

MARCH 2024

THE PAW



OUR MISSION

WOUNDED PAW PROJECT® IS A 501(C)(3) THAT FOCUSES ON THE PREVENTION OF ANIMAL ABUSE AND THE REHABILITATION OF ABUSED AND RESCUED DOGS.

Welcome to The Paw, Wounded Paw Project's® monthly newsletter that keeps you up to date on how you and Wounded Paw Project® are making a difference for abused and rescued dogs. Each month, you'll get tips that you can use for your own pet and since Wounded Paw Project® was founded by a Purple Heart recipient, we'll also provide veterans with information they may not know.

In this issue, we'll give you a peak at what Wounded Paw Project® is working on next. We've also included a fun maze you can print out and share with little ones. And of course, we also have a recipe for your doggie, a tip from Sadie and information for the veteran in your life.

We hope you enjoy this month's newsletter and don't forget to follow us throughout the month on our social media platforms.

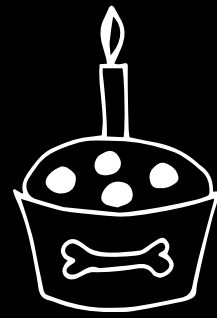
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WPP.dog

News@wpp.org

Happy Birthday Wounded Paw Project®!



It's that time again...time for Wounded Paw Project® to celebrate another year of helping abused and rescued dogs thanks to supporters like you! And while some slow down after each passing year, Wounded Paw Project® is taking its efforts to a new level.

First off, we've teamed with a local high school to start our first ever Wounded Paw Youth Ambassador program to create awareness among school-age children. We believe that if kids teach other kids the proper way to treat animals they are more likely to speak up if they see animals being abused.

Secondly, as we enter this political election year, we are focusing our efforts on getting law makers to make animal welfare part of their political platforms. While it is easy to be divided on certain issues, we can all agree that animals should not be abused.

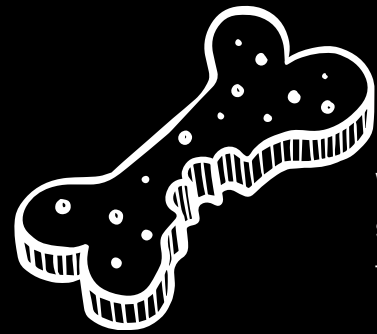
Wounded Paw Project® also wants to create more opportunities for doggies and humans alike by working to establish a foster dog financial aid program and provide more training opportunities to help dogs get out of shelters as well as stay out of shelters.

Be sure to check out our Strategic Plan on our website at www.WPP.dog.



Did you know that our website now ranks on the first search page for topics such as "animal abandonment", "how to stop dogfighting", "canine citizen test", and "how to help abused dogs"?





SHAMROCK SHAKE SMOOTHIE

With St Patrick's Day just around the corner, why not make your pet a smoothie to celebrate! (Who needs McDonald's Shamrock shake!). We found this recipe on wearwagrepeat.com.

Ingredients

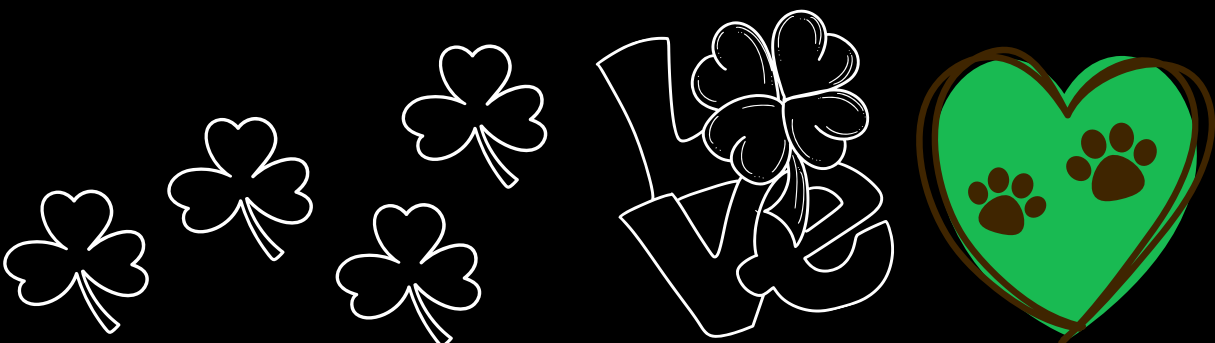
- 3/4 cup of Plain Almond Milk
- 2 heaping tablespoons of Plain Greek Yogurt
- 2 frozen bananas (this works best if the bananas are sliced before freezing)
- 1 large handful of spinach
- 4 springs of mint

Add all the ingredients to a blender and mix until smooth. Put in a glass for your pup to enjoy.



MEET SADIE THE MO'PITTIE...THE MORKIE WHO THINKS SHE'S A PITBULL. EACH MONTH, SADIE WILL GIVE YOU TIPS TO HELP YOU HAVE A SAFE AND HEALTHY PET.

THIS MONTH, SADIE WANTS TO REMIND YOU THAT JUST LIKE HUMANS, EACH DOGGIE HAS THEIR OWN PERSONALITY AND THEREFORE BEHAVE DIFFERENTLY. SOME BREEDS ARE MORE ACTIVE THAN OTHERS WHILE SOME BREEDS ARE TYPICALLY MORE EASY GOING. WORKING WITH YOUR DOGGIE'S PERSONALITY WILL HELP CREATE A BETTER EXPERIENCE FOR THE ENTIRE FAMILY.



**ANIMAL ABUSE IS A PRECURSOR
FOR A LIFE OF CRIME INVOLVING
HUMAN TRAFFICKING, SERIAL KILLING,
SCHOOL SHOOTINGS, AND
DOMESTIC VIOLENCE.**

BE THE VOICE FOR THE VOICELESS®



HELP US

GET INVOLVED

Report animal abuse

Adopt / Foster a shelter dog

Volunteer at Wounded Paw Project® or your local animal shelter

Sign our advocacy petition

Help someone who needs help with a pet

DONATE

Make a cash donation at WPP.dog

Donate your car, truck, or boat through our CARS program

Bequeath money or real estate to Wounded Paw Project®

SPREAD THE WORD

Wear our T-shirts

Subscribe to our newsletter

Tell your family and friends about us Follow us

on our social media platforms



VET -2- VET

Each month The Paw provides valuable information to our Nation's veterans on services and opportunities that may not be common knowledge to Vets.

WEIGHT MANAGEMENT

The VA has its own weight management program that includes the most up-to-date approaches to

weight management. It's called MOVE! and is an evidence-based weight management program supported by VA's National Center for Health Promotion and Disease Prevention. Adapted from the Diabetes Prevention Program, MOVE! assists Veterans to achieve clinically meaningful (~5%) weight loss to improve their health and reduce their risk for chronic health conditions. MOVE! features a comprehensive lifestyle intervention that provides Veterans with support to make changes to their eating patterns, increase physical activity, and use strategies (like goal setting and problem solving) that help with these changes. The self-management skills Veterans learn in MOVE! also help them to manage chronic conditions. You will learn how to lose weight safely and improve your health with the help of your MOVE! team that can include dietitians, physical therapists, exercise physiologists, behavioral health staff, psychologists, nurse practitioners, and physicians.

For more information and to download valuable resources to help in your weight loss journey, visit move.va.gov.

COMMONLY USED VA PHONE NUMBERS

VA MAIN INFORMATION LINE
1-800-698-2411

VA BENEFITS HOTLINE
1-800-827-1000

VA HEALTH BENEFITS HOTLINE
1-877-222-8387

WOMEN VETERANS HOTLINE
1-855-829-6636

CAREGIVER SUPPORT LINE
1-855-260-3274

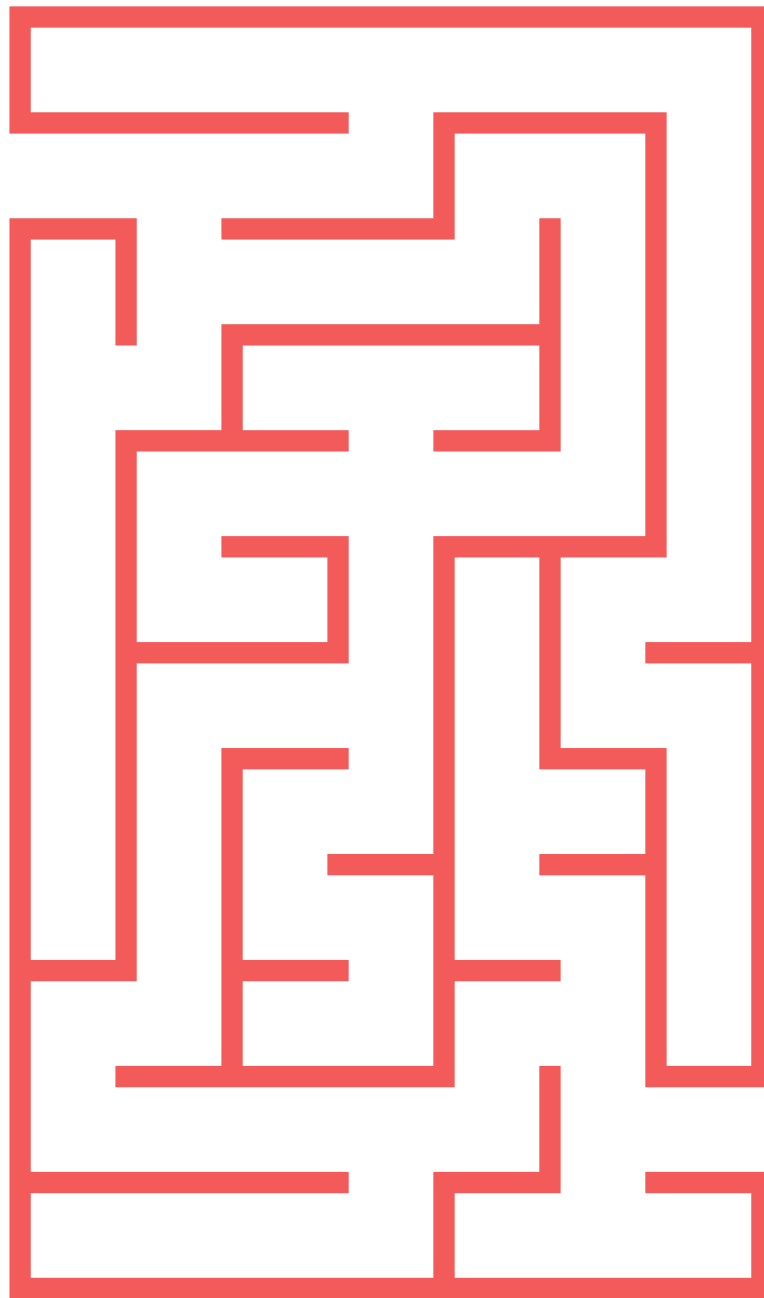
eBENEFITS TECHNICAL SUPPORT
1-800-983-0937

**ARE YOU A VET
IN CRISIS?**

**CALL FOR HELP
DIAL 988 THEN
PRESS 1**

Help Daisy find her toy!

Daisy can't seem to find her toy. Complete the maze to reunite Daisy with her favorite toy!





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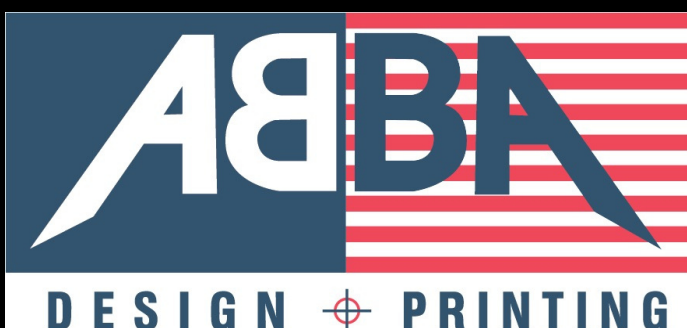


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