

Newfie News



That
Newfoundland
Place
Rescue With A Heart

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Coping Strategies for Losing Your Newf or Other Pet

Pets are considered family members more than ever before. In fact, a 2022 report on research website [spots.com](https://spots.com/pet-ownership-statistics/) cites 95% of American pet owners consider their pets to be family members (<https://spots.com/pet-ownership-statistics/>) This is an increase from an American Veterinary Medical Association statistic from 2017 of 85% of dog owners viewing their pooch as part of the family. (<https://www.avma.org/javma-news/2019-01-15/pet-ownership-stable-veterinary-care-variable>).

Even more telling is 66% of people describing their dog as their best friend according to research published in 2020 at [Statista.com](https://www.statista.com). Many people deem their pet a "soulmate."

It's no wonder with these strong feelings of connectedness that the loss of a pet is devastating for so many of us and can be every bit as painful as the loss of a human that we love.

Grief is an extremely personal experience. Each person processes grief differently and there is no "correct" timeline to healing. Many emotions may be felt including extreme sadness, despair, shock, regret, anger, and emptiness. There are strategies, however, to help you move through the process of loss in a healthy way.

We can't always plan for the death of a pet, yet, many pet owners choose euthanasia when their Newf is in poor health and quality of life has

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Question: Why do dogs have shorter lives than people?

Editor's note This post went viral on the internet. I was not able to trace the original post, however, the tale dates back to at least 2018 and there several versions. This one is attributed to Daniel Emanuele of Columbia, November 2020. The message remains an excellent reminder of the powerful love of dogs.

Here's the answer:

As a vet, I was called in to examine a 13 year old dog named Batuta.

The family expected a miracle.

I examined Batuta and found out he was dying of cancer and couldn't do anything...

Batuta was surrounded by his family.

The boy Pedro seemed so calm, petting the dog for the last time, and I wondered if he understood what was going on. Within minutes, Batuta fell peacefully into a dream to never wake up again.

The kid seemed to accept it without difficulty.

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Who's at TNP?

Samson has cleared two hurdles since his arrival at TNP in November - he has completed treatment for heart worm and is healed from his neuter surgery. Sam is scheduled for surgery in early April to repair a dislocated hip sustained from being hit by a car. Sam has an adoptive home waiting for him in NY.

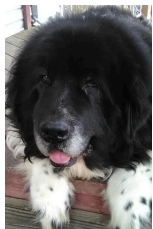
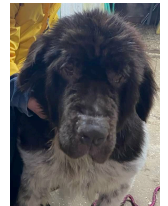


Eight-year-old **Mocha** arrived at TNP in February due to family hardship. This sweetheart was shaved due to matting to the skin and has a large growth in her mouth on the side that causes her face to look swollen. The vet feels the growth is not malignant, and Mocha eats, drinks, and chews bones with no issues. TNP will follow up with a specialist regarding the growth. Mocha has dry eye and issues with the top eyelids. She will return to the vet in early March to recheck the eyes and discuss surgery. Mocha is also being treated for Lyme disease and parasites.



Mocha after groom

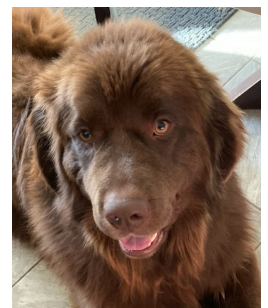
Brittany is recovering from spay surgery on February 25, after arriving at TNP on January 27. Her eyes and skin were re-checked at the time of her blood work and are both looking good. Five-year-old Brittany is now being treated for parasites.



Baxter arrived at TNP In February due to family hardship. He's been groomed and vetted and is awaiting neuter surgery. This 8-year-old sweet boy is healthy and loving the attention he's getting.

Recently Adopted

Clifford went to his new home on February 10 with Marcia & Rich Keegan in Simsbury, CT. Clifford's former owner was unexpectedly relocated out of the country for his job. Clifford has been through several relocation changes in the last couple of months, first found as a stray in New York, then to TNP, his former foster-to-adopt home, and now with the Keegans. Through all of this Clifford has remained sweet and loving and easily transitioned in any situation.



"He's amazing," Marcia said. "It's been just a week and he seems so settled in. It's almost like he's always been here."

Clifford is the Keegan's third Newf and first from TNP. Marcia found TNP with a google search and after researching the organization became a donor. Marcia & Rich were drawn to Newfoundlands because of their gentle nature and moderate exercise needs. They were raising a family and both working when they got their first Newf.

The Keegan's lost their last Newf in April 2021 were not looking to adopt another dog. Their children now grown, they were looking forward to traveling more. But when Marcia saw Clifford's face on the TNP website, she couldn't resist. Rich soon fell in love as well and the house is full again. "It just feels right to have a Newfoundland in the house," Marcia said.

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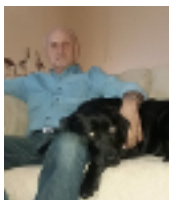
Recently Adopted

Marcia reports that Clifford is a real snuggler and is great with people and other dogs. He has made fast friends with the German Shepherd across the fence. Clifford's mobility issues in his hind legs limit his ability to run and go for long walks, but he is already improving on the deck stairs that lead to the back yard.

It's clear he is already well-loved. "He's part of the family," Marcia said.



Clifford trying to fit in a puppy bed



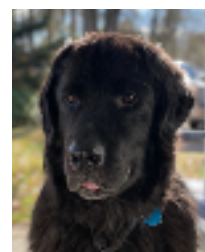
Stella the English Black Lab went to her new home in CT and has become a faithful companion to Uncle Richie, a seasoned Lab owner. Stella is destined for a life of comfort and leisure.

TNP Alumni

By Martha Zuther

When Linda and David Sylvester of Avon, CT lost their 12-year-old Newfoundland named Isabelle in 2017, they were devastated. Isabelle had been a cherished part of the family since adopting her from That Newfoundland Place. "We were so upset," Linda recalled. "And then Cathy called us and said, 'What do you think about a puppy?'"

That puppy turned out to be Otto, a 16-week black male who had been transferred to various homes prior to landing himself with TNP. Otto, who will be 5-years-old this month, is the Sylvesters' fifth Newfoundland dog. "I've always loved them," said Linda. "Growing up there was a family behind our house who had a big black one and I loved it." Her name was Penny, and Linda was charmed by the way Penny would jump up with her paws on the fence to signal that she wanted to play with the neighborhood children.



Otto

In the mid-1990s Linda finally was able to have not one, but two, of her own. She and her husband David located a breeder with Landseer puppies. Planning to bring home one, they ended up welcoming sibling pups Sarah and Noah to their home. "They did great in pairs; we were only going to get one but we ended up taking two. It was fun to have them together," Linda said.

Luckily for Linda and David, their three children were superb helpers. "When the kids were home it was easier. Our kids were in elementary, middle, and high school. They *loved* them." Abbie, the Sylvesters' middle daughter, was in middle school at the time Sarah and Noah were growing up. While all of the children adored the dogs, Abbie developed a special bond with the animals, and eventually went on to become a vet tech. "She's wonderful with animals," Linda said. "She bonded a little bit differently than the other two because she's just got that instinct, but everybody loved them and the dogs loved the kids."



Otto

After Sarah and Noah passed, the Sylvesters continued in their devotion to the breed, welcoming Tobias and then Isabelle into their family. When Isabelle passed and Cathy called about adopting Otto, they knew it was the right decision. "He's such a love," Linda said. "He's Mr. Personality... Newfoundlands are the sweetest creatures, cuddly and just the best."

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Expert Excerpts

With Dr. Lauren Flanagan of
Pepperell (MA) Veterinary Hospital

Neuter surgery and surgery risks

In honor Spay/Neuter month in February, we reviewed spay procedures. Let's take a look at neutering.

In the male dog the most common method of sterilization is to perform a pre-scrotal incision and remove both testicles through a single incision. Typically, the scrotum is left in tact but it will shrink up over time unless the dog is an advanced age when the neuter takes place. Another less common approach would be to make an incision directly through the scrotum and remove the testes through that incision. There's no advantage or disadvantage to either, it's simply a matter of preference of the surgeon. Vasectomies can be performed as a method of sterilization to prevent unwanted pregnancies, but it is a procedure that is rarely performed. The majority of people neuter male dogs for the benefits associated with decreased testosterone as a result of removing the testicles, such as reduced urine marking and reduced risk of aggression.

Both spay and neuter procedures are relatively straightforward and low risk. As with any surgery, there is always a risk with general anesthesia, but today's anesthetic drugs are very safe and monitoring capabilities in veterinary hospitals rival those of our human counterparts. Bleeding and infection after surgery, while infrequent, are usually the biggest risks with these procedures.

The majority of family pets are spayed and neutered. As with anything, of

Did you know...

March 25 is National Newfoundland Dog Day!

Although this holiday may not be officially recognized by everyone, it's a great chance to celebrate those gentle giants that were first recognized by the AKC in 1886. Over 135 years later, this lovable family dog has stolen the heart of any person who has been fortunate enough to share their lives with a Newfie.

For most Newf owners, every day is National Newfoundland Dog Day. We love our Newfies and shower them with affection, treats, toys, walks, and fun.

Give your Newf an extra treat or cuddle on March 25 and celebrate the remarkable Newfoundland!

Source:

<https://www.dogtipper.com/fun/pet-holidays>

Newfoundlands in Literature

Famous author Henry David Thoreau wrote about the Newfoundland dog in his memoir *Walden* (or *Life in the Woods*) published in 1854, describing the characteristics and capabilities of the breed, and the length the dog will go to for it's owner or human in general:

"A man is not a good man to me because he will feed me if I should be starving, or warm me if I should be freezing, or pull me out of a ditch if I should ever fall into one. I can find you a Newfoundland dog that will do as much."

Source:

<http://www.literaturepage.com/read.php?titleid=walden&abspage=56&bookmark=1>



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declined. Even if this decision has been made, no one can be truly prepared for the final moments in a pet's life. Still, it can be helpful to talk to family and friends about the decision. You can decide where and how you will say goodbye to your Newf. There are end of life veterinarians that make house calls (see resource list). If you have time, make your pet's final days the best they can be. Feed him favorite foods, share in favorite activities and visit loved ones who want to say goodbye if possible. Most importantly, spend as much time as possible with our Newf. Dogs are social animals, and Newfs especially. There may be nothing that will bring her more joy than to just be with you.

When the last good-bye is upon you, touch your pet however you can. It may be difficult for you but will bring him peace and love in his final moments. You will have immediate and long-term comfort knowing he left peacefully in your grasp.

Take your grief seriously. You've lost a beloved family member and friend. Allow yourself to feel what you need to in order to heal. If possible, take time off work to privately cope with the loss without the added stressors of work. You may find your entire way of life has changed since pets are deeply ingrained into our daily routines. You may feel especially sad during feeding and walk times.

It is easy and natural for feelings of guilt to creep in after your Newf dies, thinking of all the things you could have or should have done when she was alive, just as we do with humans we have lost. These feelings are even stronger when it comes to a pet, who was completely dependent on you for his health and happiness. You may regret time you could not spend with her or medical care you could not afford in his final days.

Yet, there are many good times you share with your pet and the love and devotion your Newf had for you can be drawn upon during this time. Whether you had a week or 15 years with your pet, reflecting upon the time you shared will ultimately help you let go of more painful memories.

Finding a healthy outlet for your grief is a powerful way to heal after the loss of a pet. Try painting, journaling, writing stories or poems about your Newf, creating a photo collage of cherished memories with your Newf, planning a memorial, yoga, or meditation.

There will be daily reminders of your pet once they are gone – food bowls, toys, leashes, etc. Getting used to a home without your pet is an adjustment and you may find comfort in having some of these items around during the transition period. When you're ready consider donating unopened food, crates, beds, and items in good condition to an animal shelter or rescue organization. You may feel better knowing that your Newf's once-loved items are going to a pet in need.

It's important to practice self-care during grief, no matter how difficult it is. Healthy eating, exercise, good hygiene and regular sleep will provide you with a solid base to cope with the emotional and physical effects of grief. Talk to your doctor if you are having trouble with basic self-care.

Leaning on friends, family, and surviving pets during times of sorrow can provide you with comfort. Loved ones who have experienced the loss of a pet may be especially empathetic and a source of support. Your other pets may appreciate extra attention and love as they are feeling the loss as well. If you're not feeling up to discussing your loss, it's okay to let loved ones know. Reach out to them when the time is right for you.

Coping Strategies for Losing your Newf
continued from page 5

With time, your sad emotions will subside to give way to fond memories. If you are feeling "stuck" in grieving, or cannot complete daily tasks you may consider counseling or a support group to help you cope. (See resources below) Remember that the love you have for your Newf – and received in return - will last a lifetime and can never be taken away.

Source:

<https://furandtailfeathers.com/coping-with-pet-loss-how-to-grieve-a-pets-death-in-a-healthy-way/>

Resources for grieving pet owners where you can find counselors, workshops, articles, and support groups:

https://www.mspca.org/angell_services/grief-counseling/

<https://amcne.com/pet-loss-support>

Association for Pet Loss and Bereavement:

<https://www.aplb.org/>

Support groups and counselors listed by state. Click on the index in the upper left corner.

<https://www.pet-loss.net/resources/MA.shtml>

Memorialize Your Pet

Honoring your pet in a meaningful way will help you work through your grief and give you a wonderful reminder of what an important part of your life he was. Memorializing him also keeps his memory alive, which will help bring you a sense of comfort on especially difficult days.

There is no wrong way to memorialize your pet. Whatever you do to pay tribute to him that brings you some peace will be a positive step in your healing. Some of the most beloved ways pet parents honor their departed pets include:

- Having a funeral to bury his body or ashes
- Holding a memorial service to celebrate his life
- Planting flowers or a tree in his honor
- Making a scrapbook filled with his photos

Question: Why do dogs have shorter lives than people? continued from page 1

I heard the mom wondering "Why is dog life shorter than human beings "

Pedro said, " I know why."

The child's explanation changed my way of seeing life.

He said, "People come into the world to learn how to live a good life, like loving others all the time and being a good person, eh?! As dogs are already born knowing how to do all this, they don't have to live by as long as we do." Understand?

The moral of the story:

If a dog was your teacher, you'd learn things like:

- * When your loved ones get home, always run to greet them.
- * Never pass up the opportunity to go for a walk.
- * Allow the experience of fresh air and wind on your face to be pure ecstasy!
- * Take naps, rest.
- * stretch well before you rise.
- * Run, jump and play daily.
- * Avoid " biting " when just a growl would be enough.
- * In very hot weather, drink plenty of water and lay under the shadow of a leafy tree.
- * When you're happy, dance moving your whole body.
- * Enjoy the simple things, a long walk.
- * Be faithful.
- * Never pretend to be something you're not. Be real!
- * If what you want is "buried," look for it; persist until you find it.
- * And never forget: When someone is having a bad day, stay silent, sit close and gently make them feel like you're there.

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Memorialize Your Pet continued from page 6

- Dedicating a shelf in your home to some of his items, like his collar and an imprint of his paw
- Commissioning an artist to create a drawing, painting, stuffed toy, or sculpture of him that you can display in your home
- Placing a memorial statute or stone in the garden or meaningful place to you

Source:

<https://furandtailfeathers.com/coping-with-pet-loss-how-to-grieve-a-pets-death-in-a-healthy-way/>

Exploring Myths About Healing Grief

Teresa Wagner

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The goal of grief recovery is to heal the heart and to use the crisis of loss to grow. Healing the heart can include understanding and lessening feelings of pain, confusion, resentment, guilt or other difficult emotions, while strengthening a sense of acceptance and peace around our loss. Using the crisis to grow can include identifying and cherishing the mutual gifts of the relationship, fully embracing the lessons emerging from the loss, and consciously choosing to use them in our lives. Integrating the gifts and lessons of the relationships into our way of being may be the finest tribute we can make to our animal loved ones. Grief recovery is not just about feeling better, it is about becoming more whole.

One common myth about grief we often hear is “you’ll get over it.” We don’t “get over” our grief from a major life loss, it becomes part of who we are. When someone suggests that we “get over it” the implication is that we can let it go from our lives as if nothing truly significant has happened--that we can snap out of it, easily put it behind us, or perhaps even easily replace what was lost. Allowing our grief to become part of who we are, on the other hand, doesn’t mean we live in a state of grief forever. It means that rather than pretend nothing traumatic has happened, we can face what has happened, squarely and with courage, and attempt to learn to accept death and loss as part of our life. Moving on from an intense experience such as grief without fully processing its meaning is not fully living--it’s pretending.

A second myth is that we can heal our grief exclusively from either an emotional or a spiritual frame of reference, that we do not have to address both. Grief is an emotionally painful process. Deep and poignant feelings cry out to be faced and dealt with. Yet it is a spiritual process also. Psychological work helps us heal feelings, to find comfort and support, but it is only connecting with our spirit--with our soul--that allows us to find meaning, to see the bigger picture, and find answers to our questions about life and death. It is in both completing our emotional unfinished business along with embracing our spirituality that we find peace.

A third myth is that time heals all wounds. Time does not heal emotional wounds. The passage of time merely lessens the intensity of our pain, or allows us to escape it through new activities or relationships. Only conscious intent truly heals, not time alone. Healing our grief is not a passive process. It takes proactive, conscious intent to heal grief.

Teresa has been offering professional services for Grief Support since 1986 and Animal Communication since 1991. She offers consultations, classes, mentoring, resources, and a certification program in animal loss & grief support. <https://animalsinourhearts.com/>

Save the Date for 2022 TNP Events

TNP has announced their tentative event schedule for 2022.

Open Houses

Sunday, April 24

Sunday, June 12

Sunday, August 21

Open houses are meet and greets only, a chance to learn more about the dogs available for adoption, meet TNP alumni, and learn more about the Newfoundland breed.

Annual Reunion and Fundraiser

Sunday, October 9

All events are open to the public, will be held outside, and are subject to Covid protocols.

Watch for updates on the TNP Facebook page and in future newsletters.

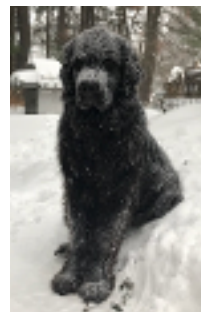
"Expert Excerpts" Continued from page 4

course, there are some downsides. When removing reproductive hormones, there is definitely increased risk of weight problems, it may affect hair coat in some dogs due to the hormone imbalances, and can affect bone growth if performed too early. A fairly comprehensive study recently suggested delaying spaying and neutering, particularly in large breed dogs, as it showed a protective effect against some cancers later in life. While fairly commonplace and routine, it's definitely worth a discussion with your veterinarian regarding risks versus benefits when spaying and neutering as well as discussing the proper timing for your dog.

"TNP Alumni" Continued from page 4

Though they adopted him at sixteen weeks, Otto wasn't always cuddly. Linda still laments Otto's early weeks of being passed from home to home. "Otto's a handful; he always has been. He got off to a difficult start, so he never got to bond with anyone in his early puppy days, so he came with his issues." With the support of Cathy and TNP, Linda and her family have worked hard to overcome some of Otto's setbacks.

"Having a rescue is just an amazing experience," Linda said. "Even though he's Otto five years old and we've had him all this time, I still think about the life he had before us, and all of the experiences he went through, and I still feel so lucky he has joined our family. I still wonder when is the point when he realizes this is his forever home. He had been passed around to many different houses, so he wasn't able to bond. He wasn't the normal cuddly puppy guy- but now he is!"



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