



Hands on
Paws

Presents **P^{aw}fect Balance**

The Wonderful World of Dogs and Canine Myofunctional Therapy

Volume 3, Issue 1 autumn 2018

FREE



Cover Photo: Our Golden Retriever "Darbi" enjoying a run with some of the "Team Golden Oldies" residents.



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From the Editor.



Hi to all my friends,

This month I visited my friends at TGO Headquarters, and once again enjoyed the hospitality of Lisa and Ian. Its great to see all the residents again and receive all the licks and cuddles that only dogs seem to be able to freely give and only ever needing our love in return.

Lisa from TGO has kindly provided our feature article on grief and all that it means when you lose your friend. I asked Lisa to write on this from her perspective, as it is something she has had to deal with far too often, and will continue to do because of her passion for Senior dogs.

There is also a page on interesting dog facts, and a recipe for home made biscuits. I hope you enjoy the newsletter.

Join me on my Facebook page where I post articles about our furry friends, their muscles, skeletal system and the wonderful world of Canine Myofunctional therapy.
<https://www.facebook.com/handsonpawscaninetherapy/>

Regularly visit the web page www.handsonpaws.com.au where I have various free downloads available and more information on my business.

Feature Article - Dealing with Grief

By Lisa Domeny

Hi my name is Lisa Domeny and I adopt senior rescued dogs known as Team Golden Oldies.

I currently have eight dogs with me, seven seniors and Poppy an ex puppy farm girl. I started my love affair with senior dogs while fostering 13 year old Maggie. Although we only had Maggie for 9 months, the joy of watching her embracing life was immeasurable. She inspired me in so many ways that changed the course of my life.

I would like to talk about a subject that sadly I have had to deal with a lot these past few years - Grief. I understand and fully appreciate that the way people deal with grief is as individual as the number of people reading this. No two ways are the same and there is no correct way. I can only speak from my perspective, from my journey with adopting seniors and having the Oldies in my life and then having to say goodbye.

In the last 3.5 years I have lost seven dogs. People often say to me I don't know how you do it. I will be honest it is NOT easy. Every time I lose a dog they take a piece of my heart with them. It is like a door closes to a room they occupied in my heart. But I always ask a dog we lose to send us another. And they do..... I don't do this to 'replace them' and I hope that people don't feel that is my intention.

But sadly there are so many senior dogs out there looking for a forever home. When a new dog arrives another door to another room seems to open in my heart.

A door I didn't even know existed. The heart is amazing like that. It has the capacity and the capability to keep loving and to keep giving. Sometimes I feel my heart is like a revolving door, opening, closing, opening, closing.....

So often I hear from people, especially when giving out free hugs that they couldn't possibly get another dog because the pain was too much losing them. Although I respect their choice, I do feel sad for them. Sad that they are denying themselves the opportunity to love again.

Sad for the dog sitting in a pound or shelter waiting and hoping for love and a forever home to see out their days. The sad truth is that losing something or someone we love hurts. There is no denying that. But FOR ME I have always felt that it is better to have known a dog, to have loved a dog, for a few years, or even a few months than to have never known them at all.



I am under no illusions that the seniors I adopt will not be in my life for a long time. I know from the start that our journey together will be short. Although some might find this confronting or even depressing, I try and look at it as a positive. I try and make EVERY day count, make every day one of love.

Feature Article Dealing with Grief

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I try and provide as many opportunities as possible for the oldies to both give and receive as much love as possible in whatever time they have with me. I do not take our time together for granted for the truth is each day I spend with the oldies is gift.

The reality is each of these dogs and other senior dogs adopted could have died as a 'number' in a pound, if not for the rescues who saved them and the families who decide to put an old dogs needs before their own fear and concerns about the pain and hurt of their passing. To have the privilege of being able to give an old dog a safe and loving home to rest their weary head is truly a blessing. I so wish more people could understand this. It is a gift I can give them, perhaps the ultimate gift.

In many ways I have to shut down my grief, my feelings. Whether this is healthy I don't know. But the truth is I have seven other dogs who need me. I cannot get 'bogged down' in the sadness, in the loss. It does NOT mean that their death has not affected me, how could it not

Feature Article – Dealing with Grief

But I guess I push down many of my feelings in order to continue to do what I do. That is, to continue to adopt senior dogs. If I didn't there is no way that I could continually open up my home but more importantly my heart for the inevitable loss that is 'just around the corner'

When I lose a dog now I write a children's book about them. This is their legacy, their lasting message to leave this world. I so want their lives to have mattered. I want them to have stood for something. Each dog who has come into my life has taught me something. For that I will be forever grateful.

I try very hard not to get lost in the sadness when I lose an oldie.....I am NOT saying this is easy. In fact it is VERY difficult sometimes!!but I try to remember and to celebrate the time we DID spend together. To rejoice in the fact that our paths crossed, that they chose me and I chose them for however long.



This approach does NOT make the pain go away. But I guess it makes it bearable .

My message is to embrace each and every day you have with your furkid. To not take any day for granted. Because the truth is you never know when it will be your last. This message also applies to others in your life you love and care for. Tell them and show them EVERY day how much you love them because one day, sometimes when you least expect it, they won't be there to tell.....

Lisa xx

'Saving one dog will not change the world, but surely for that one dog, the world will change forever.'



Lisa and Ian run Team Golden Oldies on the NSW mid north coast. You can follow their story and adventures by following the links below.

[TGO Webpage](#)

[TGO FaceBook Page](#)

Making "Peanut Butter Biscuits"

Dogs love peanut butter, and these biscuits are a great.

Preferably use organic smooth peanut butter. Do not use crunchy peanut butter when making treats for dogs.



Ingredients

- 2 cups of gluten free flour
- 1 cup of rolled oats
- 1/3 cup of smooth peanut butter
- 1 tablespoon of honey
- 1/2 tablespoon of coconut oil
- 1 1/2 cups of water



Directions

Preheat the oven to 180 degrees celcius (350 degrees Fahrenheit)

Mix the flour and oats together in a large mixing bowl. Pour in one cup of water and blend until smooth. Add in the peanut butter, honey, and coconut oil and mix until all the ingredients are well blended.

Slowly add the water until the mixture has a thick and doughy consistency.

Lightly flour a cooking surface. Roll the dough onto the cooking surface to create a 1/4 inch thick sheet.

Use a biscuit cutter to create fun shapes. Place the biscuits onto a baking sheet and bake for 40 minutes.

Allow to cool completely before feeding.



The advantage of making your own is knowing there are no artificial ingredients and there are no added presevatives.

Your best friend will love them.

Did You Know? Fun dog facts

Dalmatian puppies are born white, The black spots on their bodies develop as they grow older. Dalmatian's belong to the scent hound, pointer family, and the breed originated in Yugoslavia. Originally Dalmatian's were bred as carriage dogs.



Dog's curl up in a ball when they sleep, which is quite common even at home. There are 2 genuine reasons why dogs curl up into a ball, and both relate to the dogs evolution.

First, in the wild dogs would dig a nest, especially during cold and damp weather. Then tucking into a ball would keep them warm and conserve their body heat. In this position their vital organs would be protected from predators in the wild.

In the second instance, when dogs are in unfamiliar surroundings they will revert to their instinctual behaviour. This will give them a feeling of security. So when you bring a new pup home, give him some space and blanket to snuggle into.

If your dog stretches out at home when sleeping, they are either very hot or feel very safe in their surroundings.

Why do dogs Pant?

Unlike their human owners, dogs have few sweat glands so they pant to cool off. Dogs can sweat through their paws, and some of the less furry parts of their body, but the main way to cool off is to pant.

Panting can be described as rapid and shallow breathing causing evaporation of water through the tongue, mouth and respiratory tract, removing heat through water vapour.

The normal rate of breathing for a dog is about 30-40 breaths per minute, multiply this by ten when they pant. Yep 300-400 breaths per minute, requiring little effort, and does not expend too much energy.



Dogs can smell feelings

Subtle changes in your scent can be smelt by dogs, this allows them to identify how you are feeling. By smelling you when you perspire they can detect if you are nervous or afraid, or have just been exercising.

It's also likely how dogs can detect certain diseases or know that a household member is pregnant. Hope you enjoyed these facts about you dog. I'll have more in the next issue.

About our Business



Our Fees

Hands on Paws, provides Canine Myofunctional Therapy to the Sunshine Coast. Covering Caloundra in the south To Noosa in the north, and west to Landsborough for a standard set fee.

45 Minutes	\$45
60 Minutes	\$60

Outside of these areas services are provided at the standard fee, **plus** a fuel and travel expense to be negotiated at the time of booking.

Bookings:

Please call Sarah on
0431 948 208
to make an appointment

*Please leave a message if
I don't answer
I may be treating a patient.*