

AUGUST 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.dog

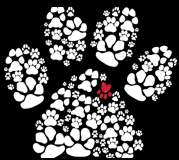
News@wpp.org

# BACK TO SCHOOL ISN'T JUST HARD ON KIDS—IT'S RUFF ON DOGS TOO

When summer winds down and backpacks come out, dogs often feel the shift before we even notice it. After weeks of having their favorite humans home all day, many pups struggle with the sudden quiet, less playtime, and changes in activity. Just like people, dogs thrive on routine—and when that routine changes, they need support to adapt.



Here are some simple ways to help your dog adjust when the kids head back to school:



## **Create a Consistent Schedule**

Start waking up, feeding, and walking your dog at the same times each day—even on weekends. This predictability helps reduce stress and builds confidence. If your dog is used to constant attention, begin introducing solo time gradually before school starts so the shift isn't so sudden.



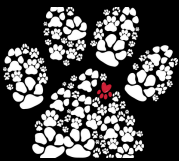
### **Provide Mental Stimulation**

Dogs get bored just like people. Puzzle toys, treat-dispensing balls, and frozen stuffed Kongs can keep their minds busy while you're away. A bored dog is more likely to become anxious or destructive, so give them ways to stay engaged during quiet hours.



### **Comfort Items Matter**

Leave out a soft blanket, a favorite toy, or even an old T-shirt that smells like you. Familiar scents and textures provide comfort and reduce anxiety.

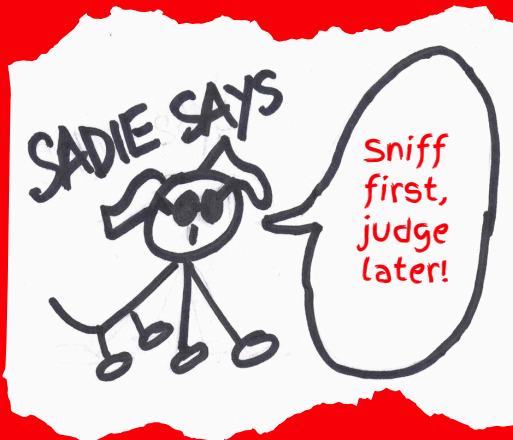


### **Ease the Separation**

Avoid dramatic goodbyes. Keep departures calm and simple. You can also leave music or dog-friendly TV on in the background for companionship. If your dog struggles with separation anxiety, consider a dog walker or a midday visitor.

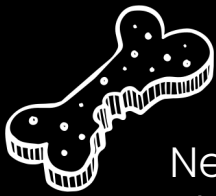
Remember, dogs are family. With a little preparation and a few adjustments, you can help them feel safe, secure, and loved—even when the house gets quiet again.





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 SNIFF EVERYTHING BECAUSE SNIFFING HELPS THEM GATHER INFO ABOUT THE WORLD, FROM WHO WAS THERE TO HOW THEY FELT. IT'S ALSO MENTALLY ENRICHING AND CALMING, LIKE SOCIAL MEDIA FOR THEIR SNOUTS.



## CALMING CHAMOMILE & PUMPKIN BITES

Need something for anxious pups? Try these chamomile and pumpkin bites. The chamomile soothes nerves while the pumpkin supports digestion.

### Ingredients:

- 1/2 cup pumpkin purée
- 1/2 tsp dried chamomile (or a cooled chamomile tea bag)
- 1/2 cup oat flour
- 1 egg

### Instructions:

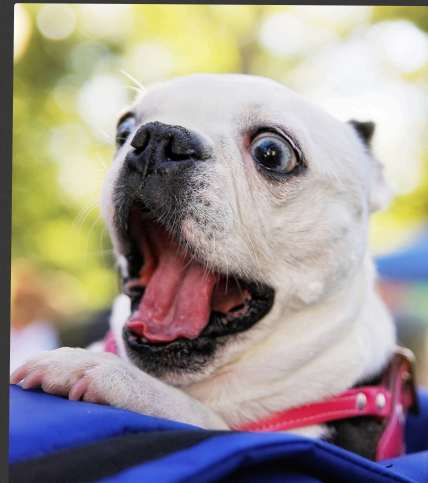
1. Preheat oven to 350°F. Mix all ingredients into a dough.
2. Roll into small balls and place on parchment-lined tray.
3. Bake for 15–18 minutes. Cool completely before serving.



**DID  
YOU  
KNOW?**



**AUGUST 26TH IS NATIONAL DOG DAY! THIS DAY HONORS THE DEEP BOND BETWEEN HUMANS AND DOGS WHILE RAISING AWARENESS ABOUT THE IMPORTANCE OF ADOPTION. IT'S A DAY TO RECOGNIZE DOGS OF ALL BREEDS – FROM BELOVED FAMILY PETS TO WORKING AND SERVICE DOGS – FOR THEIR LOYALTY, LOVE, AND CONTRIBUTIONS. WHETHER THROUGH A WALK, TREAT, OR ADOPTION, IT'S THE PERFECT TIME TO CELEBRATE THE PAWS THAT MAKE LIFE BETTER.**





## IS YOUR DOG OVERHEATING? 5 SIGNS YOU SHOULDN'T IGNORE

As August temperatures soar, your dog's risk of overheating rises too—and it can happen faster than you

think. Dogs can't sweat like humans. They rely on panting and limited heat release through their paws to stay cool. When that's not enough, they're at risk of heat exhaustion or even heatstroke, a life-threatening emergency.

Here are 5 signs your dog may be overheating:

1. Excessive panting – More than usual, even at rest.
2. Drooling – Thick, sticky saliva is a red flag.
3. Lethargy or unsteadiness – If your pup seems weak or disoriented.
4. Bright red gums or tongue – A sign their body is working overtime.
5. Vomiting or diarrhea – Advanced symptoms that signal distress.

If you notice these signs, move your dog to a cool area immediately, offer water (but don't force it), and contact your vet. A few simple precautions can keep your dog safe, happy, and wagging all summer long.

**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

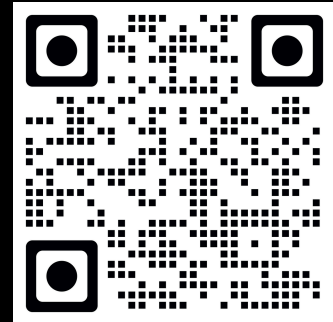
## SPREAD THE WORD

Wear our T-shirts

Subscribe to our newsletter

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

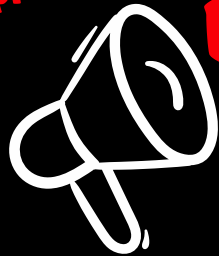
Bequeath money or real estate to Wounded Paw Project®



WOUNDED PAW  
PROJECT®

[www.WPP.dog](http://www.WPP.dog)

**WOUNDED PAW PROJECT®**



**BARK  
OUT**

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 Capital Bank, N.A., a full-service bank based in Rockville, Maryland, that offers personal, business, and mortgage services nationwide. Through its partnership with Wounded Paw Project®, Capital Bank donates \$1,000 to WPP for every closed mortgage—purchase or refinance. This program supports WPP’s mission while offering homebuyers competitive mortgage solutions.**

**Thank you for partnering with the Wounded Paw Project®!!**





### Mortgage Savings for Wounded Paw Project Supporters

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

 HOME PURCHASE AND REFINANCING

 VA LOANS

 ACCESSING HOME EQUITY CASH

 1:1 FINANCIAL SUPPORT

Scan to Start Saving Today!



Member  
**FDIC**



Capital Bank, N.A.  
NMLS #401599



## 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.

**PURPLE HEART DAY** Purple Heart Day, observed each year on August 7th, honors the brave men and women of the U.S. military who were wounded or killed in action. Established to recognize the sacrifices of those who have shed blood in defense of our nation, the day serves as a solemn reminder of the cost of freedom. At Wounded Paw Project®, this day holds deep personal meaning—its founder, Ernesto P. Hernandez III, is a Purple Heart recipient. His service and sacrifice fuel the organization's mission to be the voice for the voiceless, advocating for both veterans and the animals who help them heal.

### 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**





**RE/MAX**  
AGILITY

**MilitaryTimes**



WANT TO SEE YOUR  
BUSINESS OR  
ORGANIZATION  
HIGHLIGHTED HERE?  
SEND US AN EMAIL AT  
[NEWS@WPP.ORG](mailto:NEWS@WPP.ORG)



# Stay Tuned! There's a new program by Wounded Paw Project® starting soon!



## WHO WE ARE

A healing farm and dog sanctuary where veterans and rescue dogs thrive together through farming, care, and purpose.

## WHAT WE GROW & SHARE



Eggs from happy hens



Honey from sanctuary bees



Produce from veteran-tended gardens

## COMMUNITY IMPACT

Supports veterans' mental wellness

Gives rescue dogs a mission



Donates food to animal shelters and underserved veterans

## CORE PROGRAMS



### Farm & Animal Therapy

- Tend to 5 garden beds full of seasonal produce
- Care for egg-laying hens and sanctuary bees
- Participate in canine-assisted wellness sessions



### Dog Sanctuary

- Rescue, rehabilitate & train dogs to become service/emotional support companions/great family pet
- Holistic approach with love, structure, and second chances



### Farm to Paw Goodness

- Fresh produce, eggs & honey used in house-made dog food
- Donate surplus food to animal shelters and underserved veteran communities

## WHERE GOODNESS GROWS



PAWVILLE FARMS is part of the Wounded Paw Project® movement to Be The Voice For The Voiceless®

**Veteran-led. Dog-powered. Purpose-grown.**

Start your PAWVILLE FARMS visit here





WOUNDED PAW  
PROJECT®

WORK WITH US

**Wounded Paw Project®**  
**12644 Chapel Road #193**  
**Clifton VA 20124**

**Telephone**  
**1-844-SAVAPAW**  
**(1-844-728-2729)**

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