



Fall 2014 Edition

GRREAT *Beginnings*

www.GRREAT.org/fosters

What is a Long Term Foster?

Q: What is a long-term foster (LTF)?

A: The GRREAT SOP defines a LTF as a dog whose poor medical condition or advanced age makes him/her seem unadoptable. When a dog is made a LTF, s/he is considered to be in hospice care and the goal for the dog is to maintain a good quality of life and keep him/her comfortable until it is time to let the dog pass. No life-prolonging treatments or procedures will be approved; only those treatments or medications needed to help keep the dog comfortable.

Q: How does the dog become a LTF?

A: If the reports from the foster family and the treating vet indicate that a dog's age or medical condition is likely to make him/her a candidate for the long-term/hospice care program, the process begins with the Intake/Foster Home Coordinator and the Medical Coordinator discussing the dog's situation and agreeing that the process to make him/her a long-term/hospice foster should move forward.

When the determination has been made that the dog is a candidate for the program, the Intake/Foster Home Coordinator will talk with the foster family to ask if they are willing to continue to foster the dog. If not, a new foster family will be found.

The Medical Coordinator or the Intake/Foster Home Coordinator will provide the rest of GRREAT Board of Directors with the information on the dog's situation and request a vote on making the dog a long-term/hospice foster. If the majority of the Board approves the change in status, the dog will become a LTF.

Once the dog's status has been changed to LTF, the Intake/Foster Home Coordinator will send the foster family an agreement to review, sign, and return.

Q: What are some examples of medical treatments or procedures that are usually approved for LTF?

A: Any procedures and/or treatments must be approved by the Medical Coordinator and will be approved on a case-by-case basis; however, a few examples include pain medications, acupuncture, and hydrotherapy.

Q: What if a vet thinks that a diagnostic test, treatment, or surgery might give the LTF dog a little more time?

A: As stated in GRREAT's Long-Term Foster policy, no life-prolonging treatments will be approved for a LTF dog. However, the foster family has the option to adopt their LTF at any time. Once the foster family completes the adoption process, they can have the test, treatment, or surgery done, but the financial responsibility will be theirs not GRREAT's.

Click here www.grreat.org/admin and then select **Standard Operating Procedures** to read the full LTF policy.

Potty Training 101

by Kathrine Breeden, VSPDT, www.BeKindToDogs.com



THE GOLDEN RULE!!

Keep puppy confined, controlled and contained at all times! (That means: on leash, in a crate, in an exercise pen, and within your immediate supervision & control). Treat your new puppy/rescue dog like an 18 month old toddler – never out of your sight unless safely confined!



In the morning:

Wait til pup calms down and take him from the crate **on a leash – use a harness to avoid tugging on his neck.**

Take quickly to designated toilet area or out for a walk (this can be a separately fenced area if you like). Don't talk/fuss on the way. Carry the puppy if necessary.

Take yummy soft chewy treats with you.

Stand with the puppy in designated area, or just outside anywhere, on leash and wait. Don't talk, look or touch the puppy.

Wait until he **FINISHES** peeing, get very excited, put the treat right in front of his nose and let him eat it. At the same time say "potty outside" or your choice of word for this command.

He should need to poop too. You'll probably need to get him moving around and then he will poop. Keep him leashed. Once he poops, get very excited again and praise and treat well for about 3 seconds. No longer than that, he'll have forgotten what the praise is for by that time.

If you take your puppy for a walk outside the house, around the neighborhood, first thing in the morning then you should still reward all pee & poop action.

If he doesn't do anything, take him back inside and just put him back in his crate/pen. No reprimands, scolding or bad tones!

Wait 15 minutes and take him out again. He should perform then. Follow with praise and treat.

Feed breakfast. Take him outside within 10 minutes of eating. This varies from puppy to puppy, you'll soon find out how long it takes for it to "go in one end and come out the other"!

Keep a log during the day of all pees and poops. This will make it really easy for you to know in a few days if he's 'due' or 'overdue' to go potty.

During the day:

Take him out every couple of hours (always on leash) at least and certainly after any of the following:

after playing

after sleeping

after eating/drinking

after getting excited e.g. visitors arrive

after being in the crate for more than a few minutes - e.g.

if you've been away from the house

If you see him suddenly stop and start sniffing the ground and/or circling

If he starts to have an accident, quickly and quietly take him outside and reward him when he finishes what he started.

If for any reason he has an accident in the house DO NOT YELL, SMACK, REPRIMAND or PUNISH in any way!! This is vitally important. It won't help anything. See "Important Notes" below for more on this.

Be sure to clean up any accidents in the house using Natures Miracle, or other enzymatic cleaner and do not let the puppy see you do it. This would just make it one big game for him!

In the evening:

Restrict puppy's access to water an hour before bed time.

Take puppy out for toilet break last thing before bed.

No food or water in the crate during the night

Feeding:

Feed puppy on a regular schedule - NO FREE FEEDING (i.e. leaving food out all day for him to "graze" on)! If you 'free feed' you'll never know when he needs to pee & poop.

Use a **high quality dog food** - less stool, less chance of poop eating because he gets more nutrition from the food and the poop is not tasty when it comes out the other end!

Use feeding devices such as Tricky Treat ball (available on Amazon, made by Omega Paw and at good pet stores) or Brake Fast bowl to slow down eating speed and aid better digestion.

You could start to teach him to use a Tell-Bell to summon you to let him out, www.tellbell.com

Important Notes:

The reason for keeping the puppy on leash all the time when you go outside is so that you can be right there to reward him at the very moment he finishes doing his potty. If you let him roam around the yard loose then you can't possibly be right there at the moment he finishes to reward him.

For example, if you are standing at the back door and puppy goes potty on the other side of the yard and you shout "yes, good potty outside" and he comes running over to you and you give him a treat, you've actually given him a treat for coming running over to you NOT for going potty outside!

You can let him play and run around in the yard after he's potty'd but keep the leash on so that you can catch him whenever you might need to - don't want to end up chasing him!

The reason why you should not scold your puppy for any accidents is that all he will learn is that you don't want him to pee/poop in that particular spot – so he will continue to try and discover where exactly you DO want him to do it!

Scolding the dog will also potentially make him scared of you which will impact other behavioral patterns.

If at any time your puppy or dog seems to go backwards in their potty training you should consider the possibility of a urinary tract infection, or some other health issue, and contact your veterinarian promptly. Puppies are very prone to bladder infections!

Potty Training the Adult Dog

by Kathrine Breeden, VSPDT, www.BeKindToDogs.com

I'm often asked by people why the four year old dog they just adopted has been using their house as a toilet when they were told by the rescue group from whom they adopted the dog that she was "fully housebroken".

There are various reasons for this and sometimes it's a combination of several factors;

1. The dog was never truly potty trained in the first place
2. The dog is now stress marking
3. The dog hasn't yet learnt how to alert the new pet parents that she needs to go outside

What does it mean to be "truly potty trained"? In my opinion, it means that you can take your dog to anybody's house and she won't eliminate. MOST dogs are not actually potty trained to that level. Most dogs WILL urinate or defecate immediately, or almost immediately, upon arrival in a new venue if they're not used to being taken to new places frequently.

It's normal behavior but it's definitely not desired!

What can we do about this?

From the moment your new friend comes through the door of your home you should treat her like she's an 8 week old puppy and start following the potty training protocol outlined in my handout: (<https://www.facebook.com/groups/185568408144462/596122860422346> - if the link doesn't work go to my Facebook GROUP called Be Kind To Dogs and click on "Files" and you'll find it there).

The basis of effective potty training relies on teaching your dog that the best thing she can ever do is to eliminate OUTSIDE! Once she understands that, it will be natural for her to come and find you when she needs to go. You just have to learn to read her signal – some dogs whine, others bark or scratch the door, others might spin in circles, they all have their own way of getting your attention.

The adult dog is able to "hold it" for many hours, unlike the young puppy, so your potty training should proceed quickly if you are diligent.

There are some dogs, usually the fearful unconfident ones, who are prone to stress marking. Read my handout on this subject here: (<https://www.facebook.com/groups/185568408144462/703294613038503> - if the link doesn't work go to my Facebook GROUP called Be Kind To Dogs and click on "Files" and you'll find it there).

Sometimes the cause of inappropriate elimination can be medically related. Always make sure your dog is in good health – for example, bladder infections are common and often missed. Some females have what is called "spay incontinence" which means they have a weak bladder resulting from being spayed. Medication can resolve this.

Be patient with your new friend – give her plenty of opportunities to eliminate outside and be sure to reward her with lots of treats, praise, her favorite toy or whatever she likes the most. Motivating her to eliminate outside is the key!



Upcoming Events

Oct 4th - Adoption Day
12pm - 2pm
Weber's Pet Supermarket
2599 John Milton Dr.
Herndon, VA 20171



Oct 19th - Acumen Solutions
8K & 1M Fun Run
8am - 12:00pm
3910 Wilson Blvd.
Arlington, VA 22203



Oct 25th - GRREAT 3K Walk
9:30am - 12:00pm
Weber's Pet Supermarket
11021 Lee Highway
Fairfax, VA 22033



Nov 8th - Adoption Day
12pm - 2pm
PETCO
12960 Middlebrook Rd.
Germantown, MD 20874



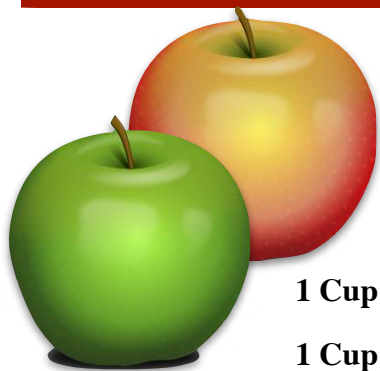
Dec 6th - Adoption Day
12pm - 2pm
PETCO
4167 Cheshire Station Plaza
Dale City, VA 22193



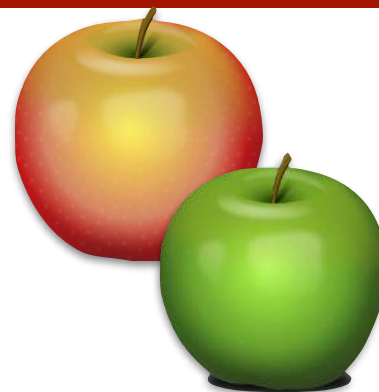
Keep Checking
www.GRREAT.org
for more Event info

Golden Treats for Autumn and Anytime

by Holly Meckling Rich



Kidney-Friendly Apple Treats



1 Cup of Rice Flour

¼ tsp of Cinnamon

1 Cup of Rice

¼ tsp of Ginger

½ Cup of Tapioca Flour

¼ tsp of Turmeric

1 Egg White

¼ Cup of Bacon Fat

1 3.9 oz container of pure Apple Sauce (no salt, sugar or seasonings)

Preheat oven to 350 degrees. Mix all ingredients. Roll dough out to ¼ in and cut into shapes. Bake for 20-25 minutes depending on desired crunchiness. Store in a cool place or freeze. Makes about 4 dozen treats. Cinnamon is known for anti-inflammatory, antioxidant, anti-diabetic, bad breath, antiseptic, and anti-gas properties. Ginger is known for its antibacterial, anti-inflammatory, and digestion properties. Turmeric is known for its anti-cancer, anti-inflammatory, and anti-microbial properties.



Thanksgiving Turkey Treats



2 Jars of Turkey and Turkey gravy Baby Food

½ tsp Rosemary

1 Egg

½ tsp Sage

1 ½ Cups of Rice Flour

½ tsp Parsley

¼ Cups of Pumpkin

¼ tsp of Turmeric

Preheat oven to 350 degrees. Mix all ingredients. Roll out dough to ¼ inch and cut shapes out. Bake for 25-35 minutes until desired crunchiness. Rosemary is an antioxidant, anti-inflammatory, cognitive function and anti-fungal properties. Sage is known for its cognitive functions and anxiety. Parsley is known for its ability to freshen breath and fight cancer. Turmeric is known for its anti-cancer, anti-inflammatory and anti-microbial abilities. Makes about 4 dozen treats. Keep cool or freeze extra.