

EDOA News Blast

Eastham Dog Owners' Association



Hi Ed & Nancy,

Issue 106, December 7, 2022

Can't view the document clearly?

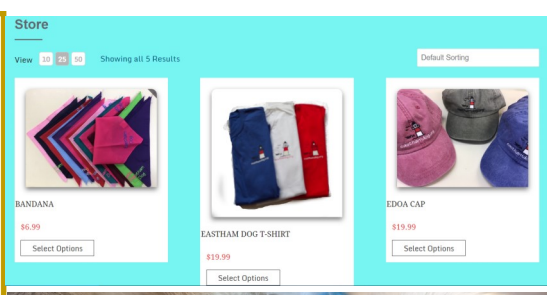
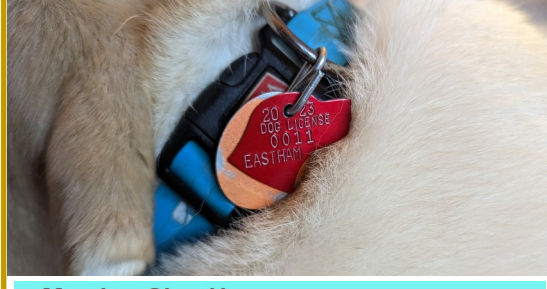
[View it on our website.](#)

Upcoming

- Send photo of your dog ready for the holidays. We will make it part of EDOA Holiday Slideshow. Attach to e-mail.
- Tom Topham's Dog Emergency First Aid Course January 8th.
- [Check to see if you are signed-up for 2023.](#)

Best Holiday Gifts for Dogs and Dog Owners

1. **Shop the EDOA Store:** T-shirts (long and short sleeved), bandanas, and caps. Shop early for the best selection of color and size. Free local delivery.
\$7—\$23 <https://www.easthamdog.org/store/>
2. **Make Your Dog Legal:** Get your license AND get entered in the Eastham Top Dog contest. Over \$500 in prizes. Deadline March 15, 2023. Register on-line and find info and form to print and mail. From \$10. <https://www.eastham-ma.gov/441/Dogs>
3. **Renew your EDOA Membership:** *If you are getting this message it means that you have not yet renewed for 2023.* (May be delay in records of a few days.) Member discounts expire on December 31st.
<https://www.eastham-ma.gov/441/Dogs>
4. **Gift an EDOA Membership:** Use the regular membership form and fill in the gift info on the second page. We will send the recipient a nice card informing them of the gift and a membership card so they can enjoy all the members discounts.

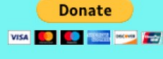



Member Sign Up

Membership – (New or Renew)
Use the “Donate” button to make your \$20 dues payment

Step One:

Donate



Emergency / CPR Training Course

Tom Topham, our guest speaker at the EDOA Annual Meeting, will be offering his Emergency CPR / First Aid course to EDOA members right here in Eastham. This will be a small class of from 8 to 12 for first hand training. It is recommended for any dog owner looking to brush-up on their first aid skills. It is of special interest to LCAST (pet shelter) volunteers and Lost Dog Network searchers. The \$75 cost is discounted to \$60. There are 12 spaces only.

Emergency / CPR Course Sign-up

E-mail Tom Topham directly and he will take care of registration.

tom@tophameme.com

January 8th, Chapel in the Pines, 1 P.M.—4 P.M.



Exercise Tips and Mobility Suggestions for Older Dogs

By Valerie Rhodes, MPH, RPT, CCRP

We have all heard the expression “use it or lose it”! This applies not only to us, but to our canine companions as well. As our dogs age or battle various health issues, how do we best assist them to stay active and comfortable? Here are some ideas to help our furry friends maintain strength, mobility and flexibility, as well as adapt to challenges as their abilities change.

1. Walks: two or three short walks (10-20 minutes in length) each day are preferable to one long walk if your dog is older, has arthritis or tires easily. You can gradually increase each walk to build up to longer times if desired. If your dog has increased stiffness or trouble lying down/getting up after walks, shorten the time a bit. Remember that walking on level surfaces is easiest. Walking in sand or on uneven surfaces is more challenging and tiring. Running and jumping are the hardest on hip and knee joints.
2. Try to be consistent with exercise. If it's inclement or too cold outside, you can still walk your dog inside! Try loops around the house or figure 8's in the basement, on leash if necessary, to maintain a good pace.
3. If your dog can move into and out of a sitting position easily, consecutive sits can be used to maintain or increase leg strength. Use healthy, low-calorie treats as a reward and begin with 2-3 repetitions at a time, gradually increasing to 10-15 repetitions. You can do this a few times daily.
4. Raised food and water bowls help with digestion, and also facilitate more weight shift to the back legs.
5. Dogs that have joint pain or stiffness from arthritis usually respond very well to heat. You can use a heating pad over hip and/or knee joints, or a hot water bottle over a folded towel, being careful that the treated area is warm but not too hot. Apply the heat for 15-20 minutes, 2-3 times daily or as needed. Heated beds are another popular option, or try a heating pad on low on the dog's bed, under a sheet or towel.
6. Raised beds can be very helpful for dogs that have trouble getting up/down from the floor. They can be especially good if the dog tends to lay on a cold floor.
7. Ramps or portable stairs can work for dogs that have trouble getting in or out of cars or onto the couch or bed. Petco and Agway both carry versions of these as does Amazon.

Valerie is a physical therapist and certified canine rehabilitation practitioner. She is an EDOA member and vendor and her website is PupRehab.com. Valerie does home visits for dogs and their people.

Links You Should Visit

- [Holiday dangers to watch for. Says Thanksgiving but applies to all holidays.](#) - Felice Coral
- [Tick Testing—pre-purchase at a discount.](#) - Ed Daniels

Links are checked for security, but implies no recommendation of the businesses listed. FYI only.

Unnecessary Cross-Selling?

-Mike Golan

I got a reminder to renew HomeAgain for Misty. They are selling ancillary services, but they obfuscate that Misty's chip is permanently registered in a national database and the police across the country can ID her and find our contact information.

Notice: In order to avoid having you receive unnecessary and possibly annoying notices, once your membership is renewed for 2023, you will not receive further News Blasts on the subject.

You are receiving this e-mail blast compliments of Eastham Dog Owners' Association.

Thank you for your support!

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Comments / Questions
Editor: Ed.Daniels@easthamdog.org



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