

# Good Dog! Gazette

## The Rover Rescue Newsletter Winter 2021

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### Santa's Cinnamon Apple Dog Yummies

- 1 c. dry quick cook oatmeal
- ½ cup applesauce with cinnamon
- 1 large egg

1. Preheat oven to 350°F.
2. Mix oatmeal with applesauce in large bowl; add egg and mix well.
3. Grease cookie sheet and create big drop cookies with tablespoon.
4. Bake about 22 minutes. Remove from cookie sheet and cool.
5. Let your dog enjoy!

Dear Santa,

My next door neighbor is really nice. She gives me cookies and helps me make snowmen on her front yard and everything. Sometimes she looks sad, though. I think she's lonesome all by herself. She doesn't have anybody to make her laugh or play with her. But I know something that would give her a really big smile. Would you bring her a dog for her very own this holiday, Santa?



Maybe a big dog with soft fur and a wagging tail. One that would watch her favorite TV shows with her, chase the squirrels out of the yard and keep her feet warm all night. She could name him Barney and take him for walks around the block. I bet he would learn how to fetch a ball, too. And maybe he could get her newspaper from the driveway every morning.

My mom says there are lots of dogs who don't have homes, but my neighbor's house would be a really great place for a dog to live, Santa. She's a nice lady and I know she would love a dog like he's her family. He'd get lots of hugs and kisses. She would teach him manners, too, and give him treats. He'd have a nice, soft bed and lots to eat. I bet she'd even give him a big coat to keep him warm while he's playing outside.

A dog who doesn't have a home would be really lucky to live with the lady next door. He'd always be happy and have a great mom. She would love him and he would love her. And that's the way you're supposed to spend the holidays, right Santa? With someone who loves you!

I can't wait until you bring a dog to my neighbor – it's going to be her best holiday ever!

Thanks, Santa!

Your best friend ever, Me

# Rover Rescue

An All-Volunteer Group Dedicated to Giving Homeless Dogs a Happy Future

PO Box 4074 ☞ Aurora, Illinois 60507 ☞ 630-897-7454  
[www.roverrescue.org](http://www.roverrescue.org)

# Letter from the President

Dear Friends and Family,

The past year has been a whirlwind of change. Last winter we were raising funds to purchase a transport van – and we owe you all a HUGE thank you for your generosity! We picked up our new van in April and are now able to transport dogs whenever necessary. It's also been wonderful for our frequent trips to pick up donations of food and supplies from a local corporate supporter.

We've had to be much more creative with our fundraising efforts during the pandemic. Thankfully, we have amazing volunteers who did a fantastic job of putting together online auctions on the Rover Rescue Facebook page. If you haven't checked them out, don't wait! We have great gift baskets filled with fun things for both you and your four-footed friend.

In addition, we introduced our first limited edition Rover Rescue t-shirt. The support was wonderful, and we sold far more than we could have ever imagined! Due to the incredible success, we'll be offering a different limited edition t-shirt each year. For the next one, we'll be asking for your suggestions on the design. Additional details will be available soon on the Rover Rescue website.

Heading into the New Year, we'd like to fill our van with dogs and puppies looking for their forever families. But to do this, we need more foster homes. Being a foster parent is a tremendous opportunity to give a homeless dog the gift of time...time to find a loving new family...time that a high-kill shelter can't give them. And that's where the majority of the dogs in our care come from. Having more foster parents willing to provide love and care to a homeless dog allows us to say "Yes" more often and save another life. Being able to say "Yes" seems so simple. Unfortunately, we aren't able to say it often enough!

We're limited by the number of homes willing to give shelter to a dog with nowhere to go. Please consider saying "Yes" to becoming a foster home. Rover Rescue covers all veterinary expenses and provides the food and supplies. You provide the TLC. Let's say "Yes" together!

Warmest Regards,



Kelly Janulis, President

*"He is your friend, your partner, your defender, your dog. You are his life, his love, his leader. He will be yours, faithful and true, to the last beat of his heart. You owe it to him to be worthy of such devotion."*

– Unknown



## Thank You!

We'd like to extend our sincere gratitude to these sponsors  
who have so generously donated to  
Rover Rescue's homeless dogs and puppies:

**The Leska Family ★ Barbara Stevens ★ The Trapp Family**  
**Dr. Lori Civello ★ Ben, Heidi, & Lou of Evanston**  
**The Poxson Family ★ Lorraine Flaws**



## Make Our Foster Dogs Jump for Joy!

Check out our Amazon wish list at [RoverRescue.org/Help-Us/Wish-List/](https://www.amazon.com/help-us/wish-list) or donate one of the items below to help our homeless dogs have a tail-wagging holiday!

- Dog Toys
- Dog Treats
- Towels\*
- Paper Towels
- Invitation-Size Envelopes
- #10 Business Envelopes
- Baby Gates
- White Laser Jet Address Labels (30/Sheet)
- Garbage Bags
- Dog Crates in New Condition
- Stamps
- New Stainless-Steel Dog Bowls
- New Collars
- New Leashes
- Dog Beds
- HE Laundry Detergent
- Clorox Multipurpose Spray Cleaner

Give us a call us at 630.897.7454 for an easy drop-off location for your donation.

*\*Do you have connections at a fitness club or daycare that has old towels? These work great for lining our dog crates!*

## With Your Help, We Did It!

Your generosity has provided wonderful rewards – we were able to purchase a new Ford Transit 250 cargo van to help us save more homeless dogs from high-kill shelters! It arrived in April and has already proven to be a lifesaver, allowing us to rescue almost 300 dogs. A special shout-out goes to Kyle Lighthiser for installing all of the specialty upgrades on the van. Along with steps to more easily move the dogs in-and-out and anchor points to securely strap-in the crates, the van has climate control in the back to keep the dogs warm in the winter and cool in the summer, so their ride to our foster home network is safer and less stressful.

Thanks to you and our other wonderful donors, homeless dogs will never again be put at risk because we could not find a rental van for the transport!



*Rover Rescue's new 19½-ft. long Ford Transit 250 cargo van with our amazing transport team, Stan and Kathy Smith.*

## Yummy 4-Ingredient Treats

- 1 small overripe banana
- ½ c. peanut butter
- ⅓ c. chicken or beef stock
- 1 c. wheat flour\*



1. Preheat oven to 350°F.
2. Mash banana in large mixing bowl, then add peanut butter, chicken or beef stock and only ⅓ cup of flour at a time until well mixed.
3. Remove dough from bowl and roll out.
4. Use cookie cutter to create bone-shaped treats and flatten middle a little with fork.
5. Bake treats on baking sheet lined with parchment paper for 16-18 minutes, depending on thickness of dough.
6. Let cool and give to your happy pup!

*\*You can also add ½ cup of powdered brewer's yeast for flea treatment.*



## Many Thanks to Scout Troop 1675!

The Girl Scouts from Troop 1675 recently held a donation drive at Louise White School in Batavia for Rover Rescue and two other non-profits. These intrepid scouts collected bagfuls of toys, treats, and food for our homeless dogs – and earned a big four-paw salute for their kindness and generosity!



## Home Sweet Home

Buddy snuggles with his new forever mom, Maribeth Bolger, a Rover Rescue volunteer!

## Is Your Dog Suffering from Social Anxiety?

The pandemic has been hard on everyone, including your dog. The changes in everyday routines might have left her bewildered, anxious and confused. As a result, she may have started experiencing social anxiety, causing an unsettled reaction to new people or pets.

While your pup may simply be a loner who prefers her tried-and-true social circle, if it's a new reaction, social anxiety could be the cause – particularly with the many upheavals the pandemic has put us all through. Just like you, she's probably had limited exposure to new people, animals and experiences over the last year-and-a-half. Your previously social and outgoing dog may have grown withdrawn and anxious with new encounters.

Symptoms can include cowering when meeting an unknown person or dog, shaking and trembling, excessive licking, sudden dandruff, panting, drooling, huge eyes, a tucked tail, raised hackles or other signs of aggression or stress. Helping her overcome social anxiety will lead to a happier and more confident pup.

The first step may be consulting your vet to rule out any illnesses or injuries that could be causing a negative reaction. If those possibilities have been ruled out, check your home environment – be sure your dog feels relaxed and comfortable there.

With new social situations, take it slowly and don't force the introduction. Gradual, small steps for short periods of time are the key to a positive reaction. You may also want to consider a professional trainer who can not only help with your dog's responses, but also give you tips and tools to manage her social experiences.

Other options include treats to reinforce positive behavior in social situations, toys to build trust and bonding with a new person or animal, and a dog bed and kennel to boost her sense of security and confidence.

With your help and support, your pup can become more at ease and outgoing in new social situations.





## Creative Indoor Exercise

Your dog needs exercise to stay healthy in body and mind – even on the most frigidly cold and uninviting days. If taking a walk around the block simply isn't an option, try another solution:

**Running up and down the stairs** – It's a great way to tire your dog out, while working muscles she may not normally use on a walk. The elevation adds an extra challenge. Just stand at the top of the stairs and throw a toy down to your dog. Once she grabs it, call her to you. A few rounds will burn off a lot of her energy. However, older and less-fit dogs may have difficulty with this type of exercise, so remember to keep her health and stamina in mind. Be sure to quit if she becomes winded.

**Create an obstacle course** – You can use a hula-hoop for your dog to leap through, couch cushions to make a tunnel for her to navigate and a chair on its side to jump over. Look around to see what everyday things you can repurpose to give your dog a fun workout. Map out the course and lead her through it.

**Hide-and-seek treats** – By hiding treats all over the house, you can have your dog nosing behind doors, scooting under rugs and sliding under tables to track them all down. You can also fill a treat-dispensing toy to keep her busy both mentally and physically as she tries to reach the food inside.

**Keep away and fetch** – Sometimes the tried-and-true games are the best solutions to keep your dog moving and burn off pent-up energy.

**Take your dog shopping** – Many pet stores allow your dog to accompany you when she's on a leash, so take advantage of this as a special, fun outing for your pooch. Walk her through the aisles, give her the chance to sniff around and let her pick out her own toy.

**Share your treadmill** – While it might seem like a cliché, a treadmill can be a great way for your dog to get a healthy dose of exercise. Start by letting her get used to the sight and sound of the treadmill as it's running. Turn it off and place her on the treadmill, giving her a treat. Next, turn the treadmill on at the very lowest speed, giving her treats to keep her on it. It may make your dog feel more comfortable if you stand in front of the treadmill to reward her with the treats. Once she's more at ease, you can gradually increase the speed for a little more of a challenge – but be sure it never exceeds a pace that she can easily handle, and keep the treadmill sessions short.

**Tug o' War** – The battle of the tie rope or other tugging toys is a common favorite of dogs everywhere. It's best played when there's solid trust and respect between you and your dog, though, since it tends to bring out her predatory instinct. It's a sure way to wear out your pup and have her tail wagging.



### Grain-Free Ginger Apple Dog Biscuits

1 c. brown rice flour  
½ c. finely diced apple  
¾ c. plain Greek yogurt  
½ tsp. finely minced fresh ginger or 1 tsp. ground ginger  
1 tbsp. coconut oil

1. Preheat oven to 350°F.
2. Mix ingredients in large bowl until well combined (you may need to use your hands).
3. Roll out on floured surface until ¼" thick and cut with cookie cutters.
4. Place on greased cookie sheet and bake 25 minutes, until golden brown.





## Taking Treats *Gently*

Some dogs are naturally gentle when taking a treat from your hand, while many others are enthusiastic chompers, who unintentionally cause pain. Those are the ones who need to be taught to be “gentle.”

You, naturally, want to reward your dog for good behavior, without worrying about losing your fingers in the process. To do this, start by teaching her the gentle cue outside of your regular training sessions, so your dog doesn’t become confused. The goal is to teach her that she doesn’t get the treat unless she takes it from you gently – snapping at it is not rewarded.

Offer the treat to your dog with your fist closed around it. If she bites at your hand, keep your fist closed – you may need to wear gloves, depending on your dog’s behavior. When your dog stops biting and licks your hand or nibbles at it gently (and painlessly), say “Gentle,” then open your hand completely and give her the treat.

Repeat the process, saying “Gentle” each time you offer her the treat to help her connect the word with the behavior. If she snaps and bites again, pull your hand away, then offer the treat once more with the cue “Gentle.”

Until your dog reliably remembers to be gentle when taking treats, you can reward her with cream cheese or peanut butter to lick off of a wooden spoon as a way to reinforce other good behaviors. If you want to give your dog a treat at a dog park or in a class, you can present it on the flat of your hand to give her less opportunity to clamp down on your fingers; many dogs are much better at taking treats this way. If that isn’t an option, though, you can simply drop the treat on the ground in front of your dog.

## So, Your Dog Won’t Go in the Snow?

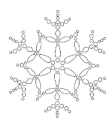
It’s not an uncommon problem, especially if your dog is small or isn’t familiar with frozen precipitation. Of course, some dogs balk simply because it’s *cold*!

One solution is to clear a patch of grass for your dog to do her business and shovel a path to reach it. She’s more likely to head outside if there’s a snow-free area for her.

Another solution is to take your dog outside on a leash, although it might not be the most attractive option for you. If she doesn’t take care of business within 5 to 10 minutes, go inside, keeping her on the leash so she can’t sneak off to potty on the carpet. Take her back out in another 5 to 10 minutes to try again. It might take repeated attempts, but this method is typically successful with most dogs.

Some dogs are simply better at taking care of business during walks around the block. The activity may make your pup’s need to go more urgent, especially if you lead her to areas other dogs have already gone.

Once she does her business when and where you need her to, you can reinforce that behavior by giving her a treat immediately after. (Don’t wait until you return home or head back to the porch, so she understands exactly what she’s being rewarded for.) Eventually, you can add a hand signal or voice command to the process, such as “Get Busy” or “Go Potty,” continuing to reward her. This will help your dog understand what you want her to do, even if she’s not sure it’s the right area for a potty break.





# A Safe Holiday is a Fun Holiday

Naturally, your dog is going to be curious about the unusual smells, sounds and activities during the holidays. Most are interesting and innocent, but some can threaten your pup's safety. Immediate veterinary care is recommended if your dog encounters the following hazards.



**Holiday lights** – They're bright and beautiful on trees and decorating the family room, but they can be a serious danger if your dog chomps down on a merrily blinking strand. Electrocutation can cause dazed and confused behavior, difficulty breathing, burns in her mouth, seizures or even sudden death. Be sure to hang your lights out of her reach, protect the cord and use grounded three-prong extension cords.



**Tinsel and ribbons** – If your dog swallows these festive holiday wrappings, they can quickly bunch up and create a blockage or cut through her intestines – which can be lethal without surgery. If you see ribbon, tinsel or string in your dog's mouth or coming out of her butt, *do not cut it or try to remove it yourself!* Signs of developing intestinal obstructions include vomiting, diarrhea, loss of appetite and depression.



**Christmas ornaments** – Plastic ornaments can cause an obstruction needing surgery and glass ornaments can fall, break and create cuts and other injuries to your dog. Keep ornaments secure and out of reach of your four-footed pal's curious nose and paws.



**Christmas trees** – The water in tree stands typically contains preservatives, as well as tree sap that can cause vomiting and diarrhea. The needles of the trees can also irritate her esophagus and cause vomiting, diarrhea, lethargy, trembling and weakness.



**Decorative plants** – Holiday plants are often toxic, such as amaryllis, mistletoe, holly and poinsettias. If your dog swallows them, symptoms can range from salivation, vomiting and diarrhea to low blood pressure. Even nontoxic plants can upset her stomach, so it's best to keep them away from her.



**Potpourri** – Used to create the perfect holiday mood, potpourri contains plant material and additives that can be very irritating to your dog's skin, mouth and intestinal tract. Ingestion often causes drooling, loss of appetite, vomiting, and in some cases, disorientation.



**Hazardous treats** – There are a lot of foods you should never let your dog consume, including bones, rawhides and bully sticks, as well as alcohol, marijuana, raisins, grapes, onion, chocolate, macadamia nuts and fatty meats. Ingestion can cause intestinal irritation or obstruction, low blood pressure, diarrhea, disorientation, tremors, weakness, low or irregular heartbeat, seizures, kidney failure and more.



Be sure you and your dog enjoy the season by keeping her away from these dangers. With a few extra precautions, you can avoid any "bah-humbugs" this holiday!



## Prepping Your Dog for Your Return to the Office

Is your dog ready for you to be away from her when life starts returning to "normal?" Preparing your pup is key to an easier transition.

Encourage your dog to spend time independently in her bed, crate or fenced-in yard. You can also practice by leaving her alone in a room for progressively longer periods of time. Be sure she gets at least 15 minutes of exercise before you go out the door.

Finally, don't be anxious in front of your dog – she takes her cues from you and will become upset about this new situation, too. Stay relaxed, behave like everything is normal, and your dog will be more calm and accepting when you leave.

# Rover Rescue

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Aurora, Illinois 60507

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## What's Ahead?



### **Save a Dog – Be a Foster Home!**

Knowing you've literally saved a life is a wonderfully rewarding experience. Become a foster parent to a homeless dog now! You'll find details at [RoverRescue.org](http://RoverRescue.org) or call 630.897.7454.

### **Rover Eats Out**

Support our foster dogs and have a great meal with the family at our local fundraising events – check our website for upcoming dates and locations.



### **Bring Holiday Cheer to Our Homeless Pups**

Make a donation to our terrific foster dogs this holiday! Go to [RoverRescue.org](http://RoverRescue.org) and click on Help Us > Donate to give them a special treat.

