 21 yrs. old, and is living in LaCrosse, WI with his friends while he decides what to do with his future. We dated approximately 3 years when we bought a house together and moved from



Rocky on the deck enjoy the warm sun.

Champlin to Oak Grove. We have a wonderful house on 10 acres of woodlands adjoining the Rum River. We were married in our front yard in summer of 2006. We both totally enjoy coming home to our solitude in the woods where we enjoy canoeing, hiking, gar-

dening, and watching the birds. Since moving to Oak Grove, my boy Baron passed away at the age of 12 from kidney failure. Three months later we decided I needed another Papillon. Jesse is a beautiful sable Pap; however, he totally

loves Bruce. About 4 years ago, I was contacted to see if I would be interested in fostering for Pap Haven. After consulting Bruce (who didn't take much convincing) I had my home visit and I was a foster home. My first fosters were two girls pulled from a mill. Betty and Bell were a mess and I learned very quickly what it meant to foster mill babies. Betty was adopted to a wonderful home (*see pg. 3; March 08 e-news for Betty's story*) and December 2006 we decided to make Bell our own after my co-workers specifically gave me a Christmas present of cash to pay her adoption fee! Since my first two fosters girls, I have had over 10 PapHaven fosters



Nancy & Bruce while on their trip to pick up Chili from Jan.

who have gone on to wonderful homes. Miss Bell passed away several years ago and then Chili came into my life. Mr. Chili was found lost in the mountains of Arkansas. The moment I saw him, I knew I had to foster the little guy. Bruce and I drove to Arkansas to pick him up and the whole way home, Bruce kept saying "He's gonna be a keeper, isn't he?" That year, again my co-workers gave me a Christmas gift of cash to pay for Chili's adoption fee. Chili has become my heart and soul and I

would be lost without him. Currently we are fostering Libbie and Ezra. We also have two outside dogs, Max, a labradoodle and Mocha, a chocolate lab. My life would not be complete without my dogs. I also like to read, — on my new Kindle — garden, and work on crafts for PapHaven. My latest project is the PapHaven Cookbook, which I'm looking forward to publishing very soon.

The end?

Nancy and Bruce are wonderful people – I can tell you from first-hand experience! They are loving and caring fur-parents. If you'd like to know more about them and their "pack" email Nancy at *basundberg@msn.com*.

Which of you will be next?

Please send me some information about yourself, your family, etc., so we can all "getto-know" each other a little better.

Chili, Libbie, and Jesse sunning on the back deck.



Can you help her?

Baby Jenni needs your help desperately!

Some of our PapHaven rescued Papillons need SPECIAL HELP. Some have medical problems that require specialist or extensive veterinarian care with prolonged treatment and even longer foster care. While PapHaven will do whatever is needed to restore the health of these Special Butterflies, we also need help in doing so.

PLEASE SPONSOR JENNI!

"My name is Jenni. I joined PapHaven when I was 11 weeks



old and weigh 3 lbs. My birth Papillon family just learned they had a genetic problem and I have been tested for a liver problem or shunt. Our medical adventure is just beginning. I am enrolled at the University of Minnesota and need lots of tests and possible surgery on my liver."



Your donations would really help, as these are very expensive procedures, as well as your positive thoughts for my recovery."

Pappy Smooches, Jenni

Each Butterfly shown on Jenni's page equals \$100 in donations received.

Go to: *bttp://www.papbaven.info/sponsor_me_jenni.btml* and follow the links that says "Donate Here" or

February is Dental Health Month

By Janet Tobiassen Crosby, DVM, About.com Guide February 1, 2011

Each year, February is designated as Dental Health month for pets and for kids. Both campaigns promote awareness not only about how good dental health promotes overall health, but also how to properly care for your pet's (and kid's) teeth.

Good dental health for life

February isn't the only time to think about good oral health, though. Keeping your pet's teeth and gums in good shape has many more benefits than simply fresh breath – although that is very important, too!

Start now

Now is the time to schedule that checkup for your pet, get the teeth examined, and professionally cleaned if necessary. Many veterinary offices offer specials on dental clean-



ings during February.

Brushing your pet's teeth only takes a few minutes a day, it is a great time to bond with your pets (mine love the toothpaste), and is a healthy habit to get into. Don't forget horses – they need dental care too.

One important note: use an enzymatic toothpaste made for pets. Do not use human toothpaste; it may be harmful if swallowed, and pets don't rinse their mouths. Send Checks to:

PapHaven PO Box 20306 Hot Springs AR 71903



Be a "well-Educated" Owner ... Anesthesia-Free Dentistry

http://birdneckanimalhospital.com/index.php?newsletters=2101
Birdneck Animal Hospital, 508 North Birdneck Rd Suite C, Virginia Beach, VA 23451

Does your dog have stinky breath? Do your cat's teeth look brown? In fact, periodontal disease is the most common disease that pets develop. It is estimated that 80 to 85 percent of dogs and cats have some degree of infection. It is not just a cosmetic problem; chronic infection shortens their life because of effects on other organs, especially the heart, kidneys, and liver, not to mention the pain that bad teeth can cause.

Veterinarians are trained to diagnose and treat periodontal disease. Unfortunately, there is a growing trend to offer "anesthesia-free dentistry" by untrained people at grooming parlors and pet food stores. Here are several reasons why "anesthesia-free dentistry" is a terrible idea.

In "anesthesia-free dentistry" the dogs are just held down and the teeth are scraped with a metal tool to clean tartar off the crowns of the teeth. One problem is that the crowns are only about 2 percent of the problem. Pathology takes place under the gums and this is where veterinarians concentrate their treatment. Cleaning the crowns is just a cosmetic treatment; it does nothing to improve the health of the pet. Dogs are stressed with "anesthesia-free" dentistry. They have to be held firmly to try to reduce movement. Think how hard it is to get them to hold still just to brush their teeth. Hand scaling uses sharp metal instruments. Even a slight movement



Before

can cause injury to teeth, gums, lips, even the eyes. Also, as the dog is struggling, it can aspirate pieces of tartar as it is removed.



Fractures of the jaw have also been known to occur.

Hand scaling with metal instruments causes etches in the enamel of the teeth. Vets use either power instruments that cause less etching, or are able to use a light touch with hand instruments on the enamel because the pet is not moving. Then the teeth are polished to smooth the enamel. With the "anesthesiafree" procedure, deeper grooves are made in the enamel of the teeth, which enables the tartar to attach and accumulate even faster.

When your pet has an "anesthesia-free" procedure, it gives you a false sense of accomplishment and delays the treatment your pet really needs. It is very common to find bone loss, abscessed teeth, and/or fractured teeth on x-rays that no one could see just by looking in the mouth. It is illegal! In the United States and Canada, only licensed veterinarians can practice dentistry. Anyone providing dental services other than a DVM or a supervised,



After

licensed trained veterinary technician working directly with a DVM, is practicing veterinary medicine without a license and is open to prosecution.

Owners are commonly concerned about putting their beloved pets under anesthesia, but modern anesthetic techniques and monitoring equipment actually make it as safe as in human medicine. As you can see, there is more risk if any dental procedure is done without anesthesia.

Owners of pets in pain may not even recognize it until their pet's teeth are treated. If your pet has pain from their teeth, they will be much happier once its taken care of!

Book review ...

"We're ALL Ears"

Papillon: Monsieur Butterfly

by Joyce Markovics

Debby Canton always enjoyed taking care of animals. So it was no surprise when someone called to ask if she would take



care of an orphaned baby squirrel. Debby quickly said yes — even though it was a busy time for her. Debby's little dog, Mademoiselle Giselle, was getting ready to have a litter of papillon puppies. When the baby squirrel, named Finnegan, arrived, Debby placed him in a small cage far away from Giselle. The little dog then did something totally unexpected. She tugged the cage until it was next to her bed. Would the two animals become friends?

Look inside to learn more about Giselle and the other amazing papillons – as well as surprising facts about the little dog's history, its physical appearance, and its personality. You'll also discover what every papillon owner knows – that even though these dogs look small, in their own minds they're large and in charge!



Dr. Kelly Longenecker is holding Basille (left) & Tiamo (both PHR fosters).

by Amy Fretz (Pennsylvania)

I met Dr. Kelly Longenecker in 2006 when she became my veterinarian. Back then she was *The Village Veterinarian* that made house calls to care for your pets. She and her assistant had most of their supplies in the back of her car. I was immediately impressed with her care of my animals, how she took the time to give them some scratches, kisses, and speak to them in a soothing voice. She also took the time to make sure I understood everything and had all my questions answered. Never before had I met a vet with such compassion and over the years I had met quite a few vets.

Why I LOVE my Veterinarian!

When I began working with PapHaven my impressions of Dr. Kelly were confirmed and compounded ten-fold. With every rescue that I brought to her she not only took the time to care for them, comfort them, and make them healthy, but she voiced her concern about their continued well being when adopted. She was so concerned for my former foster, Bebe, that she donated funds (as a birthday gift) to assist in her adoption to her friend and vet tech, Pat. Dr. Kelly continues to monitor Bebe with her bladder trouble (Bebe was one of the paps we took in that had a bladder stone). She has been very generous with her time and cutting costs for PapHaven fosters, even donating heart medication for Little Gizzy.

For all the above reasons, Anne Paynter and I decided to present Dr. Kelly with a *Papillon Haven Rescue Certificate of Appreciation*, graciously created by our own Mary Fournier. Dr. Kelly was both surprised and touched by that gesture. We got her to meet us at the office under the pretense that we were going to interview her for our newsletter, *The Way Home*, which we did also. At that time I was surprised to come to an understanding of how much it means to Dr. Kelly to be a veterinarian. She returned to school as an adult learner and graduated from The University of Pennsylvania's Veterinary School in 1999. She had made personal sacrifices to reach her goal and this past year reached another goal of of opening her own practice in a building with all the modern amenities needed to treat the animals she loves.

Dr. Kelly always knew she wanted to become a veterinarian, but it took her a while to realize the dream. She also knew that becoming a veterinarian was how she was going to help animals. When I asked her



about what we do. she stated that she thinks what we do as rescue workers is the most amazing thing, ever. She knew she would not be able to keep an animal, feed it, care for it, love it, and then send it off when it was adopted to a forever home. We have often discussed how difficult it is sending a foster to a forever home and

how most of us cry when we send each one off and rejoice when we read of his or her triumphs and joys. We also know that there's always another needy Papillion, in our case, who needs a loving foster home. So she understands that how I deal with sending a foster pap on to a forever home is reminding myself that there is always another needy one waiting in the wings.

Regardless of where we stand in the our ability to help animals, we could not do what we do without the help of Dr. Kelly and other veterinarians like her. Also, I know she is grateful for what we do because of her love for animals. So, to all the veterinarians out there that help rescues, *Happy Valentine's Day!* We certainly appreciate everything you do to help us in our efforts.

Be careful & aware

PHR Board member Andy Watson writes:

I had a phone conversation with an adopter the other day. The dog they'd adopted had a grand mal seizure (twitching, foaming at the mouth, etc.) and they of course were very wor-

ried and upset about it. Then the wife realized that the husband had been playing with the dog using a flash light with a laser pointer in it... you have seen them... a little red dot that projects on the floor or wall. The dog had a seizure during one of these play sessions. The wife realized the problem because she drives a school bus with a flashing strobe light on top and they are instructed to turn off the strobe light when they get to the school so that any children who are prone to seizures won't have one. Evidently the same thing can happen with a laser pointer.

Bottom line, don't play with a laser flashlight with a dog. It probably wouldn't happen with all dogs but if a dog is prone to seizures, they might have one.

The dog they adopted is fine. They have him on medication and he has never had another one... Just be warned!

PHR's cookbook is underway



PHR's cookbook/ helpful hints guide is now a priority, and we are looking for your help. Region #9 Team Leader Nancy Sundberg (MN, IA, ND, & SD) is chairing this endeavor.

Your help is needed quickly

The search for everyone's family's favorite recipes is winding down. Do you have any you forgot to send? Are you a home cook for your paps? If so, what is their favorite recipe? Do you have a triedand-true homeopathic remedy that you use with your Paps, that you could share? In turn, we will turn everyone's input into a marvelous cookbook/helpful hints guide.

Just think about it ... you know you read something in the chat group about a remedy for diarrhea. And just before Christmas, someone asked for a good recipe for Pecan Pie. But did you save those responses — or can you find them? This could be the answer to all of our dilemmas.

Once you've gathered your recipes, tried-and-true remedies, and helpful tidbits, email them to *basundberg@msn.com*. Let's make this one of our best fundraisers ever! Thanks!

In the Bakery Window – Dog Food Recipes: Low-Cost Homemade Treats Making dog treats from leftovers

Table scraps: dogs love them, and their pleading eyes are difficult to deny. However, the consequences of this indulgence can range from minor and annoying to life-threatening and expensive. Some human foods — onions, chocolate, grapes and raisins in particular contain enzymes that may produce gastrointestinal upsets, neurological problems, seizures and even death if fed in large quantities.

With care and common sense, though, you can turn leftovers into tasty and nutritious treats for your dogs.

How about a canine trail mix?

Chop meat, potatoes, vegetables, even fruit, into 1/2" pieces. Spray lightly with cooking spray and place in a food dehydrator or 200° oven until dried for a nutritious treat to take along on those long postmeal hikes.

Holiday meals bring a bounty of leftover meat

Instead of feeding your dog the scraps, create a healthy frozen treat. Rinse off any seasoning and chop into small pieces. Fill an ice cube tray partway with water, drop an equal amount of chopped meat into each cube and freeze. Even dogs who don't usually chew ice cubes will lick this refreshing treat.

Sweet potatoes

Sweet potatoes contain vitamins A, C, and E as well as protease inhibitors, which help prevent cancer in dogs. Remove the peel and slice them 1/4" thick. Place the slices in a food dehydrator or a 200° oven until they're dry and chewy. You can also microwave for 45 seconds to have a fast chewy treat.

Make crunchy dog treats using leftovers



Start by rinsing the seasoning from any combination of leftover meat, rice, noodles, or vegetables. Purée until smooth in a food

processor. Add a couple of tablespoons of vegetable oil and an egg. Use milk or water until mixture is the consistency of heavy cream. Add a tablespoon of dried parsley and enough soy, whole wheat, or rice flour to make a stiff dough. Roll the dough to about 1/4," cut into shapes and bake at 350° for 20 to 30 minutes. Turn the oven off and leave in the oven overnight to crisp. The treats will keep for about a week in a cool, dry environment.

Healthy and nutritious dog treats are limited only by our imagination — be inspired to create your own recipes!

Please help us help this poor baby!



She is 11 weeks old, her parents are drop dead gorgeous! Flowing butterfly ears, nicely put together, pretty nice dogs, except for the recessive gene they were hiding. She has tested positive on her liver bile test which was done because 2 previous litter siblings have proven to have liver shunt. Surgery may help. I would consider transferring her to the Pap Rescue you have worked with, if they are willing to go the distance for her. She seems healthy at the moment. She is extremely playful and energetic, stools are normal, weighs about 3 lbs. She seems perfectly fine, so it must not be too bad?

How can we let her down? If you can help, please send your check to:

PapHaven Rescue PO Box 20306, Hot Springs AR 71903

Thank you for helping.

5 Things Your Dog Wants From You

By Jennifer Quasha; Published January 07, 2012 - http://www.foxnews.com/opinion/2012/01/07/5-things-your-dog-wants-from/?test=faces

So it's a New Year, and although he or she can't tell you, your dog has some resolutions — what he or she wants from you! You may see a seated dog looking up at you waiting for a treat and think all is well, but trust me - it isn't, she wants more.

Here are the five things your dog really wants from you in this New Year:

1. Love, love, love: Your dog wants you to love her — more! Instead of simply showing everyone the new pic of her on your iPhone, spend time with the gal. Sure I tell the world how obsessed I am with my beagle, Sugar, by the pathetic bumper stickers plastered on my car, but I know she loves our snuggle time. When Sugar's lying on the couch and I come over to give her a nice long rub and cuddle, her eyelids go to half mast, and doggie bliss has officially descended. She looks into eyes and she holds my gaze — it's doggie nirvana. So spend more time: car time, couch time, walk time. Whichever way works best for you — show them the love. Step it up a notch.

2. A pack leader: Who's the boss? My spoiled above-mentioned beagle gets treated like a queen – until she doesn't. And I decide when that happens. Dogs need a pack leader and if they don't get one - they become one. You don't want your dog running your house, even if she runs your heart. Dogs need rules and boundaries that are understood and consistent, or dogs will take advantage. And I know. For example, my beagle is allowed on some couches and chairs and not on others. and she knows which ones. Except every once in a while she'll jump up someplace she knows she's not allowed. If I let her get away with it, in a few days she jumps up wherever she wants to. The self-professed Queen needs to revert to princess status. And as much as I hate to do it, if I don't, I know I will find her lounging on my bed snacking on a bag of chips she's jumped up on the counter to get. And just in case you think I'm cruel, if you ever find me lounging on my bed snacking on a bag of chips, you can kick me off too.

3. Food: My beagle loves dearly anyone who has ever fed her. It's a very simple way to be allowed into her very simple little heart.

She might get this from me. We are simple creatures. And who doesn't want more food? I usually do, but I know how to zip my lips. Your dog needs you to make the right decision. She can't stop the madness on her own. Studies done in 2011 by the Association for Pet Obesity Prevention says 55 percent of dogs in the U.S. are overweight or obese. No surprise there, but dogs need to rely on their owners to regulate their food intake. They need you to help them stay healthy. If you don't, it ain't pretty. Once I came home to find that Sugar consumed an extra-large box of cereal. My unmoving, comatose beagle resembled a stuffed pig. Do your pooch a favor, make sure you're doling out the right amount of food.

4. Fun: In the immortal words that could have been sung by Cyndi Lauper: "*Dogs just wanna have fu-un!*" Sugar could spend all day taking a walk, playing tug-o-war, visiting other dogs, and keeping me company. That said: so could I. But life gets in the way. And though I know life can and does, I also

know I could spend a little more time having fun with Sugar, for Sugar. What does your dog like to do best? She told me to tell you that she wants it more.

5. Exercise & health: Well, truth be told, Sugar likes exercise more than I do. I look upon a three-mile walk as forty minutes I could spend sitting on the couch reading. But I know it's good for me and for her to get up and out. Dogs want to be outside, exploring, playing, and rolling around in stinky stuff. They really want exercise, and most dogs need more — it's the other half of that diet/exercise plan we food lovers need to put into play.

So ring in the New Year considering doing what your dog really wants. Who knows, it might just be your best year yet.

Jennifer Quasha is a writer and most recently the co-author of "Chicken Soup for the Soul: My Dog's Life: 101 Stories about the Ages & Stages of our Canine Companions." Check out her website at *www.jenniferquasha.com.*

Importance of Exercise in the Senior Dog

By: Dr. Becky Sweeney – http://www.petplace.com/dogs/the-importance-of-exercise-in-the-senior-dog/page1.aspx

Moderate exercise can help to delay the continued degeneration of joints that are affected with osteoarthritis.

A regular exercise routine is an essential part of any dog's healthy lifestyle. Proper nutri-

tion, grooming and regular visits to your veterinarian are equally important. Ideally, an exercise plan should be established when your dog is still a puppy and continue

throughout your pet's life.

As a dog ages, exercise tolerance and requirements generally change. Of course, if your pet is elderly when you adopt him, you may not know his complete health history and previous exercise routine. Always consult your veterinarian before you change an existing program or begin a new exercise program for your elderly dog. Your vet will want to perform a complete physical exam on your pet and dis-

cuss exercises that are appropriate. Some types of activity may not be beneficial for a geriatric dog if physical limitations are present.

Is Exercise Important for Senior Dogs?

Exercise is very important for your elderly dog for many reasons. First of all, exercise helps maintain a healthy body weight. Being overweight may lead to a number of health problems. It places excess stress on your pet's heart. When the heart doesn't function properly, other organs may suffer including the brain, lungs, liver and kidneys. Over time, these problems may become severe enough to cause life-threatening conditions.



Old Dogs, New Habits: Ways to Make Senior Dogs More Comfortable

By Gina Spadafori | July 5, 2011 - http://www.vetstreet.com/our-pet-experts/old-dogs-new-habits-ways-to-make-senior-dogs-more-comfortable

People flip over puppies, but to me, a well-loved older dog is one of the most beautiful creatures on earth. An older dog has a nobleness about him, a look in his eyes that

speaks of years of the special love that only a pet can give trusting, nonjudgmental, and unwaveringly true.

Your dog's health is not entirely in your control, but you can have a real impact on his attitude. Your dog doesn't realize that he's getting older. Her gray hairs don't cause

concern and he doesn't worry about the other visible effects of time — the thickening of his body, the thinning of his limbs. She doesn't count the number of times she can fetch a ball before tiring and compare that to her performance when she was a young dog in her prime. He isn't worried about his hairline.



A dog lives in the now. He doesn't reflect on his past; he can't imagine his future. Your dog takes his cues from you. When you're upbeat, encouraging and loving, he'll be at

his best.

This time can be a special one for both of you, and it's up to you to make the most of it. Your dog has no real sense of embarrassment or shame, so he won't object to

ideas that make his life a little easier. Here are a few tips to get you thinking:

As your dog ages, increase the frequency and diminish the intensity of his exercise. Instead of taking your dog to the park once a week to chase tennis balls until he's exhausted, take him for a long walk daily. If your dog

Importance of Exercise in the Senior Dog (continued from pg. 8)

Osteoarthritis is degeneration of joints. This problem may develop during a pet's geriatric years causing pain and discomfort. Excess weight on these joints can speed up the disease. Believe it or not, moderate exercise can help to delay the continued degeneration of joints that are affected with osteoarthritis.

Your elderly dog's mental health may also benefit from exercise. Activity keeps oxygen and other nutrients like glucose (blood sugar) at optimum levels in the brain. The brain is like every other organ in the body in that it requires good nutrition.

Do's and Don'ts

As mentioned above, *DO* discuss your dog's exercise program with your vet. Your veterinarian can let you know if your pet has any health problems that might be exacerbated by some types of activity but not others. You need to know what type of exercise is safest for your elderly dog; you also need to know how frequently and for how long it should be done. If your dog currently follows a regular exercise routine, *DO* consult your veterinarian if your pet displays any change in behavior such as tiring more easily, coughing while exercising or having trouble breathing. You know your pet better than anyone. Even subtle changes in behavior can indicate a serious problem. You may even prevent a serious problem from developing by early detection and treatment.

DON'T let your elderly pet exercise for long periods of time outdoors in hot and/or humid climates. It only takes a few minutes of activity in this weather for heat related problems to develop. If your dog appears tired and reluctant to continue exercising, **DON'T** force it. **DO** be patient. Many elderly dogs try to keep up with their owner while running or walking and don't know to rest when they've reached their limit.

Finally, exercising with your elderly dog can be fun for both of you. If done appropriately, this can be a time that you both enjoy together on a regular basis. Moderate activity may help your pet live a long and happy life. You and your best friend deserve it. is having problems with physical activity, talk to your vet. Non-steroidal anti-inflammatory medications may help. Supplements such as glucosamine and omega-3 oils or complementary treatments such as acupuncture are another avenue. Your veterinarian can prescribe medications that may address the confusion and anxiety some old dogs experience.

Give his bedding an upgrade. Think soft. Think cushioned. Think low. Your dog will thank you for these types of small creature comforts.

Check out the sweater selection at your local pet supply store. Older dogs, like older people, have a more difficult time maintaining their body temperature. This problem is even more pronounced in slender, short-coated breeds like the Grey-hound or Whippet or in tiny dogs.

If your dogs are allowed on the couch and the bed, consider buying or building steps. You don't want to ruin TV time, right? A permanent ramp going down the back-porch step or a collapsible one to help your dog into the car will also be appreciated as he loses some of his jump.

Don't forget to make an appointment for a senior dog checkup. Ideally these should happen twice a year to improve your odds of catching little problems before they become big ones. Your veterinarian may recommend diagnostic tests — typically blood work and an X-ray — in addition to a physical examination to spot problems early or to establish a baseline of health. You should discuss having your dog's teeth treated and cleaned under anesthesia, because gum infections and mouth pain will affect his comfort and health.

The senior dog checkup is also a great time to determine if his diet will need to change to relieve excess weight from his joints. Arthritis can also be an issue, so it's important to catch joint and bone problems before they stop him in his tracks. Striking early, before these issues arise, helps keep older dogs healthy and fit. It will also ensure that you enjoy many more golden years together.

Betty's Story: Not Everyone Loves Pansies

It was an adoption event in New England. A man approached Pansy, a fit. attractive tan and white Boston pup. "She's cute," he commented. "I'm looking for a Boston. But why is her adoption fee so high?" Pansy's foster mom wanted to answer him. "Well, she's a purebred Boston terrier puppy who has been vaccinated, spayed, heartworm tested and microchipped, not to mention transported across nine states to get here. None of that was free, and the adoption fee you think is so high is actually considerably less than you'd pay for a fully vetted puppy bought from a breeder. That's why!" But we do get tired of explaining ourselves to people

who, rather than commit a charitable act. simply want to buy a desirable dog for a great price. So I thought, I could blog the Pansy incident and...

Wait! I digress! This blog is not about Pansy. It's really about Betty.

Betty is an eight year-old black pug from a puppymill. Most rescues who see Betty carried off by anyone-but-them can sigh and say they dodged a bullet. Betty came into rescue direct from a "commercial breeder" in Missouri with a case of heartworms, rotten teeth, and a couple of small tumors. Like most puppymill survivors, Betty has never heard of housetraining. Most people would probably not be astounded to hear that eight year-old dogs who pee everywhere are not hot commodities on the adoption circuit, but Betty doesn't know that. After spending her entire life churning out litter after litter for greedy humans who withheld affection and medical attention, she has embraced pethood wholeheartedly. She now lives in a rescue house with her foster parents, who love her no matter what. Betty needs no special incentive to do the full-butt wag for anyone who looks the least bit interested in her. In short, Betty is a charmer and a money pit. Betty has a chance to be what she always should have been -abeloved, physically well-cared-for family member. We want her to have that chance. But how do we pay for it?

The young pup

Admittedly, we pray a lot. God always seems to take pity on fools, so our prayers are

answered, sometimes with donations from caring people. More often, the answer comes in the form of dogs like Pansy.

That's right – back to Pansy, the beautiful 10 month-old purebred Boston Terrier with the exorbitant adoption fee. She didn't "show well" in the shelter. so she was

sent to the same rescue where Betty resides. Pansy has no health issues, and no major

> behavioral issues. After a bit of one-onone in a foster home, she's ready for a permanent family. *The inequity:* This highly desirable puppy's adoption fee is roughly double the fee asked for Betty, whose medical care cost three times as much.

Here's a truism for folks looking for cheap dogs: Healthy puppies rarely need rescue. We can place Pansy and dogs like her all day long. If that was what rescue was all about, it would be an easy task, wouldn't it?

But we think rescue should be more about the Bettys than the Pansys.

While adopting cute, healthy puppies is certainly an option, anyone can do that. It's the rare breed of humans who adopt the senior dog, the blind, deaf, or wheelie dog, the puppymill survivor so afraid of human hands she won't take food from them, the unhousetrained, the asocial... those adopters are the humans I treasure! The dog they adopt will probably have cost considerably more than the adoption fee asked. That dog will likely go on to incur an even greater cost in time, patience, and sometimes in ongoing veterinary care. But for humans who are willing and able to open their hearts and homes for these special dogs, the reward is worth it a thousand times over.

The folks carrying away those cute little puppies can tell their friends they "rescued" their dogs. What does it matter that they don't comprehend the lot of all the Bettys of the world? How can we expect them to? It would

be like trying to teach a table leg to play piano, don't you think?

> So we let people think they are rescuing healthy young dogs and we listen to them gripe about the adoption fee with a secret smile. We know the truth.

They are actually rescuing an old puppymill survivor with a long list of health issues. We don't need to tell

them.

The senior pap

But sometimes, we're so tempted.

Mu doas live here

My dogs live here, they're here to stay. You don't like pets, be on your way. They share my home, my food, my space, this is their home, this is their place. You will find dog food on the floor, they will alert you're at the door. They may request a little pat, a simple "no" will settle that. It gripes me when I hear you say, "just how is it you live this way?" ... They smell, they shed, they're in the way." Who asked you is all I can say. They love me more than anyone, my voice is like the rising sun, They merely have to hear me say "C'mon, it's time to go and play" Then tails will wag and faces grin, they bounce and hop and make a din. They never say "no time for you," they're always there, to Go and Do. And if I'm sad? They're by my side and if I'm mad, they circle wide.

And if I laugh, they laugh with me, they understand, they always see. So once again I say to you, come visit me, but know this too ...

My dogs live here, they're here to stay. You don't like pets, be on your way. They share my home, my food, my space, this is their home, this is their place!



PCA National Speciality Are you headed to Seattle?

www.papillonclub.org/2012 Specialty/index.htm

In the midst of the snowbanks, you may not believe it, but it's time to start thinking about Spring and the Rescue Parade at the 2012 Papillon Club of America, (PCA) National Specialty.

The National Specialty dates are March 26 thru March 31, 2012 at:

> Doubletree Guest Suites Hotel (DGH) 16500 Southcenter Parkway Tukwila, WA 96188-3305

www.seattle.doubletree.com

DGH is now accepting reservations. Call 800-222-8733 or 206-575-8220 - BE SURE to reference PCA when calling. All accommodations are 2 room suites. Rates are as follows:

- Single/Double occupancy \$109 + tax •
- Triple occupancy \$119 + tax•
- Quadruple occupancy \$129 + tax٠ Applicable sales tax is currently 12.4 percent but is subject to change at any time.

There is a non-refundable \$35 pet fee.

The DGH has complimentary transportation to and from Sea-Tac Airport and is convenient to many tourist activities.

You must identify yourself as guests of the PCA National Specialty to receive the special pricing. Discounted reservations are only available until March 25, 2012.

Camping

IMPORTANT DETAILS - there is no overnight RV parking available at the Hotel. The nearest campground is the Seattle/ Tacoma KOA just 9 minutes away.

> Seattle/Tacoma KOA 5801 S 212th, Kent, WA 98032 Toll-free: 800-562-1892 Information: (253) 872-8652 Fax Number: (206) 872-9221

www.seattlekoa.com

PHR in attendance

As in 2010 & 2011, PHR will again make its presence known at Nationals! And we hope to improve our "pawprint" – by expanding our sales and better educating everyone about rescue! If you plan to attend Nationals and



can help PHR in the booth, please let Nora know at norajl169@ vaboo.com. Nora will handle scheduling of personnel to work the booth. If things work out as well as they did last year, there is plenty of coverage and lots of time to see the sights, watch the

judging, and have some quality time with our PapHaven brethren. At this time, we are planning to have a PHR dinner and business meeting one of the evenings while in Seattle; but date, time, and location are still being sorted out. Details will be published in *The Way* Home as soon as things are finalized.

Ellen Stuban writes:

In order to make sure we're set I need to know if you'll be attending. If you've been to a Rescue Parade in the past, then you know what a great time you'll have. If you've never been to one of these events, here's what it's all about. PCA has a tradition of dedicating the show ring to our wonderful second chance furbabies at the National Specialty. Each person attending receives a goody bag filled with surprises and each dog has a biography that is read as they parade around the ring with their person(s).

The Rescue Parade is scheduled Saturday, March 31, 2012 at 8 a.m.

If you plan to attend and participate in the Rescue Parade, Ellen Stuban needs 2 things from you by Friday, March 4, 2012.

- 1) Please email me your contact information and the name of your Papillon.
- 2) Send short biography about your Pap and a picture of him/her. These bios will be assembled into a booklet and read out loud as our furkids are walked around the show ring for their special moment. The bio needs to be no more than 3/4 page long and in 16 pt (large) font. If you've attended in the past, I have your bio - if you'd like me to return the bio to you for updating, let me know; otherwise I'll use what I have. If you need a sample bio from previous years, please contact me.
 - For planning purposes it's easier to can-

Monday, March 26

All day: Agility, Argus Ranch All day: Vendor set-up

Tuesday, March 27

6:30 a.m.	-	8:00 a.m.	Hospitality Suite open
8:00 a.m.	-	5:00 p.m.	Obedience /Rally
		8:00 n.m.	Welcome Party in Atriu

Wednesday, March 28

6:

8:

1:

2:

5:

7:

6:30 a.m.	-	8:00 a.m.	Hospitality Suite open
8:00 a.m.	-	12:00 p.m.	Sweepstakes
12:00 p.m.	-	1:30 p.m.	Lunch
2:00 p.m.	-	4:00 p.m.	Open Board meeting
4:00 p.m.	-	5:00 p.m.	Phalene fun match
5:30 p.m.	-	7:00 p.m.	Phalene banquet/Dinner
7:00 p.m.	-	9:00 p.m.	Genetics seminar

Thursday, March 29

30 a.m.	- 8:00 a.m.	Hospitality Suite open
00 a.m.	- 1:00 p.m.	Dog classes
00 p.m.	- 2:30 p.m.	Lunch
30 p.m.	- 5:00 p.m.	Annual Meeting
00 p.m.	- 6:30 p.m.	Dinner
00 p.m.	- 9:00 p.m.	Seminar

Friday, March 30

6:30 a.m.	-	8:00 a.m.	Hospitality Suite open
8:00 a.m.	-	1:30 p.m.	Bitch classes
1:30 p.m.	-	2:30 p.m.	Lunch
2:30 p.m.	-	3:30 p.m.	Over 60 Handler class
3:30 p.m.	-	6:00 p.m.	Judges Education Seminal
6:00 p.m.	-	7:30 p.m.	Dinner
		7:30 p.m.	Top 20 Competition

Saturday, March 3I

6:30 a.m.	-	8:00 a.m.	Hospitality Suite open
8:00 a.m.	-	10:00 a.m.	Rescue Parade &
			Parade of Titleholders
10:00 a.m.	-	4:00 p.m.	Junior Showmanship, Non-
			Regular, & Intersex classes
		6:30 p.m.	Awards Banquet

cel than to add, so if you are thinking of coming and your rescued Pap is to be in the parade, please let me know as soon as possible. All that is needed to begin is the the name of your rescue for the parade. Of course, if you have any questions, please contact me at any time at estuban01@comcast.net.

Goody Bags

Ellen is also looking for donations of items for the goody bags. If you're able to help out, please let her know. PHR will again be providing small "gift bags" of Snickerpoodles to the bags. "In past years, we've been fortunate to have lovely surprises to include in the goody bags."

Atrium

Success Stories

Hello! Not sure if you remember me;

Pam from Utah. I adopted Amber Girl (right). I just wanted to give you an update on her and also ask you to forward it to her Foster mom Catherine. I have lost her email somehow and promised her I would keep her updated every so often on how Amber is doing.



I love this little dog soooo much!!! I can't imagine her not in my life. She has the sweet-

est personality and loves to snuggle (or maybe I'm the one who loves to snuggle with her) :)

She had a few months of adjustment with accidents and she bit my little 3 year old

nephew, but we watch her close around little ones now. She has come full circle and is so good with no accidents or anything, just perfect. Her hair is growing, she's got new hair growing on her ears (I call it her horns) and her tail is long and beautiful. She loves treats and will not let up on her balls. I've bought her two new balls and if her sister the other pap (Izabelle) gets a ball Amber goes and finds her other balls and plops

them at your feet to throw. She loves her grandma (my mom) and they stay with her during the days when I'm at work... grandma spoils my babies. :)

They all just got new pink sweaters and Amber looks so cute in hers. It's snowing and cold here and she doesn't like that much but neither do I.

I am so grateful for this sweet little girl and wanted to thank you for rescuing her so she can be a part of our lives. We love her so much.

Pam

Hi there! Just to let you and Andy know that Bandit and Quincy from Florida are great. Quincy actually bows at the door to go out whereas Bandit woofs. Bandit is attached at the hip to Ken, and Quincy and I are soulmates. They both love to ride in the car, come when called, are now housebroken, have their teeth brushed, and sleep in the big bed. We are all very happy! Sally W.

Paps of the Month -

Hi there. My name is *Bertie* and I am 5 1/2 years old. I am a little girl, weighing 8 lbs. My Mom had to give me up because she was not able to care for me. I was an only dog, but I am getting along fine with my



foster brothers and sisters. I love to play with soft toys, especially the ones with a squeaker. I can sit touch and give you my paw (just bragging a little). I am a little unusual; I have been debarked (at least that is what I overheard the grownups say). I do not know what that is, so it does not bother me. My foster Mom tells me I am adorable, then I get kisses from her; so I give them back to her. I sit in my Elmo chair and fall asleep. My bestest place in the whole wide world is curled up by your feet. I do have a heart murmur, but I do not take any medications for this and it does not stop me from running and playing. If I sound like the "adorable" little girl you are looking for, you must be the Mommy and or Daddy I am looking for! Please call!

Claire is 13.5 lbs, 10 inches high and just turned 7 years old. "Mom says that's a spider, that thing I stared at, pointer style, for about two minutes. Two months ago, I wouldn't have seen that ugly crawly, but two months ago I didn't know what ugly was. Mom hopes I don't think she's ugly. Two months ago I had cataract surgery and I can see now. It's bewildering to have sudden sight. I can see where I'm going and not have to rely so much on smell and touch. I can see now when the aged queen pap here peels back her lips when I jump up on the couch and can back off rather than get lunged at. I can see toys where they land rather than cock my head to hear. I can also see where mom trimmed the rose bush below snow level so I wouldn't walk into it. That bush is going to look like a bad haircut in the spring."

Claire loves toys, my mom, kids, other

dogs, gotcha games, walks, and treats; which brings us to another issue: weight. "I came in weighing a hefty 15.3 pounds, mom has starved me (just kidding) down to 13.5. At 10 inches high, I still need to lose at least 2 more pounds. She says the extra weight caused by post-surgery prednisone will come off soon. But I do love my food, a lot. I'm not food aggressive; I just want what's mine. Another



thing I truly love is sitting on mom's lap or snuggled up next to her. I have become a lapdog and soak up all the affection I can get after coming from a backyard breeder. Mom's vet (nasty man who sticks things here and there) says I'm healthy. I could have told him that. I am very quiet; when I bark mom says

it's muted and kind of cute because it's so soft. And finally, I have the distinction of being the 1,000th pap taken in by PapHaven. So, I guess I'm special all round!"

Exercise & Its Role in Treating Overweight/Obesity

http://www.banfield.com/Pet-Owners/Pet-Health/Pet-Health-Articles/Exercise-and-Its-Role-in-Treating-Overweight-Obesi

Overweight/obesity is a serious issue that affects many pets. Recent studies have shown that approximately 40 percent of pets are overweight and obesity is now the most common disorder of companion animals. A pet is considered overweight/obese if he or she is 20 percent above his or her ideal body weight.

Excess weight may predispose your pet to a variety of disorders, including osteoarthritis, cardiorespiratory problems, diabetes mellitus, constipation, dermatitis, anesthetic risk and reduced life expectancy. The most successful approach for keeping your pet's weight under control includes restricting calories and increasing activity. Exercise is just as important as providing a balanced, calorie-controlled diet for safe weight loss, so when designing and incorporating an exercise plan, there are a few things to consider:

- Work with your veterinarian to design an appropriate weight loss plan.
- Use a diary and set a consistent plan that is within you and your pet's capabilities.
- Start with small changes to exercise level and build from there.

- Maintain regular weight checks (ideally every two weeks).
- Remember that safe weight loss is achieved slowly — anywhere from six months to two years; 0.5 to 1 percent/weekly body weight reduction is ideal.

It's also important to note that while offering food as a reward for good behavior may seem like a good idea, you could also provide alternatives to food treats, such as walks, play sessions, grooming, etc.

Increasing Physical Activity

Stepping up a dog's level of physical activity can help prevent loss of lean body mass. Increased exercise may also help prevent rapid regain in weight after successful weight reduction while prolonging your pet's life. The exercise program must be tailored to your individual dog, taking into account any medical conditions and his capabilities. It depends on the breed and age of your dog, as well as your age, health and lifestyle. You can consider controlled exercise, such as lead walking; non-restricted exercise (activities off-



lead); swimming and hydrotherapy and treadmill exercise.

For cats, activity can be increased by play sessions using cat toys like fishing rod toys and motorized units. Cats can also be encouraged to "work" for their food through the use of feeding toys.

Managing your pet's weight can be a challenge. Remember that the most successful strategy is a combination of restricting calories and increasing exercise. Partner with your veterinarian to tailor a plan that's right for your pet.

Nutrition

Obesity & Overweight Pets

http://www.banfield.com/Pet-Owners/Pet-Health/Browse-by-Topic/Preventive-Care/Nutrition/obesity-overweight-overview

Obesity means seriously overweight. It almost always results from a combination of too much food and too little exercise. Breed characteristics, temperament and hormone imbalances may also influence body weight.

Overweight pets generally have more physical sickness and a shorter life span than those of lean or average weight. Excess weight places strain on vital internal

organs like the lungs, heart and liver. It also makes surgery or anesthesia more hazardous. Even breathing and walking are often difficult



for seriously overweight pets.

Heavy patients can lose weight by receiving a balanced, lower calorie diet with adequate vitamins and minerals and an increase in exercise. Portion control is imperative to successful weight loss.

Have your pet examined by your veterinarian to

check on the weight of your pet and if it is affecting any other areas of your pet's body that also need medical attention. In some cases, blood tests determine a health issue or hormonal imbalance is adding to the problem.

Gradual weight loss is safest. Special diets and weight control strategies are available. Work with your veterinarian on:

- diet
- portions to feed at each meal
- total amount to feed daily
- treats that work with the diet
- exercise plan
- target weight loss

Your veterinarian can recommend what is safe for your individual pet.

Most veterinary hospitals have a scale in the lobby area for an easy check on how your pet is doing if weighing your pet at home is not possible.

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More PHR Classifieds

Introducing PapHaven Rescue – www.paphaven.org

This group came about through the love of a small deaf puppy that required transport halfway across the country to her new home. It took the effort and dedication of people from Texas to Washington D.C. and on to Ohio. It took the cooperation of three other rescue groups. In the end, it took the hearts of every one. It is this good will and renewed faith in the goodness of people everywhere that led us in forming Papillon Haven Rescue (Pap Haven). We are a 501(c)3 non-profit organization, all volunteer National group specializing in Paps and Papillon mixes, their rescue, and rehabilitation.

Since then, PapHaven Rescue has grown dramatically and continues to grow and evolve to try to meet the changing needs of rescue and the on-going saga of Papillons in need... where ever they are.

We would like to invite you to join in our rescue efforts. With hands reaching out across the country, we can form a circle of love and caring that refuses to let even one Papillon in need fall though the cracks. We are not in competition with any other rescue groups. In fact, it is our goal to work hand in hand with every rescue group and shelter that will join us in this effort. We will not ask for perfect lineage, origins, or looks. We will coordinate with other groups for transporting each other's breed. We welcome volunteers, sponsors, interested folk, contributors, and especially kind words.

Our eNewsletter, **The Way Home**, will try to bring informative articles, feature stories, upcoming events, announcements, and urgent alerts about situations where the need for rescue is great.





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