



Susquehanna Trail Dog Training Club

January 2022



Old Friends

by Connie Cuff

As we begin a New Year in 2022 we think of our health and how we can make life better by improving our habits.

We can also think about how we can improve the lives of our dogs to keep them healthy and happy. Each year they visit the Vet for their regular vaccines and a health check. Those that have Therapy Dogs are required to do this in order to keep their registration.

There are so many articles we read to keep our dogs healthy - from dog food, treats, supplements and exercises that stimulate good behavior.

Many of the dogs that are part of STDTC are older and we know our younger dogs will reach that age. How do we maintain a good regimen to keep them healthy?

Something as simple as a daily walk where they are allowed to sniff and enjoy the smells and exercise. This physical activity increases blood circulation and keeps the dog's brain active.

You can also provide your dog with puzzle toys that challenge the mind and prevent mental stagnation and boredom.

Keeping up with supplements that keep our older dogs healthy can extend the life of our dogs. You should always discuss what you can use with your Vet to find a properly balanced diet for an older dog.

Omega -3 fatty acids are known for promoting cognitive development and preventing memory loss. Dogs also benefit from eating fresh fruits and vegetables which provide them with essential nutrients that can maintain mental health.

In managing stress and anxiety there are alternative therapies such as acupuncture and aromatherapy that some of our members have found to be very successful.

Let's all begin a New Year thinking of our health along with our dogs and enjoy the benefits of a healthy life style.

Best wishes for a Happy New Year.

Till next time,

Connie



Notes and Notices



As our classes have been halted because of winter weather, I will continue to keep in touch with everyone and hope you can keep in touch with me. Any articles or information that can be shared with members will be appreciated.

Congratulations to the following that have passed the ATD Therapy Certification:

Jennifer Ayers with Maggie, an Irish Setter; Annie McDannold with Nero, a Bernese Mountain Dog; Kathy Bohinski with Winston, a Bichon Frise.

We wish to extend our sympathies to Edna Weinrich with the loss of her husband, Bill. In his memory the Newport Elementary School made a donation to our Club. Edna taught school there and brought her dog, Leo, for Reading to the children. We appreciate their thoughtfulness.

We will continue visits with our dogs as facilities allow. Any change will be posted on our web site and Club emails for 2022.

Be sure to check requirements as some mandate vaccines. We all are masking and having temp checks.

Our membership dues will start when we return to classes in the spring. Anyone who is a member can be part of our private Facebook. If you wish to join you can ask, and someone will accept you.

Many thanks to Brandon for getting my Newsletter published. He is my Computer Whiz.

UPCOMING THERAPY VISITS AND CLUB ACTIVITIES

Jan. 5 (Wed)	Riverwoods	10:00am
Jan. 6 (Thurs)	Geisinger Rehab, Health South	1:00pm
Jan. 10 (Mon)	Montour County Prison (registration required)	1:00pm
Jan. 12 (Wed)	Riverwoods	10:00am
Jan. 13 (Thurs)	Mountain View Manor, Trevorton	1:30pm
Jan. 19 (Wed)	Riverwoods	10:00am
Jan. 20 (Thurs)	Elm Croft, Lewisburg Mansion, Sunbury	10:30am 1:30pm
Jan. 26 (Wed)	Riverwoods	10:00am
Jan. 27 (Thurs)	Geisinger Rehab, Health South	1:00pm

January 2022

December 2021							January 2022							February 2022						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
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26	27	28	29	30	31	23	24	25	26	27	28	29	27	28						
							30	31												

- US Holidays
- Susquehanna Trail Dog Training Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Kwanzaa 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner	27	28	29 10:00 AM Riverwoods	30 1:00 PM Health South Geisinger	31 New Year's Eve	1 New Year's Day
2 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner Training	3	4	5 10:00 AM Riverwoods	6 1:00 PM Health South Geisinger	7	8
9 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner Training	10 1:00 PM Montour County Prison	11	12 10:00 AM Riverwoods	13 1:30 PM Mountain View Manor	14	15
16 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner Training	17 Martin Luther King, Jr. Day	18	19 10:00 AM Riverwoods	20 10:30 AM Elmcroft - indoor large room 1:30 PM Mansion, Sunbury	21	22
23 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner Training	24	25	26 10:00 AM Riverwoods	27 1:00 PM Health South Geisinger	28	29
30 1:00 PM Cancelled until further notice - Advanced Training 2:00 PM Cancelled until further notice - Beginner Training	31	1 Lunar New Year	2 Groundhog Day 10:00 AM Riverwoods	3 1:00 PM Health South Geisinger	4	5