

JULY 2025

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.

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WPP BARK-OUT

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WPP.dog

News@wpp.org

SADIE'S GUIDE TO NOT
ROASTING YOUR DOGGIE
THIS SUMMER



Hi there! It's me, Sadie. And whew—summer is HOT. I love a good game of fetch, but when the sidewalk feels like lava and my tongue is hanging out like a fruit roll-up, it's time to take it easy. So here's how you can help your doggie survive the season without turning into a furry baked potato.

First, let's talk walks. Morning or evening strolls are paw-some. Midday walks? No thanks. If the pavement can fry an egg, it can burn their paws! Try the "hand test": if you can't hold your palm on the ground for 7 seconds, it's too hot for me.

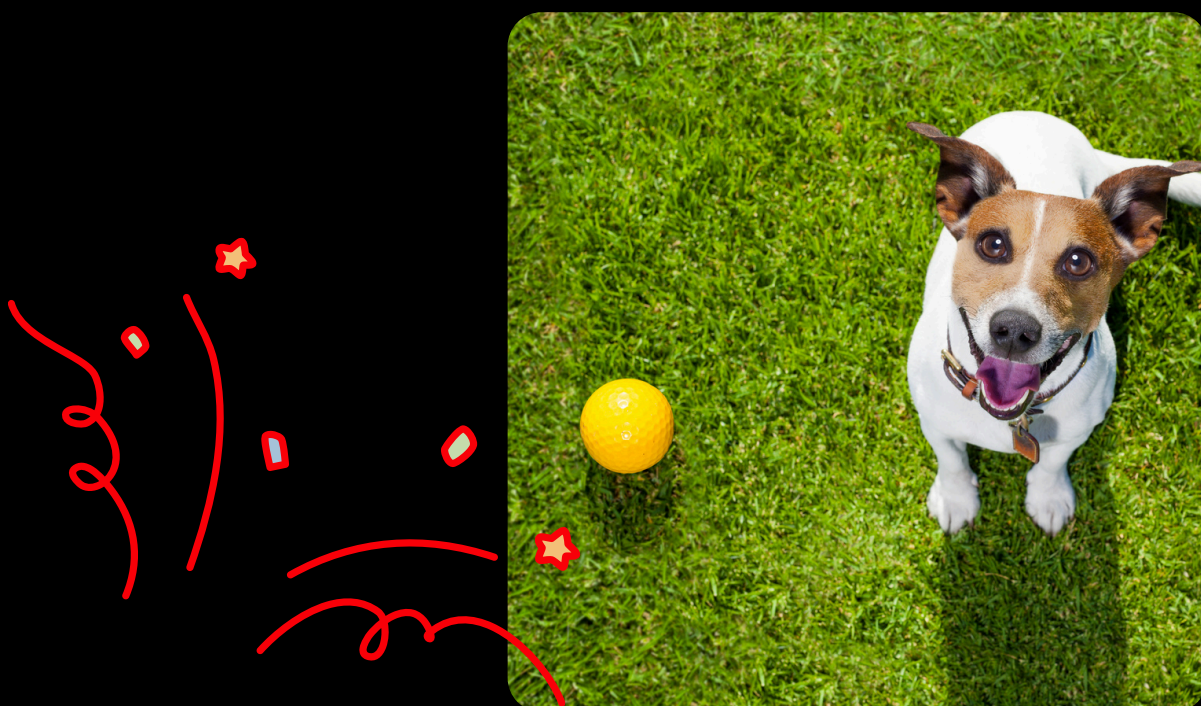
Next, water. Your pup needs LOTS of it. Bring some along on walks, keep his bowl filled, and hey—those frozen peanut butter treats you make? More of those, please.

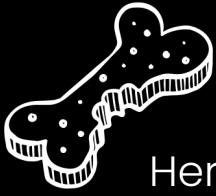
Never leave your dog in the car. Ever. Even “just five minutes” can turn that car into a sauna. I’m sure your pup is not into spontaneous dog jerky.

When you are outside, give your doggie shade, a cooling mat, or even a kiddie pool (splash zone = joy). Watch for signs your dog is overheating: heavy panting, drooling, acting wobbly. That’s not your dog being dramatic—your pup could be in real trouble.

Oh, and sunscreen? I know it’s weird, but light-colored pups like me can get sunburned too.

With a little help from you, your dog will stay cool, safe, and ready for all the summer fun. Now toss that ball... in the shade. Please.





FROZEN PEANUT BUTTER AND BANANA PUPSICLES

Here's a great treat to keep your pup cool this summer!

Ingredients:

- 1 ripe banana
- 1/2 cup plain Greek yogurt (unsweetened, no xylitol)
- 2 tbsp natural peanut butter (no xylitol or added sugar)
- Optional: a splash of water or low-sodium chicken broth to thin if needed

Instructions:

1. Mash the banana in a bowl until smooth. Stir in the yogurt and peanut butter until fully combined.
2. Spoon the mixture into silicone molds, ice cube trays, or paper cups. (Optional: insert a dog biscuit or baby carrot into the center like a popsicle stick.)
3. Freeze for 3–4 hours or until solid.



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 DOGS ARE LIKE TODDLERS WITH FUR AND GET BORED FAST! ROTATING TOYS KEEPS THEIR BRAINS BUSY, PREVENTS DESTRUCTIVE MISCHIEF, AND MAKES YOU LOOK LIKE THE MAGICAL TREAT-DISPENSING HERO THEY ALREADY BELIEVE YOU ARE.

PAWS OFF THE GRILL! KEEP DOGS SAFE AT BBQs!

Summer BBQs and family gatherings are a recipe for fun—but don't forget your four-legged friends when firing up the grill! While you're flipping burgers and passing the potato salad, your pup might be plotting a snack attack. Be sure to keep tempting (but dangerous) foods like onions, grapes, bones, and corn cobs out of paw's reach. Even a "just one bite" treat from a well-meaning guest can upset your dog's tummy—or worse.

Create a cozy dog zone with shade, fresh water, and maybe even a frozen treat. If your dog is social, let them mingle—supervised, of course. If not, a quiet spot indoors might be their happy place. And when the fireworks start? Keep them safely inside with calming music and a favorite toy.



Remind kids not to chase or grab the dog—party excitement can be overwhelming for even the chilliest pup. A tired dog is a good dog, so sneak in a walk before the guests arrive.

With a little planning and a few gentle reminders, your dog can enjoy the party safely—and maybe even steal the show (but not the hot dogs).

**We're
Looking for**



Volunteers

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

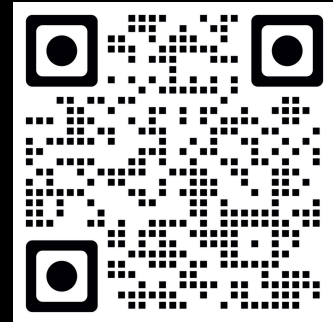
SPREAD THE WORD

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Tell your family and friends about us

Follow us on our social media platforms



SCAN TO DONATE

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®



WOUNDED PAW
PROJECT®

www.WPP.dog

**DID
YOU
KNOW?**



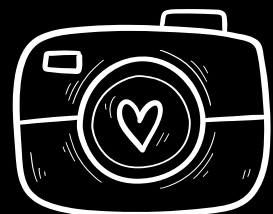
**JULY 26TH IS NATIONAL
DOG PHOTOGRAPHY DAY!
ON THIS DAY, PEOPLE ARE
ENCOURAGED TO CAPTURE**

**THE BEAUTY AND JOY OF DOGS THROUGH
PHOTOGRAPHY.**

HERE ARE A FEW TIPS:

- **BE SURE YOU USE NATURAL LIGHT FOR SOFT, FLATTERING SHOTS THAT BRINGS OUT YOUR DOG'S FEATURES AND FUR TEXTURE WITHOUT HARSH SHADOWS**
- **GET DOWN TO THEIR LEVEL AND SHOOT FROM YOUR DOG'S EYE LEVEL TO CREATE A MORE INTIMATE AND ENGAGING PORTRAIT.**

**AND DON'T FORGET TO POST YOUR PET
PICTURES ON OUR SOCIAL MEDIA USING THE
HASHTAG #SHOWUSYOURPAW**





Each month The Paw highlights businesses, organizations or individuals that share Wounded Paw Project®'s focus on helping abused and rescued animals as well as Veterans.

This month Wounded Paw Project® gives a “Bark Out” to Dominion Valley Animal Hospital in Haymarket, VA. Dominion Valley is a trusted veterinary clinic led by Dr. Arden Gillespie, a skilled veterinarian with over 20 years of experience. The hospital is AAHA-accredited, reflecting its commitment to the highest standards of care. Services include wellness exams, vaccinations, dental care, advanced diagnostics, and both soft tissue and orthopedic surgery. The compassionate team treats every pet like family and focuses on preventive care and client education. Dominion Valley is dedicated to keeping your pet happy, healthy, and thriving.

Thank you for being the preferred veterinary clinic of Wounded Paw Project®!!





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.

ONWARD TO OPPORTUNITY (O2O) Onward to Opportunity (O2O) is a free career training program that helps veterans, transitioning service members, and military spouses prepare for civilian employment. Offered through the Institute for Veterans and Military Families (IVMF) at Syracuse University, O2O provides access to professional certification courses in high-demand fields like IT, project management, and human resources—at no cost to participants. The program combines online learning with personalized career coaching and job placement support, helping veterans build the skills and confidence needed to thrive in today's workforce. Whether you're looking to break into a new industry or level up in your current career path, O2O is a powerful (and often underutilized) resource worth exploring. To learn more or apply, visit ivmf.syracuse.edu/onward-to-opportunity.

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**



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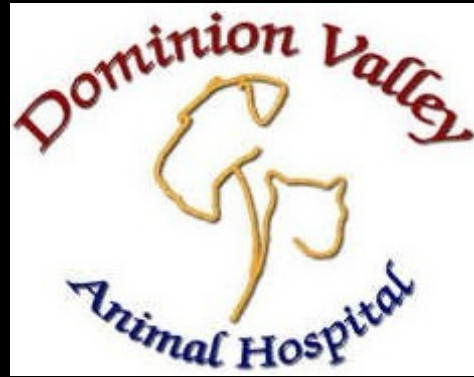


RE/MAX
AGILITY

MilitaryTimes



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BUSINESS OR
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Mortgage Savings for Wounded Paw Project Supporters

Get the Best Mortgage with our Price Match Guarantee¹ + Capital Bank Donates \$1,000 to the Wounded Paw Project for every closed loan.²

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