

Things are looking up! Like most of the world, AFH has been carefully watching new developments surrounding COVID 19. It is our hope to get back to doing in person adoption events soon! We miss seeing all of you!

We know that many of you adopted pets during the pandemic. We also know that many of you have been working from home but may soon be going back to your offices. What does this mean to your new family member?

Your new family members are creatures of habit. They thrive on structure. If one day you are suddenly gone after having been at home for up to a year (or more), it can be upsetting to them. While many dogs will adjust, some may exhibit signs of separation anxiety. Separation anxiety can manifest itself mildly (whining, panting, etc.) but extreme separation anxiety can result in destructive behavior, which can result in injury. It is important that you make your pet ready for the change in your household. You can avoid any issues by being proactive. We discuss this more later in this newsletter.

Also in this newsletter we discuss the dangers of leaving your pet in a car, especially now that warm weather is upon us. It should go without

saying, but hundreds of dogs still die every year in hot cars.

Finally, we are asking for your help to cover the cost of surgery for our sweet boy George. He had a rough start in life but his future is bright!

You can read all about George on page 5. ●



Can you help us by making a donation?

Checks can be mailed to:

AFH | PO Box 222801 | Chantilly, VA 20155

or donations can be made online at:

<https://to-afh.org/Donate>

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Editor: Patti Stinson

Graphic Designer: Tina Hicks



Looking to **ADOPT?**

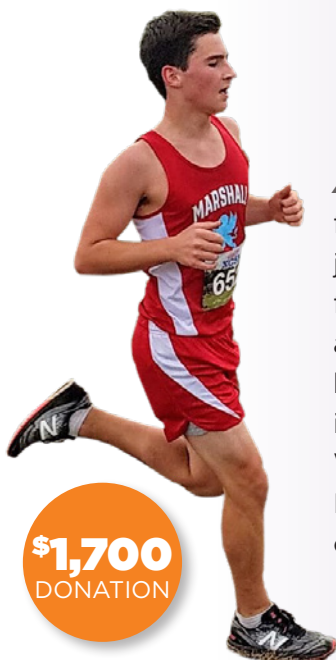
Are you looking for a new furry family member? We have many wonderful dogs waiting for forever homes. Once you've fallen in love, the next step is to fill out an adoption application to get the ball rolling.

Go to www.aforeverhome.org to see our available pets.

Volunteer SPOTLIGHT

Chantal Follett

I wanted to foster as a trial for adopting a puppy. I thought it would give me a good sense of the work involved and would help me to determine if my allergies had resolved. I agreed to foster eight adorable and energetic Lab/Catahoula mix pups. I had no idea what I was getting myself into but my friends did and I had lots of help that first weekend! I was asked by a lot of people why I agreed to foster eight puppies. My reply was that they urgently needed a foster and I was ready to give it a try. I had no idea what it would be like to have eight puppies. At first I felt like it was a scene out of *101 Dalmatians*—dogs everywhere chewing on things and peeing and pooping every time I turned around. I was beginning to feel a bit overwhelmed but then things changed. It got easier. I started seeing the pups' individual personalities and started to fall in love with each of them. I started to do some training with them and they all went to their forever homes. I felt so good knowing I had been able to help them find good homes, so much so that rather than taking a break like I thought I would, I took in another litter. The Cotton Valley pups were amazing (*see photo*)—so sweet, cuddly, and loving. I always wanted to find a way to pay it forward for my dog who died four years ago. She was from a kill shelter in Michigan and they kept her for six months because they thought she was a great dog. They were right. She was a beautiful, smart, sweet brindle and made my life so much better. Now I finally feel I have found a way to make a difference and give other dogs a chance at good lives. ●



Edward's Virtual 5K Benefits AFH

A Forever Home was the recipient of a \$1,700 donation from Edward Ice's 5K Virtual Fundraiser. Edward is a junior at Marshall HS and held this event to raise money for AFH "because I know how much my dog is loved and it saddens me to think of all the dogs who do not have a loving family." This was a wonderfully creative idea and we are so grateful for all who participated. We are also thankful to Edward for his generosity. It is heartwarming to see young people who are so compassionate and giving. ●

\$1,700
DONATION



Dogs IN HOT CARS — IF YOU LOVE THEM, LEAVE THEM HOME

Every year hundreds of pets die from heat exhaustion because they are left in parked vehicles. We have all heard the excuses—*“It will just be a few minutes while I go into the store”* or *“But I cracked the windows...”* These excuses are just plain foolish—and dangerous.

The temperature inside your vehicle can rise almost 20°F in just 10 minutes. In 20 minutes, it can rise almost 30°F. At 60 minutes, the temperature in your vehicle can be more than 40 degrees higher than the outside temperature. Even on a 70°F day, that’s 110°F inside your vehicle! •

Below is a chart from the ASPCA that shows how quickly your car can become an oven.

ASPCA

It's Hot Out!

Don't Leave Your Pet in the Car!

120°
Within 30 minutes, the car's interior can climb from 85° to 120°.

102°
On an 85° day, it only takes **ten minutes** for the inside of your car to reach 102°.

90°
Even if the temperature outside is only 70°, the inside of your car may be as much as **20 degrees hotter!**

Pets most at risk for overheating are young, elderly or overweight animals, those with short muzzles and those with thick or dark-colored coats.

A car may overheat even when the windows have been left open an inch or two.

Shade offers little protection on a hot day and moves with the sun.

Many states and local governments have laws that prohibit leaving an animal unattended in a motor vehicle under dangerous conditions, which includes hot days. Your car could be damaged or you could be charged with a crime.

If you see an animal in a car on a hot day, try to locate the owner, or call 911! Stay by the car until help arrives.

IN MEMORY OF OUR LOST PETS

IRWIN *Submitted by Ryan Dobbyn*

On January 4, I lost my best friend Irwin, who passed on after 14 amazing fun-filled years. I still remember the day we walked into the PetSmart and saw him. He was the last of Corona's litter—the only merle puppy—and he couldn't have been cuter. He was called Bobby Blue, but just a few months earlier in 2006, my favorite adventurous personality, Steve Irwin, died and I knew that by passing along the name Irwin, he would take on that adventurous spirit.

Irwin was our “permanent puppy”—cute-faced and goofy well into adulthood, at times dumber than a box of rocks, and unsure of the world and the people he was convinced would kill us. He was my shadow inside the house, always by my side (even my kids knew that when playing hide-and-seek with Daddy, find the dog and you'll find daddy). He was an athletic freak with limitless energy, speed, and jumping ability—often my faithful companion on long runs and trail hikes. He was silly, lovable, soft, and the perfect companion. I can't believe the day has finally come to say goodbye, but all good things come to an end. I love you, Irwin, and I'll miss you forever. Thank you for bringing him into our lives, A Forever Home! ●



SCHOONER *Submitted by Mary Ann Walsh*

My best bud, Schooner (AFH Donnie,) who I adopted from your organization on March 16, 2007 passed away unexpectedly on Sunday, March 14. I am beyond heartbroken. He was my best friend and my co-pilot for the past 14 years. He always had the most amazing smile and truly had a zest for life. Everyone who met Schooner ended up having a new friend. Over the years we shared so many adventures together. Our favorite thing to do was run agility courses. We started doing dog agility when Schooner was two years old and we were running courses as a team for almost twelve years. Schooner loved doing anything at the beach and we spent a week at Dewey Beach, Delaware every year. He totally enjoyed being in the sun, running on the beach with other dogs, and digging in the sand. He loved car rides, especially to his favorite store *DogGone Natural* for a treat, and to *Starbucks* for his puppuccino. Most of all he was my loyal companion and confidant, always at my side through thick and thin. I could talk to Schooner about anything, and he would sit there and listen attentively and nonjudgmentally. Schooner was my amazing guy with a heart of gold. I will miss him terribly, but he will live on in my heart forever. Thank you so much for bringing Schooner into my life. I knew immediately when he came up to me and looked up with that little head tilt that he and I would be best friends forever. ●

IN MEMORY OF OUR LOST PETS



SHEP

Submitted by Kaushik Ray and Family: Paromita, Soham, Prisha, Ganen, Dolly & Archana

I am writing to you because we lost our family member—Shep—who we adopted from you on July 16, 2009.

**Our loving companion is gone...
but his memory lives on!**

We signed ourselves up 12 years ago for this guaranteed heartbreak without comprehending that it is in exchange for the deepest, most magical, unadulterated form of unconditional love.

Shep, we love you and miss you dearly. You have left your paw prints all over our hearts and you will be there forever. ●

Can You Help **GEORGE?**

Poor George had a rough start in life. He was born and lived in Iran, where dogs are not always treated kindly. He was hit by a car and we have no way of knowing whether it was an accident or intentional.

His injuries were treated and one of his eyes had to be removed. Through it all, George displayed a will to live and a happy demeanor.

AFH brought George to America and he was promptly adopted. Unfortunately, shortly after adoption, George started to vomit. His adopter took him to a specialist who diagnosed a diaphragmatic hernia. The surgery was urgent and the adopter couldn't afford the \$5,000 surgery so AFH brought him back into our foster program. George had his surgery, has recovered, and is ready for a new forever home.

When AFH commits to a dog, we're all in. While \$5,000 is a lot of money, we owed it to George to do our best for him. This is only possible because of your generosity. ●



Can you help us by making a donation to George's care?

You can mail a check to:

AFH

PO Box 222801

Chantilly, VA 20155

or donate online at

<https://to-afh.org/Donate>



PANDEMIC PETS

Editor's Note: This information comes from dog trainer Cesar Millan

There is no doubt that our dogs are enjoying the extra time with us while we are all stuck at home due to the coronavirus quarantines. For our pets, it's like one long weekend that never ends—they're loving it.

But for us humans, we are probably looking forward to getting back to business as usual and resuming life as normal. However, when we eventually do get there, we need to remember to take care of our pets' mental health, as many dog experts have warned that when the lockdown restrictions are lifted and we can go back outside, this can end up causing "extreme separation anxiety" in dogs.

WHY? Because of how used to the lockdown they've gotten. They're in a routine of having us constantly around.

Animal psychology expert Roger Mugford told *The Times*, "With such an overload of quality time with

their families, dogs are building up a huge reservoir of over-dependency."

Mugford, who has trained Queen Elizabeth's corgis, added that our dogs could "suffer when mums and dads suddenly return to work and the children go back to school."

Speaking to *Insider*, one veterinary behaviorist, Dr. Karen Seuda, said, "Dogs thrive on consistency and predictability, as we all do, so any time there's an abrupt change, it can cause stress."

When there are quick and rapid changes, dogs can get thrown for a loop, which in turn can lead to the development of unexpected or unusual behaviors. According to the ASPCA, such behaviors can be anything from defecating and urinating indoors, to chewing on items, howling, and escape attempts. Some particularly panicked dogs may even develop the very unsettling behavior of coprophagia: when they eat their own poop.

Mugford suggested to *The Times*, “Put a webcam on your dog, and you’ll see howling and pacing and other distress signs.”

According to the ASPCA, separation can do major psychological damage to dogs, which can then result in physical damage. When stressed out dogs panic, they may attempt to “dig and chew through doors or windows, which could result in self-injury, such as broken teeth, cut and scraped front paws, and damaged nails.” However, there is a way of easing your pet into a transition; that way they are prepared by the time lockdown ends.

It is very important that you act now to prevent any issues.

Dr. Sueda said, “Allow your pet to have some alone time. You have your space, and they have theirs.”

If you live in a small apartment or condo, the ASPCA recommends training the dogs by having them stay in a different room or bathroom.

Separation anxiety specialist Malena DeMartini-Price shared with *Insider*, “It’s a gradual process of using small absences that start to teach the dog that absences are safe.”

Even with this, leaving dogs for even short amounts of time can be difficult, especially for many of us who are using them as emotional comfort. This includes those people who adopted or fostered dogs during the lockdown. Canine experts advise that dog owners try to keep the animal engaged with crate training, interactive toys, and other mental enrichments.

According to Dr. Sueda, there could be other ways of helping your pet cope with separation anxiety, such as Dog-Appeasing Pheromone (DAP), white noise, and medications, like Zylkene. Either way, we just need to be there to help our pets cope with our absence when life goes back to normal. ●

Cesar explains how to fix separation anxiety with your dogs here:

<https://www.cesarsway.com/cesar-milan-dog-separation-anxiety/>



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The next step is to enter:

smile.amazon.com

in the address bar and start shopping!

If you are not already enrolled in Amazon Smile, you will be prompted to sign up.

AMAZON WISH LIST

There are many things that the rescue needs—and you can help out by purchasing them for us. Donate an item through our Amazon wish list. Go to **to-afh.org/WishList** and select and pay for any item. It will automatically be shipped to us! ●



Girl Scout Bronze Award Project to Benefit A Forever Home Rescue Foundation and Shelter Partners

Girl Scout Troop 1471 out of the vicinity of Purcellville, VA chose to focus their Bronze Award Take Action project on A Forever Home Rescue Foundation. The Bronze Award is the highest award earned by Girl Scout Juniors (4th/5th grade) and requires a 20-hour service project. The girls created an outreach plan and led a pet supply drive to benefit the rescue and its shelter partners. They also made over 100 handmade dog toys for dogs awaiting their forever homes, collected monetary donations, and will donate some of their Girl Scout cookie proceeds to AFH!

Note from AFH: Our partners down south are not as lucky as we are and they don't have the resources that we have. They were overjoyed to receive these donations and wanted to thank all of the Girl Scouts for their hard work. We also want to thank all of the girls—Abigail, Anna, Avery, Evelyn, Gabby, Gracie, Isabella, and Thayer—for their generosity. ●



QUICKIE TRAINING TIP—Dragging a Leash

With excerpts from ChicagoDogTrainer.com and written by AFH Volunteer Annette Anderson

Clip a leash to your puppy's collar and drop it on the floor. Let your pup drag it around but don't leave your dog unattended in case it gets tangled on furniture. Dragging a leash has many benefits. These benefits extend beyond dog training, as they can actually help your dog acclimate to your home and live a happier and less stressful life. Benefits include, but are not limited to:

- **Leash Exposure** Although not its primary benefit, draglines do provide pets with leash exposure. As your new puppy runs around inside, attaching the leash to their collar helps them get used to the idea of being on a leash. This in turn makes leashing your pet to walk him/her outdoors less stressful and strange.
- **Comfortable and Fast Control** Puppies have a lot of behaviors that you may not want in your home, such as jumping on furniture or trying to run outdoors. With a dragline on his/her collar, owners can grab the leash immediately and comfortably prevent the puppy from the unwanted activities. Without the dragline, the puppy may find it easier to engage in unwanted behaviors, as it becomes difficult to stop them in time to prevent the behavior.
- **Keeping it Close** Similarly, there will be situations when you need your puppy to stay put. With a dragline, you can easily grab the leash and tie him/her safely to a stationary object in the home, keeping your puppy near you but preventing him/her from exploring where you may not see it. Dogs can also be less stressed when they are limited to where they can go. Dogs may like exploring, but they can also have discomfort with open spaces. The control you have over your dog with a dragline can reduce your pet's stress, limiting where they can go while still letting them move around comfortably. ●

