



NEWS BUOY

Summer 2022

PRESIDENT'S MESSAGE

Welcome to the summer edition of the News Buoy, which will feature articles on living with and caring for your older Portuguese Water Dog.

Keystone will be hosting its Annual Water Trial at Codorus State Park on Saturday, September 17 and Sunday, September 18, 2022. The trial is currently full and there is a wait list. Keystone's Water Trial Committee is hard at work trying to arrange for a second site to accommodate the overflow on the wait list. If you have never seen the dogs work, this would be a wonderful opportunity to see our dogs perform historically accurate tasks at the Apprentice, Working, Courier and Master level of competition. The PWDCA Water Trials are designed to showcase the working ability of our breed. The "test" is a pass/fail test at all levels. There is no scoring of the dogs; they perform the task according to the rules. Please consider attending and volunteering. There are plenty of jobs that need volunteers even if you have not participated before and it's a great way to learn about the different levels and see the dogs working up close. There are lunches available for order on our website and they are associated with the premium list for trial. Click on the "Register" button and you can order lunches at the bottom of the entry form.

Hope to possibly see a few new faces at our water trial. Have a great summer.

—Judy Murray

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Your Aging Dog

According to the American Kennel Club, a dog enters the "senior years" at approximately 7 years of age, depending on breed size. As the dog matures, physical and mental needs begin to change. Health issues are similar to that of an aging human, such as metabolic conditions, endocrine issues, heart disease, altered vision and hearing, arthritis, and diminished muscle tone mass. Additionally, aging dogs can experience various cancers and loss of hair and teeth. Although dogs can be diagnosed with cancer at any age, almost half of dogs over the age of 10 will develop cancer. The good news: with improved nutrition and routine veterinary care, dogs are living longer than ever before!

Considerations when caring for your aging dog:

More Trips to the Vet

Your dog will require more frequent check-ups at the vet, such as scheduling bi-annual visits. The veterinarian should check bloodwork, urine, blood pressure, eyes, ears, mouth, heart, lungs, range of motion, anal sacs, and palpate the abdomen.

Brain Health

Declining cognitive function is part of aging. Dogs may show confusion, repetitive activity, aimless wandering, anxiety, increased vocalization, disrupted sleep cycles, and irritability. Keep your dog's mind exercised and engaged by introducing new places and activities. Spend time playing with your dog. Try hide and seek games or interactive puzzles.

Activity Level

Give your senior opportunities to move her body. Exercise will help preserve range of motion and keep body and mind healthier. Take your dog on walks and meet people. You may need to cut back on the amount of walking as your dog ages.

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Your Aging Dog

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Difficulty Seeing

Older dogs may develop cataracts or other eye issues. If your dog is bumping into things or no longer able to find familiar items, he may be developing vision loss.

Illness

Aging dogs experience reduced immunity, slower healing, and may have difficulty fighting infection and diseases. Potential ailments include joint and mobility issues, weakened immunity, and age-related conditions.

Injury

Aging dogs are prone to injury and may experience stiff joints and decreased mobility. Assist your dog with getting up, going up and down the stairs, and moving on and off furniture. Consider using a ramp to get your dog in and out of the car or home. Trim excess hair from between the toes and pads.

Diet and Weight

Senior dogs have more difficulty digesting and absorbing nutrients, but at the same time, require less calories for energy. Being overweight creates additional stress on the hips and joints. Calorie requirement decreases as a dog ages and begins to slow down. Dogs with poor dentition may benefit from eating a soft (wet) diet. Be sure to feed your older dog a diet rich in high-quality protein, optimal vitamins, antioxidants, fiber, omega-3 fatty acids, and glucosamine. And, when feeding, consider using elevated food and water bowls. Consult your veterinarian to make sure your dog is getting sufficient calories, adequate nutrition, and maintaining a healthy weight.

Supplements

Talk to your vet about adding a joint supplement to your dog's diet—consider starting as an early intervention prior to the senior years. Snacks such as blueberries, raspberries, blackberries, and apples offer rich antioxidants and fiber.

Bad Breath

Foul breath may indicate periodontal disease, tooth decay or loss, and infection.

Beds

Provide your dog with comfortable bedding on a supportive surface. Hard, cold surfaces can worsen joint pain and stiffness. Avoid having your dog jump on and off a couch or bed.

Lumps and Bumps

Many dogs will develop warts and benign, fatty tumors. Not every lump needs to be tested or removed. Worrisome lumps can be biopsied to determine the type of growth.

Temperature Control

Aging dogs are less able to thermoregulate, making them more sensitive to extreme heat and cold. Keep your dog cool, shaded, and hydrated in the summer. On chilly days, add blankets to the bed and use a coat.

• • •

The best way to help your dog live a happy, comfortable, and long life is to observe behavior, watch for signs of pain, provide regular play and consistent routine, take measures to prevent diseases related to aging, and treat or manage existing diseases. Senior dogs require increased attention and monitoring and may benefit from special accommodations in the home and more frequent vet checks.

Article adapted from: 7 Easy Ways to Keep Your Senior Dog Happy, S Gibeault, akc.org, Jun 20, 2022; Come Grow Old With Me-CDS and Caring for Elderly Dogs, AKC Staff, Akc.org, Apr 1, 2015; Senior Dogs, Dr. Jerry Klein, akc.org, Dec 2, 2020; 6 Ways to Help Your Senior Dog, K Finlay, akc.org, Jan 4, 2017

Signs of Dementia in the Aging Dog



- Incontinence in the house
- Appearing lost or disoriented
- Barking without reason
- Going to the wrong side of the door
- Lack of interactions with people or pets
- Decreased appetite
- Anxiety
- Irregular sleep cycles
- Staring at walls
- Aimless wandering
- Pacing in circles
- Slow to learn new tasks
- Extreme irritability
- No longer responds to name or familiar with commands
- Decreased desire to play
- Lack of self grooming

Adapted by Cognitive Dysfunction Syndrome, PurinaInstitute.com

REFLECTIONS on Our Ancient Mariners

THEODORE JASPER—TJ—became an Ancient Mariner on May 23! He is a happy, busy old dog who still enjoys competing in AKC, UKC, C-WAGS scent work. According to the large chart in my veterinarian's office, he and I are now the same age—old!

TJ had both ACLs fixed years ago so his back legs are now full of arthritis and give out when he tries to “be a boy” and lift his leg on a tree during our walks. Those walks once were a mile morning and evening and are now an amble for half a block morning and evening. He still pulls to go out the door and then settles into that amble. For the arthritis he is on Dasuquin Advanced, Metacam, and LUV (CBD oil) once a day and Gabapentin 100 twice a day. To be sure he gets the liquid meds and to put some weight on him, I cook up a pot of hamburger and pasta and give him 3 tablespoons 3 times a day. He loves it and has actually gained 2 pounds. The most important part of keeping his back-end functioning is his weekly stint at the Canine Spa in Dillsburg. Every Tuesday morning at 6 a.m. TJ swims 20 laps in the pool—35 feet each way for one lap. The chiropractic vet says it has kept him loose and walking!

TJ also has been diagnosed with Sundowner's Syndrome and now takes Omega Benefits for cognitive function every day. Around 6 p.m. he decides to be a puppy again and begins running around the house in puppy rushes and finds long-forgotten toys to throw at me as he races past me. When he tires of that, he goes to the recycle box and removes plastic bottles or cardboard boxes and begins throwing them and ripping up the cardboard. I just laugh and thank God he is still able to do this—even though he makes me crazy. When he first began this nonsense, I decided to keep him busy so I put him on a stay in the kitchen and then I placed about 10 small treats around the house—on the chair, in the bathroom, in doorways—wherever! Then I released him and he took off searching. It keeps him busy for a while and also tires him out a bit. We do this every evening.

The Gabapentin and the cognitive meds are necessary because he awakens during the night and wanders—bumping into things and wakening me. The

Gabapentin has calmed that a bit and he only occasionally wanders now.

TJ has amassed well over 100 titles in rally, obedience, scent work and his working water dog title. He earned his Rat Championship title and is only 60 points away from his Crazy 8 Platinum title. He can still do that level, because he does not have to climb bales. He is in the Advanced level of UKC scent work and the Master level of AKC scent work. People watch him slowly amble to the ring in scent work and then gasp in awe as he takes off running around the ring searching for the odor. His nose works great! Later he will remember that the rest of him hurts, but in the meantime, he has earned another title! I have a sling in the car so he can hop in since he cannot jump in anymore.

This dog was adopted by me from the Portuguese Water Dog Rescue when he was 2-1/2 years old because he “had too much energy!” He is a worker and has also racked up over 500 therapy dog visits. He loves people



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REFLECTIONS on Our Ancient Mariners

and he loves to work. He can no longer do the jumping and sitting that is needed for obedience and rally, but he sure can do Barn Hunt and Scent Work. We will continue working as long as we are both able to do so. Old dogs can still work if we limit the venues and the time. His brain still wants to work, so we are still a working team! We will keep going as long as we are both able to do so. Do not simply relegate your old dogs to the house and allow them to melt into the floor and die. They are still capable of working!

—Joan Klinger

. . .

DECKER is just over 14 years and 7 months as I write this article. He is officially GCHG CH NorthStar's Hit The Deck Running RE CGC TKI AX AXJ OF AOM (2), a four-time top 20 in breed with the a top ranking at 3 in breed, 4 all breed. He has several Best Veterans in Specialty show along with many other accolades which are too many to mention.



We have been very methodical with Decker's care, so building on the care at this stage of life has felt like a natural progression. Decker has had chiropractic visits along with laser treatments with various holistic vets starting early in life as he trained in agility at 6 months of age and competed regularly. We regularly kept up with adjustments and laser throughout Decker's agility career which overlapped his show career. Decker ran agility until over 10-1/2 years of age. I attribute his longevity to his athletic career and, of course, breeding. He ran agility at his full jump until I retired him. We also bred him until he was over 10 years of age. We have both a holistic and general practice veterinarian for Decker. I use them in concert with each other and they both have full respect for each other.

Decker goes about once a month for a soft-tissue chiropractic adjustment, cold laser, and some acupuncture. The treatment is adjusted as his needs change from time to time. In addition he receives an Adequan injection about every three weeks to keep him comfortable for joint health. I have added in, according to my holistic vet, different supplements depending on need and concerns. In addition to the Adequan, he currently takes 2 1TDC capsules with a cervical formula for overall joint health. For good digestion we give him a regular supplement mix daily of clay, slippery elm bark, a canine probiotic, digestive enzyme, and Pepcid. I feed him a high-quality dry food for senior and sensitive stomach and we do add a wet food and chicken to his meals. We also feed him in smaller meals so as not to upset his stomach. He takes CoQ10, which we found very effective for alertness, D3 in liquid, cranberry tablets for urinary tract health and boswellia for overall inflammation reduction. All these supplements are taken daily and reviewed with both vets.

We take him to a groomer who is known to have a gentle touch with older dogs. She gives him regular breaks and has specialized therapeutic beds. It must be the heat with water or dryer as he often feels better after his grooming. I can tell by his ease of movement in morning.

He interacts with all the other dogs in the house, but we are careful with him as he isn't as steady on stairs

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REFLECTIONS on Our Ancient Mariners

and slippery surfaces. I'm told his eyes are not as bad as they could be at his age and he does hear so as long as I raise my voice a bit. He still responds to commands. He is mentally very aware and is still very in tune to the overall household activity.

These days he trots in his yard when he feels inclined, eats very well and sleeps his day away. He is as demanding as ever when he wants something and still is a huge presence in the house. His alertness to someone at the door is still very sharp. Our time with him is growing shorter and shorter but it has been my husband's and my pleasure to have him so intertwined in our lives for this length of time. We have been to several Nationals, invited four times to the Top 20 and have competed; in addition, there have been countless performance trials. We have met many great people along the way and have worked with many wonderful breeders to bring forth high-quality puppies. I only wish I could thank the late Carol Iraggi, his breeder, daily for Decker.

I encourage everyone to seek out alternate medical care to add to your regular veterinarian care for your aging Portie. Since Decker was a breeding dog we did

use many highly reputable reproductive veterinarians through out his career. Not only for collection but for continuous care.

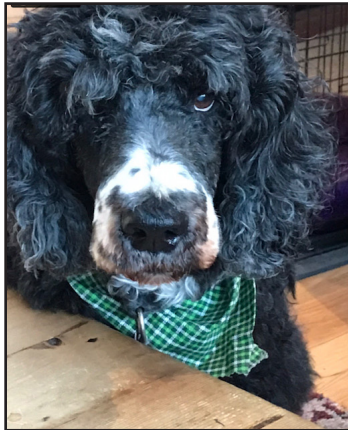
Caring for this ancient mariner has meant vigilance, continued supplement support daily, physical therapies as well as adjusting to his needs such as runners in the house, yoga mats for standing, and supportive bedding.

We have been fortunate he has stayed in relative good health through this season of life. It is a sacrifice to care for an older dog; we have bypassed several travel opportunities and he is the first consideration if we go anywhere for a day. We are often up at night forgoing some sleep, but it seems that this is a small sacrifice for a dog that has given us such incredible opportunities that we would not have had.

I wish you all longevity for your own Portuguese Water Dogs and the pleasure of their "retirement."

Together with her husband John, Susan is the owner of Decker and GCHB CH NorthStar's Set Fire To The Rain RA TKN CGC FCAT2 (Cyrus) and SeaAngels N NorthStar's IC The Higher Power DCAT SCN SBN SEN (Cayo)

—Susan Soviero



*Until one has loved an animal,
a part of one's soul remains
unawakened.*

—Anatole France, Nobel Laureate, 1921



Detecting Pain

Unfortunately, detecting pain in our canine companions is not always straightforward or black and white. Some visibly obvious behaviors are important signs that a dog may be in pain. These include:

- avoiding slippery floor surfaces
- difficulty getting up or slow to stand from a down position
- difficulty or easing into a sitting or lying position
- limping/lameness
- lying down while eating or drinking
- reluctance or inability to jump up onto furniture, a bed, or into a car
- reluctance to go up or down stairs
- reluctance to raise his head to take a treat
- reluctance to sit when asked
- reluctance to turn his head to one side or the other
- sitting on one hip or the other with the rear legs off to one side—"lazy sit"
- standing to one side/weight shifting away from a painful limb
- standing or walking with her head held down or back arched up
- moving/walking while defecating or urinating
- urinary or fecal accidents
- night restlessness if he cannot get comfortable

Any of these behaviors should prompt a visit to the veterinarian so a source of the pain can be identified, and treatment can begin."

Excerpted from <https://vcahospitals.com/know-your-pet/behavior-changes-and-pain-in-aging-dogs>.

By Krista Williams, BSc, DVM; Robin Downing, DVM, CVPP, CCRP, DAAPM

<https://kpwdc.org>

The News Buoy is produced by the Newsletter Committee: Shannon Antunes and Margaret Trejo.



When Vision and Hearing Begin to Decline

Just like humans, dogs experience decline in hearing and vision as they age. These sensory impairments can be disorienting and stressful to your aging dog.

Hearing Loss

- A slow, degenerative process
- Frequency losses
- More commonly occurs in one ear before deficits noted in both ears
- Dogs may compensate by relying on floor vibrations

Signs of hearing loss

Your dog may sleep more deeply, ignore commands, be confused, or disregard sounds which previously excited him.

Check your dog's hearing by snapping your fingers behind the head. If no response, then try clapping your hands. If still no reaction, there is likely some degree of hearing loss.

How to help

- Schedule an appointment with your vet to rule out other etiologies
- A fenced in yard or play area is a must
- Keep your dog on a leash when cars pull into and out of the driveway or when meeting people or dogs
- Train with hand signals to communicate visually. Hand gestures can cue your dog to "come," "stay," or do "down"
- Some dogs with partial hearing loss may be able to hear a high frequency emergency whistle. Train your dog to come when you blow the whistle - offer a treat to reward the behavior
- Make sure all support persons (day care, sitters, groomers, walkers, etc) are aware of your dog's hearing impairment
- Enhance your dog's "scent life" to help fill in the sensory gaps

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- Attach an “I am deaf” alert on the ID collar
- Be extra patient

Vision Loss

First signs of vision impairment may include walking into furniture or walls, resisting use of stairs, or difficulty transitioning to different surfaces.

Possible causes of vision loss in the aging dog

- Glaucoma—acute vision loss accompanied by painful red eyes
- Cataracts—white opacities in the lens causing “block out” vision.
- Progressive retinal atrophy (PRA)—irreversible deterioration of the retina eventually leading to blindness

How to help

If you suspect your dog is experiencing vision loss, make an appointment with an ophthalmologist.

Make safety a priority:

- Maintain a consistent routine
- Contain your dog with outdoor fencing
- Place nightlights in dim hallways
- Add carpet runners on hard wood or vinyl flooring to improve footing
- Block access to stairs and pools
- Avoid furniture rearrangement or changing location of bed and food/water bowls.
- Remove low-hanging tree branches
- Apply cushioned bumpers to furniture corners
- Use a soft neck bumper to protect your dog’s head when navigating the home
- Dab vanilla extract to scent mark toys and important areas in the home
- Allow your dog to sniff before having someone pet him
- Use auditory commands
- Speak as you approach your dog to avoid startling
- Teach shoulder touch to prompt “sit” or back touch to prompt “down”
- Keep your dog on a short lead in new environments
- Inform groomers, sitters, and dog walkers about your dog’s condition
- Attach an “I am blind” alert on the ID collar
- Be extra patient

Many dogs experiencing impaired vision are still active and eager to play. Offer your dog squeaky or rattle toys. Nose work (snuffle mat or AKC Scent Work, etc) is a fun way to channel energy and build confidence.

Remember to be patient as your dog navigates his challenging world. Do not become irritated if your dog appears stubborn, confused, or ignores commands. With adaptations and positive approaches, you can maintain lines of communication and promote a happy and fulfilling life for your senior dog.

References: When Eyes & Ears Fail: Age-Related Hearing and Vision Loss in Dogs by J. Grognet, DVM, AKC.ORG, Feb 2020
Hearing Loss in Senior Dogs: Signs, Symptoms, and Management by S. Gibeault, AKC.org, Apr 2021. Supporting Blind Dogs: How to Deal with Vision Loss in Your Canine Companion by S Lowrey, AKC.org, Mar 2020.

TAKE JOY IN . . . OLDER DOGS

Their joys are simple. A soft bed. A scrap fallen from the table that the younger dogs missed. The memory of a treed squirrel. A stormless night.

White whiskered faces and legs crooked as question marks.

Old Dogs . . . their sweet Buddha bellies hang over crossed legs as they fall asleep in a coveted patch of sun. Dreaming of outracing their shadows down long, shady lanes.

Once they danced by your side. The very definition of joy unleashed. A perfect poem caught in shining eyes and wagging tails. They have followed you faithfully for years. And would plunge into fires, untamed wildernesses, raging waters if you asked.

Now, they struggle to catch up. Their pace slow but their hearts still valiant. Their cloudy eyes are starting to dim and go distant, tuning in to some invisible world. Just beyond your reach.

Don't go you say, as you scratch the tender part between their ears. Stay longer. I can't imagine a world without your fur pressed close to my cheek. There are still so many roads we haven't explored.

And they look up at you with a wisdom that just slays you.

*Their backs are bent, not from the weight of years, but from the invisible wings they are growing
That will soon take them to a place where once more they are warriors of speed
Drunk with the sights and scents of a thousand meadows.
Able to leap high enough to touch the wing of the tiniest butterfly.*

A place where they will now wait for you to catch up.

—Anonymous

Games for Senior Dogs: Fun Ways to Get Your Older Dog Moving

Who says old dogs don't have a good time? Try these stimulating games to get your senior pup moving around and having fun

It can be hard to watch an older pet slow down and become more limited in their activities.

At 11 years old, my Border Collie, Mack, still loved to go hiking with us. Although his days of backpacking were behind him, he really enjoyed a good day hike.

On the trail, you would have thought he was a three-year-old again. He raced from the front to the back of the group over and over to ensure we all stayed together. He dutifully led us down the trail, sniffing the way home. He wore a goofy grin for most of the hike—delighted to be with us in the woods.

Games for Senior Dogs: Benefits and Considerations

Since you are reading this article, you probably have an older dog of your own, and you understand that even though our pups age, they still need a bit of fun and exercise in their lives.

They may not be able to do flips in the air catching Frisbees anymore or soar over an agility jump. But when you watch an older dog do something they enjoy, you get to see a bit of spark come back into their eyes, and you realize they can enjoy life just as much as they used to—it just may need to look different now.

When you're playing with an older dog, you need to consider some things you may not have thought about when they were three years old:

- Your dog's bones might be more fragile, making them prone to injury.
- Their energy level will probably be lower, requiring forms of exercise that fit that need.
- Their muscles will probably be weaker, which also means your dog could be less coordinated.
- Their eyesight might be diminishing, making visual games like fetch harder.
- They may have nerve issues or arthritis that cause pain with too much movement.
- Your dog's hearing could be diminishing.
- Their mental capacity could be decreasing.

- Their joints might be painful or prone to injury due to hip dysplasia or a loss of cartilage.
- Their digestive system may be more sensitive, or they may require a certain diet or calorie amount.

Each dog will be a little different. Yours might have excellent hearing and eyesight still but could have hip dysplasia or spinal problems.

That's why it's important to know your dog and their health status. With this information in mind, you can decide which games for senior dogs best fit their needs and interests.

Two Games for Senior Dogs

Although your dog may need extra accommodations when you're choosing or modifying a game, there are lots of options. Here are two games for senior dogs that are already great but can easily be modified.

Finder's Keepers

Finder's Keepers is a great game for senior dogs who are food-motivated and like to use their nose. It involves hiding large treats throughout your home or fenced-in yard and encouraging the dog to find them. This is especially handy for keeping an older dog entertained while you are at work.

Considerations

When playing Finder's Keepers, keep the following in mind:

- **How is your dog's mental capacity?** You can modify this game by playing it only while you are there to help the dog find the rewards. You can also keep the hiding spots very obvious for those dogs likely to forget the objective of the game.
- **How is their digestive system?** Choose rewards that their digestive system can handle.
- **How is their eyesight?** Dogs with poor eyesight will need additional help finding the rewards, and this game should be set up in an open space where there are fewer objects and walls to bump into. Use especially smelly treats for dogs with poor eyesight.

How to Play

Choose the size of your treat based on your dog's needs. To make this game easier, choose large or smellier treats or place the treats in large, hollow chew toys, like KONGs.

Scatter the treats out in an open area or hide them behind objects like furniture or trees. Choose where to place treats based on your dog's needs.

The first few times your dog plays this game, say, "Go find!" or a similar phrase, then lead your dog to each treat, praising them whenever they start sniffing and looking on their own.

Once your dog has learned "Go find!" and will search for rewards whenever they hear that phrase, you can begin setting the game up before you leave your home as well. Tell your dog, "Go find!" right before you leave.

Puzzle Toys

Puzzle toys are great for most dogs, but they are especially good games for senior dogs who can't do much walking or must be confined to smaller areas due to issues like incontinence or blindness. A puzzle toy gives a dog something fun they can do while lying down.

A wide variety of puzzle toys and similar devices can be stuffed with food and enjoyed.

Considerations

When giving your dog a puzzle toy, keep the following in mind:

- **How is your dog's digestive system?** Choose rewards that their digestive system can handle.

- **How are your dog's teeth?** It's common for older dogs to have dental issues as they age. If your dog needs soft food, be sure to use rewards like liver paste or canned dog food instead of hard treats.
- **How is your dog's mental capacity?** Some older dogs are still really good at problem-solving and would enjoy a more challenging toy. Others need something simple that involves only licking and chewing.

How to Play

Select your toy based on your dog's determination and current mental capacity. Options include a simple hollow rubber chew toy like a Classic KONG; a puzzle toy (like those from Outward Hound) that involves doors, blocks or hatches that must be moved; a treat-dispensing toy like a KONG Wobbler; or an automatic treat dispenser such as Pet Tutor or AutoTrainer.

Add treats to the toy that are appropriate for your dog's digestive system and dental needs.

Show your dog the food in the toy and encourage them to get it out. Help them do so if they need assistance at first.

Practice with the toy while you are home to help them until they work on the toy on their own without your help.

Give the toy while you are home or before you leave whenever your pup needs something to do.

You can also use meal kibble or canned food as the toy stuffing. If weight gain is a concern, subtract the amount of food in the toy from their daily calorie amount and feed that much less at meals.

Adapted from <https://www.petful.com/behaviors/games-for-senior-dogs/>

R E M I N D E R

KPWDC Annual Membership Meeting and Picnic
Saturday, October 23, 2022
Core Creek Park, Langhorne, PA



KEYSTONE
P W D C



HOT ASPHALT AWARENESS

| AIR TEMP | ASPHALT TEMP |
|----------|--------------|
| 77° | 125° |
| 86° | 135° |
| 87° | 143° |

AT 125° F, SKIN DESTRUCTION CAN HAPPEN IN 60 SECONDS.



Data source: Journal of the American Medical Association

Bringing a Senior Dog Home

There are many meaningful benefits to adopting a senior dog and providing a forever home. The older dog in foster or rescue is often overlooked because of concerns regarding negative behaviors or chronic medical issues. However, many healthy and adjusted senior dogs need a new home because the previous owner had a change in circumstances, such as moving or experiencing significant health issues. Or perhaps the senior dog is a former show dog from a reputable breeder. Unlike puppies, older dogs have typically outgrown destructive habits, are usually housebroken, have already declared their size and personality, often received training, and have greater sustained focus.

Questions to Ask Before Adopting a Senior Dog

- Why do you want a dog?
- How big of a dog can your family handle?
- Male or Female?
- Children or other pets in the home?
- Can your family dedicate the time and energy?
- Are you able to safely accommodate an adult dog?
- What level of exercise does this dog require?
- How is the temperament?
- Does this dog travel well in a car?
- Do you have the necessary supplies?
- Are you able to get a piece of bedding or a toy with the scent of the former home?
- What will be the rules of the house?

Places to Find Senior Dogs for Adoption

- Rescue groups
- Reputable breeders who are retiring a breeding dog
- Adopting a dog in a foster situation

Benefits of Adopting a Senior Dog

- Usually less destructive than a puppy and are likely housetrained
- Are generally more trainable than puppies because of sustained focus
- Senior dogs are grateful for a second chance
- Very rewarding to earn the love of an older animal

Preparing the Home

- Use gates for stairs and other “no-go” areas
- Apply gripper strips or area rugs to slippery surfaces

- Create safe eating and sleeping areas
- Have needed medication or supplements on hand
- Purchase pee pads or diapers, if previously used
- Consider purchasing a lifting harness if mobility is compromised

Initial Days at Home: Routine, Predictability, and Consistency

- If possible, pick up your dog early in the day
- Place food and water somewhere safe to avoid guarding behaviors
- Provide a safe and quiet space to rest
- Keep your new dog separate from other pets
- Provide a lot of positive attention and love
- Keep your dog home and avoid visitors during the first week
- Gradually introduce to other dogs on neutral ground
- Carefully supervise and maintain a short lead when meeting other people and children
- Have your vet fully examine and review available medical records
- Register the microchip
- If changing foods, transition gradually
- Keep the new routine consistent
- Reinforce positive behaviors—reward with praises and treats
- Be patient with housetraining—just because your dog was previously housebroken does not mean he knows the ropes in the new home.
- Monitor for behaviors that may indicate your dog will try to run away

Obedience Training

Keep training goals small, realistic, and attainable. Older dogs have better control over their impulses and typically train easier than puppies. Training is not only a fun way to socialize your dog but is necessary for their continued health and wellness. Training is also an excellent way to keep your older dog’s mind sharp and engaged.

“The Magic of Threes”

During the first three days at home, your dog will feel overwhelmed, anxious, and stressed. After three weeks, dogs have settled into a routine at home but may still feel

anxious. Once three months have passed, your new dog is fully acclimated and knows the household routine.

■ ■ ■

With patience and love, a senior dog can successfully transition to a new home and routine. Mature dogs have a way of walking into your heart and home and showing they are ready to “get down to the business” of being your new best friend. There are many reasons to adopt a senior dog—the most rewarding is providing

a last chance for a forever family and home. Adopting means they will receive the love and comfort every dog deserves. There is nothing more fulfilling than earning the love of a senior dog!

References: Three Ways to Confuse a Dog, by P.B. McConnell, PhD, TheOtherEndoftheLeash.com, Jun 2014; The Joys of Adopting Senior Dogs, akcchf.com, Sep 2014; Consider Adding an Adult Dog to Your Family, E. Shea, AKC.org, Aug 2014; How to Help an Adult Dog Adjust to a New Home, H. Myers, AKC.org, Jun 2021.

6 Tips for Peace between Your Old Dog and Young One

You and your old dog have shared many adventures. Because he’s added so much to your life, you’ve decided to bring home a younger dog (or puppy). Perhaps you’ve heard that a puppy can enrich an older dog’s life; maybe he’ll be happier and want to play again. If your older dog is well behaved and well trained, you might be hoping he’ll help you raise your new dog so he, too, will be a joy to live with. You might have brought the new dog home so you won’t be dog-less when your old dog passes away. However, once the introductions are over and your new dog settles into the household routine, you may find that your household is more chaotic than you expected. The younger dog is jumping all over the older dog, trying to get a reaction out of the old dog or encouraging the old dog to play. The young dog is constantly stealing the old dog’s toys or treats (or visa versa). The old dog is growling and grumpy. The younger dog is acting out in frustration. Your once peaceful home is in chaos.

Obedience Training Is Imperative

You are in charge of creating peace in your household and the rowdy younger dog and potentially grumpy old dog are not allowed to disrupt that peace. Refresh your older dog’s obedience skills; keeping the sessions fun. Your old dog is going to love his one on one training sessions with you and the special attention. Plus, by refreshing his skills, he’s more in tune with you again, listening to you and working for you. If your old dog has some joint problems or health issues, work around those. There is still a lot he can do. The oldest dog I’ve seen in my dog training classes was 14 years old and that old guy had a

blast. At the same time, in his own sessions, start training your younger dog (or puppy). Tailor the training to his age and abilities and keep it fun. However, it’s important to teach your young dog that he, too, needs to look to you for direction as to what’s allowed and what isn’t. This training will help you teach him household and public guidelines while also teaching him what he’s allowed to do with your old dog.

Prevent Arguments and Fussess

Make sure each dog has his own food dish and don’t let either one steal from the other. Feed them in opposite corners of the room, or one inside and one out, or both in crates if you have to do that to keep the peace. If one dog finishes before the other, take him out of the room; don’t let him sit and stare at the dog who’s still eating. If you’re handing out chews or treats, give one to each dog and have both lie down and stay while they’re chewing. Again, no stealing as that leads to hard feelings and arguments. If either dog has a favorite toy, he’s allowed to have that, obviously, but he’s not allowed to guard it with growls, snapping jaws, or lunges as the other dog walks by. Resource guarding is potentially dangerous so if your dog is too possessive of any particular toy, make that toy disappear. If resource guarding seems to be increasing, call a dog trainer for help right away.

Exercise Is Great

Both dogs need exercise but tailor it to the individual dog. For example, let both dogs play in the back yard

continued on page 12

6 Tips for Peace between Your Old Dog and Young One

continued from page 11

with you but when the old dog is getting tired, take him in the house, give him something to chew on, and go back outside to continue exercising the younger dog. With a special treat, he shouldn't be upset you go outside to spend more time with the younger dog. Walks can be handled the same way. Begin your walk with both dogs but follow a shorter route that the old dog can still handle. Then circle back home, drop the older dog off, again with a toy or chew, and then go back out to walk a longer route with the younger dog. Exercise is recommended for both old and young dogs. Just tailor it for the individual dog's needs, which will, of course, change over time.

Teach the Younger Dog Respect

Young dogs are used to playing with littermates and often that play is rough. You may find that your young dog is pouncing on your old dog while he's sleeping, dashing in to bite his tail and then dashing away before your old dog can react. The young dog may stay out of the old dog's reach and bark and bark and bark. The poor old dog! Let your old dog growl and teach the young dog as long as it doesn't get out of hand. If the young dog is rude and the old dog growls, barks, chases the young dog, and pins him to the ground, that's fine. Let him teach the young dog some rules. However, if the old dog is continually smashing the young dog, or if blood is drawn, then interfere and have the old dog back off. If the old dog is too rough, or if the old dog is not able to teach the young dog, then you need to step in and teach that lesson. Let the young dog drag a leash (when you can supervise) and when his behavior is out of line, step on the leash to stop him, and let him know he's gone too far. Then move him away from the old dog, practice some obedience skills to distract him and get him listening to you, and then give him one of his toys to occupy him. If the old dog is just plain grumpy about the whole situation, interrupt him and let him know it's your house too and he doesn't set all the rules. When he's too grumpy or rude, take him away

from the family and let him relax in another room for a few minutes. When he's more tolerant with the younger dog, praise the older dog; let him know you see his efforts.

Give Each Dog Some Space

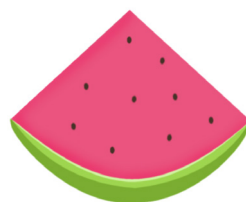
It's rare that the old dog and new dog are immediately best friends. After all, the young dog is an intruder as far as your old dog is concerned. It's important to give each dog his own space; especially when you aren't able to supervise them. Crate train the younger dog when you have to leave the house and have him in his crate while allowing the old dog to enjoy some alone time in his home. After a while, you may find that when you come home, the old dog may be napping outside of the younger dog's crate. As your old dog grows older or if some health problems develop, he may need more time alone. At the same time, though, you don't want your old dog to feel like he's being exiled. Finding the balance may take some imagination. Perhaps you can use an exercise pen and set up a protected spot for your old dog next to the sofa where you like to relax. When the time comes, look at your house and routine, and see what you can do to protect your old dog.

Special Time with Each Dog

Both dogs, your special older dog and the new dog full of promise, need one on one time with you. You can do this when you're doing obedience training but they each also need time to just relax with you. You can cuddle with each dog, brush him, check each one for signs of a health problem, rub his tummy, and just enjoy him. The easiest way to do this and prevent jealousy is to go to a different room. Otherwise as you cuddle with one dog the other will be fussing for his attention. So take one dog at a time to another room, cuddle and enjoy one dog, and then after a while, swap dogs. Both dogs will learn the routine and won't fuss over it.

—Liz Palika, August 31, 2015

<https://www.thehonestkitchen.com/blogs/pet-tips-training/6-tips-for-peace-between-your-old-dog-and-young-one>



★ BRAGS ★

ISHKA

Ishka received 3rd place in the working dogs division of the dog show portion of the Athlone Agricultural Fair in Ireland. Clearly a wonderful acknowledge of the greatness of this pup (I'm ignoring the fact that given the number of divisions and the number of dogs, it's quite possible every dog got an award).

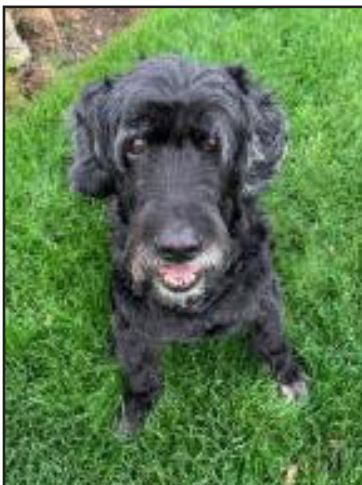
—Ken Phelan



TJ

TJ is a 15+ year-old PWD who just pulled off 2 first places in a UKC scent trial and earned his overall Advanced Scent title! And this from a dog with major arthritis in back legs and can barely walk, but the nose still works!

—Joan Klingler



CAYO

SeaAngel N NorthStar's IC The Higher Power owned by John and Susan Soviero earned his DCAT title in Fast Cat at Bayshore Companion Dog Club, June 2022. Cayo is bred by Carolyn Iraggi and Barbara Weisman.

—Susan Soviero



Cayo, SeaAngel N NorthStar's IC The Higher Power has been busy the last couple months in scent work earning Novice Exterior, Novice Container and Novice Buried titles. He just started trialing in scent work and has placed several times including one first place in Exterior advanced. Cayo is bred by Carolyn Iraggi and Barbara Weisman. Owned and loved by John and Susan Soviero. Handled in scent work by John.

—Susan Soviero



IN MEMORIAM

Hobie

May 6, 2009 - June 7, 2022

Hobie left for the Rainbow Bridge on June 7, 2022. He left a huge void in my life as he was my first PWD and my entry into all things Portuguese Water Dog. We had so many wonderful experiences, went so many places and met so many incredible people! I'm so thankful for 13 years with him and he will always have a very special place in my heart! His legacy will live on in his wonderful offspring and the incredible memories. Rest In Peace and swim free! GCH Vista do Logo's Sand Sailor CGCA TKN RATN WWD.

—Louann Tracy



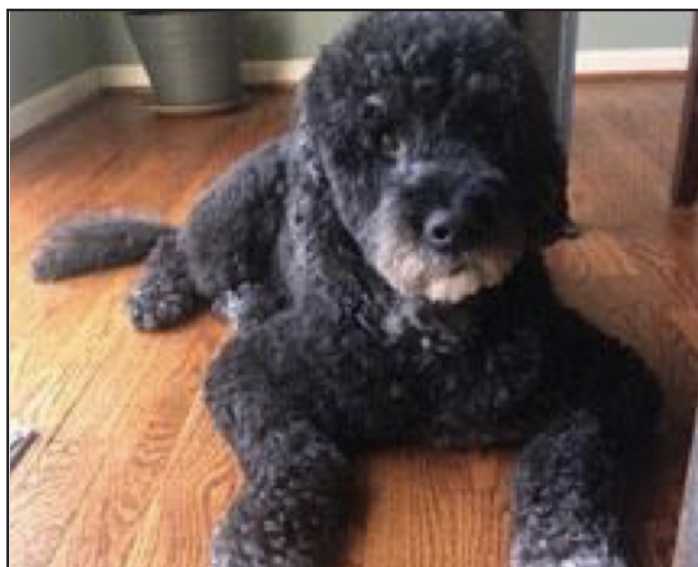
Daisy

July 31, 2008 - June 23, 2022

Our daughter Brooke's PWD, Daisy (CH Paragon's Just Add Water By Hytide, CDX), would have been 14 on July 31, 2022. Daisy was smart beyond words, and, in spite of the limitations of her "humans," Daisy earned titles in Conformation (CH), Obedience (CDX), Water (AWD, WWD) and the PWDCA Register of Merit, Bronze and Silver (ROM B S). Daisy was a true Working Dog. She passed her intelligence and drive down to her offspring.

In late March 2022, Daisy started exhibiting issues with her hind legs. We took Daisy to our regular vet on April 6, 2022. Our vet diagnosed arthritis by x-ray. Daisy started treatment for arthritis including acupuncture and laser therapy. In the meantime, we had Daisy tested for CDDY through UC Davis. The results came back as "Affected." By the beginning of May 2022, Daisy was having difficulty walking. We took Daisy to see Dr. Brewer, neurologist, on May 6, 2022. Dr. Brewer diagnosed disc herniation. On May 12, 2022, Dr. Brewer performed an MRI on Daisy and confirmed his diagnosis, "3" herniated discs and "all" discs abnormal, consistent with CDDY. Dr. Brewer felt Daisy was not a candidate for surgery based on the level of herniation and age. By the Memorial Day Weekend, Daisy was no longer able to walk on her own. We let Daisy cross the Rainbow Bridge on June 23, 2022.

In loving memory of our beautiful girl, Daisy. We miss Daisy as her presence continues to be everywhere in our homes.



—Brooke A Bronowicz, Carol Bronowicz-Wichterman
and Dave Wichterman

LET'S TALK TICKS

Hot Off the Press

Researchers at North Carolina State University recently discovered a new strain of Rickettsia bacteria causing symptoms in dogs similar to Rocky Mountain Spotted Fever (RMSF). RMSF, transmitted by Rickettsia rickettsii, is a potentially lethal, tick-borne disease affecting dogs and humans. According to an NIH abstract published in 2020, this novel strain is thought to be geographically widespread, have clinical significance in dogs and potentially in humans, may be underdiagnosed, and is responsive to prompt Doxycycline treatment.

What Are Tick-borne Diseases?

Tick-borne diseases are transmitted through the bite of a tick infected with viruses, bacteria, or parasites.

What to Look for in Dogs

Signs of tick-borne illness in dogs are pain, neurologic changes, fever, swelling, coughing, fatigue, loss of appetite, vomiting, diarrhea, enlarged nodes, blood abnormalities.

Most common canine tick-borne diseases in the United States:

- **Lyme**—caused by the Borrelia burgdorferi bacteria carried by deer ticks
- **Bartonella**—spread by scratches from cats who are infected with feces of infected fleas
- **Rocky Mountain Spotted Fever**—transmitted by the America Dog tick, Rocky Mountain Wood tick, or Brown tick.
- **Anaplasmosis**—transmitted by black-legged ticks
- **Ehrlichiosis**—spread by the Lone Star tick, Rocky Mountain wood tick, American dog tick, or the Brown tick
- **Hepatozoonosis**—acquired from a dog ingesting a tick infected with Hapatozoon protozoan.

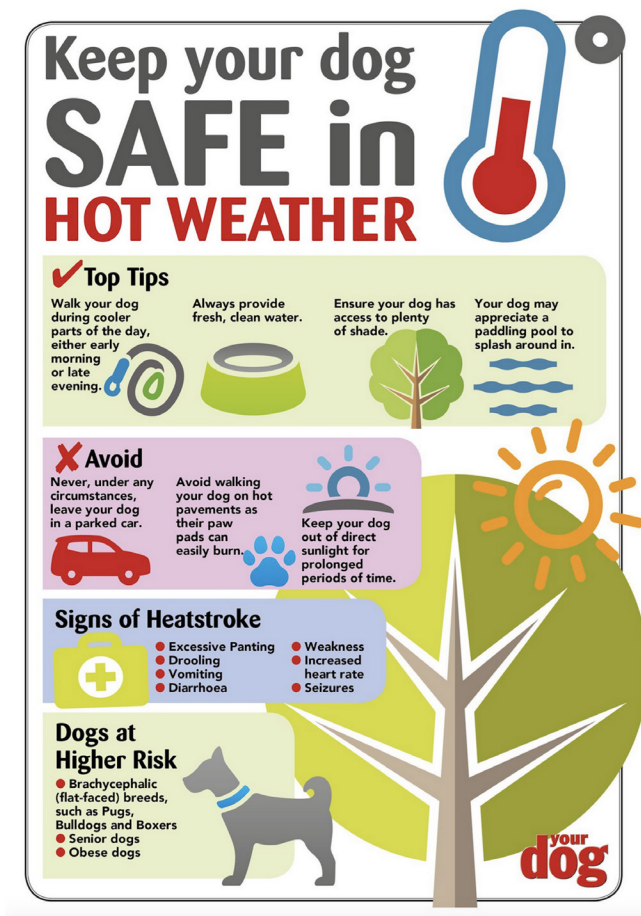
Treatment

Early diagnosis and treatment is critical. Dogs with symptoms should be evaluated by a veterinarian and receive appropriate diagnostic lab studies. A broad-spectrum antibiotic, such as Doxycycline, or other medication may be prescribed. Chronic tick disease is more difficult to manage medically.

Prevention is key! Inspect your dog for ticks, especially after walking and playing in wooded or grassy areas. Gently part the hair or fur and inspect with close attention between toes, under legs, around the eyes, inside the ears, on the lips, near the anus, and under the tail. Feel for small bumps. The faster the tick is removed, the less likely it will cause secondary illness. Remember to mow grass as short as possible.

No tick prevention method is 100% effective. Preventative products include shampoos, topical treatments, pesticide collars, and long-acting oral medications. All of these products have risks and benefits, and the best options for your dog should be discussed with your veterinarian.

References: Canine Rickettsiosis: A Novel Rickettsia Species Identified in Dogs in the US, B. Qurullo, DVM, MS; *Veterinary Practice News*, Mar 16, 2021; Tick-Borne Diseases in Dogs: Symptoms & How to Prevent; Dr. J Klein, AKC.org, Apr 11, 2022; A New Strain of Tick-Borne Disease; N. Kerns, *Whole Dog Journal*, Apr 26, 2022; Novel Rickettsia Species Infecting Dogs, United States, J.M. Wilson, E.B. Breitschwerdt, and B.A. Qurullo, *Emerging Infectious Diseases*, NIH.gov, vol 26, num 12-Dec 2020.



Keep your dog SAFE in HOT WEATHER

✓ Top Tips

- Walk your dog during cooler parts of the day, either early morning or late evening.
- Always provide fresh, clean water.
- Ensure your dog has access to plenty of shade.
- Your dog may appreciate a paddling pool to splash around in.

✗ Avoid

- Never, under any circumstances, leave your dog in a parked car.
- Avoid walking your dog on hot pavements as their paw pads can easily burn.
- Keep your dog out of direct sunlight for prolonged periods of time.

Signs of Heatstroke

- Excessive Panting
- Drooling
- Vomiting
- Diarrhoea
- Weakness
- Increased heart rate
- Seizures

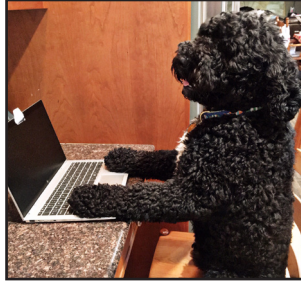
Dogs at Higher Risk

- Brachycephalic (flat-faced) breeds, such as Pugs, Bulldogs and Boxers
- Senior dogs
- Obese dogs

your dog

TECH CORNER

The Web Admin Team is working hard to have the new Health and Wellness web page “turn key” when the Health and Wellness Committee Chair is ready to “launch” the web page and announce the formation of the Health and Wellness Committee.



We plan on placing the email blast that will be sent to the KPWDC membership on the KPWDC social media platforms as well.

—Dave for The Team

IN THE KITCHEN

Simple Frozen Kong Ideas for Easy Frozen Dog Treats

Nothing could be easier than filling a sturdy dishwasher-safe, nontoxic, hollow, hard rubber toy such as a Classic Kong with any of the following ingredients before leaving it in the freezer. Block any extra holes to prevent leakage, leaving one large hole open for filling. Popular dog-safe ingredient options include:

- Mashed ripe banana
- Pureed soft fruit or vegetables (remove seeds or pits before blending)
- Canned dog food
- Nut butter (look for sugar-free peanut butter or other nut butters that do not contain xylitol)
- Diced apple
- Chopped or shredded carrots
- Shredded unsweetened coconut
- Plain unsweetened yogurt or kefir
- Dog treats

Combine your dog's favorite ingredients and fill the hollow toy. If desired, seal the top with a layer of peanut butter, squeeze cheese, or a dog treat paste such as Kong's Stuffin' Paste. Store the toy so its contents remain in place while freezing. For storage, keep frozen Kongs in a sealed freezer container or Zip-loc bag.

Another simple summer treat is a few chunks of frozen dog-safe fruits or vegetables delivered by hand or in a small bowl, such as banana, apple, peach, watermelon, cantaloupe, honeydew melon, or green beans.

Pupsicles— Popsicles for Dogs

It's fun to serve a frozen fruit smoothie or another frozen treat on a stick to your best friend, and there are dozens of do-it-yourself popsicle molds to choose from. Take a look online for inspiration. For convenience, paper cups work just as well. Here's how to make popsicles for your dog:

In your blender or food processor, combine dog safe ingredients such as frozen banana pieces, unsweetened nut butter, unsweetened yogurt or kefir, bacon bits, coconut milk, and/or meat, fish, or poultry.

Aim for the consistency of a thick milkshake.

Fill the popsicle molds and add an edible “stick” such as a dog biscuit, green bean, slice of carrot or parsnip, bully stick, or sturdy chew toy like a nylon bone.

To remove the pupsicles from their molds, leave them at room temperature for 2 to 3 minutes or run warm water over the outside of the mold.



Excerpted from https://www.whole-dog-journal.com/food/homemade-frozen-dog-treats/?MailingID=1814&sc=TOTW20220712-HomePreparedDiets&st=e-mail&utm_source=ActiveCampaign&utm_medium=email&utm_content=Homemade+Frozen+Dog+Treats&utm_campaign=TOTW20220712-HomePreparedDiets