



# The Hempstead Hound



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## **Training Tails – Helping Your Creature of Habit Accept Change** by Laura Garber, CPDT-KA

Dogs can be sensitive to changes in their lives, just as humans can be. A family child going off to college, the arrival of a new baby, a change in the family's work or school schedule – all of these can upset a dog's routine and trigger troubling behavior changes. A dog who has been comfortable with human absence in the family's old schedule may start to whine or bark upon departure, may be destructive when no one is around, even to the point of self-injury, or may break housetraining in a hitherto housetrained dog. In the most severe cases, this sensitivity to being alone can progress into full-blown separation anxiety. Though separation anxiety tends to be over-diagnosed, real separation anxiety, which can be likened to a human panic attack, is truly painful for all



involved.

The most prudent, and least agonizing, approach is to prepare your canine family member for what lies ahead. Anticipate what the new family schedule will look like, including what stretches the dog will be alone, who will be leaving when and in what order, and who will be the dog's companion at different times during the day. Then try to morph your current schedule into this new schedule gradually. The trick is to  
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## **About the Town of Hempstead Animal Shelter**

The Town of Hempstead Animal Shelter fosters a community of compassion and respect, and provides animals in need with a chance at a lifelong, loving home. Dogs like Candy take refuge at our shelter until they can find the loving forever home that they deserve. Won't you join our community and help our mission?

If now's not a good time for a new furry family member, help us in other ways, by sending donated items from our wish list or volunteer some of your time to our very critical mission.

Stop in to the shelter, call us at **(516) 785-5220**, check us out online at [www.toh.li/animal-shelter](http://www.toh.li/animal-shelter) or on FaceBook at **Hempstead Town Animal Shelter**. *Adopt, don't shop!*

## **From the Director's Desk**

by Cindy Iacopella

Being the director of an open admissions municipal animal shelter has its challenges and its rewards, and it is *definitely* the rewards that help us shelter workers survive in this field. We never quite know what we will encounter in a day. Most days we encounter owners who really need help with their beloved pet during a time of crisis. As heartbreaking as this is, this is the reason animal shelters exist – to help people and pets in crisis. Unfortunately, we also encounter a  
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## **The Best Budds Program Partnership**

The Town of Hempstead Animal Shelter is pleased to announce a new partnership with SCO Family of Services' Madonna Heights Group Residence and their Best Budds Program. Young women from the program will be assisting us in our efforts to shape our shelter dogs into the buddies adopters want to spend their lives with. And what better way to welcome new bright hearts and minds to the cause of animal care and welfare! Join us in welcoming our new program partner!

## **Ask The Trainer Seminar**

The Town of Hempstead Animal Shelter is offering an *Ask the Trainer* seminar to shelter adopters presented by certified professional dog trainer and behavior specialist Laura Garber, CPDT-KA. The seminar is one hour in length, meeting the 3<sup>rd</sup> Tuesday of each month at 6:30pm. Please call the shelter at **(516) 785-5220** to reserve a spot.

<b><i>From the Director's Desk (cont.)</i></b>	<b><i>Training Tails (cont.)</i></b>	<b><i>Volunteer Scuttlebutt</i></b>
<p>very cruel side of pet ownership – neglect, abandonment, abuse, even dog fighting – the very darkest side of humanity. And it here that the struggle to survive emotionally begins for shelter workers and volunteers. At one point or another in our careers, we will all suffer from <i>compassion fatigue</i>.</p> <p>The definition of compassion fatigue is “emotional exhaustion caused by the stress of caring for traumatized or suffering animals or people.” (Charles Figely, PhD). “All of the symptoms of this emotional exhaustion are normal reactions to abnormal/traumatic events.” As shelter workers and animal welfare volunteers, we struggle with symptoms of compassion fatigue from time to time. My personal experiences with compassion fatigue are bouts of overwhelming sadness bordering on desperation. And what I’ve found is that the only real antidote is a four-legged life saved.</p> <p><b>Making Miracles Happen</b> Every day miracles happen in animal sheltering, and it is these miracles that take us to our next day, these miracles that give us the greatest joy! We need to focus on these. While we may not be able to save every single animal we care for, certainly every animal will experience loving care and kindness while they are with us.</p> <p>If you’d like to be part of the making of miracles, we need your help. Become a volunteer. Walk a shelter dog! Pet a shelter cat! <b><i>Join our mission to make miracles happen.</i></b></p>	<p>identify the changes the dog will experience, unbundle them, and then work on each of them separately.</p> <p>So, for instance, the pooch may be most bonded to the mom who, with the old schedule, left the house first, and the dad would distract and redirect the dog by calling him and getting him started playing a favorite game. But, in the new schedule, the dad needs to leave first. Start by practicing when other family members are home but offering no distraction to the dog. The mom can take the trash out, a trip which will take just a few minutes, and then return, all without fanfare. Gradually randomize the departures, with different lengths of time and different family members present, and ultimately with <i>no</i> family members present.</p> <p>Start preparing weeks, even months, in advance if possible, so that adjustment can be gradual. Particularly in the case of the arrival of a new baby, it can be harmful to the relationship if the dog attributes his new life-scape – getting less attention, not being allowed on the couch or into the second bedroom cum baby nursery – with the sudden arrival of the tiny tyke.</p> <p>Of course, all dogs are different, and some dogs are more sensitive to change than other. The soft, bondy dog may be more affected by changes in playmates or time spent alone than the more independent dog. The playful, energetic dog may be more sensitive to changes in exercise routine than the couch potato dog. You know your dog best and so are best equipped to help him navigate the challenges. Just give him, and yourself, plenty of time, patience, and love to make peace with what lies ahead.</p> <p>For this article in its completion, along with tips that might help, go to <a href="http://www.myWoofGang.com">www.myWoofGang.com</a>.</p>	<p><b><i>February Adoptions!:</i></b> Max, Raffi, Blossom, Flora, Sugar, Tully, Benji, Teddy, Mellow, Romeo, Chalupa, Mischief, Marla, Maggie, Winona, Ringo, Phelps, Oreo, Stanley, Lil Man, Dice, Stewie, Duchess, Sky Blu, Bunny, Dominic, Rocky, Bowser, Sweet Caroline, George, Champ</p> <p><b><i>Upcoming March Calendar:</i></b> <b>Buddy Training classes:</b> Wednesday nights at 6:30pm <b>Dog Volunteer Orientations:</b> Saturday 3/29 at 12pm Call <i>Dolores</i> at x4635 for details.</p> <p><b>Off-site Adoption Events:</b> <b>3/1</b> at PetCo in New Hyde Park <b>3/8</b> at PetCo in Baldwin <b>3/16</b> at PetCo in Patchogue <b>3/22</b> at PetCo in Syosset <b>3/29</b> at PetCo in Albertson <b>TBD</b> at PetCo in Wantagh Call <i>Wendy</i> at x4628 for details.</p> <p>Want to take on a special project dog for training or for the Buddy Project? Let <i>Laura</i> know at x4632!</p> <p><b><i>Featured Pup – TARA</i></b></p>  <p>On February 14, 2013, Tara’s owners signed her and her three pups over to the animal shelter. Her neck was raw from being kept tied in a backyard. Her pups found placement, but she’s still waiting for a chance at a better life. She needs a family who will teach her how to play and enjoy life. This gal has so much love to give if only she’s given the chance that she so deserves. Tara wants to be someone’s special Valentine. Might you be her forever buddy?!</p>
<p><b>Pet Therapy &amp; Humane Education</b></p> <p>Pet Therapy and Humane Education personnel can visit your group with the shelter’s therapy dogs! <b>Free seminars</b> are available teaching pet care, safety and responsibility to students, seniors and special needs groups. Are you a scout or group leader? Contact us for a free shelter tour at <b>(516) 785-0197</b> or email <a href="mailto:pettherapyandhumaneed@tohmail.org">pettherapyandhumaneed@tohmail.org</a> for more information.</p>		