

SAM-O-GRAM

April 2025



WHO WE ARE

OFFICERS

President

Martha Lageschulte 303.929.9064

Vice President

Terry Walb 303.204.1453

Recording Secretary

Lorrie McAllister 720.308.2019

Corresponding Secretary

Tammy Linnert 303.908.4541

Treasurer

Pam Buhl 303.915.1725

BOARD

Donna Dannen 720.219.9955

Linda Kitzman 303.794.7136

Rodney Martin 970.396.0284

Julie Morris 303.594.0399

COMMITTEES

Agility

Terry Walb 303.204.1453

Awards

Kristi Schopfer 303.838.9848

Cheer

Donna Dannen 303.670.8053

Colorado Legislation Liaison

Pam Buhl 303.915.1725

Lorrie McAllister 720.308.2019

FastCAT

Tammy Linnert 303.908.4541

Historian/Librarian

Donna Dannen 303.670.8053

Hospitality - Holiday Party

Tammy Linnert 303.908.4541

Hospitality - Summer Picnic/Match

Linda Kitzman 303.794.7136

Information Technology

Terry Walb 303.204.1453

JoDee Putnins 303.358.1511

Local Specialty '25

JoDee Putnins 303.358.1511

Public Education - Need volunteer

Sam-O-Gram

Martha Lageschulte 303.929.9064

Social Media

Lori Elvera 720.344.4562

Pam Buhl 303.915.1725

Denver Samoyed Rescue

Sue Wangerin 720.879.8741

PRESIDENT'S REPORT

Lets Do Something New!

Spring is finally here - a time of the landscape greening up, trees blooming, and a feeling of a new start and great things to come.

Now is a wonderful time to start something new with your furry companions - whether you want to try a new sport, focus on acquiring a new title, or just spending more time with your dog. Sammies LOVE to learn new things and are generally up for anything you can do together.

AKC and SCA offer many titles and certificates you can work towards. FastCAT, Agility, Obedience, Rally, Trick Dog, Canine Good Citizen, Barn Hunt, Scent Work, Herding, Backpacking (for you hiking with them carrying the pack), Dock Diving, Therapy and more; sooo many opportunities.

If you need to find classes, Facebook has a page - Colorado Dog Events - that you can join and help you find the resources you need. They list instructors and training facilities, upcoming classes and trials. Or you can post questions on what is available in your area. You can visit the AKC site to learn more about what titles and certificates can be obtained and information on each event - akc.org/sports/companion-dog-sports/ or akc.org/sports/title-recognition-program/. And we have a number of DSA members that would be invaluable mentors, as many do a variety of different activities with their dogs.

Not only will you build a better bond with your Sam, but you will both learn something new. You can get titles to add to your dog's official name and at the end of the year you can get recognized by DSA by submitting for an award at the annual Holiday Party and Awards Banquet.

Capella and I are starting in Scent Work next weekend, this is brand new for us and I am looking forward to learning along with her. I am hoping this may be another great fit for us together.

Happy times can be had by all!

Martha Lageschulte
DSA President

Meeting Date and Location for April Meeting!

April 21, 2025

6:45 pm – 8:30 pm

Natural Grocers Denver

Colorado Blvd and Evans

**DSA March Board Meeting -
Thursday March 13, 2025**

Zoom

Meeting called to order 6:55 pm

Present: Martha Lageschulte, Terry Walb, Pam Buhl, Lorrie McAllister, Tammy Linnert, Julie Morris, Rodney Martin, Linda Kitzman, Donna Dannen

Vice President: Terry Walb

No report.

Recording Secretary: Lorrie McAllister

I periodically get requests to add something to the minutes—usually something that was intended but not actually spoken. I can't change minutes after the fact. When the subject is brought up at the next meeting, I can ensure it is included.

Corresponding Secretary: Tammy Linnert

No report.

Treasurer: Pam Buhl

General fund \$2139

Rescue CD comes due in April. Recommend roll over. Rescue expenses were \$1621.70 for Kent's dogs. Two donations in Kent Dannen's name - Casey Evans and Linda Kitzman.

We are using Quicken now. Propose using Quickbooks online—cost is higher—\$80 year for Quicken (renews in December), \$35/month for QuickBooks. QB features multiple (not concurrent) users and much better reports. It is an online subscription (not kept on one computer).

Pam Buhl and Lorrie McAllister will research alternatives by April.

Important not to lose history.

TechSoup provides software for free/inexpensive to 501(c)3 nonprofits—DSA is not.

Board: Donna Dannen, Julie Morris, Rodney Martin, Linda Kitzman

No reports.

Agility: Terry Walb

Financial report: Profit \$2072.18 with one bounced check. Last draft report was inaccurate.

New trial secretary Bev Brinson (Brinson Trial Services) will be a learning process. It will be higher cost. She's still learning. AKC application approved but shows pending.

Licensing is more involved and local secretaries do not want to obtain license.

FastCAT: Tammy Linnert

Financial report: Harmony check received for \$9145.10; Tentative profit \$7642.97

Joe Trojan (Frankie Trojan's grandson) came, went to dinner on Sunday and will likely come to 3/17/25 meeting.

Historian/Librarian: Donna Dannen

Abolish and disperse materials

List of materials probably in garage closet. Will investigate when warmer.

2025 Specialty - Martha Lagechulte for JoDee Putnins

AKC entry fee increase is on hold. Will not be July 1st increase—could be January 1st.

We need to rescind the motion regarding entry fees for the 2025 specialty (25-003B).

Last year the fee was \$29.00 first entry and \$26.00 for second entry.

MOTION 25-014B: Rescind Motion 25-003B

Starting in 2025, entry fees will be \$30 for the first entry and \$25 for additional entries on the same day and for sweepstakes. Junior showmanship will still be free. Terry Walb moved, Rodney Martin second. Passed.

MOTION 25-015B: Increase entry fees to \$30 for the first entry and \$26 for additional entries on same day and for sweepstakes. Terry Walb moved. Motion passed.

Positions filled—Jan Cherne/Julie Morris are doing trophies, Pam Buhl T-shirts, ribbons/rosettes Lori Elvera.

Equipment rented.

Terry Walb mentioned that the Aussie Club high jump is not compliant with new requirements. It needs to be breakaway, 5 ft. wide, 4 ft. uprights, 2 in. increments. We're looking for another source for high jump, or we'll purchase.

Show Secretary discussions have begun.

Re: possible extra day for Juniors, Marlene Groves does have that day open.

Pam Buhl is working with Lori Elvera and with R & D printing. Silk screening isn't an option because of logo complexity. Must be heat transfer, which would limit colors.

We discussed options for t-shirts and alternative fundraisers:

- Pam checking on cost.
 - Mardi-Paws was heat transfer.
 - Big towels. Probably more expensive (t-shirts were \$25) This would be dye sublimation, like SCA Snow Extremes towel
 - Towels would be another company that we used for SCA 2021 or SK Print for Shake, Rattle and Roll several years ago
 - Blanket?
 - T-shirts people buy multiples
 - Maybe both t-shirts and towels
- Tabled discussion until more info.

Discussion about adding a second Juniors class:

- Marlene Groves would ask for a donation to CO Juniors Foundation as her fee. Would be added Saturday.
- We need to make a decision soon for judge, trophies, ribbons.
- Linda—need to follow protocol for nominating and voting for judges.
- Bring up at meeting—ask members if they want to add Juniors on Saturday. Call for a vote.
- We have voted on Junior's judges in the past.

Show Secretary contract signed last year was for two years.

Job Descriptions

Martha will send revised PDF job descriptions with Donna Dannen's (library) and Linda Kitzman's (picnic and specialty match). Review and make changes on the side.

Haven't gotten updated job description for awards from Kris Schopfer.

Make comments on PDF. If you don't have Acrobat, send comments in Word.

Need to update Specialty and FastCAT stuff, because lots of new process (e.g., we don't use snail mail).

Terry Walb: chairs for agility, FastCAT, specialty should track income, expenses. Should not be only Treasurer.

Pam Buhl—we need more timely/current reporting of expenses as we go for FastCAT and Agility. Monthly reports submitted to show secretary for specialty are okay.

Monthly report with breakouts like year-end report.

Terry Walb asked about the DSA Google group — people are not using. Get rid of Google Groups?

MOTION 25-016B: Inactivate Google Group for DSA. Terry Walb moved, Rodney Martin seconded. Passed.

Adjourned: 8:43 pm

ACTION ITEMS:

- Pam Buhl and Lori Elvera will research the cost of t-shirts and towels.
- Pam Buhl and Lorrie McAllister will research bookkeeping alternatives to Quicken and Quickbooks.
- Martha Lageschulte will send updated job descriptions to the board for review.

DSA January Membership Meeting - Monday, March 17, 2025

Natural Grocers, Wheat Ridge

Meeting called to order 6:45 pm

Present: Pam Buhl, Jan Cherne, Donna Dannen, Dan Elvera, Lori Elvera, Lori Johnson, Linda Kitzman, Martha Lageschulte, Tammy Linnert, Cheryl Martin, Rodney Martin, Savannah Martin, Lorrie McAllister, Julie Morris, Valerie Passmore, Rachel Paulson, JoDee Putnins, Terry Walb

Guest: Joseph (Joe) Trojan (Frankie Trojan's grandson)

The February meeting minutes were approved. Rodney Martin moved, Jan Cherne seconded.

President: Martha Lageschulte

We went around the room and each person told others something others don't know about them.

Vice President: Terry Walb

No report.

Recording Secretary: Lorrie McAllister

Thank you, Tammy Linnert for recording the minutes for the last meeting.

Corresponding Secretary: Tammy Linnert

No report.

Treasurer: Pam Buhl

General fund \$21,398.59

Rescue Fund \$11,495.09

CD \$20,495.24 renews 4/15

Tammy Linnert submitted check for \$9,145.10 from Harmony Sports.

Board:

No report.

Agility: Terry Walb

\$2072.18 profit from trial.

Awards: Kristi Schopfer

No report.

Cheer: Donna Dannen

I sent cards to Greg Linnert on the loss of his mother & Pam Buhl for her broken arm.

Legislative Liaisons: Pam Buhl/Lorrie McAllister

House Bill 25-1180 concerning the sale of pets in public places, as amended, passed the Colorado House. The amendments clarify that it will not restrict the transfer of dogs between handlers and owners for a dog show, and it will not affect the transfer of dogs where previous purchase arrangements have been made. It is currently being considered in the Senate.

In the Members section of the website, you can find links to identify contacts for each of your specific elected representatives.

FastCAT: Tammy Linnert

Thank you to all the volunteers who came and helped! We got many compliments on the smoothly run trial and people were impressed with DSA club participation.

Total profit \$9145.10. A detailed report is attached.

Historian/Librarian: Donna Dannen

On hold until the weather is warmer.

Information Technology: Terry Walb

We are transferring DSA's domain to Wix from Network Solutions. Should be transferred tomorrow.

Hospitality/Summer Picnic: Linda Kitzman & Pam Buhl

We will do a B Match; entry will be \$5. Will have prizes. Will post asking for judges on Facebook, as this is a good opportunity for someone working on getting their AKC judge's license. The match would meet a requirement for education, as we need two requirements a year.

Sterne Park in Littleton is booked for May 31st.

Holiday Party: Tammy Linnert

Fox Hollow, where we were last year might be doing a Fall remodel on the club house so they would move us to Homestead location (Kipling and Hwy 285). It is smaller. Tammy is also exploring other options.

2025 Specialty - JoDee Putnins

Contracts for Douglas County Fairgrounds and the show secretary are complete.

Regarding entry prices—we need to fix the price for second entry and sweepstakes. The current price for second entries and sweeps is \$26; our last motion set it at \$25.

T-shirts: Heat transfer results in heavier, rubbery feel. Hotter. We're still evaluating. We are still planning to do t-shirts.

Lori Elvera is looking for china (old fashioned tea cups and saucers); and Scrabble tiles.

Discussion about adding Juniors for a second day on a trial basis:

- We would be adding it on Saturday, and our regular class judge Christie Martinez does not judge juniors. We'd need to bring in another judge. Marlene Groves is a local, available Juniors judge.
- Makes the day long.
- Need to keep the ring pristine, so can't have Juniors first.
- Need to nominate and vote for Junior judges, going forward. Use AKC list of qualified

judges—11 on Front Range.

- In the future, we would need to wait until we have secured regular class judges to determine if they can judge the Juniors class.
- We've had 1-8 Juniors in the past, with estimated time of 30-45 minutes. Six possible classes.
- Cost for ribbons and trophies.
- We need to get AKC application in, but we could add Juniors later. AKC approval needed by July for Premium List.
- Timing of Premium List and trophies.
- We are offering Brace on Sunday.

MOTION 25-017: Add the second day of Juniors in 2025 on Saturday. Terry Walb moved, Rodney Martin seconded. Motion passed.

We will take nominations for Juniors judges tonight and vote next month.

Programs - Volunteer needed

Terry Walb suggested she would like to see a program on dog nutrition. Pam Buhl volunteered to contact CSU also Heather/Colton Johnson works with Purina that could be an avenue to explore.

Jan Cherne suggested a program on your dog supplies and what should you have on hand for an emergency. Dr. Meredith Early was recommended as a possible source. JoDee Putnins will follow up with Dr. Early.

Tabled until next month.

Public Education - Need volunteer

No report.

Sam-O-Gram: Martha Lageschulte

Inputs are due by 1st of month.

Social Media: Lori Elvera & Pam Buhl

No report.

Rescue: Sue Wangerin

Sue apologized for inadvertently omitting a thank you for Lori Elvera, who did a lot to help with Kent Dannen's dogs, especially early on.

Sue received an email from woman wanting help with rehoming her parents 8 year old male Samoyed, her parents are going into assisted living. Referred an applicant who adopted the dog.

Old Business

Emergency Contacts - DSA members' emergency contact person and how to reach them would be listed on the website members' section. Full detailed form might be shared with emergency contact person.

Linda Kitzman will be putting the form together with the information needed on the form.

Tabled until next meeting.

New Business

Judy Walton, Flatirons KC has reached out looking for stewards: if you are interested in stewarding contact Martha Lageschulte.

2025 Juniors Judging Nominations

Marlene Groves
Diana Wilson
Karen Rooks Nauer
Cassie Noe (lives close)
Greg Szynskie (provisional for Sams, has Newfies)
Kari Lokin (secretary FastCat)
Kelly Roche
Robin Hug
Jean Pero
Jan Cherne
Sarah Karl
Joan Liebes
Eric Liebes
Sharon Sparks McDonald

2027 Judges

Obedience and Rally are too difficult to plan this far out.

Sweeps—Veterans, Working, Puppy

Lorrie McAllister
Connie Rudd
Steve Palks
Mary Jo Willdigg
Liz Summa (NM—Sammies)
Noel Ramsey
Brandy Burke
Carol Volberg (Great Danes-BSKD)
Susan Davies
Kathy Granacki

Conformation Regular classes 2027

Heather Stevenson
Tina Leininger
Vickie Allenbrand
Rich Blanchard
Ken Granacki
Patti Widick Neale
Annella Cooper
Gloria Kerr
Ryann Grady
Sherry Wright (Walsenburg)
Pat Jenkins
Jean Pero
Jamie Hubbard
Lynette Blue

Barks 'n Growls

Growl: Pam Buhl--my puppy person Rob's dog Finn was riding loose in the car, got out of car and ran after an animal and was hit by car—compound fractures in leg. Spread the word--restrain your dog!

Martha Lageschulte—Agility, 1st time in Open, Capella was only dog to qualify!

Khori went to Heart of America Samoyed specialties. Friday Best of Breed; Saturday Best of Opposite Sex; Sunday (designated Samoyed specialty) Best of Breed & Group 3!

Adjourn: Rodney Martin moved, Tammy Linnert 2nd.

ACTION ITEMS:

- Programs: Pam Buhl, JoDee Putnins to contact possible presenters
- Emergency Contact Forms: Linda Kitzman to draft form for contact information

DENVER SAMOYED RESCUE

DSR Fundraisers:

Microchips - \$20 for members, \$35 for non-members. Cost includes chip and enrollment fee.
Make an appointment with
Lorrie McAllister - siriusenergy@msn.com or Pam Arnold - davepamarnold@msn.com

TREASURER'S REPORT, ENDING 3/31/2025
GENERAL FUND

INCOME	
Agility Trial	
Entry Fees	12,133.00
Entry Refund	-231.00
Food & Beverages	-165.65
Judge's Fees	-3,174.93
Recording Fee	-2,546.50
Rental Equipment	-1,100.00
Rental Fee	-975.00
Secretary Fees	-1,391.69
T-shirts	-376.05
TOTAL Agility Trial	2,172.18
FastCAT Income	9,145.10
Hospitality	-256.01
Jackets	-280.17
Park Rental	-200.00
Ribbons	-238.56
Supplies	-144.83
TOTAL FastCAT Income	8,025.53
Local Specialty	
Application Fee	-175.00
Rental & Cleanup Fees	-931.68
Rental Equipment	-300.00
T-Shirts	-81.86
Towels	-79.89
Trophies	1,740.00
TOTAL Local Specialty	171.57
Membership	
Dues	554.00
TOTAL Membership	554.00
Ways & Means	
Grocery Certificates	381.96
TOTAL Ways & Means	381.96
TOTAL INCOME	11,305.24
EXPENSES	
Bank Charges	
Service Charge	14.00
TOTAL Bank Charges	14.00
Coupons Used	489.00
Credit Card Fees	71.37
Miscellaneous	
State Periodic Report	25.00
TOTAL Miscellaneous	25.00
Summer Social	80.00
Website Design	214.73
TOTAL EXPENSES	894.10
OVERALL TOTAL	10,411.14

RESCUE FUND

INCOME	
Donation to DSR	550.00
TOTAL INCOME	550.00
EXPENSES	
Credit Card Fees	8.52
Rescue Misc Grooming	370.00
Veterinary Services	1,251.73
TOTAL EXPENSES	1,630.25
OVERALL TOTAL	-1,080.25



Colorado Legislative Update

April 7, 2025

HB 25-1034 Changes to Dangerous Dog Statute

Under current law, the owner of a dog that causes serious bodily injury to a veterinary health care worker, dog groomer, trainers and other professional workers in the performance of their duties is protected from criminal liability unless the owner is subject to an existing court order. This new Law removes this exemption if the dog inflicts serious bodily injury to these professionals. Serious bodily injuries encompass severe injuries and those that involve a substantial risk of death. This does not change the Law for bodily injury; only serious bodily injury.

Sponsors: Rep. McCormick; Sander; Senator Daugherty

Status: Signed into Law on 03/14/2025

Position: Support

HB25-1180 Concerning Prohibiting Certain Transfers of Pet Animals in Public Spaces.

The bill now states, with amendment, that an individual or entity may not sell, offer or advertise for sale or adoption, barter, or give away a pet animal that, at the time of transfer is physically located at or on any public street, highway, right-of-way, parkway, median strip, park, recreation area, outdoor market, parking lot, or other public space. Pet animal facilities licensed under PACFA are exempted, as well as the sale of livestock, and a pet animal owner, breeder, or trainer while transporting to or from or exhibiting or competing at an event licensed, regulated, or sanctioned by the AKC, UKC or any other nationally recognized registering organization. The amendment also exempts hunting dogs bred or trained for lawful hunting.

During the hearing, PACFA testified that this bill will not impact previously arranged sales or transfers taking place on a public site, (Example: a breeder and new owner who agreed previously to the sale of a dog and now meet at a public place for transfer.)

Sponsors: Majority Leader Duran and Rep. Armagost; Senators Bright and Roberts

Status: Passed the House amended; The bill is scheduled in the Senate Ag committee on April 10 to begin the journey through the Senate.

Position: Support as amended

HB25-1207 Concerning Measures to Address Barriers to Pet Ownership in Connection with Residing in a Residential Structure.

Current law prohibits an insurer from refusing to ensure a homeowners policy based on breed or mixture of breeds unless the dog is known to be dangerous or has been declared dangerous. Section 1 of the bill clarifies that this provision applies to all residential structures. Section 2 requires each housing development that receives financing to authorize tenants to own or keep one or more pet animals, subject to reasonable conditions. The amendment changes this section to limit the number of pets allowed to two. Section 3 required a person claiming a tax credit for offering affordable housing to allow tenants to own or keep pet animals in the unit that the tenant resides in. Section 3 was removed from the bill entirely.

Sponsors: Rep. Mabrey and Majority Leader Duran and Senators Winter F. and exum

Status: Passed the House amended and is assigned to the Senate Local government and Housing committee. The bill was delayed on second reading in the House, but finally passed with amendments agreed to by the housing authorities.

Position: Monitoring

HB25-1285 Concerning Veterinary Workforce requirements

Sponsors: Representative McCormick and Senators Kipp and Pelton, B.

Status: Passed the House on 3/26. Passed the Senate Agriculture committee on April 4, unamended in committee. The House amendments further clarify the veterinarian and VPA professional relationship, and what instance the VPA may practice independently.

Position: Support

The bill establishes and modifies requirements related to the practice of veterinary medicine by a veterinary professional associate (VPA). This bill is in response to Proposition 129, which the voters in Colorado passed in November of 2024. The bill lists the requirements necessary for a VPA to start practicing veterinary medicine on January 1, 2026.

HB25-1299 Concerning a voluntary contribution of all or a portion of an income tax refund as a donation to the Animal Protection Fund.

Sponsors: House Majority Leader Duran and Senator Roberts

Status: Introduced on 3/10 and passed the House Finance Committee. Passed the Appropriations Committee amended on 4/4. The new fiscal note is not available to us at this writing.

Position: Monitoring

The bill creates a voluntary procedure by which an individual may elect to contribute a portion of their state income tax refund as a donation to the Animal Protection Fund located in the Department of Agriculture.

SB 25-085 Concerning the Adoption of Animals that are Test Subjects of Health-Related Research

The bill requires a facility that uses animals for health-related research to offer a dog or cat to an animal shelter or a pet animal rescue for the purpose of adoption before euthanizing the animal.

The research facility now must submit an annual report to the Department of Agriculture that includes certain statistics for the previous year.

Sponsors: Senator Kipp; Reps Rutinal and Paschal

Status: The House amendment in committee had several parts. It clarified that research institutions will not be penalized in maintaining the status quo in euthanizing an animal due to research related concerns. It removed one of the reporting requirements; gives the institution immunity from circumstances related to the internal adoption of a cat or dog and clarified on the record that dogs can be adopted out to any appropriate circumstance, such as a foster home, as well as to a shelter or rescue. The Senate amendments included changing the reporting authority from the Department of Health to the Department of Agriculture. The Senate also added an amendment that states the federal Animal Welfare Act takes precedence over any conflicts that may occur with the new state law. The bill has passed both houses, and the House has concurred with Senate amendments. It will go to the Governor for signature next.

Although the fiscal analyst stated that \$0 are necessary to implement the bill, there is a discrepancy noted: CSU stated it will cost them \$50,000 to implement the bill and the money will come from the state. The analyst stated that CSU will have to find the money from their existing appropriations. This may or may not be feasible. No new fiscal note has been written.

Position: Amending

SB 25-159 Concerning Veterinary Telehealth

The bill would have modified certain laws related to the practice of veterinary telehealth in Colorado.

Sponsors: Senators Winter F. and Cutter; Reps. (None)

Status: Introduced and assigned to Senate Agriculture Committee. Killed in committee 3/21.

Position: Monitoring

For questions and further information: Janet Stephens, janstep123@aol.com 303-898-9304

Muscle Maintenance in Senior Dogs

As our cherished canine companions cross into their golden years, the vitality they once exhibited can begin to dwindle. While aging is a natural process, it doesn't have to translate into muscle deterioration. Muscle maintenance in senior dogs is crucial to their quality of life, and there are effective strategies to help them stay active and healthy in this phase of their lives.

The Importance of Protein

Protein plays a critical role in muscle health, particularly for senior dogs. As dogs age, their muscle mass naturally declines, which can lead to weakness and reduced mobility. Prioritizing high-quality protein in their diet helps maintain lean muscle and supports energy levels. Opt for easily digestible sources like chicken, fish, and eggs. Adding protein-rich treats can also be a great way to ensure your furry friend meets their dietary needs. Consulting with a veterinarian about portion sizes and specific protein requirements tailored to your dog's health is imperative.

The Therapeutic Benefits of Massage

Massage is not merely a luxury; it serves as a vital tool for enhancing muscle maintenance. Gentle, regular massage can alleviate stiffness, improve circulation, and promote relaxation. It allows dogs to experience relief from tension, helping them regain comfort in their movements. Learn simple techniques to massage your dog at home or consider professional canine massage therapy. Observing your dog's response during the process can provide delightful moments of connection while contributing significantly to their well-being.

Stretching for Flexibility and Strength

Incorporating stretching exercises into your senior dog's routine fosters flexibility and joint health. Simple stretches can rejuvenate tired muscles and prevent injuries. Engage your dog in gentle movements, such as encouraging them to reach for treats placed at varying heights. This exercise promotes not only muscle strength but also mental stimulation. Always proceed with caution to ensure your dog feels comfortable and is not in pain. Regularly focusing on stretching activities can greatly enhance their overall movement.

An Engaging Routine for Body and Mind

Creating a balanced routine incorporating protein-rich meals, massages, and stretching is essential for your senior dog's muscle maintenance. Engaging in light, fun activities, like interactive games and leisurely walks, keeps their spirits high. Mental stimulation is equally vital; consider puzzle toys to keep their minds sharp and joyful. This holistic approach not only nurtures their bodies but also strengthens the bond between you and your dog.

A Lifelong Journey

Caring for your senior dog is a journey filled with love and learning. Focusing on muscle maintenance through proper nutrition, massage, and movement can help you expand the quality of their life. Witnessing your dog's joy as they exhibit exuberant vitality will undoubtedly warm your heart. With proactive care and attention, those golden years can shine brightly.

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Animal Wellness is North America's top natural health and lifestyle magazine for dogs and cats, with a readership of over one million every year. AW features articles by some of the most renowned experts in the pet industry, with topics ranging from diet and health related issues, to articles on training, fitness and emotional well being.