

Newfie News



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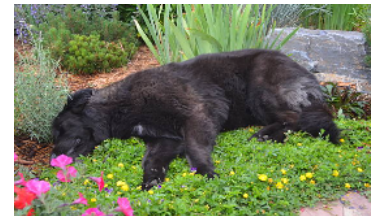
What Your Newf's Sleeping Position Means

As we settle in to winter, we tend to sleep more with the increased darkness and less vitamin D from the sunlight. You may notice your Newf catching a few extra "z's" this time of year too. We can often find our canines in odd positions that we can't imagine being comfortable, but dogs don't just seek comfort when they sleep. Their position often can tell you how they are feeling.

Here are the most common sleeping positions for dogs and what they mean.

Side Sleeper

Dogs that fall asleep in their side are very relaxed (same as humans!). This position enables for a deep sleep and experts say it is most conducive to REM sleeping, so you may notice your Newf moving a bit when he is on his side. These twitches, kicks, and whimpers are perfectly normal and mean your canine is really getting some rest. This position also helps alleviate stiff joints so you may notice your older Newf sleeping on his side more often.



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Upside Down

This is a common pose for Newfs as they lay on their back with their back legs splayed and paws in the air. And it is a compliment to their family as it is a sign that they feel extremely safe in their environment and trust you completely. They are exposing all of their vital organs to you and trust you will make sure no harm comes to them while they snooze away. This position also helps keep your Newf cool as their belly is a source of heat. Note that this position may be more difficult for older dogs with arthritis so you may not see it as often in senior Newfs, but that doesn't mean they trust you any less.



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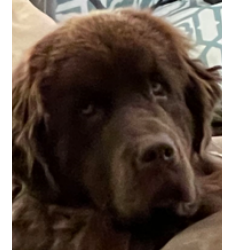
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Interested in adopting from TNP?

All dogs are placed only in APPROVED homes. Email Nancy for an application: nancy@thatnewfoundlandplace.org. Home checks are also required (virtual or in person).

Keep in mind that TNP places dogs in homes that are in the best interest of the dog, but welcomes applicants to express interest in dogs through TNP Facebook posts.

Recently Adopted



Sarah, now Shelby, was adopted by Rhonda and Paul Hamer of Hubbardston, Massachusetts on September 7. "She seems to have settled in," Rhonda said. "This is her space and we're her people."

Shelby turned one year old on October 23. Rhonda and Paul have noticed that Shelby has an obsession with twigs. "She picks them up and immediately eats them," Paul said. The Hamers call Shelby an aggressive chewer. "She goes through toys quickly," Paul said. Fortunately, Shelby has restricted her chewing to toys and twigs. She also has an affinity for chairs. She loves to sit in them, both with and without people.

Shelby is sharing her new home with two rescue cats. "They are not impressed yet," Rhonda said. "But they do explore." Shelby has been curious about the cats and is interested in being friends, but it may be a slow process.



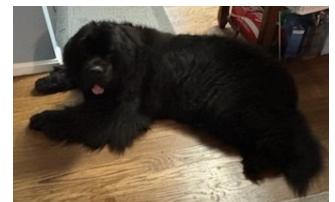
Shelby is the Hamer's second Newfoundland. They lost female Murphie about eight years ago when she passed away at age 10. They got her as a 14-week-old puppy. Rhonda and Paul decided on a rescue this time. "We figured 'why not?'" Rhonda said. "There are plenty of dogs that need homes." They did some online research to find That Newfoundland Place and attended an open house in June to learn more about the rescue and meet some previous adopters and their dogs.

Newfoundlands have been a favorite breed for many years. "We're big dog people," Rhonda said. Paul had German Shepards growing up. Once they had a family, they wanted a large breed dog that was good with families - their children were 5 and 9 when they got Murphie - and attended dog shows to get more information. The Newfoundland seemed like a natural choice.

It seems like Rhonda and Paul are a natural choice for Shelby as well. "She loves her people," Rhonda said. "She is attached to us, physically." "At all times," Paul added.

Three-and-a-half-year-old **Raven** is now with her new family, Katie, Kirk, and Sophie Brodeur of Harrisville, Rhode Island.

"She's wonderful," Katie said. "She's settled right in." Katie described Raven as stubborn and playful. Sophie, 11, and Raven have become fast friends and Raven loves playing with her and Sophie's friends, especially outside. "She's a lot of fun and we're really enjoying her," Katie said.



Katie is the owner of Brookside Equestrian Center in North Smithfield, Rhode Island, a 60-acre home to 38 horses. Raven has visited the center a couple of times and enjoyed the pure freedom she has to roam and explore the extensive property.

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Recently Adopted - Raven continued from page 2

Raven is the Brodeur's third Newfoundland. They have all been rescues, and this is their second Newf from TNP. Katie and Kirk had a St. Bernard, Lucy, when they were first married, but after she passed away (when Sophie was a year old), they wanted a more family-friendly dog. Kirk grew up with Newfoundlands and felt their friendly, loving nature would be a perfect fit. They got their first Newf, Wellington, in 2015 from a St. Bernard rescue in Sudbury, Massachusetts. Wellington came from Vermont and was 7 when the Brodeurs adopted him. He passed away at age 9 from osteosarcoma.



Sophie & Raven

Katie found That Newfoundland Place about a month after Wellington passed and attended an open house. The family adopted Gracie, who was around 5 years old a short time later. Gracie passed away at age 13 in January.

The Brodeurs are attracted to rescue because they want to do their part in making sure all dogs have a good home. "Puppies find homes very easily, but not all rescues do," Katie said. Raven has been the perfect dog for their home. "She's been a wonderful addition," Katie said.

More adoptions on page 7.

Now Available! Cathy's Crew hoodies and bibs



CATHY'S CREW
LEGACY HOODIE
\$85 Donation
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\$65 Donation
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NEWF BIB
\$25 Donation
Available in:
Black/White
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Cathy's Crew is a special project within TNP that ensures elderly or hard to home animals have a beautiful farm in Connecticut with space, resources, and love to safely live out their lives forever. The farm is the life work of animal rescue legend Cathy Derench who was the divine intervention to thousands of

animals that found a new beginning because they crossed Cathy's path. All animals that have been rescued, crossed paths, or helped in any way by Cathy are part of Cathy's Crew.

Visit the TNP Facebook page or website for order information.

Makes a great holiday gift for the Newfie lover!

All Balled Up

Coiling up in a ball with their limbs close to their body is another common position for dogs, as well as for cats. This allows them to maximize their body heat and stay cozy and warm. This position could also indicate that your Newf is a little unsure about their environment (perhaps they are in a new place) and trying to self soothe and protect themselves. Try reassuring your dog with some gentle strokes if you feel this may be the case.



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The Bear Rug (or Superman Position)

When your Newf lays on her belly with her front paws stretched in front of her and her hind legs sprawled out behind her, she may literally look like a bear rug. Dogs who have more playfulness and high energy may assume this position. You may also notice this position



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more in the summer as she tries to cool herself off on the cool tile or wood floor, or she may just want to stretch her legs and joints. If you do suspect it may be temperature related, you can help your Newf cool off by turning on a fan or air conditioning, offer cold water or a frozen treat, get a cooling mat, or get them groomed with a shorter haircut.

The Goldilocks

If your Newf paws at his bed or blankets and spins several times before laying down to get a position that is "just right," he is creating his own secure and cozy place to sleep. This type of digging, or burrowing, is a natural dog instinct and can help your dog calm himself down. If you find that your pooch is spinning and finding a cozy spot next to you, he considers you to be a safe haven where he can relax and be cozy for the night.

The Sphinx

When your Newf sleeps with his head on top of his paws, many refer to the position as the Sphinx, similar to statues associated with the Egyptian Pyramids. This position is one of rest, but not deep sleep as it enables your dog to become alert quickly and jump up if needed.

Cuddling

Dogs that sleep on top of other dogs or their humans (don't try this with a Newf!) or tightly pressed against them are cuddling. This position is a clear sign of a strong bond and one that most dog owners love to see. It is a behavior first exhibited as a puppy to bond with mom but indicates comfort in adult dogs.

The Back Rub



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When you and your Newf sleep back to back, or they sleep that way with another dog, it is a sign of intimacy, love, and comfort. It is how they show affection and trust and often is aimed toward the person or animal they feel safest with in the household.

The Chin Rest

If your dog rest his head on your chest, arm, or leg (or on another dog), it's another sign he feels safe and comfortable with his human or other animal. It can also be an indication of deep love.



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The Leg Splitter

Dogs who sleep between their person's legs feel particularly close to their human and are seeking comfort and security. The position can also suggest your canine might be feeling anxious or insecure. They are looking to you for reassurance.

The Giraffe

You may notice that your Newf sleeps in a position with her head and neck are raised, usually propped against the dog bed or cushion. This could mean she is having issues breathing (it's a common position for short snouted dogs like pugs) or other health problem. This position can also common with dogs that have chronic heart disease.

Where Your Dog Sleeps

There may be fewer options for your Newf to sleep, especially if they are not allowed on the furniture, but the location can also provide an indication of how your Newf may be feeling. The floor is generally a cooler surface than furniture or dog beds, and your dog may literally feel more grounded if he snoozes on the floor.

Dogs that opt for the sofa or bed as their place of sleep enjoy comfort and being close to their favorite people. This further strengthens the bond they share with you and provides your Newf with the ultimate sense of security.

Dogs that sleep in a crate also feel a sense of security in their designated bed. Crates also provide privacy and safety if your Newf is feeling overwhelmed.

How Long Do Dogs Sleep?

The number of hours your Newf will sleep per day depends on their age, activity level and personality. In general, puppies sleep 18-20 hours per day, adult dogs will snooze for 8-14 hours per day and senior dogs get 18-20 hours per day of shut eye. This will be a combination of overnight sleep and naps during the day (which is especially true of senior dogs).

Changing Sleeping Positions

Dogs will alter their sleeping positions for many reasons, including:

- Comfort
- Temperature
- Sense of security
- Space
- Personal preference
- Relationship with humans and animals
- Health issues

When Sleep Can Indicate a Potential Health Issue

If you notice your Newf is consistently sleeping in an unusual position or is sleeping significantly more – or less – hours, check with your veterinarian. Other behavioral changes in sleep that can indicate a change in health include struggling to change positions or get up after sleeping, frequently getting up at night, vocalizing while changing positions, tremors or changes in breathing, or increased/loud snoring.

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However your dog sleeps, or where, it's likely to provide you with a source of amusement and an indication of your Newf's sense of security in her home and family. A keen eye to any changes in sleeping positions may also give you a glimpse of your Newf's potential health issues.

Resources/more information

<https://casper.com/blog/dog-sleeping-positions/>

<https://www.transconpet.com/dog-sleep-secrets-why-they-move-around-at-night-and-how-to-improve-their-slumber/#:~:text=Dogs%20adjust%20their%20positions%20to,beds%2C%20or%20your%20favorite%20couch.>

<https://www.petmd.com/dog/general-health/dog-sleeping-positions-and-what-they-mean>

<https://www.purina.co.uk/articles/dogs/behaviour/common-questions/dog-sleeping-positions>

<https://www.rover.com/blog/dog-sleeping-positions-meaning/>

**GIVING
TUESDAY**

**Giving Tuesday is
December 3**

Giving Tuesday has a special meaning this year, the first one without That Newfoundland Place co-founder and co-president Cathy Derench.

Cathy was in awe of the outpouring of support and love from the TNP community on Giving Tuesday. And she was always filled with genuine gratitude.

The total number of dog placements in 2024 to date is 15. But TNP's support goes far beyond placing dogs. They have provided financial assistance to an additional 16 families so their dogs (and 2 cats) could stay in their home, including building a property fence for one family. In addition, TNP provides food for pets in need and assists with medical costs as well as allowing Newfs and other animals that can't be placed in homes to live out their lives at the TNP property in Connecticut. And they continue to be a resource for all things Newfoundland related.

Giving Tuesday will be the only fundraiser for TNP for 2024

To donate, check out the link on the TNP Facebook page. Donations can be made through the PayPal link on the TNP website thatnewfoundlandplace.org or checks mailed to 554 Pucker Street, Coventry, CT 06238

Created in 2012, Giving Tuesday has become the largest single day of giving of the year. The date always falls on the Tuesday after Thanksgiving each year with the purpose of encouraging individuals to consider philanthropy and altruism amidst the commercialization of the holiday season

A heartfelt THANK YOU from the TNP Team for your continued love and support.

Recently Adopted continued from page 3

Hudson is now with his forever family, Mary Anne and John Dutka of Buffalo, New York. Watch for updates on the TNP Facebook page and future newsletters.



Thinking of leaving a bequest to TNP?

Donations should be made payable to:
That Newfoundland Place, Inc.
EIN (Tax ID): 27-2176439

Payment Address:
554 Pucker Street
Coventry, CT 06238

Thank you for your consideration!

To continue to support Cathy's work & her foundation please see below.
Thank you for all the generous support.

THAT NEWFOUNDLAND PLACE DONATIONS

VENMO  PAYPAL 

 That Newfoundland Place *Rescue With A Heart*

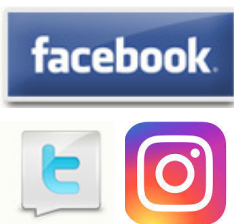
 **CATHY'S CREW**



Support TNP through Amex Round-up

<https://www.americanexpress.com/en-us/banking/round-up/frequently-asked-questions/>

Follow us! Support Us! *Click on any of the icons below to connect to that source.*



Donations can be mailed to
That Newfoundland Place, Inc.
554 Pucker Street
Coventry CT 06238



That Newfoundland Place Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes. Specifically, this organization has been formed to prevent cruelty to animals. Our mission is to offer quality of life to senior dogs of various breeds, to assist in rescue, rehabilitation, and re-homing of dogs in need, with a focus on Newfoundland dogs, and to provide humane education as related to care and life quality. of animals. Ed Derench, President *Newsletter editor and publisher Joanna Dumas: joanna.l.dumas@gmail.com*